

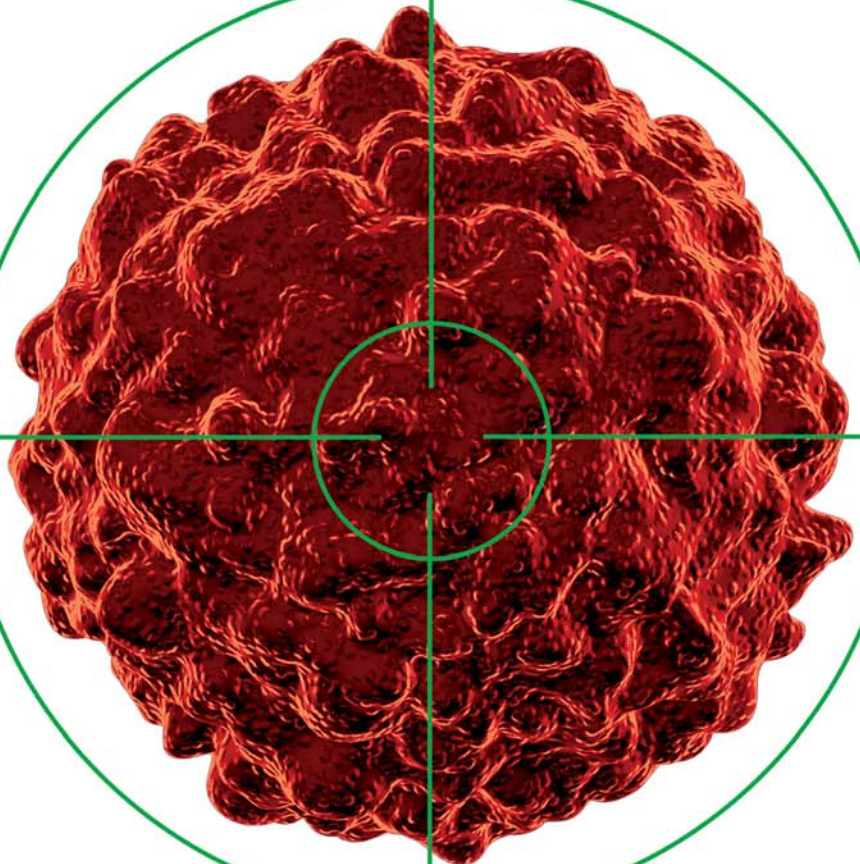
# Treating Yourself

The alternative medicine journal

The Calming,  
Therapeutic  
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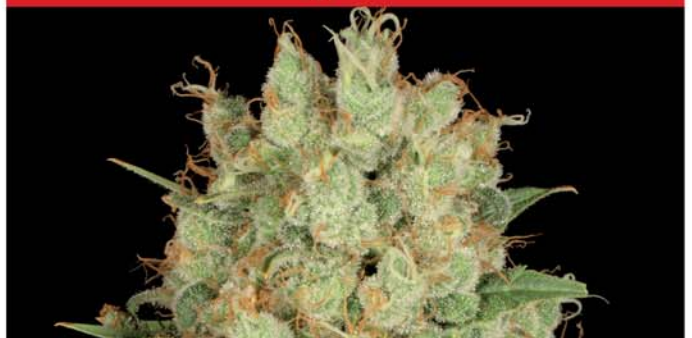


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**Publisher/ Editor in Chief**  
Marco Renda  
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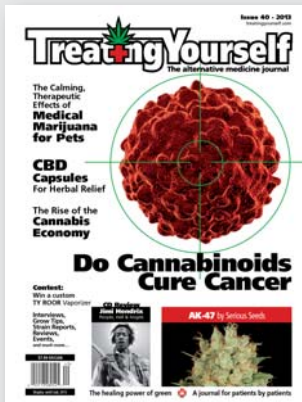
**Copy Editor**  
Brodie Helsdon  
Brodie@treatingyourself.com

**Art/Layout Designer**  
Ivan Art  
ivan@treatingyourself.com

**Sales Representative**  
Jackie Wolfe

**Text & Photography Contributors**  
Marco Renda, Ivan Art, Shantibaba,  
Mary Lou Smart, Georgia Peschel,  
Carl Hedberg, Mark Heinrich,  
Matt Riley, Dr. Doug Kramer,  
Dr. Manuel Guzman, Skunkmad,  
Miss Knapper, Iredog, Gage Green  
Group, Ritchie Yorke, Jon Green,  
Brodie Helsdon, Al Graham,  
Ed Delta9Labs, Davide Stallone,  
"Goyo" Fernandez

Cover story on page 38



Submit your articles to:  
submit@treatingyourself.com

**Treating Yourself**  
2985 Lakeshore Blvd. W  
Etobicoke, Ontario  
M8V 1J8  
CANADA  
T: 647-346-2700  
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# How did I miss a year and how does the future look?

As I sit here and type my editorial, I look back at all the years that Treating Yourself has been online. I knew that our anniversary was in May so I was getting ready to organize our 10 year anniversary. Then I realized that it's actually been 11 years that our company has been around helping patients and educating the uninformed. Quite a bit has changed over these past 11 years. I have seen many court battles won and I see many more victories in the future. I guess I have been so busy this past year launching another publication in addition to a vapour lounge, that I must have missed our 10 year anniversary. I must say that we will be sure not to miss Treating Yourself magazine's 10th year anniversary!

It's starting to get crazy around our office with the upcoming annual Treating Yourself Expo. I can't believe that we are already preparing for our 4th Annual Expo. This year's expo is going to be epic as we have over 24 glass artists participating with 9 of the artists taking part in the 3 International Flame Off teams (Canada, Japan and the USA). In addition to this we will have guest speakers such as John Conroy, Dr William Courtney and many others.

The climate for legalization is still changing and I look forward to seeing the outcome of Sensible BC. Sensible BC is calling upon the provincial government to pass the Sensible Policing Act. Elections BC has confirmed that the Sensible Policing Act is within BC jurisdiction and suitable for a referendum.

## **The Sensible Policing Act has two main parts.**

**The first part of the Sensible Policing Act** is an amendment to the BC Police Act, which redirects all police in the province from using any police resources, including member time, on investigations, searches, seizures, citations, arrests or detentions related solely to simple possession of cannabis.

**The second part of the Sensible Policing Act** formally calls upon the federal government to repeal cannabis prohibition by removing cannabis from the Controlled Drugs and Substances Act, or to give British Columbia a "Section 56" exemption, so that our province can start legally taxing and regulating cannabis, using lessons learned from alcohol and tobacco.

To find out more or to **get involved as a volunteer or to send a donation** please contact **Dana Larsen 604-343-4684** or check out their web site at **[www.sensiblebc.ca](http://www.sensiblebc.ca)** or send them an email at **[volunteer@sensiblebc.ca](mailto:volunteer@sensiblebc.ca)**. Please remember that you DON'T have to live in BC to get involved with Sensible BC.

Meet Dana and the rest of the Sensible BC volunteers plus all the other activist groups at the 4th Annual Treating Yourself Expo May 24 - 26, 2013 Metro Toronto Convention Centre Hall A.

Until Next Time  
Take Care and Peace





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### Note

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Ivan Art

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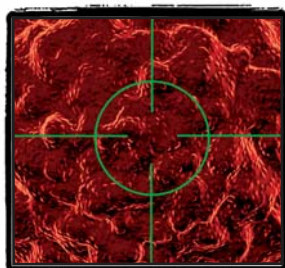
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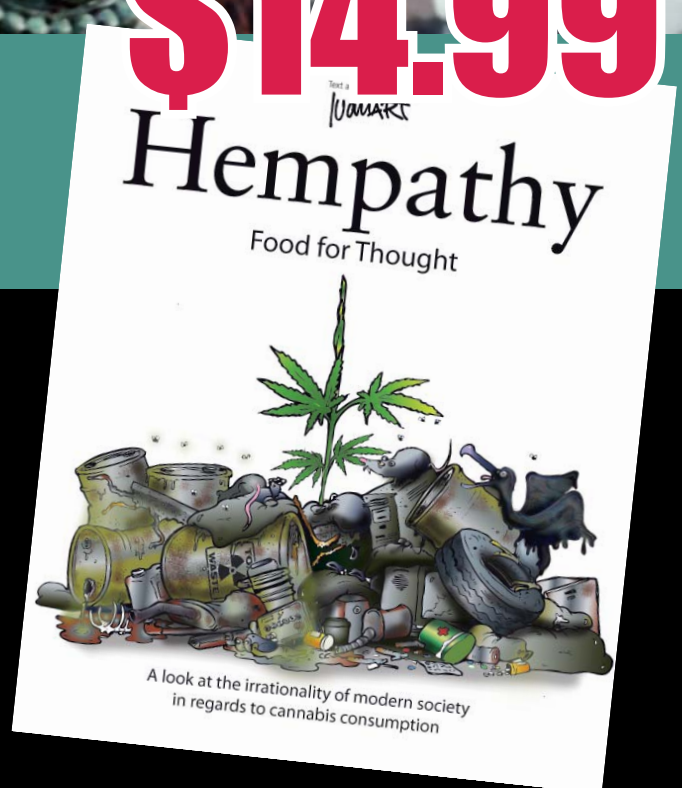
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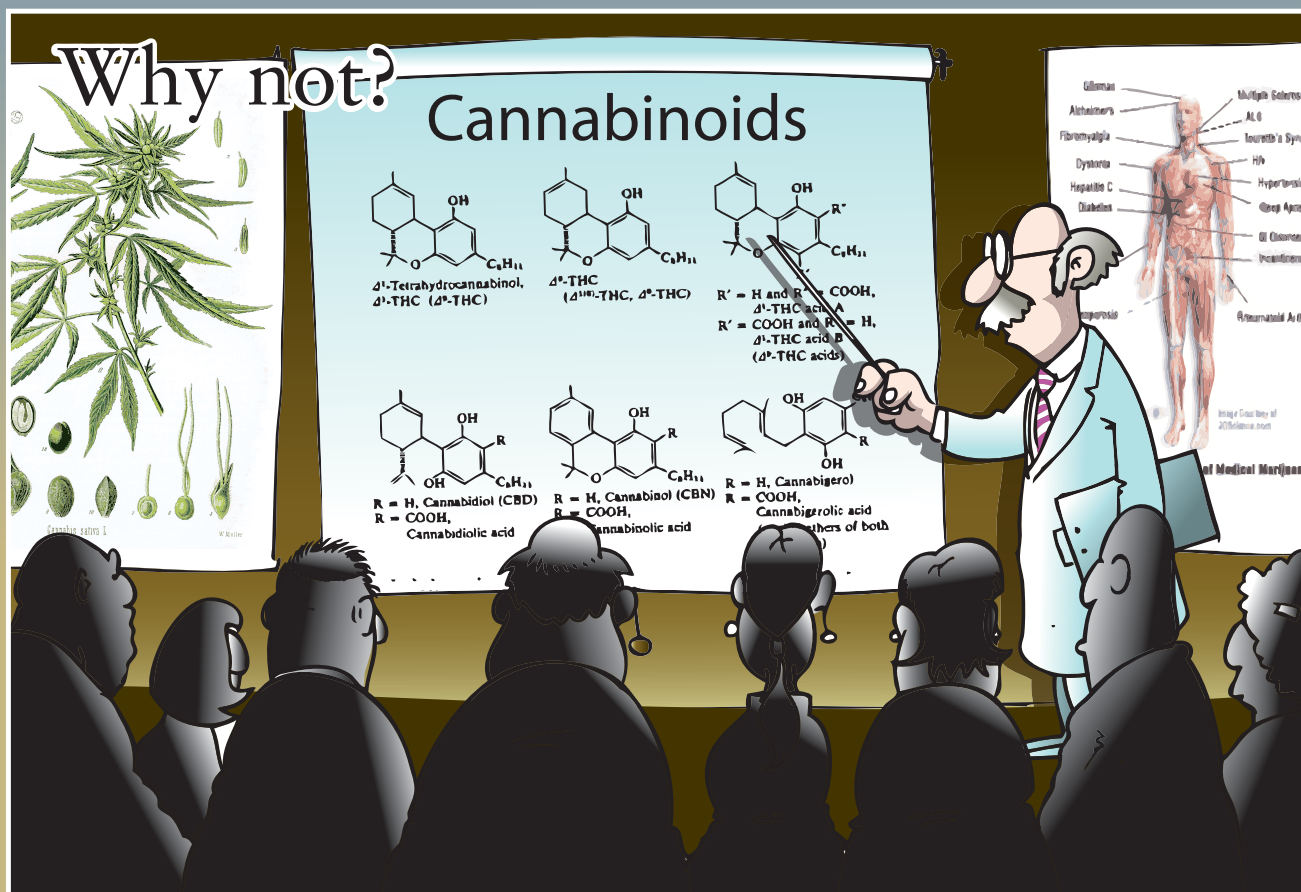
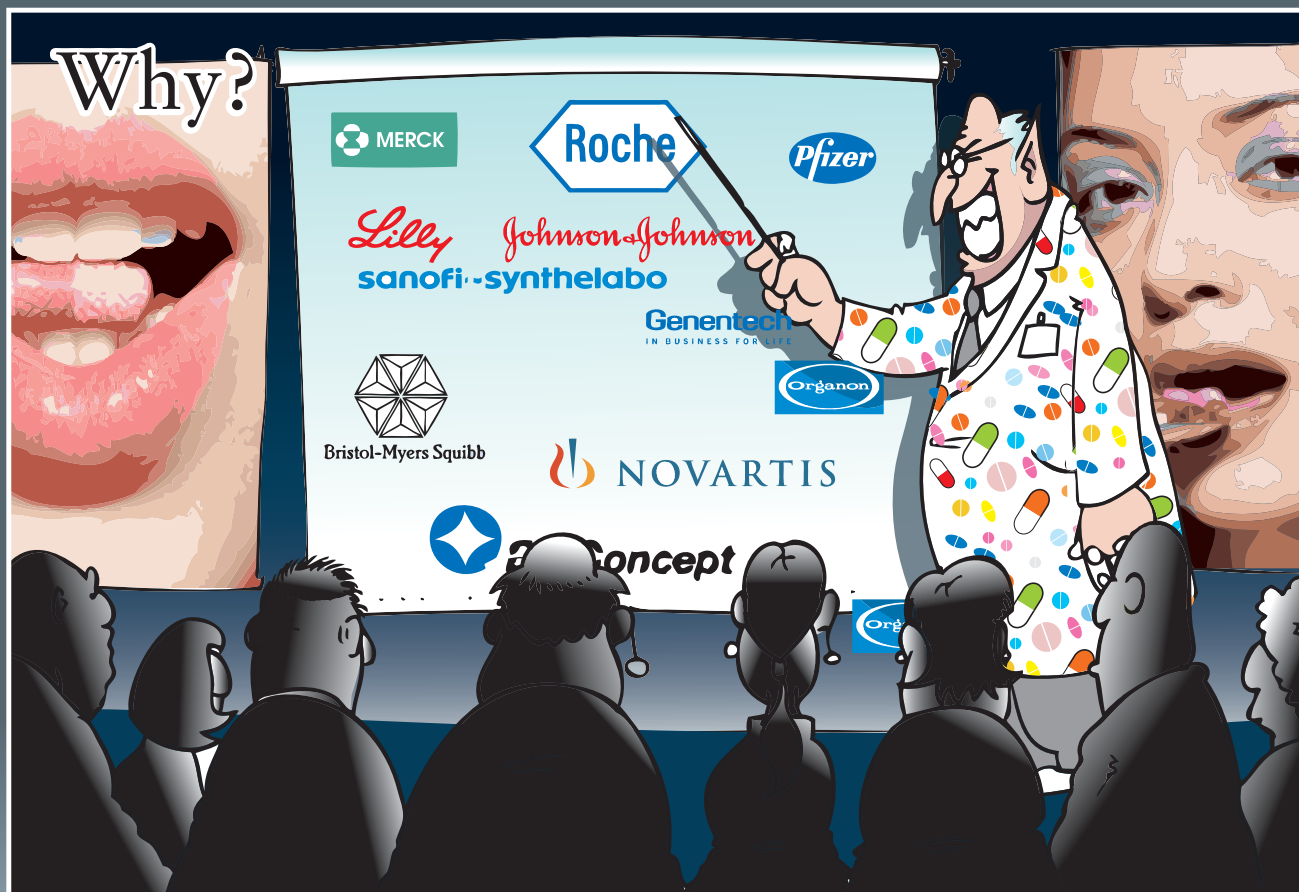
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# Life under the Blanket: Federal Court's First Ruling in 20 Years Keeps Marijuana in Schedule 1

By Mary Lou Smart

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*Man has used marijuana both socially and medicinally for several thousands of years and yet today there is little scientific knowledge of its dangers or merits. In spite of our lack of knowledge, an estimated 12 million Americans have used the drug in recent years. Now we are in a near crisis caused by ignorance and the blanket of misinformation which governmental agencies have used to cover their ineptitudes.*

Dr. James L. Goddard, commissioner of the Food and Drug Administration (F.D.A.) from 1966 – 1968, writing for LIFE magazine's October 1969 issue.

**A**s the first medical doctor to work for the federal agency in 42 years, Goddard was credited with ushering in a new era of professionalism to the F.D.A. He demanded stricter standards from pharmaceutical companies that were making hay with bogus advertising, launching new drugs with few clinical tests, and marketing drugs known to be ineffective. With a medical degree from George Washington University and a master's in public health from Harvard, the man was no slouch.

Prior to joining the F.D.A. he was assistant surgeon general and chief of what is now the Centers for Disease Control and Prevention. His brash manner offended many, and eyebrows were raised when he stated that alcohol was probably more dangerous than marijuana. Pharmaceutical companies blanketed Washington with campaign contributions tied to requests to sack the ambitious commissioner, and the public health advocate's tenure was cut short. While Goddard's magazine piece spoke of reform, President Richard Nixon's

ideas were altogether different; he launched the war on drugs instead. Almost 45 years later, cannabis use is widespread. Medical marijuana is available to qualifying patients in 18 states and the District of Columbia. While the number of states adopting policies continues to grow, years of patient testimony and deliberation are required for each legislative win before more years are needed to cobble together programs that generate fees, which are often funneled into other unrelated government programs. The infirm, society's neediest,



“It’s a recognition of validity of state law,” said Krawitz. “There’s no federal law or rule or anything else requiring a doctor to take a patient off of pain treatment should that patient be using legal medical marijuana.”

are charged exorbitant registration fees by states desperate for cash, and the healthy simply continue buying marijuana on the black market where it is readily available at the same price. Legal access and safety are of paramount concern, and many advocates say to heck with medical marijuana and push for all-out reform. Voters in two states, Colorado and Washington, recently opted to go beyond the medical and legalize.

At the federal level, while the threadbare blanket of misinformation barely covers governmental agency ineptitude, the Drug Enforcement Administration (D.E.A.) is given incredible resources and latitude to soldier on. Despite the efforts of the D.E.A. and the National Institute of Drug Abuse (N.I.D.A.) to criminalize what is considered by many to be alternative therapy and keep a tight lid on research, scientific knowledge of the medical benefit of cannabis is considerable. The federal government’s own agencies are reporting the benefits of cannabis therapy in patents and on websites.

Worldwide, scientists and clinicians are releasing new research daily pointing to wide ranging interaction of cannabinoids on the body’s endocannabinoid system. Also worldwide, the war on drugs is seen as such an unmitigated disaster that the Global Commission on Drug Policy, whose membership includes former presidents of Mexico, Columbia, Chile, Brazil and Poland, seeks new ways to address the problem, including lower penalties for possession and sale. One reason that many countries want out of the drug treaties that the United States Controlled Substances Act is based upon is that outside of the United States research is an ongoing and promising endeavor.

## Veterans in the Line of Fire



Michael Krawitz

One significant chink in the battered armor of the war on drugs has been exposed by veterans who have been medicating with marijuana for decades. Returning from the Vietnam War in the 60s and 70s, it was veterans that helped to introduce the weed to the ranks of the middle class. One of the natural remedy’s applications is in relieving the multiple symptoms of post-traumatic stress. Use within the veteran population is so widespread, and the plight of returning veterans so serious, that the Veterans Administration (V.A.), a federal entity, can no longer simply throw boatloads of pharmaceuticals at their problems and hope that the cannabis dilemma goes away.

In 2010, the Department of Veterans Affairs, through the Veterans Health Administration (VHA) issued Directive 2010-035 outlining guidance on access to and use of medical marijuana by veteran patients. The directive acknowledged that laws in 14 (at that time) states authorizing the use of medical marijuana are con-

trary to federal law, that veteran physicians recommending marijuana can lose the ability to prescribe controlled substances and be subject to criminal charges, and that marijuana cannot be used on V.A. property even in states that allow medical marijuana. The directive also states that V.H.A. policy does not prohibit veterans participating in programs of states that authorize medical marijuana from participating in V.H.A. substance abuse programs, pain control programs or other clinical programs.

The V.A. directive is a clear case of a federal authority deferring to state law, according to Michael Krawitz, a disabled veteran. Krawitz is founding director of Veterans for Medical Cannabis Access and a Patients Out of Time board member. In a letter to Krawitz from Department of Veteran Affairs Under Secretary for Health Dr. Robert Petzel stated, “Standard pain management agreements should draw a clear distinction between the use of illegal drugs and legal medical marijuana.”

“It’s a recognition of validity of state law,” said Krawitz. “There’s no federal law or rule or anything else requiring a doctor take a patient off of pain treatment should that patient be using legal medical marijuana.”

The V.A., he said, is obligated by law to provide pain treatment to soldiers injured in the line of duty. For any doctor to withhold treatment for anything other than medical reasons is something that has received attention in the courts. In 2003, in *Conant v. Walter*, by refusing to hear the case, the Supreme Court upheld a lower court’s decision (Ninth Circuit Court of Appeals effecting nine states), ruling that a Bush Administration plan to strip doctors of their licenses if

“Known as the Shafer Report, the 1972 report concluded that “there is little proven danger of physical or psychological harm from the experimental or intermittent use of the natural preparations of cannabis.” The findings of the report were never implemented and the harmless plant stayed in Schedule 1.”

they were caught talking to patients about the medical use of marijuana was a clear violation of First Amendment rights.

Standard pain contracts state that patients can be taken off of their pain medications if they are found to be using drugs listed under Schedule 1 of the Controlled Substances Act. For that reason, Krawitz will not sign his pain contract. For that reason, the V.A. withholds pain medications that Krawitz needs. Because of the V.A.’s stance on medical marijuana, he must visit a doctor outside of the V.A. to receive a recommendation for cannabis, which he has found to be effective in his treatment.

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

## The Plight of the Veteran Reaches Federal Court

In October, oral arguments were heard in a landmark federal case to reclassify marijuana for medical use. In the case, *Americans for Safe Access v. Drug Enforcement Administration*, the D.C. Circuit Court Appeals judges considered whether a 2011 D.E.A. decision to deny the petition to reclassify marijuana was arbitrary and capricious.

The assertion is that the federal gov-

ernment applies unfair standards with its insistence on keeping marijuana in Schedule 1. One blatant example of its unfair standards is that delta-9-tetrahydrocannabinol (THC), marijuana’s primary psychoactive cannabinoid, sits in Schedule 1 while Marinol, an F.D.A.-approved synthetic formulation of THC in sesame oil, which the D.E.A. insists is the identical drug, has been placed in the much more lenient classification of Schedule III.

In 2002, the Coalition for Rescheduling Cannabis — a coalition including American Alliance for Medical Cannabis, Americans for Safe Access (ASA), Jon Gettman, *High Times* magazine, National Organization for the Reform of Marijuana Laws (NORML) and Patients Out of Time — submitted the rescheduling petition citing advances in the science of cannabis justifying rescheduling to either Schedule III, IV or V. The D.E.A. responded by sitting on the petition for 10 years before denying the petition, finding that “there is no currently accepted medical use for marijuana in the United States.” An earlier rescheduling petition filed by Jon Gettman, a former national director of NORML, and *High Times* was denied in a ruling that stated the petitioners were not sufficiently injured to have legal standing to challenge the D.E.A. in a federal court.

The back and forth between advocacy groups and the D.E.A. has been in motion since the time that marijuana was lumped into Schedule I of the Controlled Substances Act alongside heroin and other toxic narcotics. To manipulate legislators into signing off on the act, the Assistant Secretary

of Health recommended temporary placement of marijuana in the most restrictive schedule, Schedule I, pending the outcome of the National Commission on Marihuana and Drug Abuse. Known as the Shafer Report, the 1972 report concluded that “there is little proven danger of physical or psychological harm from the experimental or intermittent use of the natural preparations of cannabis.” The findings of the report were never implemented and the harmless plant stayed in Schedule 1.

Prior to its Schedule 1 placement, even the former F.D.A. head wrote about the non-addictive characteristics of the plant.

“Marijuana, unlike narcotics, does not produce tolerance, requiring higher dosages to produce the same effect,” Goddard wrote. “Nor does it produce addiction, which is true of narcotics.”

In 1972, NORML filed the first rescheduling petition with the D.E.A., which sat on it for years before granting a federal hearing on the issue in 1986. In 1988, Frances Young, D.E.A. administrative law judge, issued the now-famous ruling that marijuana did not meet the legal criteria of a Schedule 1 drug and should be reclassified. That decision was rejected by a D.E.A. administrator in a decision that was affirmed by the D.C. Court of Appeals in 1994. In the United States, until cannabis is rescheduled, scientific research pointing to medical benefit will continue to be difficult to conduct. The federal government’s strategy in prolonging its prohibition is simple. Schedule 1 means no research, and no research means no findings of



medical benefit. With no findings of medical benefit, there will be no rescheduling of marijuana. A formal statutory rescheduling process is spelled out in the Controlled Substances Act, and the federal government did use this process when moving Marinol to the more lenient Schedule III category.

N.I.D.A., which controls the supply of cannabis available for research, maintains that its congressional mandate is to provide grant funding and cannabis only for studies showing a drug's abuse potential. Until recent years, the D.E.A. maintained that the clinical research was not available to show the benefit of cannabis therapy. That stance is unraveling. The United States has become one gigantic laboratory filled with patients showing anecdotal evidence of benefit, and clinical studies are being conducted around the globe including in the United States. Now that a wealth of research exists, the federal gatekeepers have shifted gears, and contend that Stage II and Stage III studies are necessary to show benefit. The ASA has consistently maintained that hundreds of peer-reviewed studies referenced in legal briefs meet the standard.

Among cannabis reform advocates, hopes were high in October when ASA hosted a press conference about its upcoming case.

"At the heart of this issue of the scheduling of marijuana is the federal government's refusal to really look at the research that is out there," said Steph Sherer, ASA executive director. "Every day a bigger gap is growing between patients, doctors and the federal government. Many states have had to move on because of the experience that patients and doctors using this medicine were having; they could not wait for this political quagmire that we find ourselves in now."

Handed down in January, the ruling denied the petition to reschedule marijuana. The judges in the majority did not find that the D.E.A. acted

in an arbitrary and capricious way in denying the Coalition to Reschedule Cannabis lawsuit. While the D.E.A. argued that the case should not even be heard by the Circuit Court due to a lack of standing, the Court disagreed, finding that Michael Krawitz had standing to challenge the agency's decision.

The Circuit Court maintained that "Krawitz has suffered injury-in-fact because he must shoulder a financial cost for services he could otherwise obtain free of charge from the V.A. There is causal connection between the D.E.A.'s continuing decision to classify marijuana as a Schedule 1 drug and the V.A.'s policy of refusing to provide referrals for state medical marijuana programs."

While nobody is calling this an all-out victory, the court's finding of standing is yet another rip in the federal government's threadbare strategy. A United States veteran has been injured by the United States government's refusal to give him a marijuana recommendation in a state that has a legal medical marijuana program. The fee paid to a doctor for the recommendation gave the case the necessary standing to be heard in federal court.

