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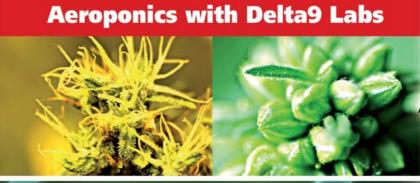
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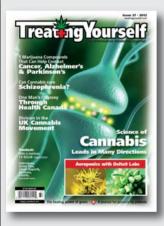
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Intimidating patients and doctors who choose cannabis as medicine...

Well here we are again, having to deal with the powers that be at Health Canada. Not only have they gone after Doctors who were willing to sign the MMAR forms, they are now going after patients again.

I have had my MMAR exemption since 2001 and have had to change Doctors for one reason or another. My last Doctor was arrested and is unable to continue to sign for patients as he is fighting his charges. My current Doctor agreed to sign my renewal forms even though he wasn't familiar with the MMAR program. He agreed to sign because it was a renewal and he was my parents Doctor. Well low and behold someone who works at Health Canada / MMAR with NO medical training or background called my Doctor, questioning his decision to sign my exemption at such a high dosage. They continued to say that a 5 gr per day limit is the average dose. Where does this person that works at Health Canada get their information from? Well your guess is as good as mine! This has now left my Doctor spooked and uncomfortable in prescribing me with the required dosage.

So, patients who choose to use cannabis in Canada are getting the run around but our neighbors to the South of us are also feeling the heat coming from their Government and law enforcement officials. I find it disgusting that these elected officials are ignoring court orders as well as the campaign promises they made to get elected. When are we going to see this entire hypocrisy end? I guess it's more important for these elected government officials to spend billions on so called terrorism instead of looking after their own citizens.

Election time is just around the corner for those in the USA and I am hoping that they elect someone with integrity and someone who also supports the use of cannabis as medicine. For those of us here in Canada I can only hope that Prime Minister Stephen Harper realizes that his days are numbered if he doesn't start to listen to those who put him in power in the first place.

In the meantime, my thoughts and prayers go out to all those patients who continue to suffer in this ridiculous war against cannabis users.

Until Next Time
Take Care and Peace



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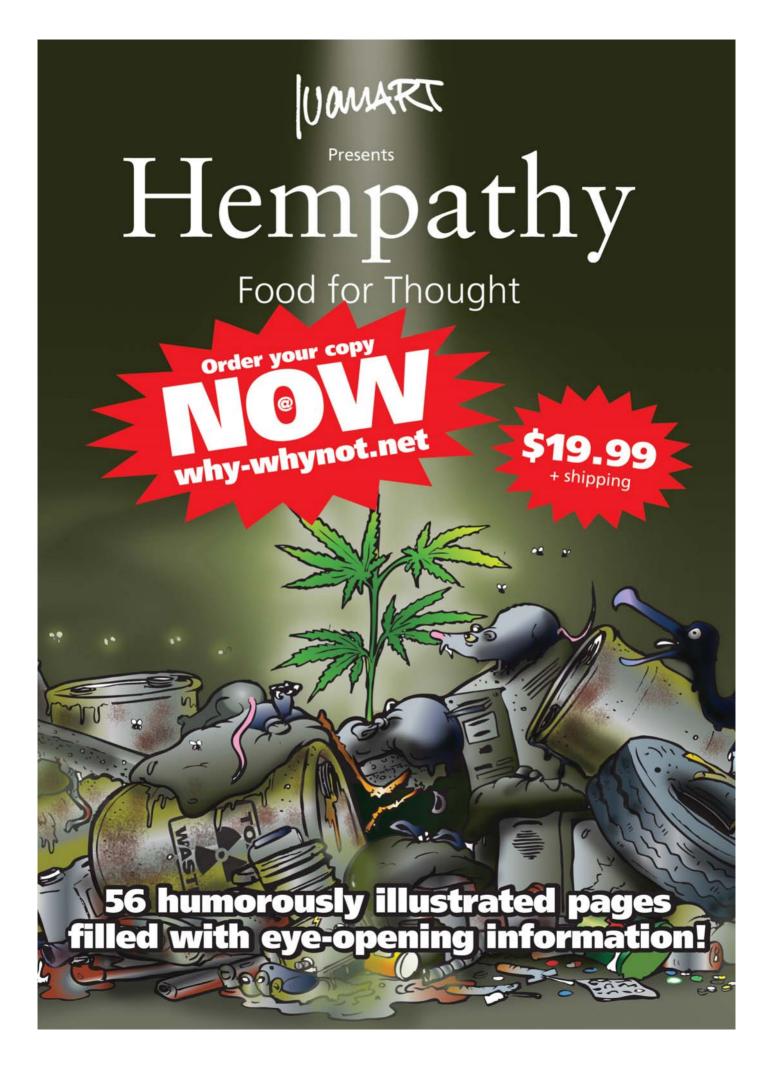


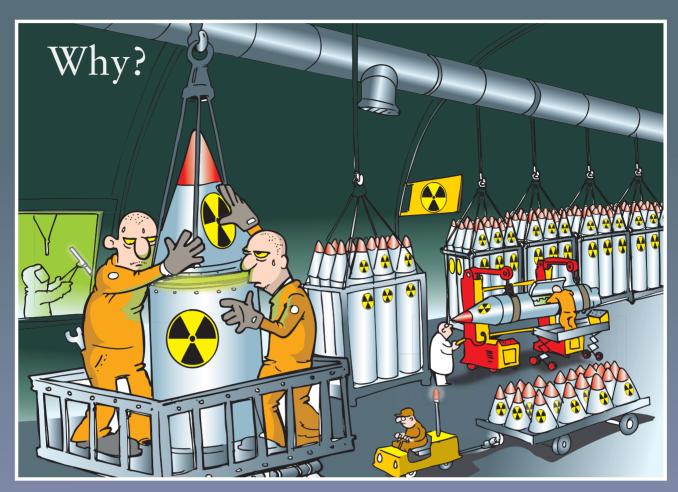
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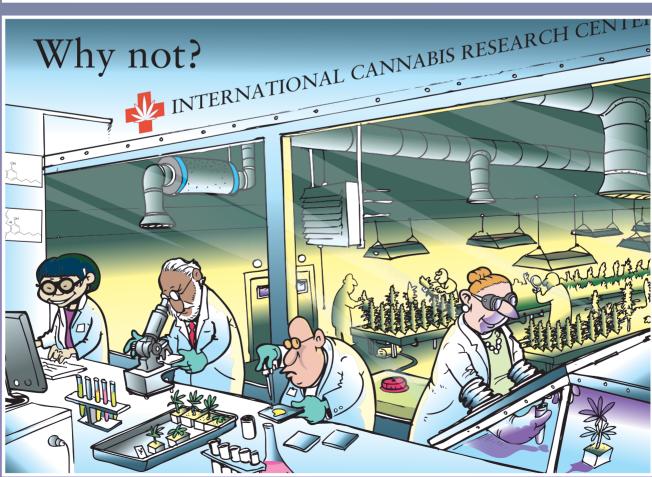














Division in the UK Cannabis Movement

By Richard Shrubb,

Freelance sailing, health and social affairs journalist http://richardshrubb.co.uk

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ver this piece I wish to discuss the division and infighting in the UK cannabis legalization movement. Many accuse the leader of Cannabis Law Reform party (CLEAR), Peter Reynolds for his divisive behaviour in causing this split.

"Divide and conquer" is a proverb describing the best way to win a fight without blood spilt on your own side. The UK cannabis legalization movement is split – over this admittedly partial article I wish to discuss the reasons given by those who have left the main movement to unite under different flags.

In 2010 many Californian medical marijuana dispensaries joined the "no" campaign over Proposition 19, a referendum in the state to legalize and regulate all cannabis use. They felt that their protections under existing state law would be removed, so found it to be in their businesses' interests to keep the status quo. This may have been originated by effective diplomacy on the part of the anti marijuana campaign - it would certainly have been a good move if the no camp had. In splitting the yes camp, so Proposition 19 was rejected earlier this year.

Division isn't always sown by the opposition. Sadly, a particularly divisive character in a prominent position within a campaign can make other powerful players in their campaign turn against them. Instead of being coached to fight each other from the outside, the campaign may implode spontaneously. As a supporter of the pro legalization campaign, it dismays me that infighting has erupted in this way in the UK with Reynolds' behaviour.

For many years the UK's movement was led by an organization called the Legalise Cannabis Alliance. It was registered as a political party, and was very effective. At the peak of the LCA's powers the UK briefly reclassified

cannabis as a Class C drug from Class B. Under the classification system you can theoretically do jail time for being caught with even a small amount of Class A, which includes LSD and heroin. Class B is recognised as a safer drug, but you can be punished for possession. Class C merited a police warning if you were over 18, though under 18's, growers and dealers would face punishment. Don Barnard was a leading light in the LCA. He remembers, "I never imagined I would have a meeting with the Home Secretary to discuss drugs law reform. It shows how far we came to achieve that."

It took the dogmatic Prime Minister Gordon Brown who ignored the scientific understanding of the drug and reclassified it as Class B soon after inheriting the Premiership from Tony Blair.

Alun Buffry is a long time cannabis campaigner, who was actively involved in the LCA. The LCA did not have a leader, wishing to run by a leadership committee. Buffry says, "the Electoral Commission said they required the information and I asked if it could be recorded as "for the purposes of registration only"; they agreed but said they could only show it as leader."

Reynolds ran for election to become head of the LCA in February 2011. According to Buffry, for the purpose of having a democratic vote only, an ally of Reynolds ran against him. "There were two candidates, PR and Stuart Warwick who said he was only standing to make it an election and that he supported and would vote for PR. I asked each to supply an A4 manifesto as each did, they were very similar."

Reynolds won by 62% against 16% who voted against him, the rest who voted for him to share the leadership with Warwick. In many democracies, a 62% majority is a

very strong mandate. Why then did the rot set in?

One of the first things that caused warfare was over the LCA's and then CLEAR's website in early 2011. Don Barnard complains that Reynolds sought to erase history on his taking over the LCA website Instead of transferring the site and links to ccguide.org, "PR arbitrarily ordered the LCA site to be taken down redirecting search engines to CLEAR where all links and references to the LCA were broken and replaced by PR". Many feel that this was an attempt to rewrite history. A number left the organization.

In March 2012 a feud erupted over the hosting of the CLEAR website – 7 people were reported to the police over false accusations of hacking the site. CLEAR was in meltdown and Executive member Chris Bovey led a coup against Reynolds. Bovey says, "by this time there were only three on the Executive as well as Reynolds so we voted to eject him as leader. We put a message on the website that Reynolds had been removed. He refused to accept this and called the police."

The word went out that Bovey and 6 others had hacked the site and shut the website down. They were reported to the police. Bovey says "Reynolds put messages on the Facebook page saying that we were about to be arrested imminently. Amongst the seven accused was one guy who was jointly on a suspended prison sentence with his long time girlfriend for possession and she left him due to the stress." Under UK law a "suspended sentence" is essentially a period of time outside prison, where you must behave well - you can be "recalled to prison" without being put before a judge if you break the law while on a suspended sentence. Bovey thought to check the allegations of his imminent arrest with the police, only to find this was not true at all.

Accusations of vexatious reporting of Reynolds' foes to the police are not new. Many have been – including myself when I responded to threats made against me in a direct and somewhat masculine way. His email suggested he would report me to the police - "it definitely falls under the Malicious Communications Act 1988, section 1 and the Communications Act 2003, section 127."

CLEAR also inherited some US \$6000 in fighting funds from the LCA and raised a further \$15000. This has been spent in less than 12 months. Many wonder where and how – though none outside the CLEAR Executive know. Accusations abound, but the accounts were filed legally and nothing firm can be interpreted from the deliberately vague statement given to the UK Electoral Commission. Many former LCA members have left and from what can be seen, only a trickle of money comes in to replace the flood of cash that went out.

Reynolds is not afraid to whip people with his tongue. In

being called a "dirty hippy" Barnard recoils, and says he isn't the only one put to the sword by the leader of CLEAR's comments: "PR has alienated a legion of respectable hard working campaigners over the years calling them names which I believe would more accurately describe himself and some of his cohorts".

More productively Barnard says that Reynolds has alienated much of the media. "PR has also alienated a number of reporters and researchers who were long term sympathizer to the cause since I joined the media merry go round in 1994".

Such fearlessness of the media alienated myself. I received an email from PR that left me nervous about walking the streets in my own village, in which he lives as well. Amongst many other things, the direct threat suggested: "Don't let me bump into you in the street until I've had an apology!"

Turning the media against you in a campaign that requires a very good media image to fight dogma and misplaced stigma surrounding the issue, is a poor move to make. In a June 2012 article the Watford Observer, a local newspaper ran the headline "Peter Reynolds rants about the obnoxious people of Bovingdon".

Opening the article the journalist wrote, "One of the country's most prominent pro-cannabis campaigners has branded the people of Bovingdon "nasty, selfish and dirty" in an online rant." Bovingdon residents would be part of the key battleground in any serious move to change the law in regard cannabis. It is best described as a dormitory town of London where middle class workers live while working in the city.

One of the major issues held by his opponents that will impact on the wider electorate is Reynolds' casual racism. Reynolds repeatedly denies this but there have been allegations that he has been at one time recently, a member of a political association allied to the far right British National Party (BNP). Asking people about his attitude to race, they will come up with a host of blogs and emails that show his alleged beliefs. One email shown to me was written by Reynolds and refers to a one time ally of his whose family originated from the Indian subcontinent.

Reynolds says to Sanj Chowdhary, who was then on the CLEAR Executive committee, "Abso-bloody-lootely spot on the Paki bashing button, Senor Chowdhary". One wonders, what is Reynolds like toward people of different races he dislikes if he refers to a friend as a "Paki"?

Blogs written by Reynolds that would offend one race or other are legion. He is quoted as stating, "Islam has become a source of great evil in the world and it is time we reconsidered our patience and tolerance of it. We have



been taken advantage of. "Multiculturalism" is not only a dreadful word but an idea that is making no sense. Immigrants don't want it either. When they come here they want to group themselves into ghettoes. They separate themselves from our national culture. They want all the benefits of what we stand for without any responsibility." The actual blog has been deleted from the internet but before deletion was quoted on the ccguide.org website.

In the UK the best way to marginalise an issue is to associate it with the far right. There is a cat and mouse game in politics between what the far right would associate itself with (and therefore sully) and mainstream politics would. Immigration has become quite liberal as a result of the BNP's association with it – and any aims to tighten it up face accusations of aligning with the party. Associating cannabis legalisation with the far right would kill it for a generation. Thankfully the "mainstream far right" wishes to execute cannabis dealers so the odd supporter of the BNP wishing for cannabis legalisation isn't

going to send it into that hole for the minute!

Sadly, with such division and infighting, the cannabis legalisation movement has been too busily chewing itself to bits to be an effective fighting force within any stratum of politics. As a last word, we look to the future. The US National Organization for the Reform of Marijuana Laws (NORML) has opened a UK branch, run by much of CLEAR's former Executive. In the LCA's way they do not have a specific leader, and are run by committee. NORML UK are trying to fight a positive campaign and forget the internecine warfare. The UK national newspaper The Independent has recently reported on a couple of campaigns they are running.

From what little I have seen, this positive attitude – to change the law, not to fight each other, shows new shoots of hope for the movement. I lay hopes for a future for the campaign as a whole, and that NORML UK can lead the way in the fight against legislation that is internationally recognised as unjust.

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At long last,

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By Mary Lou Smart

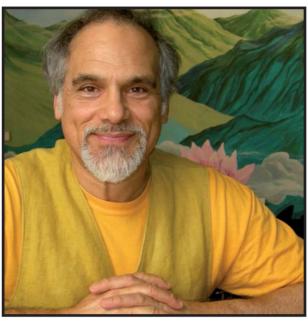
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cross the United States, medical cannabis is becoming an accepted alternative therapy. Critical to today's fight for compassionate care are the patients. Risking arrest, defamation of character, and financial ruin they step forward and testify to legislators about their conditions and the plant that helps them. Treating Yourself readers might know about Mark Mathew Braunstein. This modern day Thoreau lives in the woods and abhors the distractions of TV, cell phones and the like. He has written for *Treating Yourself*. He is a vegan who grows and writes about growing sprouts and microgreens, and does not eat dairy products, or foods containing white flour, or refined sugar. His website, www.markbraunstein.org, is filled with veganinspired artwork, his philosophy, and his photographs of nudes in nature.

Braunstein, 62, is a paraplegic as a result of a 1990 diving accident that injured his spinal cord and left him partially paralyzed from the waist down. Prior to his accident, he was a mountain hiker, swimmer and marathon runner. He smoked marijuana recreationally, maybe once a week, on the weekends. Following the accident, he also smoked occasionally while at a rehabilitation center. There, in a peaceful wooded setting, he sat and smoked while contemplating the circumstances of his new life as a paraplegic. When he returned home and went back to work— he is the art librarian and curator at Connecticut College — he stopped smoking. After a few days without weed, he noticed something unusual. His legs, only partially paralyzed, experienced painful spasms that made it almost impossible to do already compromised activities like walking and driving. A few weeks later, when he smoked a joint recreationally, he noticed something else. After smoking marijuana, the spasms disappeared. He did not need much, maybe a few tokes once daily, but the spasms went away with the smoke.

Persistent in his support for a medical cannabis program in Connecticut, he first testified before a legislative committee in 1997. His family and friends were concerned that he was admitting to growing and smoking something that was illegal, and worried that he would be arrested. Legislators also noticed.



Mark Mathew Braunstein: Testified in Favor of Medical Cannabis since 1997

"For me, the most interesting part of his testimony was that he'd say it (cannabis) was there, he grows it all of the time, and uses it for medicinal purposes, and if they'd like to come and search his house, they would be more than welcome," said Mike Lawlor, a legislator at the time who was co-chair of the Judiciary Committee that held many of the hearings. "The police never took him up on that. To me, that underscored that as a practical matter, police have no interest in prosecuting these cases. Keeping that in mind helped people to understand why it is important to clarify the law. The law should conform to reality."

The timeline of the program's back and forth progression through the legislature reads like a ping pong tournament. One year the Senate would approve the bill but it would die in the House of Representatives. One year the House would approve it but the Senate would not. One year the bill would die in both the House and the Senate. One year both approved but the Governor vetoed. Year after year, Braunstein testified. In 2011, while testifying before the Judiciary Committee, he made the observation that it was obvious that he was not the only entity suffering from paralysis.

Medical cannabis had considerable support in Connecticut, reflected in a Gallup poll showing more than 75 percent in favor. After again failing in 2003, it was noted that legislators had questioned the lack of support from physicians. Then Rep. James W. Abrams, now a Superior Court Judge, sponsored the 2003 and 2004

bills. In 2004, his office contacted every physician in the state, as well as nurses, chiropractors and dentists, to see if they would endorse the bill. When the bill was introduced again in 2004, more than 300 physicians endorsed it. A medical cannabis program later was co-sponsored by Rep. Penny Bacchiochi, a conservative Republican who had initially learned about the unprotected status of the medicine while trying to procure some for her dying husband. Since her own harrowing indoctrination into marijuana's Prohibition, she had spoken to countless patients, and testified several times about the importance of protecting them.

In 2012, a funny thing happened. The usual lobbyists pushing for reform were not notified. Fresh faces had entered the picture. Eileen Konieczny, an oncology nurse who works in New York and Connecticut, testified in favor of the program in 2011. That year, after the bill died in both the House and Senate, she decided to get more involved. She arranged a luncheon in Hartford. Several government types including Lawlor, Rep. Gerald Fox and legislative liaison James Desantos; Erik Williams, director, Connecticut NORML, who had also testified in 2011; and Dr. Alan Shackelford, a Colorado physician who makes cannabis recommendations, discussed sticking points that had stalled previous bills and features that made bills more palatable to legislators in other states.

"In my line of work — I do death and dying — there is not one day that I work that I don't meet somebody that could benefit from the use of medical cannabis," Konieczny said. "Not one. The laws that are being written now really do address standards as well as the medical aspects of cannabis therapy, and that is necessary for legislators to go along."

A bill was presented in the House and Senate. Both approved *An Act Concerning the Palliative Use of Marijuana*. HB 5389 was signed into law on May 31 by Gov. Dannel Malloy.

Connecticut's medical marijuana law, Public Act 12-55, is strict. It will allow state-registered patients or their caregivers to obtain marijuana from dispensaries. Only pharmacists will be allowed to file applications to run the state-licensed dispensaries. Dispensaries may obtain marijuana from licensed producers, growers, who will pay a non-refundable application fee of at least \$25,000. The hefty application fee, which must be renewed every five years, is a barrier to entry by the types of small businesses that dot the landscape in western states like California and Colorado. There will be no fewer than three and no more than 10 growers in the state.

Patients — who must be 18 or older — will be able to obtain a one-month supply, with amounts to be deter-

mined by the Commissioner of Consumer Protection after consultation with the Board of Physicians. The bulk of the bill will go into effect on October 1, 2012, including a provision to allow patients to obtain a temporary registration to possess marijuana while the department implements the remainder of the act.

Connecticut's program is just getting off the ground. Fresh updates, such as procedures for doctors to follow to qualify, began appearing on the program's website, which is listed under the Department of Consumer Protection, in August.

http://ct.gov/dcp/medicalmarijuana

There is no home-grow provision written into the law, which could be a considerable hardship to many who grow their own. Even so, many who had a role in the bill's passage maintain that while home growing is not mentioned, individuals are allowed to grow their own, as long as they have no more than the to-be-announced one-month supply on hand at any time.

Until two years ago when Gov. Malloy appointed him to his administration as under-secretary for Criminal Justice Policy and Planning Office of Policy and Management, Lawlor was co-chair of the Judiciary Committee during the bill's long journey. He has a thorough understanding of the law that guides the program. "You can grow your own," he said. "You are allowed to have up to a one month's supply."

While legislators and policy makers insist that the homegrow provision is implicit, others are not so sure.

"By the time we saw the bill, which the Governor's office rolled out, it had pretty much been written," said Lorenzo Jones, executive director, A Better Way Foundation, which had advocated for reform for years. "We had attempted to work with our lobbyist to get the second half of the bill amended to include the self grow, expand the number of producers, and do a number of different things, but those amendments were not allowed to be called in the legislature."

Konieczny admits that at face value a Connecticut medical cannabis recommendation and card will not give patients much at first. Dispensaries and grow operations will not be in place for over a year, and the program that was passed does not appear to address factors key to using cannabis as medicine.

"Right now it is basically a get-out-of-jail-free card," she said. "I've been told by multiple people that are in the government that the home-grow feature is implied only. I honestly do not think that they will go after real patients. This is a Catch 22 for people like me. Do I encourage patients to grow their own?"



Having a medical cannabis program without provision for edibles was a situation anticipated by Williams in his testimony when he said that "smoking medicine is neither the preferred nor the best method of delivery for most patients. Making tinctures, edibles and topical ointments with clear dosage and standardization available will help make this program successful."

Nevertheless, the bill has only vague mention of products created with cannabis.

"The legislation does not mention medibles or edibles at all, which is something that surprised me, but because I do not know the politics of this, I didn't realize at first that they will be addressing the whole thing in the rules and the regs," said Konieczny. "The ones writing the rules and the regs kind of got this thrown in their laps. The way that the legislation was written, there was no way that they were going to get rules and regs written in time for the October 1 launch date."

The law's qualifying medical conditions are cancer, glaucoma, HIV, Parkinson's, multiple sclerosis, spinal cord injuries causing spasticity, epilepsy, wasting, Crohn's disease, and post-traumatic stress disorder (PTSD). The Department of Consumer Protection has set parameters for adding medical conditions.

Rules and regulations for dispensaries and growers have not been finalized.

"It seems like there is a lot of interest, but we won't get to that part of the process for another year or so as they develop the regulations to govern that," said Lawlor.

