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Issue 12 Summer 2008

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The alternative medicine journal

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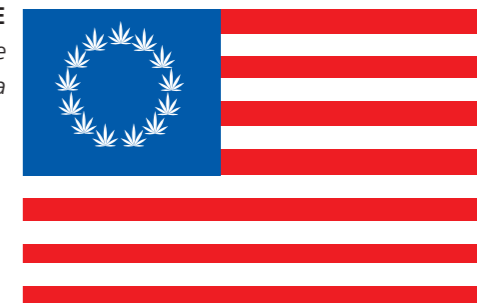
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Marco's Editorial



I have come to the conclusion that elected politicians in North America are not listening to their voters or the courts! Because if they did, marijuana would be legalized and regulated just like alcohol. I believe that the residents of Canada as well as the United States of America could benefit greatly from the tax revenue generated from the sale of marijuana providing that the additional revenue gets put towards health care and education. Now let's take a look at those of us who have a permit to grow and use marijuana as our medicine here in Canada. We have to continue to get our permit renewed yearly even though there is NO CURE for our ailments; we are going to be sick till we die. Why can't Health Canada show some compassion to the sick? Now Health Canada is again stating that they are going to phase out grow permits. How can they do this when licensed growers have spent thousands of dollars not only purchasing the necessary equipment but also the thousands spent on renovations in order to grow their medicine indoors? Why would they want to continue to waste tax payer's hard earned money on a FAILED program. Yes I said FAILED; reason being is that very few of us licensed patients purchase our medicine from Health Canada due to the lack of quality and choice. I know that I personally can't afford to purchase my medical marijuana from Health Canada so those on a fixed income who barely get enough to pay the rent have no way in hell a way to pay. Health Canada cuts off any delinquent patient and sends a collection agency after them to pay their bill. Why In the hell do patients have to pay for their medical marijuana in the first place considering us tax payers already paid for that so called medicine to be grown? Now for those in the United States of America the Federal Government isn't recognizing what the voters want in at least 12 States. Voters went to the polls and voted to LEGALIZE medical marijuana yet the Federal Government still refuses to recognize what the voters want. The United State Government needs to be overhauled as does their courts as the courts in the US are puppets to the politicians that gave them their cushy jobs. The difference between the US and Canadian court system is that the courts here in Canada don't have to listen to the politicians. It's the courts that have made the difference here in Canada so much so that we have a FEDERAL Medical Marijuana program even if the program has failed the med patient miserably. If I was one of the elected politicians in North America I would be very afraid of losing my ELECTED status as I am sure that once the voting public realizes that they were just given a bunch of BULL SHIT promises there will be a NEW elected leader. Forget about voting for the Conservatives, Republicans, Liberals, Democrats, NDP as they have time and time again shown their TRUE colours. Go out and vote for Libertarians and Green Party's and maybe just maybe we can have elected politicians in place that will LISTEN to the voters. It's time to stop putting people in jail for using a plant that has NEVER in the history of mankind killed anyone nor has anyone died as a result of an overdose. **WAKE UP PEOPLE** the time is now the elections are just around the corner let's make a difference.

Take care and Peace
 Marco Renda
 Federal Exemptee
 Publisher and editor in chief



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Captions to be written in place of name on the photo file or
with easy referral in a Word document.

Note

Please take photos of objects or buds with a nuetral background (preferably white).



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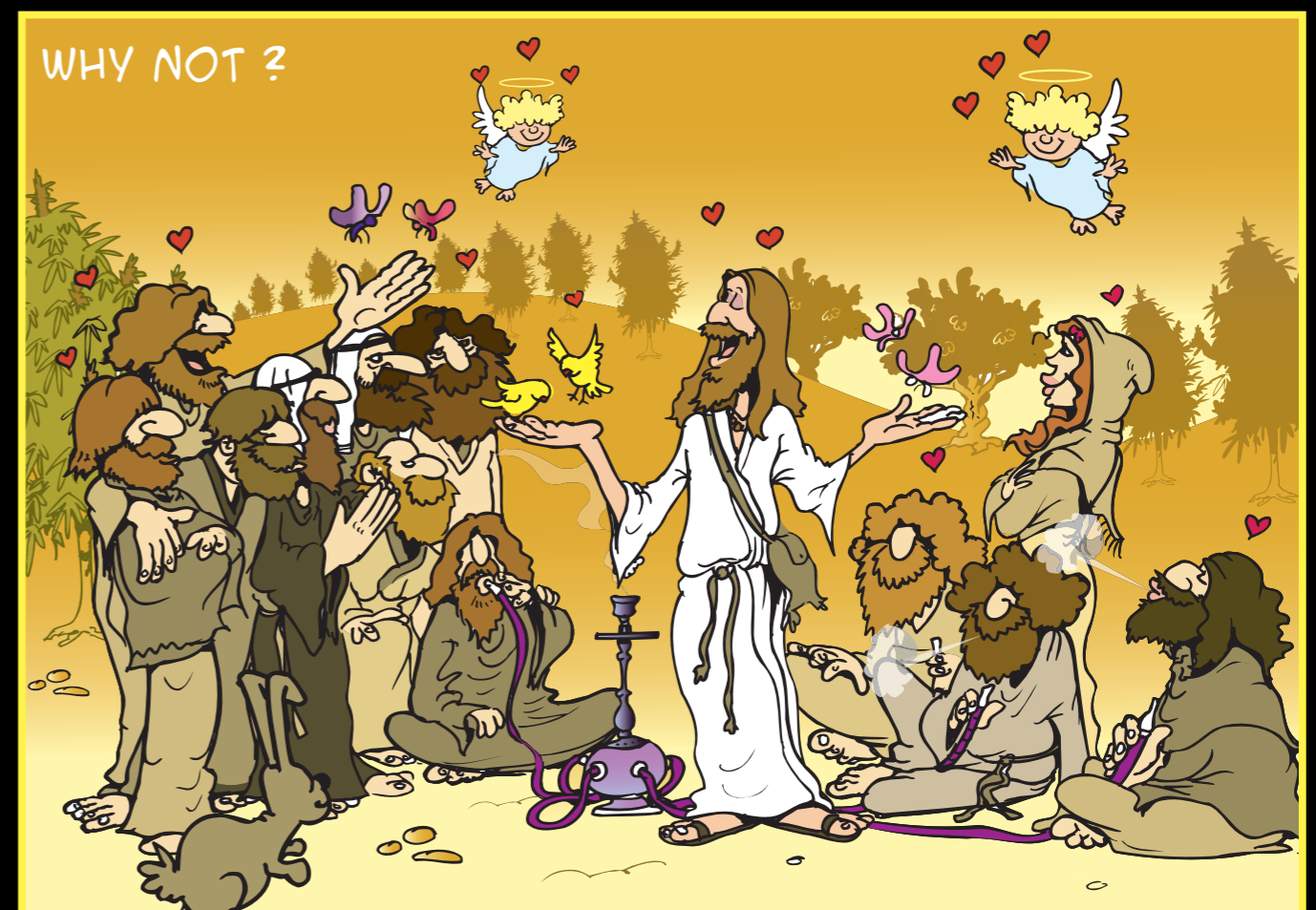
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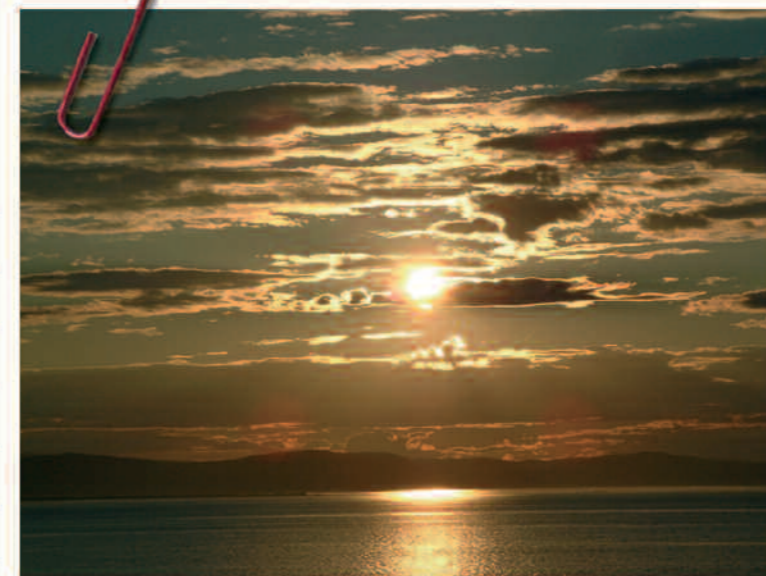
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A Non-Using Teenager's Point of View

One of my personal favourites is that here in Canada, you can legally smoke cigarettes at the age of 16, but you can't legally purchase them until you are 19. From my understanding, it is also ille-

gal for anyone else to purchase cigarettes for those under the age of 19. So considering all of that...where are these minors acquiring cigarettes? Either there are stores selling to minors illegally, or adults are illegally supplying minors.

If there is just one law already needing to be fixed, who says there isn't others? One such set of laws are the ones around the possession and usage of marijuana. It has been proven many times before that marijuana doesn't do all that much harm, even less if it is vaporized or put into edibles. It has also been proven that marijuana has medicinal benefits as compared to harder drugs and alcohol.

I think it's time for change to come about and some laws to be reexamined. Be they silly or just old and outdated, things need to change. We need to stop relying on laws that were made for a different time period and bring everything up to date with modern times.

--Krysanina, age 18

If you wish to comment or contact me, you may reach me at
krysanina@treatingyourself.com

Leonard Peltier, is an imprisoned Native American considered by Amnesty International to be a political prisoner who should be immediately released.

For more information about Leonard Peltier please contact the Leonard Peltier Defense Committee at:

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Federal Medical Marijuana Program

Marks 30th Anniversary May 10

Little-Known Program Supplies Marijuana to Four Patients

WASHINGTON, D.C. -- A little-known federal government program that supplies medical marijuana to a handful of patients will mark its 30th anniversary on May 10.

The federal medical marijuana program referred to as a Compassionate Investigational New Drug (IND) program -- resulted from a lawsuit filed by glaucoma patient Robert Randall, who successfully showed that his use of marijuana was a medical necessity.

The program slowly grew for over a dozen years. In the wake of a flood of new applications from patients battling AIDS -- who found that marijuana boosted their appetites and relieved the nausea often caused by anti-HIV drugs -- the George H.W. Bush administration closed it to new applicants in March 1992, but continued supplying federal marijuana to those already receiving it. Four of those patients survive today.

"Most Americans would be shocked to know that the federal government supplies medical marijuana to patients while claiming that marijuana is a harmful drug with no medical value," said Rob Kampia, executive director of the Marijuana Policy Project in Washington, D.C. "If federal officials believe their own statements, they're knowingly poisoning four innocent people, but in fact they know better. The four

remaining patients in the federal program have benefited from their medical marijuana use, groups like the American College of Physicians and the American Public Health Association have said that marijuana is a safe and effective medicine and, as a result, we must change the federal laws that prohibit medical marijuana."

Officially, the Compassionate IND is a research program. Participants were required to sign a consent document calling the program a "study." Yet the federal government has never studied the patients in the "study." In fact, the only study ever published of these patients was privately financed and conducted.

"May 10 marks the 30th anniversary of federal hypocrisy and dishonesty about medical marijuana," Kampia said. "When future historians see how much effort our government made to avoid learning that marijuana is a safe and effective medicine, they'll shake their heads in disbelief."

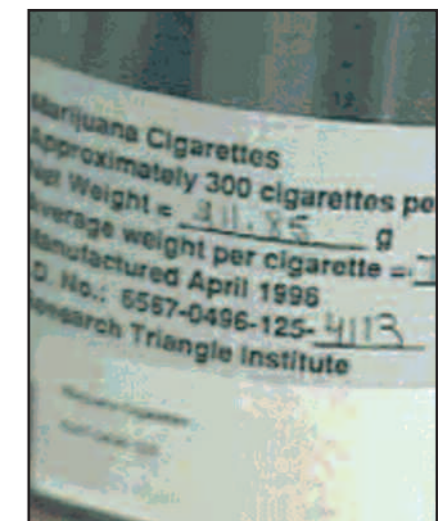
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and 180,000 e-mail subscribers nationwide, the Marijuana Policy Project is the largest marijuana policy reform organization in the United States. MPP believes that the best way to minimize the harm associated with marijuana is to regulate marijuana in a manner similar to alcohol. For more information, please visit <http://MarijuanaPolicy.org>.

CONTACT: Bruce Mirken, MPP director of communications, 415-668-6403 or 202-215-4205



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Time to peek out of the box!

by Keith Fagin
Alberta 420 / Calgary 420

Outside the box can be dark unknown. Human nature (all animal instinct for that matter) is to be warily of the unknown. It could be a dark, harmful and scary place with many unknown horrible evils awaiting to ravage us all at every turn.

Is out of the box thinking, at least how we try to deal with the available drugs and the harms associated with them, really all that unknown?

The time has long since past we all need to look harder for ways to end or at the very least reduce the harms caused by all forms of drug abuse legal or illegal.

First and foremost put a stop to our governments ideology based suppression and persecution way of continuing to try to force human beings to live like how they think we should live.

Our suppressors being our North American elected governments past and current have gone to great lengths to keep the truthful information box closed for almost a century now with decades of drug misinformation.

Suppression and persecution of one kind or another directed towards we the people by governments has been alive and well for all of recorded history sadly.

Second proper truthful education would go a long ways towards obtaining such a lofty righteous goal of reducing drug abuse and the many associated harms. Past experience has long since proven education is the right direction. If a governments or organizations were to deny this we know that is just not true on any level.

There is a host of credible science and even organizations calling for legalization of all drugs for decades now.

Talk about dark and scary out of the box thinking! Humankind does know from past experiences most all drugs do have the potential to be harmful to the extreme.

When we finally climb out of the box will depend on how long our governments, the very people we entrusted to protect us all, can continue to keep we the people from climbing out of the box to explore

new frontiers. Exploring and learning just as our ancestors before us have done and we will continue to do of course. Even with the huge amount of suffering and suppression of basic human rights humans have suffered through and still endure to this very day we will continue to go forward. History has shown this to be all too true. Roman empire and even more recent history with burning of the witches to slavery of a human race and even cultures. Even racism directed towards whole races and cultures continues to this very day in time sadly.

Governments know all to well we the people are peeking out of the box too.

An example of the moral majority (we the people) have peeked out of the box in regards to drugs is medicinal cannabis consumption.

Medical and recreational consumption of cannabis has a nasty evil stigma still attached to it by past and even current governments reefer madness propaganda. So much so even the non THC producing natural hemp plant is suppressed to a degree today. Hemp related products such as food, ethanol fuel, clothing, paper and a huge host of other products can be easily made with hemp. Our ancestors used hemp for food, clothing, shelter and so on. Hemp is still used in these ways to a large degree in other parts of the world today. The U.S. Department of Agriculture made a film titled "Hemp For Victory" to encourage famers of the day to grow hemp after the government made hemp legal in 1942 to provide much needed support in World War 2. Interestingly enough after the world war was over hemp was made illegal again and copies of The U.S. Department of Agriculture "Hemp For Victory" film were ordered destroyed. Copies did survive though and are still available.

There are a large number of polls in past years showing the moral majority ranging from above 70% to as high as 92% believe medicinal consumption of cannabis should be made available to the millions of people suffering ill health that cannabis can help alleviate some symptoms. Over a million Canadians (Health Canada estimate) let alone the millions of other North Americans would be able to benefit from medicinal consumption of cannabis. There is science backing this up.

12 U.S. states have laws in place to allow people to

have state legal medical cannabis. Even though the U.S. federal government has had a medical cannabis program in operation for decades they continue to arrest and imprison an alarming rate of their own citizens for medical and recreational cannabis consumption.

Canada has a federal level medical cannabis program operated by Health Canada since 2001.

American College of Physicians publicly supports research into the therapeutic role of cannabis January 2008.

http://www.acponline.org/advocacy/where_we_stand/other_issues/medmarijuana.pdf

American Psychiatric Association Assembly Unanimously Backs Medical Marijuana in 2007.

So now we have peeked out of the box and have an idea what is out there even though our governments continue to try to close box.

I believe in my heart we need to at least peek out of the box further. We owe this to our children and their children if we really truly want to protect them from the horrible harms caused by a large number of drugs and new drugs coming more readily available to our children as each year quickly slips by. So with enough courage built up, it is time to peek further out of the box, here we go...

We can accomplish this foray into the dark unknown with some idea what to expect by leaving ideology based thinking out of the this right off the start.

Agree or not with the findings. We must first listen to the many very credible cannabis drug studies from 1944 to present day.

Cannabis is at the very least less harmful than legal alcohol products currently available.

Legalize cannabis for personal growing, possession and consumption for all legal aged adults.

Prohibition of cannabis creates much more harm than the substance itself has through recorded history

Listen the medical community and get much more serious medical cannabis research started as soon as humanly possible.

Give this peek out of the box at least five years time. If it works as science and the medical community says it will. Then maybe we need to look at a peek even further out of the box.

If for some currently unknown reason science and the medical communities are wrong we can always come back to our current way of dealing with the drug abuse issues the world has to face on a day to day basis.

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- Jock Horror
- K2
- KC33 x MK
- Master Kush
- Misty
- Moroc x Afgaan
- Nirvana Special
- NL x Big Bud
- NL x Haze
- NL x Shiva
- Northern Light
- Papaya
- PPP
- Shiva
- Silver Pearl
- Skunk #1

- Skunk Red Hair
- Skunk Special
- Snow White
- Super Skunk
- Top 44
- White Rhino
- White Widow

OUTDOOR STRAINS:

- Durban Poison
- Early Bud
- Early Girl
- Early Misty
- Early Special
- Four Way
- Hawaii Maui Maui
- Hawaii x Skunk #1
- Hollands Hope
- KC33 x MK
- Mixed Sativa
- New Purple Power
- Swazi
- Swiss Miss

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- White Lady

INDOOR/OUTDOOR:

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- Paia Hawaiiana
- Sativa Mexicana
- Sweet Sativa Special

OUTDOOR:

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- Full Moon
- Pakalolo
- Haze

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- Daydream

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- PPP
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Beyond 2008

is an initiative led by the Vienna Non-Governmental Organization (NGO) Committee on Narcotic Drugs in partnership with UN Office of Drugs and Crime (UNODC), and with the financial support of the European Commission, national governments and some NGOs.

The purpose of "Beyond 2008" is to facilitate an effective contribution from NGOs to the 2009 UN General Assembly Special Session (UNGASS) Review on Illicit Drugs, so world-wide regional consultations took place in 2007 and early 2008 in preparation for a NGO Forum to be held July 7-9, 2008 in Vienna.

The Forum and Regional Consultations have been designed to focus their deliberations on three key objectives:

1. Highlight tangible NGO achievements in the field of drug control through an NGO Questionnaire that has been posted online in all six official UN languages.
2. Review best practices related to collaborative mechanisms among NGOs, governments and UN agencies in various fields.
3. Review international drug Conventions, to identify key principles within those agreements and how those principles affect the way drug policy is applied locally from day to day.

Regional Consultations have been or are to be held in:
Australia and New Zealand
Latin America and the Caribbean
South Asia

East Europe and Central Asia
North Africa and the Middle East
South East and East Asia and the Pacific
European Union and EFTA
North America
Sub-Saharan Africa

Two North American Regional Consultations were held, one in the United States and the other in Canada. The US Consultation, held in St. Petersburg, Florida was organized by Drug Free America Foundation (DFAF) and Supporting United Nations Drug Initiatives and Legislation (SUNDIAL). Participation was limited to their allies in the "War on Drugs".

The Centre for Addictions Research of British Columbia (CARBC) and Keeping the Doors Opens (KDO) organized the Canadian Consultation, held Feb. 4 and 5 in Vancouver, British Columbia, which provided a more balanced perspective by including drug policy reform NGO's as well as those in favour of the status quo. Participants from USA reform NGO's expressed dissatisfaction with being forced to go to another country to have their voices heard. It was pointed out that forums on racism were not attended by only whites, nor those on women's issues attended only by men – likewise, those being detrimentally affected by the Conventions must be present when they are being discussed.

The Canadian Cannabis Coalition (CCC) was amongst the Canadian drug policy reform organizations participating in the Vancouver consultations. Sixteen individual CCC members attended on behalf of their NGOs; an acknowledgment of the diverse interests within the Coalition.

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Many important contributions came from front-line service-oriented NGO's that provide everything from clean needles and counseling to complete medical services. Their insight into the failings of the punitive policy approach towards drugs was as irrefutable as the voice of law enforcement NGOs speaking out against the war on drugs.



Law Enforcement Against Prohibition (LEAP) representatives in attendance gave crucial testimony to the process. An interview with the Executive Director of LEAP, Jack Cole, led to a front page article in a local conservative paper on the second day of the consultations with a huge headline reading "The War On Drugs Is A Dismal Failure."

Overall, a wide range of concerns were represented by participants. There was a great deal of support for adhering to evidence-based approaches to international drug policy and to Human Rights treaties.

It was encouraging to note that Sandeep Chawla, Chief, Policy Analysis and Research Branch of UNODC, was there observing and participating when asked to clarify the UN treaty process. He listened to our message, but told us the voices the UN hears are from our nation's delegates who attend the UN meetings. It appears that if we want our views represented at the UN, then our work is to change the government to one which will speak for us.

The Senate Special Committee On Illegal Drugs gave guidance on this issue in their 2002 Report. They summarized their findings to the following points:

- * *The series of international agreements concluded since 1912 have failed to achieve their ostensible aim of reducing the supply of drugs;*
- * *The international conventions constitute a two-tier system that regulates the synthetic substances produced by the North and prohibits the organic substances produced by the South, while ignoring the real danger the substances represent for public health;*
- * *When cannabis was included in the international conventions in 1925, there was no knowledge of its effects;*
- * *The international classifications of drugs are arbitrary and do not reflect the level of danger they represent to*

health or to society;

** Canada should inform the international community of the conclusions of our report and officially request the declassification of cannabis and its derivatives.*

Based on these findings, the Senate advised that "Canada will either have to temporarily withdraw from the conventions and treaties or accept that it will be in temporary contravention until the international community accedes to its request to amend the treaties".

Indeed, the most hopeful message taken away from the conference was that the treaties can no longer be used as an excuse for the continuance of prohibition.

<http://cannabislink.ca/gov/senatesumm.htm#chap19>

Conclusions:

<http://cannabislink.ca/gov/senatesumm.htm#conclusions>

Recommendations:

<http://cannabislink.ca/gov/senatesumm.htm#recommendations>

There is much work to do to overhaul the international drug conventions: Produce factual evidence to refute current classifications, pressure governments to request amendments to the conventions, engage in court cases challenging the constitutionality of the conventions, network internationally with reform organizations, and attend the Vienna Forum if possible.

The official report from the Vancouver Consultation is in the process of being written and will be available early March and posted on the Beyond 2008 UN NGO website, along with the reports from the other regional consultations <http://www.vngoc.org/>. It will also be posted on the CARBC's website, www.carbc.ca. Reports from all the regions will eventually be amalgamated into one report, which will go to the Vienna Forum in July along with 300 delegates from NGOs worldwide.

With such a large portion of the world's population detrimentally affected by the current Conventions, it is crucial to have as many reform NGO's as possible in Vienna to speak for those who oppose, or are harmed by, the way some plants and drugs have been treated since the last century.

"A New Century - A New Way!" could be the next slogan to replace the 1998 motto, "A Drug Free World - We Can Do It!"

Compiled from UN website data and comments submitted by CCC members Debra Harper, Rielle Capler, Michael Krawitz, Judith Renaud compiled by Debra Harper and edited by Debra Harper and Rielle Capler

This article comes from Canadian Cannabis Coalition:
<http://www.cannabiscoalition.ca/html>

The URL for this story is:
<http://www.cannabiscoalition.ca/html/index.php?name=News&file=article&id=15>



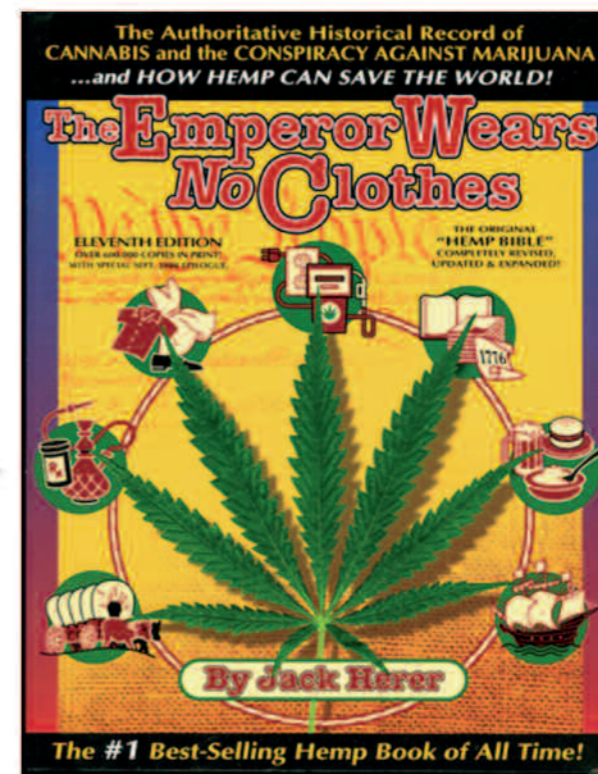
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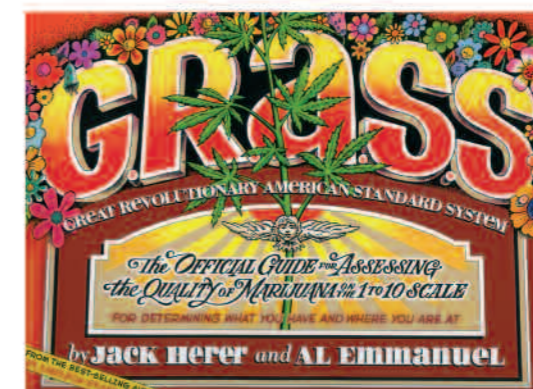
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Republican Conservatives (Fascists) ? VS Democratic Liberals (Progressives)

by Otto Snow

I am so confused. In years passed, it was easy to identify which politician was liberal and who was a conservative. The liberals wanted to tax prostitution and the conservatives wanted it for free.

Now I am at a loss. The Bush Administration has spent more money than any other administration in history, pushing the country into economic depression. There is nothing conservative about that. So I know that today's Republicans are not fiscal conservatives, they are wasteful. The Democrats are progressive, they want to put money back into the nation.

Patriotism was the buzz word for those in favor of war. Yet the money that vanished in this war could have paid for a national health care system, including all the premiums. What is patriotic about weakening this nation and pushing the American dollar to its lowest value in history?

The Republicans are against federal funding of stem cell research, not because they are supposedly against abortion, birth control, or safe sex. Which has been their guise not to fund this research. The Republicans are against both progress and science.

I guess its all about being American, and that changes with each administration. France has a wonderful health care system, the best in the world. Obama talks about national healthcare happening in his second term... That means that it is never going to happen. We want national insurance now! Clinton will create a national health insurance.

Now we hear from the Republicans, they want to cut taxes. I have nothing against paying taxes. I am happy to pay taxes, like all small business owners, cause it means that I am making money. Screw the tax cuts, keep jobs in America. There should be tax penalties for businesses that out source jobs and tariffs for goods coming into this country. Let us strengthen this nation.



Energy costs are causing severe inflation across the boards. Yet Saudi Arabia is not lowering the costs of oil and are not increasing production; they are not our allies. American Oil Corporations are making windfall profits; Republicans are giving them tax breaks.

Sen. McCain says that he will 'win the war'. If he gets elected; him and Gen. Westmoreland will be on the same page in history books.

Legalize cannabis and tax it. Today, organized crime (most of the Cannabis is being smuggled in from Mexico) makes the money and doesn't pay taxes on it. Keeping cannabis illegal is not in the public interest. It is not a measure of protecting the public.

This that I would like to see done with the next administration:

- 1) National Health Care Insurance. The cost of health care is sucking the life blood of the American People. A healthy America is a strong America. The nation would be more productive.
- 2) Capping of prices on pharmaceuticals. When people are in need they are being extorted with the high prices of pharmaceuticals.
- 3) Increased funding of science in primary, junior and high schools. We need to keep an edge in new technologies and promote students to peruse a science education in college.
- 4) Major tax breaks for businesses that develop alternative fuels that don't disrupt the economy like what is happening with the use of corn to produce ethanol.
- 5) Tariffs for the importation of products from overseas. This would protect businesses in America and protect Americans from unsafe products.
- 6) Major tax breaks for farms in this nation. We

need fresh produce from local farms and not to be dependent on other countries.

7) A modern New Deal Program of National Civil Service that would pay for a year of college for every year of public civil service done by individuals. Same benefits as veterans receive for those that complete 4 years of civil service.

8) Do away with NAFTA - NAFTA is destroying small business America.

9) Tax penalties for companies out sourcing jobs. Lets put money back into the pocket of American workers to strengthen this nation. Major tax breaks for big businesses that keep jobs in America.

10) Tax breaks for companies that use home businesses to reduce the use of fuels to go to work, wear on our highways and ever increasing pollution of our environment.

11) Block the immigration of physicians from the third world that have no degrees in science prior to med school. We seek excellence in this nation, not quacks that suck on the Medicare gravy train and harm our people.

12) Simplified DEA licenses for private individuals who would like to work on the development of research chemicals and new pharmaceuticals.

Chemists in this country are afraid to purchase list chemicals or any chemicals for fear for being arrested for 'intention' when in fact many want to develop and research new patentable chemicals.

13) Increased funding to the intelligence community. What the US can't do publicly to stop terrorism could be jobbed out by the intelligence community.

14) A 12 foot cement wall across the border to Mexico equipped with razor wire and sensors all along the border. Continuous satellite monitoring of the border. American workers are loosing jobs to illegal aliens that are being paid peanuts by big business. To stop trade in human slavery and block smuggling of contraband into the US.

15) A national insurance on all IRAs to protect Americans money from being stolen like what happened with Enron and others.

16) Tax breaks for companies that decrease CO2 footprints and/or switch to the use of green chemistry.

17) Legalization of Cannabis. Law enforcement and the courts could focus more on hard drugs and criminals. The taxes generated could be used to fund law enforcement to go after criminals not law abiding Americans who use Cannabis.

This are just a few thoughts off the top. There are kinks with all ideas, but you get my message. We need to work on the infrastructure of this nation and create more security for American families.

I want to vote for someone that wants to do something for the American people and wants to work with our allies. An individual that doesn't give us lip service and silver tongue promises. We have all heard the song and dance too long followed by razzle dazzle, smoke and mirrors. Someone who will represent the true Americans not big business fascists that have out sourced the economy.

All I can say is vote for who ever you choose; its a free country, just make sure its a Democrat.

Suggested Reading:

Science and Anti-Science in America

<http://www.epa.gov/nel/neaeb2007/pdfs/presentation%20pdfs/NEAEB%202007%20Thurs%20PM%20plenary%202%20Sherman.pdf>

Is The Governemnt Trying to Kill Us

<http://www.badastronomy.com/bablog/2006/07/27/is-the-government-trying-to-kill-us/>

Anti-Science at NASA

<http://www.badastronomy.com/bablog/2006/02/04/outrage-at-attacks-on-nasa-science/>

Suggested Book Reading:

The Republican War on Science

by Chris Mooney

ISBN-10:0465046762

Undermining Science: Suppression and Distortion in the Bush Administration

by Seth Shulman

ISBN-13: 978-0520247024

Off Center: The Republican Revolution and the Erosion of American Democracy; With a new Afterword

by Jacob S. Hacker and Paul Pierson

ISBN-13: 978-0300119756

Science, Money, and Politics: Political Triumph and Ethical Erosion

by Daniel S. Greenberg

ISBN-13: 978-0226306353

American Fascists: The Christian Right and the War On America

by Chris Hedges

ISBN-13: 978-0743284431

The Assault on Reason

by Al Gore

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What if the natural medication you needed was not only illegal, but the focal point of a long-term Culture War?

"RxCannabis" is a feature length documentary on the struggle for medical marijuana in California, due for release in Summer, 2008. It is directed by award-winning filmmaker Harvey Stein, who directed the Americans for Safe Access commercial that aired recently on major network affiliates in the San Diego area. In the making for over two years, "RxCannabis" features the stories of three "ordinary heroes" - patients Rudy Reyes, Pam Sakuda, and Craig McClain, who all decide not to sit quietly as their rights are threatened, but to raise their voices to defend what they believe in.

"RxCannabis" uses the microcosm of the fight in San Diego County, where the County Board has taken it upon themselves to sue the state to overturn Proposition 215, the 12-yr-old voter-passed medical cannabis initiative. San Diego County is the

only California County to go so far in its ideologically-based resistance to medical cannabis, and against the will of the voters of California.

Each patient has his/her own climax in "RxCannabis," - the most dramatic is Rudy's, who decides after testifying against the San Diego County Board for two years, to run for County Board himself. Rudy, 31, provides quite a contrast with his opponent Diane Jacob, 68, who has been an incumbent for more than 12 years.

Here's a webpage where you can see several clips from "RxCannabis": <http://www.rxcannabis.info>

Besides patients, "RxCannabis" features legal voices like Robert Raich (who has argued for medical cannabis twice in the US Supreme Court), and Judge Jim Gray; doc-

tors and researchers like Philip Denney, Lester Grinspoon, Rick Doblin; and others.

"RxCannabis" is an unforgettable story of People Power versus "power of position." It is not only about medical marijuana, but about issues of civil rights. A for our time, "RxCannabis" portrays the limitless courage of patients, doctors, and others - a story of democracy in action.

For more information, Contact:
Harvey Stein
email: harvey33@gmail.com
phone: 646-502-6628





WAR ON STATISTICS

People Pharming

By Jef Tek

According to the United States' Office of National Drug Control Policy, **"the U.S. federal government spent over \$19 billion dollars in 2003 on the War on Drugs, at a rate of about \$600 per second.** The budget has since been increased by over a billion dollars."

President Bush has requested another 459 million dollars for fiscal year 2009.

His strategy for reducing drug use and availability is based on three pillars: (1) stopping use before it starts, (2) healing America's drug users, and (3) disrupting the market for illicit drugs. I guess that means putting everybody in jail.

According to Uniform Crime Reports, Federal Bureau of Investigation, **"there have been 511,393 people arrested for drug law offences as of April 9th this year and it is projected that arrests for drug law violations in 2008 are expected to exceed the 1,889,810 arrests of 2006."**

Law enforcement made more arrests for drug law violations in 2006

(13.1 percent of the total number of arrests) than for any other offense. This means that **one American is arrested for violating a drug law every 17 seconds,** clearly, an amazing statistic.

Police arrested an estimated 829,625 persons for cannabis violations in 2006, the highest annual total ever recorded in the United States, according to statistics compiled by the Federal Bureau of Investigation. Of those charged with cannabis violations, **approximately 89 percent, 738,915 Americans were charged with possession only. This means that one American is now arrested for violating cannabis laws every 38 seconds,** unbelievable.

According to the U.S. Dept. of Justice, Bureau of Justice Statistics, **"2928 Americans have been incarcerated for Drug Law Offenses this Year."** Since December 31, 1995, the U.S. prison population has grown an average of 43,266 inmates per year. This means that about 25 per cent are sentenced

for drug law violations.

It is only April and the American government has already spent close to 14 BILLION dollars on the war on drugs. But that just wasn't enough; they had to go to the middle east for more war.

According to www.nationalpriorities.org, **"The war in Iraq costs \$4,681 per household that is \$1,721 per person, or \$341.4 million per day."**

The Iraqi war has cost 510 BILLION dollars so far and there is no end in sight, not to mention Afghanistan, which everyone seems to have forgotten about. I say it is about time for War on War. How much would THAT cost? The eternal question continually burns in my compassionate mind; can't we all just get along?

There is a trillion-dollar bet that the answer to that question is no. War on drugs, war on poppies, war on a plant that grows on every continent, war on fat, war on poverty, my personal favorite – the war on illiteracy, (Bush's most-feared war because he is illiterate), there are war-games, war-machines, and war-mongers, merchants of death one and all.

War is in our very core, why is it that dogs love their friends and bite their enemies, quite unlike people who are incapable of Pure Love and always have to mix love and hate? Sigmund Freud said that almost a century ago and nothing has changed, it is still true.

The war on drugs is a failure and complete waste of money, war on our fellow man is absolutely unacceptable, putting people in prison because they choose to grow and smoke a weed is ludicrous, ridiculous, unjust, unfunny, unnecessary, unacceptable, a failure and a complete waste of resources. Some of our favorite performers have smoked a joint and it hasn't ever killed anyone. Why does the government feel a need to interfere and cause fear?

Here is a list I compiled of a few famous pot smokers that I stole from a friend on MySpace:

Art Garfunkel, Abbie Hoffman, Al and Tipper Gore, Aleister Crowley, Alice B. Toklas, Allen Ginsberg, Andrea Corr, Anjelica Huston, Arnold Schwarzenegger, the Beatles. Benjamin Franklin, Bill Clinton, Bill Murray, Bing Crosby, Bix Beiderbecke, Bob Denver, Bob Dylan, Bob Marley, Burt Reynolds, Bruce Lee, Cab Calloway, Carl Sagan, Carlos Santana, Carrie Fischer, Charlie Sheen, Charlize Theron, Charles Baudelaire, Cheech Marin, Chris Conrad, Chris Farley, Chrissie Hynde, Chris Rock, Chubby Checker, Cilla Black, Conan O'Brian, Count Basie, Dan Quayle, David Hockney, Diego Rivera, Dion Fortune, Dionne Warwick, Dizzy Gillespie, Drew Barrymore, Duke Ellington, Elliott Gould, Eminem, Errol Flynn, Francis Ford Coppella, Frances McDormand, Gene Krupa, George W Bush, George Melly, George Soros, George Washington, Grateful Dead, Harrison Ford, H R H Prince Harry, H R H Princess Margaret, Howard Stern, Hunter S. Thompson, Jack Kerouac, Jack Nicholson, Jackie Gleason, James Brown, Janis Joplin, Jane Fonda, Jef Tek, Jennifer Aniston, Jesse Ventura, Jim Morrison, Jimmy Dorsey, Jimmy Hendrix, John Denver, John F Kennedy, John Kerry, John Lennon, John Wayne, Johnny Cash, Julia Roberts, Kareem Abdul-Jabbar, Kurt Cobain, Larry Hagman, Lenny Bruce, Little Richard, Louis Armstrong, Luke Perry, Louis Hebert, Macaulay Culkin, Marco Renda, Michelle Rainey, Mike Bloomberg, Mike Tyson, Miles Davis, Milton Berle, Modigliani, Montel Williams, Montgomery Clift, Neil Diamond, Neil Young, Newt Gingrich, Norman Mailer, Oliver Stone, Oscar Wilde, Pablo Picasso, Paris Hilton, Peter Fonda, Peter Sellers, Peter Tosh, Pierre Elliot Trudeau, Pink, P. J. O'Rourke, Queen Victoria, Ray Charles, Rudolf Nureyev, Rudyard Kipling, Salvador Dali, Sinead O'Connor, Sir Paul McCartney, Sir Mick Jagger, Snoop Dogg, Steve Martin, Stephen King, Steven Soderbergh, Stephen Sondheim, Sting, Ted Turner, Thelonious Monk, Timothy Leary, Tommy Chong, Tommy Lee, Victor Hugo, Wesley Snipes, William Butler Yeats, William S. Burroughs, William Shakespeare, Willie Nelson, Woody Harrelson... And the list goes on...

