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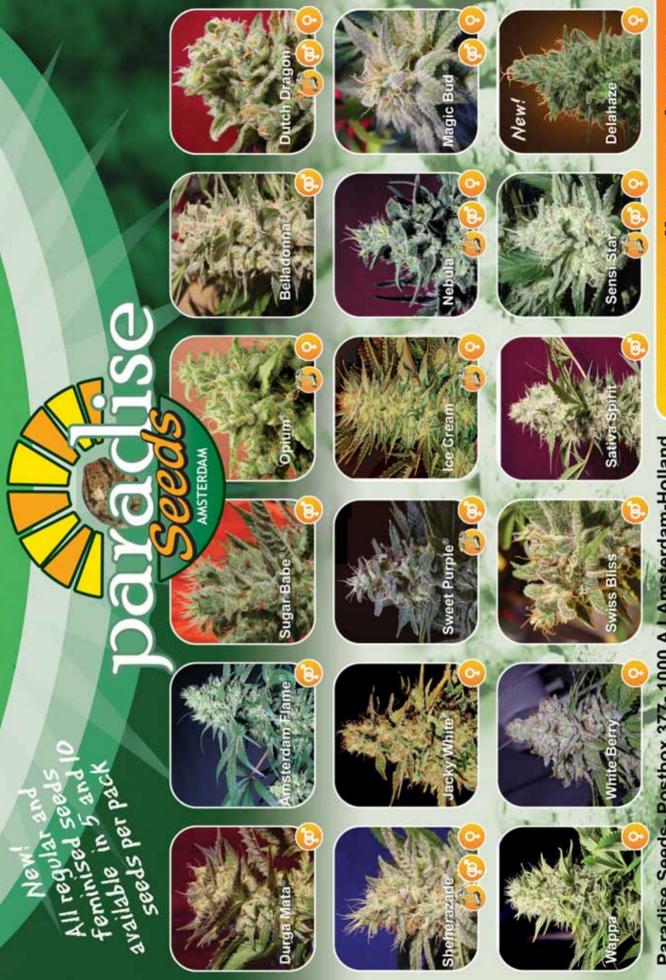
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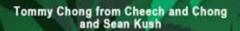
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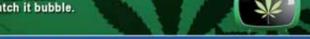
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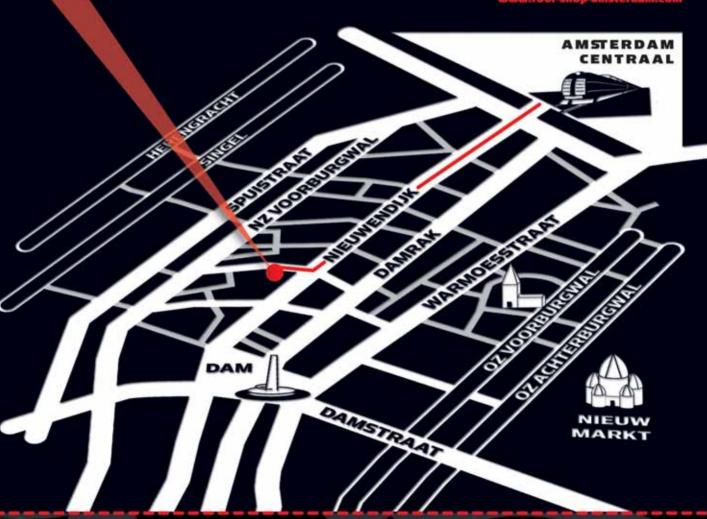
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Is legalization

We are getting close to having marijuana legalized in the State of California and, who knows, maybe all of North America. All that it will take is for the residents of California to cast their vote to legalize marijuana in the November elections. Now the real reason that it's even on the ballot is because of the dreadful financial situation that the State of California is in - not to mention the FAILED war on drugs! Now I'm not saying that Proposition 19 is 100% perfect, but it's a start. I do believe that patients need to be protected and to also allow them to grow in a much larger area than the 25sq. ft. which is being proposed. If California does in fact legalize marijuana, I see the rest of the United States following suit. Let's face it - marijuana is a multibillion dollar industry which could generate some much needed revenue for both the State and the Federal Government. Legalization also means that less time is spent on chasing marijuana users by law enforcement and more time is spent on chasing down rapists, murderers, etc. I also see other countries following suit, as they won't have to worry about the US Government telling them about the dangers of marijuana when they themselves have it legalized.

I have just recently travelled to Thailand in hopes of getting their government to implement a Medical Marijuana program plus to also allow patients from other countries to be able to have access to their medicine. I did a presentation which was well received and Dr. Weerachai will be making a recommendation to the



committee when they meet on October 7, 2010. If it receives approval by the committee it can take up to five years to implement. In Europe, patients can travel to other European Union countries EXCEPT the UK with their Medical Marijuana, even if the country that they are travelling to doesn't have a Medical Marijuana program in place. You see these countries are abiding by a treaty that they signed that allows patients to be able to travel and use their medicine of choice while travelling. How cool would that be if both the American and Canadian govern-

Marco's Editorial

around the corner?

ments had such a treaty? What about a WORLD WIDE treaty? I do believe that such a treaty is in existence but it has yet to be implemented or challenged. I know that if I had a prescription for Demerol, Zanax, Valium or any other pharmaceutical drug that I would be allowed to travel with it. So ... Why not Medical Marijuana? My main concern is that for the patient that chooses to use marijuana as their medicine. I believe that we all have a right to choose what we medicate ourselves with. Herbal remedies have been around for centuries and marijuana has been used in medications long before REEFER MADNESS and proof of that is still in existence.

Now I am also interested in knowing why none of the Cancer Societies are not investing any of their research funding into marijuana and how it helps various forms of cancer. There has been several scientific data which states that marijuana helps various forms of Cancer so why aren't these folks invested in this research? Could it be that they are only interested in TOXIC ways to help Cancer patients? Now I understand that the scientific studies done show that only certain forms of cancer are eliminated but why not do more research to see which forms exactly get cured by using marijuana. There are more and more doctors telling their patients who are going through chemo therapy to use marijuana to help them cope with all the adverse side effects.

So my friends, my job is still not complete. My goal is to help educate politicians, doctors, skeptics across the globe and my next stop will be in Vienna Austria where I will be a guest speaker at Cultiva which is being held Oct 29 – 31. I hope that if you are in Vienna at that time, you will take in not only the fair but also take in all the speakers who have travelled from across the globe to help educate the uninformed.

Until next time Take Care and Peace Marco Renda





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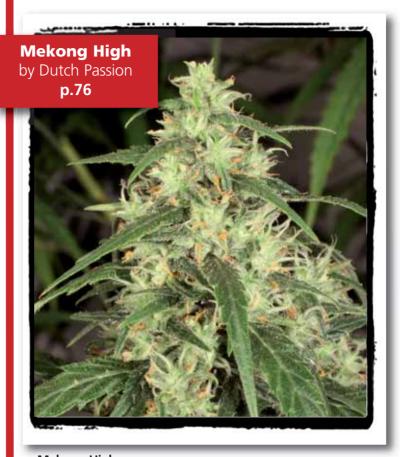
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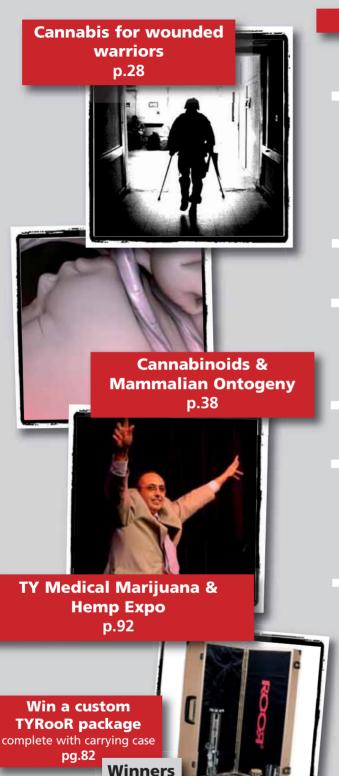
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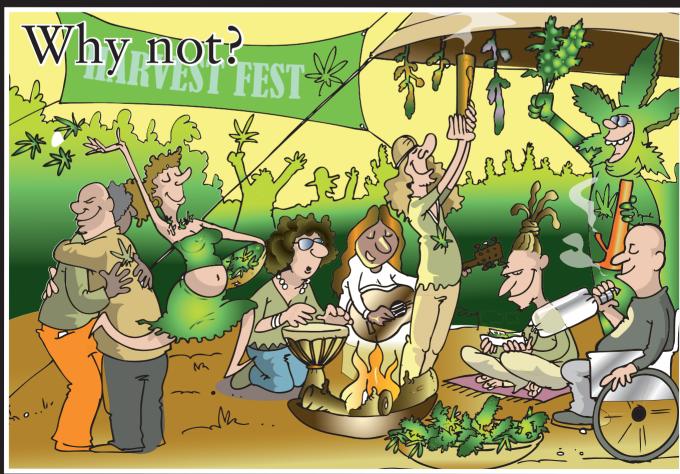
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Elemental

Italian Guru and Activist

By Lazystrain

At the beginning of August Soft Secrets was very much saddened to hear about the passing of the Italian Cannabis Guru - Elemental.

Elemental was only a young man, a peaceful person, with respect for nature, and every person and plant he ever came across. Elemental was a highly valued and fondly respected member of the international online cannabis community - an extemporary Teacher for us all. Unfortunately his life was taken from him unexpectedly, which came as a major shock to everyone that had the pleasure of his time and wisdom.

Elemental's undivided passion for everything about cannabis was clear from the start. Always busy in the Soft Secrets chat-room (and other cannabis chat-rooms) translating 'English into Italian' and 'Italian into English'- always unselfishly working for the benefit of other online members first, before thinking about himself. Always sharing his knowledge with others and expressing his values of peace and unity - nurturing people's aspirations and shared love for growing cannabis.

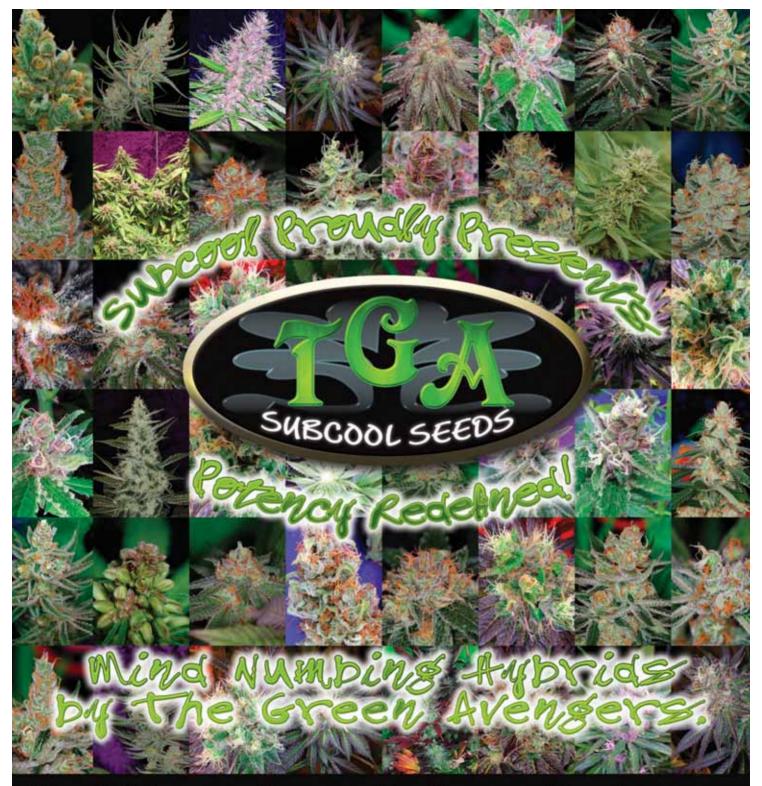
Elemental is famously known for his online 'avatar' (computer logo) a cartoon character of

himself. Likewise his always colourful photographs, images, and step by step tuition, on how to deal with all aspects of cannabis culture, inside out, will be sorely missed by everyone. Elemental's always informative approach, on how to do things organically (as an online-student of Soma) modestly turned Elemental into the Italian guru's Guru. His word if not definitive was listened to by all.

Elemental's threads (computer postings), on subjects as diverse as the latest ice resin extraction techniques, or his own calculated methods of making organic fertilizer and guano tea, at home on the domestic cooker - are now the context of legend, and the stuff that real Cannabis Culture is actually made of!

Elemental was one of Italy's, and Europe's, leading Cannabis Activists. Our thoughts are with his friends and family during this time. Rest in Peace.





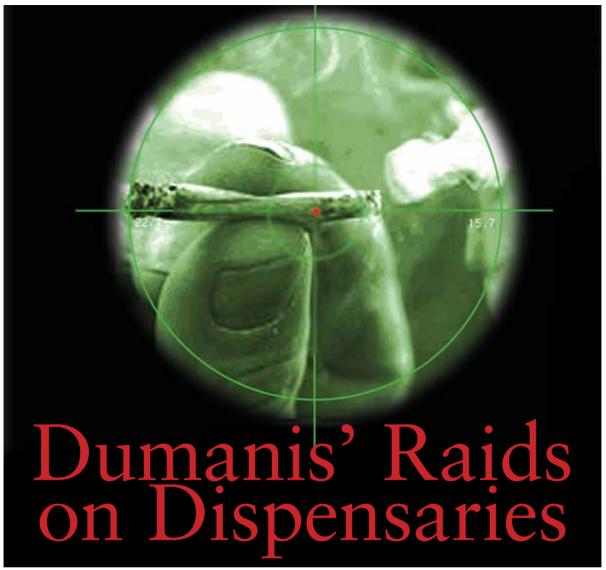
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One Year Later -Still Through the 'Barrel of a Gun'

by Eugene Davidovich

SAN DIEGO - On September 9, 2009 the San Diego Cross Jurisdictional Narcotics Task Force (NTF) launched an all day assault on medical marijuana in the county. Swat style raids on over fourteen medical marijuana collectives and cooperatives were conducted and over 30 medical marijuana patients were arrested that day alone.

The combined state/federal action was part of Operation Green Rx, a continuous effort by District Attorney (DA) Bonnie Dumanis to eradicate all dispensaries from San Diego. This specific operation has included three rounds of raids on dispensaries in less

than two years; August of 2008, February of 2009, and September of 2009. The last round most commonly referred to as the "9/9/9" raids has raised the most questions about how far Dumanis will go to reach a conviction and subvert state law.

Dumanis justifies these actions and her continued waste of resources by claiming that all dispensaries are illegal because not all the members are actually participating in growing the plant 'collectively or cooperatively'. According to Dumanis, only a group farm/community garden type of setup is a legal way to distribute medicine, where disabled patients from convalescent

homes and hospitals have to roll up their sleeves and plow the fields, in order to continue their treatment.

The raids and her skewed interpretation of the law drew outrage from concerned citizens from around the state. Patient rights organizations quickly condemned the action and advocates from around the nation protested that medical regulations should not be at the barrel of a gun and that the raids hurt patients who depend on medical marijuana.

"Very little has been achieved by the local-federal operation to shut down dispensaries and hinder safe access in the San Diego area," said Kris Hermes Director of Media Relations with Americans for Safe Access (ASA), the country's largest medical marijuana advocacy group. "DA Dumanis has failed to achieve convictions stemming from these raids and, given the weakness of her claims, any further investigations should be better conducted, and certainly no raids, arrests and prosecutions should occur unless Dumanis is certain there is evidence of state law violations. So far, she has been unable to provide sufficient evidence of state law violations."

A year later, the only two cases that went to trial out of all the Operation Green Rx arrests in state court resulted in acquittals; Jovan Jackson won his case related to the August 2008 raid and the author of this article was acquitted of all the charges related to a raid in February of 2009. In both cases, jurors complained that the DA's interpretation of the law was not correct, that the defendants were not guilty, and that the cases should not have been brought to trial.

After the two high profile losses, the DA instead of reconsidering her approach, decided to ramp-up her efforts. It appears she has now allotted more funds for investigations, has refused to work with the San Diego City Council on a sensible regulation, and is proceeding with prosecuting Jackson again.

Of the 30 plus people arrested on 9/9/9 and over fourteen facilities raided, only two individuals have since been charged in State Court; Mr. Dawson and Mr. Jackson, both African-American and both members of the Answerdam collective.

Mr. Dawson after spending more than 80 consecutive days locked up was pressured into accepting a plea deal to one count of sales.

Mr. Jackson is facing a second trial for charges related to the 9/9/9 raid even though that day he was in custody in connection with the first raid on August of 2008.

Regardless of the fact that Jackson was already resolving the issue of whether Answerdam was a legal collective in court, the DA still decided to charge him for the September 9th raid, and since his acquittal of the

charges related to the August 2008 raid, has not dropped the case, rather focused her efforts on preventing Jackson from presenting a medical marijuana defense.

"The prosecution of Mr. Jackson would not have been pursued except for the discriminatory design of the District Attorney's office," said Lance Rogers, Mr. Jackson's defense attorney. "He has been deliberately singled out for prosecution on the basis of his race. Law enforcement investigated Answerdam for two years. During that time, they observed at least ten non-black suspects actively involved in the possession, sales, distribution, and transportation of marijuana. When Answerdam was raided in 2008 and 2009, non-black individuals were detained at the scene. The only persons charged by the DA's office are black males. Over a dozen other marijuana collectives were raided on September 9, 2009. Of those, Jackson and Dawson are the only persons charged in San Diego Superior Court. The District Attorney's Office has offered no explanation as to why these two black men are the only persons currently being prosecuted".

It appears that aside from being in fear of prejudicial prosecution for using medical marijuana, patients now must fear prosecution and discrimination based on their race.

After suffering two losses, Dumanis realized that the law is clearly on the defendants side and the only way she could possibly win a case of this nature, is if she somehow succeeds in denying Jackson a defense in state court. Where Jackson, would be prevented from presenting to the jury the entire truth including the fact that he was a medical marijuana patient and that Answerdam was a collective that only allowed qualified patients to become members.

To ensure that a denial of a defense would be possible in Jackson's case, Dumanis teamed up with one of the staunchest opponents of medical marijuana in the San Diego Superior Courthouse, former 16 year veteran prosecutor, Judge Shore whose decisions on this issue have previously been overturned in the People v Konow case, a landmark medical marijuana ruling in which Judge Shore was told by the appellate courts that he overstepped his authority.

Instead of recusing himself from this case in light of the clear conflict and personal bias, Judge Shore decided to go against the California Attorney General interpretation of the law, as well as the rulings of many other Judges across the state including two in the same courthouse.

"The raids and subsequent prosecutions clearly prove the District Attorney is on a personal and biased cru-



sade against the states medical marijuana laws. Dumanis' form of justice is now as clear as day. Out of 30 plus individuals arrested, two were 'black males' and only the 'back males' were prosecuted in her court," said Marcus Boyd of San Diego Americans for Safe Access. "The healing process for patients is complicated with the constant anxiety and fear of prosecution while working collectively to obtain and provide safe access to medical marijuana. Moreover, the continuing fear of raids is still preventing safe access to patients in convalescent care facilities and hospitals who are the very patients Prop 215 was intended to help. Raids have never been the answer. The answer has always been simply to work with the counties and City Councils' in providing reasonable regulations for safe access, as required by law and supported by the most recent San Diego County Grand Jury report."

"Whenever patients are threatened or intimidated such as this, there is harm perpetrated on the patient community. Furthermore, if access is hindered or cut off as it has been in years past in San Diego, then patients are directly impacted by having to find other sources of medication, some of them illicit, or simply go without the treatment their entitled to. DA Dumanis should abandon her campaign against the implementation of medical marijuana laws in San Diego. Instead, Dumanis should assist the San Diego City Council and County Board of Supervisors in crafting regulations that will both serve patients and protect all members of the community", added Kris Hermes of Americans for Safe Access.

Concerned citizens from across the county are calling on Dumanis for an immediate cease and desist to her waste of our precious resources through these vindictive prosecutions and to end the abuse of legitimate medical marijuana patients in San Diego County.

Jackson is due back in court on Wednesday, September 15, 2010 in Courtroom 15, at 9am. That day Judge Shore intends to rule on the details of how he and the Deputy DA Chris Linbergh intend on making sure the defense makes no mention of medical marijuana during trial, as well as begin the jury selection process.

Further Information:

ASA Press Release about Denial of Medical Marijuana

http://www.safeaccessnow.org/article.php?id=6086

Amicus brief filed today by ASA in support of Jovan Jackson:

http://AmericansForSafeAccess.org/downloads/Am icus_Jackson_Trial.pdf

Interview with the Jurors after Mr. Jackson's first trial: http://www.youtube.com/watch?v=OO-je9vvn-o

San Diego Americans for Safe Access www.SafeAccessSD.org

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Did Jackson break the law?

By Eugene Davidovich 9/23/2010



SAN DIEGO - Wednesday of this week marked the third day of arguments in the second medical marijuana trial of Jovan Jackson a founding members of the Answerdam collective, patient, and US Navy Veteran.

The second trial, just as the first is being held in state court. Both have drawn lots of local media attention. outrage and questions from patients, and have stirred up controversy and concern in the medical marijuana community across the state.

Some not familiar with the case, seem to assume Jackson violated the law. There are theories circling the community that he is charged with selling medicine to someone without a valid recommendation or that a patient with an expired recommendation got into the facility and bought medicine making that sale illegal. The second trial has baffled many, and as a result people are simply assuming the worse, that there has to be something that justifies two raids and two trials.

The maddening reality is that both arrests and trials of Jovan Jackson have yet to be justified.

In both the first and second trial Jackson has not been charged, accused nor has there been any evidence brought forth that he violated Prop 215, SB420, or any other state or local law with regards to medical marijuana.

Jackson helped form the Answerdam Alternative Care Collective formerly located in Kearney Mesa, a commercial area of San Diego. This facility as all others in the state, helped facilitate transactions between members and qualified medical marijuana patients.

This means, it was a dispensing collective, commonly referred to as a "dispensary".

In a commercial office park, in a very clean and inviting setting, patients who grew their own medicine and had extra, could bring it in and be reimbursed for their expenses and cost of the cultivation. Other members, who could not grow their own, bought the marijuana grown by other members.

Every single member of Answerdam was a qualified patient. All 1600 were screened, verified, and required to fill out the proper paperwork prior to joining.

Does that process sound familiar? It is to every medical marijuana patient in the state.

This is the same manner in which just about every dispensary in California operates. Some may have different forms, a nicer TV in the reception area, but overall the idea, theory, operation, business practice, interpretation of the law, or whatever you want to call it, is the same.

So how are they able to prosecute Jackson?

Well, in Jackson's first trial, an undercover officer went to a local doctor, lied about his symptoms and condition, obtained a legitimate medical marijuana card and joined Answerdam. The undercover bought a small amount of medicine, paid in cash, and left.

A few months later in August of 2008, Jackson was raided, arrested and charged with sales and possession of marijuana for sale in connection with the Answerdam dispensary. Jackson refused to take a

plea deal and as a result, his case dragged on for months, while Answerdam remained open to its membership.

A year after the arrest, on September 8, 2009 while out on bail and in court for yet another hearing on charges related to the first raid, Jackson was suddenly taken into custody. Judge Laceter ordered the incarceration, claiming that Jackson needed to go through a psychiatric evaluation after he insisted on dismissing his public defender and representing himself. The next day, on September 9, 2009 Answerdam was raided for a second time by the same detectives that raided the place a year prior.

Jackson passed his psychiatric evaluation, was held for an additional two weeks and then finally released, at which point he brought onboard Lance Rogers, a private criminal defense attorney, to represent him.

The DA filed the second raid under a new case, set it aside, and focused on prosecuting Jackson for the first raid.

In December of 2009, the jury for Jackson's first trial was selected, evidence presented on both sides, and testimony heard from witnesses including the undercover detective who made the buy.

Less than four hours after beginning deliberations, the jury returned a unanimous not guilty verdict on all marijuana related counts including sales, possession for sales, etc.

This loss caused serious damage to the DA;s reputation and putt a kink in her plans to raid the rest of the facilities. San Diego District Attorney Bonnie Dumanis vowed not to give up the persecution and went after Jackson again. Hoping to find through this case, a means she could use to shut every dispensary in San Diego down.

In the second case, it must be that that the DA finally found something on Jackson, evidence of sales to non patients, lots of cash, or something else along those lines, right?

Wrong again. No evidence of the sort has been presented to date. No evidence of profit, no evidence of sales outside the closed circuit, and no evidence of cash or large sums of money. The prosecution keeps singing their same song, that "all dispensaries are illegal".

Their theory in both cases has been that sales of marijuana in any way shape or form are criminal. Unless all patients actually participate in growing the marijuana, the operators, employees as well as members of the facility, are criminally liable and are aiding and abetting criminal activity.

In the first Jackson trial, Judge Bashant allowed the jury instruction that discusses collective/cooperative cultivation to be read to the jurors. As a result, Jackson was acquitted. When the jury saw the actual law in its entirety, they found Jackson to be in compliance and not guilty of the crimes charged.

A similar situation occurred in the Davidovich case in the same courthouse a few months after Jackson's first trial. In his case, jurors also saw the law in its entirety. The collective/cooperative jury instruction was read and Davidovich was found not guilty of the crimes charged just as Jackson was a few months prior.

Jurors in both cases stated after the trials that the current state of the law in California is such that as long as the patient is valid and is a bona-fide member of the dispensary, the transactions between those patients are legal.

Even after having their 'group farm' theory debunked twice by jurors in the San Diego courts, the DA's stance and policy still continues unchanged.

So without changing the actual law itself, how could Dumanis win? ⊳



They can't. This is why the DA decided to take a different approach. In Jackson's second trial, they simply manipulated the law that the jury gets to see and base their decisions on. Judge Shore in Jackson's second trial, decided to outright exclude the collective/ cooperative cultivation portion of the law from being read to the jurors.

In the second trial of Jovan Jackson the portion of the law under which he was acquitted in the first trial, was simply deleted.

The Judge's reasoning for this modification of the law was driven by the prosecution's theory that all 1600 members of the dispensary, wheelchair bound or otherwise, did not roll their

sleeves up and plow the same field together.

Even though evidence was presented before the trial through Iovan's own testimony, that he along with other members of the collective grew cannabis, according to Judge Shore, because all 1600 members did not participate in that effort together, the collective/cooperative defense did not apply, and had to be removed from the jury instructions.

Aside from successfully eliminating the defense at Jackson's second trial, the prosecutor also attempted to physically have Jackson's supporters removed from the courtroom.

On Monday of this week, the first day of opening statements, Chris Linbergh the prosecutor, had the Judge order a large metal detector and sign be erected in the hallway outside of the courtroom and all supporters wearing an Americans for Safe Access (ASA) shirt or displaying any political messages, to stay at least 25 feet away from the Jurors.

That day, all the supporters sitting in the courtroom were handed a sheet of paper warning them that the penalties for jury tampering could be severe. The bailiffs that day also forced the supporters to remove any articles of clothing including purses that displayed the ASA logo.

Following the intimidation tactics employed by the district attorney's office on the first day of arguments, on the second day, the numbers of people sitting

behind the defense side continued to increase, and it appeared that no one was scared away.