The passage of Connecticut's program is a milestone in the United States, where a third of the states have now enacted medical marijuana programs. And maybe nothing better sums up the trials and tribulations of the simple cannabis plant than Connecticut's motto, *Qui Transtulit Sustinet*, which touches on the courage in attaining and

faith in nurturing a plant. Translated as *He who has Transplanted*, *still Sustains*, which a former state librarian theorized might be drawn from a Biblical passage, "*Thou hast brought a vine out of Egypt: thou hast cast out the heathen, and planted it.*"

For now, another librarian knows that he had a say in making a natural medicine more attainable to those who need it most. These days he needs to imbibe just once every two or three days to prevent his muscle spasms, and he is relieved to know that he and others will no longer live in fear of arrest for medicating with a harmless plant.

"Even if the self grow is never spelled out, or what appears to be to be a prohibitive grow op never occurs, at least the patients will have their cards," said Braunstein. "Even if they are still going to end up getting their cannabis from the same clandestine means as before, at least their asses are covered. That is really, I think, the end result of the legislation."

Having a law with no mention of home growing, little mention of medical preparations such as tinctures and salves, yet-to-be-established pharmacist-run dispensaries selling one-month supplies grown at more than three but no more than 10 grow operations, pretty much means that all kinds of things are up in the air. After 15 years of proposed but failed legislative attempts, however, one passed muster. Connecticut finally has a medical marijuana program.

A Better Way Foundation will continue to advocate for improvement in the law.

"We will address the distribution and production side of the bill going forward," said Jones. "At A Better Way Foundation, we appreciate a responsible model, but we do not appreciate a model that is so controlled that it is inaccessible, and that is what Connecticut's bill is. We did not come out against this bill, because it has addressed our number one goal, which is protecting patients."





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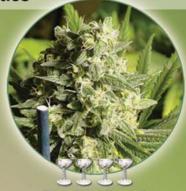


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By Mary Lou Smart

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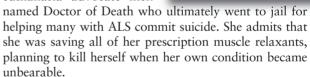
Fighting for Reform in Florida: Catherine Jordan, president, FL Cannabis Action Network...

annabis makes Catherine Jordan cough, and she loves that. To get going each morning, she smokes two joints with two cups of steaming hot coffee. She smokes throughout the day to keep her mouth dry. For 26 years, she's suffered with Lou Gehrig's disease. She does not need a breathing tube, and she's outlived the majority of amyotrophic lateral sclerosis (ALS) patients by a good 20 years. It is estimated that only 10 percent of ALS patients survive 10 years after diagnosis. She credits her remarkable longevity to cannabis.

In 1989, Jordan visited a friend in Florida, mainly to say goodbye. Having received her diagnosis almost three years before, she could feel her body deteriorating. ALS is a rapidly progressive motor neuron disease characterized by the degeneration and ultimate failure of nerves that control voluntary muscles. As muscles, dependant on communication from the dying and dead nerves, fail, patients are no longer able to do things like cough, sneeze, or even breathe. Many drown in their own saliva. Cannabis helps to dry the saliva in Jordan's mouth. She feels blessed to be able to cough, and she loves her morning tokes.

There is no known cure for ALS. Conventional treatment in the 1980s included pharmaceuticals for depression, pain, loss of appetite and muscle spasms. Today, the only Food & Drug Administration (FDA)-approved prescription medication is Riluzole, which has been shown to have some success in delaying by a few months the need for a breathing tube and final respiratory failure.

At the time she visited Florida 23 years ago, she was a resident of Washington, and a fan of Dr. Kerkorian, the deceased euthanasia advocate nick-

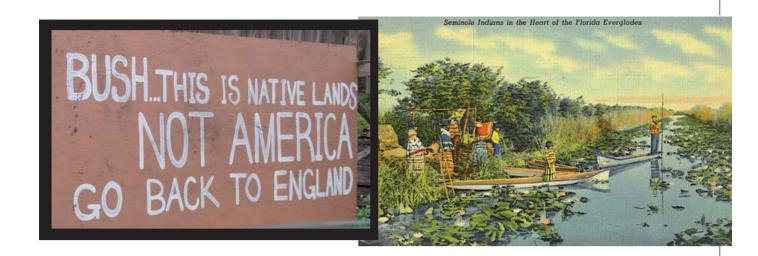


ALS lays waste to muscles while the mind remains intact. Renowned British cosmologist Stephen Hawking also suffers from ALS, and is also one of the rare, long-term patients. Jordan, a petite woman with sparkling eyes and a quick wit, is surprisingly upbeat.

Sitting on a beach in Bradendon, Florida, all those years ago, she decided to partake when one of her friends passed her a joint, and suggested that a hit of the local variety, Myakka Gold, might soothe her nerves. "My neurologist told me not to smoke anything back when I was diagnosed," she said. "He said that I would need all of my lung capacity for the end, and that every day it would be harder and harder to breathe. I had listened to him and not smoked anything for the first three years, but the disease was devastating my body. I figured, what's it going to do, kill me?"

She took a few hits and went back home where she discovered that her appetite had returned. Shortly thereafter,





she felt her disease stop. Other ALS patients have reported the same phenomenon. In a number of animal studies, and in anecdotal evidence, cannabis has been shown to slow progression of the disease. Jordan continued smoking cannabis. She remained in Florida, where she became an advocate for reform. As president of Florida Cannabis Action Network (FL CAN), she has overseen numerous petition drives and initiatives for legislative action. FL CAN's mission is to promote public support for sensible cannabis policies. FL CAN's press releases, petitions for legislative action and requests for donations can be viewed on **www.FLDecides.org**.

River of Grass

Floridians can be a scrappy and industrious bunch, and arrest figures prominently in a state with no medical marijuana program and some of the strictest drug laws in the country.

In the early 1980s, Don Clark, a successful sod and watermelon farmer in Manatee County, supplied folks with the Myakka Gold that slowed the rapid onslaught of Catherine Jordan's ALS. He was caught, convicted, and sentenced to house arrest. He served his sentence, but was later caught with a hunting rifle, a probation violation, and sent to jail. Once again, he served his time.

The beautiful Myakka River stretches 57 miles through wetlands, prairies, woodlands and swamps. Have you ever experienced the hell of trying to find your way out of a mangrove swamp in a kayak, or, even worse, on foot? Everything looks the same and it is easy to get lost. Watch out for poisonous snakes and man-eating alligators! The only war ever lost to the U.S. Army on American soil was during the Seminole Wars, which stretched from 1814 to 1858. The winning strategy for the Native American Indians was to hunker down in the swamp and refuse to come out. To this day the Seminoles are proud of this feat, and refer to themselves as The

Unconquered. For the exact same reason, far from the beaten path, swamps are a fantastic place to grow marijuana. It takes a special person to want to poke around in muggy, buginfested back waters. For a time, Myakka Gold was the largest cash crop to be found in swamps stretching for miles, clear down to the Everglades.



While Clark was paying his debt to society, what he referred to as "Myakky Wacky" was still quite popular. Lots of people, including his son, were growing it. Lots more people, including Cathy Jordan, were smoking it.

Even though Clark was known to have been out of the business, he was subsequently charged with conspiracy and accused of master-minding the education of an entire community of growers and dealers. When the next round of charges came down the pipeline, he maintained that he was not responsible for what everyone else had been growing and selling while he was doing his time. He refused to plead guilty and accept a plea. For standing his ground, he was sentenced to life in federal prison without chance of parole. He'd served 10 years of his sentence, some with his own son in his cell, when, in the last hours of U.S. President Bill Clinton's time in office, he was one of 176 pardoned.

The ambitious conspiracy charge, which calculated that this man who had been out of the business for years was responsible for every seedling grown in Manatee County — one million plants! — during the 1980s, received considerable attention. Among many pushing for his release, Families Against Mandatory Minimums (FAMM), a Washington, D.C.-based advocacy group, lobbied the White House on behalf of Clark.



The Senior Tour

Few are fortunate enough to receive a pardon from the President of the United States. Robert Platshorn served 30 years, a mandatory minimum sentence, for smuggling a great deal of marijuana into Florida, at one point running his operation from the tony digs of the Fontainebleau Hotel in Miami.

Square grouper, the term given to a bale of pot that occasionally floats ashore following unpleasant encounters with the law and other unwanted visitors, is the name of at least two restaurants in South Florida. It is also the name of a 2011 documentary, Square Grouper: The Godfathers of Ganja, which chronicles Miami's pot smuggling culture in the

1970s and 1980s, and includes the story of Robert Platshorn and his Black Tuna Gang.

A former pitch man for all types of products, Platshorn is a top-notch speaker. After his release in 2008, he decided to go back to work. This time around, he chose the field of education. Understanding all too well that the senior citizens raised on lies about marijuana are now living with

aches and pains that can be easily relieved with gentle remedies, he launched The Silver Tour. Entertaining and educational, the road show was initially aimed at senior centers and synagogues up and down Florida's east coast. Speakers — politicians, advocates, and patients — bring audiences up to speed on the therapeutic aspects of the plant, the lunacy of the federal government's Prohibition, and statewide reform efforts.

In addition to The Silver Tour, Platshorn raised enough money to fund billboards advocating the rescheduling of medical marijuana. He has written a book, *Black Tuna Diaries* and raised money for an infomercial, "Should Grandma Smoke Pot?" The Silver Tour's website, www.silvertour.org, is cram packed with videos aimed at increasing awareness. A spokesperson for reform, he is also the South Florida director of the National Organization for the Reform of Marijuana Laws (NORML). For his efforts, he is generating a great deal of press in local and national media outlets.

No surprise, but the federal government is hot on Platshorn's trail. A new parole officer threatened to revoke his parole when he mentioned in an interview that he had used cannabis oil to treat skin cancer. Considerable evidence exists documenting that cannabis oil is effective in treating some forms of skin cancer, which does occur in





Robert Platshorn Silver Tour on stage

high numbers in the Sunshine State. Unfortunately, however, Platshorn was drawing considerable attention

to himself with The Silver Tour and the billboards, and admitting to using a Schedule I drug in a state with draconian drug laws gave the zealous parole officer reason enough to request many drug tests and threaten to send him back to jail. Because of conditions of his parole, he is no longer allowed to travel. He was earning money selling his books at out-of-state conventions, is almost broke following 30 years in jail, and the no-travel condition is a financial hardship.

Although his pitch for medical marijuana might have been muddied with all of the media attention, the law enforcement attention, and the merchandising, Platshorn, 70, is right on with his target audience. One aspect of Florida's story never changes; many move to the Sunshine State to run out the clock. In the 1950s and 60s, Florida was marketed as the world's greatest retirement destination, and the campaign paid off. The weather is pleasant and there is no income tax. Many visit on vacation, return, buy a winter home, and eventually retire in this place that many refer to as God's Waiting Room. As the seniors who grew up believing the lies of Prohibition die off, a new generation of retirees is stepping forward. Many have either smoked marijuana or have tried it at some point, and are well aware that it is not some evil scourge. Many Baby Boomer seniors have been smoking pot for most of their adult lives, and favor full-out legalization.

Opening Doors in Tallahassee

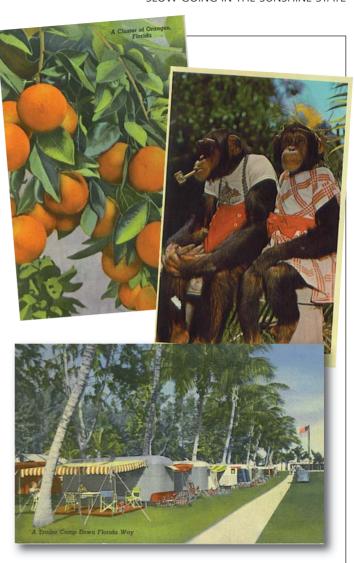
In Florida, cannabis reform is a ways off. What seems to be a whisper campaign is making its way to Tallahassee, the state's capital, but whether the Governor will listen is anyone's guess.

Governor Rick Scott, a Republican, is not known for drug reform initiatives that would translate into compassionate care. He is mostly known for leaving the company he co-founded and ran, Columbia/HCA, with a substantial fortune that included a \$9.88 million settlement and 10 million shares worth \$350 million at the time of his hasty departure, just before same company was slapped with the largest Medicare fraud fine in history, \$600 million, which would eventually morph to more than \$1.5 billion with fines and repayments. Although he was never accused of any wrong doing, Columbia/HCA's board forced him to resign as chief executive, and then it pleaded guilty to 14 felonies. Scott then decided to try his luck in the realm of politics. He bought his way into Tallahassee with more than \$70 million of his own nest egg, garnered from the company caught red-handed bilking Medicare, and, in effect, American taxpayers. In office, he immediately established historically-low approval ratings with moves such as trying to drug test anyone with a pulse, and backing anti-democratic voter suppression legislation in hopes of putting his candidate, Mitt Romney, into the White House. In July, when the U.S. Supreme Court upheld the constitutionality of the Affordable Care Act, Scott promptly announced that Florida would not implement certain provisions of the law that would help to bring health care, and millions of dollars in federal funds, to the state's neediest.

While a medical cannabis program appears to be a long shot, even Republicans have looked at the issue. In 2011, a survey by Republican polling firm Fabrizio, McLaughlin & Associates found support for legalizing medical marijuana with 57 percent in favor, and 38 percent opposed, as reported in *Broward Palm Beach New Times*. With a constitutional amendment, 60 percent approval is necessary to win. Forty percent plus 1 can kill a ballot measure, and so the no votes are still way ahead.

One way to put an initiative on the ballot is by petition, but at least 700,000 signatures are needed. Making the process even more onerous, a certain percentage of the petition's signatures must come from each of the state's 13 congressional districts.

For years, Floridians for Medical Rights circulated a petition in favor of a constitutional amendment for medical cannabis. Another group, People United For Medical Marijuana, (PUFMM), has meet-ups around the state that are announced on its Facebook site to get signatures on its petition, which has been circulating since 2009. The petition was short more than 675,000 signatures by



December, 2011, according to *Broward Palm Beach New Times*.

"It is difficult and costly," said Jodi James, executive director, FL CAN. "If you pay anyone to gather signatures, then you also have to pay to have the signatures verified, which can be as much as \$1 apiece. So you are talking about \$2 million before you've even gotten on the ballot."

While conditions for initiating discussion are emerging, outside lobby groups are not yet willing to commit the substantial funding necessary for a successful legislative effort.

"I think that Florida will probably be in the latter wave of states that end up changing their laws," said Robert Capecchi, legislative analyst with Marijuana Policy Project in Washington, D.C. "One of the reasons being is that a lot of the voting public is comprised of senior citizens, and they typically tend to have the least amount of support for changing marijuana laws, if only because they were raised in an age and time where out-right lies ruled. Again, I would not go so far as to say that nothing



is ever going to happen in Florida. At some point you will see serious movement."

State Representative Jeff Clemens, now a state senator, introduced two House bills over two consecutive years in an attempt to get medical marijuana on the ballot. In the last session, a bill was also introduced in the state Senate by Miami Senator Larcenia Bullard. Neither bill was chosen to be heard by any committee. Given the large conservative Republican majorities in both forums, and the requirement that a three-quarters vote in both houses would be needed to allow a public referendum, the moves were viewed as a step in the right direction, but most likely doomed from the get-go. In Florida's 2011- 2012 legislative session, drug testing and purging the polls of Democrats trumped compassionate care.

Bullard, a Democrat who retired after the past session, has said that she introduced her Senate bill after reading about medical marijuana, listening to constituents and realizing that it was the right thing to do. While introducing his first House bill, Clemens, also a Democrat, said that he came to his position, radical in Tallahassee, after listening to his constituents. He said that he'd never smoked marijuana, and does not drink alcohol. He decided that supporting an inexpensive, non-toxic and gentle form of therapy makes good sense. About medical cannabis he said, "Seven people die from prescription pain medicine in Florida every day. No one ever died from using cannabis. I've met people who were living with really difficult pain. It doesn't make good ethical or medical sense to deny it."

There are those that have not given up on Governor Scott as a possible change agent. The man is a U.S. Navy veteran, after all, and the state is filled with veterans, many of whom support medical cannabis for conditions like post-traumatic stress disorder (PDSD). In July, Jordan and others from FL CAN visited his office to meet with

representatives from the Office of Budget and Policy. They were asked to return for discussions with representatives from the Department of Health. Jordan said that she was very encouraged by the warm reception.

"FL CAN is well positioned to do good work with the legislature in 2013," said James.

NORML Legal Counsel Keith Stroup is not holding his breath for Florida's Republican legislature to embrace compassionate care anytime soon. "I don't think Florida is even close," he said. "They have just barely begun to introduce bills. This really is like the federal bills that we introduce every year in Congress. The fact is that as long as Republicans control the House of Representatives, we cannot get a hearing. If you cannot even get a committee hearing, you sure as hell cannot get a bill out of committee."

Stroup, who founded NORML in 1970 and has been fighting for reform or outright repeal of marijuana laws for decades, is encouraged by advocacy efforts that are opening doors in Tallahassee. "I really do admire and respect Cathy Jordan for her persistence and courage. She is not someone who is in this movement for the money. She understands that this is a political issue."

Good news! In August, Clemens, whose Palm Beach County House seat was eliminated with redistricting, was the winner in a nail biter of a tough but successful campaign in the new district and is now a state senator. When his first bill he went unheard, then-Representative Clemens was not surprised. He said that he'd sponsor additional bills in future sessions. "When you try something brand new that has this kind of stigma, it's going to take some time to change hearts and minds," he said. "This is the beginning of the discussion. It's an issue that was lying under the surface that no one was willing to talk about."







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Post Traumatic Stress

Psychology and Medication at it's Best

By Jeff Kundert OTR

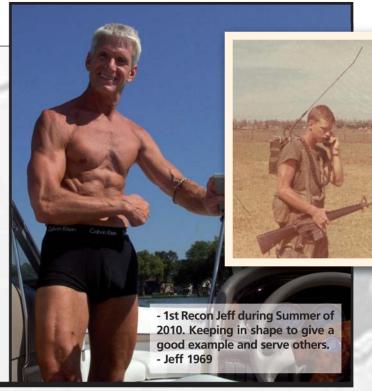
Jeff works as a Wellness and Fitness Educator. He has taught and trained over 1000 clients ranging from the disabled and obese to professional athletes and MMA fighters. His unique services and products are available at **fitnesslifeline.com** and **fightertrainer.com**

s a Vietnam combat Vet with Post Traumatic Stress, I have experienced the psychological and emotional challenges of the syndrome for decades. Keep in mind that any horrible life event can trigger Post Traumatic Stress. It can manifest decades later or soon after the event. There is a recurrent component of hopelessness with combat stress that lurks in the background of the mind because parts of the past will not go away. There is a futile search for resolve. Prescription drugs and mainstream counseling do not crack through this unresolved conflict. As a counseling Occupational Therapist, I developed a program for myself based on a best case scenario. The strategy was to combine the best possible medication with the best possible counseling for this condition. Here is the treatment plan; see if this makes sense to you:

Let's start with the meds...

Which medication has the least side effects, the highest patient satisfaction rating, the most positive evidence based results and the best long term prognosis for use? Clear winner: Cannabis.

Well, that was simple, but it comes with a lot of heartache because in most states you can't get this medication and if you do, it is an illegal act. The dozen mainstream drugs for PTSD have little or no postive outcomes and are often addictive and do not clear the problem but only mask it or create a new batch of problems and symptoms. The contraindications are dangerous and debillitating. Cannabis clears all of the above off the table: NO addictive features, no contraindications, and many proven benefits: Patients develop a feeling of greater acceptance of their current circumstances and a clearing of painful misunderstanding. Also there is a lessening of destructive dreams and less remembrance of them. Cannabis has proven by patient report to be the best med for the job.



OK, now for the counseling...

Who, as a combat vet, would you most want to know your combat history and comment on it? My emotions just took over for a minute here. I would dam well only want to be counseled by someone who was there or could truly make sense of it because of experience, not conjecture or judgement. Basically, I start to tighten up when anyone starts any kind of commentary about Viet Nam...if they have been in combat I will likely lend an ear. Well, I think we would want a combat veteran who fought in our venue and who is a counselor. You see, I'm a ground pounder. I don't quite know the feeling in the cockpit when the missile is closing on you or what it is like to throw artillery 12 hours a day and then get incoming at night. I know night patrols.... don't know house to house combat or the desert....jungle and rice paddies are inside of me, but we all had stress no matter what we did in any war. We all had a shot at dieing too, no matter how "safe" your area was declared. So, I think we should have a counselor who knows our stuff and can use the skills available to get some resolve and some increase in function and peace of mind.

Cannabis will do its part to delay the response of the part of the brain known as the Amygdala that stores the intensity of these experiences. The amygdala is the structure and the herb calms it. Also, the cannabis will slow the memory of the dreams. And finally, it will allow a selective memory to emerge and a feeling of resolve. "It is what it is and I can be OK with that." Acceptance comes slowly but it can come adequately to live well in society.

Now, how will we use the best of psychology to combine with the cannabis to uproot these deep emotions, thoughts and visions? In the current system, the counselors, although well meaning, are at a bit of a trust impasse when dealing with vets who are not willing to open up

So, take on roles that develop health, wellness, fitness, service to others and you will, by meaningful action, take the stress out of the brain and body.

about the horrors of the past. And the drugs that are patent medicines are often bandaids that work with brain chemicals in a dangerous, toxic and addictive way. Let's refine the four major psychologies and create a meaningful flow to work with the cannabis.

Psychoanalysis

Freud was the founder of psychoanalysis. The core of this approach is to get at the root of current mental illness by examining the past in a truthful manner. There is a viable use of this approach at first because once all the troubling incidents are identified, the client needs to look at the truth and give responsibility to all who are involved. It is important to acknowledge your own wrong doing and the wrongs of others as well. After this truthful sojourn into the past, it is time to use other forms of psychology to give meaning and purpose to the unfolding process out of post traumatic stress. It is very difficult to admit to killing others willingly, but the motivators were the pressure of doing your duty and the drive to protect your brothers in combat. Cannabis has helped at this point because there is a component of acceptance, resolve and understanding built into the effects of cannabis. Vets have reported achieving some closure because of these positive effects. I want to state here that in any moral standard that is worthwhile, if a man kills another in war it is not the same as a street murder. The motive can be traced back to the government he is fighting for. Every combat vet knows the feeling of being part of a brutal machine with an unknown goal. Listen, my brothers and sisters with combat in your past; you are not to blame as much as you think you are. It is time to take a wider perspective when looking at your history.

Looking at other psycholgies we see many inroads to healing in the case of post traumatic stress.

Cognitive Restructuring

Cognitive restructuring is fancy for thinking in a different way, ideally a permanent change in mental approach. The idea here is to develop, with the clinician, a set of affirmations that will be repeated every time the bad thoughts or visions arise. In time, the brain will start to physically change, using new nerve pathways that route the signals of the new affirmation. This development of new neural pathways is called brain plasticity and is now valid science. It is true that when you think or act differently, you become conditioned to the new way of being and it becomes "you" with enough effort. It is true that the greater the stressor, the more deeply engrained the negative responses may be. But on the good side, a strong and consistent willful change will have a healing effect on anyone.

"As a man thinketh, so he becomes". Cannabis can help in this cognitive shift because of that same quality of

acceptance. Cannabis gives a willingness and openness to try something different and not to fight it with the ego. Cannabis is a "non ego involved" substance. With cannabis and right development of strong, positive mental tools, the next step towards healing is taken.

Behavioral Psychology

Behavioral psychology is simply to tie a behavior to a stimulus, so in the case of combat stress there will be many habits or behaviors tied to the stress. The object here is to take the cognitive restructuring into action with a set of habits that are focused, functional and provide a positive framework for healing. Example: The combat vet has had thoughts of suicide. His counselor and some friends encourage him to help coach a little league baseball team. At the end of the season, one of the kids says, "Hey coach, thanks for everything. Hope you can coach us again next year". Later the boy's mom tells the coaches that they have been a true lifeline for him because he has no dad. Obviously the vet sees his value in someone else's life and sees then that his own life has merit. Best outcome for the vet? ...many years of coaching and mentoring kids..and vanishing thoughts of suicide based on a life of creating value for others. So, take on roles that develop health, wellness, fitness, service to others and you will, by meaningful action, take the stress out of the brain and body.