"It's been a real chess game," said Krawitz. "The bottom line is that the hypocrisy keeps getting deeper and deeper as far as the federal government's position on medical marijuana goes."

Michael Krawitz's argument all along has been that as a veteran he is entitled to medication. While his opinion about his rights as a veteran remain unchanged, he is looking at the chess game in a new light.


"We've tried to fight this on the constitutional argument and that did not work," said Krawitz. "What it comes down to is ethics, and this whole V.A. policy was based on ethics. It is unethical to take away someone's pain treatment as punishment. Always and under any circum-

stances. If it is unethical, it cannot be part of the standards of medical care because the standards of medical care require ethics to be observed. It does involve the constitutional argument too, because the whole thing hinges on free speech and the doctor-patient relationship at the V.A. Because of their policy, I had to leave the V.A. and go down the street to pay another doctor to comply with a state's medical marijuana law for my medicine."

For now, ASA vows to continue the fight, all the way to the U.S. Supreme Court if necessary. Given the D.E.A.'s determination to stand in the way of the fair administration of justice, many advocates consider the legislative route to be more productive.

"We have to keep trying to reschedule marijuana federally, but in the end, I suspect it will be done legislatively, not administratively," said Keith Stroup, NORML legal counsel.

In February, more than a dozen members of Congress co-introduced legislation that would reclassify marijuana for medical use while providing federal defendants the right to use state law compliance as evidence in medical marijuana trials, a right they are currently denied.

"Nineteen jurisdictions have passed laws recognizing the importance of providing access to medical marijuana for the hundreds of thousands of patients who rely on it," said Oregon Representative Congressman Blumenauer, who wrote H.R. 689, the States' Medical Marijuana Patient Protection Act. In addition to rescheduling marijuana, if passed, the legislation will allow states to establish production and distribution laws without interference by the federal government, and will remove current obstacles to research. "It is time for the federal government to respect these decisions and stop inhibiting safe access." 



# The Rise of the Cannabis Economy

By Carl Hedberg

**S**ooner or later our governments are going to have to adjust to the economic reality of a new-century industry characterized by private exploration, personal production, and sharing.

The worst-case view of the future of the cannabis trades predicts that the US Government (which already knows cannabis is medicine) will suddenly proclaim that since cannabis is indeed medicine, all production and sales will now be overseen by agencies like the Commerce Department and the Food and Drug Administration (FDA). At that point home grows of any size will be forbidden and the cannabis industry will be handed over to major corporations like Pfizer, RJ Reynolds and Bayer. That scenario is possible, but not likely.

At this critical juncture, the US

Federal government is either going to have to declare full and open war on the growing ranks of cannabis citizens around the world, or finally back off and adjust to the reality on the ground. That reality is a fast-growth, earth-friendly industry that is sparking a modern day gold rush of opportunity across a wide range of local trades that are fine with paying taxes and playing by reasonable rules, including farming, processing and production, product design and packaging, distribution, health and wellness, education and training, and Main Street retailing.

The cannabis question is beginning to make the US Government look like an aggressive fool caught in the midst of a web of interconnected lies that can only end with a trite admission of guilt. They say it's not medicine, but they hold a patent on it for use as medicine. They say it's not a viable

industry while launching major military offenses to close it down because it's growing too fast. They insist, with the help of the remarkably misguided political celeb Patrick Kennedy, that cannabis would wreak havoc if released to the general public, and yet in every state where the general public is allowed to use cannabis, their health goes up as their use of toxic and addictive substances goes down.

Perhaps the most striking aspect about the emerging cannabis marketplace is how the medicinal truth is coming to light one patient at a time. With US prohibitionists still in power and still imagining they can control the game, and with the mainstream medical industry lagging far behind on the cannabis learning curve, that institutional resistance to change has fostered a cultural return to the ancient traditional medicine practice of learning by sharing.



## The Power of Sharing

Knowledge is power, and sharing knowledge has become the cornerstone of the cannabis economy. One of the great contributions of pioneering ventures like Harborside Health Center and Oaksterdam University is that even in the face of relentless Federal persecution they have educated thousands of people who have gone home to grow their own, or gone on to create their own cannabis ventures. And wherever cannabis activities grow, there is a spirit of outreach, cooperation and education that is unlike anything the industrialized world has ever seen.

This culture of sharing can even be found among private growers who serve the increasingly competitive black market. While there are indeed cannabis gangsters with guns vying for turf and customers, the growers themselves are often very open and willing to share growing advice, medicinal formulations, and even seeds and clones. An increasing number of clandestine growers are patients themselves, and are therefore even more eager to share what they've discovered with trusted friends, family and associates.

Discovering the Future in Colorado  
I moved out to Colorado just before Christmas. I grew up in New England, a place where olden Yankees of all ages still bow to tradition and follow the rules. Drinking to excess, for example, is a treasured New England tradition. If you use weed, you'd just better keep it out of sight. Prior to my liberation, I spent a few years in the shadows showing patients how to make and utilize extracts like Green Dragon cannabis tincture in the privacy of their own lives.

I settled near Boulder and was immediately struck by the change in the vibe. People were openly talking about cannabis, and happy to discuss it. At the market. In the library. In the coffee shops. I spent the month of January hanging at The Front Tea

& Art Shop, where owner Veronica Carpio was attracting press from all over the world in her fight to offer adult citizens a place to hang and vaporize their own cannabis. Veronica closed her shop at the end of February after the town enacted a moratorium that frightened away customers, but she'll be back.

The Front attracted a lot of fabulous growers with deep knowledge and passion for creating the very finest cannabis medicine. I toured one three-light grow of six plants with stalks as thick as broomsticks. Nearly ready for harvest, this solid mass of buds was four feet thick, fifteen feet long and five feet deep. Flowered for 75 days, the crop would yield nearly two pounds per plant. Trust me; that's a very good yield. Upstairs I learned enough about medicinal formulations to realize how little I had learned living in New England.

Somewhere between the kitchen demonstration on making a healing salve and seeing before and after pictures of a melanoma vanquished with oil, it hit me. Cannabis is a back to the future medicine; the Grand Duchess of all traditional healing remedies. And then, after vaporizing a dab of shatter that won last year's Cannabis Cup, I thought; hey, there's a business here.

Medicinal Use Weekends in Boulder  
If a picture is worth a thousand words, then meeting these flowers when they're alive and sticky is worth a million pictures. The business idea is to put together and host customized medicinal use seminars in Boulder for discreet and mature explorers traveling from prohibition states. In order to respect the privacy of the visitors and the instructors in the network, trips will be limited to a few explorers, or split into groups.

Some will visit dispensaries and everyone will get to visit a live grow. Some will get cooking lessons. Others will learn how to build a stealthy grow operation. Everyone

will get to test drive vaporizers, and sample some of the latest medicinal formulations; edibles, extracts, oils, waxes, shatter, salves and more. And when her busy schedule allows, we'll meet with Veronica Carpio to hear some tales from the front lines, which is where she'll be until this war is over.

Our guests will get themselves to Boulder on Thursday in time for a quiet orientation dinner on Pearl Street. Friday and Saturday are for presentations, visits, connections, discussions, guidance and recipes—put together using the trip surveys travelers submit with their deposit. On Saturday afternoon, with free samples in hand and a classic city all around, they're off to explore on their own. On Sunday they'll bring the knowledge and the notes home to share with people they trust.

## Unstoppable

Medicinal use travel is but one of many sharing-based cannabis ventures that world governments are going to have to deal with as they move ahead to create the regulatory and commercial frameworks for this unique industry. The toughest hurdle will be acknowledging that private grows and medicinal kitchens are unstoppable, ungovernable and therefore released from the bonds of Western economic ties and taxes—except of course for all of the equipment, supplies and services those growers purchase to build and maintain their home gardens.

Mainstream consumers with no interest in growing their own will have plenty of vendors and producers to choose from, and their purchases will probably be regulated and taxed much like alcohol and tobacco. In these seemingly endless recessionary times, the likelihood that prohibition will end sooner than later is rising right along with the economic promise of a green medicinal frontier that reasserts some of our collective core principles, like privacy, self-determination, self-sufficiency, and freedom of enterprise. ■



# Free to Choose!

Jack Herer's vision of unrestricted cannabis freedom is becoming a reality as patients escape the drug war by growing their own.

By Carl Hedberg

**S**ince the *end of days* was just another day, 2012 may be best remembered as the beginning of the end of cannabis prohibition. We have a long way to go before we are all free to choose cannabis, and a long time to wait before Middle Americans look long enough to feel the pain and see the need. Sadly, the Cash Hyde story was not what everyone in America was talking about before everyone was talking about the Newtown horrors.

Mainstreamers don't go to cannabis festivals, they don't watch compelling documentaries like *Waiting to Inhale* and *Hemp and Rule of Law*, and they wouldn't think to read *Marijuana is Safer*. While cannabis legalization in Colorado and in Washington State certainly appeared on mainstream screens many times after Election Day, the coverage was often reduced to a sound-bite, a pot joke, or a pitched debate that left viewers sure that there are two sides to every story.

## Prohibition propaganda taints us all

The insulation from the truth has been so deeply installed that it could take generations before the lies and the misconceptions about cannabis have been cleared from our collective cultural consciousness. Consider, for example, this supportive point of view offered by the new Miss Universe Olivia Culpo, the day after she was crowned. Ms. Culpo, a native of the progressive state of Rhode Island, told Huffington Post Live:

*I don't think it should be legalized for recreational purposes, because it's been proven to prevent people from their full potential and I don't think that's a good thing for society. If we're trying to move things forward, a drug like marijuana does the opposite, it will slow things down. But for medical purposes I think it's great, but for every day? No. 1*

Give the woman an A for effort and a C for accuracy. Those are better grades than many cannabis fans would give NORML these days. Ironically, even as the medicinal truth is coming out, the original freedom fighter for us all is sticking to its charter that says this fight about marijuana, and that marijuana is a smoked recreational weed. Their director Allen St. Pierre has even called the medicinal movement a sham perpetrated by greedy enterprisers. How last-century is that?

Mainstreamers, of course, know even less about the true nature of cannabis. They still live deep within the psychic, social and physical bounds of drug war prohibition, and work without complaint in unconstitutional environments where they submit to drug tests to make sure they aren't using the forbidden flower. Workplace policies on drugs are forceful but not the least bit drug free:

*Pot is not allowed, not even on your own time, and certainly not as 'medicine'. Don't even ask! Pills are fine as long as you have a prescription for them. Tobacco breaks outside? That's your right. Drinks after work? We'll see you there...*

## Negotiated Freedoms

Keeping mainstreamers out of the loop and in the dark is a long-standing prohibition-era practice that both sides firmly agree on. Leading reform groups like the Marijuana Policy Project (MPP) insist that the time to engage voters comes after the terms of reform have been settled and the baby-step bill is ready for sale.

A good example of this incremental march to freedom can be seen in Massachusetts, a decriminalized state that just voted to allow the creation of a dispensary system that will serve patients who are sick enough to qualify. Northampton lawyer Michael Cutler, a skilled veteran of the movement, recently described the legal framework to *The Boston Globe*:

*The law allows for 35 outlets in the state's 14 counties, with at least one per county. How the distribution works after that is all up to the state Department of Public Health, which has until May 1 to issue its regulations. Some kind of competition for licenses could open up in the summer, and by the fall those decisions could be made. Then the first dispensaries could begin to open by the winter. 2*

The admirable big picture vision of the baby-step strategy is that down the road, once the safety of cannabis is obvious and the commercial frameworks have all be worked out to the satisfaction of the parties in control, further steps towards liberty will be taken. In time, they hope, we will all be free to buy cannabis from any vendor we choose.



Until his death three years ago, Jack Herer was the aggressive 'free means free' advocate. He had no patience for negotiated liberties. He would be delighted to know that as he foretold, true cannabis freedom is unfolding as a matter of personal choice, in private homes and gardens all over the world.

## The Grower Next Door

Private home cultivation is taking off not just because the government is doing everything in their power to limit access while they figure out how to control the game, but because increasingly, cannabis patients feel their choice of medicine is nobody's business but their own. The drug war offensive of 2012 drove millions of patients out west back into the shadows. The ones who went home to grow their own won't be coming back.

In Rhode Island patients are permitted to grow in the privacy of their own residences, so dispensary access cards won't be a huge seller when they're finally made available. RI growers are a cooperative group, as evidenced by the nonprofit model developed by Sensi Organic Solutions. SOS empowers financially strapped medical cardholders by setting them up with donated equipment, soil and clones, and then guiding them through the first grow. For help after that they can go online or turn to seasoned growers in the SOS network.

Homegrows, especially in urban areas, can still be risky undertakings. Growers are keenly aware that their little gardens are lucrative targets for black market thieves, and that in most areas cannabis cultivation remains a deeply misunderstood and socially unacceptable practice. The solution is secrecy, and after more than 40 years of war, cannabis growers know how to hide.

Serving this market are countless local hydro and grow supply shops, and enterprises like GrowLife,

SuperCloset, and BC Northern Lights. Since these companies are careful to point out that their products are intended to make stealthy home cultivation fun and easy only for legal flowers and vegetables, they are free to sell to anyone; online and in any state.

Naturally, there is no way to figure the size of the hidden home cultivation market, but it is safe to say there are private grows all over North America—even in neighborhoods where no one ever talks about that kind of thing. If mainstreamers knew who in their midst was doing what with cannabis and why, they might begin to see the demonized flower in a different light.

## Reality in Fiction

With the truth a few clicks away, the power and the task to reveal this hidden world to mainstreamers is in the hands of filmmakers who can command the attention of millions. Surprisingly, the less a film is about cannabis, the greater the potential reach and impact.

Movies like *Savages* and *Pineapple Express* certainly took the time to show and tell the truth about the medicinal cannabis community, but most of their viewers were already pretty far along on that learning curve. Instead, think about movies like *Urban Cowboy* (1980), *Steel Magnolias* (1989), *Fried Green Tomatoes* (1991), and *The Bridges of Madison County* (1995).



To be sure when those classics were released cannabis was not being used as medicine by those types of characters. That is no longer the case. Patients, seniors, substance abusers, preachers, professionals, and neer-do-wells alike are re-discovering cannabis for all sorts of good reasons. Film audiences are a savvy bunch and they can tell when they are seeing the truth in fiction. They can feel it in the performance, in the honesty of the character, and in the familiarity of the scene.

Now imagine a 50-something movie star in a starring role (sympathetic or otherwise) casually flipping open the door to a grow box hiding in a closet near the kitchen; snipping and hanging a few colorful flower tops on a line while explaining to a stunned visitor that the buds will be dried to make tincture...for insomnia...and for hangovers...

Twenty seconds, maybe, but with power! The power to inform, to awaken, and the power to help dispel crazy notions America's unholy drug war hath wrought. 🍀

<sup>1</sup> [http://www.huffingtonpost.com/2012/12/20/miss-universe-olivia-culpo-gun-control-marijuana\\_n\\_2341473.html?ncid=edlinkusaolp00000003](http://www.huffingtonpost.com/2012/12/20/miss-universe-olivia-culpo-gun-control-marijuana_n_2341473.html?ncid=edlinkusaolp00000003)

<sup>2</sup> <http://www.bostonglobe.com/magazine/2013/01/06/making-medical-marijuana-work-massachusetts/BXTULyegwdhk8MwjBPrRcM/story.html>

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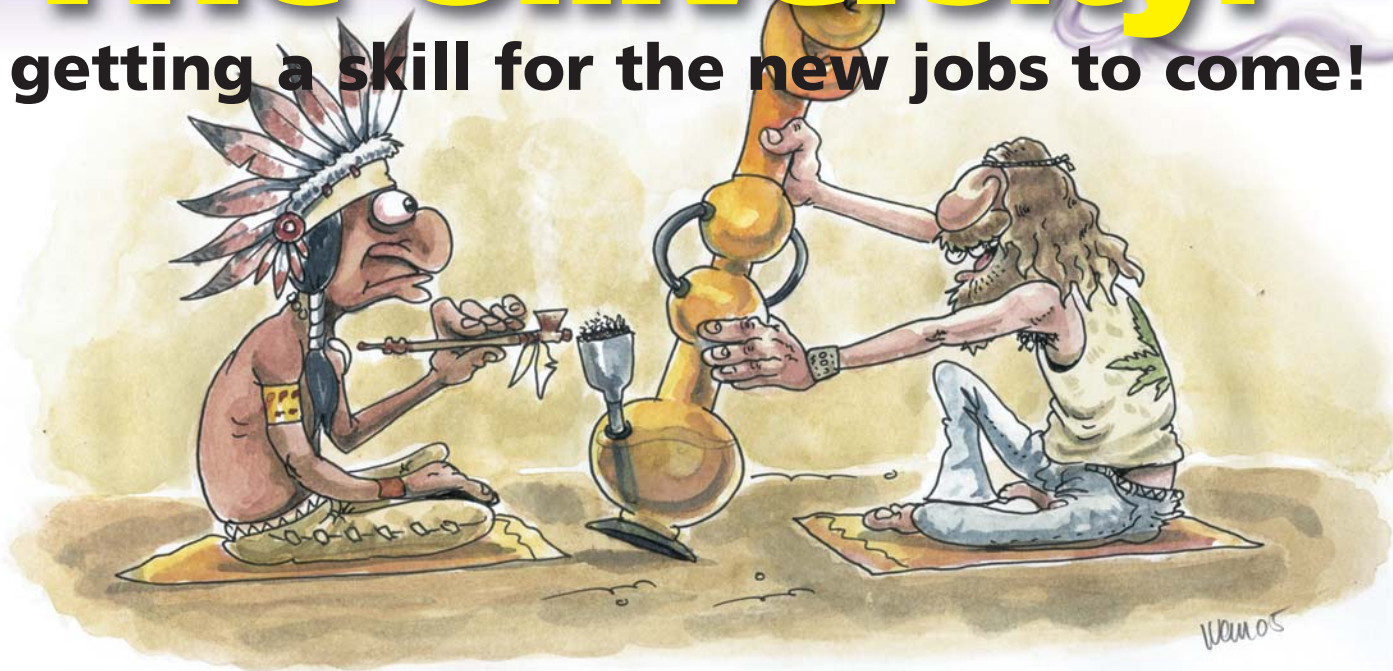
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# THC University:

## getting a skill for the new jobs to come!



**G**rowing a plant is not only a skill but acts as therapy for the soul by slowing down things to a rate that is in the hands of Nature. It allows us time to ponder and work out issues along the way. Some make good decisions while others seem never to get it no matter how hard they try!

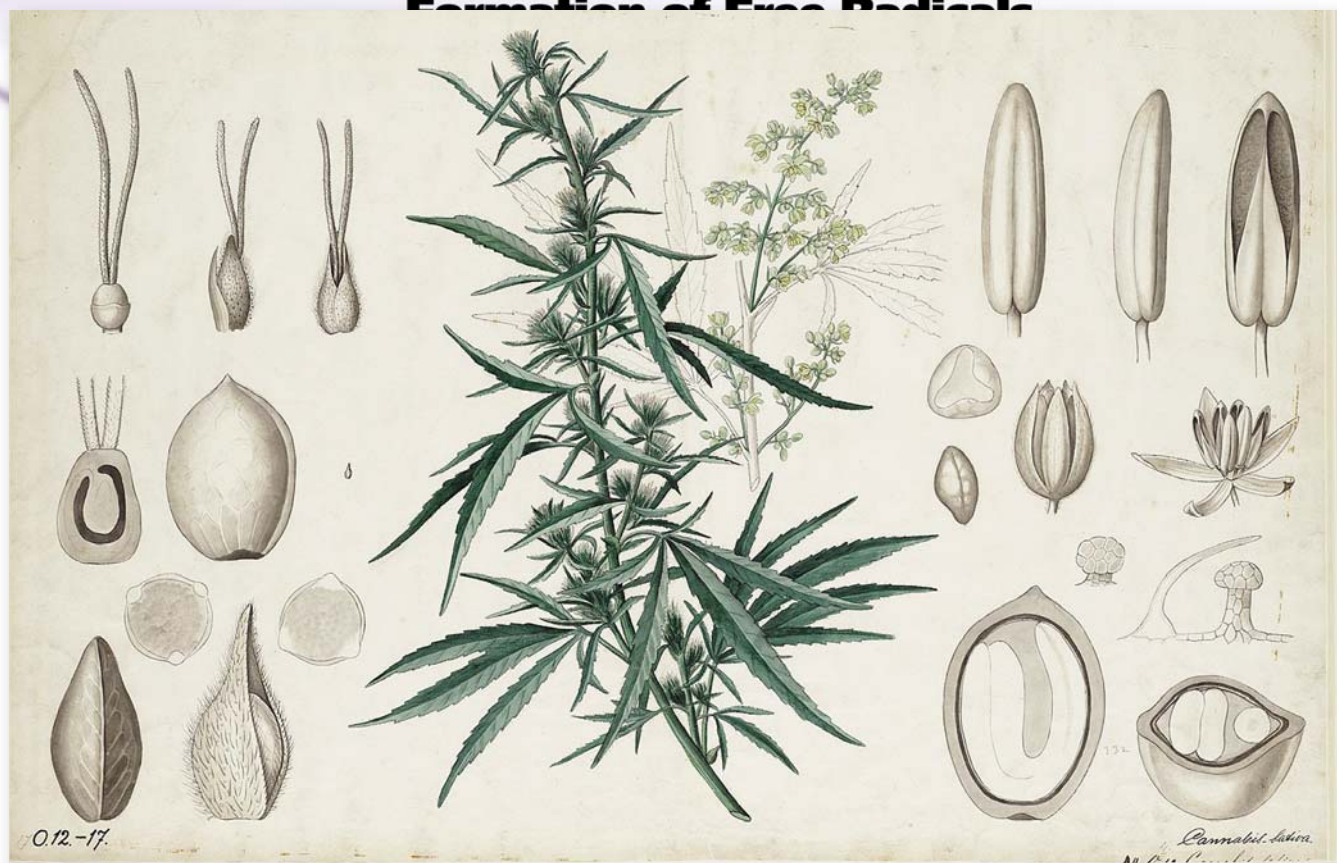
Cannabis growing is simply like any job; there are many facets to the whole job, and that means breaking things into units of work and learning how each unit works, to hone the entire experience into something successful. Recently it seems someone opened the gates, now everyone is running to get a seat in the front row! I cannot remember the last time I heard of grown people running to get a good seat in class, but when Cannabis teachings are the curriculum you can count on full classes turning up on time!

While most in this industry did not have any real formal training when they began growing, there are more and more that are coming from professional fields or graduating from University. Having a degree in Biology did give me structure and discipline on protocols for breeding amongst other information. Of course the largest learning curve came from hands on work and practical experiences in real life situations but it was a combination of both theory and practice that rounded off the complete spectrum for me. So you will always hear me recommend to all growers to complete their studies and further their studies if it is in their passion and interest for a growing future.

After doing some research on what is offered in the way of diplomas for Cannabis growing, I would certainly advice people to read up and ask questions before pro-



## Formation of Free Radicals



www.geheugenamsterdam.nl

ceeding. Most courses are based in the United States currently. There are physical courses in the form of workshops and there are online diplomas on offer. Some do one session a week intensively while others split it into sections over a longer time frame. There are general courses that touch on all facets of the industry while in other courses there is specific more detailed and in depth information per subject. Therefore it is important to review your goals, motivations, passions and be open and honest to yourself.

It is important to know how the course will be presented and what practical knowledge you will be learning. Is the course for growing held in a growing area with living plants, is the preparation of edibles taught in a kitchen and so on. This is important for many to learn with some practical and living working examples.

Cannabis courses basically encompass all facets of an industry that previously were illegal and not talked about in public. Most courses on offer cover basic to advanced horticulture principals, Law, medical relationship of Cannabis, setting up medical dispensaries, after the harvest products and methods, Cannabis kitchen, and indoor or outdoor or greenhouse growing...

The people who are taking the courses as expert vary considerably. Some have degrees in horticulture and others only practical experience. While both are acceptable in most cases, being taught by someone who has had further education is usually a preferred factor. However in this industry those who have survived as growers and now teach others have serious street wise insights that cannot be found in normal manuals. Finding and absorbing information relevant to your ideas will be the focus,

“ No matter which subject or what type of course one takes or studies, the most interesting aspect is to become versed in all principles of this new industry. ”

initially. There are also authors (Cannabis paparazzi) who have written books and now make special appearances to do special workshops for honing one's skill as a grower. These courses are easier to recommend for all...considering most authors of Cannabis related books have meticulously researched all facets of Cannabis with detail, so their knowledge will be invaluable.

Personally I believe people revel in the things that they do well in. This means that not every facet of the work will be suitable for everyone all the time. It usually translates into having 2 or 3 people who know all things that are needed but split their responsibilities into delegated preferences. A great complimentary group is where all tasks are shared by all, with each individual being responsible for his or her share of tasks. All responsibilities are different, meaning all in the group are responsible for different things adding up to all that is needed to be done in the job. So a synchronized team is very important if you wish to do any part of this industry well. Therefore I recommend educating staff in Cannabis teachings, since this will only benefit all involved from client to reseller.

One must ask themselves what is it they wish to learn or what part of the industry they wish to go into...whether it is as a dispensary owner, a cannabis grower, a cannabis food worker or any other job that encompasses the range of work required for the Cannabis plants future. The scope is broad and the future is very exciting since we have been denied this mainstream work with Cannabis since 1937. Even jobs that are not in our thinking at present will arise with the ubiquitous uses for Cannabis. Internet jobs, moderation of forums, setting up websites, exposition management, international sales and distribution, and so forth are peripheral jobs that will occupy a large majority of people wishing to cross over into the Cannabis industry. Picking teachers who come with a long line of experience in their field on offer is something

that needs to be acknowledged seriously if you wish to learn. Not everyone needs to grow Cannabis to join in on the job rush!

Speaking to a sample of the population who are applying for courses I was able to ascertain what people are most interested in. It seems that doing a broad spectrum course gives people a general over view of what facets are involved in this industry. Most graduates of Cannabis courses I spoke to were unaware of the organisation it takes to grow flowers, or how to cure finished product to avoid degradation or how to hygienically make edibles for human consumption, not to mention learning about the law and legal status of Cannabis. So it seems that most people drawn to do a course are gaining considerable knowledge and ascertaining a practical feeling for a plant most considered illegal or too hippy previously. There is no doubt this is a Growing Industry and one that will employ people from all walks of life, and from all ranges of socio-economic groups, for home work or for making a company...it will only be limited by the person doing it!

I went through all the topics I reviewed and thought to list them to show the reader actually the scope of future work related to this plant. So the following points are all topics that are offered in most courses just the depth of knowledge and time spent on each varies depending upon which institute you study it in.

No matter which subject or what type of course one takes or studies, the most interesting aspect is to become versed in all principles of this new industry. Not all facets will be appealing to everybody but being aware of all facets of the work will help make your business more competent and teaching your workers things to be aware of will all help with the trickling down effects, ultimately helping educate the end user.