However, all other age groups (except the elderly over-75 group) saw **increases of more than 35 percent in prescription drug deaths** – including a nearly 90 percent jump for the late Baby Boomer generation (ages 45 to 54) and a more than 90 percent jump for people aged 55 to 64. Mike Adams, a consumer health advocate and outspoken critic of pharmaceutical companies, said that **the drug industry is freely killing Americans.**

"The entire drug industry, including the monopolistic drug giants and their FDA co-conspirator, has clearly become the single greatest threat to the health and safety of the American people," Adams said. "And yet the FDA continues to push more drugs onto more Americans than ever before, all while pretending these drugs are safe and effective when, in reality, they are neither. Today's pharmaceutical industry is a massive fraud being perpetrated against the American people, propped up by illegal trade practices, monopolistic behavior and outright criminal behavior on the part of the FDA."

Poisoning from prescription drugs has risen to become

the second-largest cause of unintentional deaths in the United States, according to the federal Centers for Disease Control and Prevention. In its Morbidity and Mortality Weekly Report, researchers found that **deaths from prescription drugs rose from 4.4 per 100,000 people in 1999 to 7.1 per 100,000 in 2004. This increase represents a jump from 11,000 people to almost 20,000 in the span of five years. Among the 20,000 that died, more than 8,500 – double the number from 1999 – were from "other and unspecified drugs."**

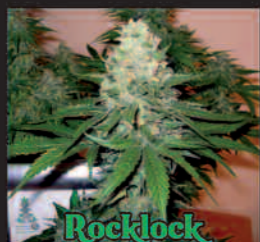
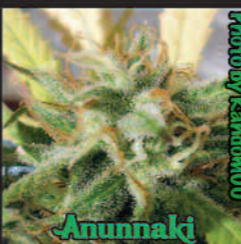
Psychotherapeutic drugs, like antidepressants and sedatives, nearly doubled from 671 deaths to 1,300. Heath Ledger comes to mind, I say he would still be with us if marijuana wasn't demonized while "safe" prescription drugs are lionized. That is a 68% increase in "legal" drug deaths in just 5 years, but pot is still illegal, give me a break. Check out this drug war clock: www.drugsense.org/wodclock.htm, it will blow your budget for sure.

Be wise – legalize.

We can end this together, once and for all.



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STOP

**all cannabis arrests,
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and end the prison state.**

by John Rolling Thunder



I support hemp and the use of medical marijuana. I support the value and place they have in society. I support the farmers who grow the medicine, not for profit, but out of compassion for those who truly need it. I also support the dispensaries that are within their legal right to sell the medicine, and whom are lawfully paying taxes. However continued efforts both by the DEA and the current-corrupt-powers-that-be, are at present distributing notices of intent to seize property from the landlords that are leasing to "Medi-marts" abusing the laws and rights for the patients they are meant to protect. However, I bear witness to the fact that most medical marijuana dispensaries are not effective, especially when it comes to the true needs of the real sick and suffering.

Some dispensaries have become excessively greedy, with prices continually on the rise, and little or no quality control in place. This is especially true in regards to the edibles, which currently do not have any sort of preparation criteria to ensure the health and safety of the consumer. For example I was sold five triple strength lollipop suckers at 15.00 each, After trying the first one with no effect. I tried a second lollipop. Nothing. A third, fourth and finally the fifth with no effect what so ever, not even a yawn. That's \$75.00. Pretty pricey for a lollipop the size of a quarter. I won't deny the fact that these were some of the tastiest lollipop's I've ever had. However there was no taste or smell to indicate there was any medicine in the ingredients nor any effect whatsoever.

Adding insult to injury, the dispensaries have the nerve to use the word compassion mixed in with such high profit margins. At one time, some dispensaries did serve as positive role models, such as The-Capital-Wellness-Collective-of-Sacramento, California, but all of that has changed. Maybe with fewer vacations, or expensive new cars and homes purchased with blood money of patients, they would have enough to pay their taxes without taking it out on their customers or gouging the farmers.

After all, the sick are paying dearly. Prices are ranging from \$20 to \$30 for one gram, and on upwards to \$50 to \$100 (on average) for an eighth of an ounce of "Medi-juana". Its all about "greed weed." Money and profits. Most dispensaries are plagued with inner problems and lack people who can actually run a business, which is the case with The C.W.C., and many other dispensaries.

There have been several reports of various molds that have been found in the products sold at a number of the dispensaries throughout the state. This situation could be potentially life threatening, especially to those individuals who are suffering from a lung disease or compromised immune system. The dispensaries have become just like the pharmaceutical companies, following a model of corruption and inflation for profit, with no checks and balances. They no longer sell bags of compassion, but of lies and insults.

I personally find the "vibe" of many

dispensaries to be uncomfortable. I am proud to be banned from these establishments, they do not deserve my money or yours.

Recently a volunteer e-mailed me and told me she was dismissed from her volunteer work at C.W.C. As she put it, "they said they had to let me go because of budget cuts." How absurd is that? Budget cuts when your working for free as a volunteer? what kind of excuse is that? What i often have found to be ridiculous is that most of the names of the medi-juana have nothing to do with the strains from which there comprised of. This is about medicine, not "cutesy" stupid words that have nothing to do to describe the type of medicine you are truly getting. For example I have sat by among the management at Capitol Wellness Collective as they continually made up names for "medi-juana" as quick as they jumped on the "price it up band wagon". I heard from a very close source of C.W.C., that at one employee meeting, regarding pricing, it was put, "Well if San Francisco or L.A.. can charge that much, so can we." What kind of compassionate, "pharmo-bullshit" is that? They are like kids on the corner slinging crack!

If these are "collectives," why then are there just a very small handful of people making all decisions relative to the collectives so called best interests? It seems to me if it were truly a collective, wouldn't the vote be made up of the general constituency of the collective? People behind words like compassion and collective are hiding in the shadows of

Photo by Aaron Cox

I dedicate this article to Linda, Eddy's Love of his life. The time we spent was precious as time is.

WE WILL ALL MISS YOU.

Eddy Rainbow Eyes Lepp

Story written by
John Rolling Thunder
VOID88MPD

Photography by Aaron Cox

It was like every morning, recovering from intense long nights seizing up from chills and fever. Waking up often to take medicines and taking medicines to go back to sleep, making most nights intolerable and taking their toll. Smoking medical was n't a part of the equation because when I am feeling that miserably sick the thought of smoking anything let alone the aroma was often nauseating to me. Sometimes edibles were given to me but were hard to keep down.

But the day felt like something was in the air. I sensed something was up. As weak and sick as I was I decided I wanted to go out for a short drive with my housekeeper. Since I was low on my "medi-juana" I thought I would call a local dispensary I was familiar with to let them know I was coming. When the girl on the receiving end of the phone recognized who I was she squeezed out the words in a tartly sounding voice, somewhat reminiscent of baby talk just a balloons higher saying, "John you must come Eddy Lepp is here. You must come to meet him he will want to meet you." So I told her, "I felt well enough to go but only in my wheelchair, for I was too weak to walk." As we rode over to the dispensary my housekeeper kept talking as I was trying to think who Eddy Lepp

was. I had no idea. The name sounded familiar but it never really rang a bell. After weeks in bed and being hospitalized it was nice to be out in the city but who's Eddy and why did they want me to meet him?

Arriving at the dispensary the security guard helped my assistant carry me on to the wheelchair. I was wheeled in through a side entrance into the dispensary. We were told Eddy was in another part of the dispensary and we were taken there to meet him. My housekeeper wheeled me out to where Eddy was standing. There was a guy filming what was going while few admires were about getting autographs from Eddy. At this point I held my head up, when I did, I saw a man wearing a hat with rose tinted sunglasses. We introduced ourselves and he bent down to give me a hug. It was then that I felt compelled to bless him and along with the blessing I gave him his name, "Rainbow Eyes." I explained to him I was to give him the blessing from my heart. I told him during the course of our conversation, often in my life I have been referred to as a medicine man. Being Native American intuitively I gave him his name and explained to him the meaning. I felt nothing but sincerity and kindness from a very strong being. I shared with him my 22 years living

with AIDS and the value medi-juana has had in my life. I thanked him for being who he was and having the courage to represent his beliefs and to live by them as well.

After a brief interview by his film crew, we chatted some more briefly. It was then that he invited me to his ranch. He asked that I come to lodge to pray and sweat. I was honored for the invitation. I needed to get out in nature, walk on the earth but most of all in my heart I desired to cleanse, sweat and pray. He gave me his number and told me to call when I was up to the trip. We said our goodbyes. On the way home I felt as if I'd met someone of kindred spirit, someone so different there was something about him and our meeting that day. I knew it was more than a coincidence, it was definitely meant to be.

With my health improving enough to take on a road trip, I gave Eddy the call. It was good to a talk with him and in our conversation I mentioned if his offer was still open. I could tell his voice lit up as we then made arrangements for my arrival. I believe it was then that he introduced me to Linda his wife. I talked to her briefly, her voice so gentle but with such inner strength and will. Politely she said, "Good bye," and

then handed the phone back to Eddy. We ended on a very happy note, looking forward to our visit. Upon arriving I was welcomed graciously by Eddy and his house guests. After a brief conversation with Eddy I was shown to my room and it was there in the near silence outside my window I could hear the healing sounds of the waters flowing from the fountain down below leading me into a deep rest filled sleep. Waking up the next morning, I was introduced to more of Eddy's guests all arriving to participate in the healing. Fasting all day long we convened on the balcony, a special "tea" was poured into a glass given to myself to drink. Bitter as it was we all drank and sang native songs and chants, it was there we prepared for lodge. Well into the evening and long after the sweat, I remembered lying on my bed thinking to myself how well I felt physically and spiritually. My soul was at rest and peace. The next day came too soon for now it was time to say our goodbyes.

After taking a few pictures together I turned to Eddy and remember telling him that I was most grateful for his work and contributions to the movement towards an educated and compassionate world. The Reverend Eddy (Rainbow Eyes) Lepp is a powerful passionate intellectually revealing honest man. If love delivers, truth then is being the goods. In Eddy's case he delivered, no fronts, no games, and no bullshit. I found him to be a man of his word not of his ego. The Eddy I have come to know is not the monster that some people have wanted me to believe

and as others would want others to believe, he is quite the opposite. Intensely compassionate about his purpose, an individual driven by a strong desire to improve the human condition, to relieve the suffering of the sick and to teach the people the true values of alternative healing and medicinal therapy's.

The needs of the people are great and we cannot wait for our so called leaders to make their decisions while there is hunger that lies in the belly of a child, or the suffering with disease, or in the Reverend Eddy Lepp case a victim not only on one side of the fence but both sides (the Federal Government D.E.A., and the disgruntled) and for what because he had the heart, mind , and the courage enough to produce the amounts necessary to fill the growing numbers of patients in need for the medi-juana .

"Keeping prices maintained and affordable offering the medicine at low prices making it accessible to the chronically and fatally ill" he added in a recent conversation. As we hugged I told him we are making history everyday and must ask ourselves each and every day what we have done to contribute to history instead of watching it all pass by. Never underestimate the power of a moment or the inner strength of a man. Eddy Lepp not only has made history but also has changed history with the recent superior court's decision to drop most of the charges against him in which he was facing four consecutive life sentences.



"Keep it green and let the smoke rise"



profits, power tripping in these so-called houses of medicine.

Spread the word and educate each other. Do not stand behind, give your money, or support any "Medi-mart." Think and ask questions to the dispensary. Let them know they exist because of you and your illness. Let them know you're not pleased about high-priced medicine that you're paying for. Tell them its hard on your budget. Some people have to make a choice whether to buy food or "Medi-juana."

Tell your doctor who wrote you the script about what is going on. Ask them in a very polite manner that if they should find a moment to please call these dispensaries and ask them to drop their prices. The seriously ill cannot afford the type of prices they are suggesting us to pay. (The average pay, on a month to month basis, from the American government,

whether social security or supplemental income disability is 840.00 for a person).

The experience talking with many people as well as my own personal experience has, for the most part, not been a pleasant one. I am not condemning all of the dispensaries, for I have not been to them all. Some of them have seemingly lost their spirit along the path towards compassion and bumped into the grand ole demon, MONEY. They have neglected to unite and stand together, so there is no united front. United we stand, divided we fall.

We may have taken a foot forward, but greed has ripped us back into the arenas with the pharmaceutical companies. Do we take it back to the underground? It is well known the streets are cheaper. Again the problem arises, along with many others, such as; finding medical

grade "Medi-juana" in a clean, safe, comfortable environment with kind and knowledgeable people there to assist, and not intimidate a patient with hard sell, high priced, rush in, rush out mentality. They are selling "Greed Weed" in the name of compassion!! We must teach and give love, not lies. Know the laws. After all we are the people who vote to make the laws. It is our responsibility to change the laws when they are no longer fitting to societies progress and changes! We must give love, or give death and suffering.

Fuck the high prices. Bottom line is to grow your own or have a trusted long time friend grow it for you. I have lived 22 years with AIDS, and I have never felt better. Well I do have my days, as we all do.

Keep it green and let the smoke rise!

VOID 88MPD/ John Rolling Thunder



The Road to Being Legal

Vycki Fleming B.A.

It was many years in the making and yet it came without fanfare. After all the years, Doctors, justification, research and hiding (from both others and myself) it seemed as if it should come with a red carpet procession of shirtless men in jean shorts, throwing flaming torches of freedom while dancing toward me to present me with my new crown of safety. How anticlimactic to just stand in line at the Post Office for my Express Post envelope from Ottawa. I knew it couldn't be anything else and yet, I was afraid to be hopeful. They could still turn me down couldn't they?? There was no reason I could think of but after all I had gone through to obtain a signed application it almost felt like there was more to it and this couldn't really be it.

With rumors of delays and the

Christmas holiday looming I hadn't even dared to dream that I might see it before the New Year. I thought back to the first time I told a Dr. I was using as I waited in line. It was my family Doctor – a logical first choice. She had been seeing me since I was about 17 or 18 with only an interruption when I went out West and to Toronto, so I felt really comfortable with her. As I became sicker, first with Crohns disease, then with Fibromyalgia, osteoarthritis, facet joint syndrome and torn ligaments at C4 and L4. I had been getting low dose Percocet from her for awhile and they weren't really helping my pain and were hurting my stomach and making me sick. I told her that I didn't feel so sick and would be able to eat something when I used cannabis and I remember her eyes going large; like saucers and she said

she didn't approve. I knew enough already not to mention it again after the initial reaction but the damage had already been done as I found she continued to treat me differently from that day forward. She didn't seem to believe my pain or its constancy and severity. She refused to sign disability forms citing that she knew other patients with Fibromyalgia that worked (as if this was my only problem and I was a lazy malingerer). She even stopped filling my low dose Percocet and Flexeril (a low dose muscle relaxant). When an out of town pain Doctor wrote to her asking her to take care of my pain for him and outlining what medication I would need and in what dose and on what refill schedule her only response was, "If he thinks you need them – then he can prescribe them". She was adamant and I felt humiliated and reduced to groveling for anything I needed from her. With my anxiety and her mean receptionist (sure wish her nurse worked more often) and this attitude I stopped seeing her as much. Clearly my honesty had cost me the relationship as she no longer

trusted or believed me. With our current Doctor shortage this is still my family physician and I am still very uncomfortable in her judgments of me. In fact I rarely see her now and would rather go to emergency than to her. Her office is merely a source of keeping records for me.

I had a vastly different experience with the Doctors and medical professionals in larger city centres and particularly those that dealt with chronic pain sufferers. They knew it worked for some and had no problem with my use and still none of them could help me. There was concern for their insurance, their license and their relationship with their peers if they became "that kind" of Dr. or the kind of patients they may draw if the same were known. Still, I found a Doctor to sign my Compassion Club forms. Within weeks of the completion of this application – my life began to change. For the first time in over seven years I had found a regular and reliable source – both of pot and of information with regard to my use of it. A kind of self acceptance began to take place. Here I found the knowledge I had searched for and I began to meet people that altered how I felt about myself.

It was my turn in line and I could barely contain myself while I waited for the lady to fetch my envelope. My friend, waiting in the car for me, was excited too. She seemed to sense what I was afraid to dare 0 that the envelope I was about to handed contained my license! I could hardly believe it. I read it three times over – including the two pages of government warnings of why not to use – afraid that my tear filled eyes might miss something. To my amazement I had already been legal for three full days while the card sat at the Post Office awaiting my pick up.

I thought back to the number of specialist referrals and denials that brought me here. It was hard to forget the two page letter pleading my case that finally awarded me the

audience I sought with the Doctor that would finally grant me permission to use cannabis legally. (This letter can be seen on the treatingyourself.com forums by searching "Soon to have my MMAR") As my friend smiled for me, my heart ached for her. She has no license. She doesn't even have a Doctor that supports her totally. Her physician retired and gave her one year's worth of all her prescriptions for Chronic pain associated with Psoriatic Arthritis that likely no other physician may fill. Soon she could face withdraw from her medications and increased pain with no family Doctor in a world where our Doctors interview patients and only choose those that are the least ill or the "best" clients. This always means those that aren't really sick and most certainly those without chronic conditions. I don't blame them in these times but how do we get to a place where those that need health care the most are being denied access to any care at all? How can I rejoice for myself given the knowledge that she is just one of many that will be denied what took me years to obtain?? I still did – but it was harder to savour and a bit more of a hollow victory. Thank goodness I chose a great champagne.



I thought back to the number of specialist referrals and denials that brought me here. It was hard to forget the two page letter pleading my case that finally awarded me the



Lucky...

it depends?

By Wendal Grant

I've had numerous people tell me how lucky I am to be able to consume marijuana as a medicine. In one sense they're correct.

I'm lucky that others before me were able to prove to the courts the need for medicinal marijuana. I'm lucky I didn't have to go through all the legal hassles to become legally exempt from a terrible law that forbids us to consume marijuana. I'm lucky that my wait for a legal medicinal marijuana exception was only 3-4 months and not the years that it took for those before me. Some say we're lucky to be treated with a natural medication that has over 6000 years of being used without a death.

I'm also lucky to have this medication as it made me search out the truth. It has made me curious as to what marijuana and its sister plant hemp are really all about. I've been able to learn that people use to pay their property taxes with it and that at one time new citizens to America and the UK were required to grow hemp in order to stay in their new homelands

Global Warming

I'm also lucky to learn that hemp and marijuana are part of the answer to

global warming. It's not something I say because I'm a consumer of marijuana but because the facts point it out. These plants, which are renewable and grow almost anywhere can eliminate the worlds demand for oil. This non-renewable product, that pollutes our air and smothers our vegetative life, as well as ours, is basically removing the lungs from our plant. The very lungs that look after the air we breathe. You know its bad enough that we smother our vegetative source with these toxins but we also cut them down. Since marijuana/hemp can help look after the paper products, it would reduce the number of trees being cut down. Then of course we can build our house etc, from this plant reduce our demand on oil and trees. Since we would produce less oil, less pollution would get into the air, thus less likely we and all vegetative live would suffocate. If we cut down fewer trees we have our biggest air cleaner still intact.

I'm also lucky because of the people I have met. I've met so many people that there would be know way I could count them. I've been very fortunate to have met many of the top activists in this country, even if they don't remember who I am. I've also met many that are like me, ill and trying to spread the word on medical marijuana.

Writing

I'm also lucky because it has allowed me to do what I'm doing now, write. Writing has allowed me to get out what I would keep within me. Now instead keeping things inside me and fuming over it for a long time, I now put it to print. This has allowed me to lower the stress level in my life. It's funny; I hated English and writing while attending school. I'm sure it shows but its bettering my health. Now I'm writing in the top medical marijuana magazine in the world, Treating Yourself. With this experience and other confidence building experiences happening I've expanded my writings a bit. For the last 6 months I've been able to get a few

non-marijuana articles printed in my local newspaper.

There are a few other lucky things but there are many not so lucky things as well. I will try to touch on a few as there are just too many for me to get them all. I'm sure you'll think of more. Here are some to get you thinking.

The unlucky (in)side

What's so lucky about having to wait months for your medicine when you can get dangerous pharmaceuticals in a matter of minutes?

What's so lucky about having to digest pharmaceuticals or inject yourself with a drug that makes you sicker than the sickness its self? What's so lucky about taking pharmaceuticals that can kill you?

What's so lucky about having a 6' foot instrument shoved into your bowel or what's so lucky about having to get part of your insides removed?

That unlucky card

What's so lucky about having valuable personal information printed on a card, which if you missed placed, people will find out where all your medicine is grown and stored.

What's so lucky about having to be able to carry special ID to allow you to medicate? Do other drug users have to carry special ID?

What's so lucky about if you can't produce your ID and you end up in jail.

The unlucky (public) side

What's so lucky about having to live with a stigma created by our governments and their servants that you're a "pothead" when actually all you're doing is medicating.

Are we lucky that the powers in control degrade us instead of assisting us?

Are we lucky that these same powers in control spread false information

about our medication?

What's so lucky about sick people defending themselves against these falsehoods?

What's so lucky about having to medicate with harmful tobacco smoke?

What's so lucky about living in fear because of unjust laws? If people we're legally able to purchase their marijuana they would have no reason to break into homes of those that are sick and are legally allowed to store their medicine in their homes.

What's so lucky about being told that your medicine room will be inspected because we're not trusted? Do these inspectors check medicine cabinets for those on narcotic pharmaceuticals?

What's so lucky about knowing that you're live is going to be shorter than healthy persons' live?

Really folks, there's nothing lucky about having a life devastating illness?



by Jeannette Tossounian

Back in the late 1990's, there was a vibe; a free-loving comeback of psychedelic goodtimes. I was a young hippy chick and loved to smoke pot. With a very compassionate nature and I wanted to heal and nurture the world. I started one of Canada's first medical marijuana centres in Kitchener Ontario helping push the government to change the laws and allow medical patients access and legal rights to smoke pot. When there was finally a change, I handed over my files to a centre member and I moved to Niagara where I was accepted into college and spent the next several years completely absorbed by the art world and forgetting all about my young activist days.

After college, I focused on starting my art career as a painter and attended university part-time for English, thinking about getting into law. However, I ended-up getting my financial licenses and working as a financial advisor making good doe for one of Canada's largest financial firms. I worked in an office where most employees were law abiding, tax paying, weekend cocaine using professionals. I had my own office which held the files of my clients' personal information; their bank accounts; their health records, addresses and phone numbers of the clients and all their benefactors. I was living a pretty straight kinda life - except I still smoked pot.

I've had a few brushes with the police in the past where they took my plants away, which suck, but I never got any charges, just a mess to clean up and me having to go back wasting my time buying off some shady dealer. Most of my friends just drink. I only grow as a personal hobby and usually don't even grow enough to smoke myself. I don't really have the time to set up anything too complicated. My closet usually isn't a big deal, a small habit in my life that no one cares about; nothing to retain a lawyer over. If pot was sold legally at a store, I'd just buy it instead of growing it.

I was at a party where I met a cutie who knew all about me being the artist, the activist. He had all the right lines and was interested in having fun, so I took him home.

Oops! What a mistake to bring home a stranger - even if he's a friend of a friend - to where you grow pot. He started to cause me trouble and I had to get rid of this guy, turns out he was on more drugs than I was prepared for.

When Buddy started to get violent, I had no choice but to call the police, fuck the plants, this is my personal safety here, and after all, I am normally a law abiding, and especially a tax paying citizen, so the police have to help me - right?



Nope. When the police arrived, they asked me where my plants were; they knew all about me and my pot activism of the past. I told them they could have the plants, just take the voilent guy with them. A female officer told me he was my problem and I had to deal with him myself. They took my twenty small plants out of the pots and put them into a garbage bag, left all my equipment, the joint in my ashtray and one psycho with a smirk on his face. Within a week, my house was on fire and I was arrested for arson without even knowing what was going on.

It took almost two years for my brain to heal itself and digest the fact that I've been drugged, beaten and robbed. I wasn't allowed to legally have a home for two years. I wasn't allowed to legally work. I wasn't legally allowed

to take care of even my basic needs. I was hardly able to communicate to a lawyer or anyone else. I wasn't allowed to come up with my own defense and anyway, according to the police in a letter I recieved after trying to press charges on the guy- because I smoke pot, I'm considered a drug addict and not a reliable source for my own defense. Of course I live in the Niagara Region, land of Paul Bernardo and bodies of sex trade workers are regularly found in ditches and schoolyards.

The girl who fought for the human rights of others, risking prosecution for others is now in legal trouble facing a life time in prison. I helped change two laws by the time I was twenty-three, but by the time I was twenty-nine, I couldn't even help myself. The police could never get me on pot charges in the past, knowing I'd challenge the laws if it ever went to court, but it was easy for them to lock me up on arson because I had no defense. I was utterly defenseless in every aspect. I guess they wanted to teach me a lesson not to fuck with authority- since I smoke pot, I have no human rights.

Now there's some deranged lunatic out there knowing that he can drug, beat and rob people and get away with it. Who knows how many other victims he's terrified since? While in jail, he had access to my home and per-

sonal finances; also my office including my clients' personal files.

Recently, I've been pulled over several times just by the police checking my license plate and pulling up this new criminal file I obtained under my name. I've been busted with half an ounce of weed and while in the cruiser, the cops were discussing whose wife gets the weed. In court, only one gram was reported. I've spent a total of five months incarcerated for the arson charge; a place where I never thought I'd actually end up and would never want to end up in again.

I can't work in finances anymore with a criminal record. I can't get any decent job that I'm rightfully qualified for. The only thing in the want adds I'm now qualified for is chicken catching. So I've been painting like a fiend. Of course, I live in Niagara, so I see the USA across the river everyday, but now I have an art show thirty minutes from my home in the state of New York and I can't go.

Everything I worked hard for the last ten years has been cruelly taken away from me. I may have made a wrong choice in who I brought home with me, but I don't think it should have lead to all this abuse. So watch out girls who you take home with you, because as long as you smoke pot, you have no legal human rights in Canada.

Cozy Castro Cottage Secluded urban cottage & rooms

If You're Going To San Francisco...

Well, I don't know if you need to wear flowers in your hair, but visiting Dennis Peron's Cozy Cottage in the historic Castro district is an experience not to be missed. A time capsule that still contains the colors, the energy and the spirit of the Psychedelic Era of our past, it touches your tie-dye wearing inner hippie self even if your daily life camouflages it in a 3-piece suit.

From space-aged mattresses to the comfortable sitting area over the miniature Golden Gate Bridge where you can talk for hours with people from just about everywhere and every part of life this space is definition of unique. Artists, journalists, and veterans of wars (military, political or other) all come there and share a moment of this Magical Mystery Tour amongst the flowers, ferns and prominent marijuana plants that can last until the wee small hours of the morning. It's an experience that could never found at a Sheraton Hotel. So, step right this way...

Peace, man,
The Travelin' Dude

P.S. Space is limited so make reservations early. Dennis promises they will do everything they can to make you "feel like a queen."

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cozycastrocottage@yahoo.com

or visit the website at

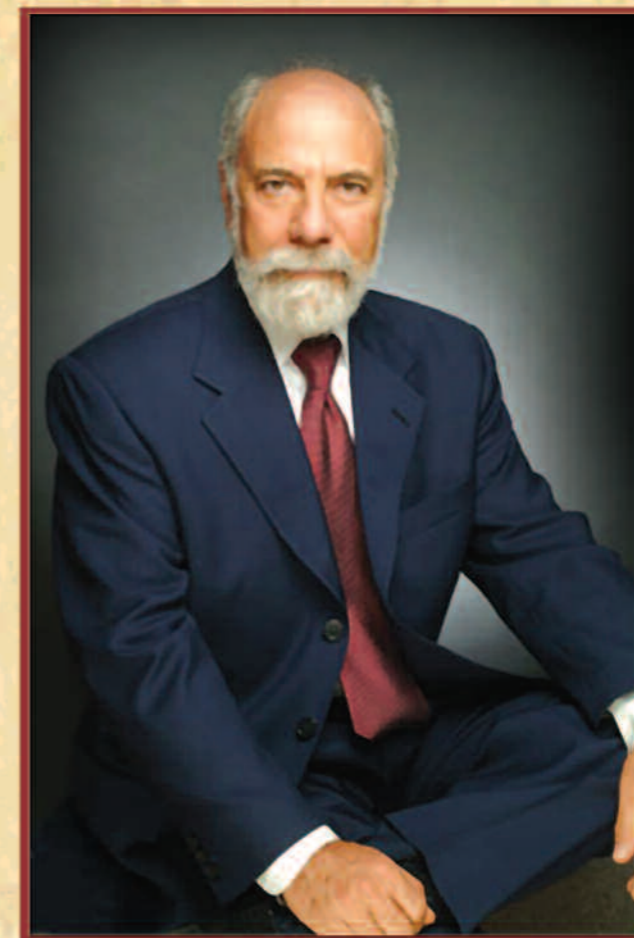
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FIRST IMPRESSIONS

from within the walls of a Canadian jail

By Jeannette Tossounian



Have you ever been to jail? I suppose not, but I have. Actually, I'm writing this from Vanier Institute for Women in Milton Ontario, so I'll clue you in to what it is like to be a Canadian female inmate.

When you are first arrested, you better hope it's late at night and not during the day, because you're gonna spend the night in a holding cell at the police station. This is a brick walled walk-in closet with a cement block for a bed beside a cold metal toilet with no seat; there is one button for flush, and one button for a splash of water in a tiny sink above. There are sticky coffee rings on the block, dried urine on the toilet and spit on the floor and walls, often mixed with blood, proving it wasn't cleaned after its last tenant. If there is no roll of toilet paper, you have to ask for one or you won't get any. This roll could be used as a pillow, even though you probably won't sleep under the tiny little piece of flannel for a blanket, the lights on and the other inmates tripping out on drugs, yelling, screaming and banging on the cell doors all night long.

In the morning, the police will wake you with two slices of cold toast and a cold coffee, sometimes black, sometimes with triple cream and sugar – the choice is not yours.

After breakfast you are taken out, handcuffed to other women who have come in through the night, legs shackled, then placed into a metal compartment inside the paddy wagon. They load the men into the other compartments, then drive to the courthouse.

In the courthouse, you are put into a large cell called a bullpen, joining a tired group of girls who are dressed in their greens (jail clothes) that came from the correctional institute for trial, plea court or bail court. If you come from the St. Catharines area like me, expect to be waken at 5am for an almost two hour paddy wagon ride from Milton to court. In the bullpen, you discuss what you're in for with the other females in custody; who's your lawyer and if you're sleeping with him (common); who you know on streets (your dealer); and what drugs you're packing.

If no one shows to bail you out, or you don't have enough money for your own bail, or you are simply not granted a attainable bail from the judge, you wait until all court is done for the day and the O.P.P. to pick you up, handcuff and shackle you again to the chain gang and

into the ol' paddy wagon you go for a long ride to the big house.

When you arrive to the super jail, you are stuffed into cells with girls from all over – Toronto, Kitchener, Hamilton, etc., many of whom are coming down from several days awake on various drugs. The smell in these cells could make you sick real fast. You are given trays of food, which most of the girls are still too high to eat at this point, so they give their food to the pregnant ones – there are always pregnant ones. You get called to do the paperwork where you are filed with you own number, strip searched, and then see the nurse for a urine sample and tuberculosis test.

The strip search consists of taking off all your clothes one item at a time (can't be shy here) and handing them to the guard to search through. Then while you're in your



<http://img.dailymail.co.uk>

birthday suit, you are told to open your mouth, lift up your tongue, fold your ears forward, head down and run your fingers through your hair, lift up both arms, turn around, lift up one foot at a time, then everybody's favorite part of bending over and touching your toes.

Your street clothes are put onto a property bag and you are issued a new set of government owned fashion – forest green jogging pants and shorts, green t-shirt and sweater, cream coloured socks, dollar store underwear in a variety of colours, and a cheap pair of navy blue deck shoes, even though sailing the seas these days are high hopes. You also get a white towel, a tiny bar of soap, a miniature toothbrush and something they call toothpaste, along with a comb where the teeth could be pulled out and used to replace the jewelry that is now in your property bag.

The girls then line-up with sacks over shoulders and marched down a hall to their range where they are assigned a cell number. If the super jail is too full, and it usually is, there could be two or three girls per cell and probably only one bunk, so if you're new, expect to sleep on a mat on the floor. Your hips will get sore because there's nothing for them to sink into, but don't worry, they'll soon build up resistance. The lights only dim at night and after a few days of tossing and turning with a shirt over your head to block out the light, you will find yourself so exhausted, you will eventually sleep like the dead.

If you are not the standard street person, hope for the best not to be stuck in a cell with a junkie, street prostitute or the like. They are quick to start fights and are all too commonly infected with Hepatitis C and HIV. So hope to be in with a white collar criminal, a first timer, or one in for immigration which are usually the most innocent and the cleanest, considering many of the women work as housekeepers in

Canada.

Crack whores wish to be in cells with girls like themselves and are disappointed when they're stuck with someone like me after finding out that I'm not 'packing' or 'hooping' any packages. Packages, plain enough, are drugs that get past the strip search by being 'hooped' or stored in places I will not mention.

In the morning, the lights come fully on in time for breakfast. One day cereal, the next powdered eggs and steamed sausages. Tuesdays are always pancake day. You get hot water for your cup with a packet of instant coffee. The water isn't allowed to be too hot, you don't want to scold anybody now.

All meals come with two slices of brown bread. Lunch and dinner come with tea bags. Most meals come with potatoes. All meals are pretty much a variety of cheap carbs and starches. A few times a week we get an apple or orange and I trade all my donuts and muffins for them so I get my fibre and vitamins to prevent tiredness, constipation and scurvy.

Food becomes the main focus in the slammer. For the drug addicts, it becomes their new addiction, sometimes eating so much, they purge. Food also becomes commodity since cash is non existent. For example, I'll trade my brownie and a packet of peanut butter for writing paper and envelopes. I estimate that the girls gain about 10 pounds per month, which is good for the street junkies, but I know I'll be rolling out of here by the time I do get out. There's very little opportunity for cardiovascular exercises and sit-ups and stretches only do so much.

The food schedule becomes very Pavlovian after awhile. At first, I would turn up my nose at the hamburger and gravy and overcooked veggies; however, after your body gets use to the meal schedule, your

stomach starts to growl on cue. You start to look forward to the meals and when the food trays arrive, your eyes grow wide and you salivate like a trained dog.

One positive thing about being in the joint is that it's easy to connect to the other girls and make a few new friends. There's always somebody in here for a similar reason as yours, no matter what your social status is on the outside. It's a good feeling to know you're not the only one going through whatever it is you're going through. The addicts and girls who are in because of abusive boyfriends have a saying that they were not arrested, but rescued.

There are plenty of programs and counseling to help a person in their individual situation. However, no matter your situation, you are treated as if you are guilty your whole stay. To most of the girls, this is their second home next to the streets and they admit they are guilty for their crimes. But imagine going through all this, possibly waiting several months, even a year, just to be found not guilty, or to be deported to a country you may not know anything about because you were too young to remember and you must leave your Canadian born children behind.

Majority of the girls are in for a small possession of their drug of choice; or for communication for the purpose of prostitution to support their drug habits; or for breaching their bail conditions because they had to go out and find their drugs.

Some girls are in for petty thieving to support their drug habit; or assault while high on drugs; or dealing a small amount of their drug of choice in order to save money, not make money.

Very few girls are in for hard crimes – importing cocaine or heroine, producing drugs, armed robbery, arson or murder.

WELCOME TO THE OTHER SIDE-THE INSIDE EXPERIENCING ART IN JAIL

By: Jeannette Tossounian,
former curator of the Tossounian
Gallery downtown St. Catharines is
a professional artist/writer and
recently a convict.



Welcome to the new Tossounian Gallery of Contemporary Art and studio. Featuring Picasso, Gorky, O'Keefe, newcomers Robinson and Ritchie, and of course the infamous JLTossounian.

The location of this fine art extraordinaire is cell 15 on Wing B of Floor 4 in Vanier Centre for Women, a correctional institute in Milton Ontario.

Yes. I'm in jail.

I suppose every professional artist/writer should have as many life experiences as possible to make an interesting subject out of their works, and oh boy, I tell you, here's another one of my doosies.

After several years of complete freedom dwelling in the country life of Niagara-on-the-Lake amongst the most prominent people of society as my neighbors and patrons, I now hang closely with a new sort, consisting of bank robbers, serial knifers, prostitutes, crack heads and junkies. A colourful bunch to say the least, but after a few months, I've learnt to adjust.

I've maintained contact with the outside world through letter writing. A former editor of mine sent me recent literature to absorb and prints of contemporary art to decorate my cell walls. Unfortunately, we inmates are condemned to bare walls and anyone attempting to tape

or glue (toothpaste) anything to cover the dirty white painted cement, finds their paper torn off and thrown on the floor with a scolding by a guard.

Since the institution encourages dullness and bleak behaviour, a creative nut like myself must find other alternatives with the little choices given or risk to parish to another world (probably a rubber room). So I got inventive. With the cardboard wrapped around my Mr. Noodles cup, I placed it on its side so it stood like a card and then I taped three postcards to it, de Kooning, Kandinsky and Gorky. I then ripped three cardboard backings off my writing pads and taped them together and stood them up like an oriental screen and attached O'Keefe prints to them. I placed these on my little metal desk and shelf as well as folding the tops of various other prints and hanging them over the sides of the shelf using a book to secure the folded tops.

Girls would pass by in the hall, do a double take, step back and stare in awe into my cell. Inviting them in (a misconduct, no one's allowed into other inmates cells) I would start my art history lessons. I would glamorize the drunkenness, drug abusing, free sex and loner lifestyles of the artists. The fact that most of them were abused and chose a

way to live that their families didn't approve of. I would also point out the Gorky's and give them a history lesson on the Armenian genocide of the early 1900's. That Gorky escaped the Turkish and ended-up as an artist in America, as my own grandparents had escaped and settled in Lebanon before coming to Canada.

The stories of the artist suffering is appealing to these women, for they themselves have pain in their eyes.