Care Ethic Psychology

Woven in all of these tools for healing is the Care-Ethic psychology that simply adds the component of trust, mutual understanding and truth to it all. With the cannabis settling down the dreams (multiple studies on this) and a caring and truthful environment. the application of analysis, cognitive change and new behaviors can take shape to benefit the individual.

In a perfect world we would have a medical system that would base itself in what works instead of what they decide or what makes money. I will hold out hope that programs like the one outlined here will eventually emerge in states or countries with medical use. With 102,000 suicides among Viet Nam vets and more suicides than war deaths in Iraq and Afghanistan, we all need to take stock in what is important. The care of Post Traumatic Stress is vitally important and worth communicating with a Congressman about. Thank your nearest veteran and stay in touch with them. Let's carry on together to end war and get busy in our own countries to improve our own planet.

Interesting links on PTSD

rats.html

http://mikuriyamedical.com/about/cw_ptsd.html http://ripatients.org/medical/ptsd/ http://www.nytimes.com/2007/05/29/health/29mikuriya.html?_r=0 http://newmedia-eng.haifa.ac.il/?p=5527 http://medicalxpress.com/news/2011-09-marijuana-blocks-ptsd-symptoms-





am a male aged 60 or so, I served with the Princess Patricia's Canadian Light Infantryright out of high school. I left, honorably, and began what turned out to be a 30 year career as a Firefighter/EMT. During the course of having so much fun with my career, I was critically injured. It cost me my career, left me in chronic pain, and using a power wheelchair, with the high speed pack of course.

The major problem is chronic pain. I have bones in my hip, un-fused unions, that tend to break 2-4 times a year, and yes it is very painful. Each time I am left in bed for up to 8 weeks and the pain is extreme. I also have a destroyed shoulder socket with little cartilage left, advanced osteoarthritis in 4 locations of my spine, both shoulders, knees, and right foot. I "was" taking up to 900mg of morphine a day, as well as 5 other pharmaceuticals!

My chronic pain specialist "suggested" I look into using marijuana to help with my insomnia, low appetite, pain levels, and depression but of course when I asked where do I get a signature in order to try it and he said "I don't know". This went on for 11 years with three different specialists "suggesting" I try medical marijuana, but no one was going to help me do it legally?

I found a web site in the early part of this new century, called treatingyourself.com and the wealth of information I gleaned from them put me in a position to run a study

for 6 weeks and determine if this cannabis was the item I was desperately seeking for relief of my symptoms. The study consisted of using cannabis rolled in a joint, at bedtime, for 7 nights followed by 7 nights without. The third week I used cannabis at bedtime in a vaporizer and again the 4th week without. The 5th week I used it baked into a cookie and the last week nothing again. I was amazed at the results after only 6 weeks. I had "missed" taking 200 mg of morphine during each week when I used the cannabis and increased the morphine on the weeks I didn't use it. My sleep pattern was drastically improved from 1-2 hrs per night without cannabis to as much as 5-6 with its use. I ate better as well. I would go without eating for days and then binge eat 3 or 4 full course meals in one day and that wrecked havoc on my bowels. I increased the amount of time spent both out of bed and out of the house which also helps with depression.

I presented the results to my doctors. Nothing! They were happy for me that I found something to help but still refused to sign for my category one permit.

I was watching a court case develop in Ontario that challenged Health Canada's role in insisting that doctors be the gate keeper to medical marijuana, while the college of physicians was advising the doctors'not to sign. I signed up to testify, having experienced similar results with my specialists in Alberta as the defendant was in this case who was also a medical user.

It was during this time frame that I found a web site that does Skype interviews with a doctor for the purpose of determining whether you qualify for a permit from health Canada or not, but they charged \$450.

Just like that I was legal, with a reasonable daily gram limit, now where can I find a grower since I certainly cannot do it and with no help from health Canada. anotherweb site, not affiliated with the doctor's group, stated they provided experienced and knowledgeable growers for licensed medical marijuana using patients. He promised organic product, whatever strains worked for me, vacuum sealed and delivered to my door each and every month. The web site states that **Chad Clelland** is the director and he told me"the buck stops with him" unless there is a problem, any problem as I was about to find out.

The first alarm bells went off after 8 weeks of waiting for the permit to return, I still had no reply from health Canada? I contacted medicalmarijuana about the delay and they emailed me to say they had a delay of 6 weeks to send the correct address of the grower? You don't have the correct address?

Finally after Christmas, and 11 years, I was legal, and had a designated grower. I started to imagine what my summer might be like. I was getting excited at to the prospects of getting outside once in a while and re-engaging in some of my hobbies like fishing and hunting. I knew that with the proper strains I would actually heal enough to permit me to take the train back to see my critically ill mother and mentally disabled brother. I might even be able to help them financially since I wouldn't be spending an arm and leg on "other" med sources.

It didn't take long for evidence of the medical marijuana's company vetting process of growers was seriously flawed. I asked the mule what the cbd content of the crop was and he didn't know what I was talking about. I can't communicate directly with the grower directly because that's the way they want it! I have the growers address on the permit and that's all. I have to go through a mule-one who picks up the product and ships it or delivers it to the patient. He also didn't understand why I needed such a high level of the or what strains I would be receiving. I had to ask after every shipment as to what strain it was so that I would never order it or grow it for myself, but I seldom received an answer. Next came Canada post, stealing my legally shipped meds, and not telling me for 3 weeks that they sent it to the RCMP. Why? because she(Canada post) didn't approve of using marijuana for any purpose! Chad and his mule never did initiate a search for a lost package and the receiver cannot initiate it. I suggested hiring my lawyer to bring heat onto Canada post and at least get the package returned but Chad said he would replace the package and not to pursue it any further? I went through Feb and march with no meds.

In the end, I never received one strain I asked for, i.e. White Widow, G13, OG Kush, AK47 etc. I never received one monthly shipment on time, I had to email and query Chad every single month to get my packages sent when they were due. Notifying Chad ended with the same results, nothing done about it. Packages were not wrapped in accordance with health Canada specifications, one was wrapped in saran wrap. All but one shipment was graded 1 or 2 out of 10 (1pt. for looking like bud and 1 pt. for having visible trichomes) and most smell like- nothing! One that he wanted me to believe was OG kush rated a 2/10 and had seeds in it. OG Kush has always rated a 9 in my health management kit. The one package or exception to all was that which contained Cotton Candy - a part of the package only, and legends ultimate Indica the remainder and why did I get this? I had informed them I was attending a BBQ for MMAR patients and we were going to compare the various cannabis suppliers or designated growers we had at that time. It was of course late. I expected the next 4 shipments to contain Cotton Candy which I rated a 7 and the LUI a 4 and what did I get - hemp! The last package arrived without prior warning via Canada post and improperly sealed. They didn't have to worry about the smell giving away the contents as they could have stuffed it into the box without the zip lock bag as there was absolutely no smell and I graded it a 1/10.

My health has declined over the last 10 months since I became legal, to the extent I have broken three molars from grinding my teeth in pain, I have had to double the blood pressure meds due to the monthly stress, lost 8 pounds, forced to live on a lukewarm fluid diet and the use of pain killers are up 35%. My teeth began breaking in early march, from grinding in pain, due to having no significant meds since becoming legal. I had to inform family and friends and yes Chad too, that due to the constant nausea caused by the morphine, and the lack of any decent cannabis from my grower, I would have to rely on emails for communication since I couldn't carry on a conversation over the telephone due to the constant nausea.

I can't book a dentist until I have sufficient volume and strength to make a batch of cookies which will control the nausea long enough for the dentist to complete the procedure. I wasn't going to risk losing my permit seeking alternate sources when our agreement specified my needs for certain strains from the very beginning and I was getting very suspicious of what their intent might be, ripping me off!

They promised me the moon, until my crop came in, and then severed communications with me by actually blocking my email. I sent a note to the mule, asking if they had any comments for an article I was putting together and what do you know 10 min later the phone rings, but due to the nausea I couldn't answer it. Now I wonder why



they would want to call, but not reply to my emails unless they don't want to see their comments in large type next to "scumbags rip-off disabled vets".

My last due date, to receive my crop of *Cotton Candy*, which also wasn't on my list, was July 26, a crop which they bragged about in emails, and apparently was fantastic when taken down in June, still has not been received and no contact after I sent numerous queries as to the delay. Once the crop is harvested, the patient gets his 4 months' supply set aside and therefore shipment delays should not exist, unless they stole the crop from me!

My mother died in late may and I couldn't attend the funeral, or send my brother any financial help!

Well despite your words contrary to whether I can fire your designated grower before the year is up, whether he bought the permit from you or not, Chad, he is fired!

It is of my opinion that Chad Clellend's gang is using the permitted crops to feed his "compassion " club, at the expense of this disabled vet!

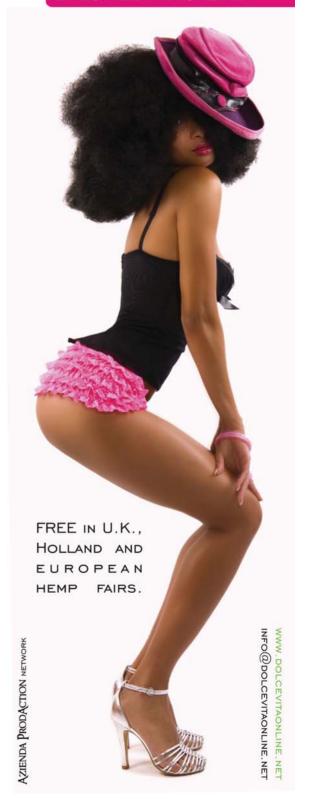
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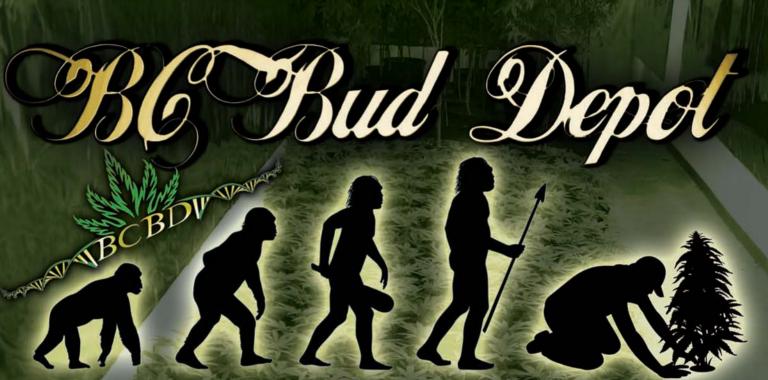
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n 1963, Pete Seeger had a hit with the song "Little Boxes." Many people will be familiar with this as the song is also used in the introduction credits of the show "Weeds." It refers to suburbia and it's rows of track style housing and suburban values.

In many ways, the song really describes where I live. It sheds light on a common perception of suburban living. One verse states, "and the people in the houses all went to the university, where they were all put in boxes, little boxes all the same." The message is pretty clear. When Malvina Reynolds wrote Little Boxes in 1962, I wonder if she could have imagined that the same suburban ideologies would be ever present 50 years later.

Perceptions of ourselves, what we value and where we live are an important part of our overall human condition. Many articles focus on the self or values, but... is where we choose life often not a reflection of ourselves to a degree? I live in what is thought to be a largely conservative area. The question that I asked myself was, how does that effect me as a medical marijuana user?

Over the course of the last 3 years, facing my illnesses and having my federal exemption has certainly changed my perception of... well, life in general. I have to admit that it has taken me a long time to become comfortable living more openly with cannabis. Even smoking it discretely in my own garage had a degree of worry behind it. I have talked to many med patients who, although in possession of their licence, still go to great lengths to medicate out of sight to be discrete and avoid potential hassle.

I have to be completely honest, I was terrible when it came to worrying too much about what people might think, smell and say. I had my *little-box-cookie-cutter-home* and many of the suburban perceptions that came with it. The good news is, I have since gotten over it. I now realize that most of my anxiety about it was just a product of my own perceptions rather then reality. In fact, I have found that the reality is that people are far more accepting then I realized. How did I come to this insight? I relaxed and took a look around and funny enough this is what I saw...

At night in my neighbourhood (and I am sure the same can be said for neighbourhoods all over and everywhere), many of those little boxes have there garage door open about a foot from about 4:20 pm onward. When I relaxed and became more comfortable living with cannabis, I ventured out to meet a few fellow *cannasours* ... and I did! I have met the "doctors and lawyers and business executives" (as mentioned in the song) who live in those houses and I am friends with them.

I guess in the end, I realize that perceptions can be a stumbling block. They certainly were for me. The truth of what was going on was that people were overwhelmingly accepting of cannabis and very often smoking it themselves. We have the same goals, dreams and aspirations for ourselves and our children as anyone else and we all carried out professional jobs successfully during the day. Cannabis had no bearing or effect on any of that and many guys have told me that it added to the quality of their life.

To think that all those years I just thought that my neighbourhood had a really bad skunk problem!!! LOL 🌠



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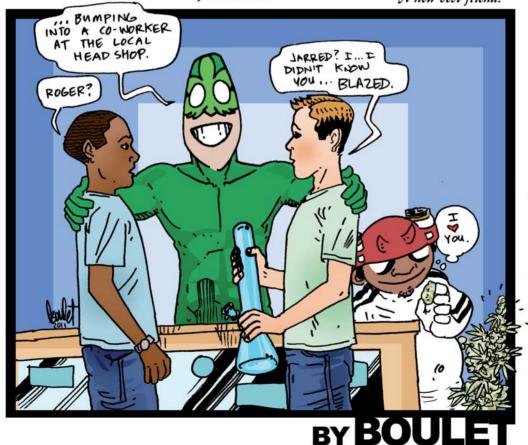
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by Jef Tek Photos by Kaara Heywood

n June 12th, 2012 our favorite glassblower and friend RedBeard's home, just north of Vancouver got busted! The RCMP raided his modest, LEGAL, Health Canada Licensed, grow room and took just about everything that was not nailed down. They took his growing equipment and his glass blowing equipment as well, apparently not knowing the difference. As of July 24th, 2012, there has been no disclosure from the Crown. A waste of taxpayer time and money and RedBeard's time and money. They still won't even give him back his legal medicine.

RedBeard's lawyer; Kirk Tousaw is filing papers for a Constitutional Challenge on July 29 - Their first court date. Tousaw will Question the validity of the MMAR program, as well as to address how doctors are prescribing plant numbers only to have Health Canada refute and even threaten the medical professionals, (THE DOCTORS) who are now being hunted and ostracized for choosing a plant over a pharmaceutical...

This is Happening to our beloved Editor and Chief, Marco Renda's doctor as we speak...

This is obviously an on-going battle for all of us in the drug war and for RedBeard there is no exception.

The truly amazing part of this story is that RedBeard was consigned to make all the glass trophies for this year's First annual Kush Cup, sponsored by Treating Yourself and many others. On top of this, he also had his own Second-Annual Glass Blowing Convention, held just three weeks prior to contend with. Marco went to the glass blowing party and we got to go to the Kush Cup, it all worked out brilliantly.







I'm still not quite sure how he did it; being evicted from his premises for 3 weeks, and not being able to work for four, but he came-thru with beautiful cups, bubblers and accessories. I'm proud to know the man.

I am also the proud owner of a beautiful Second Place Sativa Cup for my legendary Afghani Bullrider. We got photos of RedBeard, and his all-volunteer crew, hoisting massive 185 lb. Liquid Oxygen cylinders and huge Acetylene tanks, used for forming glass until molten and then slowly cooling in a computer-controlled kiln. The whole process is so involved and time consuming, it's hot, laborious, and not very glamorous sometimes. The artistry mixes with surgical precision yielding beautiful breakable moments in time. I feel so honored.

Here's to the friends, fellow glass blowers, sponsors, (don't forget the sponsors) and RedBeard would like to personally and wholeheartedly thank each and every single person who came out to the event.





We could have not done it without you! Thanks RedBeard - you classy.glassy dude!



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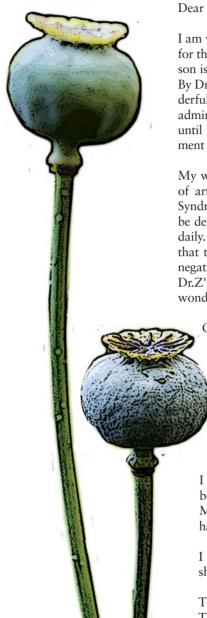
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Dear Treating Yourself:

I am writing to you for two very good reasons, the first being a gigantic thank you for the best magazine out there for all level headed cannabis lovers. The second reason is in response to an article you published in issue 35-2012, Opium Made Easy By Dr.Z. We were very happy to see some positive light being shed on another wonderful medicine plant for our use. Just as the wonderful cannabis plant. I've loved, admired, grown and used them both since the mid 70's and will continue to do so until I die. I must admit that in the beginning it was a defiance and antiestablishment thing but for the past couple of decades it's been all about the medicine.

My wife and I are both physically disabled. I have COPD and a very painful case of arthritis in my back. My wife suffers from a severe case of Ehlers Danlos Syndrome (EDS), a rare genetic disorder that causes all of her connective tissues to be defective causing severe pain in her entire body and frequent joint dislocations daily. We both take a long list of medications for some relief but we both believe that the cannabis and the poppy plant provide much better pain relief with zero negative side affects. And for this reason I would like to elaborate just a bit on Dr.Z's article and provide your readers with a very nice and easy way to use the wonderful poppy.

Opium is described as: The latex that is gathered from the scarred poppy seed pod. Which, by the way, is the least productive method as well as being the most legally dangerous, especially for the small home gardener. We find the most productive and safest way to get your O is to go a step beyond the tea as described by Dr.Z and end up with what's known as poppy extract.

For those of you who aren't in a position to grow your own or are just afraid of your poppies being noticed by a nosey neighborhood snitch, don't despair. You can easily find poppy pods on the Internet.

I would also like to suggest to any of your interested readers what I consider to be the best book ever written on the subject. Opium For The Masses/Harvesting Nature's Best Pain Medication By Jim Hogshire. A must have for all home growing and medical users of nature's best.

I thank you very much for your time and I can only hope you'll allow me to share this wonderful information with your readers.

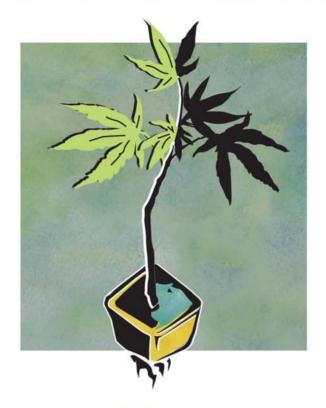
Thank You, The Mad Scientist

RECIPE

Harvest your poppies when ripe, and leave a few of your best plants for next years seed. Harvest your plants, stems, leaves and pods, and chop them up like a fine salad. Put this salad in a blender, 2 or 3 cups at a time. Chop this as fine as you can in the blender. Bring about three cups of water with a quater teaspoon of lemon juice or apple cider vinegar to a hard boil. Remove from the heat and pour in your blended product and let steep for about 20 minutes, stirring often. Strain this tea through a T-shirt like cotton cloth and a screen strainer into a 9 x 13 glass baking dish. Set this liquid in front of a lite fan, check and scrape the sides from time to time keeping the distillate together. Conditions dependent, in about a day or so you should end up with several grams of a thick, black, gooey, tarlike substance, poppy extract.

An excellent home made pain medicine and it also is very good for a restful night's sleep. You'll have to find your own dose, but a 1/4" to a 5/16" ball of your hardened extract should do the trick. You can also get a second and third run (just use half the amount of water with the leftover poppy grounds), a little less product from these runs, but the product is just as good as the first.

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by Paul Armentano

Deputy Director of NORML (the National Organization for the Reform of Marijuana Laws) www.norml.org

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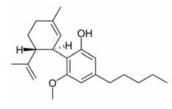
September 14, 2012

Imagine there existed a natural, non-toxic substance that halted diabetes, fought cancer, and reduced psychotic tendencies in patients with schizophrenia and other psychiatric disorders. You don't have to imagine; such a substance is already here. It's called cannabidiol (CBD). The only problem with it is that it's illegal.

Cannabidiol is one of dozens of unique, organic compounds in the cannabis plant known as cannabinoids, many of which possess documented, and in some cases, prolific therapeutic properties. Other cannabinoids include cannabinol (CBN), cannabichromene (CBC), cannabigerol (CBG), and tetrahydrocannabivarin (THCV). Unlike delta-9-tetrahydrocannabinol (THC), the primary psychoactive cannabinoid in marijuana, consuming these plant compounds will not get you high. Nonetheless, under federal law, each and every one of these cannabinoids is defined as schedule I illicit substances because they naturally occur in the marijuana plant.

That's right. In the eyes of the US government, these non-psychotropic cannabinoids are as dangerous to consume as heroin and they possess absolutely no therapeutic utility. In the eyes of many scientists, however, these cannabinoids may offer a safe and effective way to combat some of the world's most severe and hard-to-treat medical conditions. Here's a closer look at some of these promising, yet illegal, plant compounds.

Cannabidiol



After THC, CBD is by far the most studied plant cannabinoid. First identified in 1940 (though its specific chemical structure was not identified until 1963), many researchers now describe CBD as quite

possibly the most single important cannabinoid in the marijuana plant. That is because CBD is the cannabinoid that arguably possesses the greatest therapeutic potential.

A key word search on the search engine PubMed Central, the U.S. government repository for peer-reviewed scientific research, reveals over 1,000 papers pertaining to CBD – with scientists' interest in the plant compound increasing exponentially in recent years. It's easy to understand why. A cursory review of the literature indicates that CBD holds the potential to treat dozens of serious and lifethreatening conditions.

"Studies have suggested a wide range of possible therapeutic effects of cannabidiol on several conditions, including Parkinson's disease, Alzheimer's disease, cerebral ischemia, diabetes, rheumatoid arthritis, other inflammatory diseases, nausea and cancer." That was the conclusion [3] of researcher Antonio Zuardi, writing about CBD in the Brazilian Journal of Psychiatry in 2008. A 2009 literature review [4] published by a team of Italian and

A cursory review of the literature indicates that CBD holds the potential to treat dozens of serious and lifethreatening conditions.

Israeli investigators indicates that the substance likely holds even broader clinical potential. They acknowledged that CBD possesses anxiolytic, antipsychotic, antiepileptic, neuroprotective, vasorelaxant, antispasmodic, antiischemic, anticancer, antiemetic, antibacterial, antidiabetic, anti-inflammatory, and bone stimulating properties. Martin Lee, cofounder and director of the non-profit group Project CBD [5] – which identifies and promotes CBD-rich strains of cannabis – agrees. Cannabidiol is "the Cinderella molecule," writes Lee in his new book, Smoke Signals: A Social History of Marijuana – Medical, Recreational, and Scientific (Scribner, 2012). "[It's] the little substance that could. [It's] nontoxic, nonpsychoactive, and multicapable."

It's also exceptionally safe for human consumption. According to a just published clinical trial [6] in the journal Current Pharmaceutical Design, the oral administration of 600 mg of CBD in 16 subjects was associated with no acute behavioral and physiological effects, such as increased heart rate or sedation. "In healthy volunteers, ... CBD has proven to be safe and well tolerated," authors affirmed. A 2011 literature review [7] published in Current Drug Safety similarly concluded that CBD administration, even in doses of up to 1,450 milligrams per day, is non-toxic, well tolerated, and safe for human consumption.