The proceedings on the second day began with chief investigator Detective Mark Andrew Carlson taking the stand and testifying about the second raid he led on Answerdam. Prior to Carlson taking the stand, the fact that the first raid occurred and that Jackson was acquitted in the first trial, was ruled irrelevant by the Judge and ordered not be mentioned in front of the Jurors.

Carlson while on the stand, described in nauseating detail the nine jars seized from the dispensary, the steps he took the day of the raid, the surveillance he

> conducted, etc. He was on the stand for hours and seemed to simply be placed there to waste the courts, jurors, and the defendant's time, shockingly the Judge allowed this to go on with no interruption.

The circus continued, with the DA calling to the stand a detective who simply at one point in the case was asked to transport the marijuana seized from Answerdam to another location. The purpose of his testimony was to supposedly show that the marijuana was properly handled when moved from one place to another, and that it was in fact him that moved the evidence.

This colossal waste of time was followed by the testimony of a Drug Enforcement Agency (DEA) chemist, who testified that the marijuana seized from Answerdam was scientifically tested using gas chromatography and was found to actually be marijuana. What a surprise!

The only worthy and relevant part of that day, was when the security guard who was hired by Answerdam to watch over the facility and deter burglaries, got on the stand.

His testimony was shocking.

He revealed that when the undercover officer arrived at Answerdam during one of the buys, he recognized him. Not only did he know that this man was an undercover narcotics officer, but he also turned out to be a long time friend of the security guard.

The security guard went on to say that he did not

stop the undercover or say anything to anyone at the facility until the undercover left. After the detective was nowhere to be seen, he told the other members inside of the police visit, called Jackson, asked to urgently meet him, and quit on the spot.

Aside from telling this shocking story of a personal connection with the undercover officer who legally bought medicine at Answerdam, the security guard also testified that only qualified patients and members were allowed into the collective and that his job specifically was to act as an additional layer of security and to check members paperwork outside the facility before even letting them into the dispensary.

The next day on Wednesday, the undercover officer that made the buy at Answerdam took the stand and with his testimony confirmed for the jurors and everyone in the courtroom that his recommendation was in fact valid when he visited Answerdam. The detective even described how he obtained the recommendation. He said he lied about a serious back injury and as a result, the CA licensed physician he went to see issued him a recommendation to use marijuana in treating the back pain.

When describing his encounter with Answerdam, he talked about completing all the paperwork along with providing his medical marijuana recommendation to the members there before making the purchase.

Towards the end of his testimony, he was asked about his relationship with the security guard and whether he recognized him upon entering Answerdam. The detective hesitantly admitted that he did.

Realizing that his testimony was only helping Jackson, the detective stated that his interpretation of the law was that all dispensaries are illegal and that the three that he had visited as an undercover, were all the same, illegal. The detective wanted to make sure everyone understood his stance on the issue.

Following the detective's testimony, the jury was excused and a discussion about the portions of the jury instructions not gutted by the Judge took place in the courtroom.

The prosecution, defense, and Judge agreed to continue the proceeding on Monday morning at 9am, September 27, 2010 in Department 15, when Lance Rogers, the defense attorney will begin his opening statements and case in chief. The case is expected to be wrapped up that day, and the jury could be in deliberations as soon as Tuesday.

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Many people following this trial believe that future raids and prosecutions of medical marijuana dispensaries and patients in San Diego could very well rest on the decisions jurors make in this case.

San Diego Americans for Safe Access www.SafeAccessSD.org

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Al Byrne co-founder, Patients Out of Time www.medicalcannabis.com

has to be the first question each of us asked when we were kids. It's one word and it has changed everything and continues to do so every day in the world in which we humans co-mingle with Mother Earth and her other inhabitants.

I thought Patients Out of Time should answer some questions seldom asked. Ask why about medicinal cannabis:

does the United States federal government declare as national policy that the cannabis plant be prohibited from human use for any purpose?

Citizens and policy makers alike have no idea why that policy exists. There are those that do, including many that read TY, having studied the history of US cannabis prohibition, but the vast population knows only what it knows and what it has been taught by government propaganda for decades. Recalling the hemp-cannabis history of the US; cannabis' 5,000 year therapeutic history; the plant's contribution to the WWII war effort; bio-fuel capability; and the enormous financial impact on US and world society has been done to exhaustion. What cannot be recalled is the logic behind the plants abandonment by humans. There was no logic only money and false fear.

if there is no medical value to cannabis, has the US federal government shipped my friend Irv Rosenfeld more than 115,000 cannabis cigarettes?

It's because Irv and others, now by death shrunk to four US patients, were part of a "compassionate" program that was closed in 1992. That was the year the federal government gave up compassion for future cannabis patients. Irv receives 11 cured ounces of cannabis every 23 days. The normal issue is old, maybe canned ten years earlier, dry to the bone and the pre-rolled cigarettes, a hold over from Bob Randall's original agreement with the US feds prior to the compassionate program, contain stems and seeds. Irv and the others unroll the cigarettes, rehydrate the swag. Three smoke it while glaucoma patient Elvy Musikka prefers using it in cookie form.

did the government of the US not study the effects of the long term cannabis use on these federal patients over almost 30 years?

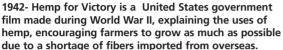
I believe the answer is because those handling the compassionate program did not want to see compassionate results. It is true that the primary physicians of these four patients have and continue to this day submit to federal authorities their report of their patients condition. A complete analysis of any of the patients' health has never been an interest of the US. Under the leadership of Dr. Ethan Russo, Patients Out of Time conducted an in depth evaluation of these 4 remaining federally supplied medical marijuana patients in 2001. Just as the federal health authority feared the patients were all in good health. The full report can be found on our

website at www.medicalcannabis.com under the tab for "The Missoula Study."

if cannabis has no medical value does the US federal government have a patent on the use of cannabinoids for certain medical conditions? The short answer is that cannabis does have medical value and the US







health care authorities know it. A longer answer may be that these Health and Human Services folks are just hedging their bet. "Maybe its medicine, maybe its not. How should I know?" A patent covers any future event. Got it, if it goes to a new schedule, just paper if it doesn't. The United States' history of hubris is on display daily and no more so than in the "drug war" that concentrates its effort on cannabis. To forge ahead with a policy of prohibition while buying in to the inevitable future of cannabis as medicine is one more dysfunction I guess we can legitimately chalk up to cannabis.

, if cannabis has no medical value, is the primary psychoactive compound of the cannabis plant, THC, created in a laboratory and suspended in sesame oil in a pill form (Marinol®) in Schedule III?

Apparently, according to the federal line it's because it's synthetic and suspended in sesame oil. That's why. Ok, but why is it in a schedule if it is not a medicine? "Because its in a sesame capsule, don't you understand?" No.

if synthetic THC is in Schedule III which is identical to the THC compound in the cannabis plant, and which a nurse practitioner or medical doctor can prescribe for any malady that in their judgment may help the patient, is the cannabis plant in Schedule I - prohibited?

The US government says that the cannabis plant is bad stuff. No good. No medicinal value, none. Except for THC of course that "big pharma" can make that in a machine and the plant does to live. The answer here is money and false fear, and no logic, again.



1941- Henry Ford introduced The Plastic Hemp Car after 12 years of research. It had a plastic coachwork made with hemp and used ethanol or hemp oil as fuel. See to believe: http://www.youtube.com/watch?v=bxlj6fgQ-ZU&feature=related

, if cannabis has no therapeutic use, do 14 states in the US and the District of Columbia have laws and procedures established to allow sick people to use cannabis as medicine?

The states did not cancel compassion in 1992. Many states around that time period did the opposite and made compassion law in their neighborhoods while the US Congress ignored the cry of the ill calling them fakers and anti motivators and stoners and addicts. The Congress anted up billions to eliminate patients' use of cannabis and called it compassion. "Big pharma" sold the Schedule III THC while eliminating the other therapeutic, non-psychoactive compounds, while their Senate favorites fought the academic requirement to study cannabis compounds and called it compassion.

has the government of the US, HHS, not answered "The Petition to Reschedule Cannabis" submitted for consideration in October of 2002?

The answer is they cannot answer. The law says they must. The law is clear, the time frame allowed is clear, the 50,000 pages of peer reviewed documents submitted very readable, and HHS is over a year in disobedience to the law they have sworn to protect. What can these people tell the American public, over 80% of whom think that cannabis should be used clinically under health care supervision immediately if not yesterday? It's not medicine. It is medicine. Those are the choices. If only HHS had a mission to provide health and human services they might have gotten together, you know had a meeting or two, and spent some time on the Petition. ▷

does the US media and politicians rely on the "medical" opinions of a cop, or a lawyer,

or a judge, or an editorial writer, or a governor, or worse yet a noisy gaggle of politicians when medicinal use of cannabis is debated?

I have no idea. It is "dumb as a stone" logic. When one of my Golden Retrievers is hurt or ill I do not take her to see a lumberjack. When my farm tractor breaks down I do not call my CPA to repair it. In my personal life, with a lot of skin cancer, I do not consult my county sheriff for prophylactic advice. In the US cannabis finds itself in some strange category of myth, smoke, mirrors, money and fear. Here the answer lies in a mantra of mine, "consider the source." The cannabis laws and policy US citizens are currently afflicted by were worded by representatives of the above listed occupations. The decision to eliminate cannabis from the Pharmacopoeia of the US was made by men with NO medical training or experience and that same, ignorant of the medical efficacy of cannabis cabal, still controls and inflicts what can only be considered the "malpractice" of medicine to the level of abetting a pogrom that uses the ill as victim. Knowing nothing of which they speak their opinions are of no worth. However they have and still do call the rules of engagement theirs, even when their bravado belies their banality. We expect the media and politicians to refer to health care professionals when debating the efficacy of cannabis as medicine.

, if cannabis has no medical utility, has the Veterans Health Administration of the

US issued a Directive to allow Veterans to use cannabis as a medicine, if they have a recommendation from a civilian physician in a state that allows medical cannabis regardless of the disease or health problem?

There is a happy answer to this question. The Medical Doctors and other health care professionals at VHA remembered an oath they took once to "do no harm." They also spent years studying medicine as medical students, interns and residents, until they were on their own as practicing physicians. As physicians they learned how to observe and monitor the effects of medications on their patients and to understand scientific research related to medical care. Lawyers and bureaucrats have no such education and training; they are trained in law and politics. "Finally some balls", I said out loud as I read the VA's letter to the Veteran that caused the MD's to remember who they were and what they should be about.

should citizens of the US be denied a safe, less intoxicating substance than alcohol

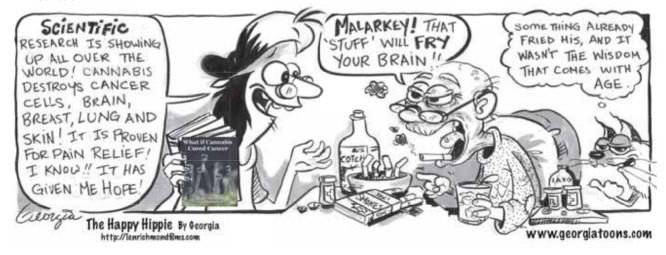
as part of their lives?

They should not. I believe I am a sovereign. I rule a singular kingdom I call me. I will decide everything about me and you decide about you and I definitely include government at any level in the you that has no business in my business and certainly in any aspect of my health

Patients Out of Time has determined that the true answers to the unanswerable questions of cannabis prohibition lie in the money and fear engendered and reinforced by ignorance and the inability of anyone in authority to credibly answer a little kids question.



Cartoon-



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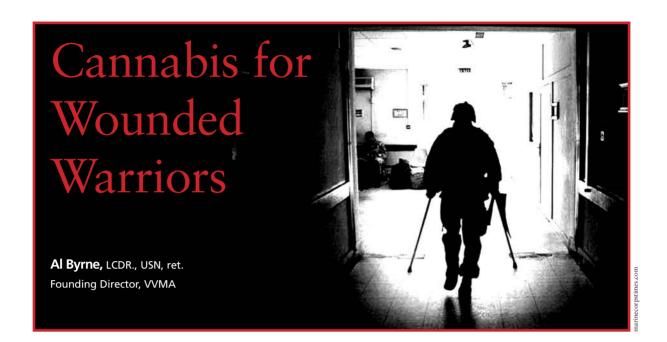


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eterans for Medical Marijuana Access (VMMA) announced in mid-July, 2010 that the Veterans Health Services (VHA) of the United States would tolerate the use of medicinal cannabis by Veterans of all US services.

Michael "Mike" Krawitz was the prime mover of this momentous policy decision. A 100% disabled Air Force Veteran, Mike manages his chronic pain on a

daily basis. Mike is the first to clarify that his disability is the result of a motorcycle accident while on duty, but his injuries were severe and after multiple surgeries he was left with chronic pain similar to the pain experienced by many wounded warriors. One of his prescribed drugs is Oxycontin, the side effects of which are negative for Mike. To both reduce the amount of the

pharmaceutical and help mitigate the pain Mike, like many other wounded veterans, uses cannabis. A few years ago the Veterans Affairs (VA) hospital treating him required he sign a "pain contract." The contract essentially terminated the VA treatment of any Veteran found using an illegal substance such as cannabis.

Mike would not accept that policy.

He paid. The VA removed his pharmaceutical pre-

scriptions insuring his objections would be painful to him personally. His respectful and personal calls and letters to VA executives in the health and law offices of the VA became routine. Doctors, ethics specialists, attorneys and hospital administrators did not just hear a complaint from Mike they got an education.

Mike had searched for and found other Veterans in Montana, North Carolina and other states who had

> also encountered problems in the VA due to their use of cannabis as medicine "What a country Mike" I said to him one day when his odyssey began into the strange world of VA medical doctors who thought that US law trumped their Hippocratic oath.

Martin "Marty" Chilcutt, PhD, a Korean War Veteran was another key advocate

who joined with Mike and others to do one last battle, this one versus the same government that sent the Veterans to war and their injuries. Together they formed the VVMA and established the web site www.veteransformedicalmarijuana.org.

The education the VA personnel received from Mike was factual, based on world-wide research, and I can only imagine how he enlightened many to the clinical efficacy of the cannabis plant.

Why does the US and Canada seek out the answer to the clinical uses of cannabis in halls of law instead of the laboratory's of the schools of medicine?

Ultimately some in the leadership of the VHA realized what I among others had been criticizing for years: that medical decisions were not made concerning cannabis by medical professionals. Policy in the VA for cannabis had been decided by law, in other words by lawyers and cops. Bad choice for medical opinions.

Mike received a letter dated July 6, 2010 from Robert A. Petzel, MD, the Under Secretary for Health of the Department of Veterans Affairs. In part it stated, "If a Veteran obtains and uses medical marijuana in a manner consistent with state law, testing positive for marijuana would not preclude the Veteran from receiving opioids for pain management in a Department of Veterans Affairs (VA) facility."

This letter contains the root of a new VA Directive 2010-035, that may change the course of the cannabis prohibition in the US.

The letter and the new Directive that followed declare that cannabis is a medicine. My call is that such a declaration came because of two factors: clinical cannabis education of VA medical principals; and the decision of those health professionals to emphasize their medical knowledge over the fiat of politicians that prohibited therapeutic cannabis from the US Pharmacopeia over seven decades ago. I would hope that another consideration were the words of President Obama speaking about medical cannabis, who instructed US citizens that government policies should be decided on science not ideology.

"Standard pain management agreements should draw

a clear distinction between the use of illegal drugs, and legal medical marijuana," wrote Petzel. VVMA believes this pain contract change is universal to the VA system.

An additional comment in Dr. Petzel's letter is also instructive. "The provider will take the use of medical marijuana into account in all prescribing decisions, just as the provider would for any other med-

ication." This statement, to this author, is as solid a declaration of cannabis being a medicine as any doctor could make. That the doctor represents the largest health care system in the US is why I earlier wrote this to be a momentous decision for patient rights.

The big news here is not that cannabis can be therapeutically helpful but that it is a cabal of medical trained professionals declaring such, and in turn refuting the inconsistent myths promulgated by the law

enforcement community, pharmaceutical lobbyists, quivering politicians, and paid detractors of medical cannabis (including a whole team of agents of the DEA who have a dedicated mission of medical cannabis harassment and myth slinging).

I have never gone to a lumberjack when my teeth hurt me. I do not take my sick dog to a CPA for proper treatment. Why does the US and Canada seek out the answer to the clinical uses of cannabis in halls of law instead of the laboratory's of the schools of medicine?

One answer may be the lack of education in general about the medical utility of cannabis. How the cannabis plant, likely through a happy accident of nature, meshes so smoothly into the human endocannabinoid system, to most remains a mystery. This mystery was solved by Mike and others to the satisfaction of the VA medical leadership and as a Veteran I thank Mike and those men and women who opened their minds and intellects to seek the truth.

Mike and his fellow Vets used their personal integrity, their service, their pain, their tenacity to provide a science based education to the VA just as President Obama recommended and changed how Veterans in the US will be treated for health problems for ever.

Meanwhile the TV pundits and US prohibitionists continue to speak to the potential smoking harm, not understanding that cannabis is a cancer inhibitor. Medical and nursing schools in the US have not taught the clinical uses of cannabis in over 70 years and still do not even have it in their curricula though millions

> of US citizens use cannabis daily. Law enforcement professionals complain that the use of medical cannabis will change the world for the worse by unleashing all these sick and now "stoned" patients on society. Think what a scare it must be for the militaristic police departments of the US to have to potentially face down some happy and out-of-her-wheel chair MS patient. Pharmaceutical lobbyists, defend-

ing their industry's right to sell us drugs that often cause more harm than good stress that only synthetic cannabis compounds are therapeutically useful, the same organic natural plant is "bad." The politicians follow the money and the money flows by the billions to the cops, big pharma and courts and jails. A jobs program built on the backs of the ill.

What a country. I think Mike and others still must battle on. 🎍





"We are granted the benefit of overseas experience. Australians are provided the possibility of doing things differently. We can act to proactively manage a transition to using medical cannabis as a mainstream product in an orderly and rational manner. We can learn from the mistakes of others."

Introduction

Using medical cannabis as an aid in the relief of suffering does not appear to be a contentious medical or social issue in our country. Why? There is no evidence of there having been an ongoing, widespread, mainstream debate inside Australia regarding the use of cannabis as a therapeutic agent.

Yes, there are countercultural groupings that have always celebrated the use of cannabis in all its forms, and continue to do so, and there are also sophisticated medical and therapeutic communities where the idea of using cannabis has always been considered unremarkable; but these are discreet or elite groups.

They have little or only intermittent intersection with the mainstream of our contemporary discourse.

So why the huge shift in public perception? Twenty years ago Cannabis was a killer weed. Two decades on things are very different.

Cannabis is now widely accepted as a medicine. In the case of palliative care the orthodox view is that cannabis should be made available. And this shift in social consciousness seems to have occurred more

despite, rather than because of, any great degree of active debate in our parliaments, our newspapers, or other mainstream media outlets.

So why do most Australians now agree that cannabis should be made available to patients where prescribed by an authorised medical practitioner? Why the dawning, but seemingly widespread, acceptance of the use of cannabis as a therapeutic agent?

Surely this new, common-sense, appreciation, has bled into our contemporary consciousness as a result of our close integration in the global media-marketplace. Australians, even behind the Great Wall of Howard, have apparently absorbed many of the everyday attitudes that now shape the citizenry of California and Oregon. After all, their narratives are our narratives (think: Law & Order, CSI, MASH, The Beverly Hillbillies, Scooby-Doo, Ice Truckers, 60 Minutes, The Simpsons).

A clear comprehension of this cross-cultural dynamic is essential to charting a course forward. Our Australian common-sense about medical cannabis has been vicariously transformed over the years by our constant Herbal Health Services was one of the first medical cannabis caregiver dispensaries to open up in the Los Angeles area in 2005. At the time, there were fewer than 20 of these legal pot shops in all of Southern California.

Today, L.A. is overrun with close to 1,000 of them. Ever since U.S. Attorney General Eric Holder called off federal raids on dispensaries in February, the number of these businesses in L.A. has exploded in what's being deemed "The Green Rush."

Matthew Philips. The Wild West of Weed. Cannabisnews.com. October 15, 2009

exposure to stories emanating directly from the heart of middle-America, stories carrying everyday middle-American attitudes along with them. We have been transformed by the US and Canadian experience and their ongoing social and legal upheavals. And of course this provides for opportunities and difficulties.

Australians (largely) share the same views regarding medical cannabis that substantiate the common-sense in places where thousands of cannabis dispensaries currently meet a vital social need in a responsible manner. Medical cannabis dispensaries are a fact of life in virtually every other first world country. Why not in Australia?

The Great Wall of Howard has fallen - but during the years of our isolation the political and legal institutions of our land have fallen way behind the common-sense and will of the people. Our legal and political structures appear frozen in aspic. There are no dispensaries. Patients are left out in the cold. Politicians neglect their constituency.

Let's change our law to bring it into line with the will of the majority.

To get a PDF copy of the full study case contact: jamesmoylan@aapt.net.au head@hempembassy.net 🎍

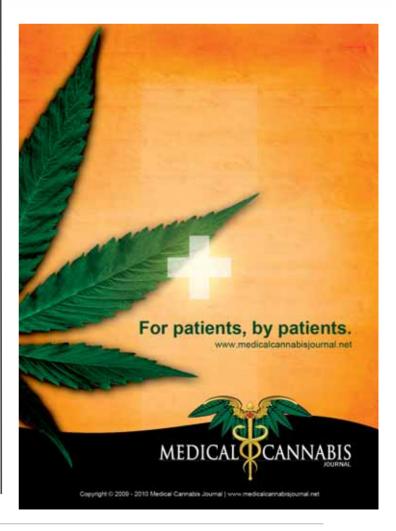


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The root is made into a paste with locally milled organic olive and soy oils and is used as the base of my cream. This base is an antiseptic moisturizing shield. I blend herbal tinctures and infusions to make a 'complete' healing cream. The herbs I included are tried and true. Comfrey, Burdock, Lobelia and Lavender, are just a few. All are known for their great benefits and are Organically grown. Many locally farmed here in Northern California.

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Hemp-EaZe has been reported to relieve Arthritis, age spots, psoriasis, eczema, radiation rash, MS discomfort and eases the pain of fibromyalgia.



Speaking Out for Medical Marijuana

by Bradley Doucet

leanor Podmore is a 56-year-old mother of two. She and her husband live in a nice, split-level home in a nice, professional neighbourhood in Ajax, a suburb of Toronto. He has a good job working in the insurance industry. She used to work for a major energy company as a manager for corporate locations and franchises for the province of Ontario.

But five years ago, Eleanor came down with a severe case of sciatica, a painful and debilitating medical condition. She could barely move, much less keep working at a job that required a lot of driving. "My whole left side just shut right down," she says. "I couldn"t drive anymore. It got so bad that I couldn"t bend enough to get in the car to drive."

Marijuana has helped Eleanor in her difficult and ongoing struggle to reclaim her lost mobility. It has helped her in her struggle to get her life back.

Now, she"s speaking out in order to let other chronic pain sufferers know what she knows. She hopes that if people like her, credible people, raise their voices, marijuana will start to get the respect it deserves as medicine.

Not that Eleanor just sits around toking up all day. She still uses a whole battery of more typical pain medications, muscle relaxants, and sleeping pills. She also includes swimming, ballet exercises, chiropractic treatments, and massage therapy as part of her regimen in an effort to reverse the loss of mobility she experienced. Thanks to her hard work, Eleanor figures she has regained ³/₄ of the mobility she lost. But it's been painful every step of the way.

What marijuana has allowed her to do is stabilize her other medication. People in similar situations tend to up their dosages as the pills they take become less and less effective over time. For the last three and a half years, Eleanor has not increased the dosage of any of the other medications she uses. Her liver will thank her later.

Baby boomers in pain

Chronic pain, Eleanor points out, is becoming more of a serious issue now that baby boomers like her are starting to age. "We plan on living a while," she says. "But I don"t want to be in pain for the next 30 years." Whereas people used to be in pain for the last couple of years of their lives, modern medicine has made it possible to live for decades with many conditions. "This isn"t going to kill me," Eleanor says of her sciatica. "I"m not dying. I just feel like I want to some days."

Eleanor maintains that marijuana is better at relaxing her muscles and easing her pain than all of her other medications combined. She is even hoping to wean herself off of all her pills by year"s end. And she hopes other people her age with similar conditions get the message.

"I"m really hoping a lot of chronic pain sufferers get on the phone to their doctor and ask to see a pain specialist, because they are going to be so much happier," she says. Marijuana works for chronic pain. It"s not a ruse. "I want to shout it from the rooftops, to middle-agers. "Hey, baby boomers! Remember dope? Good old dope? Guess what? We need it now." " Most people her age, though, don"t know it, because their doctors aren"t telling them.

"Do you know how many people there are in their 50s and 60s and 70s whose medicine cabinets look like mine?" Eleanor asks, displaying her many bottles of pills, from OxyContin to Apo-Diazepam, from Toradol to Tylenol 3s.

As more and more people start to experience the benefits of medical marijuana, governments will have to \triangleright

loosen their grip. "It"s going to come from my age group," Eleanor says. "We all did it when we were young, and then we all grew up and went on with our lives, and now we"re back and we actually do need it medicinally." People aren"t listening to 18-year-olds, she adds, but people will start listening when it's older people calling for the legalization of marijuana.

Legally stoned

Medical marijuana has been legal in Canada since 2001, but that doesn"t mean legal marijuana is easy to get. First of all, you need an ATP (Authorization to Possess) Card from Health Canada, and to get one of those, you need a recommendation from a doctor. Not just any doctor, either; it has to be a specialist.

When Eleanor started supplementing her medication with marijuana three and a half years ago, with her GP"s informal blessing, she did so without getting official permission from the government. But she was uncomfortable knowing that she was technically breaking the law.

"It was awkward going through this while raising teenagers who we"re trying to teach to be law-abiding citizens," she confesses, "except this law. We"re going to ignore this law." The family was basically living in hiding, not telling friends, relatives, or colleagues. It never really felt right, and finally they decided to go through the arduous process of making it legal.

It took Eleanor nine months to get her application processed. "Nine months!" she repeats. "I could have had a baby!" She still can"t quite believe how long she had to wait. "Have they got one person working in the office for the whole country?" she asked her doctor. "And is he stoned all the time?"

Her doctor was furious that it was taking so long. "As far as he was concerned, he had written me a prescription for pain medication, something he believed in and something he knew was better than all of that," Eleanor says, pointing to her pile of pills. "And with any other prescription, I could have taken it to Shoppers and I would have had it within the hour."

But Eleanor is lucky she was never arrested for smoking dope as a young adult. "I jumped through every hoop they threw me to jump through to get this card," she says. "And the only reason I got it is because I have no record. I"m clean as a whistle. If I had had a drug bust when I was younger, I wouldn"t have gotten it." She thinks this is ridiculous. "From what I"ve heard, anybody who"s had a bust before can"t get a card now. Well, how many people is that?"

As of June 5, 2009, only 4,029 Canadians held ATP

Cards. [See http://www.hc-sc.gc.ca/dhp-mps/marihuana/stat/_2009/june-juin-eng.php] "How long have we been promoting ourselves as a medical marijuana country?" Eleanor asks. "For the past decade, we"ve been going around the world saying, "We"re ahead of the game. We"re enlightened." Well, there"s a lot more than 4,000 sick people in this country." Of course, if it takes nine months to process an application, it "s little wonder so few cards have been issued.