I myself felt empowered by inspiring and teaching these women, by introducing them to culture that they would not have the chance to be exposed to otherwise inside or outside of the institution. Most of the inmates have not gone past grade ten and have not gone past the streets or the crack houses in which they dwell. Forced to be clean and sober while in the slammer, they just eat up any information that is presented to them.

With my feeling of greatness - having enlightened other women; mixed with my feelings of oppression - a caged animal, a number, less than human; I had the strongest urge to paint. But where do I get paint and what do I paint on?

After several requests to administration to allow me to paint a mural on the bleak institutional

walls, I realized I was not even close to being considered. Desperate to vent out my emotions in the form of art, I broke open my pencil crayons with my teeth, like a sunflower seed shell, to expose the inside pigments. I then took my issued hard plastic spoon and crushed the pigments into powder. In the little disposable plastic containers that we get our jam and butter in, like the kind in restaurants, I mixed the powder with warm water. I took plain white 8 1/2 x 11, 20lb paper, all I could get, and applied a ray of colours with little jail issued toothbrushes. The results were spectacular. Inmates, guards, councilors and administration would stop dead in their tracks passing my cell and watch in wonderment. The staff had secretly bought my paintings from me.

I started to inspire the inmates around me. The girls would knock shyly at my cell door wondering what I thought of their sketches. I was given several by the beginner who found a new love in art.

I'm not the only experienced artist staying in the concrete hotel, so I must give credit where it is due. One gentle spoken red-head from St. Catharines, Robinson, asked me if she could have some paper and I gladly obliged. A few days later I found her cell full of sketches of imaginary women. Some were braving free from prison walls, others lying naked on a beach. I bought a picture for a coffee (There is no cash in jail), a lovely sketch of a Japanese woman in full kimono kneeling by a pool of water, looking at her reflection.

One day a blonde pigtailed girl came bouncing into our range all full of life, fire in her eyes, and a smile that stretched across Canada. Bubbly and approachable, 23 year old Ritchie from the streets of Hamilton started straight to work, drawing caricatures of the inmates for a donut and muffin or an equivalent. I jumped right in on that, traded my Thursdays omelet with a down payment of a sticky bun. When finished, I tipped her with a tea and whitener and a speech about how she really should go to art school. Unfortunately, she only brightened the halls of B Wing for a couple of weeks before sentenced and transferred to another unit. I swear to hunt down that girl when I get out and drag her to art classes.

Girls come and go so quickly in the joint, it's hard to keep track

and even harder once you made a great connection.

I noticed girls were always sharing poems they've written with their street friends. So I posted on the inmate board in the common room, which only held a copy of the daily menu, to submit poetry to my cell in hopes to get published - I got connections. I also posted a few of my favorite quotes. Within no time, the board was full of poems and I now have a stack of submissions ready to fill a book.

So when all my straight friends on the outside ask what I'm doing to pass the time on the inside, I simply say I'm doing what I always do no matter where I am - I'm painting, I'm writing, I'm organizing and I'm inspiring.

See you on the outside!

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It was the morning of March 27, 2003. I opened my eyes to a day I might not have seen if not for a speedy operation. The morphine drip, drip, drip was very welcome as it chased my pain and scrambled my brain. The foot long scar up my stomach seemed very unreal, and my world was rather hazy. I had been sick for months, but didn't have a clue how sick. It seems my intestines and large colon had sprung leaks, and my body was going toxic. Without surgery, the doctors said I was a dead man. So I had the operation. Not a lot of choices on this one. So a few internal organs later, I was bedridden and on the way to recovery.

The phone rang. I was in a dreamy state when I answered it. My 23 year old daughter was calling from home, no doubt to see how I was and say good morning. It turned out to be so much more than a simple call. I heard yelling and loud noises behind her as I tried to focus on what she was saying. Behind her I heard a mans voice yell, "Where's Captain Joint?"

"Dad" I heard her say as the noise continued, "We're being raided!"

"What?" My head cleared up fast as she went on to say, "The police battered the doors in and are tearing the place up. What do we do?"

"Do what they say," I replied, "they have guns."

Then, a mans voice asked her, "Who are you talking to?"

She replied, "My Father, he's in the hospital."

A mans voice then came on the phone and asked, "Who is this?"

I replied, "This is Captain Joint"

The line went dead.

I stared at the phone in disbelief. I could not believe it had been real. What was left of my guts were in a knot as I started to call my house back. Then my wife Judy walked in with John, my 96 year old Father. She had gotten up early to pick him up in Connecticut, to visit me in Massachusetts. She had no idea what just happened at our home.

She came to the bed to kiss me. I pulled her ear gently to my mouth and said, "The police have battered our doors in and are raiding the house." She replied, "No, it's alright, you're dreaming from the morphine." "No," I said, "This is real, Christena just called. Me."

Judy called the house and found out that is was indeed very real, and that the police left our home very quickly when they found out I was in the hospital. She ran from the room to go home with our children, forgetting that she had brought my Dad to visit. None of us know how he got home that day. I went under

from the morphine and he was gone when I woke up.



The Raid

The morning of March 27 started like any other. My 14 year old son Cougar John went to school. My Daughter Christena was just getting her son Pheonix up and was walking him down the hall to the kitchen in her arms when a police officer burst through our back door and came around the corner with his gun drawn. Our dog Rocket barked at the intrusion. The officer placed his gun against the dogs head and said, "if you don't shut that dog up I'll shoot him."

Downstairs in my son Danny's room, the door was battered in. His was the first front door the police hit, and they stormed in on him. He woke up with 6 guns in his face. His girlfriend was forced to stand naked in front of all male officers. They were herded up the stairs and handcuffed at the kitchen table. Some of these officers then proceeded down

the hall to batter in more unlocked doors. The next room hit was where my Daughter, her husband Jamie and her 6 month old, Justice resided. The police banged the door part way open, and when it failed to open all the way, bashed it again and again against the crib with Justice still in it. They forced their way past the screaming baby so they could put guns in his Father Jamie's face.

With all my children and grandchildren herded and handcuffed, they started to tear the house apart. They battered down every unlocked door in the house. They dumped boxes of stuff, including very expensive movie projectors and family films. When my son Danny pointed out model kits that I was building with him prior to my being hospitalized, the police dumped the plastic car kits on the ground and stepped on them. One officer took a toy from 2 year old Pheonix, another officer returned it to him and told the first cop knock it off.

We had three dogs and my Daughter Christena did tell the police two of them were kept separated as they did not get along. The police let the dogs at each other, then laughed as the dogs fought and my handicapped Daughter tried to pull them apart. She has a metal replacement hip and they had everyone else handcuffed. Most of the officers seemed to be there just to dump boxes and make fun of our home and belongings. In the confusion, Christena got her hands on a phone and called me. When the officer heard I was in the hospital, and how long I had been there, they stopped the search and left.

My wife had about \$850.00 cash and paychecks to pay bills with. Going into the 1st of the month is when we pool our money and checks to pay our bills. The police took all the cash and left only checks they could not cash. That \$850.00 represented all the money collected from my Daughter and Son's paying in their share to upkeep the house.

With me almost dead in the hospital the police took everything my family had to live on.

My wife came home to find everything we owned had been dumped and stepped on. All the doors in the house broken, and the grandchildren shaken and crying.

The police came back day after day to continue the harassment of my family. They pushed it to the point I pulled my life support tubes out and hospital security caught me walking out of the hospital, half dressed and bleeding. I tried to go home to be with my family and help them.

The Reason for the Raid???

Trying to leave the hospital against doctors orders, only days after surgery may not have been my brightest move. With half my guts gone and the stitches still fresh, I suffered relapses and infections, and was to go through three more operations and two more near death experiences before I would be able to think with a clear head.

While in the hospital, I worked on the phone to organize yet another May Day Jay Day. This demonstration is now known as the Million Marijuana March. It happens the 1st Saturday of May, every year. I have done these along with the Yipie!s (now cures-not-wars) since 1969. I was working with a handful of students and MASSCANN/NORML. It was looking like I was going to be too ill to do my part and M.C. the show, so I called an old friend up, David Peel. (Apple Records) I have known David for many years. I told him I was way sick and needed a host or co-host, depending on just how sick I was, for the Mass. Action. He said he could come. The doctors gave me a pass to go and run the show with David.. Both of us had a great day, me in my wheelchair most of the day surrounded by 3 machines on a pole that kept me alive. Feeding me and

medicating me. I did pull all the tubes out and got up to do my song, Johnny Stoned Good, with David Peel and the Mustangs, and did unhook myself to speak a few times. I had to be taken back to the hospital before the show was over. I was too sick to stay to the end.

The rest of 2003 I was in and out of the hospital, and on home health care. My family made arrangements to get me to Fudafest in July. Most of the show I was sick in Aaron Fuda's house, and on the Saturday of the 3 day show I had to be taken out to the hospital. I was at this point on operation three and was not even near well enough to be there. I did take the stage and speak as much as I could.

Because of my sickness of 2003, and family events of 2004 & 2005, I was able to fall off the MassCop grid. My kids could not ride through the town of Holland Mass. Without being harassed. Word was anyone that knew me, if they were questioned by the police, they were asked about me. So by this time you, the reader may be asking yourself, who is this guy??? Who the Hell is Captain Joint and why did the police raid him???

Captain Joint is a medical marijuana patient and outspoken activist. The police raided Captain Joint to shut him up.

Looking over the affidavit used to get the no-knock warrant tells exactly why my home was targeted. This affidavit is an 8 page document. The 1st page tells all about officer Scott E. Haley, his specialized training, and 25 year drug enforcement history. Page 2 has a list of people that lived at my home, and some info they say they got from a C.I. in this case. On page 3, 2nd paragraph down, the affidavit reads, and I quote, " C.I. #62 stated that he/she knows that Mr Bunn (Captain Joint) organizes events that are so called pro rally events in the favor of legalizing marijuana. He/she stated that

Bunn has pro- marijuana stickers on his red van he drives."

It is not illegal to host rallies. My 1st amendment right says I can speak out. So why was this information even considered in this affidavit?

The rest of page 3 and most of page 4 contains three marijuana "buys" that were supposed to be made from me. It also contains my arrest record. Yes, Captain Joint has been arrested for marijuana... bad me.

But the bottom of page 4 to page 5 of the affidavit it states, and I again quote, "David G. Bunn was indeed involved in pro-marijuana rallies in the past. On Tuesday, January 22, 2002 the Southbridge Evening News showed a story and picture of David G. Bunn and 50 supporters attending a pro marijuana rally after the removal of High Times magazine from the shelves of Xtra Mart in Southbridge. (see attached newsprint)."

Also page 5, states " Chief Kevin Gleason verified that it is common knowledge in the town of Holland that David G. Bunn is an advocate of legalizing marijuana."

"As a result of the above mentioned information this task force agent believes that there is probable cause that David G. Bunn is selling a class D drug Marijuana and that he is selling and storing that drug at his home address at #90 Maybrook Rd. Holland Ma."

The rest of page 5 outlines how they need a no knock so we don't have time to stash our drugs and grab our guns. Page 6 is where Agent Scott E. Haley signed under penalties of perjury. The last two pages, 7, & 8, are simply newspaper clippings of my front page appearance.

The reason for the raid, it seems, is because I am outspoken.

The Southbridge Evening News said I was arrested for marijuana possession & sales, and paraphernalia with intent to sell. The newspapers said I was the biggest drug arrest in the history of the town of Holland Mass. They went so far as to re cap this story in New Years Eve edition. The truth is I was never charged.

Because of this my wife and family were shunned in town. My children were not allowed to play at their friends any more. We had to sell our house and move out of town because of this.

The Truth....

I was in the hospital when these so called drug deals went down. The police could not produce the marijuana, the C.I. #62 they claimed they

had, or the marked bills they said they sent into my home. My Wife and Daughter were charged with simple possession. Those charges were not brought on for over a year after the raid. Those charges were dismissed on August 16, 2005 when the police could produce nothing during the discovery part of the case. The D.A. did order Chief Gleason to return our money and property. He refused to do so, and has kept our property and cash, against his boss's orders. We now have all of the police officers involved in Federal court, and the truth is pending.

My Father died Feb12, 2005 just six months before the charges were dismissed. At the age of 98, he died wondering if his son was a drug dealer.

Captain Joint



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Inspection turned into education

This last week of my life has been very entertaining to say the least. it all started with a phone call from my landlord,, , telling me he received a letter from my township building/property tax dept. requesting a further inspection, of the home I live in, and threats of failure resulting in more fines on the property tax bill.

background

I had the Langley township inspection team knock on my door last summer, I was one of the first medical growers they had found!!, previous to this visit I learned of their team inspections and that some kind of accepted medical growers electrical code had been established or at least agreed upon by the powers in charge.

I had switched 4 of my lights over to the "hard wired" system Industrial grade - no plug and play,, and they liked it and were very impressed, I showed them my bud room I said I would be installing more lights in and doing it to code!!...everything was hunky dory, I was told to hire contractor pull permits, get re-inspected, by the electrical inspector only. I did all that, I complied...

back to the story...

So I was very mad my landlord got this threat in the mail, so I called this office ... and complained.

I was asked if I showed the inspection team my licence when they came to my home last summer, I said yes of course... I was asked "did they take a photocopy of it" "NO, I didn't see any photocopier in the RCMP van or 4 other vehicles that came to my home"...

She replied " oh I see,," ' then she said " I will call the inspection team office right now and get back to you"

I waited, - my phone rang- it wasn't her it was-- the inspection team captain. Basically he was supposed to keep a record of my licence on my file, so I don't get lumped into the group with the illegal growers they busted,, and info sent to property tax dept.

so he asked, could I come to his office and leave a copy of my licence with them?

I said sure... he then asked if I would mind doing a big favor for the team!!!

Would I mind allowing them to visit and bring township councilor to educate the local politicians about my legal to code medical garden...

I jumped at the chance to do this... I figure "embrace it" don't Fear it... I am complying.

They showed up at PM last Tuesday march 4th with 2 new RCMP members on team, a new electrical inspector and the regular fire officials,, escorting a Langley township councilor.

It was nothing like an inspection, no RCMP walked thru home to make sure I had no booby traps set up!! LOL,, it was a pleasant greeting.

I took the group into my veg room where I had my mother plant under a 1000w bulb with another 1000w beside it not on.

I said I use it after I cut clones and they are rooted. I explained how keeping a mom allows me to be self sufficient. I cut a shoot off plant dipped it in root gel, and into a jiffy puck, placed it in a tray with dome to show how fast and easy it was to get a new plant. I explained how long the process was to grow from a seed and sex the plant before you even know its a female .

The group asked me many questions about why I used marijuana, what it did for my disease, how it acts in my body...

I gave the run down of all the drugs I used the high levels doses of codeine long ago- 600mgs a day- then getting switched to morphine,, and why I needed those drugs- a result of Betaseron Interferon treatment in



fuse box

1996, left me with necrosis lumping issues of dead fatty tissue and severe nerve damage,, causing massive bad neuropath pain. they were very interested in how marijuana helps me.

I took the group to my bud room,, where I had 8 lights set up, for my plants,, they had just started to flower,, the electrical inspector was asked many questions by the councilor, basically to explain the electrical set up I had.

He said it was the best he had seen, it was all "hard wired", he explained there is nothing exposed, like many of the grow op's they find. He loved the 2 inch thick Teck line -my main power feed from my service panel,, it goes into a "load panel" where I have a couple 20 amp breakers and a 40 amp. Then the power comes out the load panel by way of BX line- same specs as rubber coated but BX is metal wrapped, safer, ballast in boxes off the ground on concrete board. I had a 3 fire extinguishers in my home. Lots of smoke alarms. I explained my use of 3600cfm exhaust fans, my dehumidifiers to remove moisture. I did my best to show all the things I have done to ensure no mold, no fire issues, no electrocution hazards.

I took the group upstairs and showed them all a 1/2 pound bag of my Purple Kush ripping open a bud to expose the purple colour inside it discussing what Trichomes are then I touched on my potency- this plant hit 26%THC very high. They asked

about PPS pot, how they heard on news it wasn't any good, I explained that I tried it before and the pot was rude, how they grind up stalks sun leaf, and all sorts of buff that has no medication on it.

The entire group including 2 RCMP officer all frowned and comment about how sick and disgusting HC is for providing us with garbage as medication.

I showed them all my old bottle of Sativex, they said its still full. They were told I could not use this crap either due to 50% ethyl alcohol in it. Again they were flabbergasted, puzzled as to the ridiculousness of this, **Sativex must be sprayed in the buccal cavity to work, but the patient hand-out says: to avoid blisters or infections in soft tissue rotate sprays around inside of mouth.** well this will render the drug ineffective, again more disgust among the group.

I was asked if I feared "grow rippers" to this I said - "yes-only after the Inspection team showed up with a caravan of RCMP, fire dept and township vehicles to my home, basically "outing me" exposing my private medical health issues to the neighborhood putting my life in jeopardy, now the entire street knows I grow marijuana in my home due to the visit."

I think I shocked them all with that comment.

The team left well educated I was



Cable into box

told I have the cleanest safest , to code grow op they have ever seen,,, they were all impressed. The RCMP were grateful I showed them my MMAR ID card, they have never seen one and the RCMP officer said to me "thanks Bob, if I stopped you on the street and you pulled out this card I would not have a clue what it was, we have never seen one, we have no information about them other then what we see on TV. Health Canada hasn't sent us anything... no info kits for us to be educated."

That was important and summed up the main issue with the MMAR it is ridiculous and isn't designed to work, its designed to be of no use to us. I will explain this with a great example of HC violating my rights during this last week .

My MMAR licence expired midnight march 6 - yesterday the team visited me on Tuesday, I provided them the requested copies of my licence. They knew my licence expires.

I started calling HC last week. No return phone call. I called daily, I informed them I was being visited by the local inspection team. I needed to know the status of my licence.

Well they never called me, I left many messages for Cheryl Anderson. I said I sent in my renewal in December making this 3 months waiting. Where was it? I then emailed her, asking same thing... no response.

Yesterday I got in touch with the head of the Inspection team and I informed him my licence expired later that evening and HC would not return my calls and let me know my status, they said when the RCMP come to my home to bust me they can call and get the pager number and then they can tell me if I am legal or not.

He put me on speaker phone, the entire team was having lunch listening to me, explain my problem.

Here is where real Compassion is shown to me. I was shocked with their reply- "Bob don't cut down your crop, don't turn it off. Keep doing what your doing, we wont be ever bothering you again. The RCMP are sitting here and they agree, HC is violating your rights this is just normal for them, then he gave me advice- he said call this phone number- its your local MP office.Light a fire under his butt. Cool! What great compassion! I then took the advice and made the call. my local MP is Mark Warawa. his case manager took my call, I explained everything to her,, and she too thought this was disgusting treatment, I made a point of saying my MS was acting up big time and I am suffering health wise by HC's treatment of me.

so she told me she will make a call- and called me back in 10 minutes,, telling me she got an answering machine and left a message - explaining is was very sick, that RCMP and inspection teams were at my home, and I need to know the status of my MMAR licence. She told me the last thing she said on message- "if no one returns my call in 5 minutes I am phoning the Health Minister directly!"... it worked. She got a call back as soon as she hung up the phone with Ronald Denault MMAD manager, he said he just approved my licence, and will mail it tomorrow (that's today), he said he is faxing her a photo copy of my licence and ID card too. I went to her office and thanked her for her

help. Then I took the copies to inspection head office in main fire dept where they are now sitting in my file.

The inspection team captain told me, "Bob don't worry your landlord wont get threatening letters anymore and we removed the 3600 fine/charge off his property taxes cause they LOVE me.LOL. That's what he said.

I am scheduling another visit with the team so they can bring the township Mayor and other councilors for me to educate and explain our issues as medical growers, discuss ways to remove all of us from the inspection process before we turn the grow power on, some kind of approved accepted minimum electrical standards for us to adhere to, pull a permit, get inspected and then we should not have issues with insurance etc., and we wont ever fear knocks on our doors or being exposed again to our community as legal marijuana production sites.

It has been an exciting week. I learned a lot. I learned I do have rights and if I stand up for my rights

they will be respected, I learned that RCMP and inspection teams are human, they do care. I mean legally I could have got a visit last night, if I didn't act myself and a make a point of explaining my issues to them and then its in their hands to either bust this place and harass me or overlook the technicality and use discretion in their jobs, which they did. If I lived in other communities in Canada I might not have had this experience turn out good, I might have had a bad experience, but I think the teams and RCMP are coming around, its all due to a LACK of education. They want to be educated. They want to respect out rights, but they don't have all the tools to make the proper decisions thanks to our useless Health Canada ministry. I blame HC for all these issues we have with local municipal governments and law enforcement, they haven't done their job to supply these folks the information to act properly.

I am sure I will be entertaining more local politicians. It was actually a lot of fun in the end.

Cheers
BobbyD

Bobby with plant





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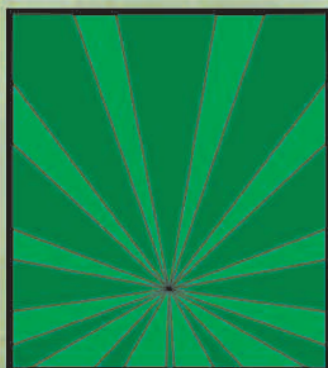
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~Reddiet TY Member

TY quickly became a second home for me. The care and compassion that goes on here has really changed the way I look at the world these days. I care for my fellow TY members and find myself sharing their joys and sorrows. I have learned a lot, about a lot from my fellow members, and hope to learn much more. I am extremely happy to have found this site (and the people in it) a couple of years ago, and I can't see myself ever walking away from TY and it's members! TY is family!

~Nardwarz TY Member

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Supporting Research into the Therapeutic Role of Marijuana

A Position Paper of the American College of Physicians

This paper, written by Tia Taylor, MPH, was developed for the Health and Public Policy Committee of the American College of Physicians: J. Fred Ralston, MD, FACP, Chair; Molly Cooke, MD, FACP, Vice Chair; Andrew A. Chang, MA, Charles Cutler, MD, FACP; MA, David A. Fleming, MD, FACP; Brian P. Freeman, MD, FACP; Robert Gluckman, MD, FACP; Mark Liebow, MD, FACP; Kenneth Musana, MB, ChB; Robert McLean, MD, FACP; Mark Purtle, MD, FACP; P. Preston Reynolds; and Kathleen Weaver, MD, FACP.

It was approved by the Board of Regents in January 2008.

Executive Summary

Marijuana has been smoked for its medicinal properties for centuries. Preclinical, clinical, and anecdotal reports suggest numerous potential medical uses for marijuana. Although the indications for some conditions (e.g., HIV wasting and chemotherapy-induced nausea and vomiting) have been well documented, less information is available about other potential medical uses. Additional research is needed to clarify marijuana's therapeutic properties and determine standard and optimal doses and routes of delivery. Unfortunately, research expansion has been hindered by a complicated federal approval process, limited availability of research-grade marijuana, and the debate over legalization. Marijuana's categorization as a Schedule I controlled substance raises significant concerns for researchers, physicians, and patients. As such, the College's policy positions on marijuana as medicine are as follows:

Position 1: ACP supports programs and funding for rigorous scientific evaluation of the potential therapeutic benefits of medical marijuana and the publication of such findings.

Position 1a: ACP supports increased research for conditions

where the efficacy of marijuana has been established to determine optimal dosage and route of delivery.

Position 1b: Medical marijuana research should not only focus on determining drug efficacy and safety but also on determining efficacy in comparison with other available treatments.

Position 2: ACP encourages the use of nonsmoked forms of THC that have proven therapeutic value.

Position 3: ACP supports the current process for obtaining federal research-grade cannabis.

Position 4: ACP urges review of marijuana's status as a schedule I controlled substance and its reclassification into a more appropriate schedule, given the scientific evidence regarding marijuana's safety and efficacy in some clinical conditions.

Position 5: ACP strongly supports exemption from federal criminal prosecution; civil liability; or professional sanctioning, such as loss of licensure or credentialing, for physicians who prescribe or dispense medical marijuana in accordance with state law.

Similarly, ACP strongly urges protection from criminal or civil penal-

ties for patients who use medical marijuana as permitted under state laws.

Background

The marijuana plant, cannabis, contains more than 60 chemical compounds, known as cannabinoids. The main psychoactive element in marijuana is delta-9-tetrahydrocannabinol (THC). Cannabidiol (CBD) is the second most abundant cannabinoid, but it has no psychoactive effects. The concentration of THC and other cannabinoids in marijuana is highly variable, depending on growing condition, plant genetics, and processing after harvest (1). This variability in composition has hindered research on and evaluation of the drug's medical value.

Marijuana has been smoked for its medicinal properties for centuries. It was in the U.S. Pharmacopoeia until 1942 when it was removed because federal legislation made the drug illegal (2).

The Controlled Substance Act of 1970 placed marijuana in the Schedule I category along with other substances deemed to have no medicinal value and high potential for abuse. Still, the overwhelming number of



anecdotal reports on the therapeutic properties of marijuana sparks interest from scientists, health care providers, and patients. Over the past 20 years, researchers have discovered cannabinoid receptors: CB1, which mediates the central nervous system (CNS), and CB2, which occurs outside the CNS and is believed to have anti-inflammatory and immunosuppressive activity (3, 4). These scientific developments have revealed much information supporting expansion of research into the potential therapeutic properties of marijuana and its cannabinoids.

In 1997, the White House Office of National Drug Control Policy asked the Institute of Medicine (IOM) to review scientific evidence and assess the risks and benefits of marijuana.

The IOM concluded that scientific developments indicate marijuana and its cannabinoids have therapeutic properties that could potentially treat many illnesses and conditions. The IOM recommended that cannabis research should focus on the development of rapid-onset, reliable, and safe delivery systems (5). Since the IOM report, the body of research on cannabinoids for symptom management has grown slightly.

Potential Medical Uses of Marijuana

Appetite Stimulation/Antiemetic

The research supporting THC as an effective appetite stimulant and antiemetic is abundant. In 1986, the U.S. Food and Drug Administration approved Marinol® (dronabinol), an oral synthetic form of THC, to treat severe weight loss associated with AIDS (HIV/AIDS wasting) and nausea and vomiting associated with chemotherapy for patients who fail to respond to other antiemetics.

Clinical trials have demonstrated that both oral and smoked marijuana stimulate appetite, increase caloric intake, and result in weight

gain among patients experiencing HIV wasting (6–9).

Studies of chemotherapy patients with nausea and vomiting found THC to be equivalent or superior to other antiemetics (including prochlorperazine or metoclopramide) for symptom reduction (10). Research has also found that administration of THC along with another antiemetic was more effective than either drug alone, suggesting opportunities for combined therapy. The IOM concluded that cannabinoids are “modest” antiemetics but may be effective for those who respond poorly to other available antiemetics. THC and other cannabinoids may offer relief not found in other drugs (11).

Glaucoma

High intraocular pressure (IOP) is a known risk factor for glaucoma. Cannabinoids have been shown to have neuroprotective properties and to reduce IOP, pupil restriction, and conjunctival hyperemia (12–14). Smoked or eaten marijuana and oral THC can reduce IOP by approximately 25% in people with normal IOP who have visual field changes, with similar results exhibited in healthy adults and glaucoma patients. However, the effects of cannabinoids on IOP are shortlived, and high doses are required to produce any effects at all. There is concern that long-term use of marijuana could reduce blood flow to the optic nerve because of its systemic hypotensive effects and its potential for interaction with other antiglaucoma drugs (15).

In addition, the cardiovascular and psychoactive effects of smoked marijuana contraindicate its use in glaucoma patients, many of whom are elderly and have comorbidities. This led to the development and testing of a topical THC, but its effect on IOP was insignificant. As a result, the IOM and American Academy of Ophthalmology concluded that no scientific evidence has demonstrated increased benefits or diminished risks of marijuana use to treat glaucoma compared with the wide vari-

ety of pharmaceutical agents currently available (16, 17).

Neurological and Movement Disorders

Anecdotal, survey, and clinical trial data suggest that smoked marijuana and oral THC provide relief of spasticity, pain, and tremor in some patients with multiple sclerosis (MS), spinal cord injuries, or other trauma (18, 19). A recent study of patients with HIV-associated sensory neuropathy (HIV-SN) found that those who smoked marijuana 3 times a day reported a decrease of 34% in HIV-SN, compared with 17% in the placebo group. However, the psychoactive effects of THC impaired posture and balance among subjects (20). CBD has some anti-inflammatory properties and inhibits smooth muscle contractions, thus making it a potentially powerful anticonvulsant that does not contain the psychoactive effects of THC. CBD has been indicated as a treatment for several types of seizures and epilepsy, although human research is scant.

Preclinical trials revealed that the anticonvulsant properties of cannabinoids differ widely by dose and between species. CBD has been shown to induce seizures in some species and to be strongly anticonvulsant in others (21).

Analgesic

Current research on the role of various forms of marijuana as an analgesic is promising. Oral doses of THC resulted in pain reductions similar to that from codeine among cancer patients (22). A randomized, double-blind trial of patients with rheumatoid arthritis found that Sativex®, an oromucosal THC spray, significantly reduced pain on movement and at rest and improved quality of sleep (23). While studies indicate that THC has analgesic properties, there is a very narrow therapeutic window between doses that produce useful analgesia and those that produce unacceptable adverse effects. A recent study found that subjects who smoked 4% THC cigarettes reported reduced pain sen-

sations after 45 minutes. On the other hand, subjects who smoked 8% THC cigarettes reported an increased sensitivity to pain after 45 minutes (24). In another study, smoked marijuana increased sensitivity to electric shock among normal patients. The biphasic action of THC, stimulation followed by sedation, increases then decreases pain.

These properties support the need for research to identify the specific kinds of pain that may be relieved by marijuana and the development of a synthetic cannabinoid with few actions other than analgesia.

Adverse Effects

Acutely, smoked marijuana increases heart rate and may decrease blood pressure on standing; however, some patients find the drug’s psychoactive effects more disturbing. Undesired effects include impairment of short-term memory, attention, motor skills, reaction times, and the organization and integration of complex information (25). These effects are generally more severe for oral THC than for smoked marijuana (26).

The chronic effects of smoked marijuana are of much greater concern, as its gas and tar phases contain many of the same compounds as tobacco smoke. Chronic use of smoked marijuana is associated with increased risk of cancer, lung damage, bacterial pneumonia, and poor pregnancy outcomes. Chronic marijuana use has also been linked to the development of tolerance to some effects and the appearance of withdrawal symptoms (restlessness, irritability, mild agitation, insomnia, sleep disturbances, nausea, cramping) with the onset of abstinence.

However, these withdrawal symptoms are mild compared with those experienced with opiates or benzodiazepines (27). Moreover, THC, while quite potent in comparison with other psychoactive drugs, has remarkably low lethal toxicity. This led the IOM to conclude that “except for harms associated with smoking, adverse effects of marijua-

na use are within the range of effects tolerated for other medications (28).”

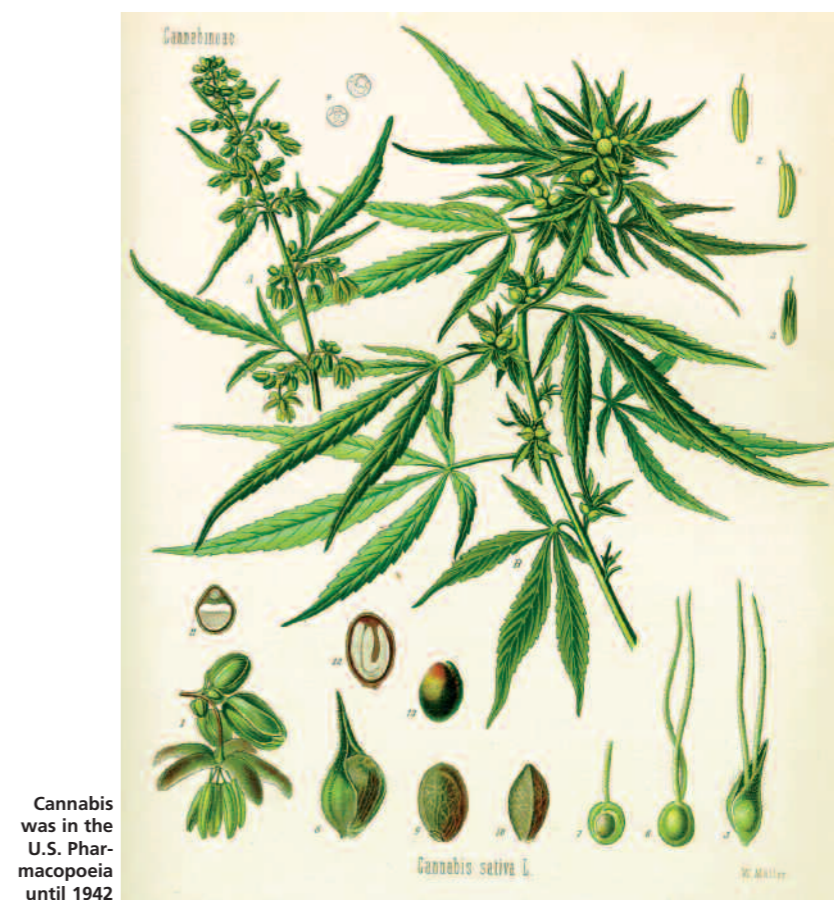
Positions

As with any potential therapeutic drug, there are many factors that should be considered in evaluating its medicinal value. These include the drug’s side effects, methods of administration, and availability and comparability of alternatives. However, marijuana’s categorization as a Schedule I controlled substance creates additional concerns for researchers, physicians, and patients. As such, the College adopts the following positions on medical marijuana:

Position 1: ACP supports programs and funding for rigorous scientific evaluation of the potential therapeutic benefits of medical marijuana and the publication of such findings. Preclinical and clinical research and anecdotal reports suggest numerous potential medical uses for marijuana. Unfortunately, the debate surrounding marijuana’s legalization

for general use has obscured scientific findings. Current available data suggest numerous indications for cannabinoids, especially antiemesis, appetite stimulation, and pain relief.

For patients with AIDS or those undergoing chemotherapy, who suffer severe pain, nausea, and appetite loss, cannabinoid drugs may provide symptom relief not found in any other medication. The data supporting cannabinoid use for the relief of muscle spasticity and movement disorders is promising, but further research is needed to clarify the roles of cannabinoids in treating these conditions. For epilepsy and glaucoma, the data is much less convincing, and many of the reports supporting marijuana use for these conditions remain anecdotal. In addition, while the therapeutic effects of THC are well established, less is known about the effects and potential indications of other cannabinoids. Additional research is needed to clarify both the therapeutic properties of cannabinoids and their effects on symptom management.



The IOM recommended the following guidelines for clinical trials of marijuana for medical use:

- Clinical trials should involve only short-term use (less than 6 months);
- Clinical trials should be conducted in patients for whom there is a reasonable expectation of efficacy;
- Clinical trials should be approved by institutional review boards; and
- Clinical trials should collect efficacy data (29).

Position 1a: ACP supports increased research for conditions where the efficacy of marijuana has been established to determine optimal dosage and route of delivery. To date, much of the research into the medicinal properties of marijuana has been on oral and smoked forms of THC. The pharmacokinetics of oral and smoked THC differ greatly and therefore have varying implications. The oral, synthetic THC has low and variable bioavailability (30). Oral THC is slow in onset of action but produces more pronounced, and often unfavorable, psychoactive effects that last much longer than those experienced with smoking (31).

On the other hand, smoked THC is quickly absorbed into the blood and effects are experienced immediately. Studies have found that patients prefer the immediate effect on symptoms that occurs after smoking marijuana (32, 33). Therefore, there may be some patient populations (e.g., cancer patients who experience nausea and vomiting during chemotherapy) for whom the inhalation route might offer advantages over the currently available capsule formulation (34). Also, many cancer and HIV/AIDS patients may prefer smoking over swallowing a pill.

However, examining the effects of smoked marijuana can be difficult because the absorption and efficacy of THC on symptom relief is dependent on subject familiarity with smoking and inhaling. Experienced smokers are more competent at self-titrating to get the desired results.

Thus, smoking behavior is not easily quantified or replicated (35). Other problems with smoked marijuana include difficulty in attempting to match placebo control against smoked marijuana (especially for those with previous marijuana experience) and the no-smoking policy of hospitals and public facilities. Overall, the clinical utility of smoked marijuana is limited by its short duration of action and accompanying side effects. Although the long-term effects of smoked marijuana may not be relevant for patients with terminal illnesses or debilitating symptoms, the residual effects of smoked marijuana are prohibitive for long-term medical use. The IOM concluded that clinical trials of smoked marijuana should be the first step toward the possible development of nonsmoked, rapid-onset cannabinoid delivery systems (36).

Additional research is also needed to determine optimal dosage of cannabinoid drugs for symptom management. Current data has shown that for some indications, particularly pain relief, there is a small margin between clinical benefit and unacceptable adverse events.

Position 1b: Medical marijuana research should not only focus on determining drug efficacy and safety but also on determining efficacy in comparison with other available treatments.

Most of the conditions for which efficacy of cannabinoid drugs has been determined already have well-established and effective treatments. However, little is known about how cannabinoids perform in comparison with these other treatments. Because of the availability of an oral form of THC, several studies have compared the effectiveness of both smoked THC and Marinol® to other antiemetic drugs (mainly prochlorperazine). Although the results from these studies varied, they all found that THC was as effective as prochlorperazine at controlling nausea and vomiting.

Several studies also found that the combination of THC and other antiemetics was more effective than either drug alone. Research suggests that cannabinoids may have synergistic effects that may indicate its use as an adjunctive therapy to both antiemetics for nausea and vomiting and opioids for pain relief. Further research is needed to compare cannabinoids' efficacy and safety with current treatments and to examine their potential role in combination therapy for some conditions.

Position 2: ACP encourages the use of nonsmoked forms of THC that have proven therapeutic value.

The negative effects associated with long-term smoked marijuana use necessitate consideration of varying modes of cannabinoid delivery. Only 2 cannabinoid drugs are currently licensed for sale in the U.S. (dronabinol [Marinol®] and nabilone [Cesamet®]), and both are only available in oral form. While useful for some, these drugs have serious limitations. The oral route of administration hampers the effectiveness of THC because of slow absorption. In addition, swallowing a pill may not be feasible for patients with severe nausea and vomiting, for whom oral THC is indicated. To overcome the limitations of oral administration, researchers have focused on developing other nonsmoked, rapid-onset formulations.



Sativex®, an oromucosal spray of natural cannabis, was approved in June 2006 for prescription use in Canada to treat neuropathic pain in

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patients with MS. The manufacturer, GW Pharmaceuticals, received FDA approval to begin a U.S. clinical trial of Sativex for cancer patients in 2007.