Yet despite calls from various researchers to allow for clinical trials to assess the use of CBD in the treatment of various ailments, including breast cancer [8], colon cancer [9], prostate cancer [10], and schizophrenia [11], a review of the website [12] - the online registry for federally supported federal trials worldwide - identifies only four USbased clinical assessments of CBD. Two of these are safety studies; the other two are evaluations of CBD's potential to mitigate cravings for heroin and opiates. Sativex [13], a pharmaceutically produced, patented oromucosal spray containing extracts of THC and CBD, is also undergoing testing in North America for use as a cancer pain reliever under the name Nabiximols. The drug is already available by prescription in Canada, the United Kingdom, and throughout much of Europe for the treatment of various indications, including multiple sclerosis.

Presently, however, options for US patients wishing to utilize CBD are extremely limited. Most domestically grown strains of cannabis contain relatively little CBD [14] and many smaller-sized cannabis dispensaries do not consistently carry such boutique varieties. A handful of promi-

nent cannabis dispensaries, mostly in California and Colorado, do carry CBD-rich strains of cannabis or CBD-infused products. However, in recent months, several of these providers, such as Harborside Health Center in Oakland and El Camino Wellness in Sacramento, have been targeted for closure by the federal Justice Department, which continues to deny evidence of CBD's extensive safety and efficacy.

Cannabinol

Cannabinol (CBN) is largely a product of THC degradation. It is typically available in cannabis in minute quantities and it binds relatively weakly with the body's endoge-

nous cannabinoid receptors. Scientists have an exceptionally long history with CBN, having first isolated the compound in 1896. Yet, a keyword search on PubMed reveals fewer than 500 published papers in the scientific literature specific to cannabinol. Of these, several document the compound's therapeutic potential – including its ability to induce sleep, ease pain and spasticity, delay ALS (Lou Gehrig's Disease) symptoms, increase appetite, and halt the spread of certain drug resistant pathogens, like MRSA (aka 'the Superbug'). In a 2008 study, CBN was one of a handful of cannabinoids found to be "exceptional [15]" in its ability to reduce the spread MRSA, a skin bacteria that is resistant to standard antibiotic treatment and is responsible for nearly 20,000 hospital-stay related deaths annually in the United States.

Cannabichromene

Cannabichromene (CBC) was first discovered in 1966. It is typically found in significant quantities in freshly harvested, dry cannabis. To

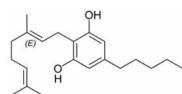
date, the compound has not been subject to rigorous study; fewer than 75 published papers available on PubMed make specific reference to CBC. According to a 2009 review [4] of cannabichromine and other non-psychotropic cannabinoids, "CBC exerts anti-inflammatory, antimicrobial, and modest analgesic activity." CBC has also been shown to promote anti-cancer activity in malignant cell lines and to possess bone-stimulating properties. More recently, a 2011 preclinical trial [16] reported that



CBC influences nerve endings above the spine to modify sensations of pain. "[This] compound might represent [a] useful therapeutic agent with multiple mechanisms of action," the study concluded.

Cannabigerol

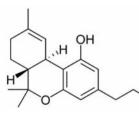
Similar to CBC, cannabigerol (CBG) also has been subject



to relatively few scientific trials since its discovery in 1964. To date, there exist only limited number of papers available referencing the substance -

a keyword search on PubMed yields fewer than 55 citations - which has been documented to possess anti-cancer, anti-inflammatory, analgesic, and anti-bacterial properties. According to a 2011 review [17] published in the British Journal of Pharmacology, "[A] whole plant extract of a CBG-chemotype ... would seem to offer an excellent, safe new antiseptic agent" for the treatment of multi-drug resistant bacteria. A more recent review [18] published this year in the journal Pharmacology & Therapeutics further acknowledges that CBG and similar non-psychotropic cannabinoids "act at a wide range of pharmacological targets" and could potentially be utilized in the treatment of a wide range of central nervous system disorders, including epilepsy.

Tetrahydrocannabivarin



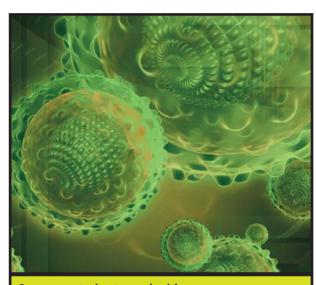
Discovered in 1970. tetrahydrocannabivarin (THCV) is most typically identified in Pakistani hashish and cannabis strains of southern African origin. Depending on the dose, THCV may either

antagonize some of the therapeutic effects of THC (e.g., at low doses THCV may repress appetite) or promote them. (Higher doses of THCV exerting beneficial effects on bone formation and fracture healing in preclinical models, for example.) Unlike, CBD, CBN, CBC, CBG, high doses of THCV may also be mildly psychoactive (but far less so than THC).

To date, fewer than 30 papers available on PubMed specifically reference THCV. Over half of these were published within the past three years. Some of these more recent studies highlight tetrahydrocannabivarin's antiepileptic and anticonvulsant properties, as well as its ability to mitigate inflammation and pain - in particular, difficult-to-treat neuropathy [19].

Like CBD, THCV is on the radar of British biotech GW Pharmaceuticals (makers of Sativex). According to its

website, the company has expressed interest in the potential use of tetrahydrocannabivarin in the treatment of obesity, diabetes and other related metabolic disorders. Though the compound has been subject to Phase I clinical testing [20], a keyword search on clinicaltrials.gov [12] yields no specific references to any ongoing studies at this time. *



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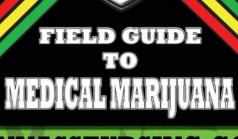
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Can Cannabis Cure Schizophrenia?

By Richard Shrubb,

Freelance sailing, health and social affairs journalist http://richardshrubb.co.uk

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#Shrubberz

ould cannabis treat or even cure schizophrenia? Things look promising according to research taking place at the moment. There is a long way to go however, possibly as long as 15 years until you can have your psychiatrist prescribe you Cannabidiol (CBD) for psychosis.

Professor Val Curran is a leading psychiatrist who is based at Imperial College London. She says "there are around 70 unique chemicals that you can only get from cannabis plants. CBD is just one of many being researched."

Pharmaceutical companies will pick a chemical up and try to develop it into a medicine. GW Pharmaceuticals is a major player where extracts of cannabis are concerned, having developed a spray for Multiple Sclerosis called Sativex. Mark Rogerson, their Communications Director, explains that CBD has been suspected of having antipsychotic properties for quite some time. He says, "when GW began developing cannabis as medicine we thought THC to be more like a racing car engine and CBD more like the brakes. THC sends you up very quickly while CBD holds you back. It has been only recently that we started to see that CBD has more therapeutic properties beyond."

Published in March, the study published in the *Journal of Translational Psychiatry* compared CBD with a modern

antipsychotic called Amisulpiride. Two exciting findings came out of it. Firstly that CBD has far fewer side effects than modern antipsychotics. The report suggested: "Either treatment was safe and led to significant clinical improvement, but cannabidiol displayed a markedly superior side-effect profile."

Prof Curran explains that with CBD "there is no weight gain or side effects associated with antipsychotics used today."

Ben Sessa is a Somerset psychiatrist with a passion for getting psychedelics tested for medical purposes. He explains that the side effects of current antipsychotics can be off putting to people taking medication. "These side effects can include uncontrollable muscle twitches and weight gain. They can be very worrying for the patient, and often puts them off taking them."

The newer antipsychotics make almost half those who take them obese, and there is an elevated risk of diabetes. To date science hasn't been able to blame on the drugs themselves, but the rates of the disease are far higher in those who take antipsychotics than those who do not.

For psychiatric patients and clinicians alike, having a "superior side effect profile" suggests that taking medica-

Things look promising but there are a lot of hurdles in the way of CBD being prescribed by psychiatrists. The first is, would a pharmaceutical industry currently making £billions from controlling schizophrenia want a cure?

tion would be far less of a problem. For the doctor, their patient will have a higher chance of taking their medication and avert the risk of further breakdowns. For the patient the physical side effects aren't so off putting, and reduces the risk of a section posse coming to take them away.

The next part of the study suggested that: "inhibition of anandamide deactivation may contribute to the antipsychotic effects of cannabidiol potentially representing a completely new mechanism in the treatment of schizophrenia."

Prof Curran explains this. "The paper backs up previous work, that psychosis can be controlled in a way that hasn't been considered in medicine. Anandamide is found in cerebrospinal fluid – the stuff that comes out when you get a lumbar puncture in hospital. By keeping levels of anandamide high in this fluid, so psychotic symptoms are reduced". Scientists being humorous creatures, "Ananda" is Sanskrit for "bliss" – anandamide can also be described as the "bliss chemical"!

Research into drug efficacy typically requires it to be tried on a large number of people. It also has to be repeatable – another researcher has to do exactly the same study and get similar results. This study at the University of Cologne involved 42 patients. By the time full scale clinical trials take place well over 1000 people will take CBD in any one trial, to give you an idea as to how small this study was.

Beginner's luck is where your friend who has never played golf before hits a Hole in One on his first round with you. It doesn't mean he will be trouncing Tiger Woods at the Open – just that he is lucky! The same applies in science. The more a study is repeated with similar results, the stronger the findings are. Often you get pure flukes – your friend on the golf course may find in all future rounds he gets a pasting by everyone he plays with. The CBD study is going to be repeated soon at Yale University in the USA. If the findings are reproducible, then this research may be considered validated, and not pure fluke.

Prof Curran says that something even more exciting may come from research into CBD – schizophrenia may be stopped altogether in some cases. "Some research shows that high anandamide levels in patients with early stage psychosis will delay or even prevent the onset of schizophrenia in some cases." Prof Curran continues, "the later you develop schizophrenia in life the better your chances for recovery." Preventing schizophrenia would be the most exciting news in psychiatry in decades.

Dr Sagnik Bhattacharyya is a psychiatrist working at King's College London, who is planning a study on this. No research has taken place yet, but will start in the next few months. Dr Bhattacharyya says, "the study is going to be small and is essentially to see if it is worth going down this road. If the results show something, then others can fund a larger scale project."

He goes on to explain the questions that will be asked before going on to a clinical trial: "if it prevents emerging psychotic symptoms or reduces their severity to a greater extent than the placebo group then this will be interesting to science as a whole."

As a psychiatrist Dr Bhattacharyya comes across a lot of patients in the early stages of psychosis, around 1/3rd of who will develop a full blown psychotic disorder like schizophrenia. He says "our problem is we just don't know who will or won't get schizophrenia among these people. We can offer them antipsychotics, or offer Cognitive Behavioural Therapy at the minute, which works but they aren't very effective alone. A combination of CBT and antipsychotics are often the best course to take."

Psychiatrists and patients worry about the side effects. Dr Bhattacharyya goes on, "weight gain can be a big issue." Essentially if you are going to get schizophrenia then at present, no one can prevent it. Side effects deter psychiatrists from offering drugs unnecessarily and patients can end up refusing them.

Offering a side effect free drug to patients to dampen their psychosis would be an answer – if they develop schizophrenia, their symptoms would be being treated from the start, and many may be prevented from developing the illness at all.

Things look promising but there are a lot of hurdles in the way of CBD being prescribed by psychiatrists. The first is, would a pharmaceutical industry currently making £billions from controlling schizophrenia want a cure? Brad Burge, Communications Director of the Multidisciplinary Association of Psychedelic Studies in California doesn't think so. He suggests, "Big Pharma isn't financially motivated to find cures for mental illness. A cure for an illness isn't profitable--the real payoff for them is in long-term treatments."

The cost involved in pharmaceutical research – many tens of millions of \pounds - may simply not be returned in, for example, giving someone a 6 week course of treatment to prevent their illness.



A spokesperson for the UK Medicines and Healthcare Regulatory Authority explains how pharmaceutical companies make their money back. He says, "it involves data exclusivity for 10 years – no other company can use the research undertaken by the company to get a license for a similar drug." This prevents companies making generic drugs. Famously all sorts of people have tried making fake Viagra but this isn't licensed, and hasn't been through the very stringent clinical trial process. If it is of similar chemical makeup it could be very dangerous as Pfizer, Viagra's makers, don't have to disclose all the pitfalls of what one ingredient or another can have on someone taking it.

The MHRA wouldn't say whether there is a CBD based antipsychotic in the pipeline citing commercial confidentiality. Mark Rogerson suggests that GW Pharmaceuticals aren't developing CBD as an antipsychotic. "At the moment we're looking at cancer pain, epilepsy and diabetes drugs using cannabinoids, but we aren't developing anything for psychosis."

The next issue is licensing. We have looked at the concept of cohorts above. People are all individuals in the way they react to a drug. The more people who take a dose for a period of time the more individual reactions can be measured. Prof Curran suggests that "the safety profile of CBD looks fantastic at the moment – it is an extraordinary chemical".

Staying on safety some readers will find the next bit nasty (as I do reporting it). Animal testing suggests that in monkeys the Lethal Dose 50 measurement (that is, the dose of a drug at which half the monkeys will die) of CBD is 212 grammes of CBD per kilo of animal – in theory you have to consume a quarter of your bodyweight of CBD (in my case, 25 kilos!) before you have a fifty fifty chance of being poisoned by it.

Will the Daily Mail one day rave that "CANNABIS CURES SCHIZOPHRENIA"? Not in the short term. There are a lot of hoops to jump through before it is even on the radar. Typically it takes 15 years for a drug to go from small scale testing to the pharmacy shelves. As someone who takes antipsychotics every day myself, I will be at the front of the queue if it happens, but the question is "if" rather than "when".

CBD study can be found online here www.nature.com/tp/journal/v2/n3/full/tp201215a.htm



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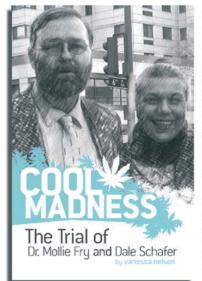
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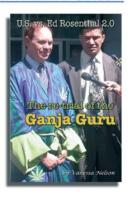


COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical marijuana 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.

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

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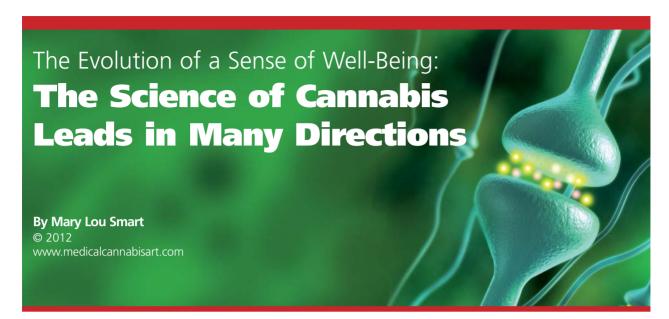
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hile speaking at Patients Out of Time's Seventh National Clinical Conference on Cannabis Therapeutics in April, Bryan Krumm, the psychiatric nurse practitioner who pushed to include post-traumatic stress disorder (PTSD) as a qualifying condition in New Mexico's medical marijuana program, reviewed research that supports cannabis as a therapeutic agent. He also cited his own patient cases, which correlate with the conclusions of the studies. Studies he mentioned included one published in 2011 concerning 1991 Gulf War Veterans showing that alcohol abuse has been significantly linked to PTSD, and cannabis has been shown to act as a substitute for alcohol. He cited Dr. Tod Mikurya's well-known work with cannabis as a harm-reduction approach as a substitute for alcohol. Mikurya, deceased, often spoke of studies as far back as the 1880s (Birch, Indian Hemp Drugs Commission Report) showing that cannabis was a more gentle approach, and that patients weaned off of alcohol with opiates would then turn to cannabis to kick the subsequent opiate addiction.



Amanda Reiman, PhD, MSW, also spoke at the conference. As Director of Research and Patient Services of Berkeley Patients Group in California, she has seen first-hand that the active compo-

nents in cannabis show promise in treating addiction via the body's own messaging system. She reported that California's system of dispensaries is a wonderful resource for tracking anecdotal evidence. A medical cannabis survey to determine how the patient population is using cannabis revealed that 68.9 percent use it as a substitute for prescription medication; 81.1 percent report that it is very effective; and that 85.9 percent of those surveyed who have tried to reduce usage have been successful. One case study with a San Francisco dispensa-

ry working in conjunction with Berkeley Patients Group and patients that use methamphetamine has found that cannabis seems to have a role in reducing use of other, more harmful, substances.

One implication of feedback from the patient population and dispensary studies, Reiman said, is that "the palliative effects of cannabis can assist in reducing cravings and the chance for relapse while providing a safer psychoactive substitution."

Cannabis has been shown to elevate dopamine, a neuro-transmitter that plays a role in reward-driven learning. When we are rewarded, we like to repeat the experience. Some are more prone than others to repeat, and form habits with, rewarding experiences, which can lead to addictions. Many substances, chocolate and sugar for instance, make us feel good, but not many will take our minds away from addictive behavior. The real question is what is going on with this plant that can take people's attention away from neuro-reward-seeking, addictive behavior?

Scientists have long tried to understand why compounds such as those found in cannabis have such an effect on humans.



In 1992, Raphael Mechoulam, an Israeli professor of Medicinal Chemistry and Natural Products at the Hebrew University of Jerusalem, first described the body's own endogenous cannabi-

noid transmitter, anandamide, which scientists in his lab had isolated. Taken from the Sanskrit word *ananda*, meaning bliss or delight, its effects are mediated by clusters of CB1 and CB2 cannabinoid receptors, which are found in the brain and throughout the body.

Even the U.S. government, however, has studies that point to incredible benefit. Thanks to work by renowned researchers, its patent #6,630,507 B1 entitled Cannabinoids as Antioxdants and Neuroprotectants, owned by the United States of America as represented by the Department of Health and Human Services, has been a boon to cannabinoid research, raising awareness into the usefulness of cannabinoids in treating myriad oxidation-associated diseases, including inflammatory and autoimmune diseases, and as neuroprotectants.



In 1995, Professor Vincenzo Di Marzo, PhD, research director at the Institute of Biomolecular Chemistry of the National Research Council, in Naples, Italy, another of the world's leading cannabinoid scientists, coined the term

endocannabinoid (eCB) for these compounds that interact with cannabinoid receptors. From this came the endocannabinoid system as the identity of the whole shebang, including the receptors, their ligands, and regulation of related enzymes and proteins. The new study of the body's eCB system has contributed to fresh insight into brain and body functions. Speaking at Patients Out of Time's conference, Di Marzo reviewed the complexity of the system, along with recent scientific developments, and noted that its activation might have positive implications for stress, recovery and adaptation.

Following the isolation of anadamide and the eCB system in the 1990s, scientists worldwide set out to identify and understand why receptors allow the active components in cannabis to bind to the nervous system, setting off reactions that reduce pain and anxiety and produce feelings of well-being, ranging from calm to euphoria. While some studies show that by interacting with overly-charged areas of the brain, components in cannabis can help those who suffer from anxiety disorders such as post-traumatic stress and even stuttering, others reveal that too much cannabis, or a THC-rich strain, can result in anxiety.

Because of the Controlled Substances Act's Schedule I status of cannabis as a substance with no medical benefit, the majority of the research funded by the United States has been motivated by questions of how and why marijuana poses risk to human health in areas primarily of mental health and addiction. Even the U.S. government, however, has studies that point to incredible benefit. Thanks to work by renowned researchers, its patent #6,630,507 B1 entitled *Cannabinoids as Antioxdants and Neuroprotectants*, owned by the United States of America as represented by the Department of Health and Human Services, has been a boon to cannabinoid research, raising awareness into the usefulness of cannabinoids in treating myriad oxidation-associated dis-

eases, including inflammatory and autoimmune diseases, and as neuroprotectants.

Following revelations by Mechoulam and his colleagues, many studies focused on anandamide. While 1980s research revealed that endorphins, the body's morphine, were elevated in blood samples following heavy exercise, subsequent studies downplayed the role of the endorphins in producing the "runner's high," suggesting that endorphins in the blood stream after exercise might not be the reason for the mental "high." Instead, a growing body of research suggests that the eCB system is the gate-keeper for our natural sense of well-being following heavy exercise. ECBs, the body's own cannabinoids, are made of lipids, molecules that pass through the body's blood / brain barrier with ease.



One scientist, **Greg Gerdeman, PhD**, turns to evolution for a better understanding of what might be producing feelings of well-being following exercise. He is not alone in this endeavor, as a long line of scientists have studied the

role that evolution might have played in shaping our ability to produce substances that might help in warding off or ignore pain to prevent starvation during the difficult, exhausting work of hunting for and gathering food 10,000 years ago.

His work has centered on how the cannabinoid receptors in the eCB neurotransmitter system — the same system that cannabis interacts with — influence learning, behavior and even drug taking.

To examine whether there are differences in exercise-induced eCBs, and whether these levels differ across species, he and other scientists designed an endurance exercise study. Recently published in *The Journal of Experimental Biology*, a leading journal in comparative animal physiology, the study was made possible by a National Science Foundation grant written by Gerdeman, David Raichien, a biological anthropologist at the University of Arizona, and Andrea Giuffrida, a pharmacologist with expertise in the biochemical detection of eCBs in biological samples.



"Cannabis has been so intensely studied over the past 20 years that we know a great deal about the cellular physiology of why cannabis can be anti-inflammatory, anti-spasmodic, neuroprotective, and may even help to regulate insulin and blood sugar in some individuals."

The study looked at two natural athletes – humans and dogs – and a species not taken to heavy exercise, ferrets. The study was an offshoot of earlier research. While at Harvard University, Raichien had studied with Professor Daniel Lieberman who was interested in the theory that humans evolved to be distance runners. To see if there might be a relationship between eCB signaling and behavioral habit formation, scientists designed an experiment where recreational runners and dogs were trained to run and walk on a tread mill. Blood samples were collected before and after the exercise. Because they were not as cooperative as their study mates, the ferrets' blood samples were collected either after exercise or while they were sleeping.

The test did reveal a spike in anandamide in the active participants, in blood samples following high-aerobic activity. The low-activity ferrets did not produce anandamide. The runners said that they felt good after exercise. The takeaway from this study, and possibly the reason it was covered by a prestigious research journal and other leading publications including *National Geographic, The New York Times*, and *The Economist*, is that evolution might have played a role in seeing that humans and other animals that walk and run over long distances receive some type of reinforcement that would make them want to repeat the behavior.

"Ours is only one of several lines of evidence suggesting that eCB signaling may underlie some of the physiological benefits," said Gerdeman in a recent interview. "Future studies could work to elaborate what specific exercise regimens might maximize therapeutic outcomes of activating the cannabinoid receptors, such as treatment of depression, for example."

At Eckerd College in South Florida, Gerdeman's research delves into the evolution of our own reward systems. In the brain, CB1 and CB2 receptors regulate activity. CB1 receptors are primarily involved with the nervous system. CB2 receptors are primarily found in the immune system. Primarily but not completely, because when it comes to these receptors, there is no black and white. CB1 and CB2 were not always encoded by two different genes in the DNA. Way back when, in a whole phylum of vertebrates, an ancient event of mega-proportions caused the entire ball of wax, or genome, to morph from one to two genes. The thinking is that CB1 and CB2 emerged from a single gene at that time.

To better understand, Gerdeman looks to a basic model, the ancestors of vertebrates, one being the Florida lancelet. The small invertebrate sheds light on the evolutionary origin of the vertebrates, and comes with basics like a tiny, brain-like communicator, a food canal and blood system, mouth, nerves, stomach and dorsal nerve. With the Florida lancelets, he and his students can investigate the evolutionary roots of the cannabinoid receptors. These fish-like creatures split from vertebrates 600 million years ago, and it is unknown whether they have a base-model eCB system.

By entering the field of endocannabinoids and the neurobiology of addiction in its infancy, Gerdeman has had the opportunity to participate in emerging research.