A mother's first protest

On March 31, police raided the Toronto compassion club Cannabis As Living Medicine (C.A.L.M.). Although medical marijuana is legal in Canada, and C.A.L.M. has been in existence for 14 years, compassion clubs do not follow the letter of the law. In fact, they can"t, since according to Health Canada, [see http://www.hc-sc.gc.ca/ahc-asc/media/ftrati/_2010/2010_94-eng.php] "holders of a production licence can produce marihuana for a maximum of two individuals," and "the maximum number of production licences at one site is four."

Eleanor was incensed by the raid, so she went to her first protest. "I spent most of the day talking to the police, because they were on the sunny side of the street where it was warm," she recalls. Needless to say, she and her husband stuck out like a couple of sore thumbs.

It was at that protest that Eleanor started to get a little bit more informed about compassion clubs and the work they did. "I started hearing about cancer patients who were dying while they waited for their ATP Cards, and that really upset me." In addition to pain relief and muscle relaxation, marijuana famously gives people the munchies, which is incredibly beneficial for cancer patients feeling nauseous from chemotherapy.

Eleanor was also very upset when she learned that Canadian marijuana activist Marc Emery had been extradited to the United States. "I think both governments look really bad," she says. "What a bunch of wimps. I"m disgusted with both of them." President Obama, she thinks, must have forgotten that he once smoked marijuana.

In fact, she says, waving her arm to encompass the upstanding citizens who populate her neighbourhood, "They"ve all forgotten. And that"s the problem."

Some days after attending the protest, Eleanor was sitting in a park near her home when she realized that if she pulled out a joint right then and there, all the women around her would immediately begin gathering up their children. "And I thought, "Oh, that"s just all wrong." Because I could take out any one of my pills and no one would think twice. There really is a perception problem."

As she sat on that park bench that day, Eleanor decided she needed to speak out. "I"m not Martin Luther King," she says, laughing. "I"m not Mark Emery either. I don"t want to go to jail. That"s not who I am. But I think it might help other people in my age group to know there"s a different alternative for them."

Just tax it

Another angle Eleanor thinks should resonate with people her age is the prospect of taxing marijuana. The Canadian pot industry is huge. "Where"s the government"s cut?" she asks. "We should be taxing this." Young people might not care much one way or another, not having paid a lot of taxes yet. "But middle aged people get the fact that they"ve been paying taxes for a while now, and there s a product out there bigger than prairie wheat, and we"re not taxing it? We"re letting how many billions go every year?"

Indeed, instead of reaping a tax windfall, governments spend millions of dollars every year trying in vain to stamp out the whole industry, and millions more keeping otherwise law-abiding pot-users in jail. Legalization would put an end to all of that waste.

Having seen the issue from both sides now, the only problem Eleanor sees with marijuana is the illegality of it. "Marijuana is not the problem," she says. "The fact that it's illegal is the problem."

"I"m not for legalizing everything," she clarifies, "but I"m definitely for legalizing marijuana. Let"s get this money out of the negative financial sector and into the positive financial sector."

Eleanor also thinks the insurance industry has reason to support the wider availability of medical marijuana. Her husband, who works in insurance, agrees. He"s seen what it"s done for his wife, how it has set her on the path to getting back to work. If marijuana can get even ten or fifteen percent of people on disability back to work, that"s something the insurance industry can get behind.

And how does Eleanor"s husband feel about his wife speaking out publicly on the benefits of medical marijuana? "He sees what I"ve gone through. It hasn"t been a lot of fun for the people living with me. Sciatica didn"t just hit me. It hit this whole house. And he"s been really supportive. He"s been great."

Her kids are just as supportive. When she asked her daughter, who"s set to start work on her master"s degree in cancer research this fall, what she thought of her mother speaking out, her response was, "I"d be so proud of you, Mum." Her teenaged son, who is in culinary management at George Brown, echoed the sentiment.

"I wasn"t ready to be 85 at 55," Eleanor says, "and that"s where I was." Thanks in no small part to marijuana, a drug that is still illegal for most and hard to get for all, she has made great strides toward what she hopes will be a complete recovery. Maybe someday, as more and more people like Eleanor Podmore speak out against restrictive government rules and cultural stigmas, we will all be free to pursue our own health and happiness as we—and our doctors—see fit.





Spring Breakout Sanibel Captiva

By Richard Harrison

verybody has a good spring break storyhere's mine. Friends; Canadian friends had been bragging up Sanibel - Captiva all winter so I decided to give it a try and I met them down there one March Break and we were having a blast camping near the Ding Darling Bird and Gator sanctuary on this beautiful archipelagos located out in the Gulf of Mexico-accessible by a long bridge/causeway drive out into the surf and sand from Ft. Myers, Florida; Only one way on the islands-- one way off the islands.

So; we are sitting in the sand one evening, having watched the sun set over the Gulf and nightfall came quickly. We were passing the doobies when some sharp eye spotted something swimming toward shore.

"Look man, what is a gator, man?" they asked. "Must be a salt water crock because you ain't going to find a gator out at open sea" somebody with a little biology under his belt spoke up.

"NO Way, it's a sea turtle laying eggs man!" some genius declared and we launched ourselves seaward. It wasn't any of the above—what is was, was a bale of pot about half the size of a small square bale of hay, all wrapped up in black plastic and 'water-proofed' like a big bale of peat moss and it was listing in the shallows-- the gentle wave action trying to 'beach it'.

Some quick thinking and we had it up into the mangroves and buried in sand before anybody even sampled the new prize. We were back to the shoreline, eves peering out into the dark searching frantically for more floaters. Sure enough, a few more appeared way out in the surf, so we waded out as far as we could, and then we started swimming, trying to rescue the rafts of pot that bobbed about cork-like in the glistening Gulf waters.

Our well meaning rescue attempt was interrupted all of sudden with chopper lights that searched us out engines 'whomped' from overhead and before we knew it we were ousted by spotlights mounted on Beach Patrol trucks and the surf Nazis flooded the beach while we were still in the water—spread out mind you, along the remote coast by now. We each tried a bold dash to the Mangroves and Darkness with heavy, wet prizes under arms, but the Surf Nazis prevailed. We were each tackled and after a short scrum-each of us were then forced to hand over the contraband cannabis to the Captiva Coastline Commandos.

I can't believe how many of the fuckers the authorities were able to dispatch to the remote scene, but there they were there in the nick of time and the first bale is all we got.

We got chased off the beach, physically, by the Nazis

storm-troopers and they continued the mop-up all night-- by morning they had several dozen bales, 'locked up' at the local 'Emergency/firehouse station'--- there was no cop shop; the islands were too small to warrant such infrastructure, and so, the adjoining Islands were policed mostly out of Ft. Myers.

Next day, we; and all the other 'resident' islanders were taking turns at lining up in the parking lot to view the 'haul'-- through the big glass sliding doors that caged the local rescue units—at the moment, the parade floor provided extra space—that was taken up with bales of pot stacked like hay, on the cement garage floor, and a martial arts class that was in full 'swing'.

I suspected most of the Karate Kids were the local militia that was out in force all night, and it seemed that they were still 'pumped'-it can take a while to come down from such an eventful event. I heard via the moccasin telegraph—that the DEA busted a couple of tuna boats-but I don't know how the pot ever got in the water really-or where it came from originally-we called it Columbian and it was good Columbian—kind of reddish—not so green—and that wasn't rust from all that salt water.

Anyway, the very next day, a small plane; a Cessna 170 had missed the runway at the Sanibel Airport and got hung up in some power lines and telephone wires at the end of the tarmac and it had spilled out onto the main road—In flames. [Its okay folks they tell me the pilot walked away.]

This caused the Rescue Station to once again spill its guts of all available personnel and all wheeled equipment-- leaving no one but a dispatcher [presumably] to guard the deadly contraband that was still stacked as "evidence" at 911 Mobile Command and many bales awaiting trial. Here's what I "heard" happened.

Amid the confusion caused by the crash, a small truck opportunistically pulled up to the still open garage doors and backed in and quickly stacked the hay in the back of the running van and vamoosed. The truck sped away and was apparently not spotted by the dispatcher who was sitting upstairs in a look-out tower probably pre-occupied with 'command calls' and they didn't see the purloined pot leave the premises; nor did anybody else for that matter.

Well, if you think the beach was overrun with Nazis the evening of the bust-let me tell you-It was teeming with them after the stash went AWOL-right after the crash-the conventional wisdom Island-side was that the pilot had staged the crash creating a clever diversion, thereby emptying the firehouse-really-I don't know-seems a little desperate for a little green. Here's what I also "heard".

A few days later a truck was seen driving along the east side of Lake Okeechobee and it was following a VW bug—just a little too close, mind you. The truck driver was smoking a joint at the time-a real choker-and there was a little undo care and attention going onthat is, until the driver looked in the rear view and spotted Smokey on his tail.

"Fuck man, its Smokey and he are right on our tail with a prowler—don't look back—stay calm."

Just then, the punch buggy loses its back right wheel and it spins at high speed right rear rotating back at the truck [the loose wheel] and nearly misses coming through the windshield of the tail-gating truck. The VW instantly dug into the pavement—It did a corkscrewing 360-smoking and sparking into the asphalt with no further progress and stalls.

The truck driver desperately hits the binders with both feet and narrowly missed the still spinning kraut can, and then he hit the windshield hard with his forehead. You couldn't have put a newspaper between bumpers when the 'bug' finally stopped rotating on the broken axle—so close they came without colliding.

The cop in the prowler barely missed hitting the back of the van-- and everybody was out of their respective vehicle and surveying the damaged beetle. The cop wheeled the rear wheel back with him.

"Fuck" said the young VW driver" I just had that tire off at the shop—what the fuck!"

"You must have fucked something up" speculated the State Trooper still holding the tire, "You guys grab the bumper and lift" he instructed the two truckers[trying to act straight] and the VW guy to hoist skyward while he skillfully slipped the rim back onto the back axle." Then we can push it over to the side – looks like the bolts are stripped" he said from his knees.

Thinking quickly, now, the driver said, "Looks like you two can handle it from here—can you—we should get this other iron off the highway?"

"Yeah you guys clear out—we got it—thanks for stopping" cop says, innocently.

"Oh, no probs; anytime Officer, glad to help!" the driver offered with tres sincerity.

The heist? You got to figure it was an inside job—back an ambulance up—quick load—hit the lights and sirens and fly into Ft. Myers like you are rushing a plane crash victim to hospital-I dunno. I do know you can't trust the cops—and the place was crawling with them after that—we vamoosed!

Cannabinoids and Mammalian Ontogeny

By Ally (aka pflover)

"Preserve Neuroplasticity!"



n my last two articles I first covered the relationship between cannabis and human sexual activity and then the effects of cannabinoids on reproductive systems. In this article we will look at what is known about the effects of cannabinoids on ontogeny of mammals. Ontogeny is the study of development of an organism from conception through to the mature adult state. There are several stages of human development during which the endocannabinoid system appears to play a role. As such, the introduction of exogenous endocannabinoids, or altering the natural endocannabinoid balance, appears to subtly alter that development producing subtle but lasting morphological differences in exposed individuals. Similar findings have also been observed in other mammals such as rats and mice. Prenatal exposure, exposure proximal to birth (aka perinatal), and adolescence (puberty to adulthood) appear to be the most critical ontogenic periods for mammals. The lasting effects of exposure during these periods appear to be primarily neuropsychological in nature and consist of altered adult behavior, adult changes to endocrine systems, and several neurotransmitter systems but especially dopamine and opioids systems as well as altered gene expression in these systems. Exposure to cannabinoids during these ontogenic periods can be disruptive on these systems in normal healthy individuals. Interestingly in individuals who previously experienced maternal deprivation stress exposure to cannabinoids produces a corrective/protective effect against the adverse effects of stress on ontogeny. Cannabinoids also appear to be neuroprotective against the neurological damage that typically follows perinatal asphyxiation.

Ontogeny and the CB1 Receptor

Currently, our understanding of CB1 cannabinoid receptor density and location in the developing brain comes from studying the developing rat brain. What we know so far, however, conforms very well with the observations we have collected thus far about human reactions to early cannabinoid exposure. In the rat brain adult levels of CNR1 gene mRNA are expressed by postnatal day (PND) 3 (1). The expression of RNA for a given gene is a measure of the degree to which that gene has been activated. However the expression of RNA does not in and of itself represent an effective manifestation of the gene in biological processes and indeed CB1 receptor binding is 50% or less of adult levels at this stage of development (1,2,3). The expression of actual CB1 receptors quickly increases after this point until adult levels of CB1 receptor binding is observed in most brain regions by mid adolescence. CB1 receptor binding doubles in the cerebellum every 7 days until adulthood. Cortex binding doubles between PND 7 and 14 and binding in the striatum substantially increases from PND 14 to PND 21, whereas only small increases in binding were observed in the hippocampus until adult levels were established at PND 21 (2). There are also sex-based differences in CB1 expression during development. During PND 2-5 female rats express greater CB1 binding density in the forebrain than males after which males express the greater CB1 receptor binding density in this location (3). Once adult CB1 receptor binding densities have reached adult levels during mid to late adolescence they remain stable throughout the rest of the aging process until death (2). This presents a pattern of early gene activation at adult levels followed by rapid proliferation of the receptors themselves throughout childhood and into adolescence until adult levels of the receptors themselves have been reached at which point receptor densities remain stable throughout one's remaining lifespan.

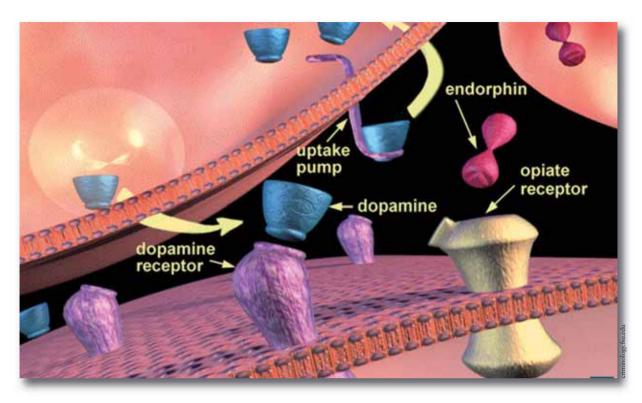
In support of these findings, it has been observed in mice that anandamide-induced analgesia and suppression of locomotor activity do not fully develop until adulthood (4). There appears to be no immediate effect on mice prenatally exposed to excessive amounts of anandamide during the last trimester of gestation. Behaviorally these mice do not differ from non-exposed controls until late adolescence/early adulthood. Once early adulthood is reached, the prenatally exposed mice show a muted response to either anandamide or THC such that they exhibit less immobility, analgesia, hypothermia or catalepsy compared to controls in response to CB1 receptor activation. Instead the anandamide exposed animals spontaneously exhibit a CB1 activation-like behavioral profile in the absence of any CB1 agonists (i.e., THC or anandamide). This response to excess anandamide lev-



els during gestation is not dissimilar to that produced by maternal stress during gestation and suggests that the endocannabinoid system may be playing a role in the adaptive response to prenatal stress (4).

As the previous study on mice indicates, prenatal exposure to cannabinoid agonists can have a lasting impact on adult behavior even in the absence of any discernable immediate effect. This appears especially true for locomotor activity. When THC is given to mother rats during lactation, the offspring (of both sexes) exhibit increased locomotion and rearing behaviors until weaning when they withdraw from the THC (5). This is likely the result of an increase in D1 and D2 dopamine receptors in the striatum in response to THC exposure (6). Activation of the D1 receptor results in both rearing behaviors and increase locomotion (7). In female Wistar rats these effects on locomotion disappear after weaning only to reemerge in adulthood as an anxious phenotype. These rats do not habituate to novel environments as demonstrated by elevated locomotion in these environments well after controls have relaxed. Furthermore, these female rats appeared reluctant to venture from a dark area into a well lit area. This anxious female phenotype was accompanied by elevated adult levels of the stress hormone, corticosterone. Males on the other hand, showed a slight decrease in adult corticosterone levels and none of the anxious behavior (7).

Such effects of perinatal cannabinoid exposure however may be strain dependent because not all rats appear to respond in this fashion. Others have found no significant effect on locomotor activity on either sex during postnatal THC exposure but slight non-significant decrease in locomotor activity in exposed males at all ages checked. In these same rats no effects on adult locomotor activity was observed following perinatal THC exposure however the expression of some forms of stereotypy (an indicator of dopamine activity) were increased in adulthood. This was accompanied by an increase in presynaptic dopamine activity which was

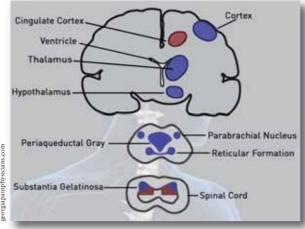


compensated for by a decrease in D1/2 receptor densities (8).

Finally, pre- and perinatal THC exposure is able to effect the expression of several elements of the dopamine system both during exposure and later in adolescent and adult life. These effects depend on age and sex of the animal and where in the brain measurements are taken. One study has found that THC is able to substantially increase rat brain content of tyrosine hydroxylase (TH: the main limiting factor in the production of dopamine) and that although this was accompanied by an increase in TH activity during exposure to THC, TH activity and thus result dopamine production was not effected in adulthood (9). This in contrast to previous findings indicating others have found that in males' striatum TH levels are decreased in response to higher D1/2 levels and that these changes persist after withdrawal from THC. In the male limbic system, the main part of the brain involved with reward, perinatal exposure to THC produced an increase in TH followed by an increase in synaptically available dopamine during adolescence, well after withdrawal from THC. A similar pattern was also observed in the male hypothalamus ultimately resulting in lower adult secretion of prolactin from the pituitary gland (6). In females striatum dopamine content and D1 receptor density were both reduced during THC exposure but returned to normal levels after withdrawal. However female striatum D1 density again dropped in early adult hood. The female limbic system response to perinatal THC exposure is particularly complex. Initially there is a decrease in D1 receptors, dopamine, and its metabolite in the female limbic system. By early adolescence limbic system D1 receptor density has returned to normal but synaptically available dopamine had increased followed by a decrease again in late adolescence. This pattern was mirrored in the female hypothalamus (6).

Opioid Systems Modified by Perinatal Exposure

The other main neurotransmitter system besides dopamine affected by perinatal THC exposure appears to be the opioid system. When rats are prenatally exposed to THC during gestation their opioid systems manifest certain adjustments. In particular, the endogenous opioid precursor proenkephalin and the micro-opioid receptors are affected by early THC exposure which last into adulthood and effect adult behaviors. The effects of early THC exposure on this system however depend on the sex of the exposed animal. Prenatal THC exposure altered proenkephalin gene expression as measured but changes in proenkephalin mRNA in the caudate-putamen, hypothalamus and cerebral cortex. In females these changes were all to increase proenkephalin mRNA levels in these three brain regions, where as males expressed decreased proenkephalin mRNA levels. In male animals, these changes to the prenatal opioid system translated into altered behavior in adulthood such that they were more likely to self-administer morphine, to spontaneously express signs of withdrawal after >



opioid receptors

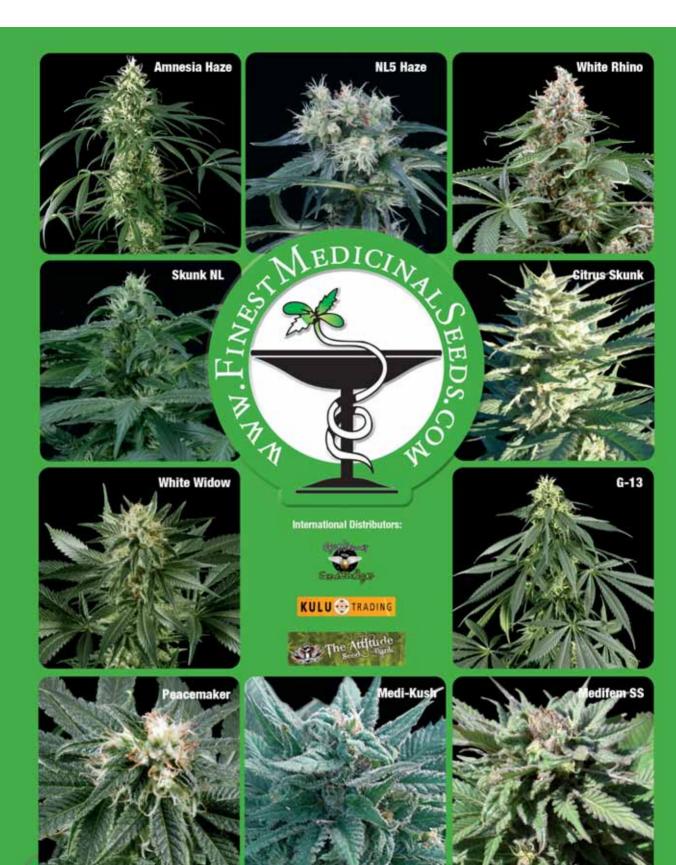
administration of an opioid antagonist even when no opiate previously administered, and to have increased sensitivity to painful stimuli (10).

Such changes to the opioid system following exposure to cannabinoids are not limited to prenatal exposure, or even early childhood. Adolescent cannabis exposure can produce these effects as well. Adult rats exposed to THC during adolescents self-administered more heroin than their controls and showed signs of substance creep such that they self-administered more and more heroin as they became accustomed to it where as the control animals reached a stable dosage and maintained it. This indicates that the THC exposed animals were more sensitive to the effects of heroin as well. In the adult brains of THC exposed animals proenkephalin mRNA was elevated in the nucleus accumbens, the so called "pleasure center" of the brain. This elevation in the precursor for endogenous opioid ligands was retained even after chronic heroin self-administration. The ability of mu-opioid receptors to be activated by heroin or other opiates was potentiated throughout the locomotor and reward centers of the brain. Mu-opioid receptors are responsible for the euphoria experienced on opiates. Furthermore, the responsiveness of the mu receptors in the nucleus accumbens was closely correlated with degree of heroin self-administration (11).

Once it was determined that THC exposure during rat adolescence effected adult rat neurochemistry and behavior the investigators in the last study undertook trying to determine how these changes were initiated by the effects of THC during adolescence. The most significant effect they discovered was that the correlations between the levels of the two primary endocannabinoids (i.e., anandamide and 2-AG) were reversed in two parts of the reward circuitry, also called the mesolimibic dopamine pathway. In one part of this pathway, the nucleus accumbens, the correlation between these two endocannabinoids is usually positive, whereas it is negative in the prefrontal cortex but in adolescent rats exposed THC this was reversed

in both locations. There were three other significant effects produced by THC exposure on adolescent rats and all occurred in the nucleus accumbens. In general anandamide levels were increased in this brain region, whereas micro-opioid receptor densities and metenkephalin levels were both decreased. The investigators theorize that it is attempts to compensate for these changes which result in the adult changes in behavior and neurochemistry which they had observed earlier (12).

Not all the news concerning the effect of pre-adult exposure to cannabinoids on the opioid system is negative. As with many other therapeutic applications of cannabis there appears to be a categorically different response to cannabinoid exposure in healthy versus unhealthy or previously environmentally challenged individuals or tissues. For example there is significant evidence that cannabinoids can produce beneficial effects for individuals with ADHD while impairing healthy individuals on the same measures, and in many cases cannabinoids produce opposing effects in cancerous versus healthy tissues. Being deprived of maternal presence during the neonatal period is believed to produce a wide array of adverse neurological and behavioral changes in adulthood such as anxiety, depression, and increased responsiveness to opioids. Only a single 24hr period of maternal deprivation during this earliest stage of life can produce such changes in rats and mice. These animals express a depressive phenotype from adolescence onward, have apparent social anxiety symptoms which suppress normal adolescent sexual interactions, a tendency toward impulsiveness and altered environmental locomotor responses (13). Furthermore, maternally deprived animals express lower striatal levels of proenkephalin mRNA, increased morphine consumption and increased sensitivity to opioid-induced conditioned place preference (14). Although early cannabinoid exposure either during the neonatal stage or during adolescence can produce a very similar profile to maternal deprivation in healthy animals, when the same cannabinoid treatment is given to maternally deprived animals the treatment reverses or counteracts the adult changes observed in maternally deprived animals. Maternally deprived animals which have been exposed to cannabinoids have normalized adult impulsivity (in males) (15), locomotion, sociosexual responses, reduced signs of depression and anxiety (13), normalized proenkephalin RNA expression, and response to morphine and morphine-induced conditioned place preference (14). This suggests that the endocannabinoid system works as a homeostatic modifier which negatively impacts healthy individuals but which helps restore balance to previously stressed individuals. Another implication of this finding is that a subpopulation of cannabis using adolescents may ⊳



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actually be attempting to self-medicate in response to the psychologically detrimental effects of early life stressors such as limited maternal presence during their first few years of life.

Adolescent Exposure and Neurocognitive Development

So this brings up a good question, just what is known about the impact of cannabis exposure on healthy adolescents? In terms of neural development there is an important way of viewing adolescence: "During puberty, neuronal maturation of the brain, which began during perinatal development, is completed such that the behavioral potential of the adult organism can be fully achieved (16)." One consequence of this period of neural reorganization is that the brain is susceptible to developmental abnormalities when normal neurochemical functions are disturbed. During this period the endocannabinoid system appears to be in a particular state of flux and therefore this system and those it affects are especially vulnerable to changes in the natural balance of this system (16). There is substantial anecdotal and circumstantial evidence to suggesting that in humans the degree of adult functional impairment resulting from heavy cannabis use is closely correlated to age of first use such that even when use is heavy if it began after adulthood was reached it has limited lasting impact but when use begins during puberty impairment in learning and memory functions last significantly longer after secession of use (17,18).

After a month long abstinence even heavy adult cannabis users who started using in adulthood are behaviorally and functionally indistinguishable from controls even though neurological functioning differences can still be detected using neural imaging techniques. In contrast, heavy adolescent cannabis users still evidence functional psychological impairments accompanied by abnormalities in neural imaging of their brains as much as a month and a half after last use of cannabis. However after three months abstinence there appears to be minimal detectable difference between previous heavy cannabis using adolescences and their peers. This indicates that although with abstinence the adolescent brain may mostly recover from heavy cannabis use this recovery takes longer than in the adult brain. This finding in and of itself suggests a more severe and longer lasting neurocognitive impact of heavy adolescent cannabis use versus heavy adult use. The cognitive functions most effected by heavy cannabis use during adolescence are spatial memory, working memory, memory acquisition, learning, and especially attention division and allocation (17).