The development of a vapor route for THC delivery offers promise for the future of medical marijuana research. A recent study found that THC administered through the **Volcano®** vaporizer resulted in higher plasma THC levels than smoked marijuana at both 30 and 60 minutes after administration. It also found that exhaled carbon monoxide increased very little after vapor compared with smoking (37). Those findings, along with patient preference for the vapor method, indicate opportunities for future clinical trials. Vaporization of THC offers the rapid onset of symptom relief without the negative effects from smoking. It allows patients to selfregulate their dosage immediately by ceasing inhalation when or if psychoactive effects becomenunpleasant. Scientists are also developing a pulmonary dronabinol to be delivered with a pressurized metered-dosed inhaler. Preliminary studies show rapid absorption, but FDA approval remains distant.

Position 3:ACP supports the current process for obtaining federal research-grade medical marijuana. Some scientists and physicians believe the procedures for obtaining marijuana for research and publishing research findings are particularly arduous because of the debate surrounding its legalization for general use (38). Marijuana’s designation as a Schedule I controlled substance does pose a unique challenge for researchers. The federal government is the only legal producer of marijuana for medical research; scientists

must therefore apply for both an Investigational New Drug Application (IND) from the FDA and a Schedule I license from the Drug Enforcement Administration (DEA) to receive and dispense marijuana through a designated pharmacy. The marijuana is provided by the National Institute on Drug Abuse (NIDA) in the National Institutes of Health (NIH). Through the Drug Supply Program, NIDA arranges for marijuana to be grown and processed through contracts with the University of Mississippi and the Research Triangle Institute. The University grows, harvests, and dries marijuana, and the Institute processes it into cigarettes. Researchers can obtain marijuana free of charge from NIDA through an NIH-approved grant to investigate marijuana or through a separate protocol review. Because of the high biovariability in cannabis plants, obtaining research-grade cannabis is critical to conducting well-designed clinical trials on the safety and efficacy of marijuana and its cannabinoids. In addition, because of the drug’s widespread general use and high potential for abuse, it is imperative that the federal process is followed for obtaining research-grade marijuana and conducting clinical trials.

Position 4: ACP urges review of marijuana’s status as a Schedule I controlled substance and its reclassification into a more appropriate schedule, given the scientific evidence regarding marijuana’s safety and efficacy in some clinical conditions. Currently, marijuana is a Schedule I controlled substance, meaning it has no medicinal value and high potential for abuse. An evaluation by several Department of Health and Human Services agencies, including the FDA and NIDA, concluded that no sound scientific studies supported medical use of marijuana for treatment in the United States (39). This conflicts with a review by the IOM, which declared that “for patients such as those with AIDS or who are undergoing chemotherapy and who suffer simultaneously from severe

pain, scientific studies support medical use of marijuana for treatment in the United States.” The IOM also concluded that compared with other licit and illicit drugs, including alcohol, tobacco, and cocaine, “dependence among marijuana users is relatively rare and dependence appears to be less severe than dependence on other drugs.” (40) A clear discord exists between the scientific community and federal legal and regulatory agencies over the medicinal value of marijuana, which impedes the expansion of research.

The concern that marijuana is a “gateway” drug also hinders opportunities to evaluate its potential therapeutic benefits. However, the IOM concluded that marijuana is a gateway drug only in the sense that its use normally precedes, rather than follows, initiation of other illicit drugs. Marijuana has not been proven to be the cause or even the most serious predictor of serious drug abuse. It is also important to note that the data on marijuana’s role in illicit drug use progression only pertains to its nonmedical use (41).



Dronabinol, oral THC, is classified as a Schedule III substance. Recently, the DEA proposed a rule that would allow for classification of both synthetic and natural (derived from the cannabis plant) dronabinol products in Schedule III. Opiates are highly addictive yet medically effective substances and are classified as Schedule II substances. There is no evidence to suggest that medical use of opiates has increased perception that their illicit use is safe or acceptable (42). Given marijuana’s proven efficacy at treating certain symptoms and its relatively low toxicity, reclassifica-

tion would reduce barriers to research and increase availability of cannabinoid drugs to patients who have failed to respond to other treatments.

Position 5: ACP strongly supports exemption from federal criminal prosecution; civil liability; or professional sanctioning, such as loss of licensure or credentialing, for physicians who prescribe or dispense medical marijuana in accordance with state law. Similarly, ACP strongly urges protection from criminal or civil penalties for patients who use medical marijuana as permitted under state laws. Reclassification of marijuana into a more appropriate schedule would remove the legal stresses that can affect the physician–patient relationship. Although marijuana is a Schedule I drug, 12 states currently have legislation permitting its use for medicinal purposes. Similar legislation is pending in New York and

support has been shown for legislation in Minnesota and New Hampshire. The movement among states to permit the use of marijuana for certain conditions was spearheaded by California’s Proposition 215, which received the support of 56% of state voters in 1996. This led to the establishment of a \$3 million state-funded Center for Medicinal Cannabis Research (CMCR) at the University of California’s San Diego and San Francisco campuses. CMCR receives the marijuana for its research from NIDA.

Despite these state laws and initiatives, possession of marijuana is a punishable federal offense. In 2005, the Supreme Court ruled that state laws confer no immunity from prosecution under federal law, which does not include a medical exemption to the prohibition on marijuana possession. This creates additional concerns for researchers, physicians, and patients. Physicians

must be selective in their wording (when discussing the substance) so as not to appear that they are aiding or abetting patients in obtaining cannabis. In addition to the legalities, the lack of availability and standards on dose and route of delivery present medical concerns. Physicians cannot supervise and have very little control over their patient’s behavior. Also, the quality of the drug is usually undeterminable.

Conclusion

Evidence not only supports the use of medical marijuana in certain conditions but also suggests numerous indications for cannabinoids. Additional research is needed to further clarify the therapeutic value of cannabinoids and determine optimal routes of administration. The science on medical marijuana should not be obscured or hindered by the debate surrounding the legalization of marijuana for general use.

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Off Label use of Marinol

David B. Allen M.D.



Hello, my name is David B. Allen M.D. I am a retired Cardiac Surgeon. **I have a revolutionary idea of how people can keep their jobs and still smoke on the side without fear of losing their jobs.** I would like to promote this idea which will not benefit me in any way. There is a medicine approved by the government for medical therapy that is called Marinol. I am sure you have heard about it. Marinol is approved for use in the treatment of Nausea/vomiting and anorexia. These uses are considered On label uses.

Any physician can however prescribe any medication that is cleared for use by the FDA for ailments not originally tested if the physician thinks the medicine will have a positive effect and not cause more harm than currently used medications for the same ailment. This is referred to as off label usage.

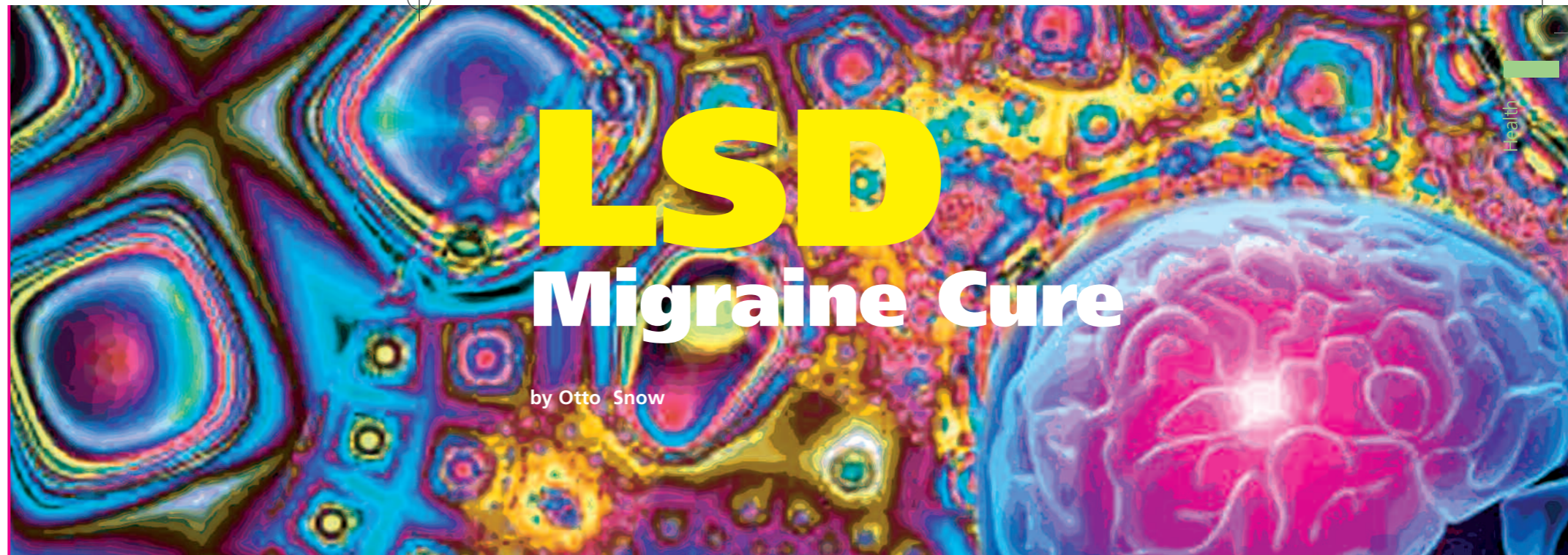
The concept is like the use of minoxidil which is a diuretic originally approved by the FDA for use in patients with renal (kidney) problems. Doctors however found that minoxidil could also be used for hair growth and prescribed it for this "OFF LABEL" usage. In fact some drugs may be tested for one disease process and have off label uses that are more important than the original use the drug was intended for. (Viagra was originally tested and used for heart failure not for erectile dysfunction).

So here is the concept to take home. Marinol can be used for insomnia, anxiety, depression, ADD syndrome,

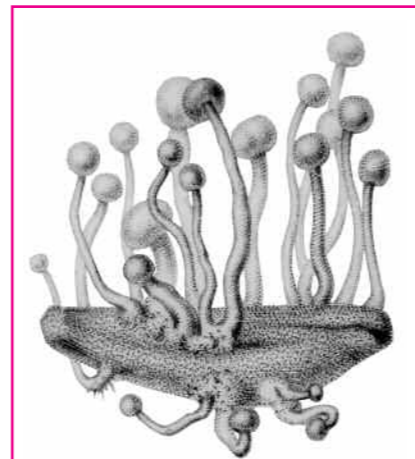
irritable bowel syndrome, arthritic conditions, and probably a host of other maladies. It is legal and any patient can ask any physician if they would consider prescribing Marinol for say anxiety because Marinol is much safer than xanax of other Anxiolytics because Marinol has a lower LD50 than any other medication in the pharmacopoea. This means it has a higher safety margin than any other medication. (LD50 is the lethal dose of a medication that will kill 50% of patients given a particular dose) So Marinol is safer than any of medicines currently used for these above named maladies.

Now here is the loop in the current law. Any patient taking Marinol would test positive for cannabinoids which could not be differentiated from exogenous usage of cannabis on the side. So any patient taking Marinol could justify a positive urine test as caused by his medication, and this would put this patient on the same legal ground as any patient taking any other legal medicine for depression, anxiety or any other condition.

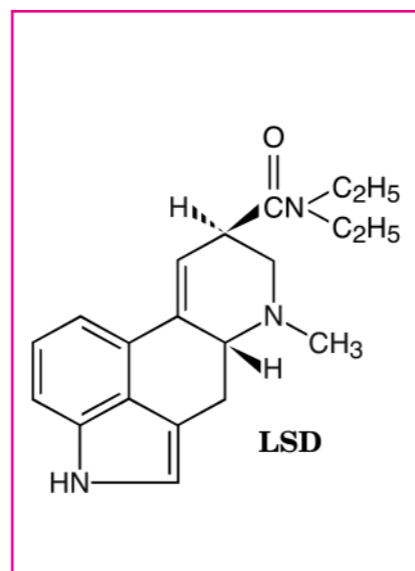
So you could smoke at home and not get fired for a positive urine test. And the cool thing about this is any patient can ask any doctor for this medication. One caveat is that Marinol is fairly expensive about 190\$ for a 30 day supply. But any patient can save the medication and smoke on the side and still be covered by this loop hole.



by Otto Snow



Germination of Ergot



Excerpt from LSD (2003) --- 9/15/71, I was 15 at the time. The Vietnam war was raging, the nightly body count aired on the black & white. Hippies, antiwar protests, and riots were the media frenzy. A nation of discontent, on fire.

All I did was study, I had a suit case for all my books. The thing held a dozen books. A suit coat and tie were mandatory in school.

2:30 PM. I unlocked the cellar door to let myself in. Walked upstairs and was greeted by my dog. "Psychodog," a super hyperactive Boston Terrier jumped up to say hello.

I am unsteady and having problems walking. I pat the dog and get her a couple of Dog Bones and let her outside in the yard. My vision is bothering me. I can't focus. It looks like I am seeing from both eyes separately. I was getting this splitting headache, like I never had before. My right arm was having tingling sensations like it was asleep, but it wasn't asleep. I was having a hard time to walk as my right leg was also affected. A glass of water didn't do anything. I couldn't feel my right hand when I opened the door to let the dog in. I called to her and was having a hard time to talk, I couldn't get out the words, they were all garbled. I knew that there was

something wrong.

I called my mom at work. She could barely understand me. But said that she would pick me up and was on her way.

My vision was two fields as she pulled the Chevy into the driveway. I was having a hard time to open the car door. I could not feel my right side. My mom was nervous and told me that I would be OK as she bolted to the local hospital.

I was given a room and several physicians looked at me. I couldn't talk coherently, my vision was blurry and I had a screaming head ache, like a knife in my head.

The family doc asks me to follow a pen with my eyes, he takes a light and looks in my eyes.

I was given x-rays, blood tests, throat cultures, and Darvon Compound 65mg. 4 times a day---

I was given a radioactive brain scan, spinal tap, and EEG's. Then came the drugs, ergot alkaloids, barbiturates and narcotics. I was so spaced out from the meds that it was worse than the migraines plus I still had the migraines.

A friend told me about how a friend of his had migraines and was cured with a new medication discovered

by Dr. Hofmann of Sandoz. He discovered LSD. I said, "No LSD. People jump out of windows and babies are born like tree stumps." He replied, "You're not pregnant are you? We can take on ground floor. Do you want to get rid of those headaches?" I said, "Yes"

I took one third of a tablet (the tablets were approximately 200 ug at this time). Several friends were at the school dance and tended to me. The migraine moved across my head and dissolved."

Over the years I met many others (eg. people who were much older than me, business executives, defense workers, military people, executives in high tech.) who suffered with migraines, alcoholism and neuroses and were cured by taking LSD prophylactically every few months, and once the condition was more stabilized once every few years. It did not mean going on disability, a lifetime of dependance to narcotics, and the toxic medications that are conventionally used to treat cluster migraines (which many people can not take).?

The protocol that we used was, no vitamins and no drugs for at least 24 hours before a standard session. We had a stack of tapes to listen to.

Usually Yes, and what today is called new age music. The session started at 9 AM which would be a dose of 100ug. This would peak at noon time and was done by 3 PM. Daytime is much better because it is less tiring. Nighttime can be rather colorful, but screws up bio-clocks for the next day.

In a mellow environment (it is your session). Throughout the session we had liquids, fruits and lunch was usually pizza, or small prepared sandwiches, with a small salad. Sessions were done indoors in the winter when it was very cold, or indoors in the summer when it was hot. Hyper or hypothermia can be a problem with any medication. In the spring and in the fall, sessions were done outdoors. The best sessions were one on one with a close friend. Although we had sessions that were up to a dozen people which were too much and not as effective. No one drove who was

taking the medication. No other drugs were used except for an occasional few puffs of cannabis (not done during the first session). Each of us had a tablet of Valium just in case we had to terminate the session. The phones were unhooked and the sessions began.

I have found that drinking a six pack of beer when the migraine is starting has worked in on couple of occasions. Nowadays, I take a tablet of a narcotic or Darvon and pass out. The problem with this is that the migraines keep coming and I don't feel right. LSD clears the migraine and keeps them at bay for up to many years. The downside of LSD is that it is rather a long acting psychoactive experience. Many people don't have a day break until they are totally disabled by the migraines (and then there is no break at all from the suffering). I have read that psilocin/psilocybin have been found to work with cluster migraines. I

would like to see more research on this as the psycho activity of these substances is 3 hours. Most people can take three hours for a cure.

I have a new structures in mind that might abort migraines, they look structurally non-psychoactive and are rather expensive to synthesis in small quantities. Even with this in mind, with the anti-science movement in the United States, I would be hesitant to construct these molecules with out a DEA license and several chemists as oversight.

In 1998 I wrote LSD & Tryptamine Syntheses. It is out of print now. In 2003 I wrote another book, LSD, with much more in it (it is a new book with a hundred more pages, lots of graphics). My mom was pleased that I discussed why I took it as a teenager as it may spur research and help others. It has some of my favorite formulas in it. Happiness to All. Love, Otto Snow

The Pseudo-Science of



**"Thrive on creation.
Let it overwhelm your soul
and give you purpose."**

Greetings fellow proponents of self treatment! In this exciting installment we are going to explore the phenomena of "trance" and how the awareness of "specialized trance-states" can benefit our lives and art.

I have a theory regarding trance, differing from many common definitions that can be applied to all facets of human awareness and interaction. The trance state is the observation of how the mind processes and manages multiple points of awareness. Awareness is synonymous to thought. Thoughts consist of converging awareness points. Descartes, "I think therefore I Am." illuminates the concept that awareness and thought are mutually dependant ideas in his assertion of existence. Thought is an intangible, yet all experience, tangible or otherwise is only a facet of a thought function. The mind's ability to process thought, like our eye's ability to process light and our ear's ability to process sound can only occur within a limited spectrum at any given moment. As we add high priority tasks into our mental multitasking programs, low priority tasks have a natural tendency to get out of the way to avoid overloading and to accommodate combinatory awareness. Precisely how we process mul-

multiple awareness points is determinable by recognizing and noting the balance between awareness points that increase in clarity and awareness points that decrease in clarity during any given experience. For instance, if we focus our eyes on a certain point; that point increases in clarity while our peripheral visual awareness decreases in clarity; and if we focus our vision beyond that point, on a point in the distance, a point that is closer, a point to either side or on a point above or below, the original point decreases in clarity and fades automatically into our peripheral awareness. This phenomenon is present within the scope of each isolated awareness point and in relation to the balance between awareness points. Deciphering the many specialized states of trance is an art form in itself, leading to the development of the Trance-ology Research Foundation, of which I am the founder. Trance-ology attempts to identify the properties of trance by determining what is in focus, what has faded out of focus, where focuses can be adjusted and how focuses combine to produce a variety of different experiences.

To enter trance, all one has to do is focus on any thought or point of awareness. Everyone experiences

trance similarly, it is the unique nature of the transitions between states and variations in context that give every trance state individuality. Once we become aware of our own specialized trance states we can use that awareness to increase self-control. To illustrate my point, see if you can take a deep breath right now without focusing on it... try to shut off your awareness of the breath, yet still breathe deeply. It should prove very difficult. Now try taking three deep breaths while focusing as much as you can on each inhalation and exhalation and notice what happens... The more aware you become by applying your focus, the more control you will have over your breathing process. A simple formula to describe this phenomena is **AWARENESS = CONTROL.**

**"All perceptions are
As real as you think they are
But are they really?"**

Our sensory awareness points (visual, audio, tactile, smell/taste, thoughts) are always recording on some level, even when they aren't in focus, but exactly what we record from peripheral awareness points is a topic of great controversy and debate. What do our eyes record when we daydream to the exclusion



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of the outside world? Do we record background noises when we are unaware of them? When we walk do we record every step? Will we be able to remember feeling something that we didn't notice at the time? The answers are subjective to one's ability to access peripheral awareness memories.

While accessing memories, our minds record memories of each memory access experience, producing layered memories that combine for greater clarity and ease of access. If I were to tell you to "stop and smell the roses", you would probably get a chuckle and the thought that you know what roses smell like, because you are likely to have heard the expression and smelled roses at some time in your life. Whether or not you are sure that roses still smell like you remember depends on when you last smelled roses, the strength of the memory you created for that experience and whether what you were smelling was actually a rose; but you can't truly be sure without reasserting your memory with a new experience. This metaphor isn't actually about roses, though the literal slant applies, it's about all of the experiences in the spectrum of possibilities that we miss out on because our attention is elsewhere, and the necessity to limit one awareness to appreciate another. In the paragraphs to come we will explore specialized trance states and ways to apply our awareness of trance toward creative endeavors.

**"Cherish each moment
Time is relative to all
Experiences."**

There is art in being the audience. When we watch TV or go to the movies, we process information through high priority visual and audio processes in conjunction. Tactile and movement awareness points are automatically filtered. Visual and audio awareness points limit the clarity of peripheral information while constantly readjusting focal points. Automatic unconscious processes like breathing, circulation,

and digestion, etc, regulate themselves. Thought processes change to accommodate the focused information streaming into our awareness. This knowledge can be applied to our viewing experiences through adjustments to our environment and attitude in directions that will clarify specific awareness points. Since we know that our tactile and movement awareness points enter peripheral awareness, we can disengage tactile and movement awareness points by resting on comfortable furniture in a physically relaxed position. We know that our visual and audio awareness points narrow, so we can limit peripheral awareness by removing any distracting, competitive light and setting up in a quiet location, sound proofing or by getting a suitable sound system to limit competitive audio. You can go to great extents to capture the ideal viewing experience.

When we play video games the signs of trance are exaggerated to the point of being visually obvious. We have all seen someone or been someone that was so focused on playing a video game, that when spoken to the audio does not seem to process. If the audio does get through than the verbal response may be slowed or incoherent. Conversely if one is successfully distracted while playing video games than the competency of game play severely decreases. Combining audio video and tactile awareness points produces a common outcome just like watching TV; limited peripheral visual and audio, minimized tactile and diminished smell/taste functions.

**"Wind whistles a song
Without form or melody
Lost in the moment."**

We can apply trance theory to how we sing and speak. The primary awareness points during singing are audio and tactile. To sing, we must start by controlling our breathing. Breathing is the foundation of the tactile and movement awareness point required to produce sound. Your secondary awareness point is

your voice, which you can access in three ways; by listening to it, by feeling it and by accessing memories related to it. Once you start passing air over your vocal cords you begin to hear and feel your own voice being produced. Once you hear and feel your voice you can begin to access memories to determine what and how you want to change the sound you are creating. The importance of multiple thought awareness points is well illustrated during singing. If one cannot access memories for the words, one can't sing the right notes. If one cannot remember the notes, the words are hollow. If one cannot identify and remember the properties of the rhythm then the words and notes will not function with the song. If one has little or no breath control they may not be able to physically perform regardless of their awareness of lyrics, notes and tempo. Only by artistically combining our awareness points can we sing well.

Listening to the radio, having a conversation and engaging in a guided-trance or hypnosis experience are very similar. Listening requires awareness to assign meaning to the sounds we hear. Without awareness hearing is just an indiscriminate recording. When you listen you are referencing audio against memory processes that decipher what you are hearing into thought experiences. The awareness of sound and vicariously, language can occur to the exclusion of any or all other awareness points and can also directly cue any other awareness points to come into focus. By referencing word associations, all points of awareness can be adjusted, combined and balanced like dials on a sound mixer, either by the listener directly or through an external operator like a hypnotist, meditation guide or storyteller. The advantage of having a guide is that they can make sure you get where you intend to go. The trance state naturally regulates itself, so someone who knows how points of awareness combine can incorporate those natural tendencies into a guided experience.

When we play any instrument (stings, percussion, woodwind, brass, our voices, etc) we rely on our awareness and, vicariously, control of our specialized trance states to perform and play. Musicians transition between multiple specialized trance states to manage combinatory awareness points. With our visual awareness we watch the placement of our hands, read music, look at the audience, watch a conductor or other band members, and check peripheral information. Moreover, we sometimes like to play with your eyes closed and could possibly have to do all of the above at one time or another. With our tactile awareness we notice the temperature, weight, and texture as the vibrations pass through instrument and body. We also use our tactile awareness to control and coordinate corresponding movements. With our audio awareness we take in all the sounds around us; the sound of our instrument, other performers, the audience and external noises. With our thought awareness we can play inner audio to determine notes we are going to play, notes we've already played, notes we should have played, what other part will play before they play, what other parts will play without them being played, notes that could be as well as referencing memories from other music experiences.

Audio separation is an awareness phenomena best explained in relation to music. When we listen to a song it is possible, with focus, to isolate specific sounds within and sound. You can focus on the beat, any accompanying instrument, the singer, the words, the thoughts that the words evoke, and audience or background noises. Furthermore, you can isolate any single piece of a drum pattern, any single note or combination of notes from any accompanying instruments, any note, sound or word uttered by a singer, contexts within the thoughts evoked by the words, any one of the audience member's applause, laughs, coughs or comments and any combination of the

contributors to background noise, like cars, planes, nature, weather and people.

There are infinite angles from which we create artistic experiences and infinite angles from which we experience artistic creations. While reading we are referencing visual stimulation against memory processes that decipher what we are seeing into thought experiences. While writing we translate thoughts into words that we then have to translate into motions that produce visual, audio and, in the case of brail tactile representations of our thoughts. Reading requires a split focus between outer visual awareness points (the characters, words and phrases) and thought awareness points (the ideas invoked). To enhance our reading experiences, we can block out sound by reading in a quiet location or plugging our ears, narrow the surrounding light to the page alone, reading from different distances to find the most comfortable range while exploring each thought or idea in more detail. To enhance our writing we can expand our awareness of thought. To enhance thought, we can expand our base of experiences with new points of awareness and limit any or all of our external awareness points as much as possible as we focus on our internal awareness.

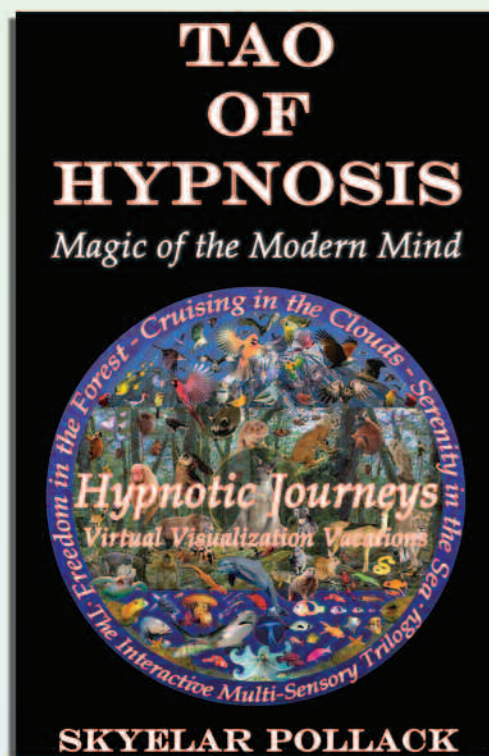
After reading this, I hope you are left

with a desire to enhance your trance experiences and striving to achieve the ideal awareness experience in as many endeavors as possible. Take the opportunity to heighten awareness beyond the norm by mindfully dulling/blocking the awareness points that you can comfortably do without and heightening those that are in focus. The ideal experience may not seem ideal to you but remember that this ideal is only a model for maximum clarity of experience and it would be much more practical to apply the limitations that you can to your environment as desired. If you can apply some small part of this concept to improve your experiences or to increase the ease with which you manage your awareness, then this essay has succeeded in its goal. This is merely an introduction to trance theory, as the extensions of the trance concept presented far outreach the scope of a single essay. Admittedly, the complete breakdown of each trance state becomes more complex when analyzed in greater detail and through variations in interpretation or point of view.

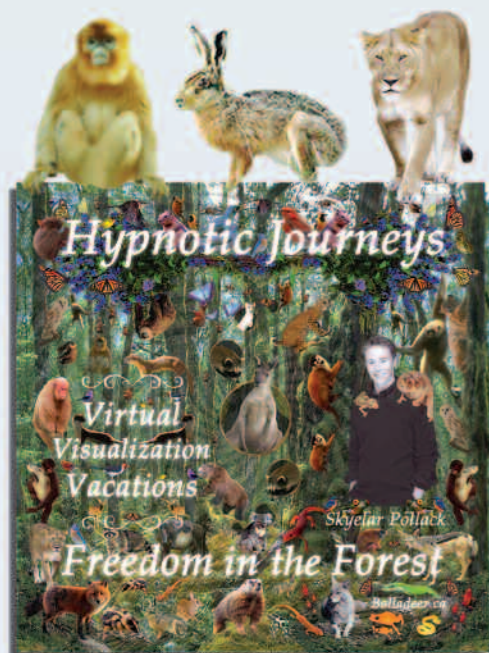
**"Think of who you were,
who and what you have become
and who you will be."**

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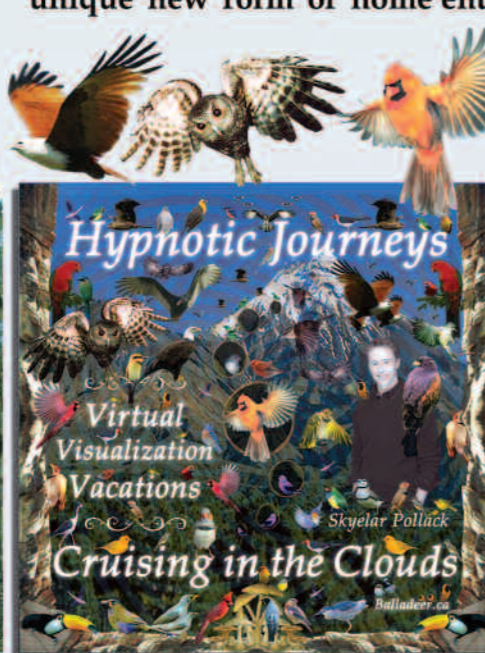




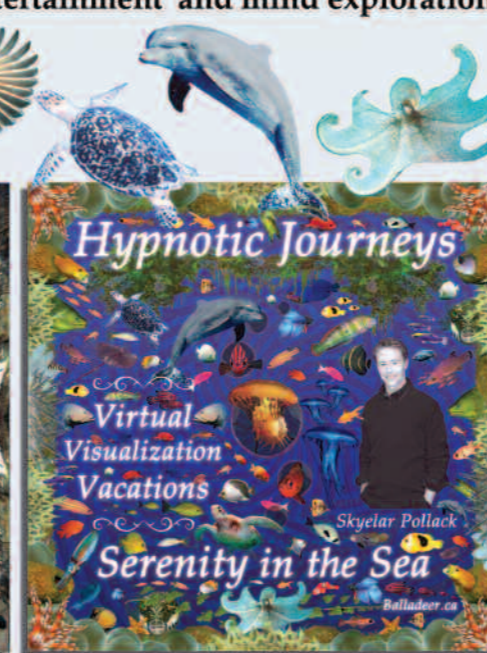
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Bee pollen is often referred to as nature's most complete food. Pollen harvested from a diverse selection of geographic areas contains all the essential components of life in a good tasting, chewable, easily digested, and highly bio-available form that can be consumed by anyone from young children to the very old. Pollen also offers healing, with interesting research studies documenting its medicinal effects having the added benefits of perfect synergy.

Bees Are Legendary

The bee was revered and deified in many religious cultures. The Hindu text, Rig-Veda, written in Sanskrit between 2000 and 3000BC, speaks of bees with awe. Vishnu, the powerful preserver and protector of the Hindu trinity, is frequently symbolized by a blue bee sitting on a lotus flower. Kama, the Indian god of love, carries a bow strung with a chain of entwined bees. Cultures worshipping fertility goddesses such as Venus, Diana, Ceres, or Iris, used the bee as a symbol for sacred festivities. Next to man, no other living creature has been so highly esteemed by so many diverse cultures.

The bee is believed to be over 80 million years old. The Bible, the Torah, the Koran, the Talmud, the scrolls of the Orient, and the writings of the ancient Greeks and Romans all praised the healing and health properties of foods created by bees. The bee's nectar is mentioned 68 times in the Bible.

Pollen is the male seed of flowers. It is essential for the fertilization of most plants. All the varieties of flowers in the universe put forth a dusting of pollen, including the many fruiting agricultural crops.

One teaspoon of pollen contains approximately 2.5 billion grains, each of which has the capacity to supply those factors necessary for the fertilization and reproduction of a particular species. Pollen contains 40% protein, about half of which is in the form of free amino acids that are ready to be assimilated and used by the body.

The Master Craftsmanship of the Bee

Gathering pollen takes a lot of work. When bees arrive at flowers, they pick out the best pollen from the millions of grains that are present. Then they scrape the powdery loose pollen from the stamen with their jaws and front legs. They moisten the pollen with a sticky substance secreted from their stomachs so it will adhere to their rear legs. The jagged bristles of their rear legs are used to comb the powder from their coats and front legs. The outsides of their tibias form concave areas used as pollen baskets, into which they press their golden deposits. When each of these baskets is fully loaded, the microscopic dust has been tamped down into a single golden granule.

Many thousands of chemical analyses of bee pollen have been per-

formed, but there are some elements present in bee pollen that are not yet identifiable. When man-made pollen is fed to young bees, they die, even though all the known nutrients are present in the lab synthesized version. These unknown elements may be the reason why bee pollen is so beneficial to so many diverse health conditions.

The Amazing Nutritional Properties of Bee Pollen

The Chinese consider pollen to be an energy enhancer and restorative tonic. Cultures around the world use pollen for improving vitality and endurance, aiding recovery from chronic illness, promoting longevity, regulating intestinal functioning, building blood, preventing infection with its antibiotic properties, restoring lost sexual desire and energy, alleviating menstrual cramps, promoting fertility, alleviating depression and fatigue, alleviating migraine headaches, normalizing cholesterol levels, and treating cravings and addictions. There is mounting evidence that pollen can help overcome retardation and other developmental problems in children. Pollen prevents many side effects of radiation treatment and



Bee Pollen
photo by Ray Sherrod
healthenlightenment.com/bee-pollen.shtml

has anti-cancer properties.

Pollen is richer in protein than any animal source, and contains more free-form amino acids than beef, eggs or cheese of equal weight. It contains an abundance of pro vitamin A in the form of carotenoid, the B complex vitamins and folate (the natural form of folic acid), vitamin C and vitamin E, as well as a wealth of minerals, enzymes, lecithin, carbohydrates in the form of natural sugars, and fatty acids. The amino acids found in pollen are the most indispensable in our daily diet and cannot be manufactured or synthesized in our bodies.

Pollen is superior to both honey and royal jelly, and possesses a similar but more stable composition than that of royal jelly.

Pollen also provides a high content of the immune boosting nucleic RNA (ribonucleic acid) and DNA (deoxyribonucleic acid). RNA and DNA are critical for health and longevity. They are responsible for directing cellular growth, renewal and repair, and deficiencies of them cause premature aging and compromised immunity. RNA-DNA is depleted in the body by exercise,

stress, pollution, and poor diet. Replenishing RNA-DNA is critical to every aspect of bodily health and longevity.

Research on Bee Pollen Produced Compelling Results

Researchers have demonstrated that there is a substance in pollen that inhibits the development of numerous harmful bacteria. This antibiotic property is effective against salmonella and other stains of bacteria. Clinical studies have shown a regulatory effect on intestinal function attributable to pollen.

Studies with lab animals have shown that ingestion of pollen has a positive affect on blood composition, promoting red and white cell increases. Pollen will raise the level of hemoglobin considerably in those who are anemic.

"Delay in Appearance of Palpable Mammary Tumors in C3H Mice Following the Ingestion of Pollenized Food" is the title of an article published back in 1948 by the U.S. Department of Agriculture.

The study, led by Dr. William Robinson, began with mice that had been bred to develop and die from tumors. Mice of this strain developed tumors at ages ranging from 18 to 57 weeks, with an average age at appearance of 33 weeks. Tumor incidence was 100%. The pollen used for the study was of "the bee gathered type". One group of mice was fed mice food only, while another group was fed mice food with the addition of a small amount of pollen.

Dr. Robinson reported his dramatic results, "In the untreated mice, mammary tumors appeared as expected at an average of 31.3 weeks. Tumor incidence was 100%. In the treated mice (the ones with the pollen in their food), the average onset of tumors was 41.2 weeks, a delay of 9.8 weeks. Seven mice in the pollen eating group were still tumor free at 56 to 62 weeks of age, when the tests were ended. Remember, these mice were bred to die from tumors. The mice without the protection of the pollen in their food developed tumors and died right on schedule.

With all these facts and findings why is that we don't hear about this



gtresearchnews.gate.ch.edu-bees2

study anymore, when mammary tumors are so pervasive, in our modern time?

In a study at the University of Vienna, twenty-five women with inoperable uterine cancer were treated with chemotherapy. The women who were given pollen with their food exhibited a significantly increased level of immune-system cells and antibody production, as well as a higher concentration of oxygen carrying red blood cells. These women experienced less nausea and hair loss from their chemotherapy. The control group experienced no comparable relief.

Bee pollen improves allergies and controls asthma by helping to build immunity to allergens by using pollen as an antigen and reports have shown that it has helped with the relief of hay fever, bronchitis, ulcers of the digestive tract, colitis, and urinary disorders. It supports the endocrine system, helps protect the arteries of the heart from atherosclerosis, and treats prostate conditions. It is beneficial for the brain and nerves, acne and fatigue.

The benefits of bee pollen extend to the area of weight loss. Pollen has been shown to have an ability to

promote fat loss by rectifying the chemical imbalances that many overweight people have. Pollen also improves metabolism, and dissolves and flushes fat cells from the body due to its high percentage of lecithin. Because pollen is so nutritionally complete and balanced, it helps reduce food cravings.

What a Healthy Person Can Expect From Bee Pollen

When pollen is regularly ingested by healthy people, they can expect protection against any insufficiencies in vitamins, minerals, and amino acids, particularly during times of intensive physical or mental work. Optimal physical and mental output may be expected. The body will receive greater reinforcement during its resistance toward any environmental insult or aggression. Internal metabolic disorders that may eventually generate disease conditions will be forestalled. It is a natural product that is well tolerated by the body. During its many years of testing, pollen has been notably free of harmful side-effects.

Using Pollen

Bee pollen in the form of tablets should be avoided, since heating of pollen during compression will

destroy its enzymes and vitamin C content. Since pollen is a food, buy it in granules that can be chewed and eaten. Pollen has a slightly sweet, pleasant taste that will be agreeable with most children. For the very ill, pollen can be almost completely dissolved in the saliva of the mouth and swallowed.

Start slowly with a few granules and increase the amount over time to as much as several teaspoons daily. Keep opened containers of pollen in your refrigerator. Unopened containers can be kept in your freezer.

This report has been gathered from various sources and compiled for general information; I hope that you have found it as interesting as I have.



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STROKE IDENTIFICATION

Remember The 1st Three Letters...S.T.R.

If everyone can remember something this simple, we could save some folks.

By Salvatore Messina HD.

During a BBQ, a lady stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics)she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening.

Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 pm Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die.... they end up in a helpless, hopeless condition instead.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke... totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

Recognizing a Stroke

Thank God for the sense to remember the '3' steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke .

- S:** Ask the individual to **SMILE**.
- T:** Ask the person to **TALK** and **SPEAK A SIMPLE SENTENCE (Coherently)** (i.e. It is sunny out today)
- R** * Ask him or her to **RAISE BOTH ARMS**.

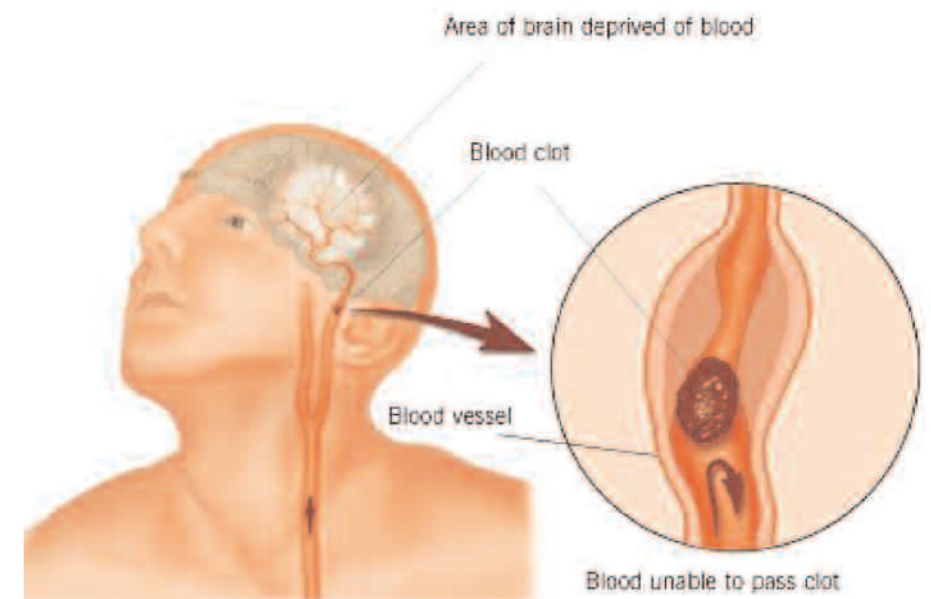
If he or she has trouble with ANY ONE of these tasks, call **911** immedi-

ately and describe the symptoms to the dispatcher.

New Sign of a Stroke... Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

A cardiologist says if everyone who gets this e-mail sends it to 10 people; you can bet that at least one life will be saved.



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Fungus gnat larva burrowing into a poinsettia stem. Photo is courtesy of the University of Connecticut.

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What are the Best and Worst Cooking Oils for You?

By Salvatore Messina HD.

Once you've made a commitment to healthier eating, cooking more of your meals at home and paying attention to healthy cooking methods becomes important. After all, even the most nutritious meal can be sabotaged if you fry it or douse it in trans-fat-laden oil.

The type of oil you choose to cook with can also add or detract from the nutritional value of your meal. Here we've broken down some of the most popular cooking oils to clear up the confusion over which are great, and not-so-great, for cooking.

Vegetable Oils: Included in this category are soybean oil, canola oil, safflower oil, cottonseed oil, sunflower oil, corn oil, and others. Although these polyunsaturated fat are typically described as heart healthy -- they may help to reduce cholesterol levels and reduce your risk of heart disease -- they are often highly processed and are quite perishable.

This means that when you use them to cook with, the fats easily become rancid, and rancid oil may contribute to oxidative stress and damaging free radicals in your body. In general, any highly processed vegetable oil is not the best choice for a healthy diet.

Sesame Oil: Sesame oil is composed of primarily heart-healthy monounsaturated fats. Sesame oil is also rich in antioxidants and very stable, meaning you can heat it to a relative-

ly high temperature without damaging the oil.

Olive Oil: Olive oil is rich in monounsaturated fats, which have been found to reduce the risk of atherosclerosis and increase HDL (good) cholesterol. However, olive oil is very perishable, making it an ideal oil for salads, cold dishes and dipping bread, but not for cooking.

Coconut Oil: Coconut oil is a saturated fat, but don't let that scare you. This incredibly stable oil contains a type of saturated fat called medium-chain triglycerides (MCTs). MCTs are actually great for your immune system, intestinal health and even may help to support weight management. And, because coconut oil is highly stable, it won't become damaged during cooking.

Avocado Oil: If you're looking for something a little unusual, avocado oil is a healthy choice. It's rich in monounsaturated fats (similar to olive oil) but is relatively heat-stable. Further, when used on salads, avocado oil has been found to increase your absorption of nutrients such as beta-carotene and lutein, making it an ideal base for salad dressings.

A Final Note about Choosing Healthy Cooking Oils

Cooking oils are not created equal, and you will find a wide variety of qualities, and price ranges, in your grocery store. Because of the fragile nature of oils, you should look for

varieties with the following properties:

- **Minimal, gentle processing:** Highly processed oils can become damaged before you even open the bottle. Look for expeller-pressed or cold-pressed oils to be sure you're getting high-quality, undamaged oil.
- **Minimal refining:** Refined oils have been stripped of their flavor, color and nutrients. Although they have a place if you'll be using them for high-temperature cooking (as they're processed to be made more stable), for other uses (particularly when flavor and nutrition are important) seek out unrefined oils.

- **Stored in a dark, glass bottle:** Oil can become damaged by heat and light, which is why you'll find high-quality oils stored in dark-tinted bottles. It is also possible that the oil could leach potentially dangerous chemicals from a plastic storage bottle, which is why you should, ideally, seek out those stored in glass bottles.

The absolute worst oil you can use is highprocessed, low-quality vegetable oil.

It will be devoid of nutrients and very susceptible to going rancid (and rancid oil should not be consumed).

Try experimenting with different types and flavors of oil. One of the best ways to really savor the flavor is to try the oil on a piece of crusty bread.



Here, There and Everywhere

Written by Jeremy Norrie
AmsterdamDVD.com

Photos by Carrillo:redskeleton008@yahoo.com

Welcome back and in this issue we, yet again, take a look at some of the medical cannabis dispensaries from the San Fernando Valley. In recent months the Los Angeles area has seen a huge rise in the number of cannabis dispensaries as well as a big drop in price at many local shops. There were some small problems but none of that has seemed to faze many of the medical dispensaries in the San Fernando Valley where they are seemingly more prevalent than the local 7-11. Yes friends, the SFV has seemed to come around to the fact that the best strains are coming out of Northern California but have also found a way to lure many of the respected growers down to this neck of the woods. Still we see the same usual suspects we always get to see, making me think they may not be 100% truthful about where everything they have has come from. Lets have a look at what they got shall we?

First up was a lovely little place called MMI located at 8924 Reseda Blvd in Northridge, California. They seem to specialize in low prices, and boy oh boy did they have some real good deals. They didn't know too much about all of their strains but they didn't claim to either. Honesty is always the best policy, and they had a lovely little blond girl who had a good basic knowledge about what they had for sale. We tried out the **Master P** and the some good old **Bubba Kush**. Both were very nice and I really enjoyed them especially for the prices. They had a variety of other things to offer and were more than helpful about everything we discussed. I would recommend going back there but make sure you come on the weekend because they have even better deals.

Last on the block for this issue is a big favorite of local SFV medical patients, HC Remedies located at 19327 Ventura Blvd in Tarzana, CA 91356. This place boasts low prices with excellent quality allegedly coming from weekly trips to Humboldt. Their shop is located in the top of a mini mall complex that is the home to many other businesses as well. There is no sign that I could see and the windows are completely blacked out. You do not get the feeling of a legitimate medical facility whatsoever. The guard will meet you outside and then direct you inside where another person takes your information and gets you started. It was not a long wait and without much trouble at all I was back in their main room looking at what they have on the menu.

They had a variety of strains, and while I question the "weekly" trips to Humboldt that would take a huge amount of time and effort on a seemingly far too frequent occasion, I did think some of their strains were very good quality and not too outrageously expensive. They had nice **707 Headband** and **Sour OG**, as well as some very affordable **Cali-O** (that they had "mislabelled").

The headband is an interesting strain, and of course another OG hybrid. I can't help but be split on what I see in Los Angeles dispensaries. On one hand you have excellent quality strains, sometimes for too much of a price but often the best quality around which is good. Then on the other hand you have the strains almost always being the same genetics or somewhat genetically related and people don't seem to know how bad this is. I looked at all the best strains in HC Remedies and many other places and let me tell you there wasn't one among them that wasn't somehow related to OG Kush. The inbreeding going on in Southern California is almost like that of some backcountry hick town.

People in California have always been proud of their genetics. People have been creating stable strains of elite quality the proper way for years and years, with a huge variety of strains and each being rich with elite genetics and endless genetic potential. Now we have a select handful of strains being bred and hybrid over and over by amateur growers who are doing more damage to the true phenotypes of the strains they are bastardizing. That is now creating a huge problem and a huge inconsistency in phenotypes from these few genotypes that people in So Cal have somehow deified. Basically OG kush, and its starting to spread to Bubba or any kush really, is being bred improperly and people are creating hybrids with no stability and renaming genetically the same strains because of small differences from phenotype to phenotype in the same genotype but not actually creating any genetically new or anything really elite. The same can be said for Grand Daddy and other purples in general really. In fact this is more and more true of a problem for these strains every day.

People here have not done their homework and are just going full steam ahead without the proper knowledge. They seem to fail to understand the cold hard fact that polygenetic traits are only prevalent in one out of 100 or even 1 out of 1000 plants. The chances of getting an elite clone from a medical dispensary is about zero, most growers lack the ability to grow enough plants from seed to actually find that elite phenotype with all of the polygenetic traits we true cannabis connoisseurs desire out of a certain genotype (or strain for those having trouble). This is the same reason you are almost undoubtedly improperly creating hybrids by growing out ten or twelve or some pathetically small amount of plants, even if you grew them from seed. People in Southern California need to learn how to open a science book before they ruin the reputation that took us so long to build.

So while I greatly enjoyed the Headband and the Sour OG, I can't help but point out that obsessing over these few strains is only going to lead us in California towards the problems people in Amsterdam have been having for years because of a lack of genetic diversity. Expand your minds and force your dispensaries to find growers that are not mostly focused on the money. Find growers who are growing 15 or 16 week sativa strains, find growers who are getting less than a pound per 1000 watts but are yielding the most they can possibly get. Find the unique elite genetics out there that are not really desirable from a sales perspective but are desirable from a connoisseurs' perspective. Start demanding them or else we are in for a very bleak future of weak phenotypes and improperly bred OG hybrids and Purples. So that being said, I put my own personal wish out there and we will see if anything changes.

Bring me some great powerful sativa strains. I want some Love Potion #1 grown to top quality. Please show me the Hawaiian Snow in its finest most THC rich form. Can you say Chocolope, can you say Amnesia Haze, can you please say for me one time that you have the most solid NL5 times Haze that I have ever seen? Do you know the way to the S.A.G.E. or the Martian Mean Green, can you show me the delights of the Skunk #3? Please, Williams Wonder or Old Mother, please oh please with sugar on top. Bring us diversity in genetics, please. Make California great once again.

That concludes this issue's reviews. Hopefully you were able to use my article to find the medicine you are looking for. Maybe you have been spending too much somewhere and you can save yourself some time and money by trying something new. Maybe you will now go out and search for more diverse strains or as a grower you will start to really do your part to expand your horizons and keep California's reputation what it has been for so many years. Watch out for the next issue where we will talk about more cannabis related news. Also, keep your eye out for **"The Battle of the Buds: California vs Amsterdam"** more info can be found @ www.AmsterdamDVD.com. Also check out www.RLDDVD.com for the best new DVD about Amsterdam's Red Light District.

Take it easy, have fun, don't believe the hype and find what works for you. Good luck.



Master P



Bubba Kush



707 Headband



Sour OG



Cali-O

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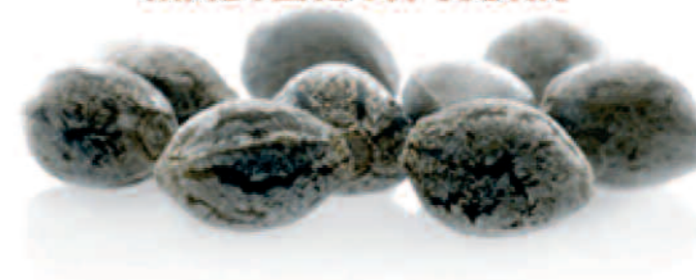


SPOTLIGHT with Jef Tek

Interview with
Henk Van Dalen,
founder of Dutch Passion

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I was fortunate enough to get to meet Henk Van Dalen, founder of Dutch Passion Seed Bank, in 2005 at the 4th Tokers' Bowl here in beautiful Vancouver, British Columbia. I was super-stoked to present him with a freshly-cured cola of Power Plant that I just finished growing to near perfection. Henk immediately recognized his own offspring and tried to give it back to me, not believing it was a gift, and then graciously accepted as a symbol of my gratitude for sharing such a wonderful strain with the world. (I remember getting over 9 ounces of dried bud from that one single Power Plant. One feminized seed, one massive plant!) After a few sporadic conversations with an obviously kindred soul I decided that I would really have to interview Henk sometime in the future...

Fast-forward three tumultuous years, it's now 2008 and although a whole lot has changed, my desire to interview this cannabis business entrepreneur has not – here we go.

JT - Henk, when did the Passion begin?

HVD - When I founded Dutch Passion (DP) in 1987, we were pioneers of the Dutch seed bank business, today; many consider Dutch Passion the leading seed company in the world. With strong releases like, Power Plant, Blueberry, Orange Bud, Mazar, Euforia, Strawberry Cough, Passion #1 (formerly Amstel Gold) plus many others, and now Dutch Passion is even more famous for the development of feminized seeds.

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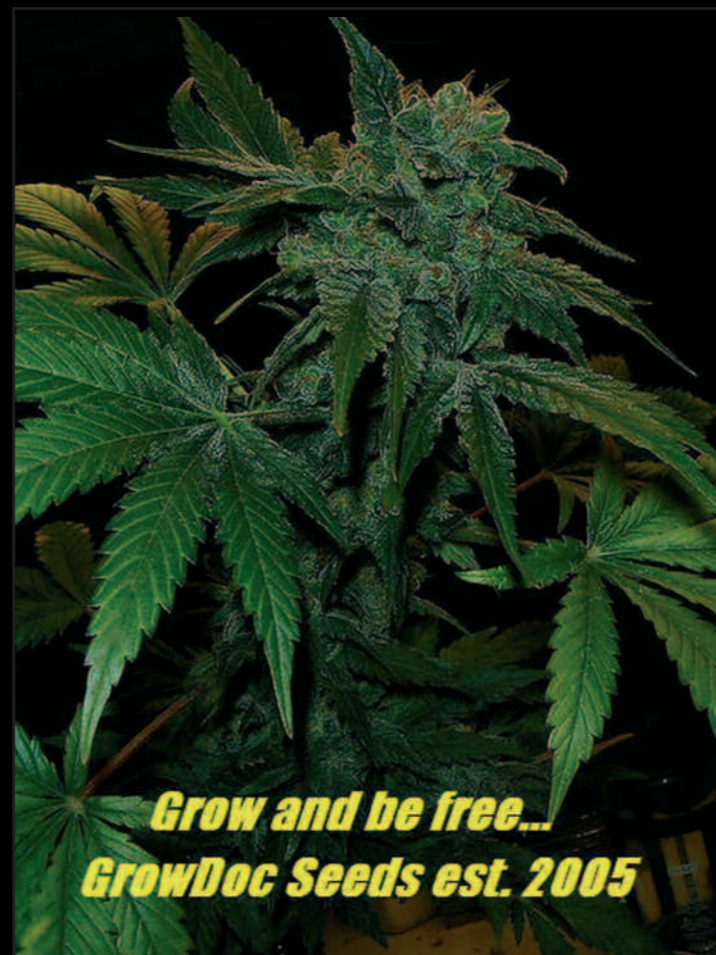


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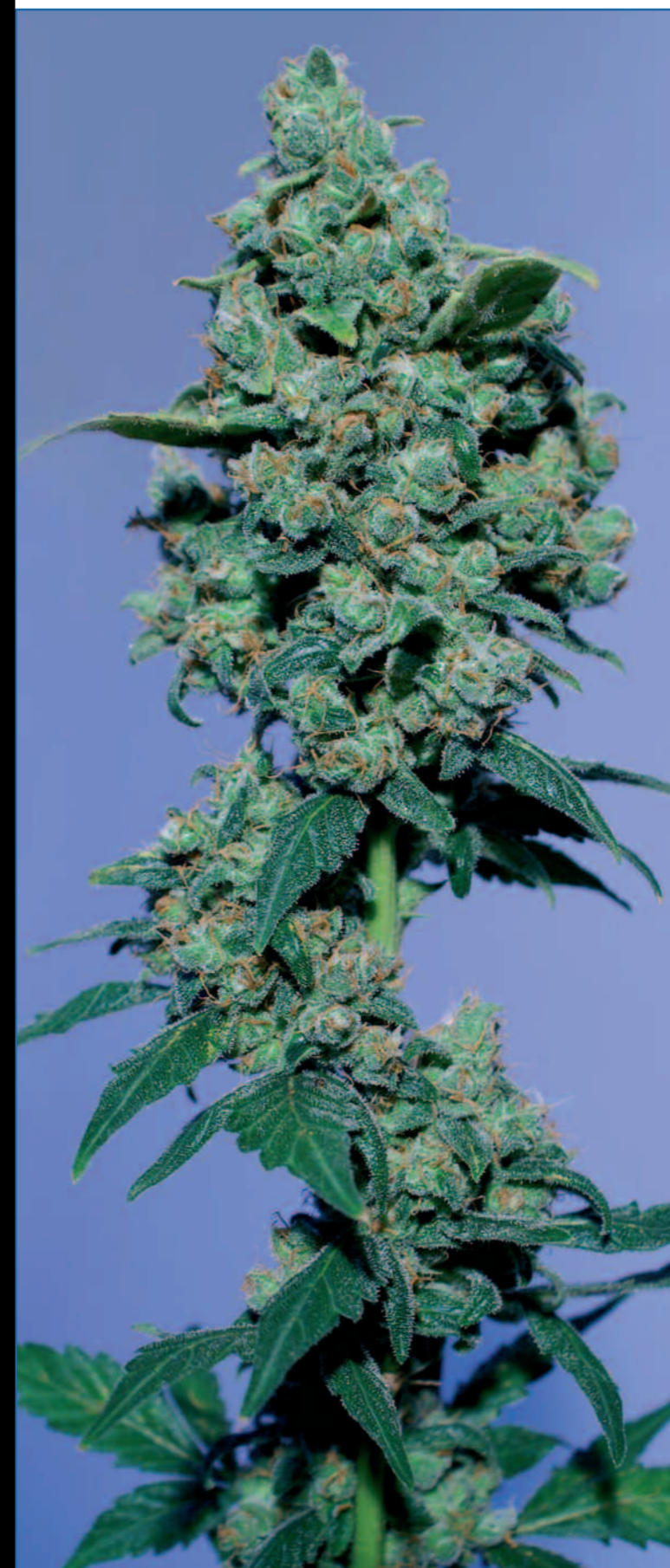
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JT - When did feminized seeds come into play?

HVD - In 1995 we started developing the technique to make feminized seeds; it took two years to find the right method for producing enough female pollen to create the large quantities of feminized seeds required. In 1997 Dutch Passion released 6 feminized varieties to the market, they were a major success right from the very beginning; we currently stock 34 feminized strains and the list keeps growing.

JT - Henk, when did it all begin for you?

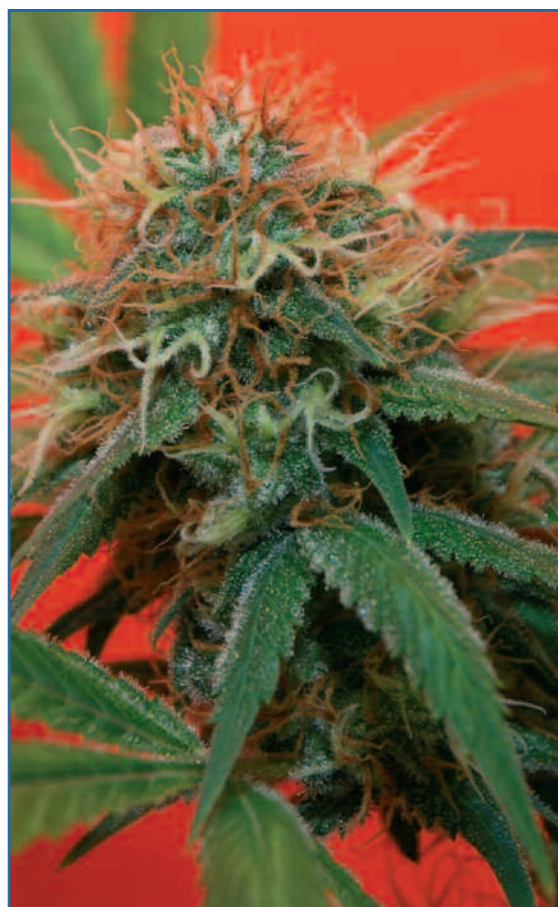
HVD - In the year of 1972, I started growing cannabis outdoors in the Netherlands, for my own needs. I got these seeds from imported Thai and Nigerian grass. In the course of the seventies, I managed to lay my hands on other native land races, crossing them with my other select varieties. These breeding activities, though still on a small scale back then, benefited from my previous scientific knowledge. I studied biology at the Free University of Amsterdam from 1970 'till 1976. One of my chosen minor subjects was pharmacology and along the way, I studied psychedelics and other drugs. Simultaneously I enhanced my cannabis breeding knowledge and skills by reading specific literature on the topic. Three books attracted my attention: Mel Frank/Ed Rosenthal's "Marijuana Grower's Guide" (1978) and Robert Connell Clark's "Marijuana Botany" (1981) and Jorge Cervantes "Indoor Marijuana Horticulture" (1983) the part on "Producing Female Seeds" in the "Marijuana Grower's Guide" really aroused my attention, I realized immediately that it would be wonderful to create seeds in which only female cannabis plants would ever see the light. Then, through the seventies I started my basic seed collection and began to sell seeds to other growers on a small scale back in 1982. My seed strains were highly appreciated, and the respective end products clearly outmatched the imported grass available at the coffee shops, due to a considerably higher THC content. Passion #1 (called "Amstel Gold" back then) for example, led the way with 18% THC. Passion #1 could be compared with the best smoke from Pakistan in these days, the infamous Chitral from the Pakistani Himalayas. But it was not until 1987 that I officially founded the seed bank Dutch Passion. The very first Dutch Passion seed catalogue listed Amstel Gold, Night Queen, and Purple #1, Purple Star, Outdoor Mix, Skunk #1, Skunk Passion, Four Way/Skunk and Indoor Mix.

JT - Very impressive, OK now, tell me more about the feminized seeds?

HVD - It was not until the beginning of the nineties that I recalled reading the part on "Female Seeds" written by Ed Rosenthal in his Grow Guide. I started experiments with different varieties, growing female plants,



Female



Strawberry Cough grown from Dutch Passion Feminized seed by Jef Tek

and letting them flower longer than usual, until male sex organs would develop on the female plants and some pollen was released. It occurred to me that sooner or later almost all female plants would produce some male pollen. This process is a natural way for the genus Cannabis to survive. If female plants are not pollinated by a male plant, the female plant itself will produce male pollen. After self-pollination the female plant will bear seeds and have her offspring. By collecting the pollen produced by the female plants and fertilizing female flowers on other females, I managed to produce the first female seeds. Sowing the first 50 feminized seeds and seeing them turn into all female plants was a truly wonderful experience. I started selling feminized seeds produced in this way in 1994/1995 to the German market, an action that was legal back then. The results we got were extremely successful, so successful in-fact that soon we were sold out. Because the production of feminized seeds according to the process written above only produced a small amount of female pollen, our feminized seed production was very limited. It took a lot of effort to produce a few thousand seeds. So far, the only info we had was from the "Marijuana Growers Guide". The question then became: How to produce abundant "female" pollen? What do we have to find out to produce as many feminized seeds as the market demands? I found the answer at the Agricultural University at Wageningen. Research had been done in this field on other species like the cucumber. It seemed that plant hormones and less complex agents could change a lot in a plants physiology and morphology. It then took us about two years to research the hormones and other agents and test their ability to enhance pollen production on female plants, without disordering the normal growth pattern of the female plants. Nowadays we are able to produce as many feminized seeds as we want, without stressing the female plants that produce the female pollen. Checking Cannabis internet sites provides a lot of information on feminized seeds in the genus Cannabis these days. Also many Cannabis Magazines publish info on the "feminizing procedure" regularly. Even companies selling the "feminizing solution" are not hard to find for the ones interested in the subject.

JT – What are the advantages of Feminized Seeds, other than the obvious?

HVD - Growing plants from feminized seeds will give you more advantage than just having female plants only. You can use these feminized seeds under artificial lights, in a greenhouse and/or outdoors. Feminized varieties are more uniform (homogenous) than "regular" seeds. This means that plants from feminized seeds tend to look more like each other than plants grown from regular seeds. Your harvest will be more uniform. The quality (taste, flavor and potency) of marihuana produced by feminized seed plants is better than marihua-

na produced by regular seed plants. The quality of marihuana produced by feminized seed plants is even better than the quality of marihuana produced by clones. Clones are mature plants and exhibit dwarf growth. Older plants, like people, are more susceptible to pests and diseases. Young seed-grown plants are strong and resistant to pests and diseases; weak growth also affects the overall quality (THC %, flavor and taste) of the clone. Young seed-grown plants reach the full genetic potential and the smoke is stronger and more flavorful.

JT – What about Hermies?

HVD - Please note that there is a chance that hermaphrodites or even males could occur among some feminized seeds. Chances are very little, but you do have to watch the plants and remove male flowers on hermaphrodites or remove the whole plant. Kill any males. Most important to prevent male flowers from occurring is by stabilizing your grow conditions. Any kind of stress (light, fertilizing, or pruning, just to name a few) will create a chance for females to produce pollen. We are lucky to have very few complaints from customers. Time and time again we get the feedback that from up to 1000 seeds sown all plants turned out to be females.

JT – Well, Henk, that leaves us with the question of when to use regular seeds?

HVD - In my opinion regular seeds will always be around, not as a source for marijuana production, feminized seeds are a far better choice. As a breeding stock however, regular seeds will keep their place in the cannabis seed business and will continue to do so forever.

JT – Cool, what are the best-sellers and your favorite strains?

HVD - My favorite smokes I divide into two categories - indoor and outdoor strains: From the indoor White Family varieties, my favorite smoke lies with Power Plant and Euforia. Both of these varieties have a very smooth smoke and a pleasant "up" high. Another favorite to me are the Blue Family varieties; Blue Moonshine and Blueberry. They both have a very unique taste compared to all other varieties and are also uplifting in their high. Not to forget our newly released and very fruity tasting Jorge's Diamonds #1, my current favorite. From our outdoor collection I still like our first ever outdoor variety Passion#1 for its outstanding citrus-like flavor and perfect high for a Dutch grown outdoor variety. Frisian Dew, our new purple outdoor flagship also scores high.

JT – I love Blueberry too and I can't forget to mention the Strawberry Cough that just blew people away. What else do you see for the future of seeds?

HVD - Feminized seeds are the standard now. Seed Companies not carrying feminized seeds will see their sales drop in the future. Recently founded third generation seed companies produce nothing but feminized seed varieties and I am happy with this development, it tells me that feminized seeds work, which was doubted by many in the past. Feminized seeds boost our sales, being the proud initiators of the "feminized seed process". - Henk van Dalen.



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Photo by Goyo



Outdoor Growing

I am Shantibaba, the owner /breeder of Mr Nice Seedbank, a European spread company based in Holland. We breed in several EC countries whose constitutions permit research into the medicinal value of cannabis and allow patients to self-medicate with the plant.

This Outdoor Grow Special edition of Treating Yourself has asked me to contribute, so I am giving ten top tips (derived from my and some excellent growers' experience) to guide those looking to hone their skills for their 2008 outdoor grow.

Outdoor growing is the most natural way of cultivation for all plants and is the traditional method used for most grain and seed crops. Over many centuries of cultivation, farmers/growers have naturally selected their plants and learnt how to improve soil fertility, use irrigation, deal with pests, and resist diseases. However, as our climate begins to change, we must learn how to adapt to its vicissitudes. The move to cultivation in greenhouses and tunnels has been one of the more positive advancements in the agricultural world over the last several decades, as these methods allow the farmer /grower to control certain aspects of climate at particular times of the life cycle of the plants. This allows us to maximize yields and increase the health of the plants.

After speaking to hundreds of growers and examining their suggestions, I came up with the following set of 10 top tips; I trust this will aid those intending to grow outdoors in 2008.



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1 Selection of a seed or clone appropriate to the area's climatic conditions

The most important element to understand is the length of the cultivation possible in the climate of the area of the intended grows. In the UK, for example, the season is shorter than in the south of Spain, so choosing a plant with a flowering time of 6 weeks for the UK or a plant with a flowering time of 10 weeks for Spain would both be correct: the climate will affect the ability of the flower to achieve its potential. In the UK, cold weather comes in October, so a plant that finishes by the end of September would be perfect. Understand this principle, do some research on a strain that fulfils the flowering time of your area, and you will be off to a great start. Most strains originating from areas such as Afghanistan (where the cold weather also comes after a short season) would be sensible. Equally appropriate are strains with skunk in them, as these also usually finish flowering after 6-7 weeks.



Seed or clone



Indica or Sativa

2 Finding a site for outdoor growing.

Finding a suitable and safe location is obviously of paramount importance as it could make the difference between harvesting or not. Check the planned grow site at different times of day and night before attempting to cultivate. Making or having a worn path to the grow area is hazardous and likely to compromise the activity, so try to hide any tracks with bushes or spiky vegetation. Most bush walkers do not cut through vegetation but use a worn track, so go that extra step and burrow under blackberries or similar plants, rather than place dead branches over an obvious pathway.



3 Seed, seedling or clone.

Plants are at their most vulnerable at early stages of growth and serve as tasty morsels of foliage for the local fauna. Birds and rats eat seeds for nourishment. Accordingly, it is highly recommended to grow the plant at least 10-15cm high prior to transporting it to the chosen planting site rather than to merely plant seeds and wait to see if they get through to seedling stage. Ideally, sex the seed and clone the female plant to ensure that every plant counts. This requires germinating seed earlier than one might expect, then shading part of the lower branches to pre-sex them, which usually takes between 10 to 15 days of 12 hours. There is no threat to pollination if every plant is female.



4 Soil and the fertilizers needed to grow to flower.

It requires hard manual work to physically weed a site, turn the soil, and replenish the earth to allow the plant the start to life



it needs. One could be lucky and find a plot with good soil, but usually one does not. Visiting the intended site a few months prior to planting will help immensely. One can gain time by digging bigger holes than needed and bringing in bagged pre-mix soil with slow release fertilizers mixed in to the right requirements for the intended strain. It will also be advantageous to dig the holes and fill them with the bag of pre-mix several weeks before planting to allow the animals of the area time to satisfy their curiosity. Weeding, digging holes, fertilizing, and planting unsurprisingly attract curious animals, and there is a strong chance of them disturbing or eating the plants or seeds before they get a chance to grow beyond the seedling stage. Having some time to let the rain settle the newly dug holes and begin the process of leaching nutrients down into the surrounding soil will pay its dividends when the plants go in.

5 Watering the plants and Mulching

It is difficult to find sites with a ready water supply, and bringing in water is often too difficult due to its bulk and weight. Using natural catchments or watching for natural drainage areas might enable utilization of the sub-terrain water movement. Sometimes the soil a few inches down is humid enough to sustain plants without watering, especially if vegetation is already growing there. Tell tale signs that excess water is under the ground include patches of clover and other water thriving ground covers. Use as much organic matter that can be bundled together from the surrounding area to mulch the base of the plant as this will reduce the water loss and keep the humidity in the base of the root ball. Plants become hardy once they establish their root ball and actually fend for themselves, so it is important for the initial first few weeks to ensure that water and mulching is available. The plant's roots will take on the job of searching out new water and food sources, so establishing the initial growth spurt is the time the plant needs the grower's helping hand. Obviously if the site is dry with little rainfall but fits the bill as regards all other prerequisites are concerned, one will need to work out if it is worthwhile digging in small reservoirs or using a catchment area to collect water. Toddlers' inflatable wading pools dug in and camouflaged with the foliage of the area are good stress free ways to collect rain water and provide plants with their water requirements.



6 Sunlight direct and indirect

Physical features such as mountains, ridges and hills block the sunlight as the summer changes to the autumn, so it is of paramount importance to visit the area at different times of the year and follow the direct or indirect hours of sunlight to which the proposed plot is exposed. This factor affects the growth time of the plants, so to get bigger ones it is better to plant them late



photo: Ale Keppel

April to early May in southern Europe or a month later in the north of Europe. Having direct morning sun with indirect afternoon sun prevents over-exposure; otherwise, watering becomes a chore during the growth and flower periods. However, indirect sunshine makes the plant spindly low in yield - a factor worth considering before doing all the hard physical work.

One grower made the following comment: "I've had my share of outdoor grows and I feel location is important. Always plant in an area where your plants will get maximum hours of sunlight. Since I am in the US, it also needs to be stealth from any air patrols. So I plant along a tree line to the north and my plants still get a full view of the southern sky where the sun "arcs" from 10am till 5pm. I am at 38 lat. So I guess my suggestion is to watch how the sun arcs in your area before planting in the ground and check the area every 2 hours to see how much sun they will get."

7 Pest, Plagues and Predators

Digging, cutting down scrub, and pruning trees will initially attract animals no matter what is done to attempt to avoid it. Do things in stages to let the curious ones nose around until they are content. Digging holes and fertilising soil attract pests and animals. Try to clear the land, dig, add the food, and leave it for a while. Return, plant seedlings (or clones), and lay copper wires or pellets for slugs and similar pests. Small wire-proofing domes covering seedlings dug into the ground to a depth of 10cm stop animals eating the seedlings and allow the plants to get to a level of growth that sustains them to maturity. In Australia, kangaroos love to eat all the little shoots so it is necessary to build wire caging to bring a plant to maturity. Cages, however, are rather conspicuous and might bring unwanted visitors if not hidden. Soapy water regularly drenched onto the foliage will reduce pests and plague insects. Caterpillar faeces inside the bud cause mould, so thorough inspection during flowering is essential.

8 Planting a plot and key rules.

The quality and general fitness of the plant are often compromised by planting too many plants. A single plant, well looked after and tipped at the early stages of its growth, will spread out and produce more than six plants competing for space and nutrients. Removing what I call the 'organic bridges' - lower branches or dead leaves that hang to the ground while still attached to the plant - will reduce pests, as will ensuring there is space between plants in a plot so their leaves do not mingle. Space surrounding a plant increases air movement and reduces the likelihood of moulds arising from overgrowth.



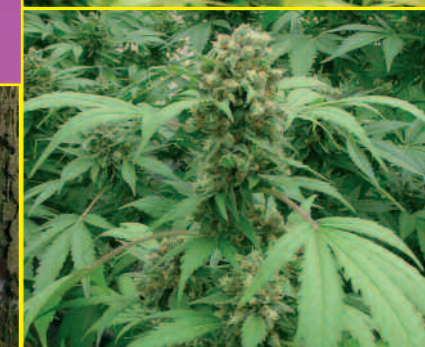
9 Darkening or weather proofing plants during the final weeks

Outdoor growers in colder climates often fail to bring a plant to maturity and complain of having to harvest too early before the frosts or heavy rains arrive. In recent years, growers have successfully used different types of woven fabrics in greenhouse and tunnel grows, so one now knows how to protect plants or darken them the last weeks to make sure they finish compact and in time. (Clearly, this is easier for plants in pots or on terraces rather than in plots of state forest or country regions.) From the onset of 12/12 hours of darkness, the plant goes into flowering. At this stage, 6-8 weeks of putting a darkening hood over the plant at the same times of the day and night will result in the plant producing regular, compact, and mature flowers. I usually make a wire frame that fits over and around the plant and then with plastic ties attach a piece of shade cloth (90% reduced to light) or even white/black/white plastic (so totally blackened). I then take the darkening hood off at 7 or 8 am and re-hood the plant 12 or 10 hours late. This procedure forces the plant into flower consistently and produces a good result.



10 Harvest, drying and making good or average flowers into great product.

Unless one puts in considerable time and effort, outdoor grows are at the complete mercy of the elements and passing animal (including human) life. Accordingly, if the plants are within 2 weeks of being completed, take the option to harvest early, thereby avoiding theft by those who know or are on the look out at that time of the year. On several previous occasions, I decided to leave plants for another few weeks to get the maximum yield and bring them to full ripeness only to lose the whole lot. The trick to harvesting early is in the curing, and this is often where early plants make the grade. Do as much leaf trimming as possible while the plant reaches its last stages - so only flowers stand erect on the plant, then cut the branches off the main stem, and take them away to a cool and dark cellar type location. Hang them up with enough air moving to prevent moulds from settling and leave them for several weeks while reducing the humidity. Slow drying in a cool room with slight air circulation over time is a great method. Airtight sealed curing while opening the jars each week to allow the gases to escape can only improve the finished product.



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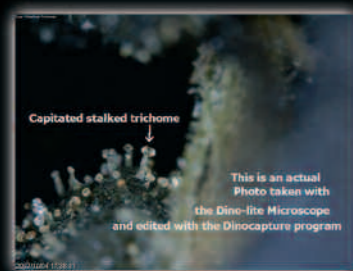
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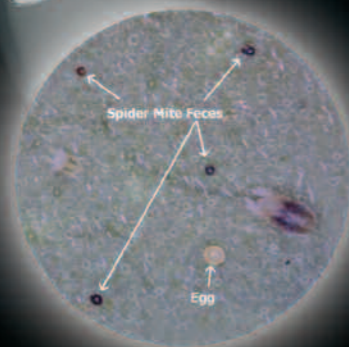
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Outdoor growing style'

By BLG

Another great thing to make at home is BLACK GOLD compost!!! Whether it's a small grow or large one, compost is better than any soil you can buy in stores. Almost anyone can make it easy if you have a yard with lawn bushes trees and leaves!! You start by having a good thick gage black plastic used for covering piles. The trick is to layer, using (green materials, sticks, and brown materials) most yards have!

Your green materials can be grass clippings, green leaves, green weeds, and any food waste? Food waste can attract animals so it is NOT needed for this easy compost method although it helps! Reason for green materials is to give off gas which breaks down the other materials.... Your green materials go on the bottom to start the pile off.....

Your sticks, they help the piles breathe and add air so that it doesn't rot too much but also nutrients! This will be your second layer...