"Neuro circuits within the brain regulate themselves with endocannabinoids, among other things, and that was totally unknown when I entered graduate school in 1995," he said. "Much of my work is the more basic science of trying to understand our native neurotransmit-

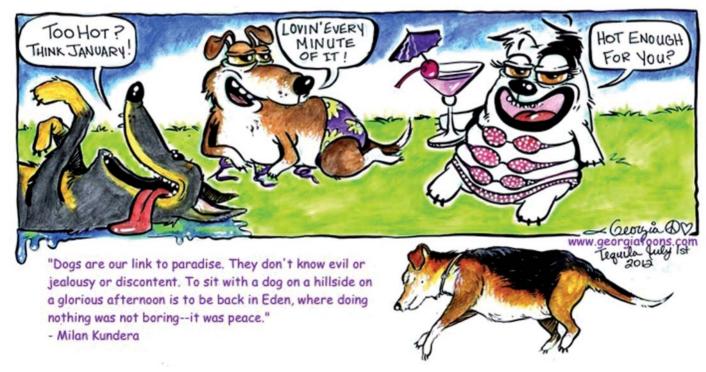




ters, the endocannabinoids, and how they work to regulate neuro communication."

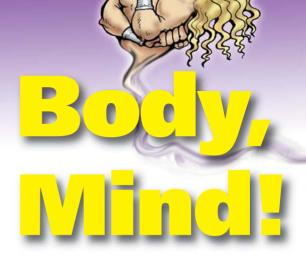
While Gerdeman does not use cannabis in his research, the science of our eCB system has its roots in the relationship between cannabis and humans. While not an expert on the evolution of the plant, he offers that cannabis was bred over time to fill any number of needs.

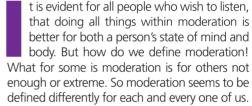
"Cannabis has been so intensely studied over the past 20 years that we know a great deal about the cellular physiology of why cannabis can be anti-inflammatory, anti-spasmodic, neuroprotective, and may even help to regulate insulin and blood sugar in some individuals," he said. "Why the plant evolved to develop the cannabinoids in the first place almost certainly had nothing to do with humans, but is instead the result of a series of adaptations for its own protective purposes. For whatever reasons, the compounds that evolved to protect the plant at some point became favorable to humans as well, probably relatively recently, several thousand years ago."





Healthy Healthy





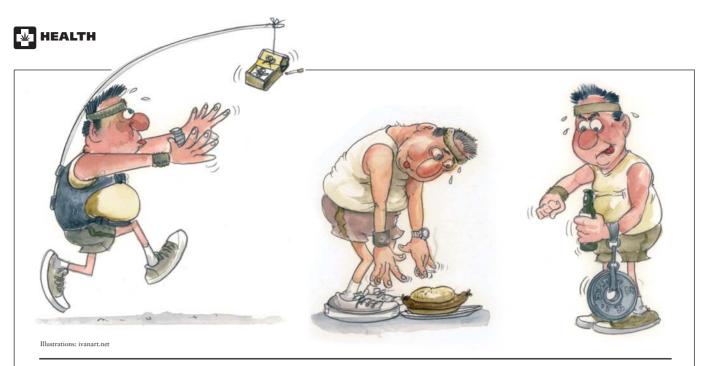
It is an individual thing to be self regulating. It is easy to overlook and easier to confuse a routine event that is daily, for something that may not be moderate, since it is used daily. The most important aspect therefore of keeping a healthy mind and body is to simply define what is moderate for the individual concerned, based on what makes that individual feel well, healthy and happy.

Some people do not have healthy bodies from birth and therefore to maintain a healthy mind is with a little more emphasis. To maintain one's body means not making it suffer extra from what you do, and even benefit from diet and some form of exercise. Mental health plays an equally important part and should be given equal importance as you need both to be truly happy.

As a smoker of cannabis for 30 years or more, I have had to deal with this issue and realise nothing comes without sacrifices. I always viewed it kind of similar to a car or motorbike...must have read that book, 'Zen and the art of motorcycle maintenance' early on in my life, as it made a profane impression on me and keeping my balance.







Thirdly exercise is something that is necessary whether we like it or not! The body cannot or was not designed to do the same task day in day out. This can work negatively and often arthritic type problems originate from doing the same movements in work. For me I always sort a balance, I tried so many different things to exercise my lungs and blood circulation in order to smoke daily. In the end and after reaching the 40s, you realise you need to do more to use the same as you did in youth. If you work out you smoke for half an hour in a day, then doing at least 1hour exercise to compensate for this would be a fair solution. Failure to balance this aspect of a person's life will lead to consequences and it will have been you own choice...no matter whether you thought it was at the time or not! So remember next time you have a puff, do something active and not sit behind a computer.

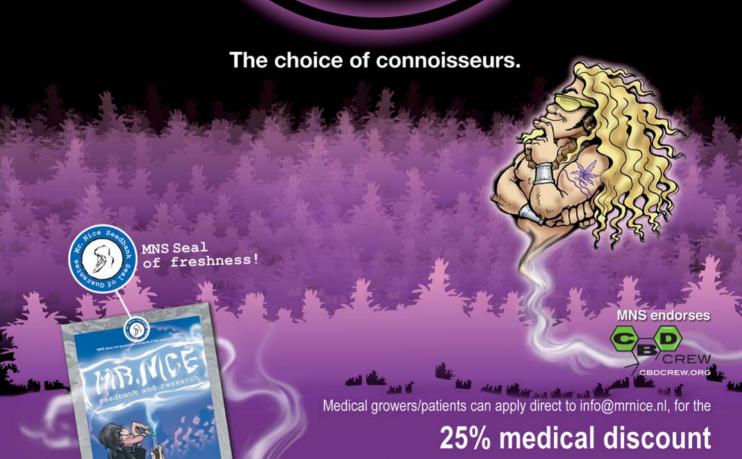
If people were moderate, extreme measures would not be necessary, but we are not in general! When we are at ease with what we put in and what we get out of Cannabis use (and the method we use to administer it by) then things are roughly complimentary. Body, soul and mind act in a frictionless state. When we overdo using Cannabis we are causing dis-ease and it will manifest itself in a way that debilitates the body or mind. Consistently doing this and not being aware of the consequences will lead to serious issues just as it will with all things we tend to love too much like coffee, chocolate, and cakes...so be aware! There is nothing worse than hearing a person who blames all their ailments and conditions on their enemies or a situation or something else, when it is your own responsibility from birth till death.

Chronic emotional or physical stress and the onset of old age, sees depression set in and become an issue in ones daily life. The ability to find equilibrium in the daily routines of life is more a battle with oneself than anything else. These constant changes in mood make us human. No need to get down over it, but adjusting what you do is imperative. We learn a lot during our life but it does not mean we understand it all perfectly and this is the difficult regulating aspect we all need never to forget. It is a daily event maintaining our person in body and mind. No matter how old you are there are always methods to help.

I feel Cannabis helps me and has made me a better person in the ways I understand. However, exercising daily to compensate for the damage i believe i do by smoking is something i have had to push myself into with age. I may have issues that will need more or less attention, but remaining awake to what I am doing to myself is the best method of controlling what I can do to balance things. Awareness is not always easy or fun but if you wish to be honest to yourself and not get caught up in stupid comparisons and futile examples of how not to live, then stay aware daily and take responsibility of all parts of life you consider to be important. This will already keep you with an understanding on how to make good decisions to keep a healthy body and healthy

mind. It is all we have while we are here so it is your choice on how to live, make it for yourself!





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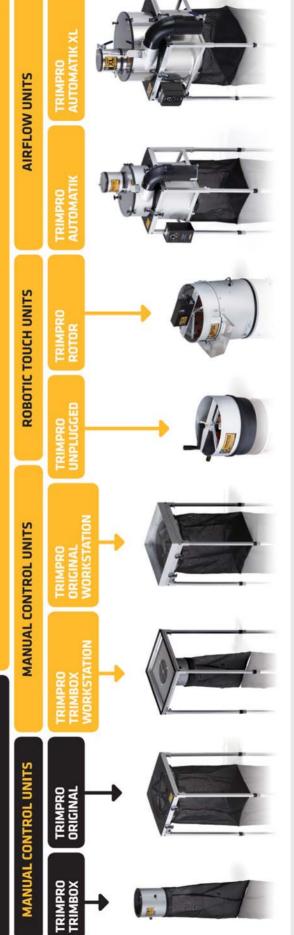
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By Jeremy Norrie

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I have been involved in the Medical Marijuana community here in California for a while. At many of the shows and events I have run into a group of girls calling themselves "The 420 Nurses" and I must say they are at almost every show I am at, and even some I am not. They are at these shows and events as activists and models, both promoting medical marijuana and dressing like some of the sexiest nurses a person could have. They mix their love of marijuana with their love of modeling and get out there in the streets and at the events to promote products and bring attention to legalization efforts and other causes. We were fortunate enough to get a chance to talk with the woman in charge, ChaCha VaVoom.

Thanks for taking the time to talk with us today. Can you tell our readers who you are.

ChaCha: Sure, my name is Chacha VaVoom CEO President of 420nurses

So how did you come up with the idea for "The 420 Nurses"?

ChaCha: I wanted to create a safe home for motivated girls who love to take pictures, promote and do activist work for the community. The 420Nurses was born Halloween night 2009 in Hollywood California where I took my girlfriend for a fun night out. I remember we dressed in sexy nurse costumes with a touch of marijuana accessories, 420 + Nurses. We were approached by everyone and asked who we were? "We represent ourselves as promotional models" we answered. From then on we had promoters always invite us back as 420 nurses to host promotional LIVE events dressed as "The 420 Nurses". I knew from then on our group of promotional models would have a NAME for ourselves, not only a presently growing brand, but now a MOVEMENT!



How does someone become a 420 Nurse and what exactly do the 420 Nurses do?

ChaCha: To become a 420 Nurse you must be a female that is 18+ years old, and then you must sign up to the 420Nurses.com website & then you must purchase an intern kit. The official 420 Nurses vote as a group for the next 420 Nurse. Here are some tips to become a official 420 Nurse, you must be consistent, motivated and an active member, both online and physically, by always promoting yourself as a 420 Nurse. We are here to AID your marketing need, so we are continuously growing with our community through pictures, videos, events, volunteer work, social networking and more.

How have you made changes since the time it has began?

ChaCha: The 420 Nurses have gone through many changes, primarily on the website from serving as a private membership community to a FREE social network for models, photographer's, makeup artist, fans and business. A person can find green jobs under CASTING CALLS. You



also can add your business for FREE. This is a golden value to anyone who wants to boost their exposure to increase and help build their network.

Everyone encounters obstacles in their lives, what have been some that you have run into?

ChaCha: Being in this industry I have encountered many obstacles with the 420 Nurses. Having a successful online business is tough. The 420 Nurses have been banned from services like PAYPAL and have been forced to outsource our transactions for 420nurses.com because we use key words such as MARIJUANA. The problem exists only because cannabis is still federally illegal, therefore banks DO NOT want to help business like mine to process online payments. I DO NOT CULTIVATE OR SELL OR GROW MAR-IJUANA! I'm forced to outsource.

There are always certain events and things that go better than others, what have been your favorite moments?

ChaCha: Building relationships with every event are the most rewarding moments. My most favorite is medicating with other people with positive growing energy in this industry! We never want to miss a moment J.

You also frequently have some private parties, with all women guests, what can you tell us about those?

ChaCha: What I can tell you about the private parties is that they are for women 18+, we host them locally mostly in Los Angeles CA with 420 smoke, bongs, pipes, pictures, good times, videos and well so much that goes on in one night alone! The comfort of being with a beautiful smok-







ing hot girl is priceless and Is a beautiful thing. Being able to enjoy the beauty about being a woman with other women who love to smoke, take pictures and enjoy each others company is a great experience.

What can you tell us about things that happen behind the scenes?

ChaCha: We are always online, taking fun pictures and enjoying the best of life with those private moments that connects us at a deeper level. We create a beautiful environment where a girl can be a girl and they are encourage to shine for the beautiful person she is. They are given all the tools, including the physical support we give each other, to be successful and motivate each other to succeed for the people we work with.

I see that you do so much for your girls, and that is a wonderful thing, but it seems geared only toward a specific lifestyle. People want to know, so I am going to just come right out and ask. Are the 420 Nurses also promoting a gay and/or lesbian lifestyle? Have you run into any problems in relation to this or just the assumption that this is the case?

ChaCha: The 420 Nurses are a community with all types of women, not necessarily promoting any specific sexual preference such as a gay or lesbian lifestyle. I have not run into a problem regarding my personal choice of lifestyle aside from raised eye brows coming from family, friends and the few from the general public. The assumption is naturally done since you see more of my lifestyle online possibly.

Do you ever have any parties with no discrimination where both men and women are invited?

ChaCha: My party's always include both genders, there is nothing discriminatory about my personal parties. My invites are generally towards woman since its being hosted in the privacy of my home however we do have other staff members of all genders that contribute to the building blocks of the 420 Nurses through development and production.

How about the latest news from the battle lines, any recent protests?

ChaCha: Our latest Protest was against Ace Hardware in Long Beach on September 21, 2012. The 420 Nurses joined along with groups from NORLM of Los Angeles and people from all the over, from all sizes, color, and genders all making a difference in support of MMJ Dispensaries and patients. We were in at the front lines in a peaceful battle, we were Anti- ACE Hardware Tool Store in Long Beach who discriminates against Medical Marijuana Clinics and Patients. Cheri Sicard at NORML Women's Alliance of Los Angeles Comments "Trent Barnes Property Owner of Ace Hardware is NOT a Friend. This man sells INTOLERANCE in a Hardware Store. ACE The HATEFUL PLACE. At least in LONG BEACH. Please BOYCOTT them!" We were there in support of SAFE ACCESS for Patients and make sure people understand these are clinics, a solution for healers NOT **DEALERS!**

TY: We know you are always active in the community, are there any plans for events you can let our readers in on? ChaCha: I can tell you that this marijuana industry is grow-



ing for the whole world. With so many conventions coming, party's to attend, holidays to celebrate and more we need you to always keep an eye out for upcoming events on the site along with our beautiful NEW 420 interns joining us everyday only on 420nurses.com

How should people contact you if they want to be a 420 Nurse?

ChaCha: OUR HOME is **420Nurses.com**. Create a FREE profile and if you have any direct questions feel free to CONTACT ME by email Info@420Nurses.com CALL ME **818-649-9409** (480)420-NURS **6788**

It was great talking with ChaCha from the 420 Nurses. I have heard many things about how their company and website worked but the best way to get the true facts is to talk directly to the people involved. Seems to me that the 420 Nurses do a ton of activism and promotion for the medical marijuana community and that can't be a bad thing. Personally I like the way they dress and I think it is good for helping to attract more ladies. I really would like to see more girls inspired to come take part in the shows and events, even if they don't go all out the the sexy extent the nurses do, there is a great time to be had at the shows and more women usually means more fun. There is also a huge movement in women's marijuana related products, and the ladies have helped to promote that for sure. There are all kinds of awesome glass and metal jewelry hitting the shelves and also a bunch of clothing, also skin products and other things that ladies love and need. Not to mention there are all kinds of opportunities for models and that is why ladies should be checking out the 420 Nurses website and getting started finding where they can fit in. I look forward to seeing more and more of you 420 friendly ladies at all of the events having a great time and enjoying the dream lifestyle we get to live here in what has become one of the best places in the world for marijuana.

Thank you again to the 420 Nurses for taking the time to talk with us for the magazine. It was enlightening to hear how they are involved in the community and have open arms for any like minded individuals. If you are a girl more interested in becoming involved I hope this will help point you in the right direction. Maybe you have been thinking about a new job or a new path and this will give you a chance at something you never thought possible. However you can use it, I hope this has helped the people who have had a chance to read it. If you enjoy these articles, follow me @Professor420 on Twitter for more personal stories & behind the scenes details & pictures from my articles, including things that don't make it in the magazine, and get them as they happen live.

We have a new website for high end art including functional glass, **www.BoroLehr.com**. Also don't forget to check out my latest product Rig Rags, for cleaning your glass and metal dabbers, and for basic oil rig cleanliness. Take it easy, have fun, don't believe the hype! Find success and make it work for you. Good luck.



Ripper Quake Polm



Ripper Quake Polm



Ripper Quake Polm



Physical Test

Strain: Cindy's Jack

(Cinderella99xJack Herer)

Breeder: Shadimar (c99xJackHerer)

Grower: Shadimar

Judge: skunk-mad, miss knapper & Shadimar

Date: September 9, 2012

1. Visual Appeal: 9 *Visual appeal of the buds from 1-10 unappealing-excellent.*

2. Visible Trichomes: 9 *Visible trichome content from* 1-10 *none-totally covered.*

3. Colors that are present in the trichome heads under magnification:

Clear 5% Cloudy 35% Amber 50% Dark 10

4. Colors present in the buds and/or on a scale 1-9 light-dark: Green 8, White 7, Red 6, Orange 6

5. Bud density: 9.5 *Bud density from* 1-10 *airy-dense.*

6. Aroma descriptors: scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Earthy 2, berry 3, Floral 2, Pepper 3, Pine 2, Citrus 8, Lemon 9

7. Aroma: 9+ Aroma from 1-10 repulsive-delightful.

8. Seed content: 2 *Seed content from* 0-10 *none-fully seeded.*

9. Weeks cured: 4+ *If know the number of weeks your sample has been cured.*

Comment - This is by far the densest buds I have ever come across, these were very, very compact buds with a great physical appearance coated in lovely sticky trichomes. I always like to get my medicine under the 100x scope and these trichomes were beautifully formed with nice sized mainly amber on long narrow stems, 10/10 for bag appeal.





Smoke Test

- 1. Utensils: TY ROOR
- **2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence Pepper 2, Grapefruit 2, Menthol 4, Skunk 4, Citrus 9, Spice 3, Lemon 8, Orange 5
- **3. Taste:** 9 *Impression of the taste from* 1-10 *unpleasant-delicious.*
- **4. State of dryness: 5** 1-10 wet-dry where 5 is ideal.
- **5. Smoke ability:** 9 *smoke ability of the sample from* 1-10 *harsh-smooth.*
- **6. Smoke expansion:** 1 *smoke expantion in the lungs from* 1-10 *stable-explodes.*

Smoke Test Comments: - This is not one of those strains for daily use, it has two very popular renowned strains x,d to each other which has created a very potent smoke. We found this extremely beneficial for extreme pain management, insomnia and moderate panic issues, which for me are hard to find. The smoke is very thick even when ran through a vaporizer but stay's stable, so if you do have lung or throat problems then a throat friendly strain is always nice to find and a with very fast onset off beneficial effects. A great smoke, but I would use it in moderation, it is a very powerful head high more than a body buzz. Excellent for that last night bowl or bag this will surely do the job.

FOLLOW UP QUESTIONS

- **1. Dosage:** 2 bowls to reach desired effects.
- **2. Effect onset:** 8 *Rate of how quickly the effect hit from* 1-10 *immediate-major creeper.*
- 3. Sativa influence: 75% Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- **4. Indica influence:** 25% indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- **5. Potency: 9** *Rate the potency of the sample from 0-10 none-devastating.*
- 6. Duration of effect: 2 hrs
- **7. Tolerance build up: 3** Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability: from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
 - Morning/wake up 3 Day/work 4 Evening/relax 8 Night/sleep 9+
- **9. Overall satisfaction: 9** *Rate your overall satisfaction from* 1-10 *poor-Holy Grail.*
- **10. Ability and conditions: 9** *Rate your overall ability to judge from 1-10 low-high.*
- 11. Do you personally consider this strain a keeper for long term use? Yes
- **12. Effect:** What effect did the strain have write P if the you got a POSITIVE effect and N if you had a NEGATIVE effect

Visual perception

Muscle Spasm

Ability to rest or sit still
 Anxiety relief
 Appetite
 Audio perception
 Humor perception
 Imagination/creativity
 Paranoia relief
 Sex drive
 Sleep
 Speech process
 Taste perception
 Thought process

P Pain relief

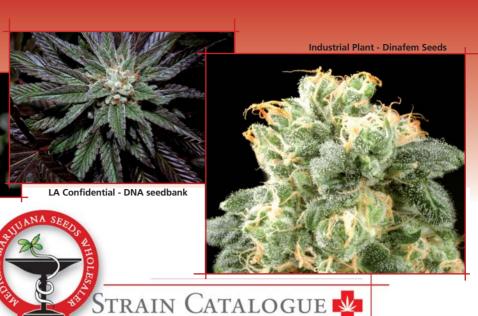
Extended Medical Survey:

P Crohn's/IBS

Р Depression ADD/ADHD Muscular movement disorders Diarrhea Allergic rhinitis **Epilepsy** Panic Attack **Amphetamine Dependence** Glaucoma Peripheral nerve pain Arthritis/Musculoskeletar pain **Post traumatic Stress Disorder** High blood pressure/Racingpulse PreMenstrual Syndrome Asthma/Cough Sedative/Opiate Dependence Bipolar disorder Insomnia Cancer/Chemotherapy Itching Schizophrenia Chronic fatigue Migraine/vascular headache **Spasticity in Multiple Sclerosis**

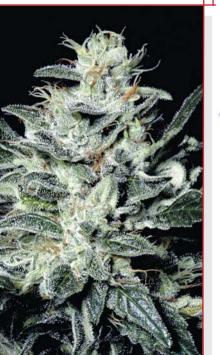
FINAL COMMENTS: - Well, what a strain we have here! This is one of those strains that provided so much relief but that is to be expected due to the parentage of the strain. As soon as you break the buds up you get struck with a sublime lemon or is it lime smell? Which is then surpassed by the skunky smell which is very dominant is this strain. We were most impressed with how fast this strain got down to business and got to work on my pain issues. The most interesting part of this strain was that it can contained my bi-polar disorder and panic attack's which trust me is not easily done. I think Houdini would have had trouble. This strain did that and more so thank you Shadimar.







Peacemaker- FMS Seeds



Sensi Star - Paradise Seeds

BARNEYS FARM

DAMILL 3 LAMIN	
FEMINISED PACKS OF 5	
8 Ball Kush	\$44,00
Acapulco Gold	\$50,00
Amnesia Lemon	\$56,00
Blue Cheese	\$50,00
Blue Mammoth Auto	\$44,00
Crimea Blue	\$40,00
Critical Kush	\$56,00
Dr Grinspoon	\$58,00
G -13 Haze	\$58,00
Honey B	\$48,00
LSD	\$56,00
Laughing Buddha	\$56,00
Malana Bomb Auto	\$44,00
Morning Glory	\$56,00
Night Shade	\$56,00
Phatt Fruity	\$42,00
Pineapple Chunk	\$50,00
Pineapple Express	\$40,00
Red Cherry Berry	\$42,00
Red Dragon	\$56,00
Sweet Tooth	\$56,00
Sweet Tooth Auto	\$44,00
Tangerine Dream	\$58,00
Top Dawg	\$44,00
Utopia	\$60,00
Vanilla Kush	\$54,00
Violator Kush	\$56,00

BC BUD DEPOT

DC DOD DE. O.	
REGULAR PACKS OF 12	
Black, The	\$75,00
Blue Berry	\$75,00
Burmese	\$60,00
God Bud	\$90,00
Mango	\$75,00
Pine Warp	\$75,00
Purple Buddha	\$60,00
Purps, The	\$90,00
Sweetgod	\$75,00
Sweetooth	\$75,00
Texada Timewarp	\$75,00

Jack Herer \$150.00

BUDDHA SEEDS

FEMINISED PACKS OF12

FEMINIZED PACKS OF 5	
Pulsar	\$70,00
Quasar	\$70,00

FEMINISED AUTO PACKS OF 5 \$60,00 Deimos \$55,00 Syrup Red Dwarf \$45,00 White Dwarf \$60,00



DELTA 9 LABS

REGULAR PACKS OF 5	
Brainstorm Haze	\$52,50
Brainstorm Haze G13	\$52,50
Cannasutra	\$45,00
F.O.G (Fruit of the Gods)	\$52,50
Merkabah	\$52,50
Simpson Kush	\$52,50
Southern Lights	\$52,50
Stargazer	\$45,00



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FEMINIZED PACKS OF 6	
Cataract Kush	\$90,00
60 Day Wonder Auto	\$83,00
C13 Haze	\$60,00
Cannadential	\$75,00
Chocolate Kush	\$105,00
Chocolope	\$90,00
Confidential Cheese	\$75,00
Connie Chung	\$83,00
Exodus Kush	\$105,00
Hashplant Haze	\$60,00
Holy Grail Kush	\$105,00
Kushberry	\$75,00
LA Confidential	\$90,00
LA Woman	\$90,00
Lemon Skunk	\$60,00
Martian Kush	\$105,00

Martian Mean Green \$105,00 ReCon \$83.00 \$60,00 Rocklock \$60,00 \$60,00 \$90,00 Sharksbreath 09 Sleestack \$60,00 Sour Cream \$60,00 \$105,00 Sweet Haze The OG #18 REGULAR PACKS OF 13 C13 Haze \$90,00 \$105,00 \$120,00 Cannadential Cannalope Haze \$120,00 \$120,00 Cataract Kush Connie Chung \$90,00 \$135,00 \$50,00 Hashplant Haze LA Confidential Pure Afghan \$105,00 Sour Cream Sweet Haze \$105,00



LINES! MEDICI	NAL SEED
FEMINIZED INDICA PACK	S OF 5
Citrus Skunk	\$75,00
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 \$95,00 G13 NL 5 Haze \$95,00

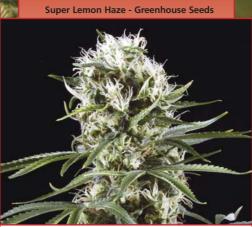


GREEN HOUSE SEED CO.