Studies of adolescent animals support the possibility



that adolescent cannabis exposure has specific lasting impact in certain areas of neural development. In particular spatial memory appears to be affected in adult rats after adolescent THC exposure. Rats exposed to THC for ten days during puberty and left to finish maturing until adulthood perform poorly on spatial memory tasks compared to controls. This is accompanied by neurological alterations to the hippocampus, which is responsible for spatial memory, and to the prefrontal cortex (especially in female rats). In the hippocampus, several protein markers of neuroplasticity are inhibited by adolescent cannabis exposure. Furthermore, there is substantially less dendritic density, length and overall number than in the hippocampus of these animals than in controls. This suggests that less synaptic connections and/or synaptic efficacy in THC treated animals may be responsible for the observed impaired spatial memory functioning (19). Interestingly when the same experiment is conducted on exclusively female rats the same spatial memory dysfunction is observed but the alterations to the hippocampus are lacking. Instead, female rats appear to develop specifically prefrontal cortex alterations which produce the spatial memory dysfunction after a ten day adolescent exposure to THC. However, in the prefrontal cortices of these animals a nearly identical pattern of decreased markers of neuroplasticity combined with fewer synapses and lower synaptic efficiency was observed. In the female rats specifically, these neurological changes were also associated with a depressive phenotype (20). Acquisition of aversive memories was not impaired in either study.

Psychological Risks

The depressive phenotype observed in the THC exposed female rats in the previous study brings up an important trend in the research. It has been repeatedly observed that early exposure to cannabinoids impacts adult emotional health and that such changes are not reliably observed when first exposure occurs after > Out of the Shadows, Into the Light...

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maturity has been reached. Furthermore, the ways adults and adolescents respond to initial exposure to cannabinoids diverge on some important axes, particularly on how aversive they respectively find first exposure. Although both groups appeared to have an anxiogenic (anxiety producing) response to THC exposure the degree of this response in adults was significantly greater than in adolescents. When a novel taste is paired with a strong drug experience such as a large oral dose of THC an aversion to that novel taste often develops as a result. Both adolescents and adult rats developed this aversion though it appeared to be stronger/more complete in adults than in the adolescent animals. The locomotor response to THC was also more extreme in adults than in adolescents. Adults expressed a strong and significant suppression of locomotor activity following THC exposure while adolescents expressed a very mild non-statistically significant trend toward activation of locomotor activity following THC exposure (21). All this suggests that when first use of THC is during adolescence that repeat use, especially at higher doses, may be more tolerable (pleasurable even?) than when said first use occurs during adulthood. As a result adolescents may be significantly more prone to developing a pattern of heavy frequent use of cannabis than are adults. Some of the above observed effects of cannabinoid exposure appear to last after the drug is no longer in the animals' system. Both scores for impaired working memory and social anxiety appeared to be elevated in adolescent female rats but not adults even after a month long hiatus from cannabinoid exposure (22).

Another study, which confirmed that adolescent exposure is associated with development of signs of social anxiety and working memory deficits but that

adult exposure produced substantially more aversion to the experience, also found significantly more changes in hippocampal neurochemical functions in adolescents than in adults. In the hippocampus of adolescent rats exposed to THC the functioning of 27 different proteins involved in mitochondrial functions, oxidative stress management, and cellular architecture were found to be altered compared to control adolescent animals not exposed to THC. In contrast, only 10 such proteins were found to significantly differ in the hippocampus of adult animals treated with THC compared to their drug-naïve counterparts (23). This suggests that although adolescents might not find using cannabis as aversive or anxiogenic as some adults might it is still producing greater alterations to their brains than it does to the adult brain and that

these alterations may be of a lasting nature.

Perinatal exposure to THC is also capable of producing lasting changes in behavior that persist into adulthood. Rats perinatal exposed to THC starting from gestation day 15 and extending to 9 days after birth exhibited altered behavior all the way into adulthood. As pups these rats express significantly more signs of distress when removed from their home cage than their drug-naïve counterparts. As adolescents they played less and engaged in less social interaction than did controls. Both these are taken to be indicators of anxiety. Finally when tested as adults, the perinatally exposed rats expressed an anxious phenotype in the elevated plus-maze compared to un-exposed controls

As indicated above, adolescent exposure to cannabinoids is associated with changes to the hippocampus and the way it functions. This however is not the only observable neurochemical difference between adolescent rats exposed to THC versus those who are not. In one study, repeated exposure to THC during adolescence, but not adulthood, produced a depressant phenotype in response to low-dose exposure but an anxious phenotype at higher doses. Low serotonin activity has been associated with depression whereas excessive norepinephrine activity has been associated with anxiety. Indeed, when serotonin and norepinephrine activity were measured in the adolescent rats exposed to THC they were found to be hypoactive and hyperactive respectively (25). Taken together these findings support the hypothesis that adolescent/perinatal exposure to cannabinoids can have a lasting neuropsychological impact which is expressed as altered behavior in adulthood.

Perinatal Asphyxia

Although not a part of healthy ontogeny, asphyxia and hypoxic-ischemic episode (aka stroke) can negatively impact development through induction of massive neurotoxin induced brain damage. Such events initiate ion pump dysfunction in the neuronal cellular membranes allowing a substantial influx of calcium ions into effected neurons and thereby deregulating the membrane polarity which controls health and firing of the neuron. The influx of calcium ions also activates several destructive enzymes within the neurons, as well as allows for the accumulation of extracellular glutamate which in high quantities produces and excitotoxic effect on the neurons. This accumulation of glutamate is progressive and the effect of this accumulation is potentiated by the calcium ion influx. The calcium ions facilitate

the glutamate induced production of cytokines tumor necrosis factor alpha (TNF) and inducible nitric oxide synthase (iNOS) which in turn produces excessive amounts of nitric oxide (NO). These cytokines are not inherently neurotoxic as such but play an important role in apoptotic (i.e., programmed cell death) mechanisms which leads to massive neural loss after hypoxic challenges to the neural environment. Finally, once blood returns to the brain there is substantial influx of oxygen which acts as a damaging free radical. This oxidative stress is exacerbated by the presence of the NO and by the activation of inflammatory immune cells which generate more free radicals and cytokines (26).

From the get go cannabinoids help combat this process. To begin with they are particularly effective at reducing the calcium ion influx. To add to this they enhance the immunomodulatory properties of astrocytes, are powerful antioxidants and produce vasodilatation all of which are neuroprotective under conditions of asphyxia. In line with this, Martínez Orgado, et al., found in 2005 that WIN 55,21-2 was able to prevent neural death following asphyxiation which would normally produce pronounced brain damage. What was of particular importance to their finding, compared to previous studies of the neuroprotective effects of cannabinoids was that they administered the WIN after the initial traumatic event and not before. They also found that WIN prevented cell death induced by lactate dehydrogenase (one of the cellular enzymes) which is temporarily elevated to toxic levels following asphyxiation or stroke. Additional findings include that it did so more effectively than the current research standard in excitotoxic neuroprotectants,



MK-801. This was in addition to reducing excitotoxic glutamate release and TNF production while preventing activation of iNOS, three of the most destructive mechanisms following asphyxia and stroke. The neuroprotectant properties of WIN were mediated through both the CB1 and CB2 receptors (26).

There is also evidence from the endocannabinoid system itself that cannabinoids play a neuroprotective role in perinatal asphyxiation. For one, both the influx of calcium ions and the activation of lipase enzymes following this kind of traumatic brain injury activate the synthesis of endocannabinoids. Indeed, following stroke or glutamate challenge brain levels of anandamide rise and for the first day or so following birth the other major endocannabinoid, 2-AG, is elevated in the neonate brain. The latter is believed to be a neuroprotective response to the dramatic rise in oxidative stress which occurs during childbirth. Cannabinoid receptors are also significantly upregulated in response to traumatic brain injury. This suggests that drugs which modulate the endocannabinoid system tone by inhibiting FAAH (the enzyme which metabolically deactivates anandamide) or inhibiting endocannabinoid reuptake transport, such as with AM404 (the active metabolite of Tylenol), may be particularly useful as neuroprotective agents following perinatal asphyxiation (26).

Conclusion

During postnatal development the endocannabinoid system has yet to be fully expressed in the mammalian brain. Over the course of development through adolescence CB1 receptor densities go from about 50% of adult levels to adult levels in late adolescence at which >

point they stabilize for the remainder of one's life. This results in a divergent response to administration of cannabinoids in adults vs. young individuals. Normal adult responses to cannabinoids are muted if not reversed in young individuals. Furthermore, adolescents often find cannabinoids more rewarding and less

aversive on first exposure than adults do. Even though cannabinoid exposure early in life often does not appear to manifest in obvious immediate changes, this exposure can lead to the appearance of altered behavior, neurochemistry, and gene expression in adulthood. The changes which appear in the opioid and dopamine systems are such that they appear to predispose adults to be more sensitive to opiates and to use higher doses than they might have without early cannabinoid exposure. One interesting exception to this is that when an individual is subjected to very early postnatal stress a similar pattern of adult opioid sensitivity is observed which is reversed by both perinatal and adolescent exposure to cannabis. This suggests that some individuals may use cannabis during adolescence to self-medicate against the delayed effects of perinatal stress. Early cannabis exposure appears to produce alterations in the development of both the hippocampus and the prefrontal cortex which result in impaired spatial and working memory and depression and anxiety

When it comes to frequent recreational use, cannabis is for the elderly but the young should reserve it as an infrequent religious sacrament only.

issues in adulthood. The appearance of adult depressive symptoms following early cannabinoid exposure has been linked to hypoactive serotonin whereas the adult anxiety is linked to cannabinoid exposure-induced hyperactive norepinephrine. Finally, even though they can be disruptive in many situa-

tions cannabinoids may still have a very useful place in pediatrics. Even when given shortly after the traumatic event (not just before), cannabinoids appear to be particularly effective neuroprotective agents against the brain damage which typically follows perinatal asphyxia that can occur during difficult births for example and thereby improve the potential quality of life of both parent and offspring. The basic message here is that cannabinoids appear to act as homeostatic modulators during development. When exposure occurs in healthy individuals it is typically subtly disruptive to neurocognitive development, however; cannabinoids can be beneficial for counteracting the disruptive effects of substantial stress during development. These conclusions support one bit of folk wisdom from India, one of the cultures to have first developed cultural recreational use of cannabis: When it comes to frequent recreational use, cannabis is for the elderly but the young should reserve it as an infrequent religious sacrament only.



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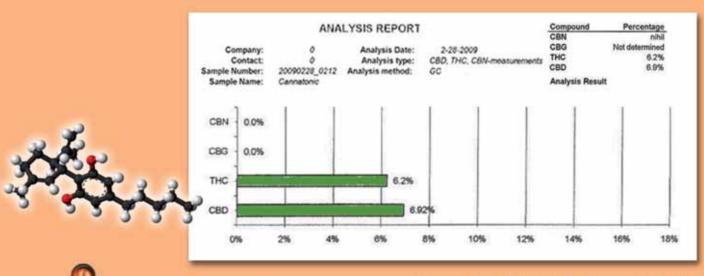
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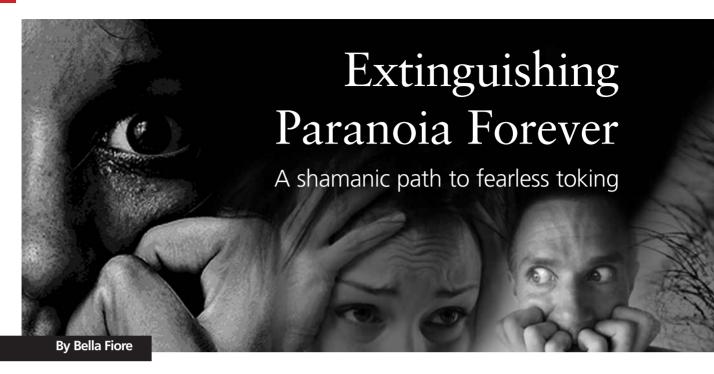
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xhaling a luscious cloud of smooth kush smoke, I smile upon my circle of friends and pass the joint. Mid-summer sunbeams play across our tan faces and shoulders. Nearly everyone is smiling. Everything feels perfect. But slowly, an uncomfortable feeling begins to creep across the good vibes. Conversation slows, and nervous smiles play across our lips. My energy begins drawing in on itself, and suddenly I can't say a word and feel like I want to jump out of my skin. Sound familiar?

No one wants to talk about it, but most stoners have experienced bad vibes with ganja at some point. Jitters, nervousness, paranoia. What turns beautiful smoking sessions into awkward paranoia? Why does this sacred plant that we love so much seem to turn against us, making us feel unsure of ourselves with our friendsand even alone?

It begins with a rise in energy. Our insides feel all jumpy. Our mouth gets dry and our skin becomes super-sensitive. We try to say something simple, but it comes out all wrong. We're DYING for a drink of water, but feel too out-of-sorts to go get one. Doubt and awkwardness seep from out of nowhere. Each fear makes us more self-conscious, and slowly the experience spirals out of control. Sadly, this can mark the end of a toker's relationship with cannabis forever.

Does it have to be? For some people, maybe. But not for me. And not for many stoners who've deeply loved and received healing from this sacred medicine plant. In fact, going through The Fear can be the most intimate and healing gift you'll ever get from the Green Lady. Ever truly fallen in Love with cannabis? Ever had your mind utterly transformed by a couple tokes of the most

fragrant smoke Mother Nature ever created? Have you ever delighted in the shimmer of melting bubble hash on a clean glass chalice? Then take a deep breath, fire up the vaporizer, and prepare to take that relationship to the next level.

Where does The Fear come from?

Recent studies show that 25% of smokers report "anxiety," or paranoia as a regular or occasional effect of cannabis use. Around 30% of ex-tokers say that "negative experiences" have led them to permanently guit using cannabis. Serious bummer.

What if those awkward moments are there for a reason? Even if we feel 100% positive about our experiences with ganja, few would argue that cannabis works to transform the rough patches of the psyche. That's why it's such a special medicine. Sure, we could go get raging drunk or shove some pharmaceuticals down our throats and forget the problems of the day. But many of us tokers don't.

We choose cannabis because it opens us to parts of ourselves we don't normally see. In ordinary consciousness, we develop all sorts of beliefs about ourselves and the world around us. As children we learn to determine right from wrong, and what we like from what we don't. Eventually, these judgments become unconscious. The human mind focuses on what's "important," ignoring hordes of details that seem unnecessary to basic daily functioning. We suppress a great many



perceptions about how we feel in our bodies and how we're relating to the world around us. Consciousness tends to calcify over the years, which makes life seem more stable and predictable. Yet cannabis, like other visionary plants, has a tendency to expand perception to include feelings and stimulus we might otherwise ignore. Ganja is a wake-up call for all the senses we've learned to turn off, and that can shake the foundations of reality itself.

Most people would call the hyper-sensitive stoney experience a "side effect" of cannabis. Since it doesn't always feel good in the beginning, we see it as negative. Yet if we look deeper and embrace it as an opportunity for expansion of consciousness, it becomes a call to growth and awakening.

When we ingest mushrooms, LSD, ayahuasca or peyote, we expect to experience staggeringly heightened awareness. We're there to have an Experience. Because cannabis tends to be more gentle, we forget that she has every bit as much to teach.

In tribal cultures, it's still common for members to undergo vision quests during rites of passage. Whether experienced solo or with a group, whether under the influence of a psychoactive substance or sober, the intention of the vision quest is to banish fear and to seek clarity and power. Fear is an emotion experienced by all people, in every land and culture. Yet it is the men and women of power, those who are able to conquer the Fear, who become the leaders and wise ones of their tribe.

Though the formal spiritual trials and quests have all but vanished from mainstream culture, perhaps they still exist in disguise. Perhaps we undergo these trials without even realizing it, with each toke from the chalice.

How can we transform the Fear?

We all want to be happy, confident, and strong within ourselves. Yet even the most refined human will falter occasionally. When faced with certain challenges, it can take a moment to find our bearings. If you're feeling jumpy, overwhelmed or afraid, don't panic. Get excited—really. It means you're ready for the next step into true happiness, and you're about to learn a lot about yourself.

First, slow down. Take a deep breath, and release yourself from any expectations you or anyone else may have. Ultimately, there's no one to impress or look cool for. If you're in a situation that makes you feel uncomfortable, that's okay. Get mellow, and move to a cozier place. Sometimes you can go outside and stretch out on the grass. Other times, your best bet might be to head to a bedroom or bathroom. >



You don't have to be alone. Sometimes vou can transform a surface-level conversation to something deeper and more meaningful. Just try to keep positive, and don't take yourself too seriously.

Second, get into your body. Splash some water on your face or do a few stretches. Movement is a powerful tool to release anxiety. Taking walks can be extraordinarily helpful in calming a nervous mind. Dancing, singing, and playing instruments have all been employed in visionary plant ceremonies. There's a reason-it's a primal way to get grounded energetically. Whatever it is for you, the important thing is to take the intensity out of your head.

Be kind to yourself. Make it a habit to protect yourself when life gets hectic, whether stoney or sober. Though it may not seem like it at the time, everyone around you is better off when you're taking good care of yourself. Find simple things that comfort you, and don't hesitate to utilize them as often as want. I like to carry around a bottle of lavender essential oil. In stressful moments, it helps to rub a few drops on my temples.

Third, now that you've given yourself some space, take note of exactly what feels intense. You might notice that your heart is beating faster than usual. It's normal. Cannabis can do that. It's not something that's ever been known to cause any serious health problems, so don't worry. But it can make your body think that something is wrong. You might need to get a glass of water, or

take a shower and rest. Above all,

breathe. Put a hand on your heart or belly. Do anything that works to soothe yourself. Sometimes, it's that simple.

In states of heightened awareness, we can become much more conscious of our bodies. That why light







dehydration can feel intensely more extreme. Or a stomach ache. Or paranoia. Quite often, those symptoms existed within us before we got stoned. But in states of heightened awareness, our perception of our feelings increases astronomically. Use this perception to give your mind and body what it needs.

What about the times when the challenge goes deeper? Many tokers report feeling uncomfortable around people when they're blazed. Is this happening to you? If you're feeling uncomfortable, think about where this comes from. Who are you with, and how do you really feel about them? Do you feel as though you're among equals? Do you judge the people you're with? Do you want to impress them? Do you trust them? Do you trust yourself? The power of cannabis to diminish one's ability to articulate can be staggering, but the ability to think can be multiplied ten-fold.

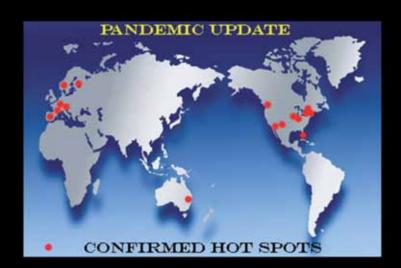
Cannabis doesn't invent new fears. It exposes what's already there. Most people don't take the time to consider how they relate to themselves or loved ones. But a few tokes of the Green Lady can send us on a non-stop flight to clarity. Cannabis can intensify every nook and cranny of inefficient energy. Ouch, right?

Not necessarily. Even recognizing our deepest, most hidden fears doesn't have to be painful. Try this on for size: Laugh at yourself. So you said something stupid. So you discover you're afraid of people you've known for years. So you realize you've spent the last thirty minutes or days-or years of life being a total pain in the ass. So

what? Laugh at yourself, and let others laugh with you. It's okay to be wrong, as long as you're willing to grow. Your close friends already know which parts of your personality need refining, but they love you anyway. Seeing your shadow and lighting up your dark inner places will bring you confidence and power. You will >

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Black RaIn, has absolutely no ties to any underground evil weather organizations He is a nice family man, that enjoys growing and smoking. Normally waiting for snow become a rare and valued creature: the honest, authentic, growing human.

Savvy stoners understand that unpredictable tides of feeling are a part of life. They've learned to be as comfortable with silence as with laughter. I've had awesome stoney sessions with friends that started out with awkward, intense head trips. It's called us to do creative things we normally wouldn't.

Drawing, dancing, going for walks, riding bikes, playing music, journaling, or just plain thinking can get things flowing. Kids are awesome sources of inspiration. They embody authentic beauty. It's not polished, not contrived. Just simple beauty.

Love your Experience:

The final phase in extinguishing the Fear is to learn to be creative. Whatever it is that we get hung up on, hindsight tends to show us that it wasn't really as big a deal as we'd thought. We won't always figure out how to solve our problems immediately. That's totally okay. But the more we cultivate wisdom, joy, and compassion—the easier we ride the ups and downs life has to

For now, it's time to let go of whatever has caught you up in it's energy. Even if you can't figure it out yet, time and awareness will smooth things out. We don't have to be feeling 100% awesome to get into the creative flow.

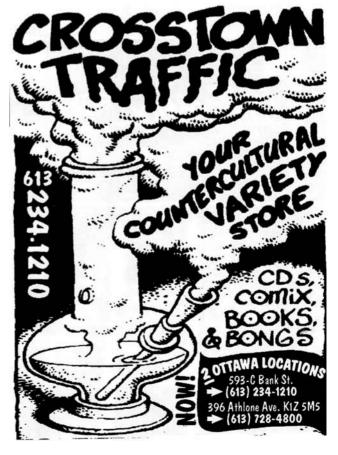
How do we do this? By looking at something other than ourselves. Remember that there are billions of cool things Nature has to offer, and ganja can tune us into them like nothing else. Once we awaken to the vastness of the world around us, our personal head-trip seems quite small and insignificant in comparison.

Whether we live in the heart of a city or deep in the mountains, beauty is never far away. Whatever your spiritual beliefs, it's hard to ignore the sacred perfection of moon and sky, of sun reflecting on water. Notice the seasons, the phases of the moon, the rhythm of people and things around you. What is the most beautiful thing you can find in your surroundings? Track it down. Chances are, you'll be hard-pressed to decide on just one. Gratitude puts a lot into perspective.

Giving love to yourself and others is a powerful way to clear away sketchy feelings. Next time The Fear takes hold, don't feed the fire. Slow down and be calm. Puff down, breathe deep, and experience this wonderful medicine. As the wise sage Gandhi once said,

"...be the change you wish to see in the world." Authenticity is the greatest gift we can offer. •





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FLYING DUTCHMAN 10 Seeds (Reg.&Fem.)

Afghanica £31/\$67R Amsterdam Mist £75/\$152F Arctic Sun £40/\$80R Aurora B £28/\$56R Blueberry Skuna £79/\$172F Dame Blanche £79/\$172F Dutch Delight £61/\$133F Royal Orange £31/\$67R Early Durban £23/\$50R Edelweiss £70/5151£ Feminised Mix £49/\$108F Flying Dragon £61/\$132F ta Con Dios £31/567R G Force E57/\$123F Hayleys Cornet £36/\$79R Haze Mist £45/\$96R Kerala Krush £27/\$60R Mixed Sativa Diva's £36/\$79R Nepal Kush £97/\$205F Original Haze £58/\$129R Pineapple Punch £40/\$87R Pot of Gold £40/\$87R Power Skunk £79/\$172F Real McCoy £40/\$87R Skunk #1 £52/\$112F Skunk Classic £70/\$151F Swari Safari FAD/SR7D Temple Haze £88/\$191F Thai Tanic £27/560R The Pure £15/\$35R Titan's Haze £45/\$98R Voyager £61/\$133F White Widow £88/\$193F

GREENHOUSE 10 Seeds (Fem.) skan loe £43/\$866

AMS £29/\$608 Arian's Haze #1 £57/\$1206 Arjan's Haze #2 £57/\$120F Arjan's Haze #3 £52/\$110F Arjan's Strawberry Haze £61/\$122F Arjan's Ultra Haze #1 £61/\$122F Arian's Ultra Haze #2 £61/\$122F Big Bang £24/\$48! Bubba Kush £47/£94£ Cheese £38/£79 Chemdog £43/\$868 The church £29/\$59F El Ninio £52/\$109F Great White Shark £52/\$109F Hawaiian Snow £71/\$143F Himalaya Gold £43/\$88F Jack Herer £43/\$68F K-Train £47/\$98F Kaia Kush £47/\$98F King's Kush £43/\$88F non Skunk £33/\$66F ville's haze £71/\$144F NL5 Haze Mint £43/\$869 Super Silver Haze £66/\$132F Train Wheck E43/\$868 White Widow £57/\$115F

HOMEGROWN FANTASEEDS 10 Seeds (Reg.)

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mist £49/\$99R KZ £26/\$52R Mango £26/\$52R Master Kush £26/\$52R Millennium £40/\$80R Northern Light £35/\$70R Original Misty £49/\$100R Outdoor Mix £13/\$25R Purple £22/\$44R Shiva £26/\$52R Shiva Afghani E35/\$70R Skunk #1 E22/\$44R Super Crystal £53/\$106R Top 44 £31/\$62R Train Wreck £53/\$106R

KIWI SEEDS 15 Seeds (Reg.)

2 Pounder £51/\$102R Algeria £66/\$134R Daddy's Girl £47/\$95R Hindu Kush £32/\$64R Indoor Mix F37/\$75R unk £23/\$50R Mako Haze £94/\$190R Milky Way £51/\$102R Mt Cook £47/\$95R Outdoor Mix £37/581R South Star £56/5113R Tasman Haze £66/\$134R White Island £51/\$103R

MAGUS GENETICS 10 Seeds (Reg.) / 5 (Fem.)

Biddy Early £30/\$68R/F Biddy Sister £30/\$68R Double Dutch £55/\$120F Exile £55/\$120R/F Motivation £55/\$120R/F Warlock E45/\$102R/F

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RESERVA PRIVADA 6 Seeds (Fem.)

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SEEDSMAN 10 Seeds (Reg&Fern.) Afohani #1 £20/\$45R

African Buzz £20/\$45R Ata Tundra £20/\$45R Columbian Red Haze £20/\$45R Early Durban £20/\$45R Haze Mix £13/\$30R Hash Passion £20/\$45R Hindu Kush Skunk £20/\$45R Hawaiian Skunk £20/\$45R Indian Haze £13/\$30R Indian Skunk £20/\$45R Jungle Wreck £20/\$45R Narkush £20/\$45R Mana Mia £35/\$808 Mama Thai £20/\$45R Mazari £35/\$806 Nemesis £35/\$80F Northern Lights £20/\$45R Northern Soul £35/\$80F Outdoor Mix £13/\$30R Original Haze £13/\$30R Original Skunk #1 E35/\$80F er Africa £35/\$80F Purple Bud £20/\$45R Skunk Haze £13/\$30R Skunk Mix £13/\$30R Swazi Skunk £20/\$45R Skunk #1 £20/\$45R Sugar Haze £20/\$45R Velvet Bud £35/\$80F White Widow £20/\$45R £35/\$80F Top Skunk 44 E20/\$45R

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Sensi Female Mix E67/\$146F SERIOUS SEEDS 11 Seeds (Reg.)

AK47 £60/\$131R Bubble Gum £55/\$121R 6 055/\$121R Kati Mint £60/\$131R White Russian £55/\$121R

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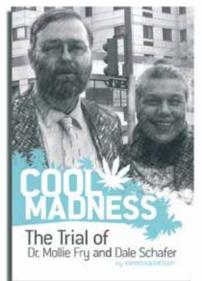
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COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor 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 secutiny of authorities. Law enforcement surveillance on her home led to a raid that netted a meager 34-plant garden in September 2001.

www.MMAPUB.com



BOOKS BY VANESSA NELSON

In 2003 former "High Times" columnist Ed Rosenthal was convicted for growing and distributing medical marijuma, 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 beavier 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 c on t e m p t.