The brown materials go on top on the sticks; this will break down to something like peat moss.... Much better than any peat you can buy because it has no acids and is another

form of nutrients!

You must also soak the piles very well before covering, place pile in full sun for better cooking. Stack your layers like so: Brown matter on top of every layer. Sticks in the middle of each layer... Green on bottom so gases rise up through layers decomposing faster, it may give off heat and that's good as the more heat the faster it breaks down but you must keep wet!!

Again an example of layers in the compost pile like so:

Brown materials....
Sticks, branches, twig...
Green fresh materials/food waste....

Brown materials....
Sticks, branches, twig....
Green fresh materials/food waste....

Brown materials....
Sticks, branches, twig....
Green fresh materials/food waste....

Making you piles at least 4 to 6 feet high, then soaking very well and covering in sunny place!! Earth

worms will come naturally and the piles need a bit of work of course but well worth the effort...

The piles will break down and shrink in a few months, and then it is time to turn them upside down. Once you have turned the layers from bottom to top again soak plus a good thing is to add more green fresh materials to continue adding gasses and nutrients to the piles!!

About every 3 months or a season is when you turn the compost piles, summer may be your only time in the north but down south we can cook compost all year round and make the best soils!!!!

Believe me this is BLACK GOLD and there is nothing better to feed and grow plants for free.....

I always have a big compost pile going at all times to recondition my old soils that get used over and over again.....

On to fertilizing, although organics are better as I have mentioned in using compost the use of chemical ferts is ok if you know how to flush plants well at the end of growth....using them is fine for a

good boost in vegetative stages but the less ferts you use the better the flavors of anything!!

With the numbers of plants I grow, the best and fastest product I use is Miracle Grow water soilable ferts both All purpose a 24/8/8 veg ferts and the bloom ferts 15/30/15 if used correctly it is wonderful.. Overnight results can be seen, but you must use it very very lightly when starting out every watering. Most folks hate the stuff but i get astounding results with the final product having a very clean flavor!!

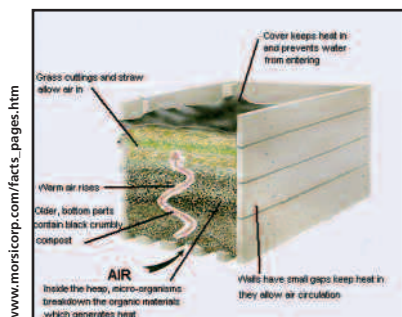
Your choice in nutrients but take my advice go easy and light, unless you're using low numbered organics like 2/2/2 hydro stuff huh??? For those that do not understand these numbers, it goes like this:

The first number in any ferts is nitrogen plants use through the grow until the end of flower.....

The second number is potassium, and the third is potash both used in flowering periods.

For bigger flowers use fertilizers with high middle and end numbers if you like, but again I seem to think those high numbers like 52 in middle or end inhibits the flavor and growth patterns a bit??? To me it's not how BIG the flower can get, but how good the end product comes out!!

Soils, composts and good amendments are what you want your plants growing from mostly!!!! Plants are always happier in soils than just water and ferts believe me, plus flavors can be prime... The natural way is the only way for me and a few chem. for the boost is just how to get them done fast in soil growing outdoors and indoors!!!



SKUNK#1,

from Sensi Seeds is a good performer with great yields and medical value!

by BLG

The fields you see are mostly of the skunk#1 and the best thing about it to patients is cost. A good mid grade medical appetite inducing strain with some very fine pheno types in the family!!

Although it is mostly sativa it has good relaxing properties also, the gene pool will have many good plants to choose from like indica dominant plants with a peppery smell to a sweet fruity sativa side! There are a few great specimens witch I've chosen, my Pineapple skunk and Candy lemon skunk both on the sativa side and just very hard to find in the gene pool.

They come one to every 500 to 1000 plants, I've grown out thousands of skunk fields to find these jewels!!.....one day they will be in seed from work is being done on these fine selections now.

The skunk#1 is an excellent energy weed, great for day and night as I call it a party pot!!! The grower can choose their own types of pheno for their needs, as the indica side of things is the Afghan in the cross a

better select for pain and sleep disorders.

My Pineapple skunk has the most profound aroma of sweet pineapples with a back ground of skunk; she will pick you up in the morning like a cup of coffee and later bring you down like a hot cocoa with a very long lasting stone good for days and evenings!!!

The calyxes are very small and plentiful giving this particular phenol a very red bud look, simply the best bag appeal anywhere, my friends rave about the look but best of all the high is potent!!!! You see it is the chemical make up within the trichomes that really matters, the right mix of cannabinoids and THC will give the user a better prolonged high very comforting and blissful.....

My Candy lemon skunk is one of a kind and a very sweet candy drop lemon evergreeny skunk!!! Like a Christmas tree sent from heaven, she is sure to relieve depression and get you going..... Myself I'm in a lot of pain and although the indicas are better for this, you have to also get

rid of depression that goes along with pain right! She has the softest cleanest smoke of all the skunks, this one may be found one in a 1000 plants? Of course not too many folks have room to grow out and find this skunk, it was worth the search i did!!! Skunk#1 has lots of great pheno types for your needs and not too pricy in seed retailers all around.....

Myself in the 31 years I've been growing i find the need to separate myself from the pain, and I've had chronic pain for a good 12 years after accidents and all. The body follows the mind a lot and sometimes that's how you can forget the pain a bit by soaring thoughts and letting go to be happy!!! The strong indicas can dull the pain but also dull your outlook on life if indulged to often..... So give the skunk#1 a try and see what your pleasure is with the many types to choose from a try!!

You're welcome to see my work at Breedbay.com (BLG) and ICmag.com as Lougrew!



Vortex



By Subcool

I had the idea to start 20 Vortex seeds and find the best 3 males to do an Apollo-13 cubing project. We were only blessed with one lone male out of 21 seeds started and that kind of defeats the concept of increasing our male selection pool. The good news is I ended up with 17 females. Every one a keeper in there own right. I wasn't expecting so many females and the three I killed early in seed stage would have been no different than these but enough is enough and 17 is enough. I have passed out the extra clones to friends all over and there input will help determine which the best clone is when they finish. I Took pictures of

about half of the plants to give you an idea of how nice and even they all are with just slight differences in smell and shape.

The plants were budded in square 2 gallon pots and placed in 12/12 as soon as they showed sexual maturity about 24". I used super soil in the lower ? and Roots soil in the upper portion. The plant were budded mainly under a 400 watt HPS in a room that was averaging 60 degrees so I'm sure they are a lot happier now under a 1000 watt HPS with temps in the 70's. I fed the plants about a week ago as these are really small pots compared to what I nor-

mally bud in and it looks like I pushed them just right as just the leaf tips are fried a tad.

I'm very impressed with the quality and stability of this many plants from seed and over 75% look just like clones. This is a very strong line and I am extremely pleased as I have been telling people for over a year how good it is based on the 5 seed run we did last year.

As the plants in bud matured and the clones rooted we started passing the females to more local med growers to run in there gardens. While I knew one would stand out every





Vortex

plant was a keeper in my opinion. I kept three that I liked based on smell and structure and ran all three again through the bud room to determine which was the absolute best to me.

The three phenotypes we kept were named after Chat members on my website. Pistils, Speakers, and SuperRV311 were the tag names they received and it was a lot of fun to have each member pulling for his favorite plant.

The clones were placed in full sized 7 gallon pots and run in my normal fashion on the second run.

The Pistils variation was very Apollo dominant and tasted of Spicy Pepper and fruit. The Speakers variety was sweet and fruity but the high was

mellow and not as complex as I prefer. SuperRV311 was just right with a combination taste/smell of Grapefruit and Pineapple that got better and better as the sample cured in a very large glass jar.

We culled the other two females and cloned Super to run in our main medical garden. As with many clones by the third run the plant was performing better than from seed and the buds were extremely hard and dense with a liberal coating of resin.

Everyone that tries Vortex from seed finds something they love. The females are all very similar but slight variations are present and make it easy for each grower to find one that has the taste they like the most.

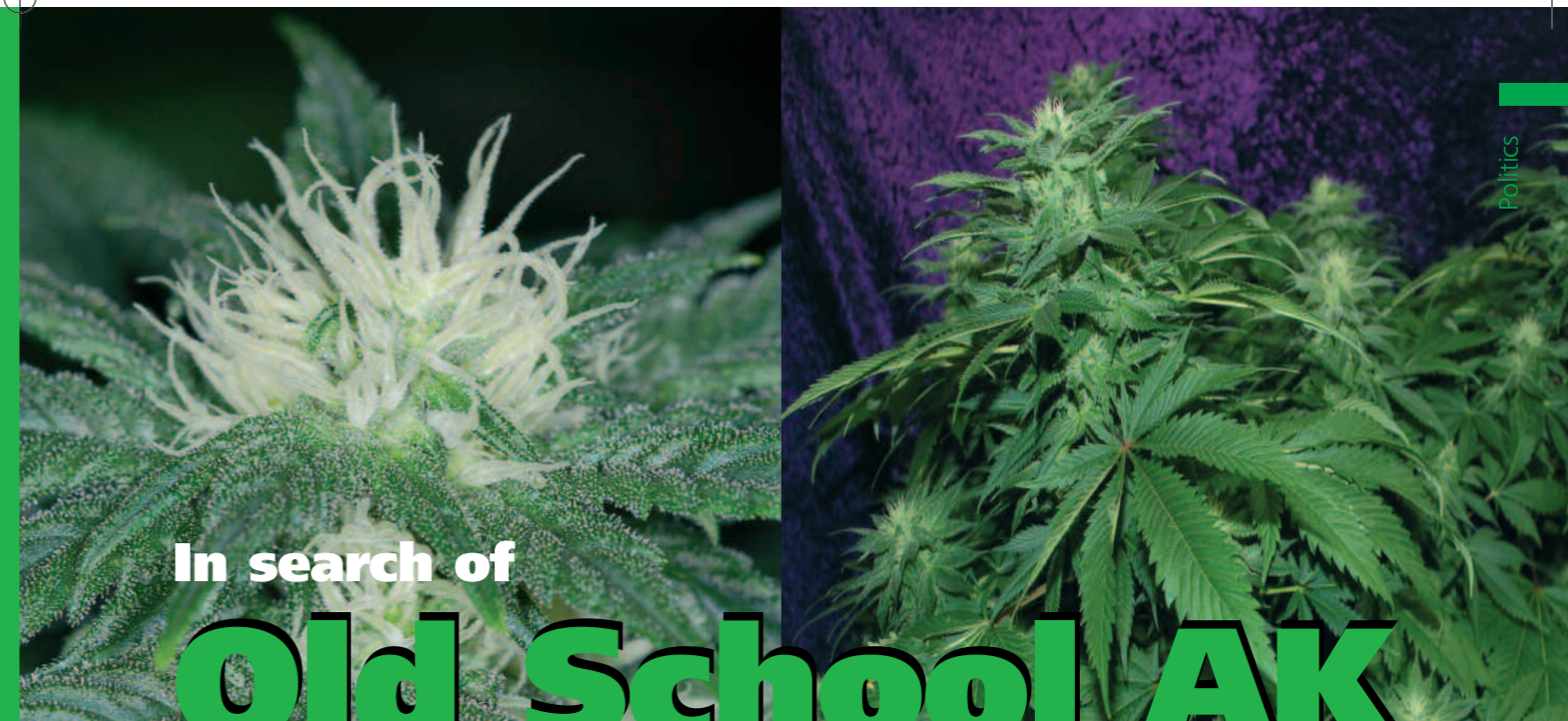
Super was alone this time and on her third trip through the garden she really hit her stride and the Cola shots from her are simply stunning. Rock hard resin encrusted Grapefruit buds with just a few ambering up at day 54. I will place her in the dark in two days and let her mature to my taste.

She has so much of what I love in a strain, the sour flavor and offsetting contrast of sweet fruit. Heavy resin and a great Bubble hash strain she will be in my garden for some time to come. Enter the Vortex and see what all the fuss is about.

Subcool and TGA can be found at
www.treatingyourself.com
www.breedbay.co.uk
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Grow


AK-47


In search of

Old School AK

By Subcool

Years ago when I traveled to Amsterdam one of the first heavy Indica's I tried was AK-47. I loved the spicy fruity taste and if memory serves we actually got so high I was dosing sitting in Grey Area and Steve poked me and gave me a look that said I like ya Sub but you can't sleep in my tiny shop. We headed outside for fresh air and then across the street for Handmade Gourmet chocolates. I never forgot that experience, so we took some seeds back to grow out for nighttime medicine. This was 12 years ago and over the years I lost my female and lost contact with the guys that I gave cuts to or the other growers that I split the seeds with. In 2002 I grew out some seeds of AK-47 and I was really disappointed in the results. The strain was nothing like I remembered and each female was quite different from seed. Even Simon the breeder and owner of Serious seeds has stated openly that up to 100 AK-47 seeds would need to be started to find the one cherry female that everyone knew and loved back in the early 90's. I felt the male or something was lost and the AK-47 seeds sold now were in name only and I moved on to other clone only strains for my medicine. One famous grower Nebu was able to keep a cut and it's regarded as one of the best Indica clones around but he is very tight with it as he uses the female to breed with.

Over the years from time to time I run across samples of AK-47 and I am always disappointed until this year. I have friend that is a caregiver that I give advise to, his first garden ever was featured in the Last TY in the article "What's in Your Garage" we call him "Dave". Dave called me two months ago and said one of his patience had a cutting of AK that came from seeds bought in 1994. I quickly looked online and found the release date of AK-47 of 1992 and at this point I got very interested. I asked if a bud sample was possible and he told me the plants were at 9 weeks and went 70 days and he would have some samples soon. True to his word he showed up about 2 weeks later with a few thick buds and shoved one under my nose. "Smell like cherries?" he asked. The thick oily smell was infused with Cherries and Spice and was the exact smell I remembered from the Grey Area so many years back. I asked for a cutting and sure enough 10 days later a little baby clone was delivered to me. I transplanted her into my soil and placed her in the vegetative room under a 1000 watt metal halide Hortilux Blue Bulb set up. She grew fast and immediately started pushing out wide Indica dominant fan leaves. She grew really fast and it didn't take long at all before she was a nice short bush with many heads. When she reached 30" in total plant height

I placed her into 12/12 HPS lighting with 1200ppm CO2 added to boost growth rate. By day 30 nice colas were forming and we can already see resin in heavy concentrations on all leaves and even the stems. Even this early I am impressed with what I see and the cherry smell is starting to come on. The one trait we didn't like on this strain was the leaf weight it carries into the finish. I was asked by the owner of the cutting to cross her with Space Queen in hopes to improve her Pistil to leaf ratio. If she passes our taste test we are going to proceed and call the outcross "Tommy Gun". The clone goes 70 days so we still have some time on ours but since I have such a good relationship with Marco I am hoping he will let me submit a part two with the final results. As I put this article to keyboard our girl is 33 days old and I will do a final photo shoot tonight and get the shots to Marco so you can see her as up to date as possibly.

Have we located a cut good enough to keep?

Stay tuned for the update in:
In Search of Old School AK part 2

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PANDORAS BOX

WHAT'S IN YOUR BOWL ?

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In search of

Perpetual Perfection

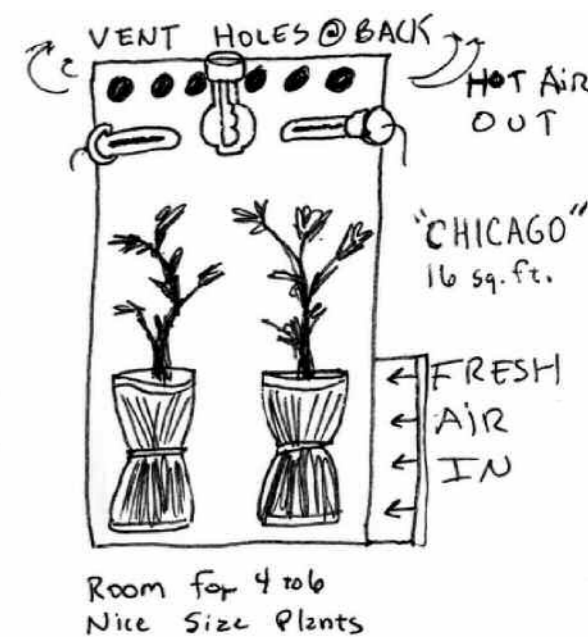
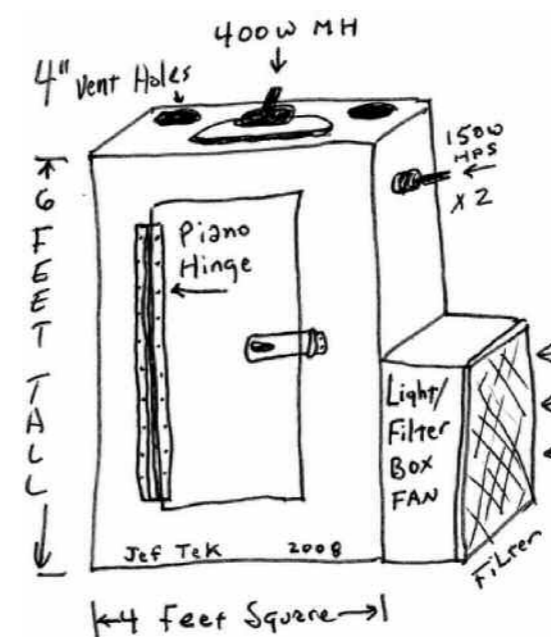
by



The Chicago bud room was only 16 square feet, 4 by 4 feet and only 6 feet tall. It was small but boasted 700 watts of combined light. A cheap full sized box-fan forced cool air in from the side while the heat escaped up and out thru 4 inch holes cut into the top of the box. This simple box was made from two by fours and covered with Luann, (a thin cheap replacement for ply-

wood), and was covered with oil-based gloss white paint because that's what I had laying around. That tiny, little box produced excellent, connoisseur quality buds. I hung a 400 watt Metal Halide light vertically from the top-center and had two opposing 150 watt High Pressure Sodium bulbs hung horizontally from the two sides pointing at the 400 watt lamp, forming an inverted light "T". This setup was unbelievably bright and efficient but way too small. It stayed cool because it was in a basement that ran 50-60 degrees Fahrenheit (10-16 c) all year. Basements are by-far, the most energy efficient place to grow buds in, for sure! I made a light/filter box to keep out dirt and light pollution and even though I used a full sized filter, it needed to be replaced every month. Here is a sketch I drew from memory.

The California bud room was about 120 square feet with 3400 watts of light coming from three 1000 watt HPS lamps and one 400 watt MH. The heat was extracted with a noisy 8 inch vortex fan connected to a massive, heavy and expensive charcoal filter that removed the skunk stink and forced the hot air directly up into the attic crawlspace. I installed a whole-house 5-ton air conditioner but it was still king hell trying to keep that bud room below 85-90 degrees. You wouldn't believe the humidity peaks that I regularly measured with a \$1000 industrial-grade temperature/humidity chart recorder, it was scary. 90% plus right before lights came on every day; I don't know how I avoided bud mold. California can be quite cold and damp considering it is supposed to be the land of sunshine? Fresh air came in from under the



The Chicago bud room drawn from memory.

door, you could tell because the door-frame and carpet directly under the door were always dirty, like the dust found in a vacuum cleaner bag, it was fine grey dirt. This same dirt and dust had to interact with my clean buds and I wanted to eliminate it, so I started thinking about a solution.

The Canada bud room was about the same size as the California bud room, 120 square feet. With the constant assistance of a dedicated 9000 BTU air conditioner and state-of-the-art air-cooled lighting hoods, I went for broke and ran 4000 watts of HPS lighting, because of this I had to rig-up a light trap to bring fresh air in but which wouldn't let any light leak in or out. So I built a double-diaphragm light break into a 6 foot wide plenum made from wood and black/white poly fabric to cover the entire window with while still allowing the air conditioner to do its job of evacuating the heat/humidity. It was a logistic nightmare, with constant building inspections and sprinkler-head failures which required more inspections and more shut-downs. While disassembling Franken-plenum for the final toss into the trash dumpster I was grossed-out by how much dirt and crud had accumulated within my air-exchanger-light-box. Because dust, dirt and worse exist in the air we breathe every day, we tend to take it for granted, but when you are changing filters every month or two you start to take a more pragmatic approach. The point where fresh air is brought into ANY grow space is always the weakest link; it is the gateway for molds, mildews, dirt, pests and banditos. By eliminating this bottleneck I left the dust in the dust and forget the filters forever.

The Perfect bud room is 12 feet by 20 or approximately 240 square feet, with a 3-ton water-cooled air conditioner, it can easily run 8000 watts of light - divided, more-or-less, evenly over six grow beds. HIGH, up in the center of the room is a permanently mounted 1000 watt Metal

Halide bulb spreading its blue/white ultraviolet goodness all over, balancing out the red sunset-ness of the remaining seven 1000 watt HPS lights. Only 2 oscillating fans are needed in the room, a CO2 generator, one dehumidifier and one home-made ozone generator, plus the 3-ton A/C. Ozone is used for one minute three times daily just to fuck with any molds or bacteria that might get in there. Because no air is exchanged, no charcoal filters are needed and nothing gets dirty, including the A/C filter and the dehumidifier filter. I change the A/C filter every couple of months but it just doesn't get dirty since I sealed the room. The dehumidifier filter is almost two years old and still looks brand new, even the fan blades stay clean now that I stopped exchanging air. For comparison, my vegetative grow room still breathes fresh house air and I have to clean those fans constantly, even though there's a filter on the in coming air, the fans get filthy. The 10 inch axial fan that pulls air into the veg room gets a fine layer of dust on it even though it is right after the filter; I clean it every 2 months when I change the air filter.

Early botanists proved that plants actually used carbon dioxide by sealing a plant inside a CO2-filled chamber and then measured the gas as it changed back into oxygen. After reading this, it seemed to me that by supplying my plants with CO2, they wouldn't need any "fresh" air, and they don't, they have never been healthier. The plants convert the carbon dioxide from the air to sugars and tissue building blocks; in turn the plants then expel oxygen which goes to feed the roots and me when I'm working in there. I have a Harvest Master environmental controller to regulate the whole system from the lights to the Tek Zone ozone generator that I made from scratch using germicidal bulbs housed in round duct and a cheap \$24 bathroom exhaust fan. That is another story.

Harvest Master keeps the CO2 @

1800 ppm and the plants are busting with explosive new growth and buds like never before. The leaves are so shiny and clean, I believe that I have the cleanest bud room in the whole world right now, and there just isn't any dust in a sealed environment. The weak link has been completely eliminated, incoming air, not to mention the security breach it can be to have hot/humid/stinky air exiting your otherwise stealth setup. Always remember that anything entering or exiting your grow room is a dead giveaway that there is something going on inside, by sealing the environment, you take stealth and security to a new level because the room is actually quieter when sealed. Sealing the room has so many added benefits because it stays cleaner, this eliminates any bug problems, because there aren't pests there aren't any pesticides, no toxic chemicals means healthy medicine and no down time due to bug wars. Efficient and productive, that's the way, uh huh - uh huh, we like it!

Another added benefit of sealing your bud room is that all the water captured by the air conditioner and dehumidifier can be used for watering your plants over and over again because it is 0.0 ppm clean pure water and your plants will just love it. Use it with or without nutrients, this condensate water is the water that the plants originally absorbed from the soil and then transpired to cool, carry out osmosis and to continue on with their life cycle, and building bigger buds. I still spray each leaf on every plant with 10 ml neem oil per 1 liter water with a pump sprayer before transplanting them into the bud room. I also remove the lower branches for use as clones and to check for any pests like thrips or spider mites that might have appeared. Daily checking for these tiny beasts is the only way to truly combat any infestations before they happen. Constant vigilance is the key, and perfect eyesight doesn't hurt either. Wee beasts are like spontaneous life, they just appear from nowhere, I'm convinced, after

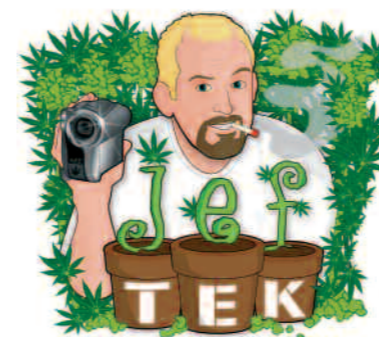
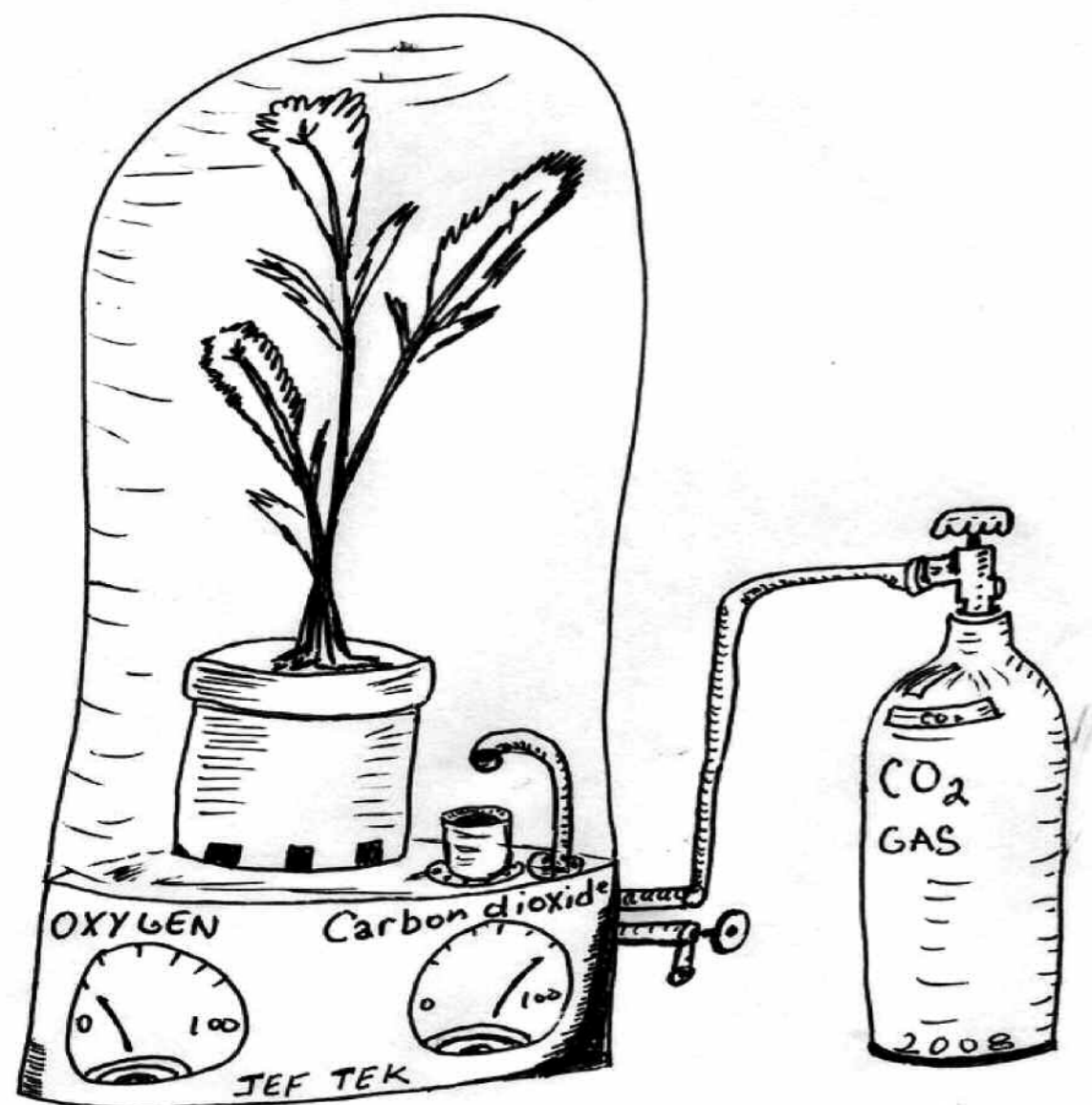


a decade of growing, that even a completely sealed environment will generate spontaneous bugs if left unchecked for a month or two, they are unavoidable. I believe that it must be from microscopic eggs in the soil which hatch when conditions are favorable, for this reason you must be diligent and keep their environment unfavorable by; not crowding plants, not letting the lower leaves or any part of the plant touch the ground, not using bamboo stakes until absolutely necessary because they are a favorite conduit used by spider mites to move freely like a super elevator up to the highest part of your plants then bungee-jump right onto the main cola. Unless you

smear Tanglefoot or petroleum jelly around the stakes, pests will have unimpeded travel up your plant, without stakes the traveling is much more difficult for the little bastards, they have to climb up the main stalk, and each internode slows their travel. By week three, most strains will have sticky calyxes at each internode, slowing the progression of spiders and thrips, and allowing you to simply remove the lowest branches or leaves with great success provided that you catch them in time. Their goal is to infest the top most part of your plant; my AB gets so many trichomes, even on the fan leaves, these organic "sticky traps" are like a built-in bug catcher and the reason

some strains are more repellant than others. My two strains of Afghani Bullrider are highly resistant to bugs but that is no reason to ignore the fact that they will return, probably even stronger than before! And so will I, I'm constantly evolving the most pragmatic and efficient methods available, I will continue grow and report my favorable experiences to help you to get your garden firing on all 16 cylinders too. Thanks for reading and remember to keep it real – green!

Peace and Prosperity,
Jef Tek



Everywhere you look, cars are going green, businesses are going green, even whole cities are basing their infrastructure on renewable resources, even grow rooms can be eco-friendly, especially up here in beautiful British Columbia, Canada. Water is the solvent of life and without it life would be impossible. Even the electrical grid is provided by turbines spun by water that began its journey as snow deposited high up in the mountains, the water flows and power is harnessed to supply all the homes and businesses across the province. And grow rooms. The name of our power company says it all; B.C. Hydro.

Water is the essence of life, so proper water management should be a priority in any conscientious growers' routine; here is a remarkable system that I just had to tell you about. Marijuana cultivation can be difficult and time-consuming but can also be highly rewarding with the right planning and execution. This story focuses on one medical grower and his bud room, a room that completely recycles and reuses the same water crop after crop. Remo is the man with this plan and he has been growing medicinal-grade marijuana for a long time, and in every conceivable location and every imaginable style and in every available substrate. From Hydroponic to full organics, from sea of green to barn of trees, Remo has supervised and set-up some of the best grow rooms in the world. Trial and error will teach you much more than book knowledge any day, practical experience beats a real good theory every time, and his latest accomplishment should not go un

Simple & Green



mentioned or un rewarded, by any means, recycling water indefinitely should be celebrated like 4-20.

With a closed-system environment you supply everything your plants need to be healthy and happy, most grow rooms rely on venting fresh air in and out of the space, but a sealed system has many advantages. One is security, no smelly exhaust or noisy fans breaching your stealth. Another advantage is a drastic reduction in dust and pollution, which reduces overall maintenance-costs and saves electricity because of reduced venting and less filter replacement. The best feature of having an enclosed growing environment is recapturing the condensate water that would normally go right down the drain...

Remo mounted his split-system air conditioner high-up in the room, hung from the ceiling, this lets the

condensate water drain by gravity into a waiting 55 gallon plastic drum. (A floor-mounted air conditioner could be fitted with an inexpensive automatic condensate pump to facilitate getting the water up and into a ground-level container for those who already have a sealed grow room and air conditioner set up with the condensate water draining to waste.) Remo also has a dehumidifier that he manually empties back into the water barrel for reuse. Both Air Conditioners and dehumidifiers work by removing the moisture from the air, this accumulated water or 'condensate' is 100% pure water with an electrical conductivity or parts per million measurement of 0. This collected moisture is even cleaner than reverse osmosis water, and after the first watering, this is the only source of water Remo has used for well over a year. He initially filled the barrel with fresh water and has

been recapturing and recycling the same water, for over a year with ever-increasing results, ever since.

Here's the technical breakdown; using 10' x 5' x 1 foot deep beds filled with Sunshine #4 or Pro Mix, he waters with 50 to 100 liters of water/fertilizer depending on size/age of crop. This watering lasts up to a week and by that time, the 50 to 100 liters of water that fed the beds, has transpired thru his plants as moisture and then into the air where it was condensed back into water by the ice-cold evaporator coils of the AC and Dehumidifiers. This condensate water then gets collected in the barrels and is now ready to begin the journey all over again.

It is simple, straight-forward and very effective. The first time I witnessed this system, a year ago, I knew I would have to write this story. Someone once told me that there is nothing new in the world of growing marijuana indoors but I repeatedly beg to differ, I feel we have only just begun the real journey... Practical systems like this should be the model for what Prairie Plant Systems of Canada is trying to do with its graceless Flin-Flon Flop in Manitoba, an abandoned Copper/Zinc mine shaft. Remo should get a Nobel Prize for Cannabis cultivation and conservation. Not only does he reuse the water but he also recycles his soil as well, simply removing root-balls and replanting in the same structured soil, time after time. I have adopted his bed-systems myself, constructing mine at only 4' x 4' x 1 foot deep for ease of moving and servicing; (my back is not what it used to be.) I have always used 2000 watts of light over a 4' x 8' area, preferring overkill, but Remo is truly optimized using 2000 watts over a 5' x 10' area, making his system even more efficient than mine. I bow to the master, I always give credit where credit is due, we have all ventured back and forth between hydro slabs and 20 gallon containers filled with everything including the

kitchen sink but, when you strike gold once it doesn't take a rocket surgeon to recognize success. When something works it works and nobody works harder to bring the world up to speed with the realities of growing medicinal marijuana better than Remo, the Urban Grower.

Check him out at:
<http://www.urbangrower.com/>

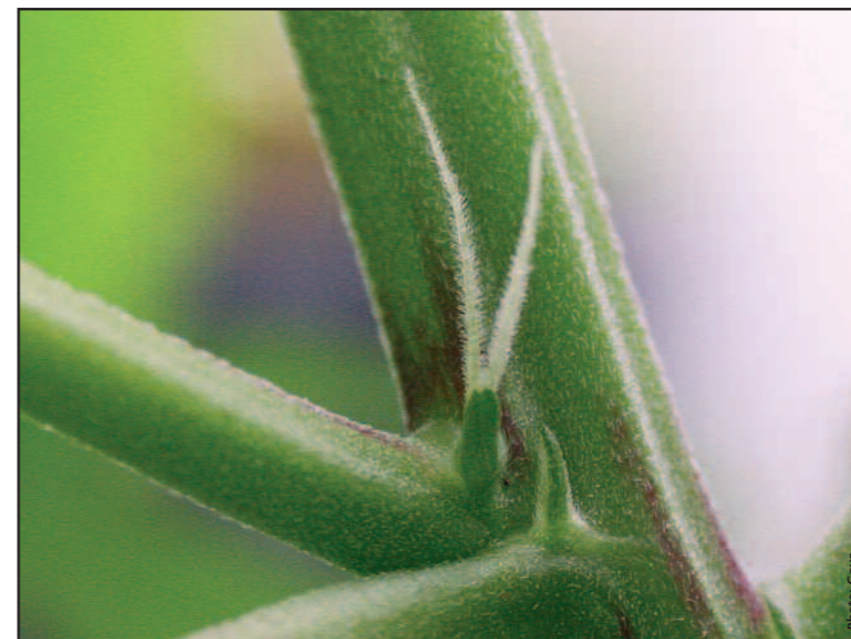
You just never know who you'll see on his show or what you might learn. There is no satisfaction greater than the feeling you get when you pay your dues and do it yourself, learn from the pros then put your spin on it, take the knowledge we are offering you and then kick our ass with your results, remember to Know your Role and roll your own...

Peace Love and Buds,
Jef Tek 2008

You may or may-not have heard the old adage, "Behind every great man stands a great woman," well Remo's wife Sandra is certainly no novice when it comes to clicking' the pictures, with a CC cover shot already to her credit; she is the new talent that snapped these pictures of Remo in action.



Cannabis flowers



Male preflower

Female preflower

The Flowering Stage

by Zany Trails'
with 'Photos courtesy of LGA' and Goyo

Following the stages of vegetative growth covered in issue #10 Treating Yourself Magazine the next period in the life-cycle of a cannabis plant we shall consider is the flowering period. The flowering period is the time when cannabis matures and adopts the characteristic profile we associate with the plant. The production of seed is fundamental to the existence of annual species like cannabis. Cannabis plants naturally colonise new habitats via the process of sexual propagation. The seed that the female plant produces carries the genetic coding of the parent plants. Cannabis, plants are dioecious, so both male and female plants appear in the garden. The male plant hosts the pollen productive flowers. The female plant houses the pollen receptive flowers. Once pollinated the receptive female flowers set to seed ready to produce the next generation of annual offspring.

Cannabis Flowers

Cannabis flowers come in an abun-

dance of lengths, widths, shapes, sizes, fragrances, and colours. In this way a cannabis grower can learn to distinguish between one type of cannabis flower and the next. Genetically speaking, cannabis flowers from the same plant or variety may share common aspects in their behavior and lineage, and even look similar. Phenotypically however, no two cannabis flowers or plants are ever the same - even when cloned from the same parent plant! Differences in environment, gardening approach and technique, ensures that different growers and different gardens will always produce slightly different cannabis flowers and plants. During some seasons some crops are more bountiful or more potent than in others.

Distinguishing between one type of cannabis flower and another involves a certain degree of practise and a keen eye for detail. The anatomic structure, aroma, health, performance, and vitality are aspects

that all Gardeners should be looking for in their flowers. The cannabis grower takes it a stage further by considering the cannabis flowers' holistic properties as well - like its resin profile and tetrahydrocannabinol content. Much of the fun and therapy behind gardening with cannabis then involves exploring the avenues of spiritual and medicinal pleasure that the flowers may give.

Preflowering

Preflowering is the stage when plant-sex in cannabis is visually determined. As a dioecious species populations of cannabis display both male and female plants during the flowering period. Preflowering in cannabis may be induced artificially at any age or stage of growth. The age of a plant does not denote the flowering time. From tender young seedlings, all the way up to gnarled out old mother plants, cannabis plants that are in a healthy condition are always happy to be flowered. Most cannabis varieties however require a

short period of vegetative growth before intensive flowering can be sustained. Otherwise yields may be low. Varieties with Afghan / Kush heritage for example naturally require more vegetative time than varieties with say Colombian or Thai heritage. Much of this is related to the geographical location from which the plants original descend and is related to photoperiod.

Photoperiod

Photoperiod is the interval in a 24 hour period when a plant receives light. A reduction in photoperiod, below 12 hours of light per day, or more than 12 hours darkness, triggers flowering in cannabis plants. All varieties of cannabis are responsive to producing preflowers under a photoperiod of 12 hours of light or less per day.