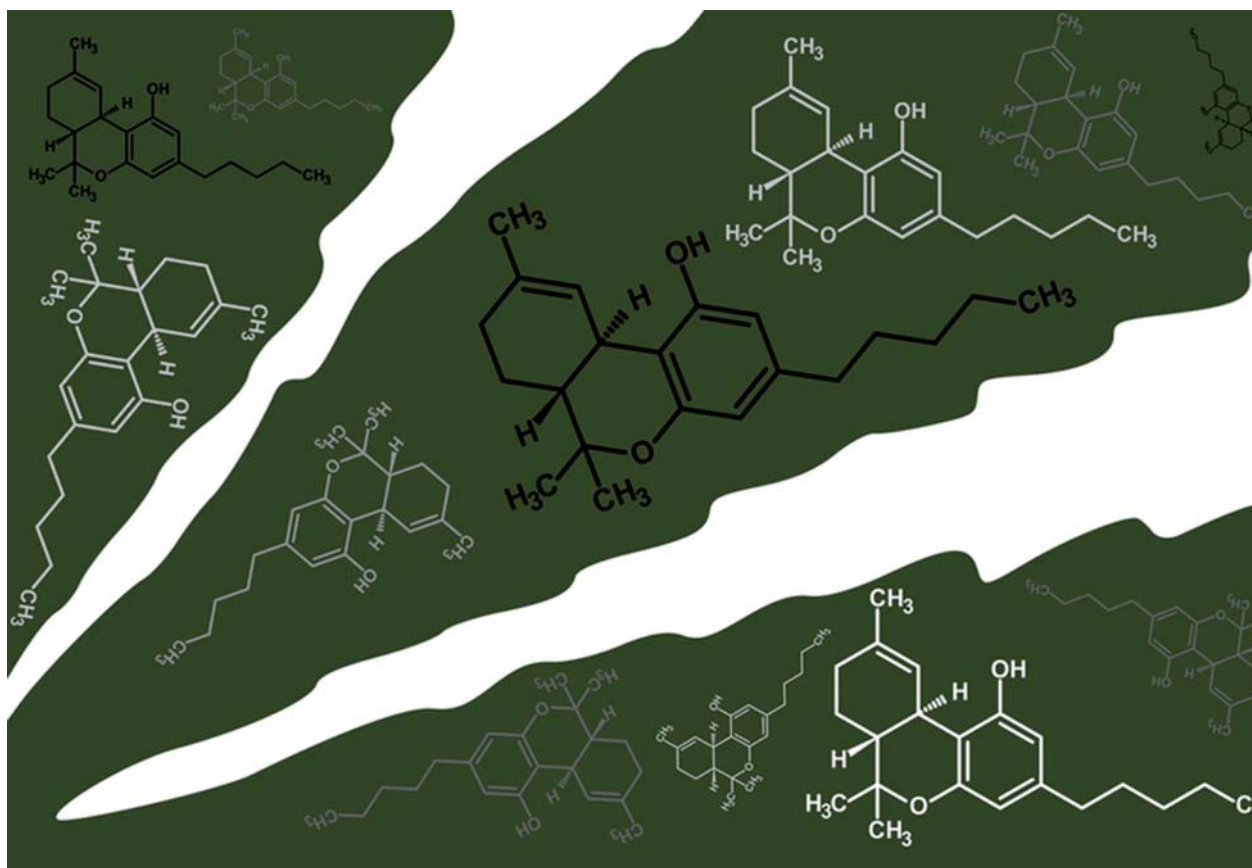
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10. Sexing and flowering
11. Water
12. Feeding schedules and fertilization needs: plant and foliage for all types of grows.
13. Sickness and deficiencies of the plant including Pest identification and treatments.
14. Worm farming to make your own organics.
15. Organic vs Chemical propagation: the pros and cons of both.
16. Irrigation systems
17. Soil and soil-less mediums: earth, hydroponics, coco fibre, Rockwool...
18. Understanding PH and EC(PPM) for the plants cycle.
19. Cloning
20. Indoor, Outdoor and Greenhouse growing: the advantages and differences.
21. Harvesting and the logistics
22. Drying and Curing
23. Production of flowers and treatment of flowers for post harvest products.
24. Smoking vs Non smoking
25. Medical dispensaries
26. Cannabis Kitchen and edibles
27. After the harvest industries and use of plant material.
28. Web industries and related services online
29. Cannabis Expos and work-shops
30. Medical Research, lab testing and services.



Remember that the best education will be a mixture of both practical and theoretical information to do with the plant. How you use this knowledge and what you will choose to use it for will be an individual choice. The sky is the limit with this business and I strongly believe that around the corner will be a series of new ways to use the plant that we have yet to develop properly at this stage. Medical research is uncovering the Cannabinoids and their uses, and as this field develops and research supports their hypothesis with scientific evidence, the industry will flourish. People will find their place and jobs will be created that no other industry at present can promise or boast.

With a world in economical crisis, with the war on drugs fading away, with the need for greener businesses and

with the need for human employment, Cannabis ticks all the boxes! For me it is simple to see this plant will give well needed options in all the world's communities, without prejudice. That is a Growing industry and one my kids will be part of so get on board and get educated. This industry has always been in the dark and flourished nevertheless, but as it moves into the light let us all flourish alongside it and make the world a greener place while we grow into the future! 





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## Why I Do...



## ...What I Do

Written by Matt Riley

Submitted By Mark Heinrich  
Courtesy of the Help End Marijuana Prohibition  
(HEMP) Party of Australia.

**W**hen I was 13 a friend at school bought a 'stick' because he was going to a party on the coming Saturday night. When he showed me, I took the foil and peeled it back to see what lay within.

I had no desire to try it but there was some fascination going on.

I knew nothing about cannabis whatsoever. I had been told it was bad by the well meaning drug education program that our poor grade 6 teacher was forced to put us through but somehow I didn't quite believe it.

I didn't really understand what I had been told about it but I certainly wasn't scared.

I remember it very clearly, it was a significant moment in my life. It was the first time I laid my eyes on cannabis. It wasn't particularly nice bud, very stalky and dry, a bit of

sugar but not a lot... and a seed. The excitement was instant. "Can I have the seed?" was out of my mouth in 0.02 seconds. My very surprised friend looked at me and said "ok". That was it, I was a grower, although I didn't realise it at the time.

I put the seed in a pot of soil and watered it a little bit every day. After a week of watching the soil a little sprout appeared. In my dim bedroom it stretched tall reaching for the light and soon fell over. I knew it needed light, we'd done 'photosynthesis' in Science at school that year, so I put my desk lamp over the top of it and waited.

I would check on it every half hour and water it just a little bit every hour or two, I cared for that seedling like it was my child. After a few days I could see that it was getting stronger, my TLC was paying off. It made me happy. When the plant was about six weeks old my grandmother found it. She told my dad. I knew it was bad so I lied, "I just dug it up out of the garden, I didn't know what it

was.” “Oh yes, they come up in my garden all the time” said Grandma who lived on the northern NSW coast. Oh man, I couldn’t wait til our next trip to Grandmas...

Curiously, Dad left the plant in my room. I took it down to the park which our house backed onto and dug a hole in a spot that was hidden behind some clumps of grass growing on the hill. I dug a little trench to catch the rain as it ran down the slope and I gently planted my baby in the soil and watered it in.

Over summer I took bottles of water to it every day, it was so dry on the slope, sometimes I went 3 and 4 times in the day. I would just sit down and be next to it. It gave me a sense of calm and safety. I had a purpose, without my attention the plant would not survive. Sometimes I sat there for hours.

Flowers started to develop around about the time school went back, I still had another whole year before I would be in year 11 and be able to choose Biology as a subject. Each day after school I went straight down to the park and sat with the plant and watched it grow. The buds developed, they were small and sparse. The plant looked like the ditch weed in “Reefer Madness”, I didn’t know what fertiliser was. I didn’t care, to me it was beautiful. I loved that plant.

I had no idea what you were supposed to do with it. I didn’t know what part was used or how. I didn’t even know to pick it and besides, it was my baby. I don’t think I could have picked it. So I just kept on watching as Autumn came and the buds stretched right out. In June it started to turn brown and I felt sad but I knew it was an ‘annual’ and wasn’t supposed to last more than one season, so I felt I had done my job. It had gone from seed right through it’s whole cycle and flowered. It had achieved its purpose and had a full life, I was a good dad.

As I pondered these thoughts while I sat with my poor brown shriveled plant something caught my eye. It was dark and shiny. A seed, just about to drop from my plant. I nearly cried with happiness. Even though I didn’t consume a single speck of it, cannabis got me through a pretty tough year. Life wasn’t fun at home, my only happiness was in helping that plant grow.

In spring I planted the seed in a pot and started the process again. On New Years Eve a couple of my friends pulled the plant out and put it on the fire. They told me about it just in time for me to see the last remains turning to ash. I was devastated. The oppression had begun. My friends were well meaning. They thought I was about to turn into a prostitute and die of brain damage.

Shortly after that I began to cut my legs with broken glass. Not badly enough to need stitches but enough to bleed a

lot and leave long skinny scabs which I could pick and peel. When I was 16 another friend at school had some weed given to him. We waggled the day and smoked it in his mothers kitchen. I couldn’t get to the end of a sentence without forgetting what I was talking about. My mind was going in all sorts of crazy directions and I loved it, it felt great. Nearly 3 years after I grew my first plant I got stoned for the first time.

After another two really destructive years at home I left, school was over, I was gone. I smoked a lot. I was an extremely angry young man. If someone barked I exploded. Cannabis kept me sane, well closer to sane than no cannabis. It allowed me to go through that really difficult time in my life without hitting someone.

At 26 I was put on antidepressants, they just numbed me. I would zone out and stare straight through people like a zombie, some of my friends began to disappear because it freaked them out. So once again as the world weighed down on me I turned to cannabis.

I built a room inside my garage, just a pine framed box that was eight foot square and the ceiling was 2 inches higher than my head so I could walk without needing to stoop. It was divided down the middle with two sliding panels which created a wall. On one side was a bench with trays all over it, packed to cover every inch. Pots sat in all the trays. Everything was automated, the reservoir was plumbed in, it was a sweet set up. On the other side I had a low bench to sit on, a kettle, a mug, coffee and sugar and a shiny new stainless steel bong. My sanctuary was complete.

For 4 years I sat in that room at least an hour a day. Some days I was in there all day. I had a rotational system going where each day a new cutting was taken, a clone was moved from the clone box to the bud box and one mature plant was harvested. At any point in time there was a brand new cutting, a day 1, day 2, day 3 cutting and so on, a day 1 on 12/12, day 2 on 12/12 all the way through to the oldest which was ready to harvest.

The plants were all very small, only about 14 inches tall but I harvested one every day. Because it was clone from clone I could study exactly what was going on. If I changed the pH and kept everything else the same, I could actually see the result in front of me, not just be remembering back to the last crop. It gave me the opportunity to really get to know that plant.







“Don’t want anyone to know I’m a stoner, they’ll think less of me. They might not employ me.”

Of course I was getting far more bud than I could smoke myself so I shared it liberally with all my friends. People were constantly asking me for it because it was so much nicer than what the dealers were selling and it was costing a fair bit to run the room. Electricity, nutrients, new globes, timers, heaters, fans it all adds up. Even a little bottle of ‘clonex’ was nearly \$10. I didn’t feel I was doing anything wrong by selling some of it. Surely my skill and dedication was worth something?

At 30, my sister in law doxxed me in to the police and I was raided, arrested, charged and convicted for use, possession, cultivation and trafficking. Because I naively thought “honesty is the best policy” I ended up with a criminal record and a \$1,500 fine. It was quite sickening to think that I was now officially a criminal. I hadn’t stolen anything since I nearly got caught shoplifting a Mars Bar in Year 7. I had never landed a punch. Oh I shouted at a lot of people, I know I wasn’t great company a lot of the time but to call me a criminal!? I didn’t understand it.

Without my cannabis I sank into a really deep depression, although at the time I didn’t know that cannabis was an antidepressant, I thought it was just a reckless party thing that irresponsible lowlifes like me did. I didn’t understand that I was using cannabis because it helped me. My head was full of rubbish misinformation, all I knew was that I loved it. I lay in bed for 4 and 5 days at a time. My thoughts were ‘oh it’s daylight’ and a little while later ‘gee, it’s dark again’. It was like I was in suspended animation. I wasn’t bored or hungry or sad or anything really, I just wasn’t functioning at all. I took a year off work.

The new antidepressants that I was put on did manage to pick me up and get me going again but I was unable to come off them. Every time I tried to lower my dose I would become disoriented and had light electric shock feelings running up and down my arms. It took 5 years to get off those ones. And only after I had decided to go back to cannabis.

Depression was the only diagnosis I had ever been given,

I had no idea that I suffered from anxiety as well. I know this sounds really stupid but I didn’t realise that scratching myself until I bled wasn’t normal. Anxiety is after all an invisible medical condition, no one can see it, I didn’t know I had it until I was 40.

In 2010 I had some heart issues and spent 5 days in hospital. I had full time custody of my Son because his mother was having her own pharmaceutical medication issues. I was desperate to get home because 3 year old Son was having a pretty bad time with Mum not being so well and the last thing he needed was Dad looking like he was about to drop off the planet in a hospital bed. I wasn’t worried about my grow op, a friend was happy to do the bare minimum to keep them alive while I couldn’t be there. I knew they’d kick back as soon as I was home.

Up until this point in time I had done no research into cannabis apart from teaching myself how to become a grower of really nice buds. I was smoking it, I wanted it to be beautiful smoke, not like the stuff I saw other people smoking. I knew nothing about the medical benefits although I had heard some vague talk about it suppressing nausea. I knew nothing of the environmental benefits or industrial hemp applications. I didn’t even know about any cannabis culture around the world and believe it or not I didn’t even know about the Nimbin MardiGrass! All I knew was that I loved cannabis. I was a stoner.

4 days after surgery I was able to walk around the ward reasonably comfortably and felt up to going home to my Son. They wouldn’t let me go. I didn’t understand it, it was causing me a lot of stress. I told the doctor I was leaving on the 5th day whether they agreed or not and they reluctantly agreed. I later found out that my mother had told the young, only 3 years out of medical school cardiologist that I was a huge cannabis addict and I wanted to go home to get my fix. Thanks Mum. The cardiologist gave me a lecture about cannabis causing emphysema.

When I got home, more fun was waiting. I later found out that upon receiving the phone call from the surgeon with the news that her firstborn son was having a heart attack

and about to undergo surgery, my mother, who suspected I was growing but didn't have the nerve to confront me about it, went straight to my house. This was her opportunity to search the property and she knew for sure I wasn't going to walk in on her. She found my setup, unplugged everything and killed the plants. Then she came into the hospital and acted as though she had rushed straight in.

And the fun continues... My beautiful 16 year old Son, who was worried about his dad, came over for dinner that night. He had come in to the hospital every day I was there, he wanted to see me getting better. After dinner I drove him back to his mothers house and pulled up out the front. My youngest Son was in his car seat and my eldest Son and I had both gotten out of the car to say goodbye and give each other a hug as is our habit when we part.

His mother came charging out of the house. She was glaring at me and looked like she was going to explode. She walked right up to me, fist shaking with rage only inches from my nose and screamed at me for what seemed like 10 minutes straight. My eldest Son's jaw dropped, he was horrified. I just stood there and looked at her, I couldn't believe it. I was in hospital only 6 hours earlier after heart surgery.

I'd had it. That was the last straw. Something snapped. I went home and started researching cannabis. If I was going to argue with these bastards I wanted to know what I was talking about.

I was blown away. All these years I was thinking I was a degenerate lowlife stoner because I loved cannabis so much and now I discover that cannabis is going to save the planet, heal the sick, feed the poor and that everyone has been completely lied to the whole time! I was furious. I began a facebook profile and named it 'Law Reform'. I went to my 2 oldest sons friend lists and friend requested all their mates. Then I started posting youtube videos I was finding which were giving all this amazing information. There was a whole wide world of cannabis out there which I had absolutely no idea about. As I found the information I shared it with those kids, there was no way I was going to let them feel ashamed of their cannabis use the way I had been made to feel.

Then a curious thing happened. I got a message from a kid of just 19. He had been smoking for a few years and his family was putting him through hell for it. I was the first person he knew who was telling him he was OK and he just wanted to thank me as sincerely as he could. I was stunned. This was important.

Two videos I saw had a huge impact on me. The first was one from New Zealand. This crazy guy calling himself



**Dakta Green at a legalise cannabis vigil outside the Timaru courthouse**

Dakta Green and a bunch of stoners just like me were in a park in some public place, some domain of society. As the hands of their watches hit 4:20 pm they all lit joints up and filled their lungs with the soul lifting smoke of cannabis. "Proud To Be A Stoner" by the Kottonmouth Kings was the accompanying music. "Fuck the oppression" was the message. It was awesome.

The second was footage of a 420 rally in Canada. There were people talking and music and a countdown to 4:20 when a huge cloud of smoke erupted into the air and people cheered. All I saw was thousands and thousands of people who for one day at least knew they were OK. They knew there was nothing wrong with them and they were free to be who they were. It was bloody powerful. We need rallies like this in Australia.

The term "stoner" is seen as a derogatory term for a person who uses cannabis. A "stoner" is a drug addicted, amoral waste of space in societies views. It is a term which oppresses people, it makes people feel ashamed of themselves and it makes them hide who they are from the world out there.

**"Don't want anyone to know I'm a stoner, they'll think less of me. They might not employ me."**

**"The ladies won't be interested."**

**"People won't listen to my point of view"**

**"What if I have to do a piss test?"**

The negative self talk takes many forms. It's oppressive. It robs you of happiness, it takes away the joy of life. It isolates you from friends and family because you are afraid of the negative judgement. It's the reason stoners sit at home all day. The couch is safe, it is not prejudiced.

By taking ownership of the term, I completely disarm the oppression. "They" can no longer put me down as a lowly "stoner". In their minds I may still be all that but that is no longer my problem. They can't put me down, they can't oppress me. It feels great.



“ Medical cannabis user or stoner, we are all the same. We are people who are being oppressed by ignorance and prejudice. ”

As any enlightened cannabis user will tell you it is not the destructive ‘devil weed’ that it has been portrayed as. Cannabis allows you to think in ways which you otherwise couldn’t. It allows you to understand on a deeper level. It is a mind expanding drug in the true sense. It has helped me to find myself, to know who I am and to be a better person.

As for the facts rather than the fiction about cannabis... The medical benefits are enormous, I don’t need to explain that to any informed cannabis user, ‘enormous’ is an understatement. And when I say benefits I mean for the benefit of people not corporations. The environmental benefits are almost more impressive. We could solve 19 out of 20 of the environments biggest problems if prohibition were over.

The truth is that I am a medical cannabis user who has been labelled by society as a stoner. Now that I know the truth about cannabis I am proud to be a stoner.

For 3 years now I have been researching, reading for hours and watching videos on YouTube. Talking with people all around the world. My mind has been going hard trying to understand how this situation has arisen, what the hell is going on? Why has society got it so incredibly wrong?

I know all the “Reefer Madness” farce and the various financial and industry power plays behind it. I know the lies that have been told and I see fresh lies being spewed out to the ignorant masses by the mainstream media every week. I understand how the propaganda machine works. It spits out a constant barrage of misinformation with billions of dollars behind it to keep the message ‘cannabis is

bad’ firmly in the minds of society. These guys are good, they are better than good. They have master manipulators playing the spin game and simply flooding the cannabis information market with an overwhelming amount of rubbish. The truth is drowned out.

The vast majority of people in society who are anti cannabis are ignorant to the facts. Ignorance and prejudice go hand in hand. What are the facts? How does a person decide for themselves what the truth is? They might go online and do some research but most people in Australia get their “knowledge” from the TV news or one of the mainstream newspapers. When 90% of the population are being bombarded by a multi billion dollar propaganda machine which throws seemingly credible misinformation at them our progress in spreading the truth is always going to be slow.

We need to change the whole paradigm. Arguing cannabis is like arguing the bible. There are so many different aspects to it that you can find all the ‘evidence’ you need to back whatever your particular prejudice is.

I’m over arguing ‘facts’. I want to make people see that cannabis prejudice causes harm. The prejudice takes many shapes. Prohibition in law being the most obvious and the clearest thing for us to paint a target on and attack but in reality, in truth, the real enemy is prejudice.

We must make Australia see that cannabis prohibition is based in nothing more than prejudice.

‘Medical cannabis user’ or ‘stoner’, we are all the same. We are people who are being oppressed by ignorance and prejudice. We must stand together in this fight and we must be proud because we are fighting for a better world. 🌿



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# **Sensible**



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The *Sensible Policing Act* also demands that the federal government repeal marijuana prohibition, so that provinces can create legal regulations for cultivation and sale.

If we can collect enough signatures this fall, then we can have a vote to pass the *Sensible Policing Act* in 2014.

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**Dana Larsen,  
Sensible BC Director**

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# Fighting for the Rights of All Americans

By Mary Lou Smart

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[www.medicalcannabisart.com](http://www.medicalcannabisart.com)

**J**acqueline Patterson was a preemie. Born three months prematurely, she weighed only two pounds, 11 ounces, and was diagnosed with cerebral palsy at age 2. The neurological condition left her with a severe stutter, poor motor skills on her right side and a limp. At 34, she suffers with chronic pain from a broken neck resulting from a car accident while in college. A widowed mother of four, her plate is full.

Her life has not been easy. As a child, her mother moved her from town to town. She was never in one place long enough to fit in. The stutter was stigmatizing, and she was teased. Just after graduating from high school she was brutally raped, leaving her traumatized. The father of her three youngest children committed suicide. The father of her oldest son Jade took custody of him when she was living with her children in a homeless shelter. She cannot afford to visit him in Iowa, a state where she was not permitted to attend college with a special needs dog, and where she was arrested for cannabis possession. She mentions Jade constantly, and regrets not being with him when he turned 13.

Cannabis calms Patterson's stutter upon inhalation. A doctor once estimated that the improvement in her speech after smoking is 75 percent. Other forms of speech therapy, such

as singing, offer limited short-term benefit, but nothing works as well as a few puffs of cannabis.

As a disorder of nervous system functions, cerebral palsy can involve everything from movement, learning, hearing and sight in varying degrees. As Patterson ages, her muscles become tighter. She is losing strength and dexterity on her right side and needs exercise to prevent muscle atrophy. She has pain from muscle spasticity. She addresses these conditions with power yoga, a vigorous practice that aims to build physical flexibility. As part of her therapeutic fitness regimen, before heading to the gym she rubs a cannabis salve into areas that ache.

For Patterson's speech, she prefers smoking but is also finding that the salve is incredibly soothing.

"I like being able to titrate my dose, and I find that that is easiest to do when I am smoking cannabis," she said. "I do have a salve that I like almost as much as smoking though. With the yoga, it's really been great."

Cannabis is the only medication she takes. She has tried tinctures but does not like them. She finds that edibles make her tired.





Jacqueline Patterson during an interview for *Patients Out of Time*.

<http://www.youtube.com/watch?v=QCfk-Zx2blo>

“I’ve come to realize that my stuttering has been a valuable tool in telling people that cannabis is a real and valid medicine”

“I don’t do very well on edibles,” she said. “The pain does go away, but I get super tired, and then I go to sleep, and I’m not productive.”

In the face of incredible hardship, she finds strength in helping others. Because anyone watching her smoke cannabis can see the immediate and remarkable improvement in speech and motor skills, she has always felt that her story is a natural for educating legislators who might not be familiar with the power of the plant.

“I’ve come to realize that my stuttering has been a valuable tool in telling people that cannabis is a real and valid medicine,” she said.

Several years ago, while living in Missouri, she was involved in trying to start a medical marijuana program in Kansas City, a place with almost no movement because people are afraid to come forward. Patterson is empathetic. She understands all too well the perils of trying to find and buy cannabis in a state that refuses to recognize medical marijuana. She packed up her children and left Kansas City in 2007 after taking part in a documentary, “In Pot We Trust,” which profiled the risky business of buying cannabis without the protection of the legal system. She later realized that if she had stayed she would have probably been arrested because the documentary showed her buying and smoking pot.

She moved to Bolinas, California where her children are

in school and she has made friends. She has a medical recommendation and is able to receive cannabis from dispensaries and collectives. She speaks whenever she can, to legislators and lobby groups. A tiny woman, her face lights up when she smiles and laughs. While her greatest

**Cannabis calms Patterson’s stutter upon inhalation. A doctor once estimated that the improvement in her speech after smoking is 75 percent.**

affinity is with *Patients Out of Time*, the leading educator for health care professionals and the public on the therapeutic use of cannabis, she works with political action groups such as Americans for Safe Access (ASA) and Drug Policy Alliance (DPA).

Patterson was a plaintiff in a federal lawsuit that ASA filed in 2007 under the Data Quality Act. In its ongoing efforts to force the federal government to focus on sound science, the patient-advocacy group tried to get the Food and Drug Administration to move away from its stance that marijuana has no accepted medical value.

“I decided a long time ago that as a legitimate medical cannabis patient, I cannot teach my children that it is okay to break a law that you are not willing to try to fix,” she said.

While speaking at a DPA conference in 2011, a member in the audience asked her if she would consider speaking in front of Tennessee legislators in favor of a state program, which she did the following year.

“The person I spoke with asked me to come to Tennessee because they were all afraid to stand up,” she said. “There is a group of patients there who need support, but there is no leadership yet. So I did.”

“The rights of one American should belong to us all,” she said. “There is a lot of work to be done. If we don’t do it now while we’re gaining ground, we risk losing it again.”



**Jacqueline with Tennessee State Representative Larry J. Miller.**



**Jacqueline with Tennessee State Representative Sherry Jones**

The bill that was introduced never made it out of committee, but she plans to return. A legislator who introduced a bill two years ago is considering sponsoring another one and she wants to meet with him. Leaving her children in California to lobby in other states can be expensive, and so she has recently supplemented her lobbying efforts with GoFundMe.com, an online fundraising website. The effort has raised a few hundred dollars, and helps to pay her travel expenses. She also applies for grants from patient-advocacy groups to attend conventions and to lobby state legislators.

“I lobbied in Missouri and Kansas on my own dime, and I paid for most of the Tennessee trip out of pocket as well,” she said. “I did receive some donations though and am very grateful for that.”

Seeing is believing. In an honest world anyone watching a

person struggle welcomes relief that comes from a simple, natural and cost-effective remedy.

“I used to hate my stutter because I felt that I was losing patience, but I have changed my opinion on that,” she said. “I am grateful for it because I have been able to physically show so many people that cannabis is a good medicine.”

And for someone who sometimes has such a time letting go of a word or phrase, she has an incredible desire to tell her story. So much so that she has developed a certain eloquence in getting her point across. Where once she would veer off on tangents about her past, she is focused.

“The rights of one American should belong to us all,” she said. “There is a lot of work to be done. If we don’t do it now while we’re gaining ground, we risk losing it again.”

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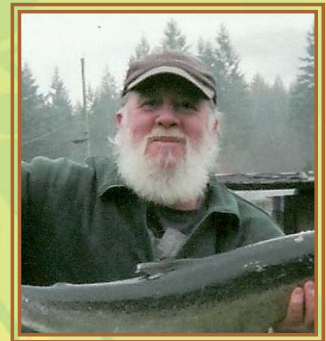
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Cancer:

# Do Cannabinoids Cure Cancer?

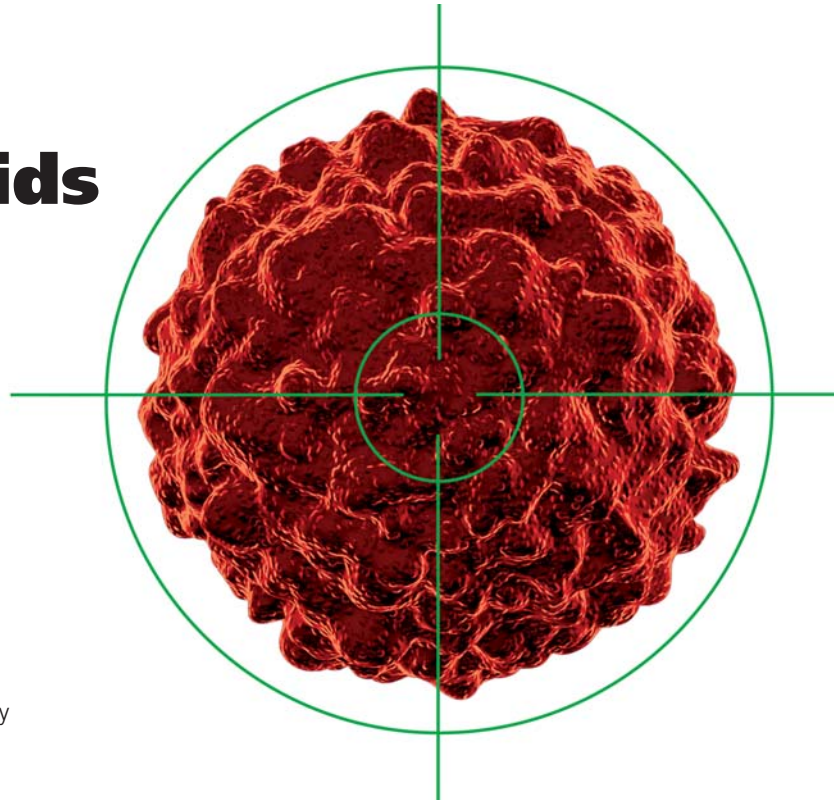
By Dr Manuel Guzmán



## About the author

Dr Manuel Guzman is professor at the Department of Biochemistry and Molecular Biology at Complutense University in Madrid, Spain. He coordinates the Cannabinoid Signaling Group.