	FEMINIZED PACKS OF 5 A.M.S. Arjan's Haze #1 Arjan's Haze #2 Arjan's Haze #3 Arjan's Strawberry Haz Arjan's Ultra Haze # Arjan's Ultra Haze # Auto Big Bang Auto Auto Super Critical Big Bang Black and White MixF Bubba Kush Cheese Chem Dog Church, The Dam Sour	1\$62,00 2\$62,00 \$48,00 \$60,00 \$30,00 \$48,00 \$52,00 \$42,00 \$48,00 \$35,00 \$52,00
Exodus Cheese \$48,00 Great White Shark \$55,00	Church, The Dam Sour Diamond Girl El Nino Exodus Cheese	\$35,00 \$52,00 \$68,00 \$55,00 \$48,00







Medusa Mix Sativa

Papaya



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HORTILAB

REGULAR PACKS OF 10	
Sour Amnesia	\$150,00
Sour Pink Grapefruit	\$135,00
Sour Star	\$135,00
Super Sour Skunk	\$90,00



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MR NICE	
REGULAR PACKS OF 15	
Afghan Haze	\$102,00
Angel Breath	\$120,00
Angel Heart	\$102,00
Black Widow	\$102,00
Critical Haze	\$120,00
Critical Mass	\$102,00
Critical Skunk	\$86,00
Devil	\$86,00
Dreamtime	\$53,00
Early Queen	\$68,00
Early Skunk	\$86,00
Early Skunk Haze	\$170,00
G13 Skunk	\$86,00

La Nina	\$120,00
Mango Haze	\$240,00
Mango Widow	\$146,00
Master Kush Skunk	\$86,00
Medicine Man	\$120,00
Neville's Haze Mango	\$90,00
Neville's Skunk	\$240,00
NL 5 Haze	\$120,00
NL 5 (NHS)Haze/Afghan/Skunk	\$102,00
NL5 Afghan	\$86,00
NL5 Skunk	\$86,00
Nordle	\$86,00
Ortega	\$102,00
Shark Shock	\$86,00
Shit	\$53,00
Skunk Haze	\$60,00
Spice	\$86,00
Super Silver Haze	\$173,00
The Cure	\$102,00
Walkabout	\$55,00
MIRWANA	

MIRVAMA

NIRVANA	
Feminized Packs of 5	
AK-48	\$38,00
Aurora Indica	\$38,00
Auto Blue Mystic	\$38,00
Auto Jock Horror	\$46,00
Blackberry	\$45,00
BlackJack	\$45,00
Blue Mystic	\$38,00
Bubblelicious Auto	\$38,00
Chrystal	\$38,00
lce [*]	\$38,00
Jock Horror	\$46,00
Kaya Gold	\$38,00
Master Kush	\$38,00
Medusa	\$38,00
Northern Lights	\$38,00
Northern Lights Auto	\$46,00
Papaya	\$38,00
PPP	\$38,00
Raspberry Cough	\$45,00
Short Rider	\$36,00
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
REGULAR PACKS OF 10	

Aurora Indica

Bubblelicious

Chrystal

\$30,00

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\$30,00 \$30,00

	PPP Snow White	\$40,00 \$30,00	
	SPECIAL 25% OFF Super Skunk Swiss Miss White Castle White Rhino White Widow	\$60,00 \$60,00 \$30,00 \$30,00 \$30,00	
	PARADISE FEMINIZED PACKS OF 5 Acid Allkush Atomical Haze Auto Acid Auto Jack Auto Wappa Auto White Berry Automaria Automaria II Belladonna Delahaze Dutch Dragon Ice Cream Jacky White Lucid Bolt Magic Bud Nebula Opium Original Cheese Original White Wido Pandora Auto Sensi Star Sheherazade Spoetnik #1 Sweet Purple Vertigo Auto Wappa White Berry	\$56,00 \$80,00 \$68,00 \$42,00 \$42,00 \$56,00 \$42,00 \$68,00	Priv
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FEMINIZED PACKS OF 3 Acid Allkush Atomical Haze AutomariaAuto Delahaze Dutch Dragon Jacky White Lucid Bolt Magic Bud Nebula	\$44,00 \$44,00 \$40,00 \$44,00 \$40,00 \$44,00 \$44,00 \$24,00 \$44,00
Magic Bud	\$24,00



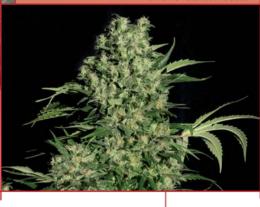
RESERVA PRIVAD	A
FEMINIZED PACKS OF 6	
Cole Train	\$75,00
Confidential Cheese	\$75,00
Kandy Kush	\$90,00
Kosher Kush	\$105,00
OG Kush	\$105,00
Purple Wreck	\$75,00
R.K.S.	\$60,00
Silver Bubble	\$60,00
Silver Kush	\$90,00
Sour Diesel	\$105,00
Sour Kush	\$105,00
Tora Bora	\$90,00

REGULAR PACKS OF 13	
Kandy Kush	\$105,00
Tora Bora	\$120,00
x18 Pure Pakistani	\$76,00



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Strain Catalogue 🍁



REGULAR PACKS OF 6

818 Headband

Buddha Tahoe OG Chem 4 OG

Chem Valley Kush

Pre 98 Bubba Kush Purple Chem

Corleone Kush Deadhead OG

Julius Caesar

Purple Diesel

Larry OG O'Giesel

Blackwater

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RESIN SEEDS

EMINIZED PACKS OF 10	
Cannatonic	\$170,00

FEMINIZED PACKS OF 5 \$85,00 Cannatonic \$85,00 \$85,00 \$85,00 Critical Haze Sour P



ROOR SEEDS

REGULAR PACKS OF 10	
S1-Nev OS	\$97,50
I1-Roor Ash	\$120,00
I2-Roor Bubba OG	\$135,00
13-Roor Citrus Smoothi	s\$180.00



SERIOUS SEEDS

FEMINISED PACKS OF 6	
AK47	\$120,00
Biddy Early	\$53,00
Chronic	\$105,00
Double Dutch	\$105,00
Kali Mist	\$120,00
Warlock	\$75,00
White Russian	\$105,00
White Russian Auto	\$78.00

REGULAR PACKS OF 11	
AK47	\$120,00
Biddy Early	\$53,00
Bubble Gum	\$105,00
Chronic	\$105,00
Double Dutch	\$105,00
Kali Mist	\$120,00
Motavation	\$100,00
Warlock	\$75,00
White Russian	\$105,00



SOMA SEEDS

REGULAR PACKS OF 10 Amnesia Haze Buddha's Sister Hash Heaven Kushadelic Lavender NYCD	\$285,00 \$180,00 \$285,00 \$150,00 \$120,00 \$195,00
Sogouda	\$220,00

FEMINIZEDV PACKS OF 10	
Lavender	\$150,00
NYCD	\$210,00
Somantra	\$195.00



TGA SUBCOOL

REGULAR PACKS OF 10	
3D Third Dimension	(\$84,00
Agent Orange	\$84,00
Apollo-13	\$84,00
Cheese Quake	\$84,00
Chernobyl	\$84,00
Dairy Queen	\$84,00
Deep Purple	\$84,00
Jack The Ripper	\$84,00
JC2 "Jack's Cleaner"	\$84,00
Jilly Bean	\$84,00
Kaboom	\$84,00
Pandora's Box	\$84,00
Qleaner	\$84,00
Querkle	\$84,00
Space Bomb	\$84,00
Space Queen (Space Jill)	\$84,00
The Flav	\$84,00
The Void	\$84,00
Vortex	\$84,00



THE CALI CONNECTION

THE CALL CONNECTION		
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REGULAR PACKS OF 10	
A-Train	\$102,00
Bubblegum	\$130,00
Burmese Kush	\$110,00
Chocolate Chunk	\$80,00
Da Purps	\$90,00
Darkstar	\$120,00
Heavy Duty Fruity	\$102,00
Kushage	\$102,00
Lambo	\$120,00
Mendocino Madness	\$60,00
MK-Ultra	\$140,00
PG-13	\$102,00
S.A.G.E.	\$102,00
Sage n Sour	\$120,00
Skunk XXX	\$30,00
Skunkage	\$44,00
The Hog	\$146,00
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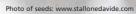
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ave you ever heard the saying "time fly's when you're having fun?" My experiences in the past year and a half have shed a new light on that expressions meaning. While growing has a tendency to bring out peoples impatient side I have grown to use that time therapeutically which has given me the chance to grow myself and some of the most serious medication around SW Michigan. This time has afforded me a greater knowledge and understanding about an herb that I hold very sacred to my heart.

A little back-story, High school graduation in the year 2000 came fast; Sept 11, 2001 came even faster. The 101st airborne division took me across many vast deserts and oceans, before I knew it I had been shot and stabbed twice and I was on my way back home. I've always been fascinated in growing and ingesting the best quality medication known to man. I never could have guessed how this medicine would affect my life after war.

On my return home from the Army my life saw a drastic change, the war had effected me more then I could have imagined and I had joined the statistics of soldiers returning home effected by Post Traumatic Stress Disorder (PTSD). The daily routine of alcohol and government prescribed anti depressants took my life into a downward spiral. It wasn't long until I realized the anti depressants were killing me physically and mentally, I had become a zombie. I decided to cease taking all advice from the doctors and turned to self-medicating with marijuana. After speaking with the V.A. this last winter I quickly realized that my decision in 2005 to quit taking pills and replace them with smoking marijuana had been a life saving choice!

PTSD still has a dramatic effect on my life, and many other individuals around me. Since my return home I have lost many friends due to my unpredictable behavior. I regret that. The nightmares are too much, terrible

dreams, restless sleep, waking up soaked in sweat. Terrible nights lead into terrible days, exhausted and drained. The best way to sooth days and nights like these... smoking a fat joint before bed, which usually helped me to fall right asleep. Blackberry Kush came into my life and so did many other amazing strains via a very good friend we will call Bob Juicy who came from my hometown of Chicago but had moved to Northern California. I was invited out for a visit and ended up spending some much needed time throughout the Lost Coast. On my journey I rekindled and grew my love for great pot, oil, and bubble hash. After being introduced to these super strains grown in perfect conditions my dreams were stopped in their tracks. I could sleep all night without hearing explosions and children screaming; I had a renewed sense of life. I knew that I had to learn to grow this medicine for myself if I wanted to assure that I would always be able to control my PTSD.

After a few years of experimenting and figuring things out in my home state where marijuana is not legal, I met a girl from Michigan who saw the greatness we could create and was afforded the opportunity to move to Michigan a Medical state and really give growing my all. She inspired and helped me to take my game further. In the last year and half we have expanded in an amazing amount of time. After an eight lighter in a rented house, we upgraded to a twenty lighter in a new house we own on five acres. After a couple pushes indoors I realized my 25x25 grow room was not enough to satisfy my ever growing curiosity and need to push the limit on great medicine. Through my research and collective conversations with master growers I had seen what the sun could do to a plant and I couldn't miss out on the free power.

I made the decision to move on to experimenting with something I had never tried, Light Deprivation. So this past spring we built two 50x14x9 greenhouses inside of our six-foot high privacy fence. We concreted two



4x4x10 treated posts at the end of each house and built the gables tying everything together. Barn style doors at one end and a 24in whole house fan with an awning at the other. With the roll up sides we choose to install we have been able to stay within two degrees of the outside temps. The doors have double locks at the top and bottom, our privacy fence gate is locked at all times as well; Michigan law requires everything to be in locked enclosures. I even experienced having three detectives come to my house unlawfully; of course I was in compliance with the laws with my locked enclosures and under my limit in plants. I was very cordial with the detectives and by the time they left we were joking and talking about fishing. That's another story another time.

I knew quite a bit about light deprivation from a few of my friends out west, I decided it was time to show those Cali boys what the Midwest can do! We began vegging our plants in February and let them go to the first week of June to ensure giant plants and a first week of August harvest. No rain (hopefully) and plenty of full sun makes for awesome buds. I choose to build internal hoop houses inside greenhouses, covering and venting the plants and not the whole structure to be a little more covert, as neighbors can be nosy and a pain in the ass if you know what I mean. We dug the holes a square meter side by side and filled them with a year's worth of recycled pro mix. I purchased bulk top peat and perlite from a Michigan company called Baccto. I pay 370 bucks for 120 cubic ft a soilless mix comparable in my opinion to pro mix. Do the math and tell me if you feel you've been screwed by the grow shops.

The plants used in the outdoor garden are Blueberry, LA Confidential, and B2 a strain I would eventually love to enter into a medical cup. It's a strain I created three years





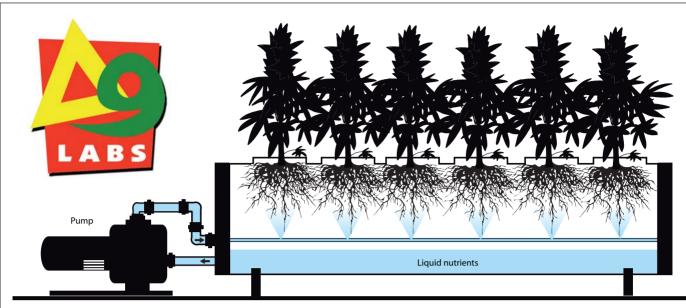
ago consisting of Blackberry Kush from Bob Juicy one of my best friends and a Strawberry Diesel clone I received from another good friend named Potter. We can dig down 6ft and not hit a water table on my property so drainage is perfect. We brew organic teas with a combination of different guanos, kelp extracts, a few things from the bio biz line, and hydromyco. This garden has been daily hard work for my me and my apprentice Twan, but Our organic bud speaks for itself. Hard, sticky, sweet smelling, and covered in trichomes. I often find my friends asleep on the couch. At harvest we will hang the plants in the grow room upside down for ten days with the humidity set at 40 percent. Trimming with a crew of family, friends, and patients always makes for good time. You would be amazed at what good food, music, and hash does for the moral of your workers. Our patients get there medication for the year and the bills get paid, I couldn't ask for more.

After this outdoor grow is chopped hung and dried I will be placing winter crops in the green houses such as winter lettuce, kale and broccoli, and begin focusing on perfecting my indoor grow for the winter. As we know life is never dull for a farmer. Another venture is also in the works for my partner (we can call her Steezy Jane) and I this fall in the form of a lifestyle brand called Elevated Presence. Which will focus on spreading knowledge and positivity on the Marijuana community.

In conclusion, Ganja has morphed me into a better person. It has offered me an opportunity to build a life around a sacred plant, which helps me everyday in my struggle to control my PTSD. It helps me in ways I could have never thought imaginable. I can only imagine what time holds for me and for other growers and patients in the world, every crop pushing the limits and exploring the boundaries of cannabis. I pray often for all the soldiers caught in the middle of this epic immoral war big brother has waged on you. There is a safe and effective alternative for you, though it may not be legal where you are, if we rally our troops we can be heard, we can make a difference.

Peace 🔀





Part 3 of a 5 part Series...

Aeroponics

By Ed from Delta-9 Labs

Greetings Everyone,

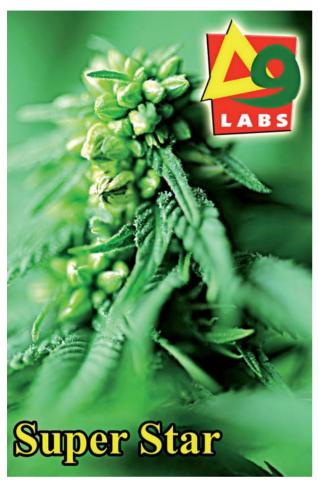
In this issue I will be following-up on the continued progress of the STS feminized seeds in development by Delta-9 Labs. In addition I will include a tidbit on the state of the industry from my point of view as well as looking into Delta-Labs standardizing results with aeroponics in collaboration with a dedicated company with over 20 years experience by the name of Future Harvest Development from Canada.

The plants that you see in this series represent reversed pollen received female plants between 7 through 9 weeks bloom, and the reversed plants that had pollinated them at 3-5weeks flowering and releasing their pollen. Take note that the reversed plants appear somewhat confused and stifled as the flowers are wanting to grow to become acrystallized bud already starting at 2 weeks with many varieties and now they are expected to be gender reversed while the humidity from the bud development interferes with the production of pollen. Even in the early testing stages the ethics of even considering this method appeared to be motivated mostly by money, laziness and shortcuts. The stabilization process of creating proper strains requires one to work through the breeding process to eliminate any shortfalls. Producing feminized seeds allows



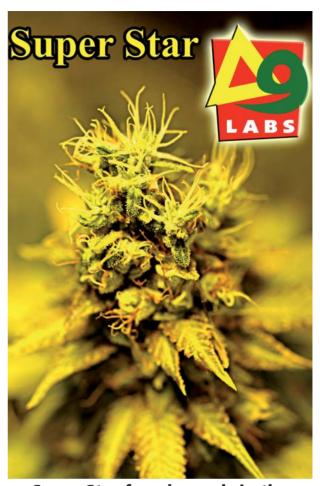
any new producer of seeds the need to only acquire anyone's clone to make feminized seeds, it also eliminates the need to sex out many seedlings and work throughthe 2 years of testing and selecting before releasing a new variety. For most growers working with limited space and a plant count to consider, it becomes an advantage for small scale feminized seed producers. For good or bad it happens to be the most sought after choice for customers these days who think sexing out plants is difficult which it is not, as well as those who factor in the plant count issues and risks to take into consideration. The cannabis seed industry is beginning to become a similar scenario to when photography went from analog to digital. It did more than just speed up the process. However for Delta-9 Labs, and as the founder, breeder and everything in between that makes our company strive towards setting the highest standards for all others to follow, we choose to flow by passion over profit. Therefore rushing to release feminized seeds only in the name of greater profits is just not perfect or good enough for us. Also, by being a bonafide medical cannabis patient I prefer to inhale cannabis that has not gone through any manipulation process. To feel totally comfortable standing behind the production and sale of feminized seeds I have to know that they must be some of the finest a customer can procure.





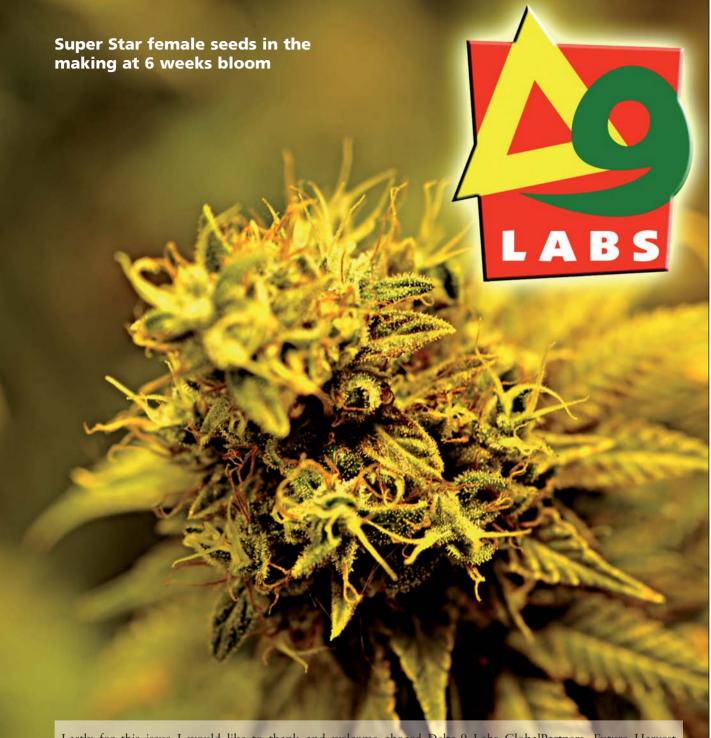
Super Star Ladyboy at 4 weeks bloom

People in business that are movers and shakers at the top in their field often discuss how the state of the industry is that they are a part of. Unfortunately for the cannabis/medical marijuana, and cannabis seed industry it becomes stifled as it is an unregulated industry mainly due to illegality. Putting it into several groups of interest from sectors including the major pharmaceutical companies, the seed companies/breeders, the activists, and lastly the stoners. Players in the industry have to consider their level of professionalism they bring to doing business based on ethics and the way other professional businesses flow, otherwise they will fail faster than fast as everything becomes more and more transparent. The first major step is the necessity for cannabis to be rescheduled from a class 1 drug stated to have no medical value which we all know is a huge corrupted lie. I have friends and colleagues the World over who have never touched cannabis and are now reaching out to me for advice and considering trying it as legitimate medications continue to fail on some of the hardest maladies. The most recent contact having Parkinson's Disease. With regards regulation and my personal view of the



Super Star female seeds in the making at 6 weeks bloom

seed business for example, Delta-9Lab's goals is to follow in the professionally successful protocols of the fruit and vegetable industries. By introducing "born on date" identification, bar & QR coding, and proper ethics certainly needs to be established. In a recent TY issue a colleague discusses how so many seed companies product packaging methods exposes their seeds to sunlight. I have asked myself for many years already, why would anyone want to expose their viable seeds to light and humidity in the cannabis seed business when not one flower/vegetable company I could find would even consider this method. Go figure? This is only one aspect involving quality control and to help avoid oversight for example. When it comes down to other aspects such as a governing body to help oversee safety, production, distribution and so forth, who is to come forward to help create such a group? Delta-Labs strives in everything that we do to set some of the highest standards possible, therefore our team will be more than willing to facilitate with such an issue. Honesty, integrity, values, ethics, trust are just the beginning to Delta-9 Labs way of thinking and raising our children and plants alike.



Lastly for this issue I would like to thank and welcome aboard Delta-9 Labs GlobalPartners, Future Harvest Development for sharing in our vision of top quality, highstandards, and utmost professionalism. Future Harvest Development is a top notch agricultural company committed to creating lasting products that facilitate with ease while producing heavier healthier harvests. We joined forces based on our previous success using their aeroponics PT64 plant system. Our goal is to expand on this system for the best interest of medical patients and to create standardized continuity with this system while being able to introduce an entirely 100 percent organic/veganic nutrient line, as this being our preferred method of agriculture. I will list the pros and cons of aeroponics in this issue briefly and then get right into the system set up and ready to grow for you in the two remaining issues to follow. I have included a simulated photo of the PT64 aeroponics system.

Get ready for the next issue folks!!