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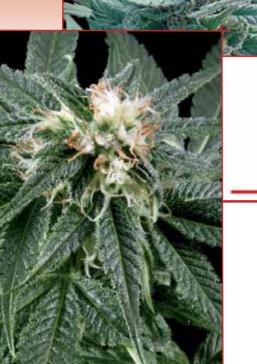
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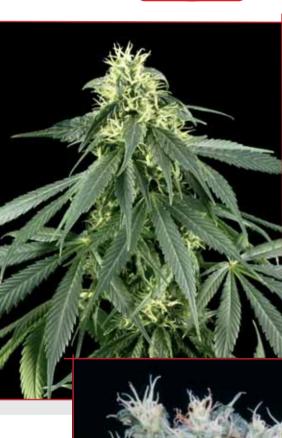
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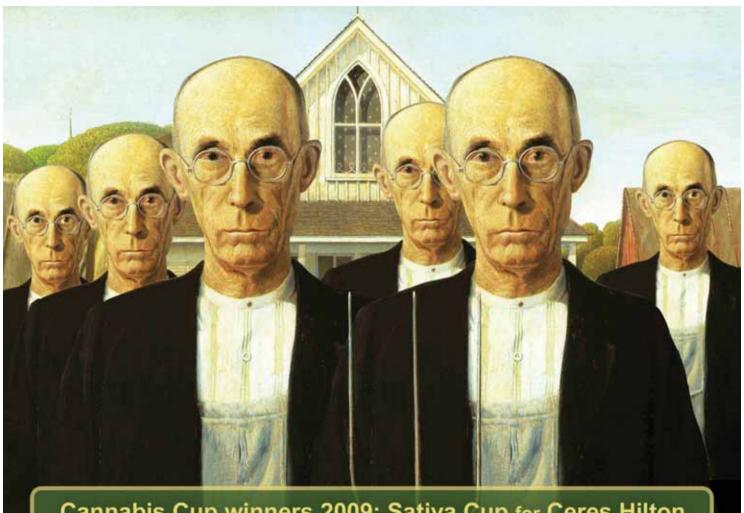
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Harvestmen

released October 2010

The Harvest men are a breeders collective that started off with our love of the plant. Our goals are to re-invigorate the gene pool by working with pure land races and some old genetics we have. We are a group of people united through our common love of the plant. Some of us are dedicated medical users and we are also interested in all the plant has to offer both spiritually and medicinally. At the moment we are planning many things and are working on a bunch of different strains. We are more interested in breeding, in creating new strains then in just making crosses, or inbreeding clone only strains by feminization. We believe the plant can offer so much more.

We look forward to serving you.

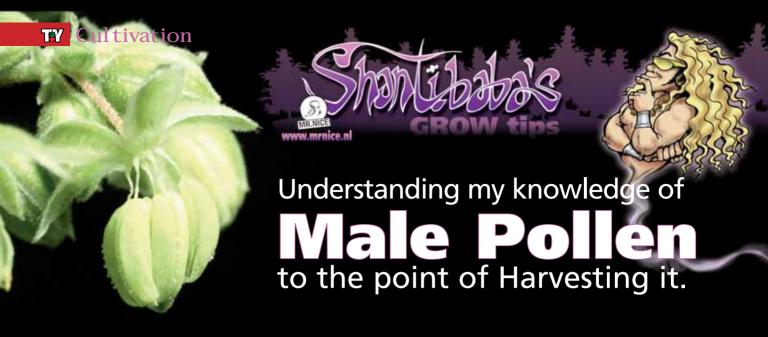
Many blessings,

The Harvestmen



www.karmagenetics.com

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f you imagine from the beginning of time until the last few years we have had two separate parents, one male and one female coming together in some way to fertilize, and procreate new progeny. That meant a set of chromosomes from a male side and an equally contributing set of chromosomes coming from the female side of the family, made up the 2 sets of chromosomes a child or seed needed to become a fully fledged member of this strain. However with knowledge and investigation we have learnt to manipulate plants and practice artificial inseminations on animals. It is relatively new in our evolutionary path and we must keep a cautious eye on it, since we do not wish to breed problems into the very things we are trying to select towards!

If you have used or followed the advent of feminized seed in the Cannabis industry the past decade, then you should be aware that, for this to take place, only a selected female plant that is induced by chemicals leads to progeny of only female seeds. It does this by supply one set from its naturally occurring female side and one set of chromosomes from its chemically induced male flower (that sits together on the female flower). If now we are creating new progeny without the true set of chromosomes coming from a true male, then one must consider a change has occurred. Change means subtle differences that maybe initially immeasurable or undetectable. A series of changes may take time and until our technology or investigation are able to measure the changes and understand their ramifications in the name of science, well big changes possibly irreversible changes in genes may also have occurred and we possibly are fast becoming our own newest enemy.

In this article I will set down some basic facets to look for in choosing a male plant as well as give you some ideas to continue home breeding projects and a method to harvest male pollen and store it for possible projects



in the future. In the understanding of all sides to how things are done gives a more complete picture to base one's opinion on rather than to blindly believe what others feed you based on their experience.

Keeping male plants in separate growing containers once they are identified will be a key to reduce the like-



'Many cultivators overlook the staminate (male) plant, considering it useless if not detrimental. But the staminate plant contributes half of the genotype expressed in the offspring. Not only are staminate plants pre-served for breeding, but they must be allowed to mature, uninhibited, until their phenotypes can be determined and the most favorable individuals selected. Pollen may also be stored for short periods of time for later breeding.

(Rob Clarke-Marijuana Botany)

'Cannabis is a dioecious plant, which means that the male and female flowers develop on separate plants, although monoecious examples with both sexes on one plant are found. The development of branches containing flowering organs varies greatly between males and females: the male flowers hang in long, loose, multibranched, clustered limbs up to 30 centimeters (12 inches) long, while the female flowers are tightly crowded between small leaves.

(Rob Clarke-Marijuana Botany)





lihood of contaminating your female plants with unwanted seeds. If the plants you are using were derived from seed then labeling the males a, b, c, d and so on... this will allow you to refer to them as individuals until you reduce them to the selected alpha male, that your final decision will lead you to.

Let us use an example to explain what to do when going about this type of project. Say we begin with 20 regular seeds of Mr Nice Critical Mass. We plant all the seed the same, germinate them all and grow them under 18 hours light until we reached a desired height or maturity of the plant. We now force the flowering cycle by turning the lights to 12 hours day and 12 hours night and within 10 days to 14 days the sex of the seed plant will begin to show. Sativa and Indica plants show slightly different times and some plants can fool you until the last minute, so stay attentive. This is the critical time for a hobby breeder, a seed maker or a botanist as it is the window of reproduction that will determine if the union of selected male to female pollination works or fails.

As the 20 seed plants reach sexual determination you

Criteria I use for selecting Male plants are

- Resin Production and Potency- the guickness, the amount and where it is being produced will all be factors. An eye glass will be the most accurate means to view this trait.
- Aroma if there is a distinct aroma or something interesting to the nose.
- Quickness to flower and release of pollen maturation and speed to reach pollen disper-
- **Internode spacing** based on the Fibonacci ratio of 1:1.6, this ratio is used in many applications, one of which is a rating of beauty and another in stability and consistency of some genetic factors in a plants makeup.
- Leaf structure and Stature whether it is more leaning to sativa or indica and how the plant grows in visible structure.
- **Resistance to hermaphrodism** no visible signs that the male flower has any naturally occurring female pistilates combined within the male flower.
- **Vigor and fitness** visible factors that show the plant to behave in a healthy normal growth pattern.
- Depth of coloration of the plant from lime green to deep dark green (ornamental trait).

separate all the males from the females that are clearly sexed leaving the unknown as a third set until they are clearly sexed. Since different males will open their pollen sacks at different times and before the female > flower is fully developed it is best to enclose the males in a very still and separate area completely. Once the males are in one area and can now be viewed altogether an initial selection can be instigated and the culling of certain undesirable male plants completed.

If we found 5 of the expected 10 males to have things we like we could then kill the remaining 5 at this moment. I try to reduce it down to 3 males to combine to the other 10 females, so in the end there will be 30 different seeded plants to test the progeny for. This means at least 30 different tests of 20 seeds once again showing you that 600 plants will be used for the testing of the first inbreed. If you have selected the best 3 females based on your criteria then combining them to the best 3 males will mean only 9 seeded plants to test progeny and then continue down this line of inbreeding until you have narrowed the gene pool down to about a consistency of 70% similar in the final progeny test.

However if you do not have the room for all this testing then it is possible to do the 3 selected males to the 10 females on separate occasions if you collect and dry and store the male pollen from each of the 3 selected males.

Placing the plant on a large piece of glass or spread paper on the ground under the plant will be an easy way to collect the bulk of the mature pollen. If the male plants do not have wind disturbance and are in a very still room then after a week or 10 days of full flowering there will be adequate amounts of each plants pollen located directly below the plant on the glass or paper. Get a container and a pair of scissors and cut the clumps of flowers directly into a dry stainless steel container. Remove all of the plant matter once the pollen is lightly shaken in the container. You can then add the paper collected pollen with the cut flower collected pollen from the same plant and filter it over a tea sieve, eliminating any pollen housing sacks or plant matter so the yellow powder (pollen) is now clearly visible. Label it as the Male A with a date, place it in a very dry container preferable opaque glass and place a small piece of tissue paper inside the container to allow any moisture to be absorbed rather than cause pollen to become moldy and unusable. Repeat this stage for the males involved in this selection so you will end up with 3 different containers of small deposits of pollen labeled A, B and C with a date.

If you then vacuum seal the containers and freeze them you will be able to control when and where you make seed for each of the 3 males. Consider that pollen does not have a long shelf life, usually between 2-6 months if stored this way. But it will allow you to control pollinate with selected plants and make seed which will





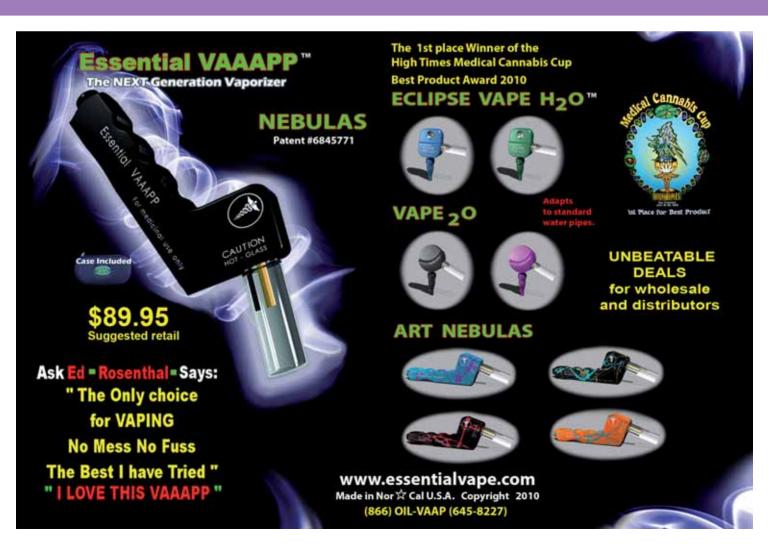






last for several years if kept refrigerated, and therefore allow ongoing projects of breeding to continue step by step as space and time permits. You will also have the possibility to hand paint on pollen to certain branches of a flowering female and get seed from part of the plant as well as flowers from another part of the plant. A lot more possibilities will become evident once you have frozen pollen than if you never had it, and this is what changes hobby breeders into serious breeders.

Rather than grow seed up and waste the time once males are sexed by killing them, take a little longer and a few extra steps towards preserving the work you have already done. To have a chance to pollinate a select female of the same strain and back up your work in seed form cannot be a bad thing? Since all it takes is a few careful moments of your time to have a big chance to follow up strains that were fantastic but lost due to lack of male pollen, maybe now is the time to begin a new phase with your relationship with your Cannabis plant. 🏰





seedbank and research





NEW Official MNS packet!





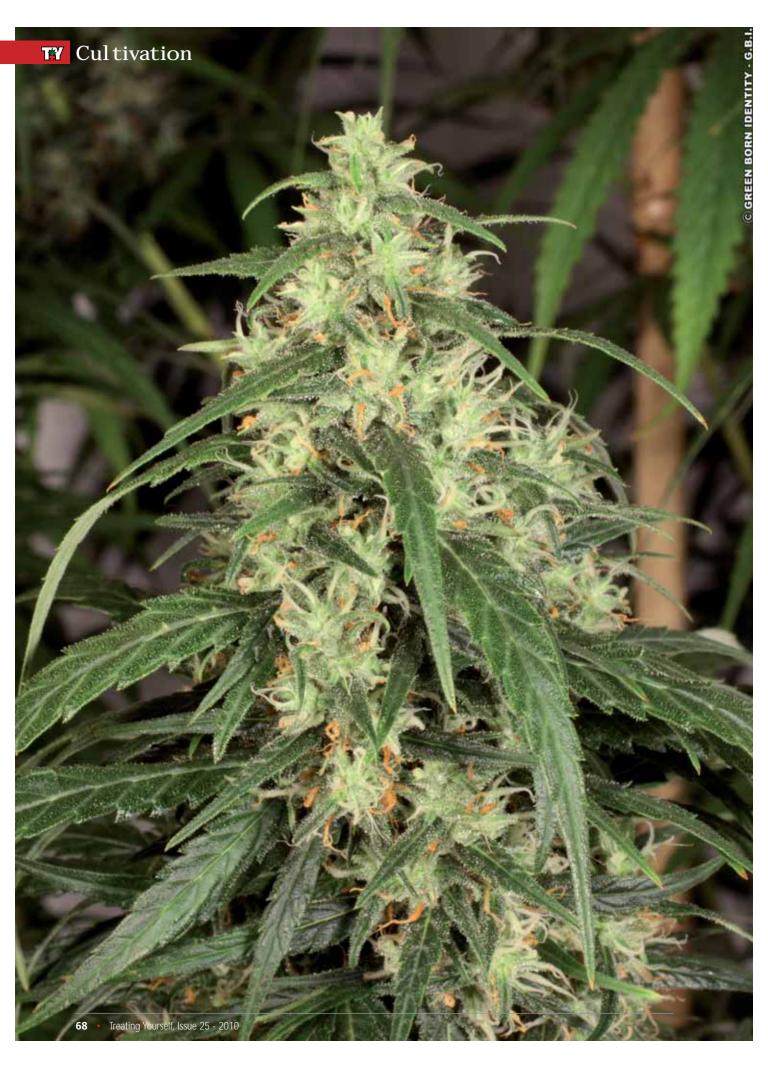




Mr Nice recommends Super Silver Haze, Medicine Man and Early Queen for medical patients.

www.mrnice.nl

All enquires for sales, wholesale and retail, questions about MNS products and an online catalogue with loads of photos plus free helpdesk supporting all MNS growers... moderated by Shantibaba and Howard Marks.



Mekong High

(feminised) from Dutch Passion:

Exotic sativa strain par excellence – straight outta jungle!

Text & Photos: Green Born Identity - G.B.I

Mekong High

Genetics

(75% Sativa, 25% Indica)

Vegetative growth

here: 25 days (after germination)

Flowering

here: 65 days, in general 8-9 weeks

Medium

Plagron Standard Mix, 11 litre pots

рΗ 6.0 - 6.5

Vegetative stage: 1.2–1.6 mS Flowering: 1.6-2.0 mS

Light

1st week of vegetative growth: 2x 125 Watt CFL (6400K) Rest of vegetative growth: 1x Planta Star 600 W + 1x 400 W

Flowering:

2x Osram Son T plus 600 W + 1x 400 W

Temperature 24-30°C (day)

20-22°C (night)

Air humidity

Vegetative stage: 40-60% Flowering: max. 50%

Watering by hand

Fertilisation

HeSi Blühkomplex, HeSi Phosphor Plus from

the 4th week of flowering

Additives/stimulants

Nitrozyme, HeSi Boost and Wurzelkomplex, Enzyme

Height

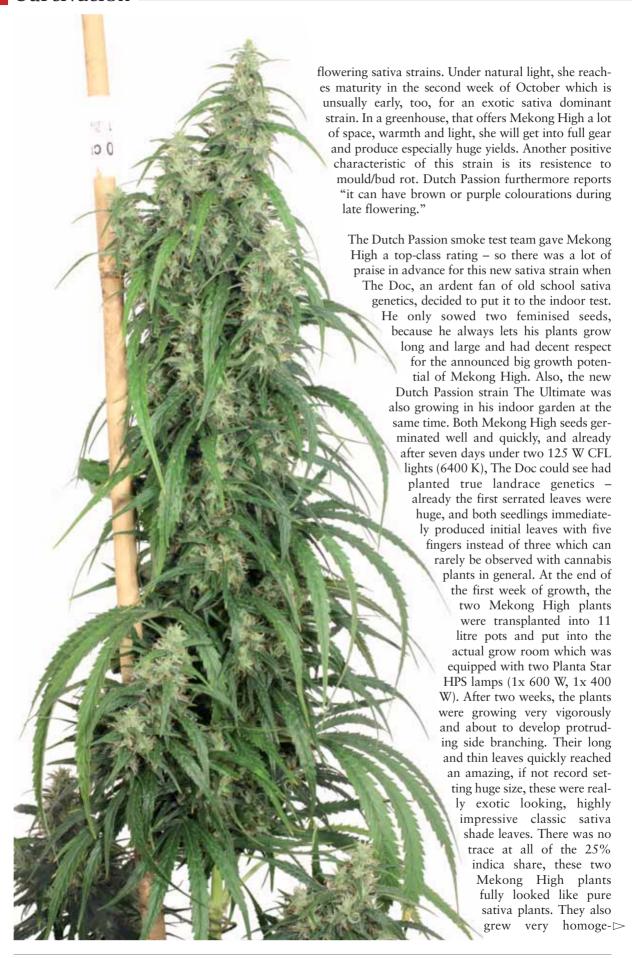
190 and 200 cm

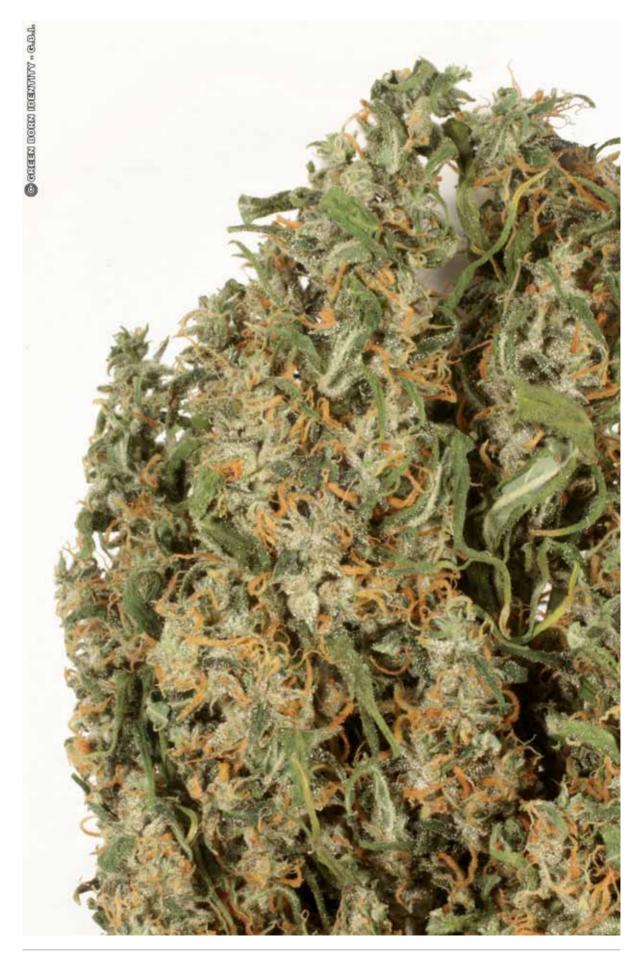
Yield

153 and 112 g

his year Dutch Passion again has introduced a couple of interesting new seed strains to us, for example their promising new sativa variety Mekong High. Well, there are plenty of new "sativa varieties" around in the world of seeds at any time almost monthly thrown onto the market by countless so-called "seed companies" that most of the time are clandestinely replanting original sativa genetics of real quality seed companies and releasing them to the market under a different name then. However, the longestablished, traditional seed company Dutch Passion naturally does have completely different, original quality demands and with its new sativa strain once again wanted to live up to its innovative reputation. Therefore they checked which sativa landrace so far hasn't been or only hardly been represented by a strain on the seed market and found the answer in the jungle region of Laos and Vietnam. The result of this genetic conquest was called "Mekong High" later on - pure, unaltered jungle genetics, consisting of 75% sativa and 25% indica, as estimated by Dutch Passion. According to them, Mekong High is a "particularly potent indoor/greenhouse strain with an incredible soaring sativa high." In the greenhouse or outdoors, she can fully make use of her big growth potential, reaching a height of 1.5-2 metres and producing a lot of long side branches. Mekong High is expected to deliver accordingly high yields. Its high is described as "old school/retro" by Dutch Passion, paying homage to the 1970s, when there still were a lot of native sativa landraces around that did provide a crystal-clear up high and exquisite individual aromas. And precisely these properties Mekong High shall feature according to Dutch Passion, delivering an "incredible happy and smiley sativa stone, a notable long lasting clean up high that clears the mind and completely relaxes the body, it's also good for socialising as well as creativity", also having "a great herbal taste and refreshing aroma."

With a quick flowering time of only 8-9 weeks, Mekong High even falls into the category of very fast ⊳





neously. After 25 days, The Doc induced flowering by reducing the light period from 18/6 to 12/12. At that point of time, they had reached a height of about one metre already and exhibited numerous long side branches. For the flowering stage, The Doc had added another 600 W HPS lamp. After the first week of flowering, he reported: "These beautiful plants are a real feast for the eyes, having impressively huge shade leaves. The plants' height is 120 cm now and side branching heavily continues. There's an enormous stretching effect all over the plants." After 21 days, he noted "It's weird, I feel like being taken back to the 70s while looking at the plants. The plants are totally identical, already 150 cm high now and real beauties. And there already is a lot of resin on the flowers and flower leaves."

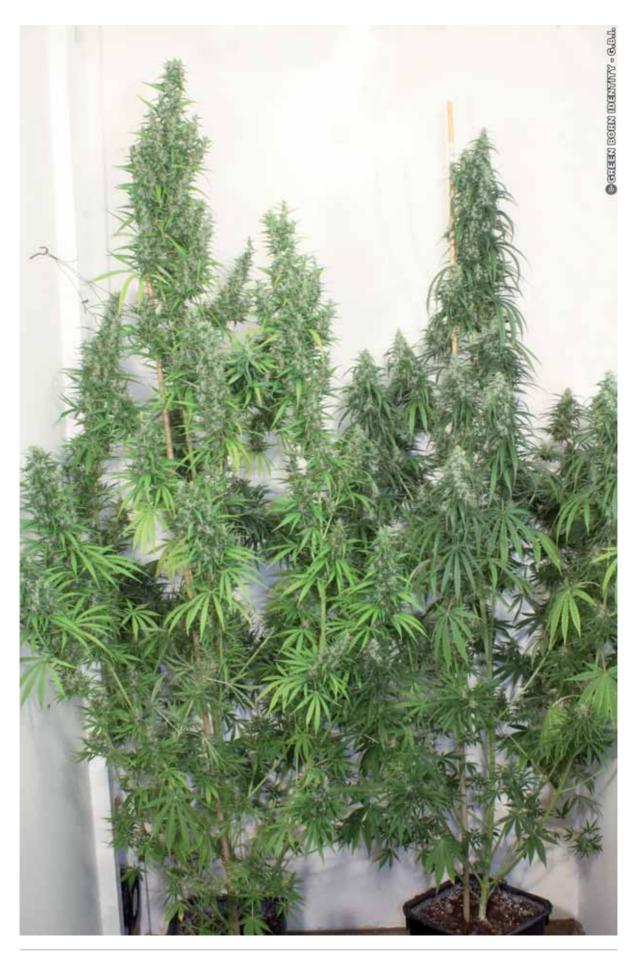
After 28 days of flowering, The Doc had to fix the main stems of the two plants to the side walls, also bending them down a little bit on that occasion, as they had arrived at a height of 175 cm already and there wasn't plenty of space left towards the ceiling and lamps. He reported: "At the top and near the tips of the main stem and side branches, internodes are becoming more and more close and dense. Lots of fresh white hairs are produced, and the tops are looking really silver already, while resin output keeps on building up. There is a clearly noticeable bitter sweet smell in the air. I think that the stretching effect will cease soon." That forecast had been confirmed one week later, after 35 days: "Stretching has stopped, with the plants measuring about 190 cm now, looking like wild ganja plants on Jamaica – I've seen such specimens myself there in the early 80s. The buds are still relatively fluffy, but amazingly abundant on the main stem and numerous long side branches, very impressive". After 42 days of flowering, all hairs were still white and fresh, and flower production still on a very dynamic level. The Doc meanwhile had had to fix also some of the side branches to the wall, as they had bowed down under their heavy weight. Hence he arrived at the conclusion that "it's better to put Mekong High to flowering and expose her to 12 hours of light already after a very short period of initial vegetative growth - after all, this is the natural scenario back home in the Mekong area!"

After 49 days of flowering, The Doc noted "Some of the hairs are about to turn brown, while bud formation is still becoming denser. It has turned out one of the two plants does produce somewhat tighter buds than the other. But both plants are giving a superb sativa plant performance, still looking like 100% tropical sativa. After 56 days, the first big yellow shade leaves fell off, together with the increasing amount of brown hairs giving The Doc the idea that his two Mekong High plants were about entering into maturity. After 63 days of flowering, The Doc reported "In the past flowering week, both plants have noticeably put on even more bud weight. What a fantastic finish, they are definitely on the home stretch now. Resin glands are small, but abundant, spread extremely dense all over the calyxes and flower leaves, making the buds very sticky. The plants are giving off a delicious bitter sweet and herbal scent. I cannot find a single male flowers on them, these two sativa queens have proven to be 100% female, indeed. I will give them another two or three days until harvest I think."

After 65 days of flowering - just in time, after about nine weeks of flowering - harvest day had come, The Doc pulled out his harvest scissors and made quick work of the two Mekong High, they could easily be harvest due to their high calyx-to-leaf ratio and extremely thin flower leaves. The Doc is well-known for his excellent gentle way of drying buds, effecting a slight fermenation which gives the buds a refined deliciously mild and organic scent in the end, his Mekong High buds really smelled like sativa landraces from the good old days, a wonderful sensual delight that caused his heart to happily beat faster. But it beat even faster when he read the total harvest weight on the scales: One plant had yielded stunning 153 grams of finest sativa buds, and the other still amazing 112 grams! That left The Doc quite astounded, as he hadn't expected such a huge result, with regard to the fact that the buds did have a gracile structure, but the sheer myriad and length of tops altogether had added up to that terrific outcome.

Then it was about time to test the dried buds, and it didn't come as a surprise the Mekong High weed could definitely fulfill The Doc's high expectations. The taste was pleasantly mild and delicious, somewhat herbal and also containing a slight haze note. The high of the plant that had become a little bit taller in the end, the one with the more fluffy buds, rushed into The Doc's brain like an express, effecting an unbelievably clear and energetic sativa kick, making his head so light he even almost didn't feel it any longer. The high of the other plant with the tighter buds and also a little more resin had a similar effect, but also brought in a slightly psychedelic note, perfect for a fancy play of thought and any kind of creative work.