Image courtesy of Sam Sabzehzar at MedicalMarijuana411



## Introduction

This article written by Dr Manuel Guzman was taken from the International Association for Cannabinoid Medicines (IACM) web page, where it can be found at the link:

<http://www.cannabis-med.org/index.php?tpl=faq&red=faqlist&id=274&lng=en>

It is reproduced with the express approval of Dr Guzman.

**(Article submitted by Mark Heinrich).**

**C**annabinoids, the active components of cannabis and their derivatives, exert palliative effects in cancer patients by preventing nausea, vomiting and pain and by stimulating appetite. In addition, these compounds inhibit the growth of tumour cells in laboratory animals -mice and rats. However, at the moment there is not solid evidence to prove that cannabinoids -whether natural or synthetic- can effectively treat cancer in patients, although research is ongoing around the world.

**Comprehensive FAQ sections** -including scientific references- on cannabinoids and cancer can be found at the Cancer Research UK website and the National Cancer Institute of the US website. Here that information is summarized and discussed.

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)  
[www.cancer.gov](http://www.cancer.gov)

## What is cancer?

Cancer is a broad term used for diseases in which abnormal cells divide without control and are usually able to invade other tissues, causing metastases and high rates of mortality and morbidity. Cancer is not just one disease but many diseases: more than 100 different cancers are well-typified from a histopathological point of view by the WHO and, most likely, there are hundreds if not thousands types of cancers according to molecular and genetic profiling.

Most cancers are named for the organ or type of cell in which they start. In addition, cancer types are usually grouped into the following broader categories:

- **Carcinoma:** cancer that begins in the skin or in tissues that line or cover internal organs.
- **Sarcoma:** cancer that begins in bone, cartilage, fat, muscle, blood vessels, or other connective or supportive tissue.
- **Leukaemia:** cancer that starts in blood-forming tissues such as the bone marrow and causes large numbers of abnormal blood cells to be produced and enter the blood.
- **Lymphoma and myeloma:** cancers that begin in the cells of the immune system.
- **Central nervous system cancers:** cancers that begin in the tissues of the brain and spinal cord.

**Conclusion:** Cancer is a very serious and heterogeneous disease, so fighting it therapeutically remains an extremely difficult challenge. Cannabinoids might therefore exert beneficial effects in some cancers but not in others.

## Do cannabinoids inhibit cancer growth? (Laboratory research)

Virtually all the research into cannabinoids and cancer cells has been conducted so far using cancer cells grown in the lab or in animal models. Many scientific studies have reported that various cannabinoids (both natural and synthetic) exert a wide range of growth-inhibiting effects on cancer cells, including:

- **Triggering cell death**, through a mechanism called apoptosis.
- **Stopping cells from dividing.**
- **Preventing new blood vessels from growing** into tumours –a process termed angiogenesis.
- **Reducing the chances of cancer cells to metastasize** through the body, by stopping cells from moving or invading neighbouring tissue.
- **Speeding up the cell's internal 'waste disposal machine'** –a process known as autophagy – which can lead to cell death.

**Conclusion:** Cannabinoids are efficacious drugs to treat at least some types of cancers in laboratory animals –mice and rats.

## Do cannabinoids inhibit cancer growth? (Anecdotal evidence in humans)

As mentioned above, basically all the research investigating whether cannabinoids can treat cancer has been done in the lab. It is therefore important to be very cautious when extrapolating these results up to real live patients, who are a lot more complex than a Petri dish or a mouse. Anecdotal reports on cannabis use have been historically helpful to provide hints on the biological processes controlled by the endocannabinoid system and on the potential therapeutic benefits of cannabinoids. In the precise case of cancer there is a notable presence of videos and reports on the internet arguing that cannabis can cure cancer. These anecdotal claims may be completely or partially true in some cases, but overall remain –at least to date– weak and obscure. For example:

- We do not know whether the (supposed) effect of cannabis was due to a placebo effect.
- We do not know whether the tumour has (supposedly) stopped growing by natural/endogenous reasons –some tumours regress spontaneously/owing to the body's anti-tumour defences.
- We do not know how many patients have taken cannabis and have not obtained any therapeutic benefit, that is, what is the (supposed) efficacy of the cannabis-based therapy.
- As most likely patients have gone through standard therapy prior to or concomitantly with cannabis use, we do not know whether the (supposed) effect of cannabis was in fact due –at least in part– to the standard therapy –perhaps enhanced by cannabis, but we have no proof.
- We do not know what are the parameters of tumour progression that have been monitored and for how long the patient has been monitored –many potentially beneficial effects of antineoplastic drugs (or of cannabis in this case) are just short-term actions, but what about long-term progression-free survival and overall survival?
- Cancer is a very heterogeneous disease, and so far none has put together a sufficient number of patients for a particular type of cancer to support that cannabinoids are efficacious drugs in that precise cancer.

**Conclusion:** Although it is possible –and of course desirable– that cannabis preparations have exerted some antineoplastic activity in some particular cancer patients, the current anecdotal evidence reported on this issue is pretty poor, and, unfortunately, remains far from supporting that cannabinoids are efficacious anticancer drugs for large patient populations.

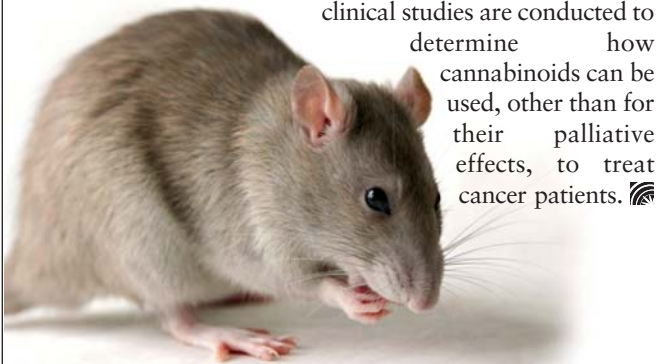





## Do cannabinoids inhibit cancer growth? (Clinical research)

Results have been published from only one **Phase I clinical trial** testing whether cannabinoids can treat cancer in patients. Nine people with advanced, recurrent glioblastoma multiforme –an aggressive brain tumour– that had previously failed standard therapy were given highly purified THC through a catheter directly into their brain. Under these conditions cannabinoid delivery was safe and could be achieved without significant unwanted effects. In addition, although no statistically-significant conclusions can be extracted from such a small cohort of patients and without a control group, the results obtained suggested that some patients responded –at least partially– to THC treatment in terms of decreased tumour growth rate, as evaluated by imaging and biomarker analyses. These findings were encouraging and substantially reinforced the interest on the potential use of cannabinoids in cancer therapies. However, they also highlighted the need for further research aimed at optimizing the use of cannabinoids in terms of patient selection, combination with other anti-cancer agents and use of other routes of administration.

**Conclusion:** There are still many unanswered questions around the potential for using cannabinoids as anticancer drugs, and it is necessary and desirable that exhaustive clinical studies are conducted to determine how cannabinoids can be used, other than for their palliative effects, to treat cancer patients. 🐭



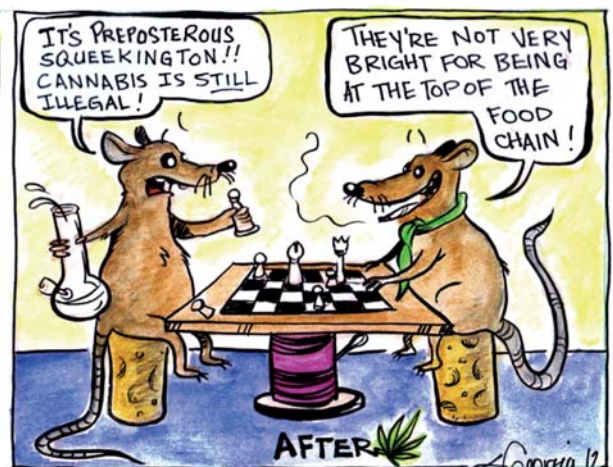


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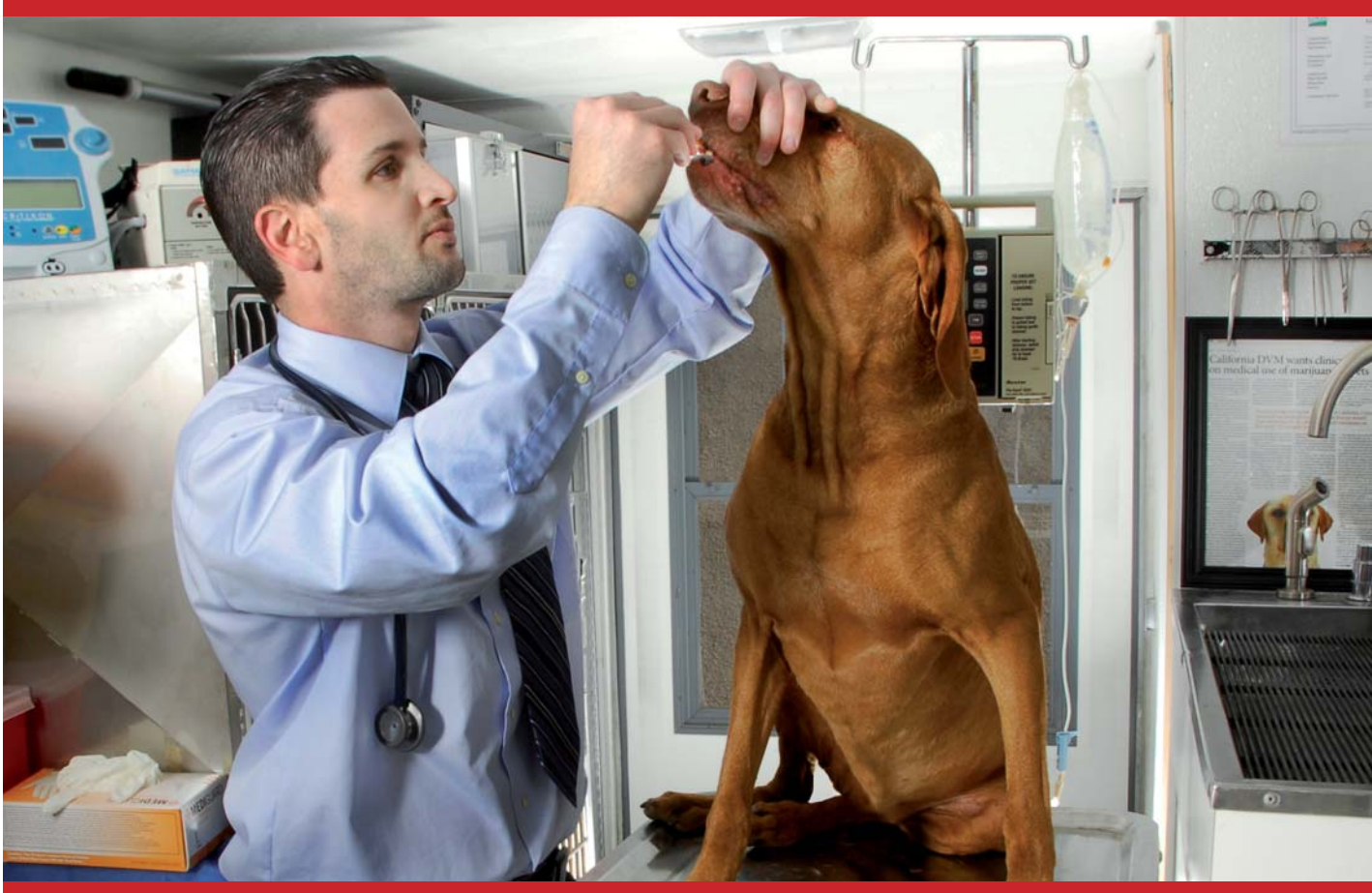
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# The Calming, Therapeutic Effects

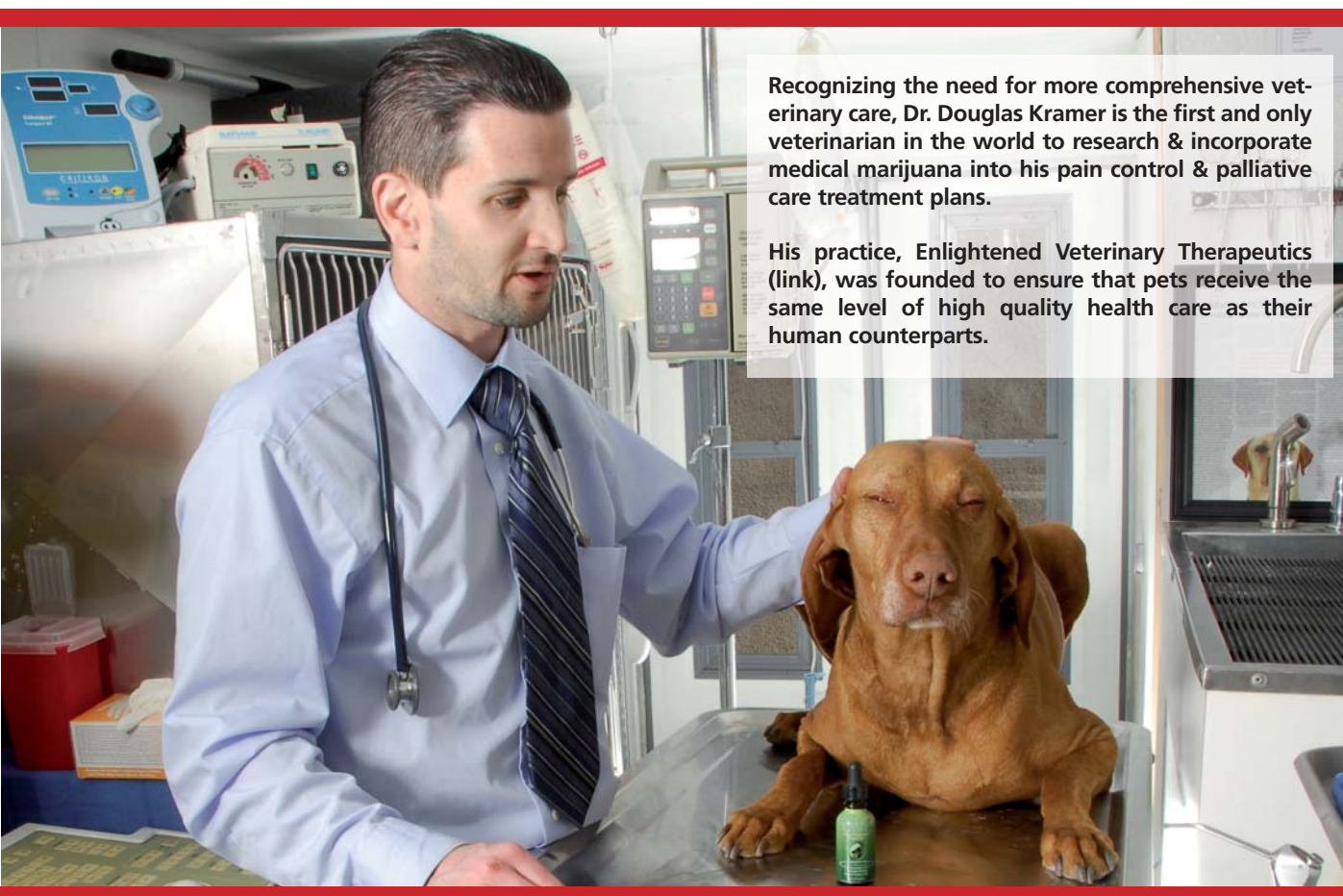
## Veterinarian's Oath

Being admitted to the profession of veterinary medicine, I solemnly swear to use my scientific knowledge and skills for the benefit of society through the protection of animal health, the relief of animal suffering, the conservation of animal resources, the promotion of public health, and the advancement of medical knowledge.

I will practice my profession conscientiously, with dignity, and in keeping with the principles of veterinary medical ethics.

I accept as a lifelong obligation the continual improvement of my professional knowledge and competence.





Recognizing the need for more comprehensive veterinary care, Dr. Douglas Kramer is the first and only veterinarian in the world to research & incorporate medical marijuana into his pain control & palliative care treatment plans.

His practice, Enlightened Veterinary Therapeutics ([link](#)), was founded to ensure that pets receive the same level of high quality health care as their human counterparts.

## of Medical Marijuana for Pets

**"It is an absolute delight to introduce Treating Yourself readers to an extraordinary man and friend of mine, Dr Doug Kramer, who is without doubt the most enlightened Veterinarian on the Planet.**

**Mark Heinrich**  
Canberra, Australia.

**V**eterinarians are beginning to discover the roll of medical marijuana in mitigating the effects of behavioral disorders in pets. A recent survey I conducted indicates that the majority of pet owners administer cannabis products to their pets to treat anxiety and other common behavioral disorders in dogs and cats.

The reports are extremely encouraging and may offer the veterinary community a new, effective therapeutic option to add to their medicine cabinets. These observations by pet owners are supported by numerous clinical research studies which explore the relationship between cannabis and anxiety in both animals and humans.

Contemporary scientific literature provides compelling

evidence that cannabidiol ("CBD") found in marijuana possesses anti-anxiety and anti-psychotic properties. Most of this research cites animal models used in the course of conducting clinical trials for human beings. Cannabidiol is non-intoxicating and is generally considered to have a wider safety margin when compared to THC. The scope of medical applications for CBD is therefore also much broader.

Studies suggest that CBD has a pharmacological profile similar to that of many popular drugs being prescribed by psychiatrists today. The implications for veterinary medicine are profound.

Pets suffer from a host of psychological and behavioral disorders that are more often associated with human

## Chart 1

### Potential veterinary behavioral indications and uses for medical marijuana:

-  **Aggression disorders**- food-based, toy aggression or fear-related aggression, dominance-related aggression
-  **Noise phobias**- thunderstorms or fireworks
-  **Anxiety**- separation anxiety, destructive behavior, anxiety-related aggression
-  **Self-trauma** – excessive grooming and licking, acral lick dermatitis
-  **Feline marking and spraying**- urinating inside the house & outside the litter box
-  **Cognitive Dysfunction and senile dementia in dogs**
-  **Compulsive disorder in cats**- excessive grooming, psychogenic alopecia
-  **Correcting sleep disorders in dogs**
-  **Obsessive-compulsive behaviors** - repetitive or ritualistic behaviors such as circling and tail chasing
-  **Excessive vocalization in cats**
-  **Inappropriate urination** due to submission, excitement or fear





beings. Excessive anxiety (panic attacks), aggression problems and compulsive behavioral disorders are commonly observed by practicing veterinarians.

In response veterinarians have increasingly been turning to human psychotropic drugs and prescribing them to their patients “off-label”; a term used to describe medications that have not expressly been approved for use in dogs and cats by the FDA. This begs the obvious question: Can CBD rich preparations of medical marijuana provide a safer alternative by minimizing or eliminating the adverse side effects associated with the use of these pharmaceuticals? Yes, I believe that it is a distinct possibility that medical marijuana will prove to be an acceptable replacement for some of these psychotropic drugs.

A second therapeutic option for pets would be to incorporate medical marijuana into an existing treatment

## Chart 2

### Cannabis offers a potential alternative or adjunctive therapy for pets being administered the following psychotropic pharmaceutical drugs:


-  **Anxiolytics (antianxiety)**- Diazepam (Valium), Alprazolam (Xanax), Buspirone, Clonazepam, and Chlorazepate Dipotassium – to alleviate fear-related behaviors in animals. To relieve thunderstorm anxiety in dogs and social anxiety in cats
-  **Antipsychotics**- acepromazine, chlorpromazine - used for nonselective tranquilization and diminishing behavioral arousal while also inducing sedation as a side effect
-  **Antidepressants** – fluoxetine (Prozac), Amitriptyline (Elavil), Clomipramine Hydrochloride (Clomicalm)– used to treat obsessive-compulsive behaviors, aggression, and inappropriate elimination (soiling)
-  **Mood-stabilizing drugs** – Carbamazepine – occasionally used in to decrease fear-related aggression

plan to be used as an adjunctive therapeutic together with modern behavior drugs. The two medications are not mutually exclusive and may actually act in a synergistic fashion to complement each other.

My independent research and case reports indicate that cannabis preparations with a high CBD to THC ratio do appear to be quite an effective sedative for dogs and cats. A medication that is high in CBD and low in THC promises the desired medical benefits without the negative side effects traditionally associated with marijuana (becoming “stoned”).

While controlled clinical studies specifically designed for pets are currently lacking, it is my belief that they will confirm what many owners already know; cannabis can indeed calm dogs and cats.

Finally it is important to point out that in regards to behavioral disorders in pets, therapeutics should always be administered in conjunction with behavior modification training. The use of both of these modalities together results in the highest success rates.

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Natural Healing:

# CBD Capsules for Herbal Relief

By Mary Lou Smart

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www.medicalcannabisart.com



**V**aughn Hirschhorn, a Montana herbalist, returned to Southern California recently. His skills as an alternative medicine man were in demand in the Blue Sky State, but when the federal government joined forces with the state government to outlaw what was widely accepted, he decided to go where his expertise would be appreciated.

Hirschhorn has been extracting beneficial oils from natural herbs for more than 20 years. When living in the Santa Barbara, California area years ago, he used techniques practiced by Native Americans and early settlers to create lotions, salves and tinctures from red clover, plantain, calendula and even acorns. While in Montana, he formulated cannabis-infused salves for caregivers with the added benefit of numerous herbs, including white willow bark, white oak, marshmallow root, rose hips, and burdock.

Many of his herbal preparations are created sans cannabis.

"I've always loved herbs, herbal remedies, and things in the wild," he said. "I've found cannabis to be one of those wonderfully enhanced herbs or plants that are here for our use for many things."

Whereas a lotion requires an emulsifying agent such as lanolin to bring water-based / oil-based products together, Hirschhorn's salves are emulsified with bees wax and coconut oil.

"We hear about other salves being too waxy and what not," he said. "We're dialed into a balance between each oil extract and the wax for a nice glistening salve."

When it comes to cannabis medicine, the proof is in the numbers, according to Hirschhorn, who tests his products at SC Laboratories in Capitola and The Workshop in the Los Angeles area. He perfects his technique through test-

ing with laboratories that use state-of-the-art scientific instruments to analyze the potency, determine the microbiological safety, and watch for harmful pesticide residues. "I've spent thousands of dollars on testing and that enables me to zero in on my ratios," he said. "You figure everything out through testing."

One thing that Hirschhorn has figured out through testing is that many in the emerging market of cannabis-infused everything are misleading patients with claims of high potency where none exists. He recently paid technicians at The Workshop to test two sodas from one of California's well-known infused-cannabis producers, and found almost none of the promoted tetrahydrocannabinol (THC) in its pricey bottles of pop.

While he continues to offer preparations such as skin salves, lip balms, sodas and infused honey, more and more his focus is on CBD capsules.

In the realm of medical cannabis, cannabidiol (CBD) is all the rage. It is credited with easing pain, inflammation and muscle spasms, and relaxing the nervous system to stave off seizures, all without the psychoactive high associated with THC. CBD has shown sedative effects in animal tests, and patients report that it soothes and relaxes. Several media outlets have reported that following two decades of research California Pacific Medical Center scientists recently announced that CBD has the ability to turn off the gene activity that causes several types of aggressive cancer to metastasize.

Cannabis capsules have always been a sensible option in any patient's repertoire for therapeutic benefit. Dispensaries sell them, and caretakers teach patients how to make them with natural capsules found in health food stores. This form of nature's medicine takes a few hours to kick in, and has the ability to supply hours of benefit. They are easy to transport and use.



## **A collective at Laguna Woods Village, a Southern California retirement community with a population of 18,000, has a monthly order.**

While cannabis capsules are not new, CBD was bred out of the plant long ago in deference to THC, the principal psychoactive constituent of the cannabis plant. To date, cannabis capsules have usually been THC-heavy. As CBD gains in popularity, breeders are scrambling to nurture strains with more of a balance between THC and CBD, and the CBD-rich strains are becoming easier to find. Hirschhorn acquired CBD-rich strains while creating herbal remedies in Montana, and is finding more in California. While his aim is to have his capsules CBD-heavy, they will also contain some THC, which has been known to make a person high. With an effective CBD capsule containing the optimum mix, the hoped-for result would be a mild high with significant body relief.

CBD is precious, and converting it properly takes talent. According to Hirschhorn, using a CBD-rich cannabutter in cookies is a fantastic way for an amateur to get started. Baking the cookies in a properly heated oven decarboxylates (activates) the cannabinoid. He prefers to deliver his medicine in candies and capsules, however, as he finds these preparations better suited for consistently measuring accurate dosing levels.

“When you are capturing the correct dosage levels and making the right estimates, and when you are fully decarboxylating the medicine, you are maximizing its potential,” he said. “While you do not need a lot of expensive equipment to do this, you do need to spend the money up front for testing so that you can fine-tune your products. If you are not heat activating your medicine properly, you are not going to capture its full potential, and that is a problem.”

Going by the name of Eden’s Cure, he and a partner are shopping capsules through collectives and dispensaries. His CBD formula is comprised of organic coconut oil heated with a highly-concentrated CBD-extract.

“The coconut oil acts as a carrier oil because cannabis oil is so sticky,” he said. “The plant’s trichomes are where the high concentration of cannabinoids are found, and whenever you get to the heavy part of the trichomes, you will find sticky pollen. Coconut oil also acts as a solvent for the cannabinoid oils.”

He has tried using the recipe for Phoenix Tears, but will not use anything that is not natural. Instead of Naphtha or isopropyl alcohol as solvents, he uses grain alcohol when making Phoenix Tears. Before boiling the extract down to a bitter black tar, he prefers to introduce another carrier oil for a more inviting, palatable end product.

Hirschhorn’s capsules usually contain 25 milligrams of

CBD product. Again, he insists that anyone looking for consistency and accuracy must find a way to test their medicine.

After more than a year of visiting labs, collectives and dispensaries, it appears that the appetite for CBD capsules is growing. A collective at Laguna Woods Village, a Southern California retirement community with a population of 18,000, has a monthly order. Several dispensaries are reporting that patients are finding that the capsules relieve pain.

Mike, a patient with a herniated disc in his lower spine, said that the capsules relieved his back pain within three days.

“These things are easy to carry around, definitely much better than flowers, which can smell,” he said. “I know that when I take the capsules they help my back.”

Mike talked to a dispensary owner who told him that one of his patients had stopped using Toradol after using CBD capsules. That patient was not only relieved of pain, but he no longer worried that the prescription medication would damage his liver. Toradol is a short-term treatment for moderate to severe pain, and it is associated with numerous side effects.