As a plant matures under natural conditions it first produces preflowers in its upper most inter-nodes. The inter-node is the part of the plant where the branches join the main stem. It is in these stem joints that the preflowers are first formed. The preflowers do not indicate a plants potency, vigor, or yielding capabilities at this stage. The preflowers may however play an important role in establishing complex pheromonal relationships in determining sex between adolescent plants within the context of larger populations. Something that is still being debated.

To preflower a cannabis plant artificially the photoperiod (day length) must be restricted to 12 hours a day or less. A photoperiod of 11 hours a day (13 hours darkness) guarantees that even the most stubborn equatorial species will show willing and produce preflowers. Typically, Cannabis indica show preflowers at around 14 - 21 days on a 12/12 photoperiod. Cannabis sativa species may take a few weeks longer to show preflowers on a 12/12 photoperiod, especially when grown from seed. Once preflowering has been initiated then plant sex can be identified and observed.



Male flowers

Male plants are usually the first plants to produce flowers in the garden. Showing themselves a good week before the female preflowers begin to form. Male preflowers or 'stamen' contain 'anther' and are at first very small. The small spherical shaped male preflower sits close to the inter-node. After a few days the male preflowers (which appear on both sides of the plant) increase in size and slowly develop a covering of petals. Next the male flower protrudes itself from the inter-node by way of a small stalk or filament. The filament grows longer and the male flower containing the anther hangs downwards from the male plant. By this stage the plant can be confirmed as "male".

Over the next few days the petals surrounding the first anther will open and start to release viable pollen into the garden. When left to blossom further male plants produce true sets of male flowers. The male flowers are each made up of hundreds of stamen and filaments. As the anther mature they open out their petals. As the petals open the male flowers release their airborne pollen into the atmosphere. By way of wind, insect, and humans, pollen travels far and wide in pursuit of receptive female flowers to donate their genetics onto.

A male plant that shows signs of health, vigor, or any other desirable characteristic may be isolated and further used in programs of selective breeding. Otherwise male plants are usually best placed on a compost heap.



Female flowers

Female flowers usually show themselves after the male flowers (in the same variety) in the same garden. Showing themselves a good week or so after the male preflowers have grown the female preflowers then form. Before showing preflowers female plants first invest energy into developing healthy root systems during the earliest stages of a 12/12 photoperiod. Female preflowers or 'sepal' are also small. The oval shaped female preflower also sits close to the inter-node. The tip of the female preflower has a characteristic white hair or 'pistil' that gives it away. It may take days or even weeks for the white hair to start forming into a full sepal.

The female preflowers appear on both sides of the plant at the inter-node and in the flowering tips. As the first female preflowers mature they are joined by similar looking sepals. Over a period of weeks the sepal bunch together to form tight clusters of flowers. More preflowers may protrude from the original sepals by way of a small branch or filament. By this stage the plant with white hairs can be confirmed as "female".

The preflowers of female plants are receptive to pollen at the same stage as the male preflowers beside them. This means that it is always important to identify and remove ALL the male plants if a sinsemilla garden is desired. Female plants will naturally show themselves at a slower rate in the garden anyway, so it's just a case of being patient. Always aim to keep



Seeded flower



Sinsemilla: Seedless flower

all the plants (male and female) in a healthy condition as possible until determining plant sex.

Hermaphrodites

Plants displaying hermaphrodite traits (both male and female preflowers) occasionally crop up in the garden. Hermaphrodites can occur in both Cannabis indica and Cannabis sativa species and their hybrids. The degree of hermaphroditism shown in a plant may be slight or accentuated by a number of outside influences as well as the basis of the genetics being grown. Fluctuations or extremities in photoperiod, temperature, feed, and stress (in various guises) can have a dramatic influence over the hermaphroditic tendencies displayed in the garden.

Inter and reverse sexuality although less common can also occur whereby plants display abnormal flowers. A female plant may produce a branch with male flowers attached. A male plant may produce female flowers when left to mature. Since in the majority of cases plants displaying hermaphrodites are culled, there is still a lot to learn about this aspect of the cannabis plant.

The best way to avoid hermaphroditic flowers in the cannabis garden is by starting with a good foundation of genetic stock. Some varieties like the original Cheese clone (Skunk #1) are nearly impossible to turn hermaphrodite without chemical application, because the genetics are "true breeding".

Sinsemilla

Other than when breeding their own varieties, sinsemilla is the thing that most cannabis growers really want to be growing in their garden. Sinsemilla, from the Spanish for 'without seed', is the term applied to female cannabis flowers that have been grown in isolation from sources of male pollen. When the male plants are removed from a garden early and only the female plants remain, a strange thing happens. The female plants exhibit increased patterns of floral growth as a means of attracting pollen.

As the surface area of the female flower increases with size it thus increases its 'chances' of finding a source of pollen. In populations of cannabis male pollen is carried to the female flowers on the wind. Population diversity is however maintained by the diaspora of male pollen (and female seed) that travel beyond the local population limits. In this way pollination by way of animal and insect plays an important role in helping to maintain genetic diversity within wider populations of cannabis plants. The resin that covers the leaves and flowers of female cannabis plants is sticky, and therefore helps male pollen grains hold fast in position ready for fertilisation.

In most varieties of cannabis the sinsemilla effect takes place at around the 30-50 day stage, on a photoperiod of 12/12. Before which the clusters of fresh female flowers are still

wispy, sit close to the stem, and contain very little resin. After a few weeks of pollen deprivation the female flowers become more robust and fill out structurally and chemically. After which more sepals will continue to appear from the flowering tops of the plant. The clusters of fresh sepals then start to become more robust still and the flowers form into characteristic buds.

Most sinsemilla flowers are covered in a rich assembly of resins and essential oils. Each flower from the same plant may produce a slightly different profile of the same active ingredients that help people medicate and attain spiritual awareness. Each plant variety produces different flowers. Some are loaded with a combination of heavy cannabinoids that get smokers train-wrecked, while others are more mellow. Sinsemilla growing is as much about exploring the different types of flowers and their effects, as it is about producing a standard crop in the garden. Beauty is always in the eyes of the beholder. The beauty of the cannabis plant lays within the abundance of natural images, aromas, and tastes, its flowers seem endlessly to provide us with.

Next time we will take a closer look at how to breed cannabis plants from seeds and clones.

Keep medicating!



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SOUR DIESEL



SOUR DIESEL



SOUR DIESEL



Physical Examination

Strain: Sour Diesel
Breeder: ?
Grower: ?
Judge: ?
Date: May, 2007

- 1. Visual Appeal: 10** - Visual appeal of the buds from 1-10 unappealing-excellent. Excellent visual appeal
 - 2. Visible Trichomes: 10** - Visible trichome content from 1-10 none-totally covered. Completely encrusted with trichomes
 - 3. Colors that are present in the trichome heads under magnification:**
Clear 20%, Cloudy 60%, Amber 15%, Dark 5%,
 - 4. Colors present in the buds or on a scale 1-9 light-dark:**
Green/Lime colored, Rust and Orange colored hairs, incredible white trichomes everywhere
 - 5. Bud density: 7.5** - Bud density from 1-10 airy-dense. Some very tight and compact, some lighter and airier
 - 6. Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Berry 8, Floral 10, Fruity 9, Pine 4, Skunk 10+, Musk 6, Lemon 3, Vanilla 2
 - 7. Aroma: 10+!!!** - Aroma from 1-10 repulsive-delightful.
 - 8. Seed content: 0** - Seed content from 0-10 none-fully seeded.
 - 9. Weeks cured: 6** - number of weeks this sample has been cured. At testing time it had a three week freezer cure
- COMMENT:**
Incredible smell, crumbled well, lights well in joints or glass smoking devices. Intense looking, powerful taste and potency.

Smoke Test

- 1. Utensils: Smoked with joints (best), Water pipes, and vaporizers**
- 2. Taste descriptors:**
Floral 9, Fruit 9, Petroleum 3, Mint 3, Hash 6, Skunk 9, Citrus 3, Lemon 3
After 10 minutes a pronounced hash flavor was left
- 3. Taste: 10+** - Impression of the taste from 1-10 unpleasant-delicious. Delicious. One of the best I've EVER tasted. I've been a judge at the Cannabis Cup three times
- 4. State of dryness: 5** - 1-10 wet-dry where 5 is ideal. Ideal balance between moistness and dryness,
- 5. Smoke ability: 10** - smoke ability of the sample from 1-10 harsh-smooth. Smooth flavorful floral/skunky smoke
- 6. Smoke expansion: 2** - smoke expansion in the lungs from 1-10 stable-explodes. Little to no expansion. What you smoke is what you get

SMOKE TEST COMMENTS:

Smoke test comprised 5 medical patients on Memorial Day Sunday (US) May 27, 2007

FOLLOW UP QUESTIONS

- 1. Dosage: 1 - 2 hits** to reach desired effects. Even experienced medical users said this is one to two hit wonder herb, myself included. After 20+ years of medicating, I do not often run into 1 hit herb
- 2. Effect onset: 1** - Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- 3. Sativa influence: 7** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence: 5** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- 5. Potency: 10+** - Absolutely devastating
- 6. Duration of effect: 1+ hours** from 1 joint between 5 people
- 7. Tolerance build up:** - Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability: 9** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning /wake up -, Day/work -, Evening/relax 7, Night/sleep 10
- 9. Overall satisfaction: 10+** Holy Grail of Medicinal Weed. Better than the previous personal best C-99
- 10. Ability and conditions: 10** Very experienced smoked, discerning palate, good atmosphere, high tolerance, with sample in great condition and prepared correctly.
- 11. Do you personally consider this strain a keeper for long term use? Yes !!!!!**
- 12.Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Anxiety relief	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Appetite	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Imagination/creativity	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Paranoia relief	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Sleep	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Pain relief	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Speech process	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Thought process	<input checked="" type="checkbox"/>	<input type="checkbox"/>

EXTENDED MEDICAL SURVEY (optional)

	N-	P+		N-	P+
ADD/ADHD	<input type="checkbox"/>	<input type="checkbox"/>	High blood pressure/Racingpulse	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Alcoholism/Alcohol Abuse	<input type="checkbox"/>	<input type="checkbox"/>	Insomnia	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Allergic rhinitis	<input type="checkbox"/>	<input type="checkbox"/>	Itching	<input type="checkbox"/>	<input type="checkbox"/>
Amphetamine Dependence	<input type="checkbox"/>	<input type="checkbox"/>	Migraine/vascular headache	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Anorexia	<input type="checkbox"/>	<input type="checkbox"/>	Muscle Spasm	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis/Musculoskeletal pain	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Muscular movement disorders	<input type="checkbox"/>	<input type="checkbox"/>
Asthma/Cough	<input type="checkbox"/>	<input type="checkbox"/>	Nausea	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Bipolar disorder	<input type="checkbox"/>	<input type="checkbox"/>	Panic Attack	<input type="checkbox"/>	<input type="checkbox"/>
Cancer/Chemotherapy	<input type="checkbox"/>	<input type="checkbox"/>	Peripheral nerve pain	<input type="checkbox"/>	<input type="checkbox"/>
Chronic fatigue	<input type="checkbox"/>	<input type="checkbox"/>	Post traumatic Stress Disorder	<input type="checkbox"/>	<input type="checkbox"/>
Depression	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Pre Menstrual Syndrome	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Diarrhea	<input type="checkbox"/>	<input type="checkbox"/>	Sedative/Opiate Dependence	<input type="checkbox"/>	<input type="checkbox"/>
Drusen of Optic Nerve	<input type="checkbox"/>	<input type="checkbox"/>	Schizophrenia	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>	SLE- systemic lupus erythematosus	<input type="checkbox"/>	<input type="checkbox"/>
Glaucoma	<input type="checkbox"/>	<input type="checkbox"/>			

FINAL COMMENTS:

*Excellent for arthritis and migraine/cluster headaches. 100% natural, organic, guano infused goodness. I've tasted pot all over the world and this variety, grown under these conditions proved to be in the top 3 I've ever had.



AK47 X NORTHERN LIGHTS #5



AK47 X NORTHERN LIGHTS #5



AK47 X NORTHERN LIGHTS #5



Physical Examination

Strain: AK47xNorthern lights #5
Breeder: TheNewGuy
Grower: TheNewGuy
Judge: TheNewGuy
Date: October 2007

- Visual Appeal: 8** - Visual appeal of the buds from 1-10 unappealing-excellent.
- Visible Trichomes: 10** - Visible trichome content from 1-10 none-totally covered.
- Colors that are present in the trichome heads under magnification:**
Clear, Cloudy
- Colors present in the buds or on a scale 1-9 light-dark:**
Brown, Green, Orange, Purple
- Bud density: 9** - Bud density from 1-10 airy-dense.
- Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Skunk 8, Citrus 3, Lemon 3
- Aroma: 10** - Aroma from 1-10 repulsive-delightful.
- Seed content: 7** - Seed content from 0-10 none-fully seeded.
- Weeks cured: 6** - number of weeks this sample has been cured.

Smoke Test

- Utensils: 3 in. glass spoon pipe**
- Taste descriptors:**
Hash 3, Skunk 9, Citrus 4, Musk 3, Lemon 4
- Taste: 10** - Impression of the taste from 1-10 unpleasant-delicious.
- State of dryness: 5 - 6**, 1-10 wet-dry where 5 is ideal.
- Smoke ability: 10** - smoke ability of the sample from 1-10 harsh-smooth.
- Smoke expansion: 2** - smoke expansion in the lungs from 1-10 stable-explodes.

SMOKE TEST COMMENTS:

Smooth lemon-like/hashy taste on the draw. The exhale is heavy but smooth skunk flavor. Instant effects with immediate lightheaded/dizziness... give it a few seconds it goes away. All that's left is a very strong, up alert high yet you can think clearly. It's everything I could ask for in a skunk... true oldschool.

FOLLOW UP QUESTIONS

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

	N-	P+
Ability to rest or sit still	[]	[9]
Anxiety relief	[]	[8]
Paranoia relief	[]	[7]
Sleep	[2]	[]
Pain relief	[]	[9]
Speech process	[]	[9]
Thought process	[]	[9]

EXTENDED MEDICAL SURVEY (optional)

	N-	P+		N-	P+
ADD/ADHD	[]	[x]	High blood pressure/Racingpulse	[]	[]
Alcoholism/Alcohol Abuse	[]	[]	Insomnia	[]	[]
Allergic rhinitis	[]	[]	Itching	[]	[]
Amphetamine Dependence	[]	[]	Migraine/vascular headache	[]	[]
Anorexia	[]	[]	Muscle Spasm	[]	[]
Arthritis/Musculoskeletal pain	[]	[]	Muscular movement disorders	[]	[]
Asthma/Cough	[]	[]	Nausea	[]	[x]
Bipolar disorder	[]	[]	Panic Attack	[]	[x]
Cancer/Chemotherapy	[]	[]	Peripheral nerve pain	[]	[]
Chronic fatigue	[]	[]	Post traumatic Stress Disorder	[]	[x]
Depression	[]	[]	Pre Menstrual Syndrome	[]	[x]
Diarrhea	[]	[]	Sedative/Opiate Dependence	[]	[]
Drusen of Optic Nerve	[]	[]	Schizophrenia	[]	[]
Epilepsy	[]	[]	SLE- systemic lupus erythematosus	[]	[]
Glaucoma	[]	[]	Spasticity in Multiple Sclerosis	[]	[]
Hiccough	[]	[]			

FINAL COMMENTS:

As far as medical experience i really have very little except my own issues which is mainly back & joint pain. I use different buds for different moods and if i need to calm my belly or my back starts to hurt, this bud is the one i would pick.



BLACK CHERRY



BLACK CHERRY



BLACK CHERRY (DRY)



Physical Examination

Strain: Black Cherry
Breeder: TGA Genetics
Grower: TheNewGuy
Judge: TheNewGuy
Date: October 2007

- Visual Appeal: 10** - Visual appeal of the buds from 1-10 unappealing-excellent.
- Visible Trichomes: 10** - Visible trichome content from 1-10 none-totally covered.
- Colors that are present in the trichome heads under magnification:**
Clear, Cloudy
- Colors present in the buds or on a scale 1-9 light-dark:**
Green, Rust
- Bud density: 9** - Bud density from 1-10 airy-dense.
- Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Floral, Fruit, Cherry
- Aroma: 10** - Aroma from 1-10 repulsive-delightful.
- Seed content: 7** - Seed content from 0-10 none-fully seeded.
- Weeks cured: 6** - number of weeks this sample has been cured.

Smoke Test

- Utensils: 3 in. glass spoon pipe**
- Taste descriptors:**
Floral, Cherry, Hash
- Taste: 10** - Impression of the taste from 1-10 unpleasant-delicious.
- State of dryness: 6**, 1-10 wet-dry where 5 is ideal.
- Smoke ability: 10** - smoke ability of the sample from 1-10 harsh-smooth.
- Smoke expansion: 7** - smoke expansion in the lungs from 1-10 stable-explodes.

SMOKE TEST COMMENTS:

Semi-racy high, & very alert. Sweet yet hashy tasting. The taste is similar to the smell on the inhale (like artificial cherry flavoring or kool-aid). The exhale flavor is slightly tart like rhubarb or cranberries with a mild floral/inscent-like hint in the background of the flavor. A very smooth smoke that really expresses the resin production with it's hashy flavor.

FOLLOW UP QUESTIONS

- Dosage: 1 - 3 hits** to reach desired effects.
- Effect onset: 1** - Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- Sativa influence: 7** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- Indica influence: 7** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- Potency: 10** - potency of the sample from 0-10 none-devastating.
- Duration of effect: 2 hours** - number of hours the effects lasted.
- Tolerance build up: 5** - Rate of how quickly tolerance builds from 0-10 none-rapid.
- Usability: 8** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up 5, Day/work 4, Evening/relax 9, Night/sleep 7
- Overall satisfaction: 10** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
- Ability and conditions: 8 - 9**, I've only smoked about 50 or so named strains, the rest has been street bud or 1 of the same 50 strains
- Do you personally consider this strain a keeper for long term use? Yes !**
- Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	[]	[9]
Anxiety relief	[]	[7]
Appetite	[]	[7]
Paranoia relief	[]	[5]
Taste perception	[]	[7]
Thought process	[]	[2]

EXTENDED MEDICAL SURVEY (optional)

	N-	P+		N-	P+
ADD/ADHD	[]	[]	High blood pressure/Racingpulse	[]	[]
Alcoholism/Alcohol Abuse	[]	[]	Insomnia	[]	[]
Allergic rhinitis	[]	[]	Itching	[]	[]
Amphetamine Dependence	[]	[]	Migraine/vascular headache	[]	[]
Anorexia	[]	[]	Muscle Spasm	[]	[]
Arthritis/Musculoskeletal pain	[]	[]	Muscular movement disorders	[]	[]
Asthma/Cough	[]	[x]	Nausea	[]	[x]
Bipolar disorder	[]	[]	Panic Attack	[]	[x]
Cancer/Chemotherapy	[]	[]	Peripheral nerve pain	[]	[]
Chronic fatigue	[]	[]	Post traumatic Stress Disorder	[]	[x]
Depression	[]	[x]	Pre Menstrual Syndrome	[]	[]
Diarrhea	[]	[]	Sedative/Opiate Dependence	[]	[]
Drusen of Optic Nerve	[]	[]	Schizophrenia	[]	[]
Epilepsy	[]	[]	SLE- systemic lupus erythematosus	[]	[]
Glaucoma	[]	[]	Spasticity in Multiple Sclerosis	[]	[]
Hiccough	[]	[]			

FINAL COMMENTS:

Little bit of a racy high, very alert. Sweet yet hashy tasting. The taste is similar to the smell on the inhale (like artificial cherry flavoring or kool-aid). On the exhale the flavor is slightly tart like rhubarb with a mild floral/insence-like hint in the background of the flavor. A very smooth smoke that really expresses the resin production with it's hashy flavor.



BLUEBERRY



BLUEBERRY



BLUEBERRY (DRY)



Physical Examination

Strain: Blueberry
Breeder: DJ Short
Grower: TheNewGuy
Judge: TheNewGuy
Date: October 2007

- Visual Appeal:** **10** - Visual appeal of the buds from 1-10 unappealing-excellent.
- Visible Trichomes:** **8** - Visible trichome content from 1-10 none-totally covered.
- Colors that are present in the trichome heads under magnification:**
Clear, Cloudy
- Colors present in the buds or on a scale 1-9 light-dark:**
Green [1], Blue [7], Purple [9]
- Bud density:** **7** - Bud density from 1-10 airy-dense.
- Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Earthy [2], Berry [9], Blueberry [9], Musk [7]
- Aroma:** **9** - Aroma from 1-10 repulsive-delightful.
- Seed content:** **1** - Seed content from 0-10 none-fully seeded.
- Weeks cured:** **6** - number of weeks this sample has been cured.

PHYSICAL EXAMINATION COMMENTS:

Blueberry flavor with a high that has no ceiling (meaning the more you consume the higher the experience... you can really smoke yourself to sleep with this strain). Sweet blueberry flavor yet smells of musk/skunk when burnt. All berry flavors & smells are there but the after scent is truly different than expected(Hazy/Skunk). Unsemetric thai budding pattern that fills out nicely with Beautiful hues of Blue and purple. This one should be in everyones collection.

Smoke Test

- Utensils:** **3 in. glass spoon pipe**
- Taste descriptors:** **Earthy [3], Berry [9], Blueberry [9], Hash [7], Musk [7],**
- Taste:** **9** - Impression of the taste from 1-10 unpleasant-delicious.
- State of dryness:** **6**, 1-10 wet-dry where 5 is ideal.
- Smoke ability:** **10** - smoke ability of the sample from 1-10 harsh-smooth.
- Smoke expansion:** **5** - smoke expanition in the lungs from 1-10 stable-explodes.

SMOKE TEST COMMENTS:

Sweet & hashy with hints of berry and musky (similar to Jack Herer) on the inhale. A very smooth smoke that always leaves a smile on my face. I guess I would have to say it's berry & hashyness is backed by a very hazy undertone. Never harsh unless the smoke gets hot (like hotboxing a joint or scorching a pipe). Very uplifting, clear headed, & strong high but sometimes makes me forget what I'm doing.

FOLLOW UP QUESTIONS

- Dosage:** **3-6 hits** to reach desired effects.
- Effect onset:** **5** - Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- Sativa influence:** **7** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- Indica influence:** **1** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- Potency:** **10** - potency of the sample from 0-10 none-devastating.
- Duration of effect:** **2-3 hours** - number of hours the effects lasted.
- Tolerance build up:** **2** - Rate of how quickly tolerance builds from 0-10 none-rapid.
- Usability:** **9** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning - wake up 9, Day - work 9, Evening - relax 9, Night - sleep 9
- Overall satisfaction:** **10** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
- Ability and conditions:** **8 - 9**, i've only smoked about 50 or so named strains, the rest has been street bud or 1 of the same 50 strains
- Do you personally consider this strain a keeper for long term use?** **Yes**
- Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Anxiety relief	[]	[5]
Appetite	[]	[5]
Sleep	[]	[8]
Pain relief	[]	[8]
Speech process	[5]	[]
Thought process	[5]	[]

EXTENDED MEDICAL SURVEY (optional)

	N-	P+		N-	P+
ADD/ADHD	[8]	[]	High blood pressure/Racingpulse	[]	[]
Alcoholism/Alcohol Abuse	[]	[]	Insomnia	[]	[]
Allergic rhinitis	[]	[]	Itching	[]	[]
Amphetamine Dependence	[]	[]	Migraine/vascular headache	[]	[]
Anorexia	[]	[]	Muscle Spasm	[]	[]
Arthritis/Musculoskeletal pain	[]	[]	Muscular movement disorders	[]	[]
Asthma/Cough	[]	[9]	Nausea	[]	[]
Bipolar disorder	[]	[]	Panic Attack	[]	[]
Cancer/Chemotherapy	[]	[]	Peripheral nerve pain	[]	[]
Chronic fatigue	[]	[]	Post traumatic Stress Disorder	[]	[]
Depression	[]	[3]	Pre Menstrual Syndrome	[]	[]
Diarrhea	[]	[]	Sedative/Opiate Dependence	[]	[]
Drusen of Optic Nerve	[]	[]	Schizophrenia	[]	[]
Epilepsy	[]	[]	SLE- systemic lupus erythematosus	[]	[]
Glaucoma	[]	[]	Spasticity in Multiple Sclerosis	[]	[]
Hiccough	[]	[]			

FINAL COMMENTS:

Blueberry flavor with a high that has no ceiling (meaning the more you consume the higher the experience... you can really smoke yourself to sleep with this strain). Sweet blueberry flavor yet smells of musk/skunk when burnt. All berry flavors & smells are there but the after scent is truly different than expected(Hazy/Skunk). Unsemetric thai budding pattern that fills out nicely with Beautiful hues of Blue and purple. This one should be in everyones collection.



BLUEBERRYXDURBAN



BLUEBERRYXDURBAN



BLUEBERRYXDURBAN (DRY)



Physical Examination

Strain: Blueberry x Durban
Breeder: TheNewGuy
Grower: TheNewGuy
Judge: TheNewGuy
Date: October 2007

- Visual Appeal:** - Visual appeal of the buds from 1-10 unappealing-excellent.
- Visible Trichomes:** - Visible trichome content from 1-10 none-totally covered.
- Colors that are present in the trichome heads under magnification:**
Cloudy
- Colors present in the buds or on a scale 1-9 light-dark:**
Green
- Bud density:** 8 - Bud density from 1-10 airy-dense.
- Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Licorice [1], Berry [9], Blueberry [7], Musk [7]
- Aroma:** 7 - Aroma from 1-10 repulsive-delightful.
- Seed content:** 2 - Seed content from 0-10 none-fully seeded.
- Weeks cured:** 6 - number of weeks this sample has been cured.

PHYSICAL EXAMINATION COMMENTS:

I received this hybrid made by a friend of mine a few years ago and I've been working it ever since. The Blueberry in this cross is from DJ Short and the Durban is from African Seeds, both from Marc Emery Seed Bank back in the day. Thick chunky buds and lots of resin. It's a shorter flowering, more chunky version of blueberry with a more complex high. The high is more like that of Durban but has no ceiling, most likely from the blueberry influence). You can smoke yourself to sleep on this one as well. The genetics in this thing have endless potential. My main goal with this one is to keep the resin production high and the buds thick and berry flavored. This project is still at an f3 phase but, good selection will help this project progress in the following years.

Smoke Test

- Utensils:** Bong, 3 in. glass spoon pipe
- Taste descriptors:** Licorice [2], Berry [7], Blueberry [7], Hash [1]
- Taste:** 7 - Impression of the taste from 1-10 unpleasant-delicious.
- State of dryness:** 6, 1-10 wet-dry where 5 is ideal.
- Smoke ability:** 9 - smoke ability of the sample from 1-10 harsh-smooth.
- Smoke expansion:** 7 - smoke expansion in the lungs from 1-10 stable-explodes.

SMOKE TEST COMMENTS:

Very berry-like. Hashy yet slight hints of licorice like in background of the flavor similar to the Durban. The high is very strong and instant (7 seconds & a light headed rush comes on strong). Very up and alert but not clear headed at all. Makes me sweat with every hit and it's kind of disorientating at times.

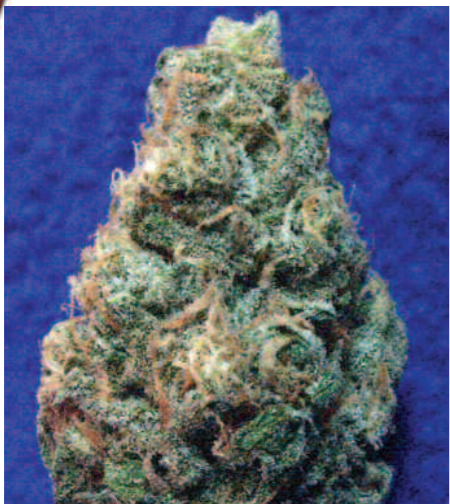
FOLLOW UP QUESTIONS

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

	N-	P+
Humour perception	[]	[8]

EXTENDED MEDICAL SURVEY (optional)

	N-	P+		N-	P+
ADD/ADHD	[]	[]	High blood pressure/Racingpulse	[]	[]
Alcoholism/Alcohol Abuse	[]	[]	Insomnia	[]	[]
Allergic rhinitis	[]	[]	Itching	[]	[]
Amphetamine Dependence	[]	[]	Migraine/vascular headache	[]	[]
Anorexia	[]	[]	Muscle Spasm	[]	[]
Arthritis/Musculoskeletal pain	[]	[]	Muscular movement disorders	[]	[]
Asthma/Cough	[]	[6]	Nausea	[]	[7]
Bipolar disorder	[]	[]	Panic Attack	[]	[]
Cancer/Chemotherapy	[]	[]	Peripheral nerve pain	[]	[]
Chronic fatigue	[]	[]	Post traumatic Stress Disorder	[]	[]
Depression	[]	[]	Pre Menstrual Syndrome	[]	[]
Diarrhea	[]	[]	Sedative/Opiate Dependence	[]	[]
Drusen of Optic Nerve	[]	[]	Schizophrenia	[]	[]
Epilepsy	[]	[]	SLE- systemic lupus erythematosus	[]	[]
Glaucoma	[]	[]	Spasticity in Multiple Sclerosis	[]	[]
Hiccough	[]	[]			



BLUE DREAM



BLUE DREAM



Physical Examination

Strain: Blue Dream
Lineage: Blueberry x Haze
Breeder: N/A
Vendor: Patients Place Dispensary,
San Francisco, California
Price: \$55 1/8th

- 1. Visual Appeal: 7** - Visual appeal of the buds from 1-10 unappealing-excellent. No beans or visible PM/mold, fluffy without being airy, a few white hairs in there so might be a bit early. Pistils intact so prolly not skuffed.
- 2. Visible Trichomes: 7** - Visible trichome content from 1-10 none-totally covered. Good coverage of trichs on inside and outside of bud, the few sugar leaves left on the sample are well frosted.
- 3. Colors that are present in the trichome heads under magnification:**
Clear 5%, Cloudy 85%, Amber 10%
- 4. Colors present in the buds or on a scale 1-9 light-dark:**
Green [6], Grey [6], Orange [2]
- 5. Bud density: 7** - Bud density from 1-10 airy-dense.
- 6. Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Floral [4], Blueberry [4], Fruit [7], Musk [7]
Strong musky smell to it, with strong fruit undertones and a slight berry smell, interestingly refreshing smell to it.
- 7. Aroma: 8** - Aroma from 1-10 repulsive-delightful.
- 8. Seed content: 0** - Seed content from 0-10 none-fully seeded.
- 9. Weeks cured: 6** - number of weeks this sample has been cured.
Looks to be about a week or two cured, could of gone a bit longer to get all the hairs to change.

PHYSICAL EXAMINATION COMMENTS:

Good all around texture and quality, not too dense, not too airy, good smell without having to be broken up or fondled to raise a stink. Could of gone a bit longer judging by the hairs, but the cured trichs say she was ready to go.

Smoke Test

- 1. Utensils: PHX bong**
- 2. Taste descriptors:**
Earthy [5], Floral [4], Blueberry [2], Musk [5]
- 3. Taste: 7** - Impression of the taste from 1-10 unpleasant-delicious.
- 4. State of dryness: 5**, 1-10 wet-dry where 5 is ideal.
- 5. Smoke ability: 8** - smoke ability of the sample from 1-10 harsh-smooth.
- 6. Smoke expansion: 7** - smoke expansion in the lungs from 1-10 stable-explodes.

COMMENT:

If you have a good indica already or favor sativas this strain isnt that hot, other than that it is a good all around strain, if the flowering time is short and yield is high, I'd keep it. However I dont care for indicas.

FOLLOW UP QUESTIONS

- 1. Dosage: 3 hits/.5g max** to reach desired effects.
- 2. Effect onset: 7** - Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- 3. Sativa influence: 3** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence: 8** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- 5. Potency: 7** - potency of the sample from 0-10 none-devastating.
- 6. Duration of effect: 1.5 hours** - number of hours the effects lasted.
- 7. Tolerance build up: 5** - Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability: 9** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up - , Day /work -, Evening/relax 7, Night/sleep 6
- 9. Overall satisfaction: 6.5** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
- 10. Ability and conditions: 9**, I've only smoked about 50 or so named strains, the rest has been street bud or 1 of the same 50 strains
- 11. Do you personally consider this strain a keeper for long term use? No**
- 12. Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	[]	[4]
Anxiety relief	[]	[6]
Audio perception	[]	[5]
Sleep	[]	[6]
Pain relief	[]	[4]
Paranoia relief	[]	[6]
Thought process	[4]	[]

FINAL COMMENTS:

A good relaxing smoke. not powerfull enough to put the avg medical user to sleep, but a perfect herb to have after dessert, as the movie or tv program is wrapping up, just before one gets ready for bed. Enhances the sound of slower music, and leaves the front of the head with a calming cloudy buzz. Originally rated the potency and effect onset a bit lower but it builds up every 10 or so minutes a handfull of times. Found its also very easy to overcome the high of this, but it will creep back in. So if something surprises/scares you, you will go back to sober in a heartbeat, high will creep back but about half as strong as before. I want to rate it a bit higher in the sativa column, i can feel the sativa trying to poke its head out but it gets chased away by the indica every time.



CHEESE



CHEESE



Physical Examination

Strain: Cheese
Lineage: N/A
Breeder: N/A
Vendor: Helping Hands Wellness Center,
Santa Barbara, California
Price: \$55 - 1/8th ounce

1. Visual Appeal: 6.5 - Visual appeal of the buds from 1-10 unappealing-excellent.
Nice chunky nugs in most of the gram and eighth ounce weights, has a uniform look to it, most of the nugs are fairly similar with not much variance in density, shape, size or color. It has that airy sort of sativa look to it.

2. Visible Trichomes: 7 - Visible trichome content from 1-10 none-totally covered.
Smaller sativa trichomes cover the nugs inside and out, the trichomes are a little larger on the inside than the outside and there are many more heads inside, may have been skuffed. Appears that many of the buds coming out of this dispensary are this way yet again.

3. Colors that are present in the trichome heads under magnification:
Clear 30%, Cloudy 70%

4. Colors present in the buds or on a scale 1-9 light-dark:
Green [6], White [1], Orange [1] (a few orange pistils)

5. Bud density: 4 - Bud density from 1-10 airy-dense.
Light nugs that are easy to break up, ive grown some sativas in my day that just come out looser than most, the blackberry widow being one of em, and this reminds me a bit of that density. Good joint weed but might burn too fast if overly dry.

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

Licorice [8], Fruit [6], Spice [5]

Strong musky smell to it, with strong fruit undertones and a slight berry smell, interestingly refreshing smell to it.

7. Aroma: 8.5 - Aroma from 1-10 repulsive-delightful.

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

Smoke Test

- 1. Utensils:** PHX bong
- 2. Taste descriptors:**
Earthy [2], Fruit [5], Musk [4]
- 3. Taste: 7** - Impression of the taste from 1-10 unpleasant-delicious.
- 4. State of dryness: 6**, 1-10 wet-dry where 5 is ideal.
- 5. Smoke ability: 6** - smoke ability of the sample from 1-10 harsh-smooth.
- 6. Smoke expansion: 4** - smoke expansion in the lungs from 1-10 stable-explodes.

COMMENT:

Pretty smooth going down, and didnt make the lungs want to push it out too quick

FOLLOW UP QUESTIONS

- 1. Dosage: 6 hits/6g max** to reach desired effects.
- 2. Effect onset: 3** - Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- 3. Sativa influence: 6** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence: 3** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- 5. Potency: 5** - potency of the sample from 0-10 none-devastating.
- 6. Duration of effect: 30- 40 minutes** - number of hours the effects lasted.
- 7. Tolerance build up: 9** Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability: 9** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up -, Day - work 5, Evening/relax -, Night/sleep -
- 9. Overall satisfaction: 6** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
- 10. Ability and conditions- 9-** It was purchased from a dispensary, no guarantee on the genetics.
- 11. Do you personally consider this strain a keeper for long term use? No**
- 12. Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	[]	[4]
Anxiety relief	[]	[]
Audio perception	[]	[]
Sleep	[]	[]
Pain relief	[]	[]
Paranoia relief	[]	[]
Thought process	[]	[]

FINAL COMMENTS:

Was hoping to come back with some better news about this strain, the smell really tricked me into thinking it was going to be something special.

The high of it was pretty much a let down, it lasted for about 30 minutes, and only had a half a minute or so of a peak, which was pretty weak in my opinion. The herb when ya smoke it makes your eyes feel like they are having some effects, mine felt as though they were getting watery and a bit drowsy but I didnt feel tired or lethargic. I was expecting this to floor me and be a stronger hit, it does effect you very fast and you can feel it on the exhale.

The smell is very nice, a spicey fruity licorice smell that is hard to pin down. I think it smells a lot like really sweet good and plenty candy all smashed up. The kinda pot that when ya crack the jar open people ten feet away look at you immediately. The taste of it was similar to the smell but not as strong, and had a bit more of a musky earthy smell to it, the flavor was more like "regular" herb than anything.

It would be a nice light daytime smoke for most, it does have a calming relaxing quality to it, but if your in need of serious medication - I'd look elsewhere.



FIRE OG KUSH



FIRE OG KUSH



Physical Examination

Strain: Fire OG Kush
Lineage: N/A
Breeder: N/A
Vendor: Southern California cutting
Price: N/A

- Visual Appeal: 8** - Visual appeal of the buds from 1-10 unappealing-excellent. good sized nug for the sack size, nice and tight with the classic darker green and grey white frost that is OG
- Visible Trichomes: 8** - Visible trichome content from 1-10 none-totally covered. good trich coverage, the heads are pretty small but their size is multiplied by their volume. every part of the nug, stem and leaf is covered in small trichs, there are a good amount of non glandular trichome heads, reminds me of some of the "white" line of hybrids.
- Colors that are present in the trichome heads under magnification:**
- Colors present in the buds or on a scale 1-9 light-dark:**
Green [6] dark green on leaf, **Grey [5]** Lots of little trichs, **Rust [3]** Rusty-orange pistils, **Purple [.5]** One in one hundred or so calyx are light purple red color.
- Bud density: 5** - Bud density from 1-10 airy-dense. Perfect texture, not too sticky not too dry, very easy to break up, could break down enough for a joint in a few seconds time easily. Larger calyx would get this higher ratings.
- Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Pepper [3], Pine-sol [2], Menthol [2], Musk [8], Spice [2]
Strong musky smell to it, with strong fruit undertones and a slight berry smell, interestingly refreshing smell to it.
- Aroma: 8.5** - Aroma from 1-10 repulsive-delightful.
- Seed content: 0** - Seed content from 0-10 none-fully seeded.