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Ver-glow vapor pipe

By skunk-mad



e all know that vaporizing our medication is a much safer option than burning our medicine, so when I came across the new 100% all glass Ver-glow vaporizer I was intrigued. There are hundreds of vaporizers on the market today but they all work with the same principle, which is to heat your medicine until the active chemicals boil and vaporizes creating vapor which is safer than smoke. Vaporization occurs between 140o(c)-200o(c) so I do recommend that you get a torch type lighter as you will need it to heat your all glass vaporizer to optimal temperatures.

Here is some specific information on the ver-glow vaporizer pipe.

Ver-Glow vapor pipe is a 100% all glass – glass on glass vaporizer hand pipe!. Ver-Glow offers the purist vapors, since it doesn't contain metals, ceramics or plastics. Ver-Glow provides the convenience of pure portability with no electric cords or batteries needed. Furthermore, Ver-Glow comes in a Vatra hard carrying case for added protection. Insert the small glass pellet into the Ver-Glow followed by the medicine, then insert the diffuser heat sink and apply heat to enjoy the purist vapors. The glass pel-

let provides further filtration. Moreover, the collection chamber is specially designed to cool the vapors in order to acquire the right taste and aromas from Ver-Glow vapor glass pipe.

When I got the Ver-glow I thought no way will this work like a battery powered vaporizer but it does. Don't get me wrong it does take some playing around with to get it to perform in optimal conditions but all good things take some getting used to. The major problem for me was heating my product up but once I got a torch lighter it worked perfectly. It is 100% glass & more than that a very beautiful addition to anyone's collection. I have been using the Ver-glow for over 2 week's now and I will not be swapping back to a pipe for several reasons.

1-From a 0.2g fill I can get around 10 good vapor clouds

2-The Ver-glow produces a very clean vapor which gives off the full flavor and taste of my medicine

3-Vaporization is just a healthier option, no smoke mean's less harmful carcinogens which has got to be a good thing.

TY Product Review



Vapor attachments for waterpipes 14 and 19

Vapor attachments for waterpipe fumed

The Ver-glow vapor pipe is available in 2 sizes 14mm and 18mm and they both come in a robust carry case to keep your Ver-glow vapor pipe safe.

As I looked further into the Ver-glow Glass Company I found out that they also make some excellent 14mm and 18mm attachments, bowl's and pipes all out of glass with some excellent colors mingled in. The main attachment I found useful is the Ver-glow vaporizer attachment. This is made for any water pipe (bong) with either a 14mm or 18mm stem. The vaporizer attachment work's with the same premise as the Ver-glow vaporizer pipe, you attach the vaporizer attachment in place of your bowl, heat it up with a torch lighter and take your hit. This is even purer than vaporizing as you are also passing the vapor through water purifying the vapor even more and giving a very

smooth and tasty hit. I also like there bowl's they have with the 3 hole's instead of one. It feel's as though more smoke is pulled through the 3 hole bowl's compared to a single hole bowl filling the chamber very fast with ultra thick smoke.

These glass pieces are right what I look for not only are they functional but they are very pretty piece's worthy of anyone's collection. The ver-glow vaporizer and the verglow vaporizer attachment are also fumed giving the glass an amazing color very appealing pieces that work great.

If you would like to try one of the great product's? Contact: verglow@comcast.net who will be more than happy to help you or for wholesale enquiries contact wholesale@vapeworld.com.



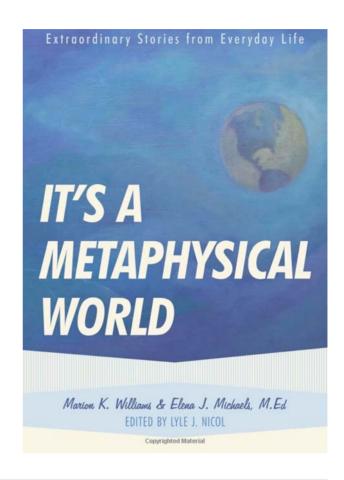
TY Book Review

It's a Metaphysical World

Extraordinary Stories from Everyday Life

By Jackie Wolfe

It's a Metaphysical World –
Extraordinary Stories from Everyday Life
By Marion K. Williams, and Elena J. Michaels,
edited by Lyle J. Nicol
Balboa Press, a Division of Hay House
ISBN 978-1-4525-3411-4



t's a Metaphysical World is a collection of thoughtprovoking case studies of metaphysical phenomena that will touch your heart and tease your rationality. Williams and Michaels draw from their personal experiences and those of their friends and family to provide readers with over one hundred accounts of extraordinary phenomena from every-day life.

Although this book does not necessarily seek to be an educational tool, it offers a breadth of metaphysical content. The stories cover a range of paranormal topics from UFOs, angels, spirit guides, and past lives, to bilocation, astral projection, distance healing, and time warps, appealing to both novices and experts. These topics are embedded in a multitude of experiences including sightings, blessings, and premonitions, and are then applied to activities from daily living such as dinner parties, traveling to visit relatives, and purchasing real estate. The authors lay out most of the popularized sectors of the field of metaphysical phenomenon as well as areas that remain much less understood.

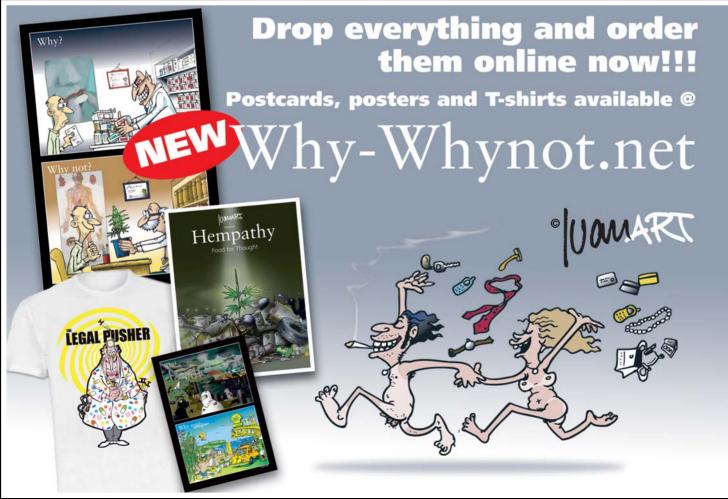
The author's personal accounts provide a backdrop of character development throughout the book. All too often factual stories are a sterile read, however, being able to fol-

low the authors on their life journeys and their relationships with family adds considerable creditability and intrigue. The tellings of parent-child and sibling intuition, and the synchronistic passing of parents are sure to touch audiences of all ages. Through these personal retellings, readers are able to understand paranormal occurrences within the context of the family unit, workplace dynamics, and friendship circles. For example, how parents strain to accept the metaphysical experiences of their children, and how a typical person grapples with sharing their first-time experience with others.

The authors are keen to share how their belief systems have adjusted throughout their metaphysical studies. Many of the stories challenge conventional Western and Eastern wisdom and established religious practices. Their personal growth is further reflected in the insights that are present at the beginning of each story. These insights guide the reader into a deeper understanding and an enriched appreciation of the lessons these stories have to offer.

Whether you are looking to be entertained, to have a personal experience validated, or to learn about the study of psychic phenomenon, you will thoroughly enjoy this book, and find yourself reading it again and again.









n the summer of 79 I got my mom royally baked. At the time I was a sophomore at UMASS, Amherst, and as a newly minted cannabis fan, I was taking full advantage of the fine herb available in the Pioneer Valley. Sensimilla was little known and rarely available, and almost everyone figured prohibition was here to stay. The times they are a changing, but not fast enough to save some of our closest friends and family.

My mom was a painter, photographer, a crewel embroidery artist, green thumb gardener, a great cook, and a functioning alcoholic. She had a nice little condo down on the Gulf coast of Florida where I stayed with her between semesters.

Her core issue was depression, which she tried to overwhelm with alcohol and prescription medicines, the only legal choices she had. Her generation was raised on coffee, tobacco and spirits. Pot was very illegal and assumed to be worse than it appeared. Pills were the modern solution people took for everything—including addiction to pills. My mom believed in the system, and followed the advice of her doctors.

I was an enthusiastic novice stoner with no clue about the many ways cannabis might have been used to help my mom kick her destructive habits; recreationally, medicinally, and as an exotic, nurturing garden flower she would have eagerly added to her second floor balcony jungle of

My mom was a creative spirit and a great cook. Here she is in the mid-80s creating a line of cheesecakes for the 'Say Cheese' restaurant. Her Amaretto cheesecake was voted Best in Tucson.

hanging and potted plants. Whenever I suggested she try weed as a buzz substitute for hard spirits, her response was always the same;

Marijuana is illegal. We don't break laws; we vote to change laws we don't agree with. When it's legal maybe then we'll talk about it...nuff said.

We got along great, and she fed me well, but her drinking was a painful source of friction. The drama and deceptions were taxing, and after yet gun hoanother incident, I drove down to The Oyster Shucker (Jimmy's long-gone hangout), scored some decent weed and grabbed a little metal bong at the local headshop.

The following day, my mom reluctantly agreed to give cannabis a try. To make sure she felt enough to know whether it was for her, I had her blaze to cinders an entire party bowl (with my help to show her how...). She spent the morning on her dock, drinking ice tea, fishing, and smiling.

While she admittedly enjoyed the experience, using marijuana as a regular therapy (or ever again) was out of the question. She was a law-abiding citizen from a

respectable family with deep eastern roots; end of story. I have since learned that cannabis—especially stealthy, non-smoked medicinal preparations—could have safely tempered her use of alcohol—a drug she typically reached for when she was feeling good rather than bad (then couldn't stop). Cannabis would have provided a safe new means for her to create, release, party and relax. As a cook it would have been easy for her to treat herself with cannabis in the privacy of her own life; bake at 420, skip the cocktails at seven.

These days my mom might have found relief in a legal state, which is a sign of the great progress we're making in the battle to restore the right to treat ourselves with cannabis. As evidence mounts that patients are having success using it to safely overcome toxic addictions, a new approach to substance abuse therapy is in order.

Clean, not sober

Cannabis patients ought to be free to grow their own, and be supplied well enough to be able to explore the full range of therapeutic options; smoked, vaporized, edibles, tincture, oil-filled gel caps, salves, and fresh juice, which by the way, is highly medicinal but not psychoactive. Such is not nearly the case, and yet even in the face of renewed military aggression, cannabis continues to make a name for itself as a safe substitute for pills and alcohol.

Cannabis is not physically addictive and is famously nontoxic, meaning Western sobriety edicts can be unnecessary and counterproductive for patients with a fondness for weed. Getting clean and staying sober is a formula that doesn't work for them and maybe doesn't need to. Were it prescribed, cannabis therapy might teach addiction sufferers how to make medicinal use of cannabis to back away from destructive behavior and get back in the game.

With the truth online and in the streets, it's only a matter of time before cannabis prohibition is little more than a sobering history lesson for all time to come. By that time cannabis healing strategies will be known to most and practiced by many, and cannabis immersion spas may be all the rage.

A cannabis retreat would combine the nurturing, free-will ambiance of a luxury health spa with the cannabis supply and life-skills workshops of a top dispensary. Since successful, driven types who respond well to cannabis are often very creative and like to learn, cannabis spas would feature hands-on amenities like a cannabis kitchen with lessons on the bench, a tincture lab, a greenhouse, music/recording studio, painting/sculpture studio, video editing suite, screening room, and time alone to ponder, imagine, create, and chill... a MacDowell Colony environment featuring the finest green, and no alcohol.

There's certainly a need for such places, as evidenced all too often by high-profile substance-related deaths of skilled artists like Heath Ledger and Amy Winehouse, and by the mercilessly exploited struggles of talented stars like Charlie and Lindsay. Just like with my mom, when industrial age therapies and meds fail these people, they are the ones who always seem to take the blame.

Since cannabis spas would presumably need to be located on private islands and on secluded estates, well, if you have to ask the price... Still, it'd be money well spent if high-powered patients left with the skills to substitute various preparations of cannabis for the stuff that's hurting their careers and in some cases doing them in. And if some of those recoveries happen to occur in the media spotlight, maybe then the truth will finally reach the masses: it's not pot, it's medicine.

Mainstreamers do most of the living and dying in this world; many are suffering from ills cannabis cures. So just you watch. Any day now North Americans are going to wake up and see what cannabis really is and what it can do for them. Then they'll rise up and end the cannabis wars for their own good reasons. Any day now...







have written about cannabis used for ALS, cancer, pain, PTS and other maladies but there is a patient story that needs addressing. For him when you say cannabis he says marijuana, when you say it's medical he says it's a farce, when you say endocannabinoid system he says, what?

It's my uncle (1). He's sick in the head. No one I know has any one idea of what would cause such a problem. Everybody agrees it is a combination of forces, you could also say pressures that have warped his thinking. I've spoken to dozens of cannabis experts in my time and all think the same – my uncle's lost his mind.

He is such a nationalist. Always talking the good old USA is the only place on earth that has the right data about everything including "all we need to know" about marijuana. For one thing he keeps calling the plant marijuana, which is not it's real name. The plant is called cannabis and that is why when nursing and medical folks that understand medicine and chemistry and stuff like that or talk or write on the subject they use cannabis. He'll never change. It makes no difference that in Europe and other backward parts of the world, as he sees it, 23 countries' doctors use cannabis medically for all sorts of things that go wrong with humans (2). "This is the US, we don't need frenchies to tell us what's going on." I replied that Bayer and Novartis are marketing and distributing medical cannabis products and that huge pharmaceutical companies like that do not screw up. He scowled and said "Europeans are not us."

He's crazy about god and that is strange too. I mean it's god bless America and a lot else, which grammatically of course includes Canada and Mexico when he really means the USA; right or wrong I'm for god and country he says all the time. Then he'll say god is great and all knowing, at least the Catholic in him will. The I ask him if god is so cool why did she screw up and create the cannabis plant?

He's militaristic as well. The only way he can even bring

up the use of cannabis is by the use of either of two approaches. Both are based on fear. The first is for his friends and those he dislikes and is a message of penalty. It's a hold over from the Puritans that showed up as weirdos tossed out of Europe and holed up first in Massachusetts. These nuts drowned and burned "witches" with a fierce intensity based on their own self generated stupidity built on a foundation of fear and ignorance. He mimics them. The second ignoble motivator to his point of view is mendacity, a nice sounding word for unreal cruelty. "Screw them all and let god sort it out later" is his motto.

He lies a lot. To me it just is the way he conducts himself. I see it as a huge character flaw that should be embarrassing but he boasts and brags as though he was winning something big time. It's a total cover up for failure of course. I'm in control of what is going on he'll spout at any time regardless of the mess he is standing in or at times wallowing. It happens all the time and is really noticeable when he sends out his "players" or my word, talking-head. Each time they say the same stuff like, we do not smoke medicine or there is no research, or whatever, that the whole world except the people that work in journalism know is a joke.

He has gotten so mad at times in the past few decades that he has actually paid for independent cannabis experts to study everything they could and declare the plant has medical value or not. Of course he figures since he knows everything they would agree with him. None of them did. Not one. Instead each and every study done in the US, including state studies has identified cannabis as a therapeutic agent and extremely safe to use. He buries the reports but I've got copies if you want them (3).

He lies about cannabis having no medical value. It's strange because he lives right next to a couple of federal Senators and across the street from the President and often walks to work with these guys. They walk right by a DC cannabis compassion club and never notice it. I guess

"This is the US, we don't need frenchies to tell us what's going on."

they are heavy into discussing how to make a bunch of money that day which my uncle says is what they are there to do. When I brought up the fact that 17 US states have said cannabis is medicine he said it does not matter what they think, I know better.

One really strange contortion is the stretch for not supporting capitalism. I mean his business card has only his name and a title, Capitalist. He loves a free market except if you are talking cannabis used as hemp. "I do not care if it's not able to affect a euphoric state in humans it's pot and it's bad." My uncle is old, he was in WW11, a paratrooper. I have explained over and over that the US Department of Agriculture gave out hemp seeds to US farmers during that war and begged them to grow hemp, for cloth, for rope, for the straps that held my uncle in his parachute when he dove out over Normandy. It's a great food and lubricant, fuel, and contains cannabinoid compounds likely helpful to human health but he says that it didn't happen that way (4).

He hangs around with a crowd that actually stopped their mental progression on purpose beginning in 1988. That's the year that happened. None of his friends or my uncle "remember" but I do because I was there, well I read a report that was so well written it was like being there. It said that receptors for cannabis compounds had been proven by science to exist, confirmed and codified. Game changed, my uncle had to do something. He consulted his closest 200 employees and they came up with a solution-deny this is real or even exists and above all do not mention this to the press or even attempt to wake them up. Thing is it worked until now. The Endocannabinoid System (ECS) is now the hot topic of the health care professions.

I hear he is now running around the country, well his muscle is anyway, with a degree of illogical behavior not seen in medical settings since the docs hitched blood suckers to patients to help them, and removing cannabis from patients in towns and cities that have not seen a federalie tearing down stuff since the Civil war.

And my uncle adores war. He has a war going somewhere all the time, is planning for one or more, and certainly creating conditions to insure a future of war for at least another century in this country against people who chose to use a drug they know works and does them no harm instead of drugs that may help but they always have a problem like making your nose rot off or some such "side effect." What he hates to do is admit that his own med-

ical team thinks he is dead wrong about medical cannabis.

It's the Veterans Health Administration that has said cannabis is medicine and told him in writing. Real doctors and nurses said so in defiance of the boss, my uncle. This was way different because it was the first time a US employed doctor since 1937 admitted by action he had a set of balls (5). It was also the first time since 1937 that a member of the medical profession (a profession that has abdicated it's authority on the medical uses of cannabis to cops, lawyers, recovering addicts and other medically uneducated people) challenged the unreal discourse in DC by having the VA declare cannabis medicine. The NY Times printed the story on their front page. My uncle must have burned every copy because no other paper or the Times has ever followed up on the news. I'm not surprised because once you have hung your yellow ribbon up or stated your support for the troops in an editorial that's enough I've come to understand.

His stand on cannabis treatment for Vets is completely tragic. The VA docs did what they could but my uncle insists that it a Vet can only use cannabis medically if he or she lives in the correct zip code. It's a Vet lottery in the US. Go to war for my uncle, get hurt. You win if you have the right zip code - you will be treated with respect and be able to use cannabis as a medical option in all VA facilities. If you have the wrong zip code you lose, you get nothing.

I don't like my uncle much either.

I can understand him a little. He's riddled with hubris, in the pay of lobbyists, is old, delusional and still after over 80 years stuck in a mindset about cannabis that is as pliable as the silver coins dropped in his/their hands each day. I mean really who thinks rationally that all this technology bragged up daily has not been put to use on the cannabis plant over eight decades? Only my uncle and his friends.

I know you think just maybe I'm exaggerating some. Naw.

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Keeping PA(*E)

By Al Graham

P.A.C.E.

www.pace-online.ca

ith the Treating Yourself Expo and the trade shows over for a while, we started to take in other events as well as continuing our own. We interacted with people at events close to home and far away while spending some time with the friends that we don't get to see on a regular basis. We celebrate the birth of Canada as well as the birth of some of our friends while growing the education that we can deliver through social media.

Cannabis Day Peterborough

Following the Treating Yourself Expo we were off to Peterborough Ontario to help Wayne "Blazin Wrinklz" with his Cannabis Day event. Cannabis Day falls on Canada Day which is held on the first of July here in our country. Wayne and his wife Shalin or "MariJane GanjaGirl" have been organizing this Cannabis Day event for four years and every time they do, things go without a hitch. One would think that if you set up a cannabis protest in a city park that the police would show up but not once has there been an issue.

Shortly after noon we set up our booths at Victoria Park in Peterborough's downtown. Up went the shelter and in came the supplies and the display counter. While P.A.C.E. just had a large cannabis blanket with several items such as old TY issues, P.A.C.E. brochures and Cannabis Digest newspapers Wayne brought in a big shelter to house all of his items. Over the years Wayne has built this up to the point where he has an actual glass cabinet that holds everything and keeps it away from wandering hands. The cabinet holds his contests and the games which include figuring out the amounts of things that are in jars or bags. This includes items from seeds to roaches with the proper guesser receiving a prize for their efforts.

One street over from us was the local Canada Day Parade that usually brings many people to the downtown. When the parade ended some of them headed to where they had



Local advocate Ken celebrating Cannabis Day



The P.A.C.E. blanket and Blazin Wrinklz booth

The police never stopped in to see us even though we were located one block south of their head office.

to go which led many of them to walk past or near our location. As expected people stopped in, asked questions and filled out their ballots.

Throughout the day people came and people went. There were no speeches to be heard, just people gathering and protesting the cannabis laws not only here in Canada but all around the world.

The police never stopped in to see us even though we were located one block south of their head office. While we were their many officers walked back to the station following the parade. This led them right passed our location with many of them saying pleasant greetings such as "nice day" but never a negative comment when they walked by.

When 4:20 arrived we had out medication session before moving onto the prize draws. Of course these draws couldn't happen without the assistance of businesses and advocates such as GTA Seedbank, Peterborough Hydroponic Center, Blaizin Wrinklz Enterprises and P.A.C.E.. Wayne says a big thank you goes out to all of those who assisted in making this day a success.









Cannabis Day Oshawa

A week later Fourtwenty Deb and I headed to the four year old Oshawa Cannabis Day event but this one was held a week after the proper date. When I asked the event organizer Ben Fudge why this was held a week after Canada Day he told me "I have worked for the Oshawa Accessibility Advisory Committee for Oshawa's Canada Day celebration for the last 2 years. July first is a very big celebration in Oshawa, so it is hard to try to split the crowd." He went on to say that "the first Saturday in July will be the date from now on. "

It appears Ben's plan on waiting a week may have worked out as he figures about 300 people showed up and who knows maybe some wouldn't have if he hadn't waited. The day was perfect, nice weather, people honking their horns in support and a march through the downtown and not one police officer until the medicating time of 4:20pm. All afternoon long the police left the event alone as they never stopped in to check on things until two minutes before our celebration. So why do they wait until basically 420 to enter the park? When I asked Ben he told me "this is the second time they have showed up at around quarter after four." And when I asked why he said "they say it's because shift change is at 4pm". It makes one wonder why they don't show up much earlier and that the shift change is just an excuse to break up our celebration. If breaking the law was a concern for them then one would think they would have shown up hours earlier.

When things got settled down Ben started with the draws to award those who came prepared. Ben doesn't pull

numbers out of a hat or make you buy raffle tickets but what he does do is ask you to show or bring items to the event in order to win. A few examples would be when he asked for a real cannabis leaf and not a fake one. Another one is when he asked people to come forward if they thought that they had the most cannabis leaves printed on the clothing that they were wearing. If you were lucky enough to have an item that Ben was looking for you could have gone home with a prize from Bongman, the Peace Pipe in Oshawa, GTA Seed Bank, Medicinal Awareness, Sleepy Dragons, NORML Canada or from Humber Valley Seeds. When I inquired about what it takes to sponsor this event Ben told me that "we ask for a prize donation valued at least \$100. We then give away whatever you donate, and include your name in all of our printed flyers".

Ben's closing remarks to me were "As far as I am concerned, cannabis medicine is natural, and safe. It seems to be a tough battle to "normalize" cannabis consumption to the public eye. I work on it daily with the Accessibility Advisory Committee. To me, Cannabis Day has forced Oshawa and Durham to open their eyes to something they would rather keep hidden. I don't feel like we should hide to take our medicine, because if we did, we could not participate in most daily activities. So Oshawa Cannabis day is a vehicle for "normalization."

Fourtwenty Deb and I didn't win any prizes on this day but we had a great time participating in this event. Some people in the movement have problems with smoke outs and consuming in the public but as I told Ben afterwards





Matt and Chris broadcasted the event live on Pot-tv.net



Event organizer Ben Fudge talks to the local media.

So Oshawa Cannabis day is a vehicle for "normalization."