“There is no question that these capsules helped me,” said Mike. “My opinion is that everyone and their mother should be taking CBD capsules.”

Janice, who works in a testing lab, shared what she has heard from patients.

“We have one patient who has nerve problems,” she said. “When he started taking CBD capsules he was on the verge of having a machine inserted into his body to stop signals to his brain because he was in constant, severe pain and nothing was working. Instead, CBD seems to have really helped him. He gets a number of these capsules every month.”

Another frequent customer is a patient who uses the capsules for constant back pain.

“We find that the highest praise for CBD capsules comes from patients with severe pain who tell us that nothing else helps,” she said. “For the most part these are people who have also been on different opiates and just do not like taking them because they understand what they can do to their livers. They would rather take these than Vicodin or morphine or anything else that their doctors have them on.”



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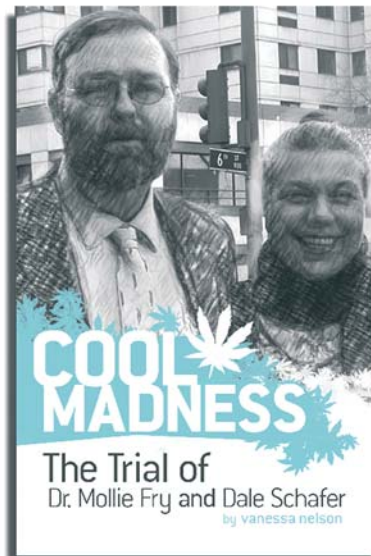
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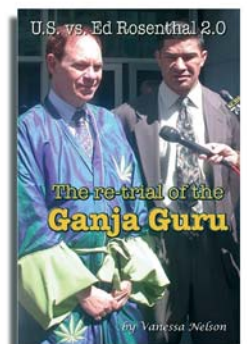


**COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer** is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical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

[www.MMAPUB.com](http://www.MMAPUB.com)

## BOOKS BY VANESSA NELSON

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





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Chocolope Kush Pollen



Chocolope Kush Pollen



Chocolope Kush Pollen

**Strain:** Chocolope Kush pollen (Hash)  
**Breeder:** DNA Genetics  
**Grower:** Skunk-mad  
**Judge:** Skunk-mad & Miss Knapper  
**Date:** October 20, 2012

- 1. Visual Appeal:** 10 Visual appeal of the buds from 1-10 unappealing-excellent.
- 2. Visible Trichomes:** 10 Visible trichome content from 1-10 none-totally covered.
- 3. Colors that are present in the trichome heads under magnification:**  
 Clear 20% Cloudy 60% Amber 15% Dark 5%
- 4. Colors present in the buds and/or on a scale 1-9 light-dark:**  
 Brown 8, Black 8
- 5. Bud density:** - 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.  
 Fruit 6, Menthol 5, Hash 9, Spice 7
- 7. Aroma:** 10 Aroma from 1-10 repulsive-delightful.
- 8. Seed content:** 0 Seed content from 0-10 none-fully seeded.
- 9. Weeks cured:** 1 If know the number of weeks your sample has been cured.

**Comment** - This is some very nice looking hash with a very fruity smell. The hash has been pressed great and crumbles with a slight bit of heat. 10/10 for bag appeal.







**1. Utensils:** TY RoOR, Joint with Headquarter papers

**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 5, Fruit 4, Rotten 2, Hash 9, Citrus 3

**3. Taste:** 10 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:** 10 smoke ability of the sample from 1-10 harsh-smooth.

**6. Smoke expansion:** 1 smoke expansion in the lungs from 1-10 stable-explodes.

**Smoke Test Comments:** -I love smoking hash it is my favorite type of concentrate and this hash does not disappoint. It has that super hash smell when crumbled but the best smell comes when you take a hit, the smell is very fruity and slightly spicy which gives a very unique taste in the mouth, sort of citrusy with a hint of chocolate hash. The smoke produced is very stable which is great if you don't have a very good lung capacity and the high lasted for what seemed eternity but was closer to 3 hours. With a super fast on set now I remember why I love my hash.

### FOLLOW UP QUESTIONS

**1. Dosage:** 2 bowls or 1 joint to reach desired effects.

**2. Effect onset:** 1 Rate of how quickly the effect hit from 1-10 immediate-major creeper.

**3. Sativa influence:** 9 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

**4. Indica influence:** 10 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:** 3 hours

**7. Tolerance build up:** 0 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 4 Day/work 7 Evening/relax 9 Night/sleep 9

**9. Overall satisfaction:** 9+ Rate your overall satisfaction from 1-10 poor-Holy Grail.

**10. Ability and conditions:** 10 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

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

### Extended Medical Survey:

- |                                  |                                    |                                    |
|----------------------------------|------------------------------------|------------------------------------|
| P ADD/ADHD                       | P Depression                       | - Muscular movement disorders      |
| - Allergic rhinitis              | - Diarrhea                         | - Nausea                           |
| - Amphetamine Dependence         | - Epilepsy                         | P Panic Attack                     |
| P Anorexia                       | - Glaucoma                         | - Peripheral nerve pain            |
| - Arthritis/Musculoskeletal pain | - Hepatitis                        | - Post traumatic Stress Disorder   |
| - Asthma/Cough                   | - High blood pressure/Racing pulse | - PreMenstrual Syndrome            |
| - Bipolar disorder               | P Insomnia                         | - Sedative/Opiate Dependence       |
| - Cancer/Chemotherapy            | - Itching                          | - Schizophrenia                    |
| - Chronic fatigue                | - Migraine/vascular headache       | - Spasticity in Multiple Sclerosis |
| - Crohn's/IBS                    | - Muscle Spasm                     |                                    |

**FINAL COMMENTS:** - As I suffer from severe anxiety and panic attack some strain especially concentrates such as hash can set of a panic attack instead off helping prevent one but with this strain of hash things were different. This hash had the capability to knock me out but also I could smoke it during the day with very little drowsiness and the onset for my anxiety was very fast. We also found this hash which I call "pollen" (Because it was used with a pollinator) very good for appetite stimulation and insomnia issues, just a bit in your night time bowl will do the trick and as I said before the onset is basically immediate. I think I may start making more dry sift hash as bubble hash can sometime create more of a problem for me than it helps so it look's like a dry sift hash is the way for me. This hash also give's your sex drive and creativity a boost so I must say this was some excellent hash made from the left over sugar trim.





Kandy Kush



Kandy Kush



Kandy Kush

**Strain:** Kandy Kush  
**Breeder:** Riserva Privada  
**Grower:** Airedog  
**Judge:** Skunk-mad, Miss Knapper & Airedog  
**Date:** October 16, 2012

- 1. Visual Appeal:** 9 *Visual appeal of the buds from 1-10 unappealing-excellent.*
- 2. Visible Trichomes:** 10 *Visible trichome content from 1-10 none-totally covered.*
- 3. Colors that are present in the trichome heads under magnification:**  
Clear 5% Cloudy 40% Amber 45% Dark 10%
- 4. Colors present in the buds and/or on a scale 1-9 light-dark:**  
Green 5, White 5, Red 2, Orange 3
- 5. Bud density:** 9 *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.*  
Blueberry 2, Fruit 4, Bubblegum 4, Grapefruit 2, Cherry 6, Skunk 7, Citrus 4
- 7. Aroma:** 9 *Aroma from 1-10 repulsive-delightful.*
- 8. Seed content:** 0 *Seed content from 0-10 none-fully seeded.*
- 9. Weeks cured:** 10+ *If know the number of weeks your sample has been cured.*

**Comment -** When i first saw the kandy kush i was first struck with the amount of visable crystals. This bud is totally covered with glistening ripe trichome, when we got the bud under the 100x scope that is when you trully see the amazing crystal content with huge fat stems holding some beautiful looking ripe amber trichomes. This bud has been cured extremelly well, still after 10+ weeks it leaves a stickyness to your fingers and anything it is contained in. 10/10 for bag appeal beautiful looking medicine with a super sweet smell.





**1. Utensils:** TY Roor, Herbalaire 2.1, Headquater pure Hemp papers

**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 4, Fruit 8, Bubblegum 6, Menthol 2, Cherry 2, Skunk 7, Spice 2

**3. Taste:** 9.5 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:** 10 smoke ability of the sample from 1-10 harsh-smooth.

**6. Smoke expansion:** 1 smoke expansion in the lungs from 1-10 stable-explodes.

**Smoke Test Comments:** - When doing a smoke test we like to try it in different methods and we found the kandy kush worked extremelly well using a vaporizer set to a medium setting. When you grind this beautiful medicine up you get struck with an amazing sweet smell that reminded me of the old type candy shops, very sweet plesant smelling bud which excelled when vaporized producing some of the thickest vapor i have ever seen. This strain is very kind on your throat and gives an immediate euphoric high with excellent pain relief. The effects are very, very fast and get you moving around virtually pain free almost immediately with your creative side active. A very pleasant all round smoke with a great heady high.

### FOLLOW UP QUESTIONS

**1. Dosage:** 2 vapor bags to reach desired effects.

**2. Effect onset:** 2 Rate of how quickly the effect hit from 1-10 immediate-major creeper.

**3. Sativa influence:** 40 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

**4. Indica influence:** 60 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+ hours

**7. Tolerance build up:** 0 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 5 Day/work 6 Evening/relax 9 Night/sleep 7

**9. Overall satisfaction:** 8.5 Rate your overall satisfaction from 1-10 poor-Holy Grail.

**10. Ability and conditions:** 8 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

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

### Extended Medical Survey:

|                                  |                                   |                                    |
|----------------------------------|-----------------------------------|------------------------------------|
| P ADD/ADHD                       | - Depression                      | - Muscular movement disorders      |
| - Allergic rhinitis              | - Diarrhea                        | - Nausea                           |
| - Amphetamine Dependence         | - Epilepsy                        | P Panic Attack                     |
| - Anorexia                       | - Glaucoma                        | - Peripheral nerve pain            |
| - Arthritis/Musculoskeletal pain | - Hepatitis                       | P Post traumatic Stress Disorder   |
| - Asthma/Cough                   | - High blood pressure/Racingpulse | P PreMenstrual Syndrome            |
| - Bipolar disorder               | P Insomnia                        | - Sedative/Opiate Dependence       |
| - Cancer/Chemotherapy            | - Itching                         | - Schizophrenia                    |
| P Chronic fatigue                | P Migraine/vascular headache      | - Spasticity in Multiple Sclerosis |
| P Crohn's/IBS                    | - Muscle Spasm                    |                                    |

**FINAL COMMENTS:** - It has been a true pleasure testing the kandy kush not only was it expertly grown & cured but it is hard to find a strain that works so well for multiple ailments. This strain had it all rapid pain relief but not leaving the user overly tired but it still had the capability to knock you out and forget if that is what you require. We found with the kandy Kush that it was all down to dosage. If a moderate dose(1-2g) was taken in the morning for pain relief the effects could last upto 4 hours typically 2 if the user is getting motivated this just means that the user needs to medicate more frequently & with the market offering some excellent portable vaporizers & pipes this should not be a problem. Overall we were very pleased with this strain and its ability to help numerous conditions whilst still leaving you functional. Thank you Airedog for growing Reserva Privada, kandy Kush & well done to Reserva Privada you have a real gem here.



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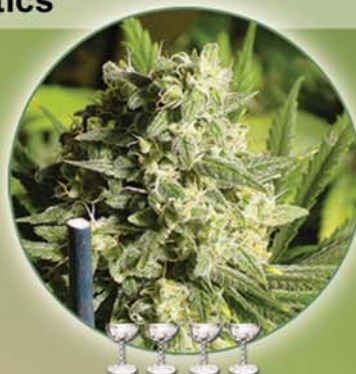


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Indica-dominant smells like sweet fresh fruit, very strong head-high

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• AK-47



• Bubble Gum



• Kali Mist



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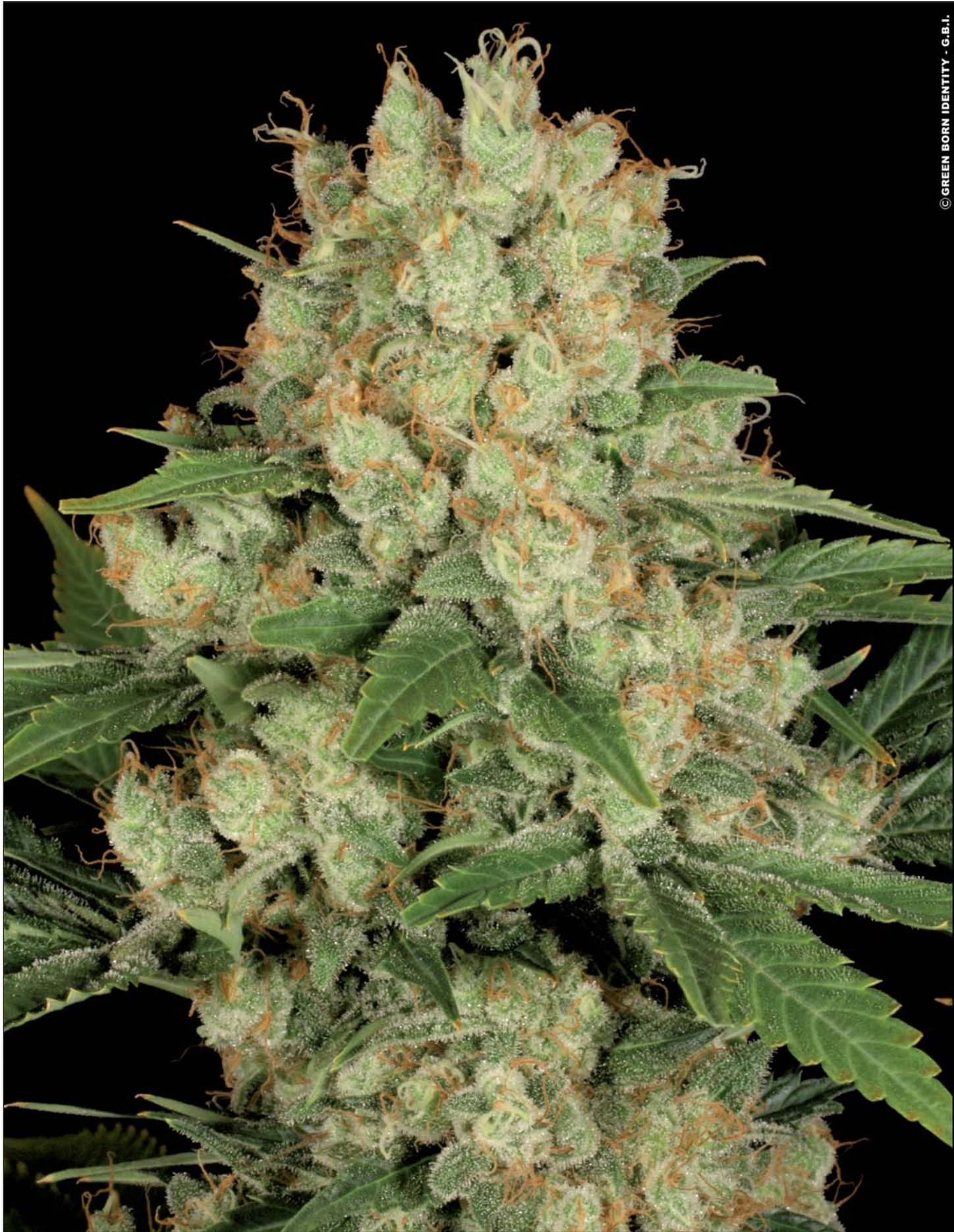


11 regular seeds or  
6 feminized seeds in a tube

For catalog, info or seeds: Postbus 1239, 1440 BE Pumerend, The Netherlands

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Serious Seeds

Big Serious Seeds cultivation showdown:

# AK-47

## regular vs feminised!

### STRAIN INFO

#### Strain

AK-47 regular vs. feminised

**Pedigree** Mostly sativa (65%)

**Vegetative stage here:** 24 days

**Flowering stage here:** 63-68 days,  
in general 56-63 Days

#### Medium

Plagron Standard Mix

#### Container volume

6.5 litre

#### pH

6.0-6.3

#### EC

max 2.0 mS

#### Lights

Vegetative stage: 3 x 600 W Green Bud MH

Flowering: 3 x 600 W Osram HPS

#### Temperature

20-26°C (day)

16-19°C (night)

#### Air humidity

40-60%

#### Watering

Gardena "Urlaubsbewässerung" System

#### Fertilisers

Canna Terra Vega

Canna Terra Flores

PK 13/14 (during flowering week 6)

#### Stimulators/Additives

Rhizotonic Wurzel, CannaZym, Bcuzz Blütestimulator

#### Height

Regular plants: 85-102 cm

Feminised plants: 65-85cm

#### Yield

Regular plants: 73, 86, 87, 95, 98, 106 = 91 g/average

Feminised plants: 86, 98, 99, 114, 120 = 103.4 g/average

Text & Photos:

Green Born Identity – G.B.I.

There are a couple of classic strains in the world of extra potent marijuana that have been around for a very long time, permanently fascinating both growers and smokers with their superb qualities, and having reached a legendary status. Serious Seeds' AK-47 for sure is one of these outstanding evergreens. For Simon, owner and breeder of Serious Seeds, finding the unique AK-47 genetic profile was the rare case of a "lucky punch" every cannabis seed breeder dreams of. Back in 1992 already, after having tested thousands of experimental plants of different breeding lines, he finally achieved his goal of creating a high-quality sativa/indica strain with excellent overall properties and a lot of charisma - the legendary AK-47 was born. Although Simon keeps the exact pedigree of AK-47 as a secret, like the composition of Coca Cola, he reveals that it was bred from Colombian, Mexican, Thai and Afghani seed stock, resulting in a 65:35 sativa/indica hybrid with predominating sativa traits.



In the course of time, AK-47 has won an impressive total of sixteen(!) prizes at several kinds of cannabis cups. The most recent of which were the victory of AK-47 in the sativa category of the Treating Yourself Expo 2010 in Toronto and the third place in the category Hybrid at the High Times Cannabis Cup 2011 in Amsterdam. The Treating Yourself Expo Cup was a seed company cup and was judged by a panel of 24 exemptees (patients with a governmental license to grow their own medical marijuana) using 12 Digital Volcanos. Another outstanding appreciation of AK-47: It was chosen “Plant of the year 2003” by High Times Magazine readers in December 2003. But also in the form of hashish, AK-47 yielded big success for Serious Seeds, for example when it took the first prize at the High Life Cup Barcelona 2005 in the hash category.

Simon describes AK-47 as follows: “This easy to grow plant is a living legend and our most popular. Medium height, produces good yields quite quickly. Extremely strong odour (take extra care!) and long lasting indica dominant high. AK-47 plants have a short flowering peri-

od for a sativa, producing compact, not too leafy buds gleaming with a coat of resin crystals. The name was given not out of any idea of violence, but more in association with its “one hit wonder” effect. An independent lab test showed 21.5% THC in the samples at the Cannabis Cup 1999, the highest of all entries that year. Medicinal plant.” Simon recommends a 5-10 days vegetative clone growth period. AK-47 delivers yields of 350-500 g/m<sup>2</sup>, has a flowering time of 53-63 days and reaches maturity around 15 Oct. under natural light. It has a sativa typical high calyx-to-leaf ratio which means lots of flowers and only a few leaves. The single AK calyx size tends to be unusually large, resulting in fat clusters grouping together very decoratively and densely, contributing to the trade-mark appearance of AK-47. These compact nugs ooze copious amounts of glistening trichomes and break up nicely, leaving plenty of resinous crystals on your fingers, unleashing an unusually strong, sweet and fruity aroma. There’s so much resin on AK-47 it could also carry the attribute “white” in its strain name.

As Simon says, the AK’s name shall by no means be









understood as being intended aggressively or following any military tradition, but rather express the special effect that sets in when one smokes the AK, sometimes proving as a real “one hit wonder”, made possible by that extraordinarily high THC content mentioned. AK-47 is also famous for outstanding results on hydroponic mediums, as reported by many international growers, and has also been very successfully grown outdoors in Spain in the past.

Since last year, AK-47 is also available in the form of feminised seeds. That made famous grower Mr. Power Planter curious, and he decided to run a great project: A head to head comparison of both regular and feminised AK-47 seeds. Never before such a direct comparison has been reported about in any magazine, so here it is, Serious Seeds facing the challenge of letting their own regular and feminised seeds competing with one another! Would the feminised AK-47 seeds prove to be likewise brilliant as their long established regular counterparts?

Mr. Power sowed a full package of eleven regular AK-47 seeds and five feminised ones. Germination proceeded very well, and after four days, all of the seeds had sprouted and reached the soil's surface. Right from the start, they were grown under three 600 W ‘Green Bud’ metal halide lamps equipped with adjust-a-wings reflectors (without spreaders), so they had abundant light to thrive and prosper. One week after germination, the plants were transplanted into 11 litre containers filled with Plagron Standard soil mix. All of the 16 plants did very well, growing very compact with a quick onset of side branch development and dark green leaves. Also, they were very homogeneous, both in their own plant group and also femi and regular plants compared to one another. Three and a half weeks after germination, Mr. Power Planter induced flowering by reducing the light cycle from 18/6 to 12/12 hours of light, at the same time replacing the metal halide lamps with three 600 W Osram HPS lamps. Within ten days, all of the plants had revealed their gender, with five of the eleven regular AK-47 plants being males that



were removed. And as expected, the five femi plants did present only female preflowers. In the first weeks of flowering though it was the case that the femi AK plants obviously reacted a bit slower to the flowering period, the regular plants were getting somewhat faster into vivid flower production. Otherwise, from a growth pattern point of view, both the regular and femi plants still had the same appearance. And soon all the eleven plants were about building very fat main colas, but also many impressive side tops in addition. The femi plants were about one week behind in their flower development, but also flowering in a most promising way. A very strong sweet odour took possession of the grow room, arising from the richness of massive resin layers on both the femi and regular plants. All the eleven plants were literally oozing with resin when getting near to maturity, having appeared whiter and whiter every single flowering week. Also the flower structure was of outstanding quality, these buds had an extremely high calyx-to-leaf ratio, very few flower leaves, with the fewest leaves on the top colas of each branch. The buds consisted of many thick, dense and rock-hard, chubby round flower clusters – that trademark AK-47 look - and also those many smaller side buds along the branches were made like that, giving Mr. Power Planter any reason to expect a true heavy-weight harvest.

The six regular AK-47 plants were harvested on flowering day 63, just in time with the 56-63 days flowering time window stated by Serious Seeds. They had produced tremendously fat main and side colas from the bottom to the top, with some of the huge main colas measuring more than 30 cm in length - really big impressive chunks! The flower structure of these six plants was identical or in parts at least very similar. And the same was true for their rich resin amounts. In the end, they measured between 85 and 102 cm in height, while five of them were almost similarly tall (85-93 cm), only one single lady (102 cm) towered the other plants a little bit.

As for the five feminised AK plants, they did require about one extra flowering week and were harvested after 69 days. They had grown lower than their regular counterparts, measuring between 65-85 cm in height only (with three plants of about 75 cm height), apart from one plant that was subject to a much stronger sativa influence and growing accordingly taller, but it was bent down at a certain early point of flowering. But the femi plants' side branches were longer than those of the regular plants for the most part, while their fabulous fat flower structure and copious resin amounts were equal to them, with one difference though: The side buds, even the lowest ones, were even somewhat bigger, quite amazing! Both the regular and femi plants had the same powerful aroma, sweet, but quite mild.

The five femi AK-47 plants didn't show any male flowers until the very end, so another Serious femi strain did pass

the fem exam most successfully. All the eleven plants were a quick pleasure to harvest, very little work was involved due to the unusually high calyx-to-leaf ratio of the buds. After the buds had been carefully dried and slightly fermented, Mr. Power Planter put them on the scales, and it was no wonder to him it turned out the femi AK-47 buds had achieved an even higher average yield than their regular counterparts: 86, 98, 99, 114 and 120 grams = 103.4 grams/plant, while the regular buds yielded 73, 86, 87, 95, 98 and 106 grams = 91 grams/plant. This was the first time a deeply impressed Mr. Power Planter experienced that a feminised version of a certain strain really delivered a higher yield than its regular counterpart. Often officially promised, but never the case in practice before. So that extra week of flowering the femi plants took was really worth the wait to Mr. Power Planter.

The deliciously smelling, very silver dried buds were of the highest order, a sheer pleasure to look at and smoke. No difference between regular and femi buds was found by Mr. Power Planter in terms of odour, aroma and high. While AK is a strain that doesn't have the most intense taste – it tastes mild and slightly sweet, with a slight sandalwood undertone, but not very charismatic – its high proved to be quite a sensation: It was very complex and extremely strong, clearly pronouncing elements of both sides of the cannabis spectrum – at the same time! Under the influence of a good deal of indica power, Mr. Power Planter felt like having to take a seat, but he simultaneously felt clear and euphoric in the head and didn't get 'hypnotised', totally blasted away by the indica stone. That made him a little bit confused at first, but after a while he liked that state a lot and highly estimated that ultra strong and complex effect the AK-47 strain has.

All together, Mr. Power Planter was stunned about the superb outcome of both the regular and feminised AK-47 plants, he considers AK one of the best strains ever bred – and Mr. Power Planter has grown a pretty damn lot of strains in his life. And of course those outstanding femi plants did particularly impress him with their overall quality and even higher yield than the regular ones.

Also "The Doc" grew two feminised AK-47 plants by the way, and his results turned out to be likewise impressive, with the two plants looking precisely like the ones of Mr. Power Planter, and also their yield, aroma and high was likewise spectacular.

**Like many other evergreens, AK-47 has been adopted many times by other seed banks, and either been used as a component for creating a "new" strain or just been plainly copied. But one thing is for sure about Serious Seeds' AK-47: You can't beat the real thing! 🍀**





By Ed Delta9Labs

5 part series

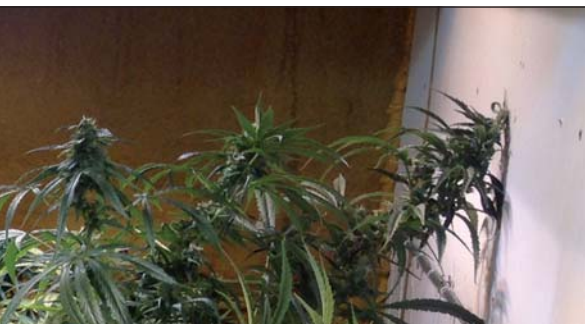
# Synopsis

Greetings Everyone,

In this issue I will be offering an entire overview of the 5 part series for anyone who had missed something perhaps in 2012. I will also prepare a layout to come of the following 6 article submissions for the 2013 calendar year.