The Doc underlined that his grow room was illuminated by the heavy light amount of 1,600 watts and that this was a one of his guarantees for bringing about such a high yield. Without a doubt, Mekong High requires plenty of light for producing such tremendous amounts of flowers. Needless to say The Doc was totally enthusiastic about Mekong High from beginning to end, she has instantly conquered a firm place in his big sativa heart. .





By Subcool

Super cropping is the next technique I want to cover here. In laymen's terms, super cropping is bending or pinching the stem, causing slight damage. The plant repairs this damage, making a stronger stem that for some reason creates much larger buds. Some people completely break their stems and then repair them using bandages or splints.

We don't need no stinking bandages! Try treating your plants as individuals, not just like a single garden. Get in touch with each strain or hybrid you grow, determining how much it will stretch and if it does best topped or—like a rare few better untopped. Try some of these techniques on your plants and I know you will be amazed at the outcome.







Super cropping is a technique that took me forever to understand and even longer to apply properly with positive results. I figured it out by mistake, to a large degree, and also by watching MzJill. The easiest way I can explain this is if a plant is injured slightly it will repair itself and, in doing so, create a stronger branch. This stronger branch will produce a larger bud. The application of this is a bit more difficult, but I will attempt to explain it because it's very important with indoor gardens. It can produce a stronger plant with a more rigid frame. This method is also known as LST or Low Stress Training, but it's just a fancy acronym and we will stick to the old school reference, "super cropping." The key is to bend or flex the stem so that you damage the inner core of the plant without completely breaking the stalk itself. The good news is that if you do break one, you simply support the stem near the break by positioning a bamboo stick or even a splint made from a stem and a few wire ties. It will grow back in days and form a knot. From that point on, the stem will be larger. I was first taught to grab the plant down low at a branch and twist until I heard a small pop. You don't even hear it so much as feel it, but there is only one point on the plant this will happen and it became easier for me just to smash the plant slightly using two fingers. Don't squeeze too hard and only slightly bruise the stem for best results. If it flops over, support it with a stick or make a splint with tape or wire ties.

Using these methods, a plant that usually grows just a few shoots directly upwards can be shaped into a large bush. I have seen small plants have as many as 30 growing tips from one container and one single plant that was trained really well. Cabinet growers are especially good at these methods and it's not some new technique. I apply the same methods to my tomato plants outdoors and we have so many that we have to donate them to the local food bank. Even fruit tree growers prune and train to increase their production of fruit; and what is a bud but the fruit of the Cannabis Tree.

The other important aspect of this technique is that I believe older clones produce better medicine. A plant that is grown into a large bush with multiple growing stalks and a huge root system seems to produce a bud with more character and always-large flowers. I have seen people turn cannabis plants into bonsai plants, so they are clearly absolutely trainable according to your needs. Pinch it, squeeze it, or damage it slightly; some torture can be a very good thing!





Day 1 12 - 1 using only Stoney Girl pre mixed soiless dirt and water



3 weeks in veg using 12 - 1. plants have tripled in size transplanted into larger pot



12-13 wks transplanted

cer and Better

Saving 30-50% on your energy cost!

By Joe Pietri

The biggest innovator in the history of cannabis in my generation is Reinhard Delp. Not only did he invent and holder of the patent for ice water extraction, he has been building flower forcers since 1992. His new solar powered Sun-gate is the leader of the industry. He was the first to feminize seeds and sell them in Europe in the late 90's. His process was done naturally, without the use of any chemicals.

No one is more copied but seldom matched than Mr. Delp, who to me is the top grower of our generation. The first time he impressed me he showed me 2 plants, planted next to one another, 1 completely covered in powdery mildew, the other completely clean and beautiful. He was developing mildew and mold resistant genetics.

In the late 90's Reinhard brought back the gas lantern routine that you find in any college grade horticulture book, and applied it to cannabis. Cannabis needs only 13 hours to stay in growth state. The 18-6 lighting in growth pattern, actually stress your plants, that never get that much light in one-day outdoors. Cannabis is an outdoor plant. Growing indoors you should copy how it grows outdoors.

No Cannabis growing in Afghanistan gets 18 hours of light in growth pattern. Most strains today have some part Indica in their genetic pool. Even equatorial strains don't get 18 hours of sun a day.

12-1 lighting is as follows 12 hours lights on, 5.5 lights off, 1-hour lights on, 5.5 lights off, and repeat **schedule.** The 1hour on in between off period fools the plants that stay in growth state! Your immediate savings is 5 hours in energy costs daily, as well as your bulbs and equipment lasting longer. But how do the plants react to this lighting schedule?

You see immediate growth response from your plants, they are happy from the added rest time. By day 14 the plants tripled in size. The plants are bushy with twice as many bud sites without topping or bending, In fact when you top and stretch your plants out, you get many more bud sites than you would have had under 18-6 using same procedure of topping and stretching plant, your growing bigger and better and faster.

So your saving 5 hours daily in energy costs, as well as your excellerated growth pattern which also saves you time and energy and equipment use.

In the growth cycle, never use 12-12, start your flowering period at 11 hours on 13 hours off. When your are growing outdoors each day you get less and less sun light, you should copy the way the sun acts naturally in your indoor grow. So first 2 weeks of flower you go 11 on 13 off, the next 2 weeks you go down to 10.5 on 13.5 off, next 2 weeks 10 on 14 off, next two weeks 9.5 on 14.5 off and the last weeks of flower you should be at 9 hours on and 15 hours off. You'll get bigger and

better buds by copying the way the sun light works on

cannabis outdoors.

Cannabis is an outdoor plant and you should copy the way it grows outdoors indoors. The only thing that 18-6, and then 12-12 do is make the energy companies rich as well as the people who sell lights and equipment, the more you use the more you spend. **12-1** is a more natural way to grow indoors and you well have the best results you have ever had and save as much as 50% in energy costs. *

Painting the road ahead

By DarwinsBulldog

My Story

Less than a year ago my best friend, Penguin, introduced me to my first experience with cannabis. I remember lounging out in our garage with a few grams of his schwag weed, a bong and some cans of soft drink (soda for your Americans). My first lung full of smoke came as a bit of a surprise to me as I expected to be coughing my lungs up but instead quickly lit up for a second. After ten minutes or so I found myself lying in a tattered old rocking chair in a state of bliss and relaxation the likes of which I had never known. The journey had begun...

The following week I got a call from Penguin, "Oh my god man! I can't believe it worked!" Penguin said while laughing with excitement. "What are you talking about?" I replied. "White Widow dude, cannabis seeds! They've arrived in the mail! Hahaha, I didn't want to say anything unless they never came, but they have, Haha!" He continued. I was shocked and until that moment had had no idea about what White Widow was, let alone any other strain of cannabis. I'd always thought weed was just weed. Looking back, boy were the coming few months going to teach Penguin and I a lot!

Six months later I find myself with a love and passion for the cultivation of cannabis, which I have never felt for any other activity in my life. It's quickly become an obsession that will most certainly take over my life, I say that with a smile on my face. After months of reading forums and threads, books and articles, networking and meeting new people, being involved in discussion and debates with many brilliant growers and breeders, as well as growing and starting my own breeding adventures myself I have fallen head over heels in love with landrace and heirloom strains with an ever increasing collection. I have made it my mission to do what I can to preserve and conserve these precious lines for the future.



As the wheels of globalization continue to turn at an ever greater speed, coupled with America's so called "war on drugs", I fear the worst for the survival of pure landrace strains. As we have already seen in places like South America, Jamaica and parts of Asia, landraces are slowly being lost to the eradication programs of the American authorities as well as to higher yielding euro hybrids and their accessibility via the internet allowing cannabis farmers to use these new strains to increase their profits. Can they be blamed?

These farmers are not growing for love, passion or interest for the plant Cannabis sativa L. like most, if not all of the hobby growers around the world. They grow out of necessity, to simply survive and generate that small amount of income they require to feed, cloth and shelter their families. So I expect the average impoverished cannabis farmer will not hesitate for a second in switching to a higher yielding euro hybrid should it be made available to them. It's not a matter of "if" it's a matter of "when". I weep for the future of cannabis cultivation should we give insufficient time, energy and resources to preserving heirloom and landrace genetics.



Van Gogh's Starry night over the Rhone

The Painter

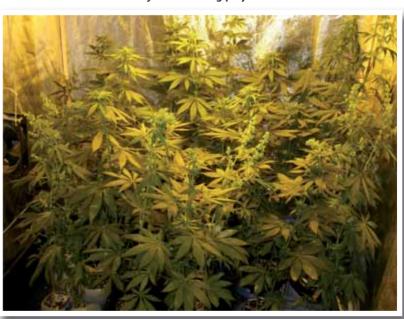
We must think of landraces as different colours of paint, which an artist uses to create his masterpieces. Each time he starts a project, he lays his colours out before him, scrutinizing which will suit his needs and wants. They will be the important foundation of his creation. After moments of careful selection, he chooses those most fitting for the making of the masterpiece that is still yet to be wrought from his mind's eye into reality.

The colours are squirted out of their tubes onto his pallet, as the artist's imagination runs unhindered and he decides which direction to go in... mixing blue with yellow to create shades of green, red and green to create brown, blue and red to create purple. Soon he has a great deal more than what he started with. The process continues as paint hits canvas, blues, browns,

yellows, greens, reds, purples mix together, blending to form even more colours and shades again. The best combinations remain: the undesirables are painted over or washed away and quickly forgotten. Slowly over time, the background emerges, followed by more defined features in the image. Objects like trees, clouds, people and animals, pulls themselves from his imagination through the brush moving over the canvas. Overtime more defining features appear on these objects, leaves, faces, shades to give depth and texture. Parts are changed, objects removed and added, selected for and against as his ideas move from one direction to another following no defined

path other than forwards. Weeks may pass, months, years even, before the final product is realized and deemed fit enough to be labeled "complete", if the idea of completion even truly exists in an artist's world. Now he can finally have a moment's rest before getting his colour tubes out again to begin the next masterpiece. But each time he commences a new project he must start again from those basic paint colours that can be mixed together to eventually create an incredibly unique painting the likes of which could not be repeated from scratch again. If he had to keep reusing colours he had previously mixed with other colours each time he began a painting, very quickly would he run out of variation and end up with only brown. Then all subsequent paintings would be much the same.

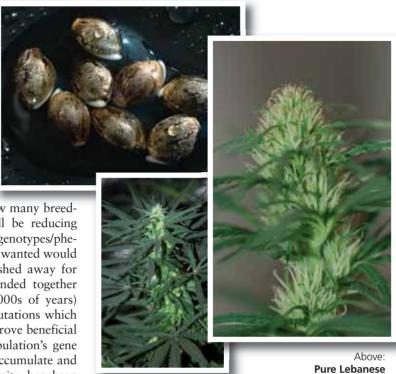
My first breeding project with Mazar-i-Sharif landrace



The Breeder

This metaphor may not be perfect, but I hope it helps get my message across. The artist, the painter, is the cannabis breeder. His initial pure colours of paint are his landrace strains. He starts by selecting a few strains to begin with, grow out, examine and choose the best plants, the best colours the strain has to offer. Though all the while if he, or someone else, was not keeping those origi-

nal lines pure, eventually no matter how many breeding techniques were employed he will be reducing genetic diversity, losing colours, losing genotypes/phenotypes, as in each of his projects the unwanted would be culled, those colours would be washed away for good. Those remaining would be blended together permanently. In the short term (ie. 1000s of years) genetic variation cannot be created. Mutations which arise and occasionally by chance may prove beneficial to the individual and remain in a population's gene pool, take an incredibly long time do accumulate and increase diversity. When genetic diversity has been reduced due to a bottleneck or inbreeding depression it takes 100s of generations and 1000s of years to



Field of landrace cannabis in Morocco

Jamaican Blue Mountain

Left:



return back to its equivalent state prior to that event. As well, numerous populations are required to do so, with reproduction between them at as reduced a level as possible to increase genetic differences (reduce the sharing of genes) between these populations, and on the whole boost the genetic diversity of the species as a whole over time (populations become less related to each other through reproductive isolation).

If the artist keeps all his paints in one bucket, he will have only brown to work with and will not be able to get back out the colours he put in. Though if he keeps all of his colours separate, they will remain intact and distinct. The same goes for strains (populations) of cannabis. It is imperative that we keep them pure, keep them separate from one another to the best of our ability, in order to retain genetic diversity for the future. So that each time a breeder wishes to create a completely new strain, cross an old one to a new one, mix, match, blend, he has the wide range of pure colours, as well as the mixed ones, in order to do so. If he only uses hybrids, or mixed colours, when creating his masterpieces, very quickly will he run out of variety. You may be thinking, "but he could trade or share his now mixed paints with other artists who have their own unique mixed paints", and for the short term it may allow him to slow his work's descent into uniformity. But as all strains are now sent from one side of the planet to the other on a weekly basis, and everything is shared and crossed and mixed with everything else, very quickly every artist is going to have the same colour, every breeder will have the same genetics in his plants, unless the original colours, the pure landraces, are preserved and kept pure. So that the artist may return to the beginning, whether to retrace his steps or head in a completely different direction when creating his next masterpiece.

So next time you get your hands on some new cannabis seeds you can't wait to put in the ground, pay a moment's thought to the origin of that strain whether it's a hybrid, inbred line, heirloom or pure landrace. Think of the thousands of years of evolution via natural and artificial selection that lie behind the seeds in front of you. Do we not owe it to ourselves and the cannabis community to ensure the overall preservation of this most wonderful species in all its forms?

All the best.

Moroccan cannabis farmer harvesting his field



Treating Yourself

Win a complete custom

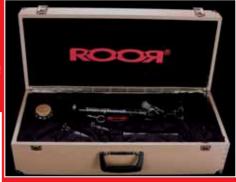
ROSS package!

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

Deadline for contest entry is December 1/10

Answer the following TY QUESTION:

What country does RooR come from?



complete with carrying case!

answer			
وي ال	1	У ли	3

Deadline for contest entry is October 1/10

The alternative medicine journal	
Name:	
Address:	
City:	Province / State :
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Home Phone # :	Best time to call?
Email Address :	

Please mail completed entry form to:

Treating Yourself,
Attn: RooR contest,
250 The East Mall, P.O. Box 36531,
Etobicoke, Ontario.
M9B 3Y8 Canada

Only 1 entry per person.

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

Deadline for contest entry is December 1/10

Winners name will be announced in Treating Yourself issue # 27 Winner will be contacted by phone / mail / email so please be sure to provide your contact information in full.

ALL INFORMATION WILL BE DISTROYED IMMEDIATELY AFTER
A WINNER HAS BEEN PICKED AND CONTACTED



Contest WINNERS

TY 22 B.M. Ajax, Ont

TY23 C.B. Edmonton, AB

TY EXPO Winners R.N., M.R. & A.S

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









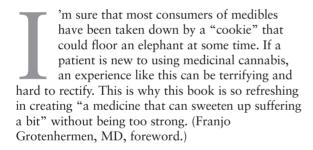


Book Review

The High Art of Baking with Hemp by Kathrin Gebhardt

ISBN 978-3-00-029492-1

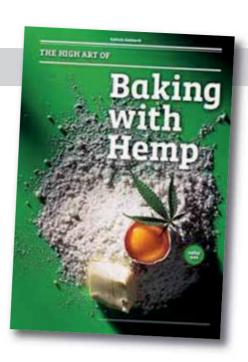
Book Review By Ackola



The book opens up by providing an explanation and table of how much THC per kg to include for a person's body weight. Further more, it covers light effect or medium to strong effect. If you want to read up for more information, websites are provided throughout the book so there is a thorough educational and medicinal component without taking away from the joy of being a recipe book.

The recipes are remarkably easy to make and often involve breaking up and adding Hash. Those who feel a bit intimidated by baking with Hemp can relax as you are walked through step by step and there are no mysterious contents that you will have to traveling to far off places for something that only grows in the deepest parts of the rainforest. This book also contains delectable pictures of the baked goods which look mouthwatering delicious. Before you even attempt to try a recipe, there is a little symbol on the title page which indicates how difficult the recipe is to make.

There is a magnificent variety of baked goods to make which includes recipes for diabetics which is handy. There is no need to cover your cakes with processed icing purchased at the supermarket either



as recipes are given for toppings such as "Chocolate Chartreuse Cream." This one makes my knees trem-

The book breaks baking into three different sections. The first contains items that are baked with Hash. The second uses Grass which is dedicated to the series "Weeds". Finally, the third section covers recipes that use Hemp seeds from commercial Hemp. For those of you who struggle to make a decision, there is a bunch of recipes that contain both Hash and Grass. If your friend provides you with a sample from this section such as Hashimisu then you can outdo them by shoving a plate of Pancakes that utilizes Hash, Grass AND Hemp seeds. If you wish to wash it down with a beverage made from Hash, there are plenty to choose from in the back. It also gives you the recipe for making butter so nothing is

This book has the additional benefit of covering medicinal benefits of Hemp ranging from the physiological and nutritional value. It outlines how and why certain ailments can be treated and what to do if too much has been ingested.

Overall, I loved this book for the variety of delicious yet easy to use recipes. I was thrilled to see that it broke down the amount you needed to add for the correct strength and found the approach to be highly educational in an easy to understand format. The pictures made my mouth water and there was no recipe that made my heart sink because I had never even heard of the items needed. I would highly recommend this book and plan to make my other half some of the recipes in the near future.

Book Review

The Strength of the Wolf-:

The secret history of America's war on drugs. Volume 1

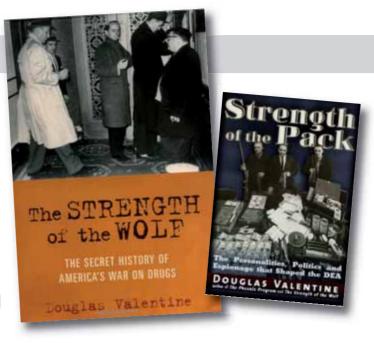
The Strength of the Pack-

The Personalities, Politics, and Espionage intrigues that shaped DFA Volume 2

ouglas Valentine is my drug war guru, his books are an encyclopedia on the origins of the war on drugs. It traces the drug trafficking back to 1921 and Arnold Rothstein., America's premier labor racketeer, book maker, bootlegger, and drug trafficker. In 1921 the Supreme Court ruled that it was illegal for doctors to prescribe narcotic drugs to addicts. This is when the black market for drugs was created.

30 June 1930 the federal Bureau of narcotics was formed, and with the recommendation of Rep. Stephen G. Porter and William Randolph Hearst, Harry J. Anslinger was appointed as acting commissioner to become it's commissioner from 1930-1962. What I find fascinating was that through out his whole career he covered up Nationalist Chinese opium and heroin production, as the funds generated were used to fight communism in China. Even back then it was okay to sell heroin and opium as long as it only went into the colored neighborhoods. Rep Porter the leading prohibitionist and William Randolph Hearst of Reefer madness fame pulled Anslinger's strings. Anslinger covered up Establishment involvement in hard drug trade through out his career

In the 1950s, Irving Brown head of the AFL was CIA bagman who paid the mob to break up socialist union dockworkers in France and Italy, the money used was made from heroin produced in Marseilles and shipped to US and eventually distributed in the ghettoes. Irving Brown was in fact the French connection. Or that Brown and lil Maurice Castellani ie one of the biggest heroin producers in France in the 1960s, flew in regularly together into JFK on Air France and since Brown had port privileges at JFK customs, they were escorted around customs by taxi, all this under obser-



vation of FBN agents, who when they checked the passenger list, found that Brown and Lil Maurice were not on it. when observed leaving NYC 3 days later, they again did not appear on passenger list, though were observed boarding the flight. Great scam eh! Or that years later, Ronald Reagan would give Irving brown the presidential Medal of Freedom for breaking up those communist union dockworkers in

The information on George White who ran the MK Ultra project safe house in NY and later SF I again found fascinating, especially when a contingent of Burmese Generals arrive loaded with baggage, only to show up at the MK Ultra apartment with nary a tooth brush, and after a million dollars shopping spree in NY they went back to Burma. All under the watchful eye of CIA..

The fact that a successful FBN was discredited and dismantled because agents got to close to CIA drug smuggling and that the DEA was created to cover up CIA drug operations is even more fascinating.

Over a decade of research and interviews, and in the course, he stepped on CIA toes, who scared his publisher from printing volume 2, but Trineday Publishing came to the rescue.

A must for all drug war warriors and for those of you interested in the origins of the war on "some" drugs. **Douglas Valentine** 136 Captain Road Longmeadow MA 01106

http://www.douglasvalentine.com/index.html http://www.members.authorsguild.net/valentine/bio

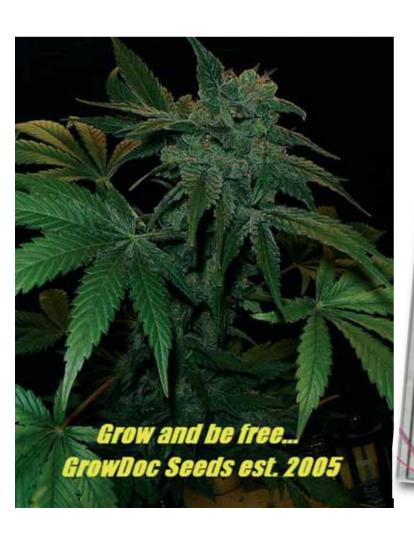
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Cannabizz. in Prague

By Soma

annabis, a sacred plant, a teacher plant, revered for its Light, is loved all over this planet in every country.

This was my very first time in Prague, Czech Republic. Prague is a beautiful city with very finely designed architecture, warm friendly people, excellent vegetarian restaurants and many cannabis friendly souls.

I was on the cover of the Dutch Essensie magazine, the first ever printed in the Czech language, little did I know that there were 50 undercover police within the show, and since there were 5,000 copies of the magazine at the show, the police had plenty of time to read about me in there own language and see my face. The show opened on Friday September 17th and went through to Sunday the 19th of September. I did not arrive until late Friday night so I missed the first day. That gave the narcs 24 hours to read about me before I showed my face.

On Saturday I went to the show around 12 noon, went over to my friend Curt's, booth Advanced Nutrients and we sat down and relaxed. I saw people smoking and assumed it was at the very least tolerated. I had my medical prescription for cannabis with me, and my Shengen document with permission to travel within the Shengen countries with my legal medicine, cannabis. I have a prescription for 10 to 15 grams a



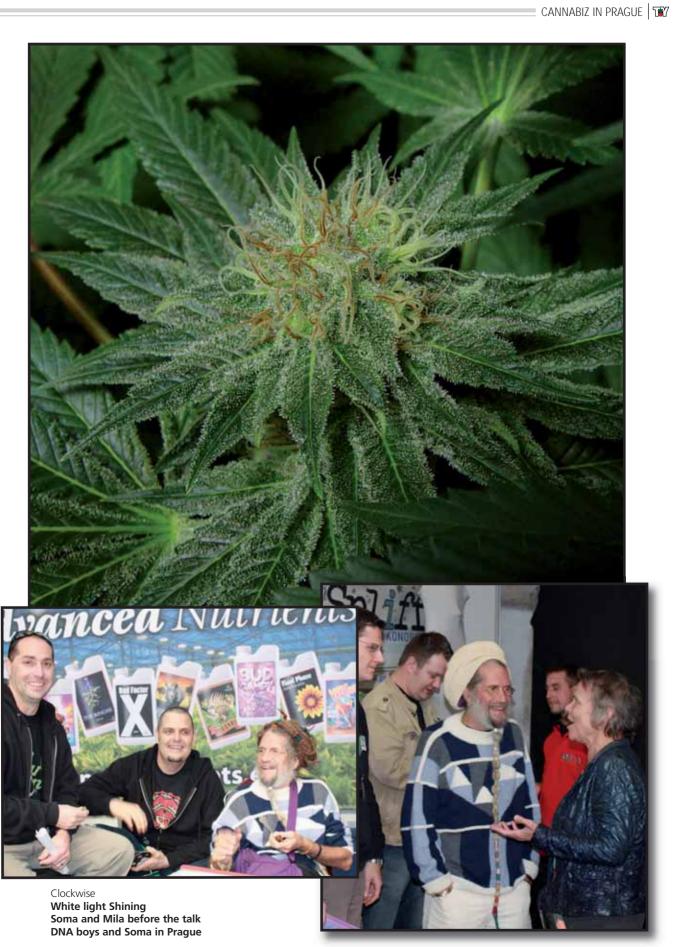
Pestitelské místo od A do Z

Ekologická mise

in 2005. I use no other medications and I am in very fine health these days. If it were not for this miraculous plant marijuana, I really do not think I would be alive right now and in such good health. It saves my very life. In turn I feel like a presidential bodyguard, tasked with protecting this very sacred plant from annihilation. Believe it or not I feel I would sacrifice my very life in the act of protecting this teacher plant.

At 2 I started to give my talk on stage with a microphone. I tend to get very passionate about my relationship with weed. It is such a miracle for me. I started my speech with a question, how many people love their Mom? Then I went on to state the fact that I love cannabis as much as I love my Mom. I then said that I love My Mom with all my heart.

After speaking for about 15-20 minutes, someone from the audience asked how I smoke it. I then lit up a joint with a filter and proceeded to demonstrate on stage. I then started talking about how cannabis helps people to learn how to share between each other. I then passed the joint to my Lady in the front row, and went back on stage to continue my talk, I could not speak and smoke at the same time and wanted her to keep my medicine for me. I went on speaking for about 15 minutes more and then left to go back to my friend's booth.



Right away I noticed these guys staring me down, when they turned to the side I saw police radios in their back pockets. I knew it didn't look good. I had no cannabis in my possession at the time. The police came over and told me I had to go with them. I did so without any resistance. They took me to the police station and proceeded to charge me with promotion of cannabis. I told them the entire show from one end to the other was doing just that in the Czech Republic, promoting cannabis. Why was I the criminal at the cannabis show, many people were passing joints and smoking. I told them that I was a medicinal user and it was my only medicine. I said I am recovering from

open-heart surgery; they made a copy of my Shengen agreement and gave it back without any effort to get me my medicine. They asked me if I would want any prescription heart medicine from the prison doctor. I replied why on Earth would I, feeling in excellent health with my legal medicine of choice that works quite well, and with legal papers to have it with me, come to the Czech Republic prison system to change my medicine? No medication for me. Next I told them I was a vegetarian and that it was against my spiritual beliefs to eat dead animals. They tried to serve meat to me at every meal. No English, no communication, I waited incarcerated for 48 hours, in an ice cold, old 1940's prison cell, complete with ultra modern 24/7 camera. Finally I went before the judge who was very understanding, seemed to realize that I was no criminal, and released me from prison. They are finishing

the investigation on me, sending me papers and I may have to go back. I was used as an example to everyone at the show. I was a shining example of a true cannabis being using cannabis as their medicine of choice.

> The police did not like the freedom that I represented. As soon as I was taken away everyone at the show got scared and were afraid to smoke, signs went up warning everyone not to smoke joints, and everyone realized there were police there undercover and started to recognize them.

The show was a success; cannabis is a present and future trend. With California and Colorado in the United States opening up the laws on medicinal cannabis, and many buyers clubs opening up every month, world opinion is rapidly starting to change to an understanding that cannabis is valuable medicine and the last thing it needs to be is a crime. As for the show and the booths, all the usual suspects were there in full force living their lifestyle for all the Czech Republic to see.