"whether it's in a building or outside in the public its educating people. Some people don't like smoke outs and some have concerns but these can show people that cannabis smokers do not instantly kill people or go insane but instead shows that we are real people. In the end, everyone's education will hopefully someday get us that "normalization" we all seek.

Cannabis Educational Series

With the second year of the P.A.C.E. Educational Series coming to an end I must say we look forward to many more to come. We have really enjoyed bringing this information to the public and have built many friendships along the road.

The first year saw us start our educational series in two locations with just the movies or documentaries. During year two we doubled the number of locations to four as well as starting our educational Skype interviews. We were also able to purchase video screens for the Grindhouse Cafe and The Studio, both business that

helped us get this started.

With us now entering year three we will have a new movie schedule as well as adding the option to be able to record our interviews. We now also have our own Youtube channel http://www.youtube.com/user/peopleadvocatingmmj?feature=results_main because during the past year we have been asked many times about the possibility of watching the Skype calls from a far. I looked into doing live streaming or recording of them and after doing some research we purchased an online recording program suggested by Skype. With the addition of being able to record and the YouTube channel these two things we allow us to reach out to more and more people on a daily basis.

Most if not all of our interviews will now be recorded and posted at the P.A.C.E. Youtube channel for anyone to watch. We'd like to thank Jacob Hunter of WhyProhibition.ca for being our first recorded interview and we look forward to many more with advocates from around the world.





Above: **Deb and Al standing with Marco when they arrived at Vape on the Lake** Below: **Deb and Naomi having a laugh at Vape on the Lake**



Birthday Vape Tour

Over the last little while P.A.C.E. has went from celebrating the countries birthday to celebrating people's birthdays. Fourtwenty Deb and I were born on the same day in July but during different years. Because of this, this year we decided to celebrate them together. For Deb this was a milestone birthday that many of us have celebrated, the half century mark. With this being her special year she chose to do a tour of the vapor lounges in Toronto.

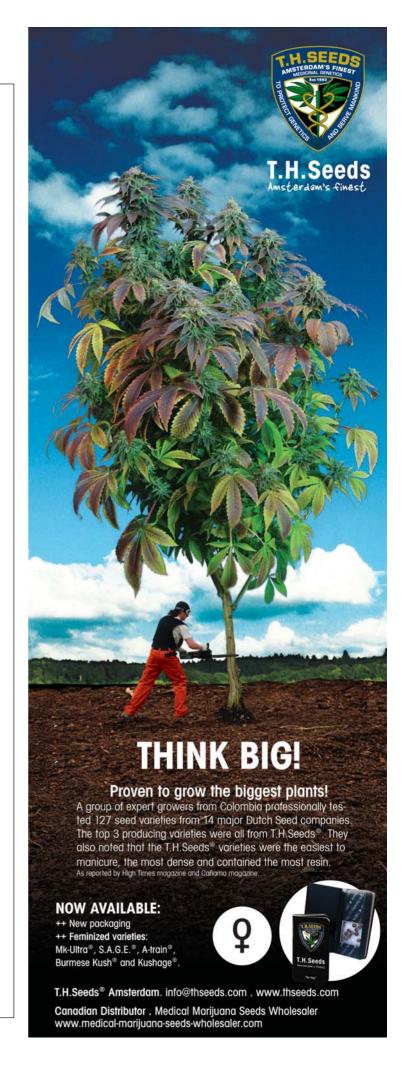
For her birthday vape tour we knew that we couldn't make it to every lounge but we figured that we could at least go to four of them. Deb sent out a notice to her Facebook friends that she was going to tour the cities lounges for her birthday and that everyone was more than welcome to attend.

We also decided to make this a bit of family affair as Debs daughter Melissa and my son Adam and his girlfriend Sharon joined us. Neither of them had ever been to a vapor lounge anywhere so this was also going to be a new experience to them.

We started off at Vape on the Lake in Etobicoke where people such as Naomi, Michael, Denise, Bonnie and other friends joined in. As everyone gathered together we all formed a large circle along a wall and spent a couple of hours conversing or touring 1 Of a Kind Glass located in lower half of this location. After a while Michael and Denise ordered in some pizza for everyone to enjoy while we had some delicious baked treats for dessert. With time running short and wanting to stay close to our scheduled times, once we ate we were on our way onto the next location, Vapor Central.

When we arrived at Vapor Central we ran into people such as Paul and Jennifer Faulker. After a while the group got a bit bigger and people had to sit separately instead of together. At this point someone approached Chris Goodwin, the owner of Vapor Central about spinning the couches around to form a large "U". This would us to see each other across the couches and allowed the opening to face the stage.

Shortly after we got settled back into the seats Cannabis Digest publisher/owner Ted Smith made an appearance on the stage. Ted was visiting Vapor Central as part of his country wide book release tour. Ted has been writing this book, a book on the history of cannabis called Hempology 101: The History and Uses of Cannabis Sativa for 16 years. Ted talked about his life as an advocated and about being arrested a few times before he talked about his book and the journey he has taken to put it all





together. The trip here to Ontario has also brought him home as he had lived in the London area of Ontario at one time.

Once Ted was done we made our way over to the Hot Box Cafe for some dinner. While there we were witnesses to the hospitality of its patrons as a man collected up some seats and allowed us to sit with him and his friends. Unfortunately we didn't have a table which we would need for our dinner, which got us to move once more. This was only possible because a group of people left and others moved around on the extra large picnic tables to allow us to squeeze into the middle.

Dinner took a while but the place was very busy and the poor waitress was just on her second day on the job. Once we all ate we headed off to our fourth and final location, the Underground Comedy Club.

When we arrived at the Underground Comedy Club the venue's owner Joey met us at the door. The first thing I noticed since I was last there in January was that the place now had its own signage and its own location. For years now it's shared its spot with Clandestiny, so it's good to see the place come out of its closet. We were told that the comedians that night would be the "open mic" variety but that's not what we saw on stage. Our group had five comedians and none of them appeared to be rookies. We found out afterwards that two of them were in town for the Just for Laughs festival and they took the night to practise their acts. Our friend Bonnie got quite the laugh when one of the comedians started talking about her home town of North Bay, something to do with a church on the main corner coming into town, but Fourtwenty Deb, because of it being her birthday, took the brunt from one comedian who had fun with her and her daughter Melissa. After a very long day of celebrating, meeting up with friends and making new ones we headed home with memories and for some much needed

Pete and Sabby's Birthday Bash

We started the month of July celebrating our countries birthday and we finish it up with the Birthday Bash put on by Pothead Pete and Sabby. These two transplanted Torontonians who moved into wide open farm country four years ago, have never gone a year without inviting their friends or anyone else who wants to attend, to their annual birthday bash.

The first year the two of them celebrated their birthdays together (one day separates their birth dates) it was about getting people out to see their new place in the country. This has now grown into an annual event that has gone from using a small stereo to now having bands such as the well known Canadian cannabis group, the Killin Time Band. When it comes to eating and keeping peoples



Ted of Hempology 101 speaks on stage at Vapor Central

bellies full Pete cooks up a pile of food on the barbeque while others bring things for dessert.

No bash like this would be happen without the sky being lit up and Pete didn't disappoint. Since the first year Pete has had a fireworks display that keeps the lights and explosions going off in the sky for close to fifteen minutes.

Bands and fireworks are not the only thing that Pete and Sabby have added to this event as they also have a movie night. To do this Pete hauls his equipment to the outdoors and sets up a theater area in the woods. Once he has everything set up he projects the movie onto the back of the big white Alpaca shelter. While I missed the movie I was informed that the Alpaca were all caught watching on the other side.

It's good to see that even alpaca are learning to be paca's advocating cannabis education. ■



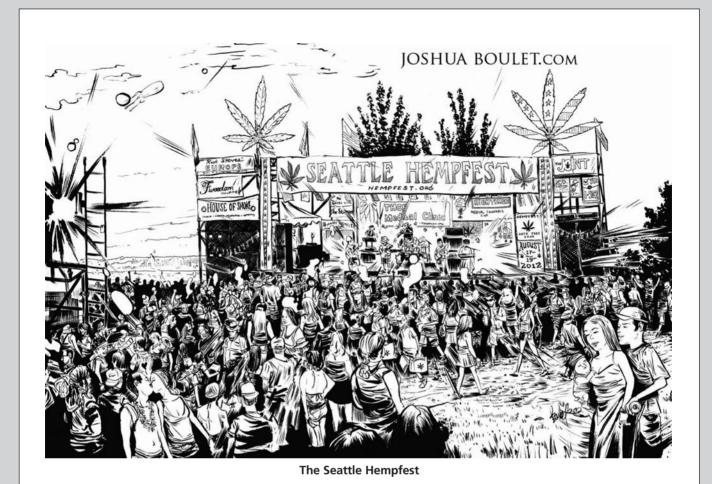
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First Annual

Kush Cup

By Jef Tek

All Photos by Kaara Heywood



"Michelle loved you and would be proud, she would be proud of all of us right now", was all that I managed to blurt out in front of the energetic crowd. I should have said so much more....

Who, What, When and Where? Why, is the easy one - WEED! This is the story of the First Annual Kush Cup. Who created it? Cancer survivor Mark Klokeid, founder of Kush.ca, and affectionately known to me as simply "Med Mark."

Now Mark, also known as The Weed Guy, hit the ball right out of the proverbial park in his freshman foray into the awe inspiring, lung-busting world of weed judging contests. This one was held on July 27th, 28th & 29th, 2012, right here in sunny Vancouver B.C., in many undisclosed locations, (kept secret until the last minute). The weather was astonishingly absolutely perfect and so was the buzz. I mean it, the quality of medicinal marijuana keeps getting better and better and therefore harder and harder to judge.

Treating Yourself was one of the biggest sponsors of the event and Marco Renda asked me personally to cover it for the magazine. This private party held for Health Canada licensed marijuana (marihuana) growers, patients and caregivers, as well as guests and friends was a complete success, on many fronts, in this reporter's viewpoint. Although the event was not sold-out, a great time was had by one and all. The only real complaint rumored was that some of the music venues went too late into the wee hours of the evening. (The flip-side of that argument would be to have 200 stoned people with nothing to do at 10:30 p.m., and that wouldn't be very cool, again, in my humble opinion). I personally did not make it to any headliners due to my own arthritis and an hours'







commute back home each of the three nights. Hey, I did the best I could and have nothing but fond memories and some sweet pictures taken by my girl, Kaara. It would not have been the same without her support, I wish remembered to thank her to the crowd on Sunday night. Thanks Kaara, it would have not been the same without your smiling face. Great photos, too, kudos!

Speaking of people to thank, Sandra and Advanced Nutrients - Remo, the Urban Grower officially launched their new website; Urban Grower Marketplace (UGmarketplace.com) as well as videotaped just about every second of the three day event. A google-search of UrbanRemo will let you watch the whole event in 5 minute clips, thanks Remo! (He even does his own editing, wow!) All of the bands and most of the festivities were filmed by Remo, Sandra, or both, plus Shaw TV was there as well filming the main festivities. Check out video's at UrbanRemo, UrbanGrower and seek UGMarketplace.com for your grow shopping needs. Thank you internet!

Thirteen strains of crystal covered connoisseur grade cannabis were entered for a maximum of 250 lucky people to sample and vote on. There were also three cannabis

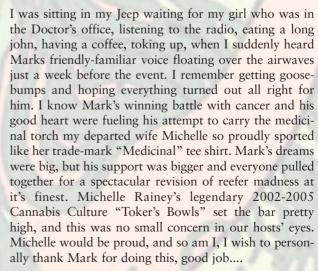






extracts entered. (Also known as budder, or butane extract; the methods are resulting in cleaner and cleaner product every year.) I just did a budder toke that literally brought me to my knees, sweating profusely and watching the grass breathe for a spell before rejoining my senses. Our thanks to Chris for that hit! Wow, what a great gathering.

The event was promo'd on Vancouver's very own Rock 101 radio station and Mark and his crew even did a live spot on the Brother Jake Morning show....



Friday afternoon kicked off the marijuana marathon with everyone checking-in, getting their goodie bags and their







laminates, then puffing tough with each other. Things were a tad behind but when you are basically dealing with stoners, provisions must be made. During this time Redbeard and his whole glass blowing brigade were setting up their humongus oxygen and acetylene tanks for blowing all the trophies right there in real time in front of everyone to watch and enjoy.*

With bands such as Southern Death Threat, Incura, Rascalz, and Swollen Members with Moka Only, we all got a real treat. I love live music and smaller, private venues, especially venues where copious amounts of heavy marijuana smoking are not only tolerated but it is encouraged and even expected, is what I'm talking about, Nice! The bands all rocked our bones as hard as the strains rocked our brains. Free budder tokes were copiously given, and billowing weed smoke filled every single venue permeating the air in pungent fragrant flagrance.

Mark pointed out during his pre-awards speech that July is the driest month to get anyone to enter a cup in, he wholeheartedly thanked all who entered... Most growers take the summer off or are waiting for their summer crop to finish in July. Everybody smokes more weed in the summer time! We were honored and privileged to be a part of this historic gathering...

Michelle came to me in an early-morning dream just four days before the Kush Cup, she was beautiful, happy, radiant and sweetly asked what seemed to be a group of us, "why don't we enter the cup?"... I immediately woke up, called Sandra and Remo to ask them how much product

was required to enter. As it turns out Mark was at there house just then so he answered 250 grams. I went into my cured stash and weighed it up. Well, 260 grams were in that bucket! After consulting with Kaara, who readily agreed, "why don't we enter?" I called them back and entered the Afghani Bullrider as an indica, even though we all know it is technically a sativa-indica hybrid. During the voting process Marks' staff actually wound-up fighting over the heritage of the bullrider, whether it was a sativa or an Indica - most of them thought it was just too powerful and up-lifting to be categorized an Indica, what do I know? I just grow it! God, we love this strain; hash-like and dank, with a skunk overtone to mellow that rush right out with a never ending ceiling. Great medicine.

Saturday afternoon was the best bud friendly boat blast that no self-respecting cup or bowl can really due without. We were treated to an overcast morning that just blossomed into perfect yachting weather, neither too windy nor too blisteringly hot, we were the ones doing all the blazing with massive, finger-sized Remo joints being fervishly passed all over top deck. DJ Kiwi was down on the lido deck spinning pot friendly sounds and Med Mark even had his Father, a retired caterer, come out of retirement and feed us freaks for the weekend. His mom, sister and ever her bf were enlisted into servitude for the weed-kend.

After the four hours of floating fun, (only one seasick soul), a few groups broke off and feasted on Granville Island food and Kaara girl and I went to the beach for a





bit of sunshine recreation to go with our festival fun. All during this time there were constant comings and goings at the collectives' secret headquarters graciously provided by the infamous Guppy and his son Burt. Everyone was free to come and go in their own directions for a bit. Later, Saturday night was music and another pot friendly venue where we got rocked for the second night in a row. It was a long ride home that night for us, with the highway squishing down to just one lane before opening back up for no apparent reason, way to go - department of transportation! Why would anyone need to use the highway on a summer weekend anyway? Silly me, where was I? Saturday was long and overflowing with medicinal freedom and fun. Wow.

Sunday started slowly for those of us who water, fertilize and even harvest before each day's judging activities even begin, YEE HAW! Growing is not a job it is a lifestyle. We arrived at Guppy N Sons' "factory" just in time to vote, get our cards punched, and then we were shuffled off to another venue for the actual awards ceremony. The Klokeid's provided a free roast beast dinner for all to devour, cooked to perfection in a garage no less, way to go old Food dude! Hey you got the Weed guy and the Food Dude! Family is important. After feasting Mark took center stage and thanked all his sponsors, and lastly thanked Michelle for her inspiration. It was such a nice feeling to be among so many good friends, I'll never forget it.

There are always things to improve and new strains to try, by the way, it all makes sense now...

ENTRIES

Here is a list of strains, whom they were grown by, and the letter assigned to each by The weed Guy and staff:

- H- Chocolope Rocky Mt. Kush
- A- G13 Remo
- G- Afghani Bullrider Jef Tek
- **B-** Congolese Healing Tree
- S- Black Water Kush Remo
- R- Blue Cheese
- C- Real OG
- F- Texada Time Kush
- X- OG Kush
- E- Tru Blue
- Z- Bubba Kush
- Q- Exodus
- Y- Grapefruit
- P- Cookie Kush
- **D- Super Kush**

One gram bags of each of these strains were given to each Cup Judge to try and vote on. The ballots were handed out Sunday afternoon and over 90 votes were cast for their top three strain choices and top extract choice. Separate sativa and Indica awards were given out because Mark is a generous guy who really appreciated every single entry. By creating two categories for cannabis, in essence he gave out two more cups and two more first-place bubblers. Thanks again to Redbeard for all his expertise, his crew set up shop and blew all the winning glass on-the-spot! That is fantastick. Three wicked hash oil bubblers went to each first-place winner. *(A separate story accompanies this article detailing the whole glass experience.)

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Or so it seems, because even though we had entered the Afghani Bullrider as an Indica, I suddenly found myself stammering, when Mark awarded the Afghani Bullrider 2nd place in the sativa category, because quite frankly, I was confused, I was surprised, I was a little bit shocked and I was most definitely extremely stoned! This was why I suddenly found myself stammering into the microphone that bit about Michelle being proud of us. She would but I should have said so much more, I could have said so much more, I think I was trying to report on this contest and not become a part of it. Because.

The number one rule of journalism is that when you are enlisted to report on a story - you, under no circumstances, are to become part of the story - unless - AND ONLY unless you are one Hunter S. Thompson, R.I.P., I however, broke this rule. Sorry Marco, and sorry to my loyal readers, we won Second Place with the Afghani Bullrider in the first ever Kush Cup! Take that, it isn't even a Kush, remember what I said about room for improvement? I meant me.

My new friend Chris extracted the win for extracts. Yes, I said it! He did this with the acknowledged help of the Urban Grower and he won the show with his supersmooth budder which used UG Kush/Rockstar/Blue Cheese shake as a base. Urban Grower received First and Second Place with G-13 and Black Water Kush in the Indica category. Rocky won First Place in the Sativa category with his Chocolope which smells like a candy bar. We were all honored and humbled once again by our gracious host, our very own Weed Guy, Mark Klokeid. He is feverishly looking forward to next year already.

See you there the last three days of June and the first day of July, Canada (CANNABIS) Day, that is four days of

lung crushing fun!. Thanks again to Mr. Marco for asking us to cover the cup. Without you we may have missed out on a very important part of our lives. There were three distinct times during the Cup that I experienced that wondrous feeling of being completely "among friends" and that doesn't just happen everyday for us. I cannot stress enough the importance of cultural bonding, and I think this was the message Michelle was trying to express with her legendary Tokers' Bowls. When we gather great things happen and the world gets a little bit better. Thanks, I'm so grateful.

Thank you one and all for making this journalists year a lot better!

RESULTS

First annual Kush Cup 2012

Extract

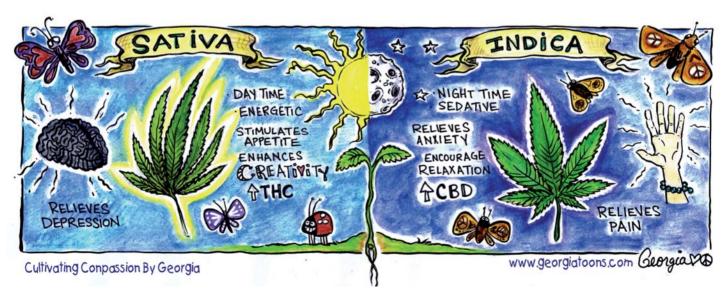
- #3 Budder King
- #2 Rumplestiltsken
- #1 UG/RockStar/BlueCheese by Chris

Cannabis Sativa

- #3 Congolese by The Healing Tree
- #2 Afghani Bullrider by Kaara Heywood & Jef Tek
- #1 Chocolope by Rocky Mountain

Cannabis Indica

- #3 The Real Blue Cheese by Pacific Grow Coop
- #2 Black water Kush by Remo the Urban Grower
- #1 G-13 by Remo the Urban Grower





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ROOR Nev OS

Yield

Parents Neville 's Haze Original Skunk

Flowering 11-12 weeks

medium - big

Statue tall and airy

ROOR ASH

Parents: AfghanHaze

AfghanSkunk

Flowering: 8-9 weeks

Yield: big

Statue: short and stocky

ROOR Bubba OG

Parents: OG Kush

Bubba Kush

Flowering: 8-9 weeks

Yield: medium - big

Statue: short and stocky

ROOR Citrus Smoothie

Parents: Grapefruit OG Kush

Flowering: 8-9 weeks

Yield: medium

Statue: medium stocky

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Win a custom

Just answer the question and complete the following entry form and send it to TY! One lucky winner will be chosen for each prize. GOOD LUCK!!!

Deadline for contest entry is January 1, 2013

Answer the following TY QUESTION:

What word gave birth to the name ROOR?

(hint) Read the ROOR Special in the Premier Issue of Glass Culture Magazine



Email Address:

Deadline for contest entry is January 1, 2013 Name: Address: City: Province / State : Postal / Zip Code: Country: __ Home Phone #: Best time to call?



Only 1 entry per person.

If more than 1 entry is received then you will be disqualified from the contest.

Deadline for contest entry is **January 1, 2013**Winners name will be announced in

Treating Yourself issue # 39 Winner will be contacted by phone / mail / email so please be sure to provide your contact information in full.

ALL INFORMATION WILL BE DESTROYED BEEN PICKED AND CONTACTED

WINNER

From TY 36 H.F, **Clinton Township**, **Michigan** wins custom TY RooR package

Please keep those entries coming. We know there are many more lucky winners.





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- → 5.0 mm
- →O← 45 mm
- → 7+ 18.8 mm

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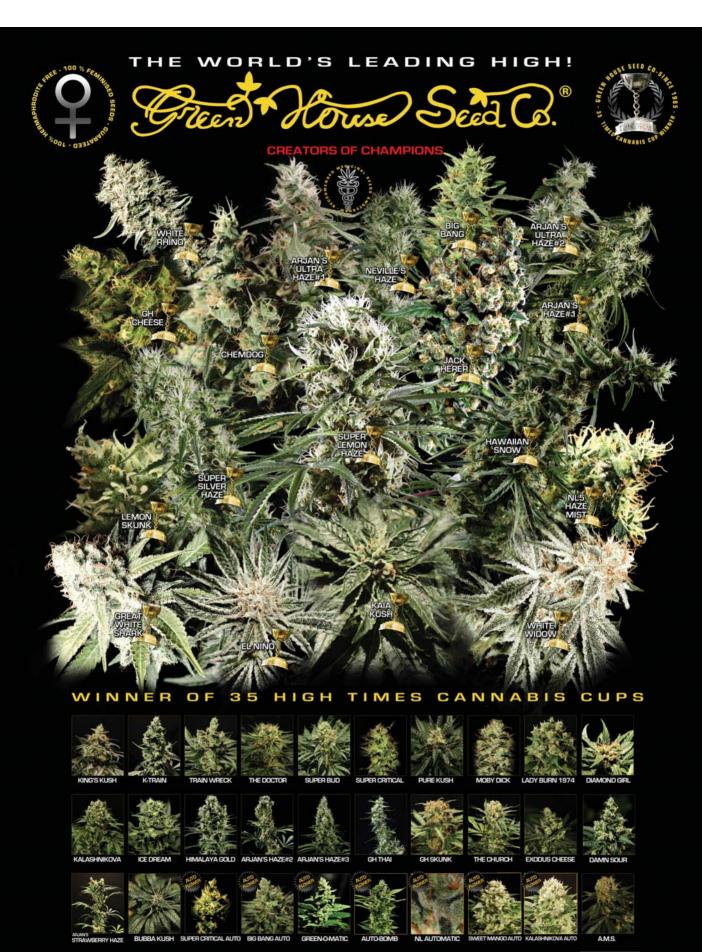
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