Our statement from over 10 months ago when we first started this series, we mentioned the explosive growth amongst the seed companies available today. With over 1000 so-called different strains out there from over 100 seed companies, how is one to choose a unique variety that is true to its origin and stated properties? The main thing I recommend is that you should try to get to know the seed company behind the strain and what the founders stand for. Do some homework and find out if they even smoke enough





Left  
**DK SS Aeroponics at 7 weeks**  
 Below  
**Double Kush 3a**

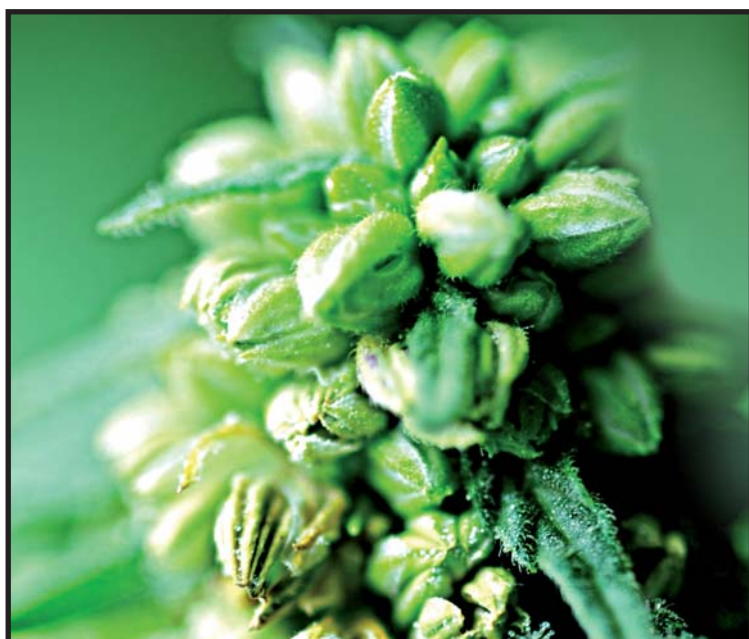


cannabis to be able to discern great genetics and then to be able to go on to create great genetics. Once there becomes total transparency within the industry as regulation sets in and certain standards are created, anything that is far from special will certainly fall by the wayside. There should be much more to identifying a strain than by hype and a name alone.

With regards to the female only seed craze, Delta-9 Labs has released 5 varieties ourselves in the past year, however as a

genuine breeder, sticking to creating quality new varieties and keeping everything as organic as possible is our forte. I demand that the plants that we work with are to be robust, healthy and stable, so when we pass on genetics to a new breeding project we want the entire process to have gone through stabilized crosses to begin with. Striving for hybrid vigor is one of the primary attributes we look for. Therefore, we will always offer original strains in male/female seed packs, other than just females only as we look forward to seeing what other quality breeders come up with.





The STS(Silver Thiosulfate) feminization process that I explained was quite straight forward. It involves spraying two chemicals, silver nitrate & sodium thiosulfate in a properly combined mixture routinely onto a few donor female plants you intend to sexually reverse. This reversal process can take up to a month of frequent sprayings before pollen is produced and released. Photos in this article demonstrate both the spraying and the reversed plants forming pollen balls on the Super Star we used to reverse. The pollen was used on a few varieties including a faster finishing pheno of our Southern Lights. This pheno went on to become the feminized version we call Southern Lights #7.

Although the STS poses minimal health risks, is colorless and odorless be sure to take care mixing the chemicals in a well-ventilated area.

The next issue brought us to the point where the reversed Super Stars had properly pollinated the Southern Lights and they were in full bloom between 7-9 weeks. We discussed a tidbit on the state of the industry from my point of view and went head on with an awesome collaboration aeroponics project with a company called Future Harvest Development.

The copious pollen that the Southern Lights received as well as the balanced nutrients allowed them to thrive into full bloom producing beautifully ripe seeds as you see in the photos. The buds are quite dense and full of trichomes. We achieved excellent results with the buds having a saturation of seed pods.

So, whether it is a short craze or here to stay as it appears for now, utilizing STS to produce female-only seeds is indeed an avenue to consider. For the huge plantations that prefer to work from seeds instead of clones, it is certainly a huge savings in time just culling through the fields to remove the males. In other circumstances this may not be so important.

The state of the industry continues to come full circle. Many so-called seed breeders are being called out even on social media networks I have observed lately. From name changing genetics to terrible germination





**SS Aeroponics 7 weeks**



**Future Harvest Development Aeroponics system**





rates onto poor customer service. Thankfully the industry will only become more professional as the transparency of regulating, licensing and taxing becomes ironed out. This is what you are seeing now coming forth from great examples the US States of Colorado and Washington are showing the World.

When it comes to vigorous, air enriched massive root zones while maintaining all considering factors and variables necessary for a plant to thrive as well as produce higher yields, virtually nothing comes close to the set up and functionality than a Future Harvest Development PT64 aeroponics system. There is indeed pros and cons as I mentioned in the earlier issues one needs to consider as the margin for error is minimal. Unless you have some growing experience and the ability to read your plants and what they require, I suggest staying with a soil medium that is more forgiving with errors until all else is perfected. From the photos you can see the various stages of growth and the potential success this type of system offers. The plants growing for this experiment are two varieties from Delta-9 Labs, the Double Kush and the Super Star. The Ph is being monitored between 5.3-5.8 while the EC is controlled at 2.2 during the growing stage and 1.6 during the flowering or bloom stage. The last 2 weeks the EC will fluctuate slightly depending on what they may need or not in the micro and macro nutrient category. Therefore it is paramount that you have an inclination to aeroponics and this type of system.

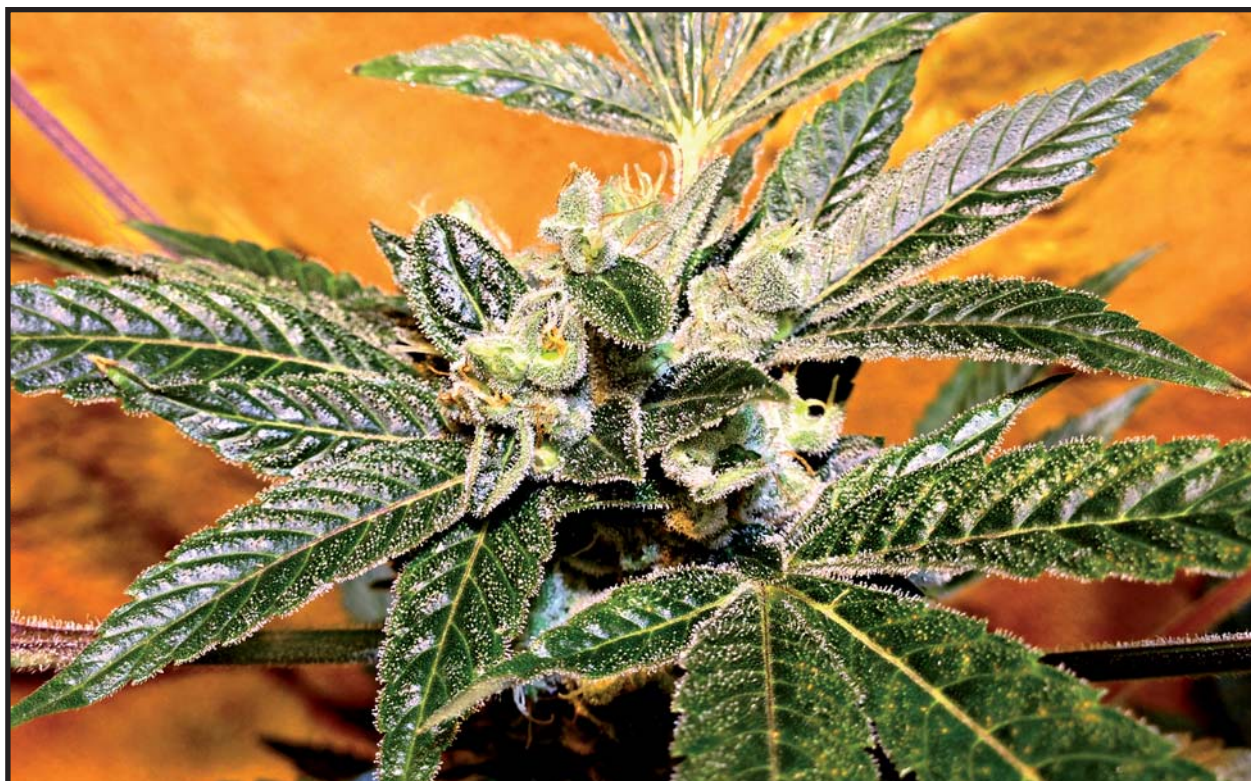


To come to a conclusion and to prepare you for the next 6 issues we have wrapped it up by allowing the Southern Lights to go a full 11 weeks flowering as you can see from the bulging tops. This assured us that the so called "tiger stripes", the black lines that appear on the seeds are a sign that they are perfectly ready.

The Double Kush and Super Star plants in the FHD PT-64 aeroponics have all filled in and are almost ready for harvest as you see them here entering their 7-8 week of flowering. They all have quite very dense buds and tremendous trichomes indeed.

What to look forward to throughout 2013? Other than another fun & fantastic





**Double Kush at 7 weeks**

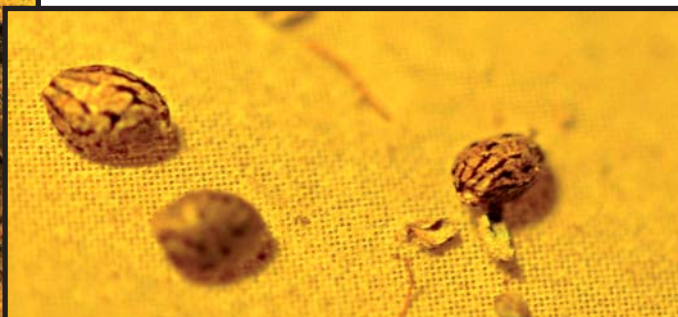


Treating Yourself Expo planned for Delta-9 Labs coming up in May that we will have a booth at again and hope to share dabs at together, we will be undertaking a new project from the ground up!

By taking a simple yet high tech approach to space and garden conditions. From finding the new accommodating location, to construction, to plant introduction and growth period, to flowering, harvest, curing and onto ancillary byproducts. It will be all no holds barred!!

See you next time, and don't forget to keep it real.

Ed at Delta-9 Labs. ✂





# Deepening Our Relationship with Cannabis

By Gage Green Group

**O**ver the decades, from moving sativas in the 70's to cultivating the finest genetics, Gage Green Group has always found ways to connect with cannabis at a deeper level. Living a cannabis-driven lifestyle has led us to new and insightful ways of understanding this sacred plant and how to harness its potential for the betterment of all.

At Gage Green Group, we get the best results when we cultivate cannabis as naturally as possible and connect with the plants on a spiritual basis. The incredible product, the flowers and medicine, is a direct result of what we give the plants. Everything we do as cannabis growers, from our emotions to our actions to our thoughts, will have an effect on the quality of the medicine.

Our holistic approach has helped us reevaluate how we treat our plants every day in the Gage Green Gardens. Our approach, which has always been to create an organically-driven environment, now includes a more positively-motivated and enlightened mindset. This is a process of constant discovery and self-improvement. Ultimately, we must pursue a perfectly harmonious relationship with cannabis and use cannabis to better the world around us. Although we at the Gage Green Group have been pursuing this goal for decades, we present our discoveries from the perspective of a student, or disciple, of cannabis.

## A Lesson

The abundant knowledge that cannabis offers us will never cease to give. Every so often, life comes and teaches us a lesson. Imagine our surprise and dismay when, after several years of amazing harvests and yields, our entire garden began to show signs of malnutrition and severe distress. We replaced our bulbs, sterilized our rooms, and tried just about every method to turn things around. Nothing seemed to be working. While the plants were still growing and producing, the quality and vigor seemed to have vanished. With all the chaos that ensued, the garden grew worse and worse as our frustrations increased. We always thought that our problem could be fixed if we just thought hard enough and tinkered with all the variables. The fixes did not work, and several attempts at new grow systems and nutrient lines only ended up with unsatisfactory results.

The solution was out there, we were just approaching the situation incorrectly. We cannot only search within our own experience. There are so many factors to consider and it became apparent that we do not always see the whole picture. So instead of relying on our own expertise, we asked our higher power. We meditated and asked the plants to reveal to us what we needed to do. Finally, a few days later, a friendly neighbor happened to mention the fact that the water district had replaced the additive chlo-





rine with the more aggressive chloramine. This turned out to be our problem. Was it random chance or was it spiritual intervention that our neighbor brought this message to us? We learned that the answer cannot always be found within ourselves and we will discover an answer if we ask and open our minds to receive it.

We later discovered that some of the additives in our district's water supply cannot be filtered out by standard reverse osmosis water filters. Several localities have begun to use chloramine, a form of chlorine with ammonia attached to it. Unlike traditional chlorine, chloramine will not evaporate if left overnight and most standard reverse osmosis treatments will not properly remove the toxin. Chloramine will kill all living microbes it comes in contact with. This is an important fact for anybody seeking to grow connoisseur cannabis which often depends on beneficial microbes in the soil for survival. Purchase the best reverse osmosis machine to purify your water and make sure it has the capabilities of removing all harmful chemicals.

Another added chemical in water, largely unnoticed by growers in US, Australia, and New Zealand, is fluoride, a neurotoxin. Standard reverse osmosis machines do not usually remove the fluoride from water. Fluoride has been shown to have devastating effects on livestock and plant

life when introduced into the environment and can be hazardous to human health. Taking precautions to remove fluoride from the water supply will drastically improve the well-being of both the cannabis plants and the person using the medicine. The goal for a chemical free, organic environment is very difficult if you live in an urbanized setting and do not take extra precautions. With the right guidance and determination, this goal can be achieved.

This humbling experience with chloramine taught us more about ourselves and inspired us to learn more about this sacred plant. We understood that our relationship with cannabis was not just physical. We enriched our experience and took growing to new levels by communicating with our plants both spiritually and emotionally. Instead of viewing the relationship as a grower-plant relationship, we should view ourselves as students of nature and students of cannabis, willing to absorb new knowledge and to be guided by this transcendental herb.

### Restoring Nature

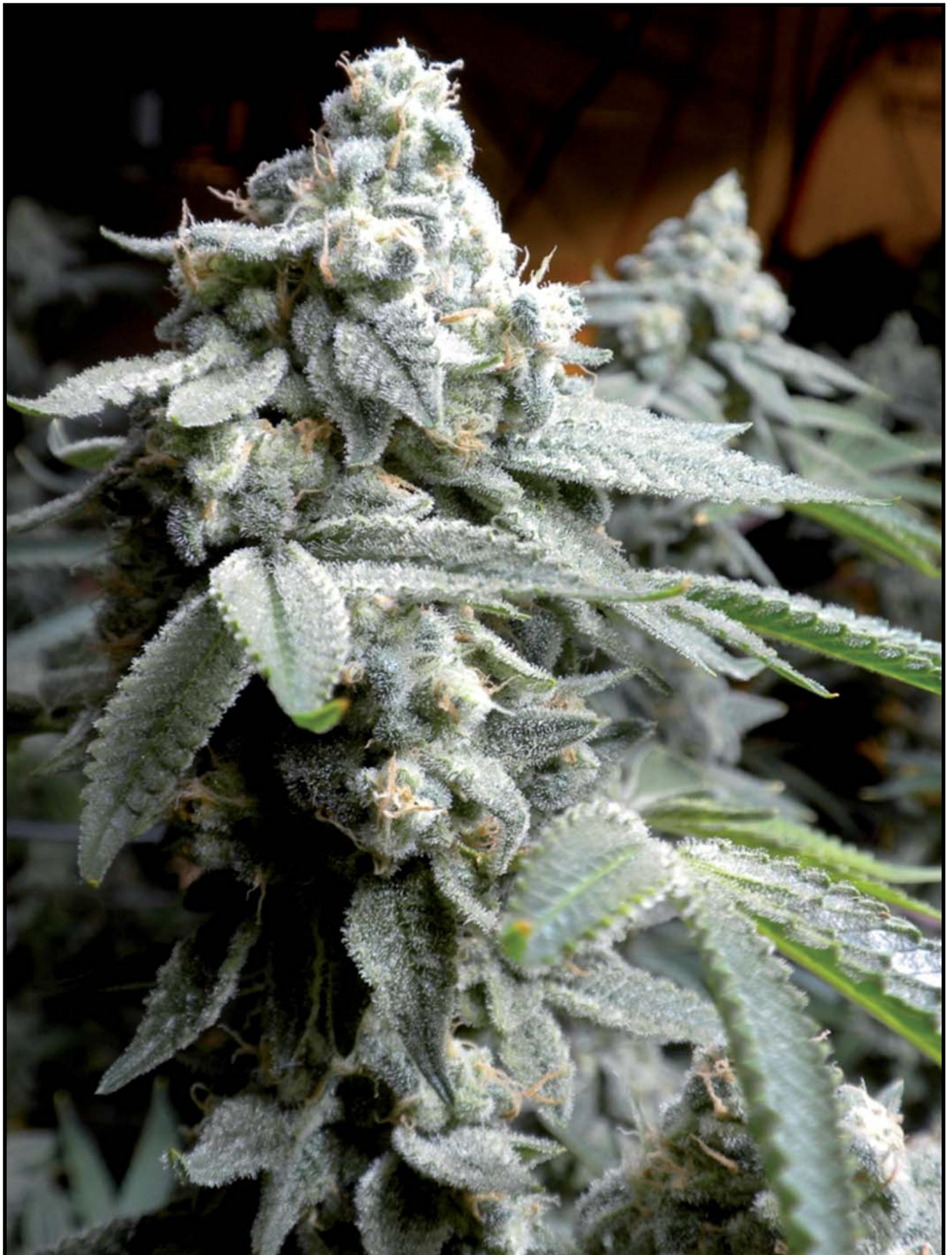
Our focus has always been to replicate the advantages of nature. We have found that plants develop the best fruit and produce the best yields when it is allowed to grow free from unnatural stress. Part of this goal involves creating a living ecosystem within our soil the way nature intended. We use bacterial and fungal life forms to breakdown of





**Chem Dawg D**





Grape Stomper

nutrients, protect the root zone, and increase photosynthesis. These microbes have all sorts of benefits in nature and they play enormous roles in the natural biosphere. We receive extraordinary results from the microbiological and organic products available through our friends at VitalOrganisms.com. Keep in mind that most municipal water will often contain toxic additives, like chloramine, that will not allow bio-culture to survive. Always keep the plants healthy with an organic, or veganic, feeding regimen and thriving soil life, because every substance exposed to the plants will end up in our bodies when we medicate.

We must be aware of what is entering our grow space and seek to eliminate anything that is potentially toxic. Since more and more scientific literature points out the harmful effects of electromagnetic fields and radiation from cellphones and wireless internet, we have immediately begun to eliminate their effects in our grow space. Studies have shown decreased reproductive functioning, lowered cognitive functioning in humans, and increased rates of cancer in animals exposed to radiation from cellphones and laptops. Many of these studies report structural breaks in the genetic structures of DNA and mitochondria. As cannabis breeders who specialize in natural gene selection, this is a concern that we take very seriously. Our work requires plants that have high-performing genetics so that future generations of cannabis will stay healthy and vigorous. Radiation from cell towers and satellites are hard to avoid, but we will do whatever we can to prevent radiation exposure to our plants.

In addition to avoiding radiation, always invest in a high quality air filter when growing any environment. This is due to the dramatic increase in airborne aluminum and other toxic elements which are being detected in air and soil samples everywhere. This increased aluminum not only has dangerous effects for humans, but has been shown to choke the plants at the roots and prevent absorption of nutrients. As growers seeking a deeper connection with our plants, we seek to address all potential toxins in the environment and eliminate them. Each environmental stress that we eliminate will create huge improvements and increase the connection we have with our plants.

## Human Interaction

Growers who are in tune with their plants will often talk about being able to communicate with or feel the emotions of their plants. Our plants communicated with us to help resolve our chloramine problem. Whether we realize it or not, cannabis offers us provides happiness by our simply being in its presence. Countless studies have pointed us towards an understanding of this spiritual connection that people can have with their plant. Psychologists have found that plants and soil have a tremendous emotional impact on humans. Simply interacting or seeing a flower can create happi-

ness and clear your mind. The countless combinations of aroma-producing terpenes made by cannabis can have therapeutic effects when released into the surrounding air. Working with soil can stimulate the production of serotonin in your brain. In fact, scientists have even discovered that the soil bacteria, *Mycobacterium vaccae*, improves mood and even relieves allergies in humans. That is one reason why we feel the most relaxed and happy when working in the gardens!

In the same way that plants make us happier, plants will perceive the emotions and intentions of those around them. We have all met different types of cannabis growers. You can usually see the similarities between the plants' energy and the growers' energy. Unhappy growers will not get good results despite addressing all the environmental factors. As students of this sacred plant, we must be aware of our own intentions and emotions at all times. Enlightened growers will make the most out of these interactions and strengthen their relationship with the plants. The difference in the final product between these two types of growers is night and day.

When we walk into a grow space to admire the progress of our plants, our thoughts and the emotions will transfer into the energy that exists in the grow space. Before beginning to interact with the plants, always be in a positive state of mind. Visualize your plants growing strong and at their finest. Imagine your plants in the future, looking healthy and happy as you can possibly imagine in your mind. Thinking otherwise, and releasing negative emotions, can be detrimental to the plants. Our intentions impact our gardens significantly and simply thinking these thoughts around plants will affect the way they grow. Make a list of positive goals and intentions for your garden and focus on visualizing the amazing yields and desired quality. Another thing that we do is we speak directly to our plants. Plants crave attention and motivation much like humans. Saying uplifting and encouraging things will help your plant reach its full potential and the plants will react positively to you.

## Higher State of Mind

Learning to understand the many facets of cannabis and its effects will allow us to form a deeper relationship with the herb. Cannabis allows humans to access an elevated state of consciousness and this has many powerful implications. Cannabis allows us to open our eyes to the world around us, and helps us see clearly the foolishness of society. It also helps us forget memories, an important skill in this information age, which scientists have proven to be just as crucial as remembrance! Cannabis breaks down the false illusions that have been programmed into our brains since birth and opens our minds. These are very powerful tools that can be used to grow and heal or squandered and abused.





Purple Snowman

**Columbian  
Gold Star**



People must have the right intentions when using cannabis to reap its benefits. We waste the potential of this powerful tool when we only use it for partying or socializing. Recreational use is not wrong, but if our relationship with cannabis solely centers on entertainment, then we turn our backs to the potential that cannabis can have on improving our world. All of us have witnessed dear friends or acquaintances whose relationship with cannabis may have damaged their own lives. Some experts believe that long-term use of cannabis for the wrong reasons is what leads to paranoia and other negative effects that some users experience. When used correctly, cannabis can transport users to new conscious states that are beneficial our lives. These states of mind improve human health, increase mental processes, and enhance our spiritual energy. Gage Green Group recommends pursuing a deeper relationship with cannabis to expand our personal and collective human consciousness.

In order to have a deep spiritual connection with cannabis, call on cannabis as a guide and use it to open your mind to new ideas. With our minds open, we can accomplish anything. Meditation based upon cannabis can amplify its effects and allow us to explore the deepest and most hidden parts of our mind. Also, cannabis causes us to question long held beliefs and seek answers to things that might have been hidden behind closed door. New ideas and beliefs that are not constrained by society's contradictions will reveal themselves to us. Cannabis eliminates the barriers created by negative framing and society's illusions. Most of the thoughts that dominate our lives, like the desire to consume and want, have been cemented into our minds by corporations and advertising agencies. It is hard to let go of these undesired thoughts or

barriers without the right tools. Cannabis, along with the right kind of intention, allows us to operate beyond these illusions.

We remind ourselves each time before we smoke that our purpose for using cannabis is to open our minds and seek greater knowledge and spiritual advancement. This helps us gain deeper benefits from using the medicine. Once we become in tune with cannabis on a spiritual level, we can learn to channel this energy anywhere in our being. It can heal wounds and make us better people. A short break of three to five days from using cannabis will amplify the experience considerably. In fact, breaks between sessions allow our body adequate time to regain its normal capacity which is essential to fully experience cannabis. We encourage readers to find out more about the meditative use of this sacred herb, especially through the work presented by the World Mind Society. Using cannabis correctly, for meditation and for self-discovery, can improve all human life and provide the mindset for a more harmonious world.

With this knowledge, let us come together to promote this deeper, spiritual connection with cannabis. In its pure form, cannabis has so much more to offer humanity, yet, so many of us have introduced chemicals into its environment and squandered its potential to make us better people. This herb has the potential to take humanity to new levels of consciousness where open minds work together to solve problems and create a society of harmony and charity. We invite you to join us, harness this energy, and transform our world.

Visit us at [www.GageGreen.org](http://www.GageGreen.org). 





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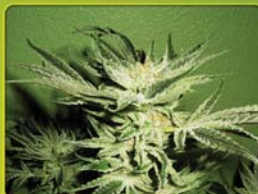
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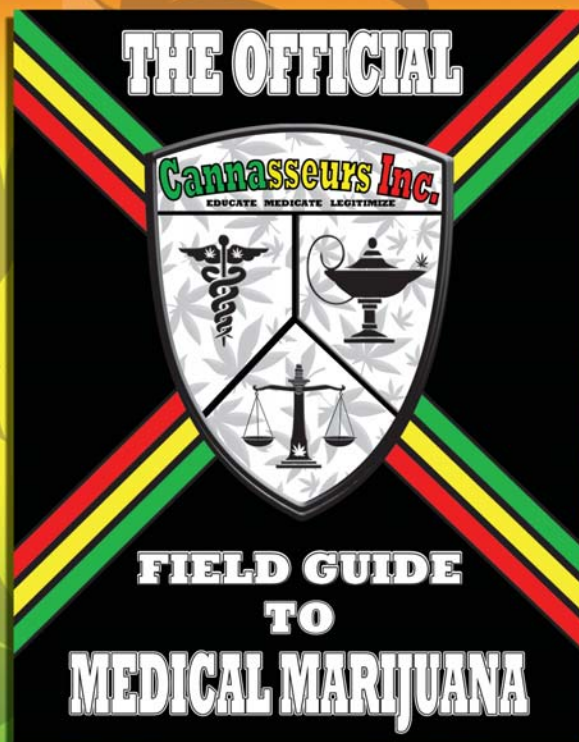


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Yield: big

Statue: short and stocky



### ROOR Bubba OG

i2

Parents: OG Kush  
Bubba Kush

Flowering: 8-9 weeks  
Yield: medium - big

Statue: short and stocky



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# Jimi Hendrix

## People, Hell & Angels CD Release

By Ritchie Yorke



Legendary guitar icon Jimi Hendrix has returned to the upper reaches of the charts for the first time in 44 years with the release of his new album, *People, Hell & Angels*.

**P**roduced and engineered by long-time Hendrix studio partner Eddie Kramer (in company with Janie Hendrix and John McDermott), the album contains 12 previously unreleased studio recordings that Hendrix had been working on between 1968-1970.

The new album debuted on the Billboard US album charts at number two, with sales of 72,000 copies, marking the first time that Hendrix had been camped in the top two since Nov. 16/23, 1968, when *Electric Ladyland* was flying high at the pinnacle.

Hendrix had most recently visited the top five when another from-the-vaults album, 2010's, *Valleys of Neptune*, debuted and peaked at # 4 with a 95,000 sales start.

South African born **Kramer**, first met the guitar legend-to-be at Olympic Studios in London in January 1967. The two clearly hit it off on a crucial karma level and Kramer would ultimately engineer every recording ever made by Hendrix in his entire career. Kramer was tight with Jimi at the dizzying heights of 1969 at the very peak of his powers. "By 1969, Jimi was the largest grossing act in America and probably the world," notes Kramer. "It was a ridiculous amount of money and Jimi was really into trying new things."

“ Apart from being a genius and a funny bloke, Jimi was the nicest human being and the greatest guitar player that I ever had the privilege of working with. ”





# TY Music Review



"He had an intense desire to be in the trenches, in the studio, rehearsing and trying out new things, experimenting with different musicians and pushing the envelope out. Jimi wanted to step outside the confines of the Jimi Hendrix Experience because maybe that had become a little too restrictive.

"So now he finds himself playing with Steve Stills on bass (on that lead single Somewhere), and Buddy Miles on drums. And later he brings in Billy Cox on bass. And all of this culminates at Woodstock in 1970."

I wondered how Kramer now felt the world would view James Marshall Hendrix, given the benefit of several decades of perspective.