As I travel speaking in public throughout the planet, I try to be a living example of a human who uses cannabis as both a medicine and a spiritual sacrament, with great success I might add.

Love and Light.....Soma www.somaseeds.nl

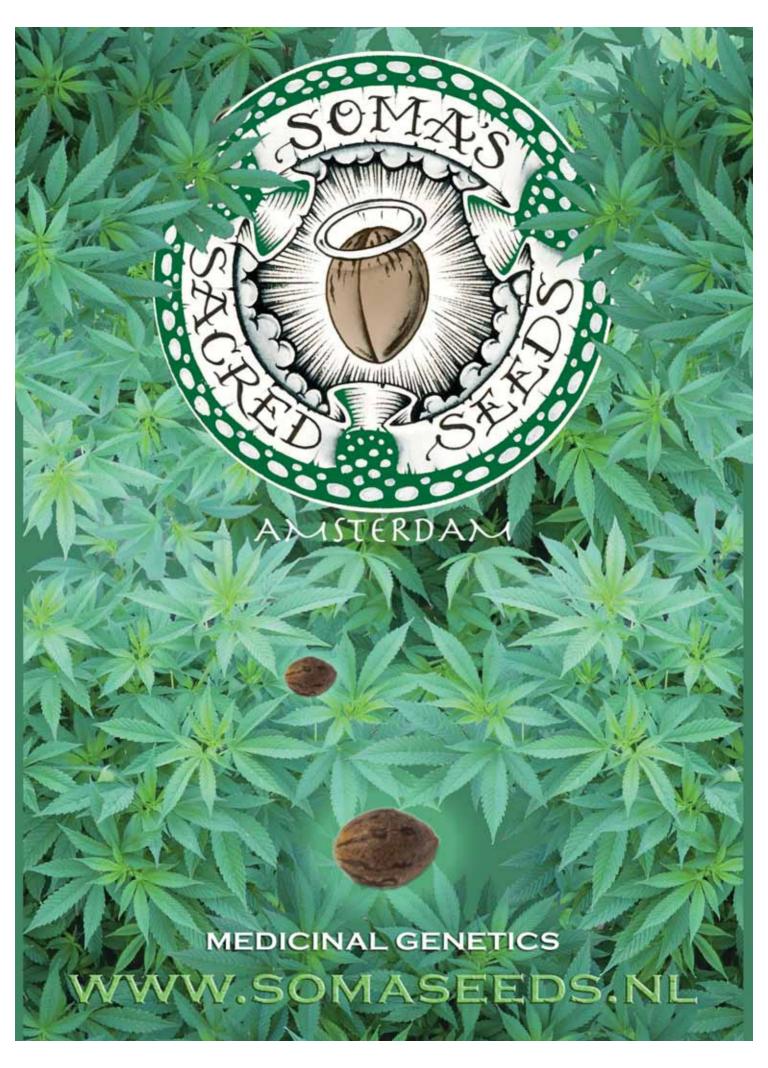




Illustration by Josh Boulet, author of The Green Reefer

Treating Yourself Medical Marijuana & Hemp Expo

Toronto, Canada - July 16-18, 2010

By Harry Resin

t was a real pleasure returning to Canada for what would be one of the greatest hemp and cannabis cup events I have ever attended. Of course I would not know this until after the event but I was arriving with all sorts of expectations as the event would be on home soil. I was also coming with a mission as one of my buddies Karma Genetics had an entry for me to bring in for The Harvestmen, a new seed company that won the cannabis cup last year. With my medical passport I am allowed to travel with my medicine which I feel quite privileged to have.

I would be traveling with a Dutch friend of mine who

works as the manager for The Dampkring Coffeeshop, it would be his first time in Canada. What a great idea for a holiday, check out Toronto and Montreal and get to attend the very first Canadian medical marijuana event. The flight over wasn't too bad. We arrived in downtown Toronto checked into our hotel and we were off to Marco's to drop off the entries and see what was doing. Kelly from KDK had also just arrived and Marco's buddy Kevin also showed up as well as the boys from CubeCap. We had an impromptu pre event smoke out at Marco's which was a great start. The next day everyone would be setting up their booths so we left the entry behind, and headed back to the hotel.





The next day we meandered over to the event to check out the setup. I was happy to bump into a bunch of the different Dutch seed company owners. The boys from Paradise, Simon from Serious, the Green House crew and the guys from Dutch passion, it was great to see so many familiar faces.

The first thing that amazed me was the venue. Set in Toronto's financial district the metro Toronto convention centre was sandwiched right between the central train station and the CN tower and Skydome. It was really quite something, a Cannabis event right in the heart of Toronto's financial district. That night we all hung out in and around the Intercontinental Hotel which is attached to the convention centre. Friday was the first day of the event and we were geared up and ready to go.

Friday, the 1st day of the event we arrived, sorted out our VIP passes and wandered upstairs to check out the booths. The show was spread out amongst three floors, the main floor where all the booths were, the ground floor where the vapour lounge was and the basement where the theatre was. On the main floor there were

tons of different exhibitors, it was great to see so many different booths. Some canadian seed companies like Reeferman were there, it was good to see him again. He just launched a new food line called Love Potion, that the guys from Maple Reef Plant products were selling, it was nice to meet them. There were also loads of seed companies, the DNA guys were there, all the other Dutch seed companies were present. There were also several different glass blowers and loads of head shops. It was also nice to meet several people from the local compassion clubs. Neev from CALM who we had met in Amsterdam at the the cannabis cup even organized a tour of his club for us.

His club CALM was located not far from the convention centre. We hopped a cab and were there in no time. The first thing that we noticed was that the store front was curtained off so you couldn't really see inside. As you came in there was a nice lounge area where you chill read some of the literature that was on hand and wait to be served. They had three window areas set up just after the waiting area, here you could step up to the apothecary window and check out your meds. The bud tenders that were on hand were really ⊳

well informed and really knew their products. We then went into the back and got to blaze some of their wares, i was impressed with their med's. Even after seeing most of Hollands coffee shops it's still pretty awesome to see when it's in North America, especially downtown Toronto.

After our tour we decided to take a walk up Younge street. The first thing I'll say is how open and tolerated smoking cannabis is. We were pretty much smoking everywhere. We saw cops but no one said anything except for a building security guard who commented on how good our joint smelled. There was even a vapour lounge where for five Canadian dollars you

could chill out and vape or smoke a joint. It's was just like a coffee shop with the exception being you couldn't buy any cannabis there. At one



point on Friday after checking out the city we returned to the expo only to see a bunch of red shirted Manchester United football jersey's, we inquired and they were playing right at the sky dome, feet from the expo. So after a brisk negotiation with a couple of scalpers we found ourselves sitting amongst some crazy Man-U fans. This really was an Indication of the fun and randomness the weekend had. I believe that the event really made for a great atmosphere in Toronto. Saturday and Sunday things picked up at the convention centre and there was a steady stream of people all day. We got to chill at the CubeCap booth most of the day. It was great too because when we went back to the hotel before the boat cruise we put the TV on and there on the local news was Marco being interviewed at the



convention centre. The event had even made the Saturday papers, it was great that so many of the mainstream news outlets picked up on the story. This to me is another indicator of how successful the event was. Anytime that you can give our community a positive spin in the mainstream news is another step in the right direction.

I will remark that it was pretty phenomenal to see a large group of Canadian medical exemptees gathered like that. There were even some patients pulling out half pound bags on the street showing us their med's right in front of the centre. All in all remarkably open. There had to be an undercover police presence but other than that they pretty much left us alone. Saturday was time for the boat ride through Toronto harbour, it would also give me the chance to go through all of the entries which were anonymously labeled with letters, running from A to J. These were the samples from private growers and compassion clubs. The seed company entries would be judged privately by some of the med patients from the forums.

I have to say amongst the entries there was quite the smorgasbord of strains, colours and smells. The first things I did was to break down the samples according

Cartoon-

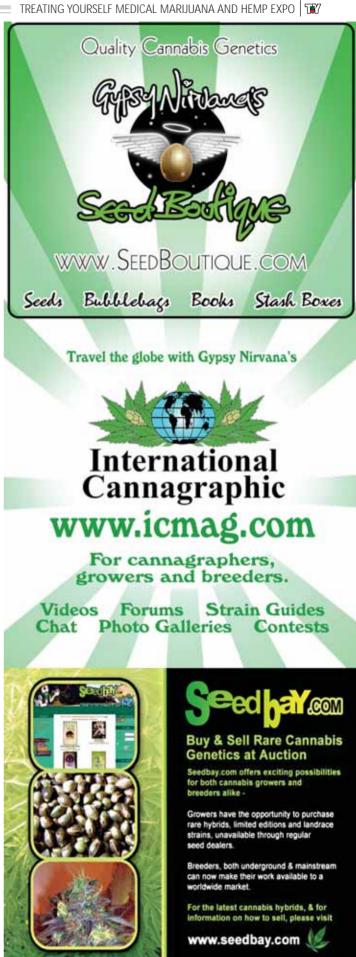


to looks. The best ones were put to one side after the initial culling. This was then followed by the smell test, this was interesting because some of the entries smelled phenomenal but really lacked in taste. However by the end of the boat trip I was pleased that I had completed judging all of the entries. My top 3 for the compassion clubs were A, D, and C, while for private growers it was F, J, and G. As a Canadian I had been to Toronto before but this was the first time I got to see the city like this. The boat cruise was really a sublime experience, friends, great smoke and perfect view, what more could you ask for.

Sunday were the awards ceremony which unfortunately I had to miss due to a family engagement but we returned to the Intercontinental later that evening to convene with everyone. Reeferman had won two different prizes, Simon from Serious had won as did The Harvestmen, I would be bringing them their cup and bong. That night we ended up in Casper's room from the radio show Time 4 Hemp. He had been upgraded to a suite as it was the last room the hotel had left. So we all piled in and began our final smoke out. Kelly from KDK made a heart felt speech and the whole night had a great community feel to it, a really close group of friends. At about one in the morning there was a knock on the door, Casper went to answer it and it was hotel security, it seems we were making a bit too much noise. The guard explained that he didn't want to impose upon our fun any more then he wanted us to impose on the sleep of the guests in the room next door and kindly asked us to keep it down. Our host returned to explain the situation to us and we all had to sit back for a minute. Really the security guard could have handled the situation in a few possible ways. Here we were in a conservative minded big business hotel and we are heavily medicating, the security guard simply wanted us to keep it down. This was for me a highlight of the tolerance I had observed on my trip, things are for sure changing when it comes to people's understanding of cannabis.

Overall I'd say as a spectator the event was a success there was loads to do, the seminars where great and there was a wide array of booths to check out. From what I had heard from my friends the vendors had an incredibly busy 3 days. Simon from Serious remarked that this was the best expo he'd yet attended as every one that came up to the booth had serious questions and had a love for cannabis that he had seldom seen. I really think this is a testament to Canadians and how proud they are about their buds and growing skills.

I have to say in my eyes this was one of the most successful cannabis events I have had the pleasure to yet attend. I will certainly be back next year.



Treating Yourself Medical Marijuana & Hemp Expo

Toronto, Canada - July 16-18, 2010

Al Graham P.A.C.E. pace@treatingyourself.com

> OW this is AWESOME", "THIS IS INCREDIBLE", "How'd you guys pull this off", "This is so professional looking" and "the best Expo

I've ever attended". These are a small sample of some of the comments that I heard while participating in the 2010 Treating Yourself Medical Marijuana and Hemp Expo.

This ground breaking event was held in the heart of downtown Toronto at the spectacular Metro Toronto Convention Center. This venue was a perfect location to hold this show. It has almost every form of public transit running to it, thus making it very accessible for the general public to attend. Adding to the accessibility were the elevators that assisted those who have special needs to get around in this multi levelled event.

For the first time ever in Canada, over 100 vendors gathered on the main exhibit floor of a large venue to participate in a medical marijuana and hemp event. Because of it being a first time event, for this kind of product, it attracted lots of media attention. The coverage came from all of Canada's leading newspapers as well as the Canadian television media. Out of the UK came the BBC, from Italy a video journalist stopped in and even a reporter from Spain were in attendance. Knowing that these people came from these locations I can only imagine the ones that came to the Expo that I'm not aware of.

Once a person had purchased their ticket from the front counter they made their way towards the exhibitor's floor. At the top of the escalators a few volunteers welcomed everyone as they entered the show, as well; they presented them with a token gift from a few of the vendors. Companies such as Greenhouse Seed Company gave away plastic grinders, Storz and Bickel, the makers of the Volcano Vaporizer, gave away some of their special volcano bags or balloons as we learned. Meanwhile Advance Nutrients presented people

with these cool buttons. At first I thought that they were buttons promoting their product but I quickly found out how special these buttons were.

You see, these buttons were numbered and all you had to do was find a person with the same number as you. Sounds simple but when you add in that thousands of these buttons came and went each day it makes for a lot of checking. Once you found a person with a matching number you then went to the Advance Nutrient booth and presented your matching buttons. These winning buttons then allowed these two people to share in a \$500 prize and also award them with a sample of an Advance Nutrient product line. Did anyone match? I'm aware of at least six sets of winners on the Saturday of the Expo, which would explain the confetti I seen around their booth.

While the visitors to the Treating Yourself Expo were making their way around the floor, the show host and Publisher-Editor of Treating Yourself Magazine, Marco Renda was extremely busy with the media and well wishers. If you wanted to find Marco all you had to do was look for the mob. This would be the crowd that had a person dressed in a suit in the middle of it.

After you arrived on the Expo floor you could fill out a ballot for a Volcano Vaporizer and pick up a show guide before moving onto the Vendors. Each vending area was surrounded with walls which allowed most vendors three walls to hang or display their goods. It also gave them the full attention of the customer instead of having them being distracted by something three booths over. All the booths were white and each vender had their company name emblazed into a sign identifying the booth.

As you made your way down the many aisles you were left with a feeling of unrealism. You could have found yourself questioning, is this real, and is

The Expo













Clockwise:

Luke Moore of Quintessential Tlps helps customers

KDK Distributors group shot

Don from DNA genetics and Brian Roberts of THC Expose mag Pure Hemp Smoking papers booth Jules Hart (THC Expose), Franco (Greenhouse seeds) and Melissa Balin

Lawrence, Arthur and Frank from Mountain High and Cones

Photos courtesy of Michael Guerrini

this actually taking place? Every aisle and every booth that you looked at had either hemp or cannabis related items in them. There was row after row, booth after booth, nothing but educational items, clothing, smoking accessories or a compassion center waiting to help the sick and ill. Treating Yourself had a large 10x20 booth located in the first aisle. The volunteers in the booth, such as Mike, Jen, Gayle, Scott, Liam, Gary, and others worked the booth promoting the benefits of medical marijuana, Michelle Rainey's "medicinal" t-shirts as well as new and back issues of Treating Yourself magazine.

The seed companies came from Europe and across Canada. The Serious Seed Company was present and so were the people from Dutch Passion Seeds. These two companies were not alone as the folks from Greenhouse Seed Company had a massive booth. It came equipped with 4 large flat screens that played their new movie The Strain Hunters. In the center was a huge glass cabinet that displayed their award winning cups and over to one side was a large wall of clothing. This wall allowed them to form a corner that contained couches that worked as a meet and greet area for new and old friends. Keith with his wife Debbie and friend Kelly, who all came in from Alberta, were working the very busy Finest Medicinal Booth. They reported that business was good and the top strains had moved quickly. The Toronto area was also represented through Medicinal Cannabis Genetics as well as a couple of other businesses.

If your problem was that you needed a new pipe or you were looking for a new bong, you quickly found yourself with a new problem. Unless you came with an unlimited budget your next problem was picking out what to buy with this endless supply of glassware available to you. You could purchase a bong that looked like a flower vase or one that looked like a glass table ornament. You could even get a real tall bong such as the six foot custom glass bong displayed at the ROOR Booth. When I visited their booth, besides seeing all the nice glass, I was able to meet Martin, the man who made the fantastic custom made Treating Yourself bong I own. This would be the same style of ROOR bong that the magazine and the Treating Yourself website have been giving away for about

You needed a store that had everything? For me that would be KDK Distributing. At their booth you could get everything from a vaporizer to a softly stuffed cannabis leaf to throw as a stress reliever. Throughout his area Kelly had various glass cabinets that displayed his items. His location was a like a one stop and shop location and appeared to be busy all weekend long. Kelly also had a very busy meet and greet table where people could stop in and say high.

Are you into art? Yes there was even art at the Treating Yourself Medical Marijuana Expo. Treating Yourself magazine features the work of a few artists and some of them were present. It was good to see Georgia the Happy Hippie. I last time I saw her we were attending the Global Marijuana March back at the beginning of May. Being able to meet and talk to Ivan of IvanArt from Switzerland was real cool. Watching Ivan draw some of the many sketches he did throughout the weekend was a pleasure, while viewing the poster size artwork on his wall was like a lesson on reality. I overheard that this fine collection of art has now been donated to the Jack Herer Museum. I didn't know Jack but I'm sure he would be very proud to have them hanging in his museum. Meanwhile Live Art by Joshua was busy drawing a live picture. This live picture, which he drew throughout the weekend, was what was happening within the area of his booth. His booth just happened to be across from the Treating Yourself booth. When you look at the picture you can see my friends Mike and Jen talking with people while my wife Gayle is seen holding an issue of Treating Yourself.

If you were interested in finding out the latest in nutrient food products for your medical ladies that to was no problem. Advance Nutrients and others such as Green Planet and Love Potion had that covered. The folks from Advance Nutrients had a circular set up which featured a tall tower in the center with couches placed in a few spots around it. Their products were all on display and then they had those buttons I mentioned earlier. These guys even stationed one of their co-workers out in front of the Expo. On display out on Front street was their decked out Hummer II that featured a large graphic of a scorpion on it. Jo was busy telling people about the Expo as well as handing out the Advance Nutrients grow magazine called Rosebud. I don't know much about Love Potion other than everywhere I looked there was a t-shirt displaying their product. Green Planet products were very busy promoting their newest product. Medi-one is a new one part organic food that you do not change when you go from vegetation to bloom. With Medi-one you use the same measurements no matter what stage you are at. Like Love Potion, Green Planet was also handing out their t-shirts which appeared very popular.

If you were looking for assistance in finding a >

The Expo













Clockwise: Georgia Peschel author of the Happy Hippie Ivan Art drawing a caricature

Nik helping customers at the West Coast Gifts booth Puff Mamma booth Brian Papoula at the Bodebuz Clothing booth Shinya Moroto from Shinya Pipes, artist from Japan Alibaba from Paradise seeds helping customers

Photos courtesy of Michael Guerrini



The Expo





Moments at the Expo Photos courtesy of Laura Lemon

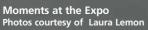




vaponzers.c









compassion center the Expo had that covered as well. Spread throughout the show was at least four of Toronto's Compassion Centers. Representatives from the Toronto Compassion Center (TCC), Cannabis As Living Medicine (CALM), Hemp User Medicinal Access Network (HUMAN) as well as the Rainbow Compassion Center all had booths set up. Every one of them was providing people with assistance on how cannabis works as a medicine as well on how a compassion center operates. When you talked to them you quickly learned that these centers are only for those in medical need. All of the centers have a verification program set up to ensure that those seeking natural medicine are sick people and not just a person looking for a supplier.

So you wanted Hemp clothing or wanted some information on it. The Treating Yourself Expo had that covered as well. Ha-Swesh, Seven Point Leaf, Efforts and a few others took care of your hemp clothing needs. All of these businesses worked together and put on a Hemp Fashion show which took place in the John Bassett Theatre. I'm unaware of any professional models being present but I do know many volunteers such as Kim, Davin, Dan and Jen took turns displaying the fine work of these businesses on the catwalk. As they walked on the stage there was a video playing in the background showing the many uses of hemp. When I visited the hemp booths it was nice to find that a hemp hoodie was available to buy at a reasonable price. This purchase will last me my life time and into the life of the next person who uses it.

When it came to learning the history of Cannabis and or Hemp you didn't have to look any further than the Hemp Museum. David Malmo-Levine made the journey from British Columbia to help educate the people. David had some of the most fascinating old medical bottles on display. While the government and those in authority tell us that cannabis isn't a medicine, David's display of actual pharmaceutical bottles say otherwise. These bottles were at one time filled with pharmaceutical cannabis medicine that was prescribed to patients on a daily basis. It wasn't just prescribed to people in chronic pain or with some other life threatening disease like it is today. Back then it was used for many conditions, ailments and was even prescribed as a cough medicine. The names of pharmaceutical companies such as Parke, Davis and Co and others were clearly labelled on the bottles. So if cannabis is not a medicine then why did the pharmaceutical companies make a cannabis medicine before 1937?

Did you come to the Treating Yourself Expo to see

marijuana? If you hadn't seen mother nature's medicine before you weren't disappointed as the Treating Yourself Expo also held its first Medicinal Cup Challenge. On display at the Medicinal Cup booth were six of the competing strains for the seed company section of the competition. Everyone could see the strains that placed first through third in the two classes (Sativa and Indica) but no one knew who had won. The booth helpers, Clayton, Shane and Sarah reported back to me that many of the show goers stopped by to see these magnificent samples and that everyone had lots of questions for them.

The competition for the entire Cup came from the industries various seed companies, private growers as well as some of the Compassion Centers across Canada. The competition had their samples evaluated on everything from the visual appeal to its medicinal benefit. This included the judge's evaluation of the products taste, smoke ability and its potency. A product that wasn't satisfactory or very effective was quickly exposed as everybody's scores would reflect this.

While some people came to just see marijuana and to see what everything was about others came to find out about the latest in vaporization. I can tell you they were not disappointed as the vaporizing industry was well represented. On the main exhibit floor you could find the people from Zephyr Vaporizers, Herbal Aire and the folks from Vaporizers.ca. The Volcano Vaporizer was represented on the exhibit floor as a hot air blown up vaporizer. While here people could enter a draw to win one of these fine machines. Not only were these vaporizers available to see but for those with medicinal need they also got a chance to try them all in the Vapour Lounge.

To enter the Vapour Lounge you were first greeted by a private security firm at which time they would ask you for a medical ID. This could be a compassion center card from where you live to a Health Canada medical marijuana card. Once inside you were given a free Volcano bag that you could use on their vaporizer. The folks from Storz and Bickel had a dozen units present for people to test out. These were all set up along one wall along with a new vaporizer from the gang at ROOR. On another wall were the people from Herbal Aire, who had a nice four bag set up running. Beside them was Brad from Zephyr Vaporizers who could be seen showing off his product as you entered the main door. Finally on a side by themselves were the people from Verdamper Vaporizer. According to their website they say this is the best vaporizer available out there. While I never did try it out myself I do know several who did. All of ▷

The Expo











Clockwise:

Los Marijuanos booth
Dr. Bob, Ivan Art and Ztefan Meyer enjoying a caricature
Arjan from Greenhouse Seeds
Joshua Boulet, Georgia Peschel and Ivan Art
Katherine, Tracy and Sita from Green Harvest
Blaine from HUMAN

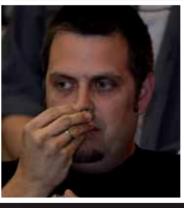
Photos courtesy of Laura Lemon



The Vapor Lounge









Filming of THC Expose of judging session for MM cup Marco Renda, Howard Dover and Remo (the Urban Grower) TY member Gary a.k.a. "Pipes" Don of DNA Genetics judging MM Cup entries Sebastien loading RooR Vaporizer

Photos courtesy of Michael Guerrini











Clockwise:
Evert from De Verdamper BV vaporizers & Franco from Green House Seeds
Volcano Vaporizers and medical patients
Evert and Franco enjoy a Verdamper vaporizer
Sampling with Herbal Aire vaporizer
Brian Roberts, Kelly from KDK Distributors and Jules Hart during an interview

Photos courtesy of Michael Guerrini



them were telling me how smooth the vapour was and how well it tasted. They even said that they had no urge to cough when they used it. Finally over in the corner there was an area set up with couches and lounge chairs. This would allow people to sit rest and medicate after spending some time walking the vendor's floor.

While you were touring the show you were also presented with an opportunity to listen to some of the top researchers on cannabis. Doctor Robert Melamede was present. This man is a leading researcher on the cannabinoid system, a system that all living mammals including humans have within our bodies. It just happens that cannabis is the only plant available to man that will supply us with the many natural cannabinoids our bodies require. With the possible discovery that man is becoming cannabinoid deficient, which may be leading to the many autoimmune systems that we see today, it is imperative for people to get educated on cannabis. While Doctor Bob is known to spoke on cannabinoids, Mary Lynn Mathre of Patients Out of Time talked and discussed what her organization is doing in the United States. I got to talk with Mary when I purchased a book called Jeffrey's Journey off of her. I encourage you all to get a copy of this true life story. If you do get this book you'll be saying "what about the kids" as this young child is barraged with medication to find out that the best treatment for him is cannabis. Doctor Alex Sumach also made a stop at the Expo to say a few words. A few of my friends like 420 Deb and Pete were fortune enough to got autographed copies of his book Grow Your Own Stone. While I couldn't get to see all the speakers, also on the schedule to speak was Dr Paul Hornby and Dr William Courtney from California.

Friday night I did get to visit the John Bassett Theatre during the comedian show. I missed the opening act and from what I heard I missed a hilarious puppet burlesque show. With me coming in part way through an act I missed the guys name but I can tell you he had the people rolling on the

floor during his "fake penis" act. After him Howard Dover, the organizer of the comedians got up and produced lots of laughter from those in attendance. Jeff Peterson, the 420 comic finished up the show. Up until now I'd never heard of him but by the time everything was over I noticed and learned that Jeff is a very well known comedian in California.

Saturday night brought along the Expo's boat cruise and in order to get on the boat you required a special pass. The cruise took those on board for a trip along the night time shores of Toronto. This gave everyone an opportunity to view the magnificent colour display of the waterfront. Seeing the lights of the major downtown businesses all lit up was a site to see. The CN Tower was a glow of different reds and blues while the other buildings in the area showed off their different colours and displays. This made for quite a sight for those of us that were on our first ever boat cruise. The people who purchased tickets boarded one of the two boats that were waiting when we arrived at the harbour. To get to the harbourfront people took whatever mode of transportation they could get a hold of. Some people did walk but many others jumped into taxis to get there on time. My friend Deb, Gayle and I chose to keep the green theme going as we jumped aboard a human powered rickshaw to get there on time.

As people boarded the ship there were some concerns raised. As more boarded a vote was taken if people would be smoking cannabis on the open top deck. About the same time we departed it was discovered that no booze would be served which created problems on one of the boats. Why no alcohol? According to Ontario liquor laws if licensed liquor establishments are caught serving alcohol with "illegal" drugs around them they could lose their liquor license. This tells me that the liquor laws are out of date and need to be changed. Canada now has a legal system for marijuana but its liquor laws discriminates against the sick and could cost a bar owner their license to sell liquor. >







Marco Renda, Dr. Bob Melamede, Michelle Rainey, Len Richmond



Len Richmond answering questions after the showing of "What if Cannabis cured Cancer"



Dr. Bob Melamede speaking to Michelle Rainey



Dr. Alexander Sumach



Dr. Paul Hornby

Photos courtesy of Michael Guerrini



The Canna Cruise





Photos courtesy of Michael Guerrini

Even with no alcohol being served people were still enjoying themselves sitting around talking or doing the meet and greet thing. The Volcano Vaporizer also made its way onboard which came fully equipped with a ten foot vapour bag to be filled. When I got home and seen the pictures online I know we weren't the only ones with a rather large bag. The lack of alcohol on either boat didn't stop the gang on one of the boats from serving soft drink shooters. Yes it seems shooters that are non-alcohol filled can be just as good and as enjoyable as ones that are alcohol filled.