"Apart from being a genius and a funny bloke, Jimi was the nicest human being and the greatest guitar player that I ever had the privilege of working with. I think the whole world knows it. Every successive generation of kids coming up



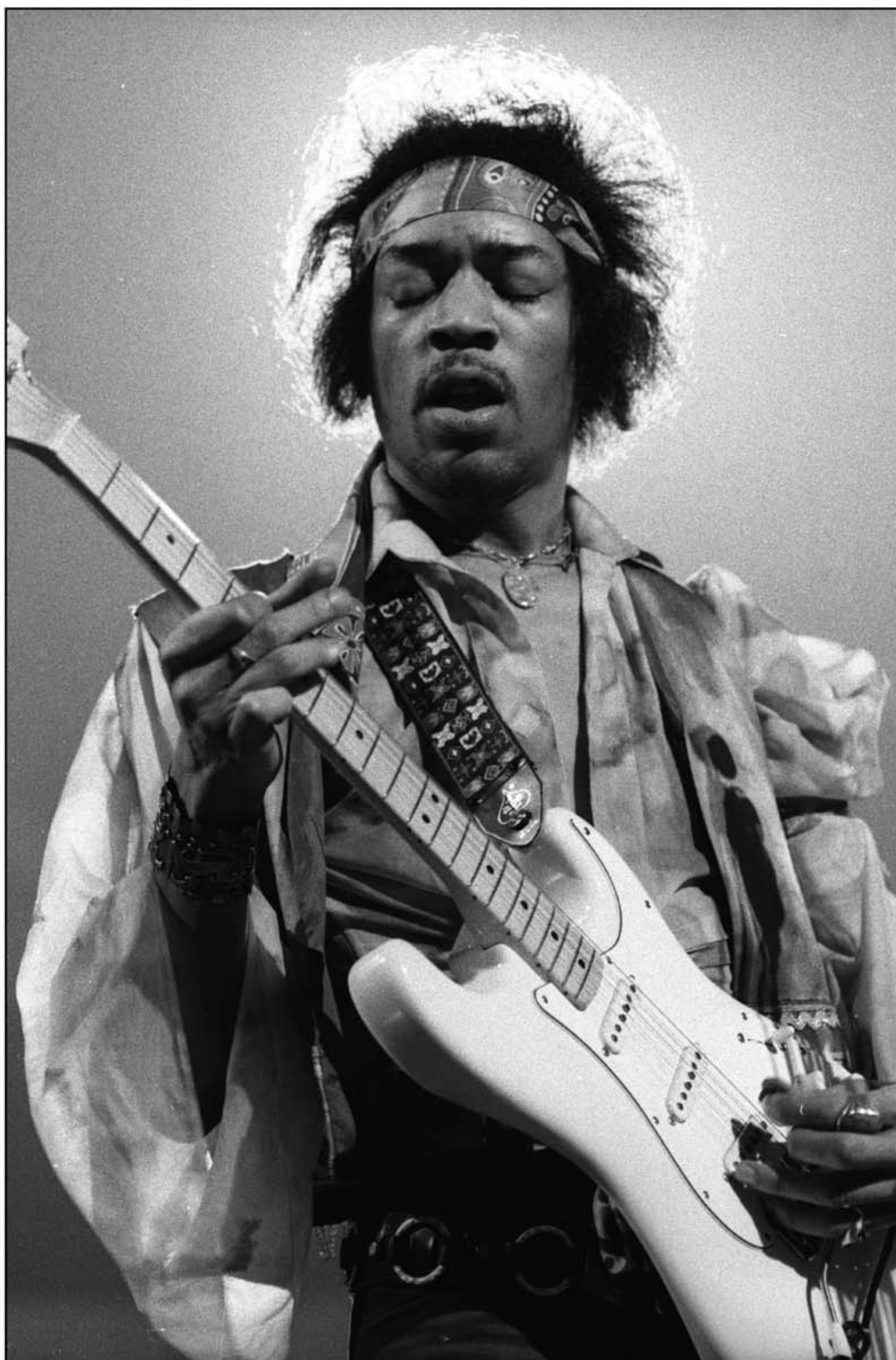


Photo: Nigel Dickson / © Authentic Hendrix, LLC. Permission to reproduce this photography is limited to editorial uses in newspapers and other regularly published periodicals, internet review outlets, and TV news programming related to the Sony Music Entertainment release of Jimi Hendrix *People, Hell & Angels*.

**Jimi Hendrix**  
**February 24, 1969**  
**Royal Albert Hall, London, UK**





through the ranks, they go through the usual suspects such as Eric Clapton, Steve Ray Vaughn, blah-blah-blah. They all end up gravitating towards Jimi as the master. He's someone that we all aspire to be like. His music will never die – it is wonderful stuff. How could anybody deny it?

Kramer, whose engineering credits include stints with Led Zeppelin, Traffic, Peter Frampton, Curtis Mayfield, Robin Trower and Derek and the Dominoes, was happy to provide Rhythms readers with a track-by-track breakdown and personal overview of the tunes on the People, Hell & Angels album in his own words.

## Earth Blues

“Here's the overall deal with this album. It's stripped down, bare bones, naked Hendrix in the sense that there's very few overdubs. These are songs that we had been working on and sometimes Jimi would work on tracks for a couple of months to refine them. So what we've got here is the nucleus of these songs. Earth Blues features just Hendrix, Billy Cox and Buddy Miles – the track is stripped down funk at its very origin.

## Somewhere

This is a gem. We originally did this in March 1968 with our dear friend Stephen Stills. Steve's still sounding great – I just heard him singing the other day and he's still playing great bass. It was a great change for Jimi to be working with Steve in the studio. Jimi had good friends in the music biz and he was very loyal to his friends. If Steve Stills would play bass for Jimi, Jimi would remember that and treasure it. He never wanted to let his true friends down. He always wanted to give his friends a shot at playing with him and he did that with Dave Mason, Brian Jones, Steve Winwood and other people like that. He really did embrace other musicians who could add something to what he was doing. “Somewhere” is a great track and our lead single. What is really cool about the track is the use of the wah-wah pedal. These wah-wah parts are so spectacular, and simply the best I'd ever heard Jimi play.

## Hear My Train a Comin'

You should check out the video we made of this song at Capitol Records in Hollywood last year. This track is unlike anything that you've ever heard from Jimi before. It was the first time that bassist Billy Cox and drummer Buddy Miles were playing together – the rhythm section would later become part of the Band of Gypsies. The track offers a nice sort of curve of learning – Jimi is trying to figure out what the next direction (in his musical life) is going to be. Jimi shared a deep love of the blues with Billy and Buddy and they were constantly trying to create what they described as ‘a new type of blues.’

## Bleeding Heart

An Elmore James masterwork, Jimi had an infatuation for the track. He'd performed it earlier in the year with the Experience and then tried again in several New York studio sessions in the weeks that followed. This came from the same session as Hear My Train a Comin' and shows Jimi working through a completely new arrangement and beat.

## Let Me Move You

Lonnie Youngblood was a terrific sax player and once again, he was one of Jimi's mates – a wonderful collection of friends and musicians. Their relationship dated back to 1966 and probably before that. I believe that Jimi contributed some licks as a sideman to Lonnie's R & B single, Soul Food. Let Me Move You has Jimi and Lonnie trading licks like jazz musos. You've got to think of Jimi as a jazz guy in some ways. He loved listening to Wes Montgomery – you can easily hear the Wes influence. Jimi was such a musical sponge; he loved listening to classical music, to jazz, to R & B, to pop, to country.

## Izabella

We recorded this track with the band that Jimi had put together for Woodstock called Gypsy Sun & Rainbows. There is a curve of understanding in Jimi's musical knowledge – it starts about halfway through '68/'69, peaking at two events; those being Woodstock and the other being the Band of Gypsies/performances at Fillmore East. That's what all of the jamming was about. Jimi jammed every possible moment that he could in the studio and thank goodness, it was recorded and it gave us the ability to pull all of these tracks together.

## Easy Blues

A nice instrumental track, the previous administration's take on the track kind of screwed it up. We were faced with the difficulties of putting the jigsaw puzzle back together. It shows a great rhythm section and some dramatic interplay between Jimi, second guitarist Larry Lee, Billy Cox and drummer Mitch Mitchell.



Photo: Brian T. Colvi / © Authentic Hendrix, LLC. Permission to reproduce this photography is limited to editorial uses in newspapers and other regularly published periodicals, internet review outlets, and TV news programming related to the Sony Music Entertainment release of Jimi Hendrix *People, Hell & Angels*.

## **Jimi Hendrix**

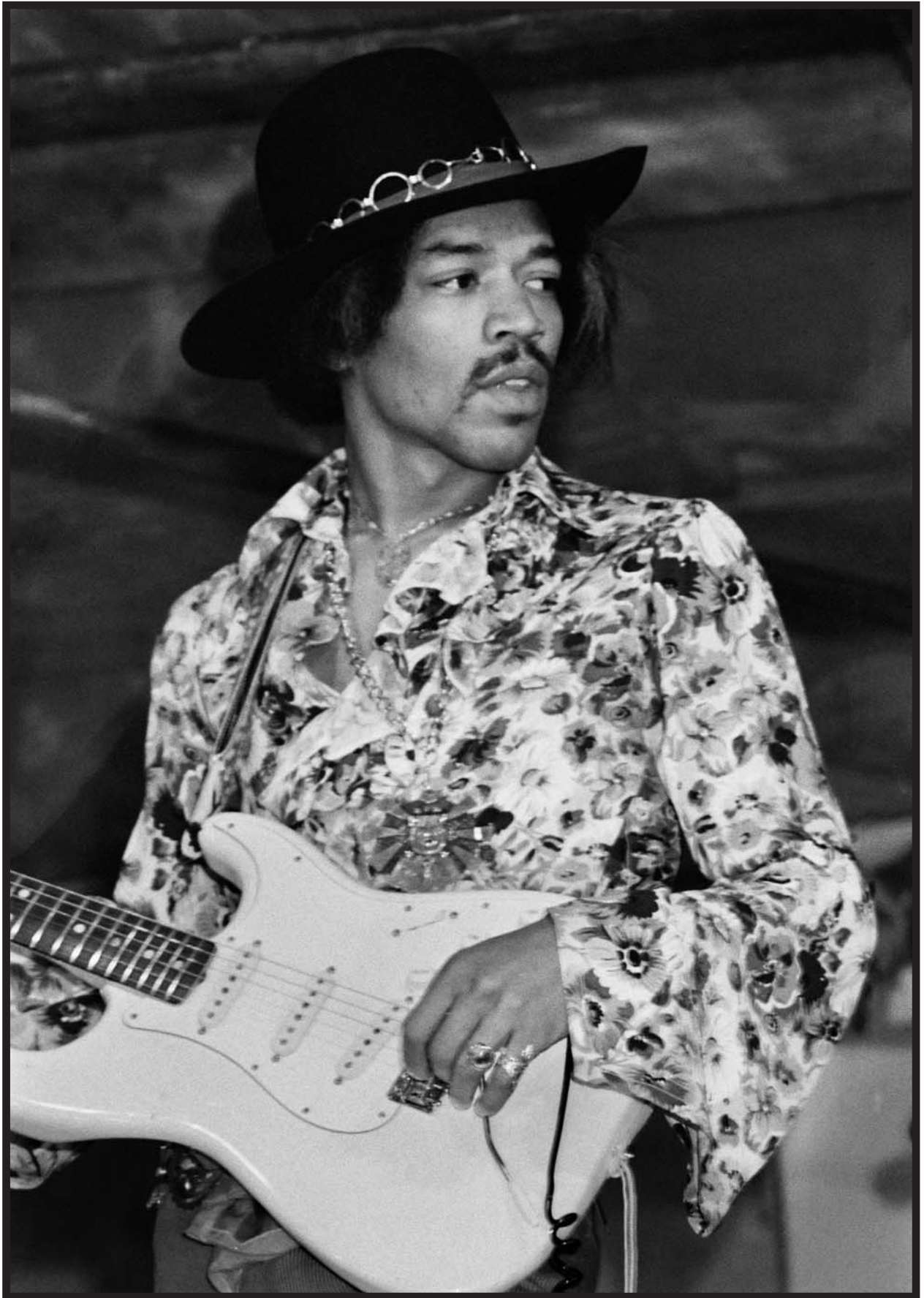
**August 18, 1967**

**Afternoon rehearsals, Hollywood Bowl, Hollywood, CA**



Opposite page: Photo by Graham F. Page  
Experience Music Project Authentic Hendrix





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## Crash Landing

We rescued this track because it had been completely bastardised by a previous administration. We won't mention any names. But we've managed to put it all back together like it was supposed to be. It's basically a warning of impending chaos from drummer Rocky Isaac of the Cherry People to his girlfriend, Devon Wilson.

## Inside Out

A fascinating and very clever track, Jimi was very adept at stealing from himself. The greatest composers – Bach, Mozart, Beethoven – all stole from themselves. Jimi was no exception to that rule. Jimi loved experimenting and so did I. For this track, I took his guitar rig and ran it through a Leslie organ speaker and this is the result.


## Hey Gypsy Boy

From what I remember of it, this track as recorded in '69 was originally titled Hey Baby (New Rising Sun). In the meantime, there has been a horrible over-dubbed version on the Midnight Lightning album from '75. This time there's the original recording featuring Buddy Miles and Jimi. Once you get back to the original, you get the sense of what Jimmy really wanted to play. So this is it – don't mess with the original, thank you very much.

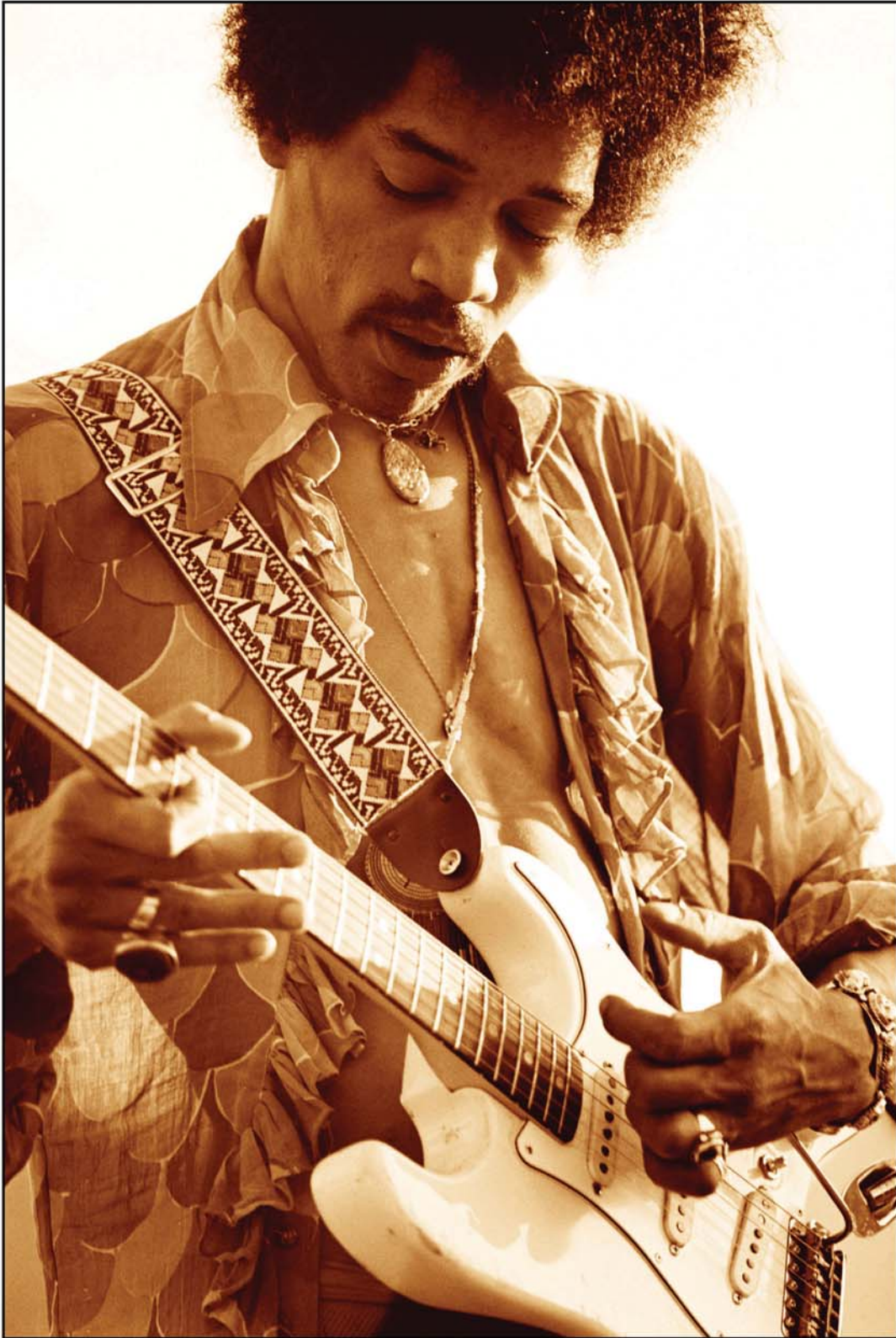
## Mojo Man

Jimi knew these two guys – Albert and Arthur Allen. As vocalists they became known as the Ghetto Fighters, but Jimi had known them around Harlem long before he found fame with the Experience. Later they sang on a lot of Jimi's tracks done at Electric Ladyland Studios. They'd gone down to Muscle Shoals and cut a track at the Fame Studios. Jimi played his part like a session guy; when it came to a solo, he'd let fly. Jimi could subjugate and sublimate his ego into being a session guy.

## Villanova Junction Blues

Long before performing this song at Woodstock, Jimi recorded this studio version with Billy and Buddy at the same sessions which yielded Hear My Train and Bleeding Heart. Billy could play the best fatback drums you ever heard. When he laid the hell into that snare, it was metronomic. And that foot of his – in terms of fatback drumming, he was ridiculous! Although never fully finished, this track gives you some idea of what was going to happen in the future: the fertile ideas Jimi hoped to harness and bring to fruition." 



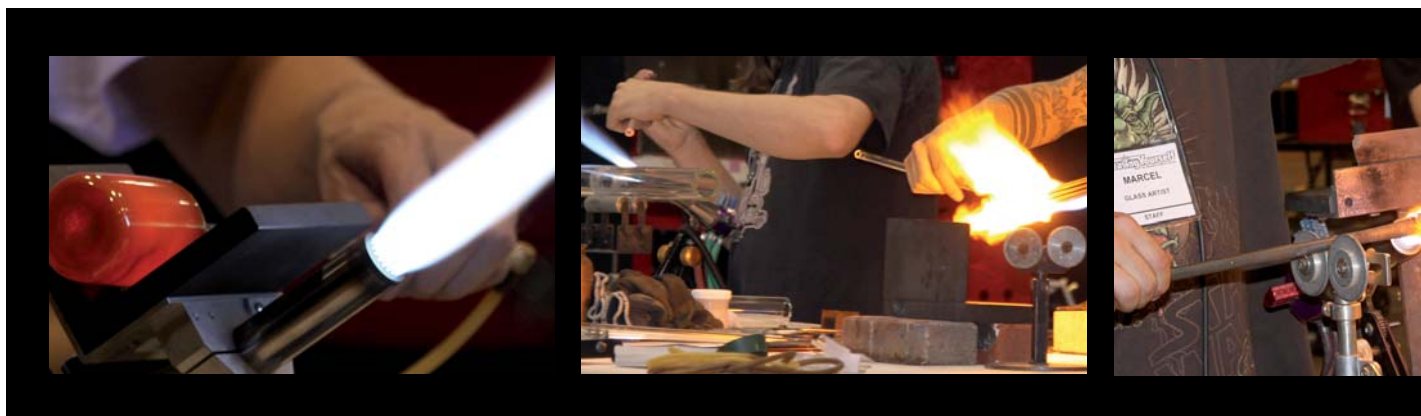


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## Jimi Hendrix





May 24-26, 2013- Metro Toronto Convention Centre

# TY FLAME OFF

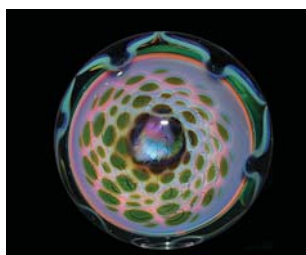
By Jon Green

The 4th Annual Treating Yourself Expo is just around the corner, taking place May 24-26. They are hosting the 2nd annual TY Flame Off which is drawing some of the greatest glass artists from around the world.

The teams are divided by country: Canada, Japan, and the USA, making this truly an international event. As well as the 9 artists coming to compete, there are another 14 artists coming to sell their art and mingle with the fans. So if you have any interest in glass, the TY Expo will be the place to be!

The Flame Off pits the three teams against each other in a 3 day race to make the best functional glass that they can. They will be competing live at the Expo, offering collectors a rare chance to see the artists at work. The Flame Off is being hosted by **Ben Burton**, who competed last year and took 1st place with his team. Ben has a great energy and is a very accomplished glass artist so there is no better choice of person to act as MC. A huge thank you to artist **Marcel Braun** who is coordinating the Flame Off and making sure everything runs smoothly.

Team Canada will compose of **Patrick Stratis**, **Jared Toner (White Flame)**, and the winner of last year's TY Annual Functional Glass Art Contest: **Korey Cotnam**. These are three of the best functional glass artists in Canada, each



Ben Burton



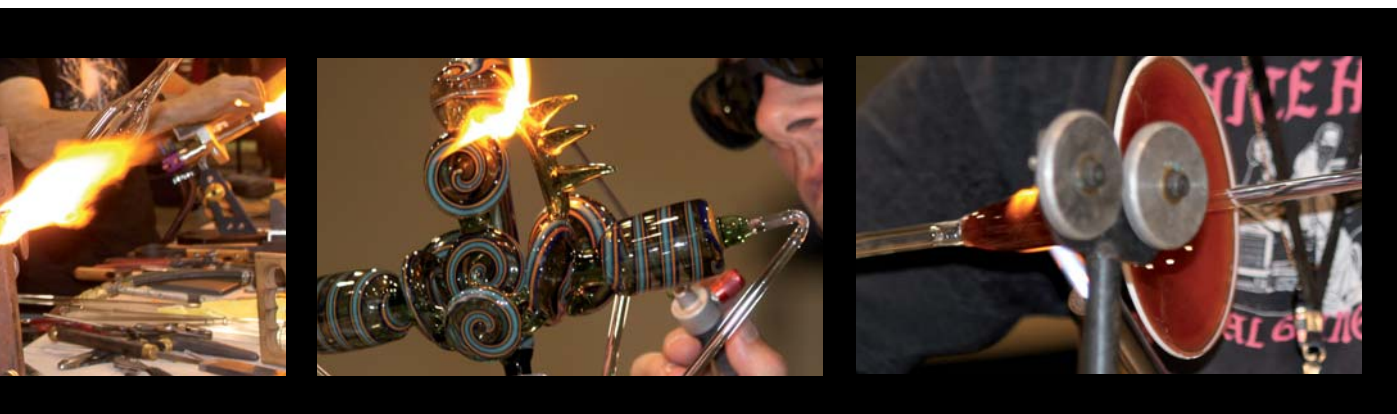
Junichi Kojima (Rose Roads) and Yoshinori Kondo.

with a long history of glassworking. Korey Cotnam's win last year helped launched his exposure and really put his work on the map – since then he has collaborated with some of the best out of the USA, including Pakoh and Doug “Dew” Williams.

Team Japan is **DISK**, **Junichi Kojima (Rose Roads)**, and **Yoshinori Kondo**. DISK, also known as SLOP, is famous for his fast food style cup bubblers that let you “drink” smoke out of the glass straw. Junichi Kojima burst onto the scene with his amazingly intricate dot work and his collaborations with the very best marble artists in the world, including Gateson Recko, John Kobuki, and Mike Gong. Yoshinori Kondo is making some of the most exciting marbles these days with his dot stacks taking days to make. His dedication to a perfectly clean product is something that rivals any other glass artist out there.

Team USA is **JP Toro**, **Dellene Peralta**, and **Chris Carlson**. JP is the founder of Toro, one of the premier American tube companies. They are known for innovation and quality, pushing the boundaries of the functional industry. Dellene Peralta is one of the top female functional artists, making beautiful use of dichro and colours in her sculptural work. Chris Carlson competed last year and it is a





The 4th Annual **Treating Yourself Expo** will be held at the **Metro Toronto Convention Centre** on **May 24-26**. Admission prices are **\$20 for a day pass** and **\$50 for a 3-day pass**, and the expo will be open from **10AM to 6PM** each day.

For more information visit the official website at:

**[www.treatingyourselfexpo.com](http://www.treatingyourselfexpo.com)**

Chris Carlson



Korey Kotnam





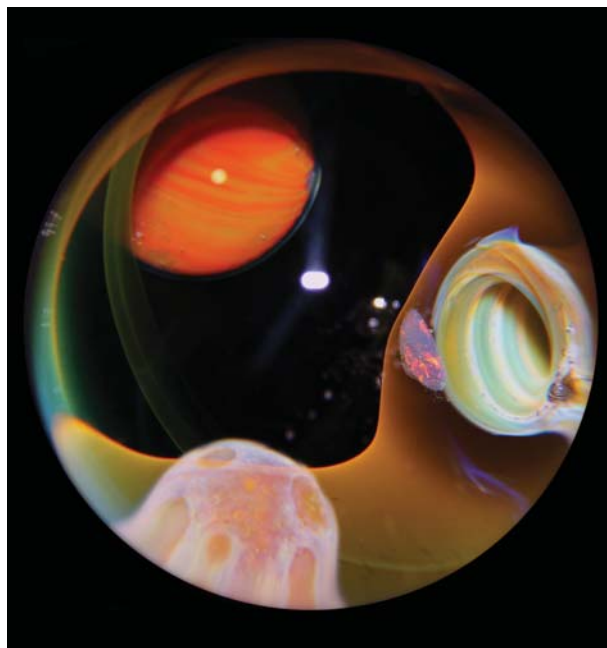
Jack Hanshaw



Mike Gong



Zack Jorgenson



Gateson Recko

pleasure to have him back, as his basketweave style has become iconic in the industry.

The list of artists that will be retailing their glass is equally as impressive. **Jack Hanshaw** is well known for his reef style work, which he started off in marbles but has now expanded to include amazing mini tubes, domes, dishes, and other functional glass. **Zach Jorgenson**, along with his wife Chelsea Bent, is responsible for some of the most amazing contemporary murrina. Some of their work can

take weeks, if not months to complete and the results are astonishing.