When dinner was ready everyone formed a line in the lower deck. As everyone filled a plate full of food I was happy to see salmon as well as rice and ceaser salad on the menu. Meanwhile others could chose from Prime Rib to Shrimp with Scallops as well as other delicious looking entries. Unfortunately shortly after we ate our boat had to make an unexpected stop back at the harbour. It seems one of the people on board was suffering from motion sickness and had to be removed. When we docked many of the people on board had eaten and some of them wanted to have an after dinner alcoholic beverage. With a lack of alcohol on board they departed the ship to find their beverage of chose. The boat didn't empty but its numbers were reduced to a third of what we pulled into shore with. Those who remained onboard enjoyed the remaining time of their cruise. We used the extra room to roam and visit each other. The volcano vaporizer kept busy as people gathered around it. Meanwhile others gathered around the tables to enjoy a conversation with others.

Sunday night brought us the Global Marijuana Music Award and the TY Medicinal Cup presentations. This fabulous display of music and award presentation was held in the lower level of the convention center in the John Bassett Theatre.

To get things rolling Marco got on the stage and thanked all of those that were present for coming out to enjoyed the evenings show. As well he also gave a big thank you to all those that were involved in making this event happen. With events like these not being easy to run he even had a few apologies for some that were in attendance. Once Marco was done Paul Bullock, a multi time Global Marijuana Music poetry award winner took to the stand and like Marco thanked everyone that was involved in making the weekend happen. Throughout the early part of the night Paul and Marco presented the awards to the artists that were present. For me this was the first time I'd attended anything like this. I know I had a great time seeing these artists receiving their awards from a seat near them instead of seeing it

As the night went along we got to hear from some local Toronto talent in Wank Punter and Errol Jones. Seeing musical activists like Rich Hardesty, Chief Greenbud and Los Marijuanos live was awesome!!!! You can hear these performers on the internet at Time4hemp.com and for me; I was looking forward to this day for some time. The first song I heard from Rich Hardesty was "All my Friends are Stoners" which is one song I put in my favourite top ten marijuana songs. Hearing Los Marijuanos sing "Marijuana is good for the

	Award	Artist	Song/ Album
SONG OF THE YEAR		Chief Greenbud	Its 420 Somewhere
	ALBUM OF THE YEAR	GDP	Medicine Man
	BEST ARTIST	Sahra Indgo	Spiritual Connection
	RAP ARTIST	The Individuals	Ganja Green
	REGGAE	Indubious	Ganja Weed
	ROCK	Skyhouse	Marry Wanna
	VIDEO	DJ Slim	Utilize Your High
	POETRY	Paul Bullock	Tommy Chong the Bong
	DJ MIX	DJ Diego	Ganja Mi Seh!

The Marijuana Music Awards



soul" brought me back to the trips of going up and down the highway to attend the Home and Wellness shows. Meanwhile Chief Greenbud reminded everyone "its 4:20 somewhere", a song that won him song of the year at this year's awards show. Before this weekend I had heard of Sahra Indio but I really hadn't heard much of her before this day. I can tell you when she performed here I became an instant fan.

Just when Paul Bullock thought he was done doing the music award presentations the crowd suddenly found Marco informing Paul he had forgotten to present one of the awards. When Marco made it to the podium he informed Paul that he was the recipient of the Global Music Award for Poetry. While Paul doesn't sing and is not a music artist he is however an excellent word artist. After accepting his award he performed his award winning poem, The Parking Lot Mom before jumping into his latest winner, Tommy Chong the Bong.

The whole awards show was a show of solitary and one of great achievement. The cameras were rolling and many were taking still photos. The music was loud and a celebration was happening. I know I was bouncing in my seat and seeing Melissa dancing along the wall tells me I wasn't alone.

Treating Yourself had the video production crew running all weekend long. The end result of this will be a DVD which is something you won't want to miss. Check treatingyourself.com and this magazine for details on when the Treating Yourself Medical Marijuana and Hemp Expo DVD is available.

The highlight for me and something I'll remember

for a long time was just being involved in this Expo. Meeting the people as well as introducing people like Casper Leitch to others was a fantastic feeling. Casper Leitch of Time4hemp is a person who has given so many people a chance to speak out with his live and podcasted shows. If it wasn't for him I know I and others may have never heard of Chief Greenbud, Los Marijuanos as well as Paul Bullock. Being able to introduce people like Casper to others who may have only spoken to each other on the phone or heard them on a CD but have never met in person was awarding to me. Being the one to introduce Casper to Marco Renda, Michelle Rainey and most of the musical artists for their first time ever was an honour. This was a fantastic thing to be involved in as these people have done so much together but had never met personally. To see the expression on each person face was a sight to see and one that will never be forgotten

One of the goals for the expo was to educate the people on the responsible use of cannabis. Who would these people be? These people could be your neighbours, your lawyers, your mother, your father. They could even be your doctors. It was for the educated and the uneducated as well as for teaching people that there is more to cannabis than people wanting just get high. There is no doubt that this show taught you more about cannabis than anything available anywhere else People that attended this show came from Hawaii, Hong Kong, Holland, France, Italy, Spain, Switzerland, Scandinavia, Japan and the U.K., as well as from all across Canada and the United States.

For me, as a volunteer in the production office, this whole experience left me with a feeling that this was truly a world event.



1st AK 47 – SERIOUS SEEDS

2nd AMAZING HAZE - THE HARVEST MEN

3rd SWEET SIX – MEDICINAL CANNABIS GENETICS

1st GRAPE ESCAPE - MEDICINAL CANNABIS GENETICS

2nd SENSI STAR - PARADISE SEEDS

3rd ULTRA KING - REEFERMAN SEEDS

1st D - EARLY PURPLE KUSH - MEDICAL MARIJUANA.CA

2nd C - HAWAIIAN PUNCH - PLANT PHARMACUTICALS

3rd A - PURPLE KUSH - CANNABIS MEDIC.CA

1st J - BUBBA KUSH - BC PRIVATE GROWER

2nd I - DUTCH # 1 - TORONTO PRIVATE GROWER

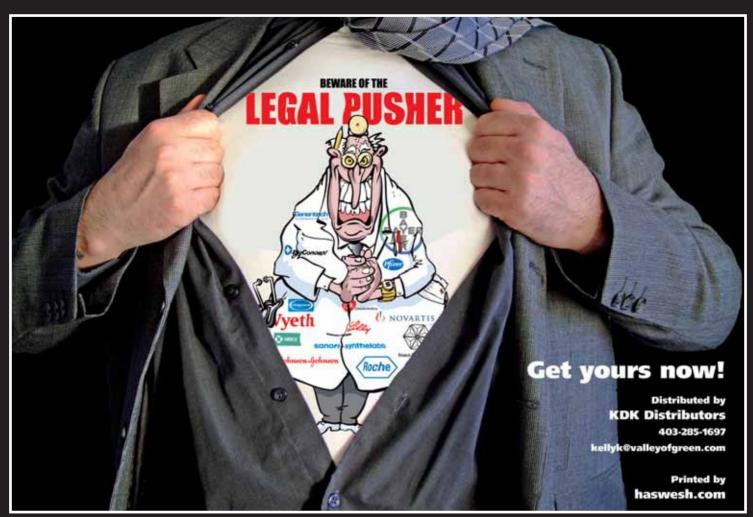
3rd E- HAWAIIAN PUNCH - PLANT PHARMACUTICALS

The Medical Marijuana Cup















Treating Yourself:

Al Graham

pace@treatingyourself.com www.peopleadvocatingcannabiseducation.org

ome people say that the second time around; things are always easier and better. This saying would be proved to the people who attended the original Treating Yourself Expo boat cruise as Treating Yourself Editor and Publisher Marco Renda announced his plans for Treating Yourself: Hemping on the High Seas II.

After some concerns were brought to Marco about the original cruise, which was held during the Expo, Marco decided he was heading out for another one and he invited those who were on the original cruise to join him. He wanted to make it up to them so he arranged to do a second cruise and invited all those who had paid for a VIP ticket during the Expo to join him. In the end thirty five of us joined Marco for this day of cruising and we weren't disappointed.

My wife Gayle, our friend Deb and I arrived early enough to walk around the Queens Quay area to do some sightseeing. Shortly afterwards Marco contacted me to let us know that he and Scrumptious were on the boat and that we could join the two of them.

The Klancy II

After Marco's call the three of us and a few others climbed on board our cruise ship named the Klancy II. Shortly afterwards we were departing as it appears Marco was a bit eager to get going. Unfortunately we departed to the parking lot as boarding wasn't going to happen for another thirty minutes.

The lower deck of the boat was where we would be eating our lunch. The dining room had a long counter bar on one side, which had several wine and drinking glassing hanging from its ceiling. The other side of the room had a long cushioned bench that had several tables lined up in front of it; the other side of the tables had tall back chairs for people to use. Between the two

of them was another set of tables and chairs which helped provide plenty of seating. This arrangement allowed for everyone to get a good view of the outside from anywhere within the room. The ceiling was covered in what appeared to be shiny wood strips, similar to an old hard wood floor, while the walls were actually windows which allowed for the panoramic view. In the rear of the upper deck was where the main bar and open dance floor where located.

The first cruise saw the volcano vaporizers come aboard but not this time. Instead of having a vaporizer station on this trip we had three bong stations. These bong stations, one out in the front of the boat and the two others were located along the sides near the rear of boat where quite busy. Meanwhile the only two tables on the upper deck were put together to form another area. These stations allowed everyone an opportunity to get together and enjoy some conversation, no different than the ones located in the popular drinking establishments found anywhere in any bar.

The Cruise

When we ready to set sail we headed west. The last time we did this cruise it was in the evening so it was nice to be able to see what we missed in the darkness of night. The first advantage we found with the day trip was that not only did we tour the Toronto waterfront but we also toured amongst the many islands that cover the area. As we twisted in and around the islands we could see the many parks that lined the shores as well the sandy beaches and the people that covered them.

When lunch was served we decided to sit in the lower deck. When it came to eating we had whatever we wanted off of the menu, which featured roasted chicken, beef bunion, pasta, roasted potatoes as well as







Hemping on the High Sea's II

Greek and Cesar salad. We got to wash it all down with the open bar. As we ate I watched out the window across from me. After watching for a while I had to think twice as to where we were. It appeared that we were in some small place surrounded by forests and not at the base of the largest city in Canada.

After lunch everyone gathered back up on the top deck. While sitting around a table with Dianne, Deb and Michele a bee came along. This bee was very fascinated by the pipe that was lying on the table. As it turns out this bee must have known what was inside of it. Each time the pipe was placed on the table the bee would climb on it and make its way towards the mouth piece. This bee went stuck its head inside several times and then after about fifteen minutes and many lungs full later it literally buzzed off.

Once everyone was done being fascinated by the toking bee we set out eyes once again towards the shore line. By the time lunch was over we had headed east of the departure location and got a look at what I'm told is Sugar Beach. The area was littered with tables that had pink umbrellas in them. Not one or two tables but all of them. The area was covered with people that were enjoying the sun filled day. Further east was a construction project that I'm told is to be another waterfront park. We could see the sand piled waiting to be put into its proper place and we could also see the arches that I'm told are to form a waterfall.

From there we sailed out towards more open water. Once out there we found the area covered in sail boats. Everywhere you looked the lake was dotted with these boats that operate without gas but on alternative power, wind. Darting in between these sail boats were several wind surfers. These guys could be seen darting here and there and all over the place. Some of them

came near us and as they did they would perform tricks for those that were on board.

After visiting with the sail boats we made our way to an open area of water. The boat sat there for a while as those onboard continued with their activities. For those wanting to take pictures with the city skyline in the back ground this location made for a spot to get them. It was around here somewhere when we tried to get Gavin to try to light his Roor Bong with a magnify glass. At first it look like he was going to be successful, even the crowd cheered the sun and the magnify glass on but after a while it appeared the light breeze on the day may of been enough to prevent it from lighting.

Throughout the day I spotted Marco enjoying conversation with everyone on board. Whether it was around the dining table or around a bong, Marco was fully involved and enjoying this trip. I overheard many of these people thanking Marco for this second opportunity, the excellent time and the enjoyable meal.

Unfortunately all good things must come to an end so with time winding down we slowly made our way back towards our departure point.

We spent about four hours touring the Toronto harbour front and islands. While the night cruise was beautiful with the magnificent colours of the city skyline the day trip allowed you see so much more.

Either way it's a great time and I'd recommend that you take both trips. What can I say but this cruise was filled with loud tunes, good people and plenty of things to be seen.

I'm sure many on this trip would join me when I say "Thank you Marco" 🍨

Seattle Hempfest 2010

Great Bands, Passionate Speakers, Unique Crafts and Vendors

Words by Kevin Walters Photos by Lindsey Walters

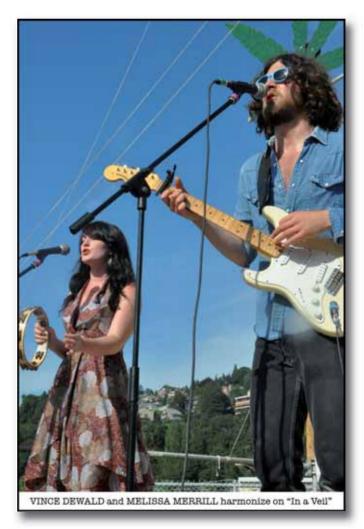
In its 19th year of existence, America's largest "protestival" was as big and bold as ever. The Seattle Hempfest has grown into one of the northwest's premier summer festivals. With attendance in recent years exceeding 300,000 people, the two-day festival, which stretches for a mile along the downtown Seattle waterfront, is a massive event that continues to gain momentum. Seattle Hempfest is the world's largest annual gathering for cannabis policy reform and the place to be for those who support the cannabis cause.

The crowds show up to connect with likeminded people, listen to great music and passionate speakers, and to browse the hundreds of vendor booths offering a myriad of unique crafts and services. A free festival with a \$10 suggested donation, Hempfest is an all-volunteer event with most bands playing for free in support of the cause. After receiving over 600 band submissions, organizers selected nearly sixty acts to showcase on four stages plus a fifth stage for electronic artists.

I was fortunate enough to catch up with one of the world-class bands that performed at Hempfest 2010-San Francisco based roots rockers, Buxter Hoot'n. Headlining Saturday's 4:20 celebration at the Seeley Memorial Stage, Buxter Hoot'n got the crowd moving in anticipation of the big moment. As the hands of the stage clock met over the number four, the packed crowd lit up and clouds of sweetsmelling smoke filled the air. The scene was unforgettable: Thousands of people freely sharing joints and pipes as bags of fresh herb were tossed around like candy at a parade.

The band's socially conscious songs and the beautiful Seattle waterfront provided an enlightened background for the 4:20 festivities. Playing to an exuberant crowd, Buxter Hoot'n set the tone for the afternoon with virtuosic violin and guitar riffs combined with intricate vocal harmonies and lyrical poetry in the tradition of Bob Dylan and Townes Van Zandt. One of the highlights of their set was a song called "Outlaw's Life." Introduced as a song for the cause, the audience cheered as the band sang: It's been a Chinese medicine for centuries. Some people know it helps them to see. And for those who are ill and just can't eat, a taste of Mary Jane is oh so sweet.

In addition to Buxter Hoot'n, the diverse lineup of acts included Layzie Bone and Thin C (Bone Thugs-N-Harmony), The Click Clack Boom, and Green Jelly as well as dozens of excellent speeches by luminaries of the cannabis community. Among





this year's speakers were Marijuana Policy Project executive director Rob Kambia, Paul Von Hartmann of the California Cannabis Ministry and Project PEACE (Planet Ecology Advancing Conscious Economics), and NORML advisory board member/TV travel guru Rick Steves.

Hempfest 2010 was a joy to attend. On a scale like no other, this one-of-a-kind "protestival" brings tens-ofthousands of people together to support the urgent cause of cannabis law reform. I'm already looking forward to Seattle Hempfest 2011.





Seattle Hempfest 2010's Theme:

"This Ones for You, Jack!"

By Lexx

Hempfest is the largest all volunteer crew anywhere!

To behold the amount of volunteers with all their organizational skills, than realize that No One is paid; opens your eyes to what a bunch of Hippies can do!

300, 000 people or more attend this annual Protestival held at Myrtle Edwards Park, a long and narrow park on the Puget Sound just north of Pier 66, which is billed as the largest in the world.

This is not a bunch of Stupid Stoners; this group known locally as the "Peace Heathens" has a long History of Helping those folks who are the weakest in our Society.

Their real claim to fame is their pamphlet containing all the information a homeless or street person NEEDS to survive in Seattle. This pamphlet was such a lifesaver that the police and city council now publish this to help all those who are in need.

This Free event costs volunteers more than just their sweat, many became VIP's at a rate of \$150.00 to help close the gap between what was raised by donation last year and a short fall of \$55,000.00. Cyril of Core Group mortgaged his home, just like Jim Matheison, who mortgaged his home the previous year. Jim is the lead singer and core of the house band, "Herbivores".

This is Reggae influenced, hard driving, political themed, and super band, having earned the position by more than just the words they sing.

The newest band on this scene was the Buxter Hoot'n Band honored to be this years 420 band on the Seeley stage.

At precisely 4:20, joints magically appeared in all the hands of those present, creating a Haze that drifted across the sweet sounds of Buxter Hoot'n Band!

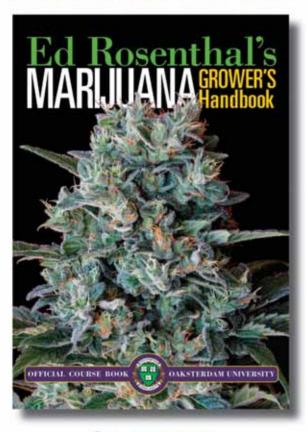
The Buxter Hoot'n Band is an Americana band; harmonies with Folk inspired rhythms, drive their sound. Talented beyond their age, they will reach stardom.

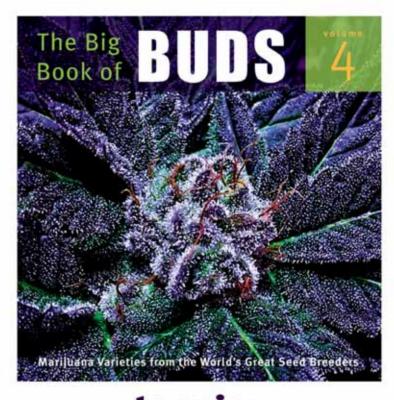
After the long, very educational weekend, Monday rolled around with hundreds of volunteers, working for little more than a shirt and a meal, began the long on their knee's process of cleaning the entire park. They will be working for several days making it cleaner than before the Hempfest started.

The Speakers are gone, the vendors packed up, luminaries on their way home. Yet, Here is Vivian McPeak, D. Paul Stanford and Jim Matheison, working right along with the volunteers picking up the trash.

See you next year! 🍨







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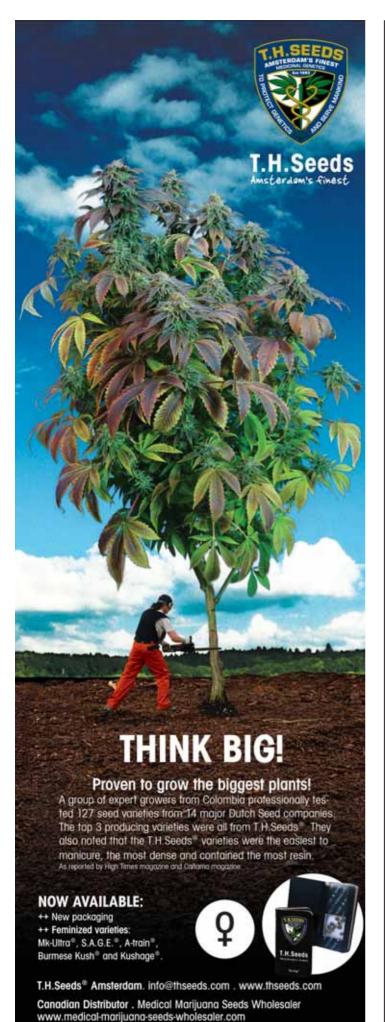
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How to make

Peanut butter Pot cookies

by Petey McEnroe

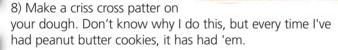


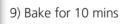
Instructions

- 1) Pre-heat your oven to 375 F
- 2) Cream together butter, peanut butter and sugars.
- 3) Beat in egg.



- 4) In a separate bowl mix flour, baking powder, baking soda, and salt.
- 5) Mix both bowls together adding flour mixture a little at a time.
- 6) Let batter rest in the fridge for 1 hour.
- 7) On a greased cookie sheet scoop out your cookies, makes 12 large cookies OR 24 small cookies





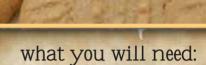












1/2c canna butter 1/2c peanut butter 1/2c sugar 1/2c brown sugar

> 1 egg 1 1/4c flour

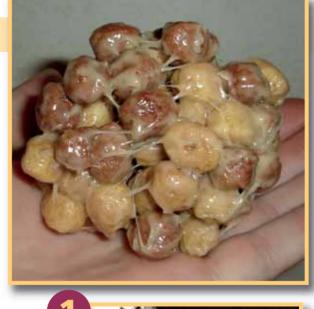
1/2 teaspoon baking powder 1/4 teaspoon salt

3/4 teaspoon baking soda

How to make

Cannabis Marshmallow **Treats**

by Petey McEnroe





Instructions

- 1) on med/low heat melt together canna butter and marshmallows. mix untill smooth.
- 2) add cereal. mix well.
- 3) and your done! easy right?
- 4) Enjoy!









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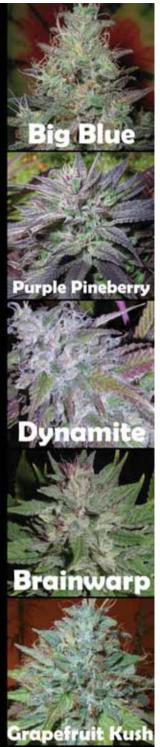


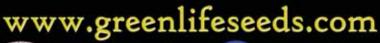




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Bonkers	\$90	Elite 47 \$		Baldy	\$90
Blue Dynamite \$90		La Rica	\$120	Big Blue	\$90
Blueberry Punch	\$90	Llimonet Haze	\$120	Blaze	\$90
Diablo	\$90	Caprichosa Thai \$120		Bubblefunk	\$90
Durban \$60		Taylor'd Genetics - feminized		Cali Miss	\$90
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Island Sweet Skunk	\$90	Hazy Daze	\$110	Electric Haze	\$90
Grapefruit Haze	\$90	Rocky Mountain High	\$110	Fast Freddie	\$90
Grapeskunk	\$90	Steve Mc Garrett's Hai	r \$110	Five-O	\$90
Medicine \$90		Greenhouse Seeds-feminized		Jack	\$90
Romulan	\$90	Arjan's Haze 1	\$180	Maui Mist	\$90
Romulan Max	\$90	El Nino	\$110	Northern Lights #5	\$90
Romulan Haze	\$90	Great White Shark	\$110	Purple Lightning	\$90
Romulan Hashplant	\$90	Hawiaan Snow	\$180	Super Kush	\$90
Romulan Timewarp	omulan Timewarp \$90		\$180	True Skunk	\$90
Stinky \$90		Dutch Passion - feminized		White Lightning	\$90
Timewarp	\$90	Blueberry	\$180	Heavy Duty Fruity	\$90
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Grapegod	\$130	Skunk 1	\$80	420	\$80
Grapefruit Kush	\$130	Strawberry Cough	\$120	Burmese	\$80
Romulan Diesel	\$130	White Widow	\$180	GSPot	\$130
Secret Valley Seeds		Paridise Seeds		Fuckin Incredible	\$180
Brainwarp \$60		Dutch Dragon	\$60	Blackberry	\$80
Purple Pineberry \$60 Nebula		\$65	Indigo	\$80	
Northern Flame \$60 Sensi Star		Sensi Star	\$75	Gold	\$80
Jamacian Grape \$60		Sheherazade	\$60	Sweet	\$80
Top Dollar \$60		Grendevil Genetics		Black Velet	\$80
Hardcore \$60		Orange Haze \$100		Liberty Seeds	
Outdoor mix	\$40	Margot	\$100	Stealth	\$70
Big Buddha Seeds		West Coast Seeds		Mother	\$70
Cheese	\$100	Mighty Mite	\$80	Lady Liberty	\$70
Serious Seeds		Donkey Dick	\$80	Justice	570
Ak 47	\$105	Purple Skunk	\$80	Infinity	570
Bubblegum \$105 Chronic \$100		Cana de Espana		more seeds online	
		Godzilla	\$90	Thore seeds offille	

























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Win a Cano

Just answer the question and complete the following entry form and send it to TY!
One lucky winner will be chosen for each prize. GOOD LUCK!!!
Deadline for contest entry is December 1/10

Digital Vaporizer

Answer the following TY QUESTION:What country does Volcano come from?

Deadline for contest entry is December 1/10			
Name:			
Address:			
City:	Province / State :		
Postal / Zip Code:	Country:		
Home Phone # :	Best time to call?		
Email Address :			

Please mail completed entry form to:

Treating Yourself, Attn: Volcano contest, 250 The East Mall, P.O. Box 36531, Etobicoke, Ontario.



Only 1 entry per person.

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

Deadline for contest entry is

December 1/10

Winners name will be announced in Treating Yourself issue # 27 Winner will be contacted by phone / mail / email so please be sure to provide your contact information in full.

ALL INFORMATION WILL BE DISTROYED IMMEDIATELY AFTER
A WINNER HAS BEEN PICKED AND CONTACTED

Volcano

Contest WINNERs

TY22

J.C. Nanaimo BC

TY 23

D.Z. Winnipeg MB
TY EXPO Winners

L.B., H.C. & J.T.

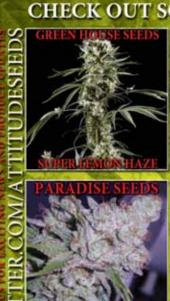
Please keep those entries coming. We know there are many more lucky winners.



he Attitude



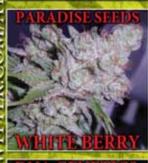
CHECK OUT SOME OF OUR LATEST AND HOTTEST STOCK!





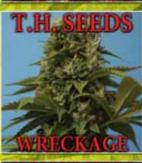


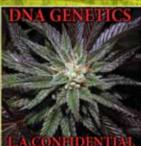




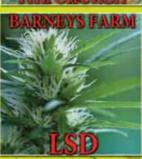












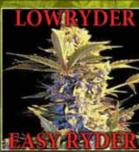




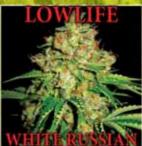














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