**Mike Gong** started as a functional artist but moved to marbles where he has simply exploded, developing amazingly unique styles that really set his work apart. He has since moved back into functional work as well, so we can all hope that he brings some with him. **Gateson Recko** is a marble artist who focuses almost exclusively on space-themed glass. His Universe Marbles are my personal

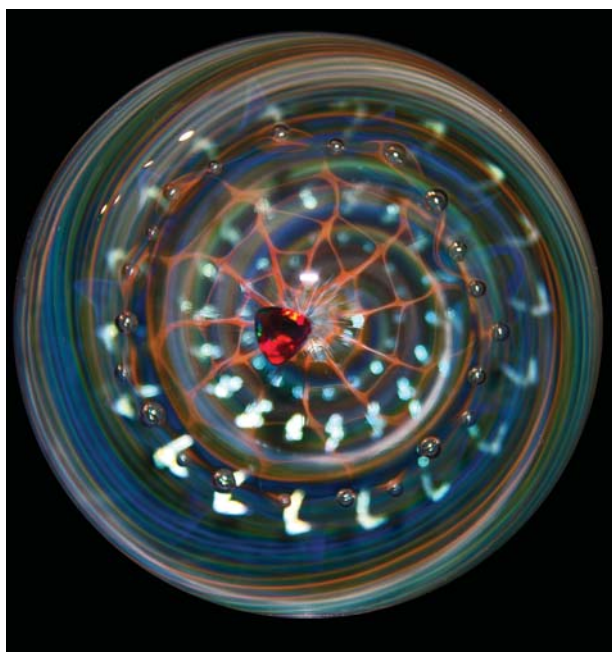




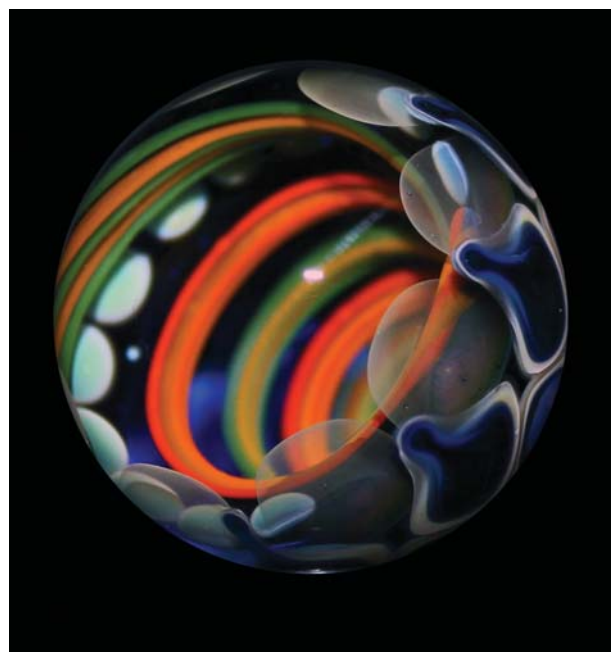
Jerry Kelly



Dave Strobel



Kenan Tiemeyer



Tim Keyzers

favourite style and if you haven't had the opportunity to hold any in your hands, prepare to be amazed. He also makes some amazing functional glass, including domes, dishes, and rigs.

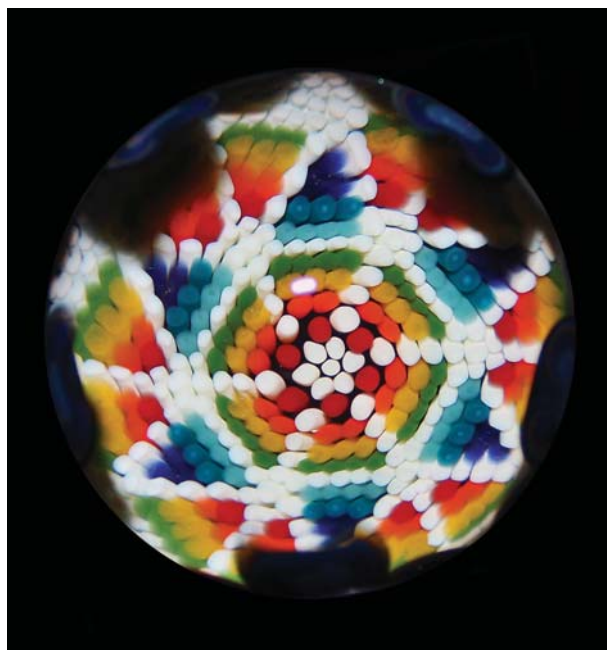
**Jerry Kelly** is an old school murrini artist who has made an impressive number of different images and murrini clusters. He does a lot of Grateful Dead themed work, so if you're a Deadhead you're going to love his art. **Kenan Tiemeyer** is a fuming master who makes ridiculously cool

and often very large marbles. He also dabbles in functional work, again focusing on fuming work.

**Dave Strobel** is a master in the murrini game, responsible for many of the most iconic murrini that have been made in the past two decades. He has a number of styles including underwater scenes and murrini marbles. He also does a lot of functional work, as well as marbles, murrini, and paperweights. **Tim Keyzers** is a marble maker with skills that go beyond just glassworking – he does awesome elec-



**John Kobuki**



**Robin Moore**



**John Bridges**



**Nathan Snyder**

transforming and also makes perhaps the best marble videos yet seen. He is innovative and unique and his work is not to be missed.

**John Kobuki** is one of America's best marble artists, known for dedicating himself to a single style of work – the compression technique. With it he has made the most beautiful flowers, jellyfish, and samurai marbles. To him the goal is perfection and it really shows in his work. **John Bridges** is a marble artist who tends to focus on fuming – he makes beautiful “eye” marbles that have a lot of depth

and design to them, each with a cool twist that really begs you to pick up his work and see it from all angles.

**Robin Moore** is a marble artist from Seattle who has worked across a number of styles but now is focusing his efforts on “sacred geometry”. He has worked with a number of glass artists and has been trained in cold working, flame working, and metal working. His work is beautifully presented and has a lot of thought behind it. **Nathan Snyder** is an artist who has spent a lot of time discovering and mastering the amazing properties of “fuming” – the





JP Toro

technique of including gold, silver, and other metals within the glass to develop amazing aesthetics. His designs are abstract and inspiring, exuding the feeling that time and space has stopped.

**Jason Burruss** is a jeweler specializing in cold-fusion jewelry who has exploded onto the glass scene with a number of collaborations with glass artists resulting in beautiful, one of a kind jewelry. He also enjoys writing philosophy and ties the two passions together by writing beautifully crafted descriptions of his inspiration for his artworks. **Travis Weber** is among the top marble artists in the world and has a style that is hard to describe. It is experimental, captivating, outlandish, and exceptional. It is always exciting to see what he will come up with next.

Lastly there will be two marble retailers, **Brian Bowden of Glass ORBits** and myself, **Jon Green, of the Green Marble Gallery**. So you can be sure that the work available will extend far beyond the artists who are coming. The selection that will be on display and for sale is sure to rival anything Canada has ever seen in one place. If you're looking to buy marbles, murrini, pendants, or functional work, you have got to attend the TY Expo. To make it even easier, all the glass art will be on sale right beside the Flame Off, so you can hang out with the artists, check out all the glass for sale, and watch the main event all at the same time. 📺

DONT MISS OUT...

# TY FLAME OFF

## Keeping



## People Advocating Cannabis Education

By Al Graham

P.A.C.E.

[www.pace-online.ca](http://www.pace-online.ca)

**A**s I write this it seems that spring is slowly making its way towards us, this brings thoughts of warm days, lots of sunshine, outdoor rallies and the trade show circuit. It's also a time where we try to get people out of their cannabis closet. To help with this, we have two very simple and easy suggestions for you. One involves doing something in person, while the other one allows you to stay in that closet but still gets you involved with the hope that the door will open down the road. In the same respect, P.A.C.E. also grows a little bit as it spreads its information to the East Coast of Canada.

### National Home and Canada Blooms Show

While we are waiting on this great weather to start it's also time to get ready to educate the unsuspecting at the National Home and Canada Blooms Show in Toronto. This ten day long show, which happens every year around the middle of March, is held at the Direct Energy Building located on the CNE grounds across from Ontario Place in Toronto, Canada. Each year Treating Yourself has a booth at this show, which happens to be largest of its kind in North America and attracts over 200,000 people from all over Ontario and the American states closest to the border. We'll be there educating people about cannabis and all of its benefits. We'll also be promoting the Treating Yourself Expo and handing out copies of Treating Yourself and Glass Culture Magazines. Next issue, I will fill you in on how things went. For now all I can tell you is, that the volunteer list is being prepared, dates and times are being arranged and that everyone who volunteers for this show looks forward to getting the opportunity to spread the truth about our medication.

### Ever thought about volunteering?

Over the years while attending the public shows with Treating Yourself I have discussed with many people about what's it like to talk freely in public about cannabis. I've told people about some of my experiences and some of the very touching stories that people have shared. I've also written about these people and shared their stories through my writings. The one thing that I often say is that I believe it's an experience that should be shared by others, an experience that can change you for a life time or one that will put a warm glow within your heart. If you're ever interested in volunteering at one of these shows then write to us and let us know. I look at it as; I can't ask you if I don't know you are interested. Take this as an open invite to participate as a volunteer. All you have to do is write me with some information about yourself and we'll go from there.

What's required? First thing, you must want to help educate others about the medicinal benefits of cannabis. We would like for you to be able to attend for the complete day or days that you are willing to help out and you must spend time talking to strangers about cannabis. For some people the hours can be long but other than that, talking to people about cannabis doesn't sound too hard, does it? What would you need to bring? Nothing but a big lunch for the whole day or you can purchase your food there. We always recommend comfortable shoes and to dress properly which would be something as simple as good jeans and a good educational cannabis shirt.

For many, the first time in the booth makes them nervous. Our suggestion to them is to watch us for a while and to listen to what we say. Sometimes if possible we get the





new nervous person involved in an ongoing conversation with a show goer, especially if they have similar situations. At that point they share experiences, the nervous person opens up, the show goer gets some first-hand experience and knowledge and everyone is happy.

**If you live in the Greater Toronto Area or the surrounding region and would like to get involved write us at [pace@treatingyourself.com](mailto:pace@treatingyourself.com).**

## Warm Weather Events

After we complete the National Home and Canada Blooms Show, P.A.C.E. will be off to attend some outdoor events as the weather warms up. In April many people from the area will be attending 420 rallies. At this moment we have a few options but the one I know we'll be involved in is the one in Peterborough, Ontario, Canada, with Blazin Wrinklz. While some of us will attend this event, others will either travel to Ottawa, Toronto or Niagara Falls to attend the rallies in these locations.

Following the 420 celebrations of April, May brings us to the Global Marijuana March at Queens Park in Toronto. Last year the city decided not to issue a permit for any event at the park because they had plans on rebuilding it. Even though there was no permit the march still happened and I'm sure it will be the same this year. An event that will go on because the people will gather no matter what anyone says or does, so watch for a future write up on this event.

We are also looking forward to the Treating Yourself Expo that happens at the end of May. As the time gets closer, people have been writing to offer help so we are

taking names of those who are interested in case help is needed. Many people are getting pretty excited to see some of their cannabis family, family that lives around the world. Fourtenty Deb hopes her friend DJ Slim will make the trek north and she is also looking forward to seeing the crew from ROOR. Others anticipate the return of the vendors such as Kelly of KDK Distributing, Arjan and Franco from Greenhouse, Luke and Simon from the Paradise and Serious Seeds. For some, it will be about getting together with all of the different cannabis advocacy groups to network or to have a chance talk face to face with someone that they haven't seen in a year. As early as mid February some of the volunteers had already gotten their hotels rooms booked.

## Website Update

In the last P.A.C.E. write up I touched on our new website, since then it has gone through several updates, changes and improvements. While I was very happy then, these new changes make me even happier. Throughout the whole site the P.A.C.E. logos have been corrected which have immensely improved the look. The sites background has also been changed from a green to a grey thus making it easier to read. The main page received some rearranging and the elimination of some items. There has also been some updating and corrections made in the wording of the P.A.C.E. description. We added a picture slide show, which shows people advocating cannabis education at events that we have been present at. Our Researchers page has been improved through the addition of a Canadian researcher, Dr. Mark Ware. We also improved the picture graphics used to identify the researcher and the links to the doctor's websites. The Google and Youtube search for each researcher has also been updated and corrected. For



our Supporters section, we added their company logo's to the page thus making it easier for you to find them. Even with this work the site is still not quite complete as we are presently in the process of building a News page. This section will send you to news websites as well as connect you to some of the best RSS news and music feeds on the internet today.

## Heading East

I'd like to take this opportunity to announce that P.A.C.E. has some feet on the ground in Fredericton, New Brunswick. This past summer our friends Glenn and Cindy moved from our area to their new home down east. Glen has settled in some and has started to communicate with a couple of the stores in his area. He has been able to talk to them about P.A.C.E and about what we have been doing. Because of this he has gained some interest from them about getting involved. He has received some of our brochures and has started to hand them out in these stores. Glen got involved with P.A.C.E. when he started coming out to our movies as a person looking to get a doctor to sign his paperwork. At this time he was a person that was "in the closet" as they say. He would never medicate in public or be seen at anything related to cannabis. I recall how he reacted when he got involved in the Vapor Lounge Review article back in January of 2012. With him being in the closet for so long he didn't realize what was happening around him and he was quite surprised to see things so open. Over time, Glen got involved locally with us and we would talk with him about how people reacted at the large public shows. While Glen was able to help with the Treating Yourself Expo he never got to experience a non cannabis show to educate people, which was something he really wanted to do. At times he would travel with me to deliver P.A.C.E. brochures or TY Magazines and had gotten involved in our tournaments featuring the board game called Grow op. He now takes that experience with him to the East Coast and is applying it in his

new home. Here at P.A.C.E I know we're very happy he opened that closet door and has gotten involved in something that I'm sure he never thought he would have at one time. I'd like to say thank you to Glen for continuing his work within the cannabis community in his new homeland and for helping P.A.C.E. in the past and into the future.



## Tweets

Quite often people will ask me how to get involved with P.A.C.E. While P.A.C.E. is small, our goal is not to become large but to get people involved, to get them to speak up and to help make changes. One way people can get involved and maybe still stay in their cannabis closet is to join Twitter. There are many facts about cannabis that get tweeted everyday by advocates from around the world. These quick facts provide people with information that you may not find unless you read a large report or it could be information you may have missed at some point. There are also funny things that people send out or quotes from politicians and other cannabis advocates that you can retweet yourself. If you join twitter you can anonymously resend these facts to your followers, who don't know exactly who you are but really like your messages, which they resend again. Having these constant messages go through everyone's twitter feeds is a constant reminder that there are two sides to the cannabis story.

## P.A.C.E. Social

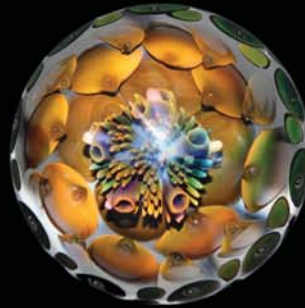
The P.A.C.E. Social is a time where people who support what we are doing get involved to help us raise awareness. This is usually done through our Grow Op tournaments that feature a real board game called Grow Op. It's a day out where medical and non medical people can get together with other like minded people and share stories or ideas. During the day and as multiple board games are played we talk with non advocates, people who have



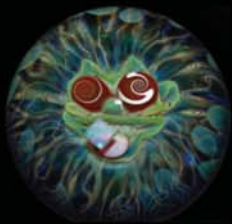
Featuring Hundreds of Pieces on Display  
by over 100 Glass Artists from Around the Globe...  
and our collection keeps growing every day!

# NOTJUST MARBLES

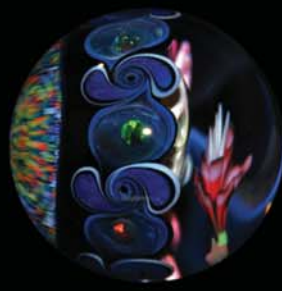
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Gateson Recko  
Jerry Kelly  
Kenan Tiemeyer  
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never been involved in cannabis advocacy, about what we do. It also allows them to see and hear what is going on and not being reported in the main stream media. These tournaments also happen because of our business supporters, who are owners that agree with what we are doing. They support us and we support them. We provide them with advertising in the P.A.C.E. Therapeutic Cannabis Links brochure which gets handed out to thousands of people, who accept them willingly at the events and the shows that we do on our own and with TY. This also gets their business name to those who seek cannabis information and to the people who may need their help. Our business supporters help by supplying us with prizes for our tournament prize table. Our last tournament saw companies such as Green Tree Eco Hydroponics donate a prize bag that was full of smokin' wooden art pieces to plant food. Pipe Dreamz in Peterborough donated pipes and a bong as well as a few other items. A stop at the Peterborough Hydroponics Center saw them donate everything from shirts to some PHC food products. The kind folks at Happy Dayz in Peterborough made our tournament winner a happy guy as Blazin Wrinklz, who had his choice from the prize table, claimed their donation of a fancy colourful bong for coming in first. BMA Hydroponics in Belleville donated a magnify glass, to bring things closer, as well as a self watering kit. Puff Puff Pass also from the City of Belleville kindly passed along a gift certificate to allow the person to decide their own prize. Treating Yourself items such as a TY Carrying Bag which included TY and Glass Culture magazines along with a 2012 TY Expo DVD was also found on the table. P.A.C.E. got involved in the prize donations by contribut-

ing some of our clothing items as well as a couple of cannabis calendars. A huge thank you goes out to all these businesses as well as our movie locations the Grindhouse Cafe, the Studio Café, and the Carpe Diem Cafe for everything these businesses do to help P.A.C.E. bring cannabis education to the people.



## Skype

Our cannabis educational movies are still being shown and the Skype calls are also still being done. Our most recent addition is the one we did with Jason Wilcox of the MMAR PPL/DPL Coalition against Repeal. Jason is heading up a possible law suit to stop the changes to Canada's medical marijuana program. To learn more I would suggest that you visit the coalition's site at <http://www.mmarcoalition-againststrepeal.com/> and watch our interview at the P.A.C.E. Youtube channel.

Unfortunately we have run into a few technically problems with some of our Skype interviews. The ones we did with the NORML Women's Alliance of Canada and Jim Leslie, a former law enforcement worker were two great interviews that we couldn't use because they didn't record properly.

We have now taken the Skype calls a bit further. With our movie night at the Carpe Diem Cafe in Peterborough being the same night as Matt Mernagh's live show on Pot tv, we have taken to calling into Matt's show and talking to him about the latest news in the cannabis community. The addition of Skype to Matt's program, I believe has led



him to see what we discovered, that it is a great way to bring cannabis advocates to the people.

There is a plan in the works to take this recording of interviews even further. What I am hoping to do is interview people while we are participating in the large shows for TY. This would bring their voice into the dis-

cussion and hopefully get them out of their cannabis closet and turn them into people advocating cannabis education.

P.A.C.E. Skype Interviews are available on Youtube at [http://www.youtube.com/user/peopleadvocatingm-mj?feature=results\\_main](http://www.youtube.com/user/peopleadvocatingm-mj?feature=results_main) 



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**Only 1 entry per person.**  
If more than 1 entry is received then  
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**Deadline for contest entry is  
July 1, 2013**

Winners name will be announced in  
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Winner will be contacted by  
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TY Visits the

# CHAMPS

## Counter-Culture Expo

Brodie Helsdon  
staff writer

**T**he CHAMPS 2013 Tradeshow in Las Vegas was held at the Las Vegas Convention Centre from February 20th – 22nd and included a variety of exhibitors from the cannabis world; the show itself does not center on cannabis but instead the products that surround the consumption of it. This business to business counterculture expo featured over 500 vendors from vapor pens distributors to bong cleaner, a glass car demolition derby, a two day collaboration with glass artists Buck and Banjo as well as 25 glass blowers competing in a functional glass competition for cash and prizes.

**Treating Yourself Magazine** shared a booth with its sister publication, Glass Culture Magazine, a functional and contemporary glass art magazine and was also assisted by TY writer; Jeremy Norrie, he was also representing his own venture, RigRigs. They are custom “rags” available

in a variety of designs that you can use to clean off your “dabbing” tools, after vaporizing budders or oils on your “rig.”

The TY booth was a big hit with regular visits from long time readers, fans, visitors excited to try out some new reading material, fellow exhibitors, show officials, TY business partners, and many more. During the show we managed to make friends we surely won’t forget and look forward to seeing them again at future events.

It was a great experience having readers visit the booth from all over North America, pick up the latest copy of TY, and let us know that they really connect with the writing in our publication. Many medicinal users were making the same comments about finally finding TY; that they’d had a lot of difficulty finding a publication that has articles in it that they can actually relate to, articles





that focus on living an everyday life while coping with an illness that requires you or your love ones to consume cannabis as a medicine.

**Glass Culture Magazine** promoted its new publication centred on contemporary and functional art glass from our booth as well as covering the Glass Games, glass artist collaborations and the glass car demolition derby; here are some of the highlights from their experience. The Glass Games competition area was set up directly in the middle of the expo, this allowed spectators to walk around the Glass Games from all four sides and view each artist performing their craft. Twenty-five artists competed for two days in a competition to create the best piece of functional glass art. Creations ranged from model functional “recycler” trucks, bubbling water creations, worked sound pad DJ sets, smoke-able swim wear, pieces that ought to appear in galleries and never

smoked and more. Eight glass artists were lucky enough to be presented awards for their efforts.

**The Champs Glass Games** also featured an **epic collaboration between glass artists Buck and Banjo**. They shared their skills and intellect for 2 days, creating and assembling their depiction of “The Three Wise Monkeys” entitled “Hear No, See No, Speak No.” An expression of wisdom and truth, the symbolism of the three wise monkeys varies around the world but generally makes reference to society dealing with life’s negatives by turning a blind eye. We had a chance to catch up with Buck since the Glass Games and he reflected on his experience working with Banjo. “The piece was a perfect blend of both our styles and was a blast to assemble. It’s been years since we’ve worked together. I am thankful that Champs created an opportunity for us to work together again.”

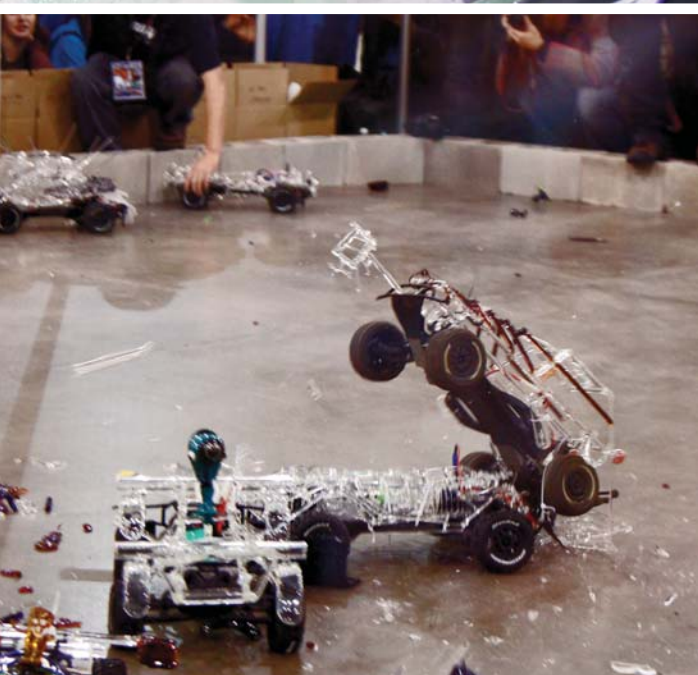








Clockwise from left:  
**Glass artist HAMM's creation**  
**Rob Van Dam visiting the TY Booth**  
**Glass Car Demolition Derby**  
**Buck and Banjo admiring their collaboration**



Following the end of day one working the floor, everyone in the building flocked to a special glassed in arena designed for the Glass Car Demolition Derby. The procedure was as simple as it sounds; all participants lined up their glass demolition creations in the middle of the arena and went to town on each other for timed rounds, the last car with the most glass remaining wins! Within seconds of the first round, glass was shooting all directions, some cars flipped over, and some were airborne for just a moment and out of commission for the remainder of the derby. Hamm was the victor with a remote car that reflected many of his past creations; covered in glass bubbles from all four sides. Best in show went to Jason Stiles for his glass replica Fred Flinstone foot-mobile with the whole crew aboard.

It's apparent when you walk in the door at CHAMPS that it is a well established trade show that takes place around the country but the beauty is that it has a warm, welcoming vibe where attendees transform from strangers to friends upon eye contact. The CHAMPS expo is a concentrated collective of companies dedicated to providing the counter-culture world with quality products and innovations, it's the industries that this expo represents that fuel the retail shops and services that we so often rely on for smoking or vaporizing our medicine. 📷





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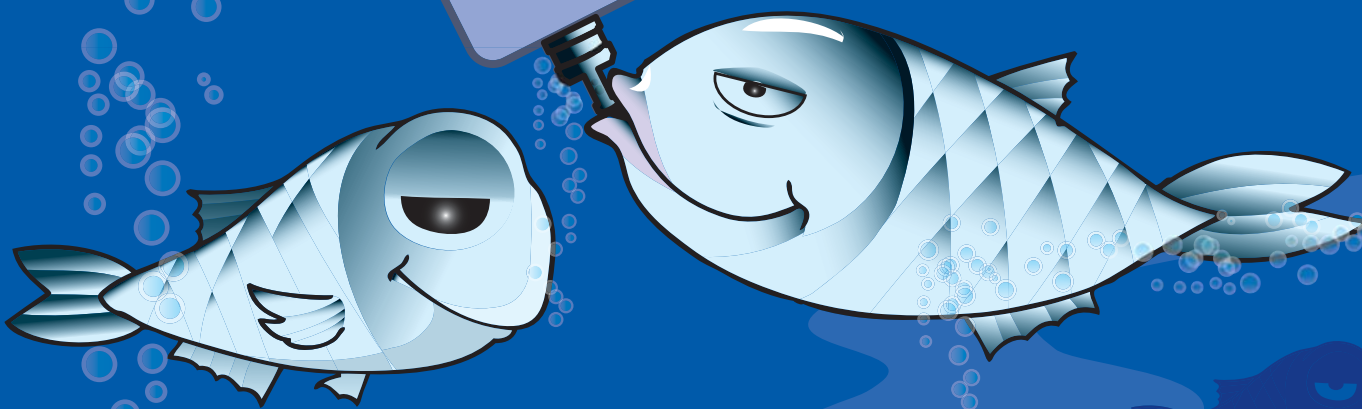
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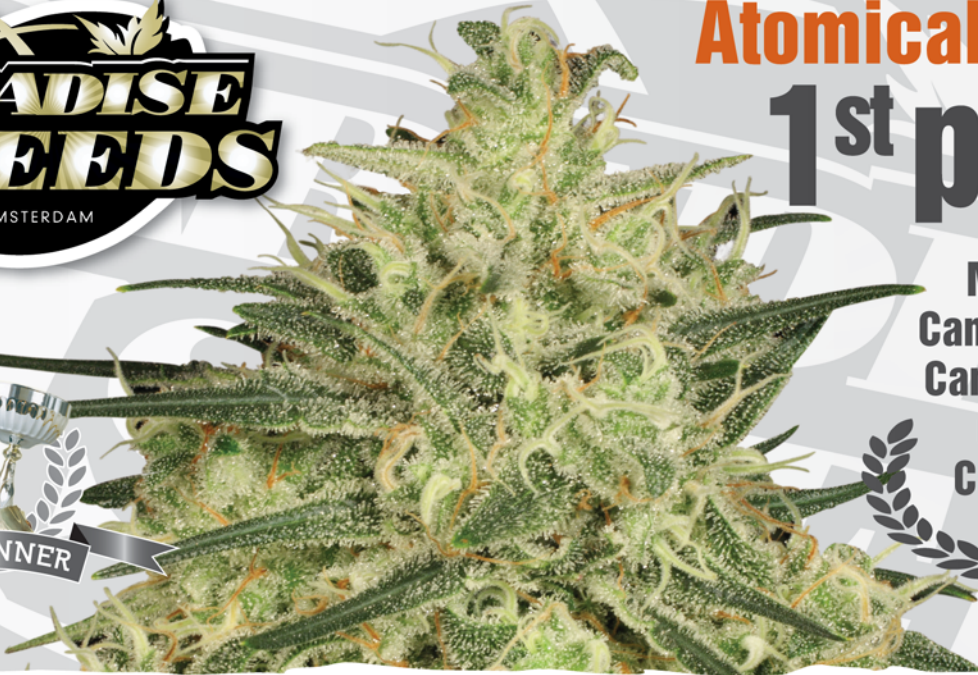






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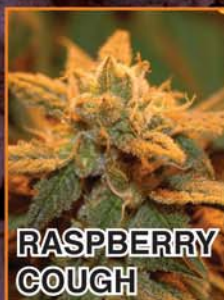
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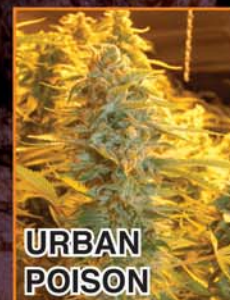
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