Smoke Test

- Utensils:** PHX bong
- Taste descriptors:**
Earthy [3], Hash [3], Musk [6], Spice [2]
- Taste: 7** - Tastes light and fast, the second you inhale you can taste the musk of this strain. Has a good after taste although not that strong.
- State of dryness: 5,** Perfect
- Smoke ability: 10,-** Perfect, burns nice and quick, like its been waiting on you all day. Grey ash the second the fire hits it. good and clean.
- Smoke expansion: 3.5** - has a slight slight irritation on the back of the throat, but the lungs can take huuuuu-uuge bowls of this stuff and tell a story before exhaling, no probs at all.

FOLLOW UP QUESTIONS

- Dosage: 3 hits/.4g max** One bowl has a quick hit to it, but dies off about 3 or so mins after that. Takes another 10 minutes for the stone to build up behind the initial head change. Smoking it slow and steady will get you there, but if your like me you want it now, this strain prolly not what your looking for.
- Effect onset: 3** - immediate hot face, can make ya sweaty, takes about 10 mins for the stone to hit you as i mentioned, so it does have some creep to it.
- Sativa influence: 5** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- Indica influence: 7.5** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- Potency: 7.5** - potency of the sample from 0-10 none-devastating.
- Duration of effect: 45 minutes - 1 hour** number of hours the effects lasted.
- Tolerance build up: 3** Rate of how quickly tolerance builds from 0-10 none-rapid.
- Usability:** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up - , Day/work 5, Evening/relax 8, Night/sleep 6
- Overall satisfaction: 8** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
- Ability and conditions- 10**
- Do you personally consider this strain a keeper for long term use? Yes**
- Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	[]	[5]
Anxiety relief	[]	[3]
Sleep	[]	[7]
Thought process	[3]	[]

FINAL COMMENTS:

Solid Og nug, good flavor and a pleasure to smoke. In the land of OG Kush varieties, this one falls into the mid to upper range in my opinion. The taste and quality and how it was cured are some of the best attributes to this one, which doesnt reflect a whole lot on the strain itself.

I enjoyed the immediate hit you get from this variety, but it falls off pretty quick after that, I find i need a few bowls after that to get me where i need to go. It doesnt fall flat on its face, its still in the background doing its job but its pain relief properties are all done by that point.

Great Musky OG funk flavor and smell, a good og specimin all around.



GRAPE APE



GRAPE APE



Physical Examination

Strain: Grape Ape
Lineage: N/A
Breeder: N/A
Vendor: Helping Hands Wellness Center,
Santa Barbara, California
Price: \$55 - 1/8 ounce

- 1. Visual Appeal: 8** - Visual appeal of the buds from 1-10 unappealing-excellent. Dense nugs, lots of hairs, most of em are smooshed so it appears to be skuffed, most higher quality samples coming from this dispensary appear to be skuffed or tightly packed before they get their hands on it.
- 2. Visible Trichomes: 8** - Visible trichome content from 1-10 none-totally covered. Frosty inside and out, far more frost on the inside - definatly was skuffed, some medium sized heads on the outside while the inside has some fat glandular trich heads.
- 3. Colors that are present in the trichome heads under magnification:**
Clear 20%, Cloudy 75%, Amber 5%
- 4. Colors present in the buds or on a scale 1-9 light-dark:**
Green [5], Blue [1], Orange [2] A few orange pistils, **Purple [4]**
- 5. Bud density: 7** - Bud density from 1-10 airy-dense. Dense little power nugglets, they are fairly easy to break up because they arent too sticky and it is rather dry on the inside so it doesnt clump up into a mess.
- 6. Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Fruit [8], Grape [3], Pineapple [6], Hash [3], Spice [3]
- 7. Aroma: 9** - Aroma from 1-10 repulsive-delightful. Wooooohoooo thats some stinky herb my friends!!!! stuff reaks in a bag, in a bottle, in your mouth, in your bong, and in your lungs. Very very fruity smell to it, hits ya liek a ton of pineapples, very tropical, i could see myself getting sick of this sweet smell after a month or so.makes me hungry just smelling it - mouthwatering goodness. Smells just like my favorite smell- pineapple diesel.
- 8. Seed content: 0** - Seed content from 0-10 none-fully seeded.

Smoke Test

- 1. Utensils: PHX bong**
- 2. Taste descriptors: Earthy [2], Berry [4], Hash [4]**
- 3. Taste: 6** - Tastes light and fast, the second you exhale you can taste the musk of this strain. Has a good after taste although not that strong.
- 4. State of dryness: 6**
- 5. Smoke ability: 6**
- 6. Smoke expansion: 7** - expands pretty quick, could hold it in no prob but it really wants out the doghouse!

FOLLOW UP QUESTIONS

- 1. Dosage: 5 hits/.6g max** Not that much here in terms of potency, Sometimes one slips past the goalie and you get a fuzzy feeling in the face for a few seconds, but after a minute its gone, there is a long "come down" from it too.
- 2. Effect onset: 5** -
- 3. Sativa influence: 5** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence: 4** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- 5. Potency: 6** - potency of the sample from 0-10 none-devastating.
- 6. Duration of effect: 45 minutes** number of hours the effects lasted.
- 7. Tolerance build up: 8** Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability:** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up - , Day /work 3, Evening/relax 6, Night/sleep -
- 9. Overall satisfaction: 6.5** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
- 10. Ability and conditions- 9** -
- 11. Do you personally consider this strain a keeper for long term use? No**
- 12. Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Audio perception	[]	[4]

FINAL COMMENTS:

Killer smell to this stuff, smells like pineapple tropical berries, very fruity - one could get tired of this pretty quick if your not a big fan of fruity strains. Thats about it here.. The high wasnt that great - pretty mellow, id think it was good for watching a movie before bed. I just found the high to be pretty neutral and lack luster. I was expecting a real treat in the stone dept based on the frost on the inside of a nug and the smell of it, but it just never showed up. A few others who shared it with me noticed it does have a fuzzy face feeling you get after a few bowls of it, but it doesnt last long enough to be worth smoking more.

The density of it was nice and could of been a little harder to break up if it was fresher as it would be a bit stickier on the inside. The smell was where it was at on this one, I think i might actually taste the bud more than the high lasts for. I would put this herb in my giant joint jar. Every once in a while if im going on a hike I will roll up a giant joint of something tasty that doesnt blast me to the moon - this would be my choice herb for that event. If your goin to the folks house for thanksgiving dinner, you can burn one of these outside the car before you go in and no one will suspect a thing. Youd have a nice comfy buzz, the only problem is it doesnt last longer than forty mins to an hour after a few bowls.



LOUIE XIII



LOUIE XIII



Physical Examination

Strain: Louie XIII
Lineage: OG Kush
Breeder: N/A
Vendor: Sun valley Caregivers
Southern California
Price: N/A

- Visual Appeal: 9** - Visual appeal of the buds from 1-10 unappealing-excellent. Fat homegrown style like you are used to. Big giant calyx all over this one, it is very well cured and dense yet fluffy in that way you know its gonna be nice to smoke regardless the potency.
- Visible Trichomes: 9.5** - Visible trichome content from 1-10 none-totally covered. Hot damn, this thing is armed to the teeth with fat glandular trichome bombs! When you hit it with the loupe it looks spectacular inside. Best looking trichs ive ever seen from a club hands down. This is a sea of white glandular heads, and a lot of them are amber, something else very rare for club dank.
- Colors that are present in the trichome heads under magnification:**
Clear 20%, Cloudy 60%, Amber 20%
- Colors present in the buds or on a scale 1-9 light-dark:**
Green [2] Dark green fan leaves, **Grey [5]** Lots of med-large sized trichs, **Rust [2]** rusty orange pistils not too hairy
- Bud density: 5** - Bud density from 1-10 airy-dense. Perfect texture, a little sticky on the inside, making it a bit difficult to quickly break down, but this is from the gooeey resin more than the curing method.
- Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Pine-sol [2], Menthol [3], Skunk [2], Musk [8], Spice [3]
- Aroma: 8.5** - Aroma from 1-10 repulsive-delightful. Ooohh wweeee that is some astringent OG. Has the standard OG funk smell to it, but there is something in there that cant be called spicy, it smells like some kind of drain cleaner almost, makes you pull your nose away at first. If i didnt know better, judging by the smell, this would be the super OG cut (ssh x OG.K) that is running around the bay area quickly. Almost has a hazey burn to it.
- Seed content: 0** - Seed content from 0-10 none-fully seeded.

Smoke Test

- Utensils: PHX bong**
- Taste descriptors: Ammonia [2], Earthy [3], Musk [4]**
- Taste: 6** - strong strong tasting dank, hits with thick smoke from all the resin like a bubble bowl, infact its the first herb in a while that it is tough for me to snap a bowl of cause it burns so slow.
- State of dryness: 5**, A little sticky, makes it a challenge to break down, clogs up a grinder pretty easy
- Smoke ability: 7**, burns a little too slow due to short flush at the end.
- Smoke expansion: 5.5** - Little irritation, heavy smoke that sticks to your person for a while

FOLLOW UP QUESTIONS

- Dosage: 2 hits/.3g max** - First hit nails you in the head, the entire head, like an overpowering bubble bowl. Then this high/stone creeps in like a dirty fog and makes you cloudy even off one snapper!
- Effect onset: 8.5** - Instantly nails you sativa style face warming euphoria... then keeps on building after that until its a clouded stone to it.
- Sativa influence: 8** - only there for the beginning *Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.*
- Indica influence: 8.5** - Indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- Potency: 9.5** - potency of the sample from 0-10 none-devastating.
- Duration of effect: 2 hours** number of hours the effects lasted.
- Tolerance build up: 3** Rate of how quickly tolerance builds from 0-10 none-rapid.
- Usability:** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up - , Day/work -, Evening/relax 8, Night/sleep- 9
- Overall satisfaction: 9.5** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
- Ability and conditions- 10** -
- Do you personally consider this strain a keeper for long term use? Yes**
- Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	[]	[7]
Anxiety relief	[]	[6]
Sleep	[]	[10]
Thought process	[4]	[]

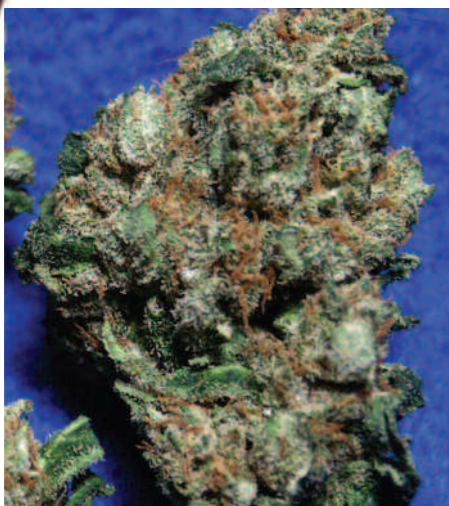
FINAL COMMENTS:

Now this is what I call some FIRE OG!!! Taste smell potency its all here.

Taste and smell are overpoweringly strong. It is like your standard OG but with some serious fuel behind it, just waiting for you to light it on fire! the second you crack the jar it stings your nose and makes you want to get a closer smell. Upon breaking it up its five times stinkier inside, and the kinda stuff that is so goey it tears apart instead of breaks up. Will lock up a herb grinder easily.

The high is potent as can be for an indica, it right off the bat incapacitates most smokers with one bowl of the stuff, being a heavy smoker it takes me two bowls to get totally lit off this stuff the first time i ever smoked it. Id say half the time im done after two, the rest of the time I go for a third bowl and im sloppy like i been out drinking all night. cant answer any of the 5 W's type stuff. I broke up five bowls to do this report, and upon snapping the second and getting half way into this report it made me fall asleep in my chair for near 3 hours. Ive never had that happen before, its almost noon now. One of those ones where ya wake up still stoned and dont know if its 7am or 7pm .

Strong indica. Im a sativa kinda guy through and through, never thought id say it - but this indy kicked my butt!



PURE OG KUSH



PURE OG KUSH



Physical Examination

Strain: Pure OG Kush
Lineage: OG Kush
Breeder: N/A
Vendor: NNCC Reseda, California
Price: \$50-1/8 ounce

1. Visual Appeal: 8 - Visual appeal of the buds from 1-10 unappealing-excellent. Nice chunky nugs, good shape and texture to them with larger than average sized calyx in the nugs, but they aren't large enough or spaced out enough to make the herb have that finery texture to it.

2. Visible Trichomes: 8 - Visible trichome content from 1-10 none-totally covered. Better than average trich production, larger heads on this than on most of the other OG's I have come across in my day. I enjoy when you break a nug down and it leaves a sandy pile of trichomes underneath itself. This one is frosted thoroughly inside and out and most of the trichomes have heads to em.

3. Colors that are present in the trichome heads under magnification:
Clear 50%, Cloudy 45%, Amber 5%

4. Colors present in the buds or on a scale 1-9 light-dark:
Green [2] Dark green on the leaf that could be trimmed upfan leaves,
White [5] Lots of lil shiny trichs, good oil production,
Rust [2] rusty orange pistils not too hairy,
Purple [2] about a quarter of the calyx on the maristem are purple.

5. Bud density: 5 - Bud density from 1-10 airy-dense. Perfect texture, not too sticky not too dry, very easy to break up, could break down enough for a joint in a few seconds time easily. Nice chunky calyx on the inside of the nugglets.

6. Aroma descriptors: scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Pepper [1], Menthol [2], Musk [7], Spice [4]

7. Aroma: 8.5 - Aroma from 1-10 repulsive-delightful. Spicy OG kush, smells very very strong and potent. The kinda spice that smells like its from another world, stinging your nose each time you take a sniff. Musky and funky with almost a haze like spice in there, can't wait to taste it! Onto the smoke test already!

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

Smoke Test

- 1. Utensils:** PHX bong
- 2. Taste descriptors:** Earthy [3], Musk [4], Spice [2]
- 3. Taste: 6** - : Not a strong tasting herb, has a good smooth clean flavor to it, classic spicy OG kush flavor, no sweetness to this one at all, just raw raw flavor.
- 4. State of dryness: 5**, A little sticky and moist, not in the fresh "wet" way but in the slowly cured way that turns nugs nice and fluffy soft over a period of time.
- 5. Smoke ability: 9**, burns fast and smooth but the ash is still pretty dark black and a little difficult to snap it in huge bowls.
- 6. Smoke expansion: 5.5** - Little to no irritation, nice light smoke in the lungs.

FOLLOW UP QUESTIONS

- 1. Dosage: 3 hits/.4g max** - First few bowls are total creepers, takes three to four to get it to start working right off the bat, not as potent as I would have expected by the better appearance.
- 2. Effect onset: 8.5** - Like above, you need to smoke a few to get the immediate effect, otherwise its an avg creeper.
- 3. Sativa influence: 5** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence: 7** - Indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- 5. Potency: 7.5** - potency of the sample from 0-10 none-devastating.
- 6. Duration of effect: 45 min. to 1 hour** number of hours the effects lasted.
- 7. Tolerance build up: 7** Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability:** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up - , Day/work -, Evening/relax 8, Night/sleep- 6
- 9. Overall satisfaction: 8** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
- 10. Ability and conditions- 10** -
- 11. Do you personally consider this strain a keeper for long term use? No**
- 12. Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	[]	[5]
Sleep	[]	[5]
Thought process	[2]	[]

FINAL COMMENTS:

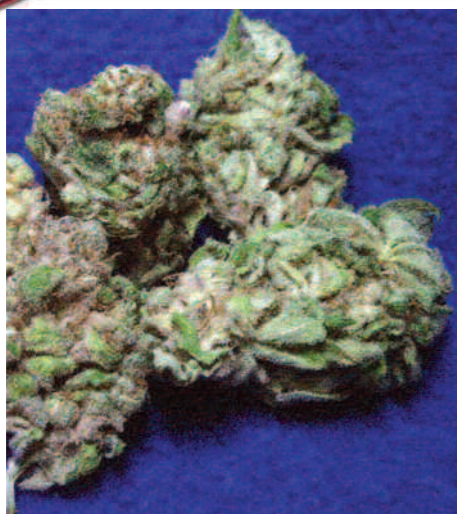
Classic OG, looks a little nicer than some of the top shelf stuff that they have around at the dispensaries. Its got really nice frost on the inside, medium-large calyx and a good indica creeper hit to it that makes the eye lids heavy. I don't like to sleep all the time though, so this pot isn't really for me.

Smells very musky and has a spice to it that really makes it stink to high heaven. I like the smell of it and wish it came out into the flavor a bit more.

Good bag appeal, especially if you can get it to show some of the purple a bit more..other than that it isn't much to brag about, stronger indicas are out there without a doubt. Don't think this one lives up to all the hype that they have surrounding it in social as being a uber high end OG, though it is a little bit nicer looking than your standard OG.



PEAK 19



PEAK 19



Physical Examination

Strain: Peak 19
Lineage: N/A
Breeder: N/A
Vendor: Harborside, Oakland, California
Price: \$55-1/8 ounce

1. Visual Appeal: 7 - Visual appeal of the buds from 1-10 unappealing-excellent. Medium density nugs, have a good amount of trich coverage on them, especially on the inside, doesn't look to be skuffed as the trichs and hairs are all attached.

2. Visible Trichomes: 8 - Visible trichome content from 1-10 none-totally covered. Frosty inside and out, little bit more trich coverage on the inside of the nugglets. very frosty, and has a lot of non glandular trichomes like the white- strains.

3. Colors that are present in the trichome heads under magnification:
Clear 50%, Cloudy 50%

4. Colors present in the buds or on a scale 1-9 light-dark:
Green [5], Grey [4], Orange [2] A few orange pistils.

5. Bud density: 6 - Bud density from 1-10 airy-dense. Near perfect on the density level IMO, not too dense and not overly fluffy, can break up in one hand enough for a joint in a few seconds.

6. Aroma descriptors: scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.
Fruit [5], Pineapple [4], Skunk [2], Musk [2],

7. Aroma: 7.5 - Aroma from 1-10 repulsive-delightful. Smells pretty tropical and fruity, not overpoweringly strong, more of a faint smell to it, smells very refreshing - pre-smoke im guessing/hoping this will be a nice daytime sativa.

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

Smoke Test

- 1. Utensils:** PHX bong
- 2. Taste descriptors:** Earthy [2], Fruit [4], Hash [2]
- 3. Taste: 7** - very smooth tasting smoke, almost tastes like a fruity cream soda, nice and light and refreshing. little bit of earthy undertones in there, enjoyable flavor thought it doesn't really stand out that much.
- 4. State of dryness: 6**
- 5. Smoke ability: 7**, Burns great, very clean and smooth, dark and light ash in the bowl.
- 6. Smoke expansion: 3** - Very light on the lungs, can hold it in all day long.

FOLLOW UP QUESTIONS

- 1. Dosage: 4 hits/.5g max** - First few bowls are total creepers, takes three to four to get it to start working right off the bat, not as potent as I would have expected by the better appearance.
- 2. Effect onset: 7** -
- 3. Sativa influence: 6** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence: 3** - Indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- 5. Potency: 7** - potency of the sample from 0-10 none-devastating.
- 6. Duration of effect: 2.5 to 3 hours** number of hours the effects lasted.
- 7. Tolerance build up: 7** Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability:** from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
Morning/wake up 3 - , Day/work 6, Evening/relax 3, Night/sleep-
- 9. Overall satisfaction: 7** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
- 10. Ability and conditions- 9** - Was purchased from a dispensary, no guarantee on the genetics.
- 11. Do you personally consider this strain a keeper for long term use? No**
- 12. Effect:** What effect did the strain have check **P+** off if the you got a POSITIVE effect and check **N-** if you had a NEGATIVE effect

	N-	P+
Ability to rest or sit still	[]	[6]
Audio perception	[]	[6]

FINAL COMMENTS:

Good daytime smoke with a light sweet tropical smell to it. This herb was grown fairly well and had most of the characteristics the strain would have, but I could expect it to smell or taste a bit stronger. I liked how the high from it was well balances with sativa and indica, I had originally read that the peak was very sativa and a racy overpowering high, which I didn't see here. It lasted me a good while the times i sampled it this last week, most would last about an hour max on me and this still had the peak feeling an hour after, and the effects dying down as it went on over the next hour or so.

I would call it a keeper if it had a little something more to it, in its current form it doesn't stand out as that spectacular to me, it looks nice and frosty and has a friendly texture and is very inviting. Even if you didn't feel like you needed a bowl and saw it packed there you might catch yourself smokin it just for a lil taster. If i smoked blunts or joints all day this would be the choice filler.

Smell of pineapples and tropical fruit is there, but it is fairly faint. I would like to see it grown in soil under some heavy wattage to see how she comes out. The taste didn't carry much of the smell, I enjoyed the flavor though, very smooth and almost had a cream aftertaste to it.



BLACK ROSE



BLACK ROSE



BOG'S SOUR BUBBLE



Smoke Reports: Black Rose, Bog's Sour Bubble, and Free Leonard

By Ally (aka pflover) and Lisa

The buds arrived rolled up in sandwich baggies which had been vacuum sealed together. We detected essentially no smell coming from the sealed bag. Upon breaking the seal an intense blast of scent raced to greet my nose. The top notes of the combination were pungently sweet fruity notes followed by spring herbs and a hint of tea. This was accompanied by subtle under-tones of earthy fermented tea with a hint of peppermint and eucalyptus. One by one the individual baggies were removed and inspected.

Black rose (Indoor)

OH MY GODS!!! The overwhelming smell of redwood forest hits my nose inducing a rush of childhood memories of summers in Mendocino County on the Northern California coastline. The top notes of this fragrant bud end with thoughts of moss and peat. There is a subtle but distinct under-tone of eucalyptus to this gorgeous sativa-dominant cola. Not only does she smell great but this beauty is really something to behold. The leaves are dark green but almost every calyx is dark dark purple, even most of the trichomes appear purple. Really quite impressive in appearance.

Now for each strain we did two different test of effect, one smoking and one vaporizing with our new volcano. The vapor tests were performed first and I feel I should mention at this time that vapor often all tastes alike to me. Only the rare strain will produce a vapor of any note worthy flavor besides "the flavor of cannabis vapor". All vapor reports are from one bowl vaporized twice.

Vaporized there was a hint of berries or grapes in the flavor with a more overwhelming flavor of meat. The vapor felt/tasted thick or "soupy". The effect hits fast and is cerebral and tingly at first. The second bag feel stronger. There is this happy/giddy/bright but STONED sensation to the Black Rose (not unlike particularly good Mexican schwag which is often available in the San Joaquin Valley). This is a bit of a creeper. During the first bag a sharp sativa buzz sets into the fore brain and face accompanied by a clear headed bright high and decent osteoarthritis pain relief. The effect does not have the best staying power however and rather quickly fades to a kind of sleepy state.

Smoked out of a new spoon-style glass pipe the taste was first strongly of camphor and menthol with a certain greasy feel to the smoke. This was followed by a suggestion of berries and a pleasant earthy after taste. The effect is Electric! Zip! sharp and cerebral with a bodily tingling sensation and strong munchies.

Bog's Sour Bubble (Indoor)

This is a truly gorgeous cola with a general indica appearance in structure. The budlets are hard dense and round structures which absolutely glisten

with resinous trichomes. The buds are mostly a pail green while many of the remaining sugar leaves are a lovely shade of lavender. So far the only obvious drawback to this plant appears to be a tendency to produce rather large and distinctive hermie clusters on many of the lower branches. This one is kind of light on flavor. Its top note is not quite unpleasant mix of an acrid/pissy smell and that of sour tea or hay with pleasant lemon undertones. These dense hard buds are hard to grind.

Vaporized, the taste had staying power into the second bag which is not often the case with other strains. The taste is a mix of pine and sandalwood followed by the strong flavor of vaporized cannabis and a green alfalfa quality. The vapor is harsh and produces much coughing. The effect has decent staying power. There is an immediate rush of effect upon exhaling the first hit. Its mellow and muscle relaxing at first. This progresses to an intense "heavy fore-brain" sensation, what some might call narcotic. There was some headache for me after finishing the second bag but this faded after about 15min as an overwhelming tendency to zone-out settled over me. Lisa finds it nicely buzzy at first deepening into a solid frontal lobe high. There is no noticeable direct effect on her mania but it distinctly disinhibits her which allows any impulse control symptoms of the mania to flair if present. The finish for her is also couch-lock inducing with a tendency to zone-out. It provides good osteoarthritis pain relief for her as well. There is pretty good staying power this bud's effect. Over all this was our favorite of the three samples we had the pleasure of trying, especially when vaporized.

Smoked the taste of the BSB is peppery with the flavor of pine. On the second hit there is a strong immediate effect. It's sleepy. The very dense bud does not burn well and is a bit harsh on the finish. Smoked, the effect did not stand out as much or feel as special and it might not even stand out on my radar as note worthy if it were not for getting to vaporized it. One final note is that it would definitely benefit from a good cure.

Free Leonard (Outdoor)

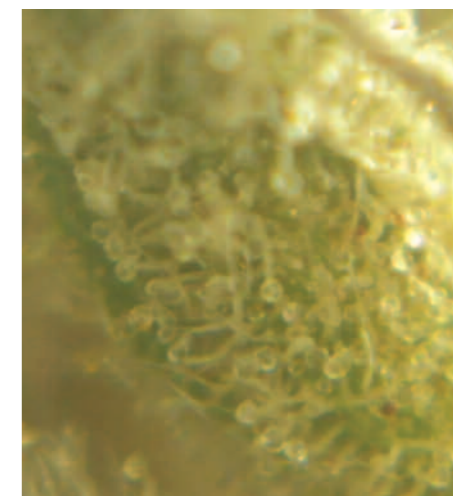
This bud was grown outdoor and smells like it. The top notes are a sweet perfumy vanilla smell mixed with mossy forest. There is a subtle earthy/fruity under-tone and possibly a hint of mint. These are reasonably hard dense nugs but they grind easily.

The vapor tastes of carrots and cannabis vapor and is not particularly note worthy other than its heavy, thick, oily quality. The effect of the vapor is immediate and powerfully sedating. There is a heavy-melting sensation. The first bag seems stronger than the second. Over all the effect is very strong, numbing with good pain relief for me. Lisa finds it especially good for sedating the manic mind. After inhaling, her mind relaxes quickly and becomes very quiet. A potent stupor sets in on both of us. Lisa finds it a particularly effective anti-psychotic medication but only ok at osteoarthritis back pain relief with the relief wearing off quickly.

The Free Leonard does not burn well in my opinion. Smoked the taste is of Brute cologne with a eucalyptus after taste. The smoke is thick, oily and peppery but not excessively harsh. The effect is heavy and kicks in fast. As with vaporizing the smoke produces sedation, muscle relaxation, a melted kind of limp sensation, stupor. This is a numbing, hypnotic, incapacitating stone that is not just narcotic but tranquilizing.



HERMIE FLOWERS ON BSB



BOG'S SOUR BUBBLE



FREE LEONARD

Product review with



Solopipe

by Gord Hume
partially disabled ex CDN Armed Forces Mechanic.
Federally exempt medical marijuana grower-consumer

Hi folks, I'm going to start my reviews this issue with my own "Personal Pick".

I recently met with a "treatingyourself.com" member and they had the coolest little "gadget" with them. I saw it.... and I WANTED one!

Anyone that knows me, knows that I collect "pipes" (glass or other-wise)... if you know that much about me... you probably know that I also collect "lighters". I've got some pretty cool lighters and pipes in my collection and I have a couple of display cases that I need to finish out so that I can "showcase" all of my little jewels.

Enough about the collection... and on with my most recent acquisition! Say hello to the "Solopipe" provided by "solopipe.com". Simply put... it is "THE MOST INGENIOUS SMOKING DEVICE" I have EVER seen!!!

You see this little device is BOTH a pipe AND a lighter and a nice quality one at that!

The "solopipe" is very nicely manufactured and has the definite "look and feel" of quality. This great little piece of engineering features an adjustable control, so you can get the flame "just right" for whatever you happen to be lighting. I set mine at the recommended 1/2 inch flame length and get reliable lights and good "run time" from a butane charge. This little gem is fitted with fully integrated, refillable butane lighter. To make this little marvel even cooler it has a very nicely fitted sliding bowl cover that keeps your "goodies" in the bowl and OUT of your pocket! The cover also works great if you only want a "little hit" off your pipe... slide the cover back, squeeze the body of the pipe (this pivots and ignites the lighter) draw in through the mouth piece and slide the cover shut... thus extinguishing the un-burnt remains of your bowl. VERY COOL!!!

I've had my "solopipe" for only a few days now and I can tell you it has become my "pipe of choice" for my daily smoking needs.

When you order a "solopipe" you will receive a very nice "fitted presentation case". Inside you will find your "solopipe" (shipped without butane, go buy some good "CLEAN" butane... minimum impurities) you will also find a nice little cloth bag to help keep your pipe shiny and scratch free when it's in your pocket. There's more... you also get three extra screens that are pre-formed for your "solopipe" as well as a "solopick" that looks like a miniature corkscrew... this does a great job of cleaning out the stem of your "solopipe". Last but not least there is a little angled stiff brush to help keep the crumbles from hanging about your bowl.

"Solopipe.com" can offer you three colour choices to choose from. "Classic Chrome" was my choice (I will someday have the remaining colours as well) and two new colours are offered, these are "Candy Copper" and "Black Steele". All three look awesome! I chose the "Chrome" for my first piece as it is \$10.00 cheaper than the



other colours. The "Chrome" is on sale for \$59.99 + sht; the "Candy Copper" as well as the "Black Steele" are currently on sale for \$69.99 + sht.

That isn't the last of it folks, no sireee... the folks at "solopipe.com" have a great policy, the sort of policy that set's "The Best" above "the rest"! Here is a direct quote from their FAQ page on their website "If you buy a Solopipe and it breaks-even months after you purchased it... send it back, and get a new one! We want you to be happy & we want you to have a working Solopipe in your possession!"

To do this you need to follow some simple instructions to dismantle your "Solopipe" ... in a nutshell, unscrew the phillips screw at the mouth piece end of the pipe.... slide the cover off (the shell that has "solopipe.com" stamped into it). Make sure it is "clean"... I'm sure you KNOW what I mean... send the "shell" and \$10.00 plus a copy of your sales receipt to the address list-

ed on the website and they will send you a complete BRAND NEW "Solopipe"! Now I ask you... how's that for service? I only know of only ONE other lighter company that offers a "similar" warranty... and THAT company only warrants the guts of the lighter (and their lighters are "liquid" fueled... Eww! Yuck!)... Oh yeah.... and who the heck else has a lighter AND pipe combo???

I gotta tell ya folks... I saw it... touched it... and I HAD TO HAVE IT! I now have one and I LOVE IT! I want all three colours now! This is the ONLY "one handed, lighter/pipe" combo I have ever seen in the world! In my opinion if you are a "smoker" and are disabled or partially disabled YOU WANT ONE! If you like a quality smoking piece YOU WANT ONE! If you just like REALLY COOL things YOU WANT ONE! No doubt one of the coolest things I've ever added to my "collection"!

The great folks at "solopipe.com"

offer an extensive lineup of other products as well on their website... to find the "other stuff" click on the "Buy Now" link, then pick one of the "solopipes" to click on... this will bring you the page with YOUR pipe as well as a bunch of other great merchandise available at great prices!

There is one thing I would like to see added to the "solopipe.com" accessories, a fitted leather belt case with "neo-dib" magnetic closures similar to a cell phone case.

Thank You "solopipe.com" for providing a great product at attainable prices! Two thumbs up!!!



Product review with



Vapor Tower

by **Gord Hume**
partially disabled ex CDN Armed Forces Mechanic.
Federally exempt medical marijuana grower-consumer

Here we go folks; we have another vaporizer up for review. Our friends over at "vaporstore.com" provided this sample for our review.

At first glance this vaporizer may look a little "Plain Jane" and that's just fine, because its performance is outstanding!

The base of the unit is constructed of wood available in finishes ranging from "Natural Blonde", "Red Cabernet" to "Light Walnut" and "Dark Oak" so you should be able to find a finish that matches your decor and tastes. The base has an "On/Off" switch and a heat setting dial, so once you find the appropriate heat setting for your particular "herbs" you can simply "set it and forget it".

Inside the base is a "ceramic" heater element that is both very efficient and quite "safe" as it does not shed toxins when it warms (un-like certain "glass jar" vaporizers that are often found to shed "copper" and "burn" your meds). This ceramic heater has a VERY long life expectancy (lifetime warranty) and

quite a low power requirement.

The next piece of this vaporizer that completes the unit is the "Deluxe Hands Free Kit". Here is where the real ingenuity comes in! The hands free kit is a beautifully crafted two piece glass chamber to hold your meds. Now this isn't your "run of the mill" ordinary "whip" style device, you see the clever "two piece" design of this whip is one of the really cool features of this unit. What makes this such a great med receiver is the fact that the folks at "vaporstore.com" understand how gravity and surface area combined with precise heat control can produce a great vaporizing experience. Gravity affects us all, and it wins every time. So why fight it? Why not rely on it to ensure that your meds are always placed directly and evenly over your heat source? Surface area is equally important and the folks at "vaporstore.com" have figured out the correct surface area of meds to ensure a smooth and even vaporization process.

The hands free kit comes apart by un-screwing the two pieces. Your

meds should be pre-ground to a relatively fine grind, place enough ground meds to cover the screen (don't pile it too deep... a little goes a long way...). Now simply screw the two pieces together and slip the ground glass connector over the heater tip and get ready to vape!

The hands free kit comes with a piece of medical grade tubing that is neither too rigid (awkward to use, could tip over the light weight base) or too soft (collapses on itself during use). The mouthpiece for the whip is also made from well crafted glass and is a pleasure to use.

The unit warms to your set temperature very rapidly so you won't have to wait long. Once warmed you need only to inhale slowly from the mouthpiece to begin medicating, you will notice a definite LACK of "smoke" (that is if you have the temperature set properly). Don't be alarmed at the lack of "smoke" and please don't confuse the "vapor" you might see with "smoke". Smoke is thick and cloying... vapor is just that "vapor" it is cooler than smoke and MUCH more tolerable to your



lungs and throat than smoke is. There is also the benefit that vaporization does not introduce particles to your lungs that are the product of combustive medication... a BIG benefit!

Many newcomers to the world of vaporization often dismiss the concept because they are used to the "burn" and the "smoke" of medicating by combustive means. Vaporization needs to be given an honest try to really understand and appreciate its benefits! (Here's a hot tip.... vaporization is a very effective way of "making your meds go farther").

Keep inhaling until you find the stream of vapor slowing or even stopping, now it's time to give your meds a quick "stir". You will need to remove the hands free kit from the base, be careful to ONLY touch the insulator rings on the kit. Once removed from the base, the hands

free kit begins to cool... but please do be careful. Now un-screw the med holder and use one of the two "Beaded Stir Sticks" to give your meds a little mixing... check to see that ALL of your meds have become a dusty brown colour. If any "un-vaped" material remains simply screw the hands free kit back together and put it back onto the heater base and finish off your medication session.

Save your "vaped" material for later use, there are still some useful ingredients to be found in there. My favorite use for "vaped" material is as a flour substitute in some cooking recipes (my wife "Chef Uni" spoils me). I find already vaped material has a sedative effect that I enjoy before going to bed... who doesn't like a fudge brownie before bed?

The "Vapor Tower" also comes with a set of replacement screens and a

nifty magnetically closed grinder to get that "fine grind" I was referring to.

I think its good advice to anyone that currently medicates solely by combustive means to TRY a good quality vaporizer! The offering from "vaporstore.com" is just that, it's a quality product being offered at very reasonable prices... go visit the website and check for any "specials" that might be happening. You won't be sorry! More good advice for the "vapor newbie" is you must remember to keep hydrated while vaping, while vapor is much more soothing on your throat than "smoke"... you can and WILL get "cotton mouth" if you don't drink lots of water.

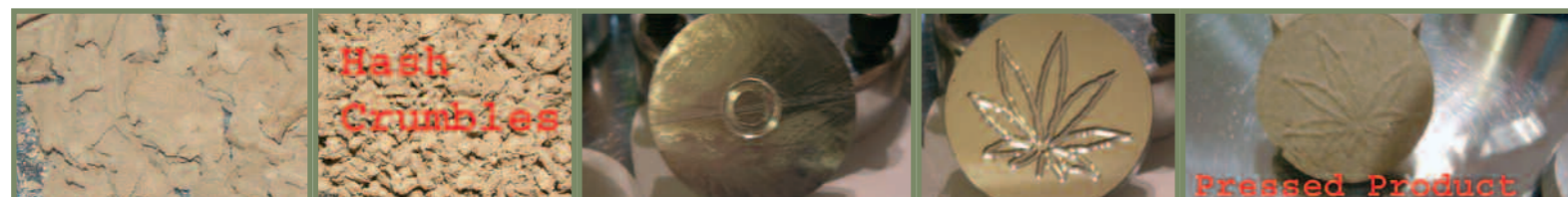
Note to current "Vapor Tower" owners, there has been an error in construction of "some" hands free kits that could lead to a broken hands free kit, the affected owners should contact "vaporstore.com" to learn more.

In conclusion, the "Vapor Tower" is easy to use and provides great value for the money! I already own a vaporizer or two so after my review of this piece I donated it to a medical patient in my area that is a "non-smoker" and is now REALLY enjoying his meds without having to "burn" them.

Thank you "vaporstore.com" I enjoyed doing this review, I like your product and so does my patient friend. Please keep doing what you do!



Product review with



Neato Press

by Gord Hume
partially disabled ex CDN Armed Forces Mechanic.
Federally exempt medical marijuana grower-consumer

Here is the "Neato" press provided to us by our friends over at "WestCoastGrowers.com".

The press is comprised of five main pieces. The "barrel" is solid aluminum "billet", machined to VERY close tolerances. The barrel is a decent size to hold onto while applying pressure by turning the press's well designed handle.

This press is VERY easy to use! Simply un-screw the "jack screw" completely from the units top. Place the supplied "pusher plate" into the press and rest the press "up-side down" on a flat surface. Now place a disc of "parchment" paper (used in baking... even Fantastic gooey hash will not stick to this stuff) on top of the pusher plate. The pusher plate comes with a nice pot leaf engraved in its face and leaves a clean impression on the face of your "chunk".

Now it's time to load your press with your hash crumbs! I personally load as much as is possible into the press, to make life easier I use a piece of wooden dowel to compress the crumbs into the top portion of the

press. Once I have forced as much powdered/crumbled hash into the press it's time to finish the job! All that remains to be done is to place another piece of parchment over the base of the press and fasten the press together using the supplied "Allen Head cap screws" and the provided "Allen Key" ... make sure you get all SIX cap screws nice and snug!

Now to finish the act of pressing all that remains is a "slow and steady" compression of the product by means of turning the "T-handle" until you can no longer compress the material. Personally I like to slightly "warm" my press with a heat gun, then once the press is at its limit (for product compression) I allow the press to remain un-touched until it cools to room temperature.

Once the press has cooled I simply remove the three cap screws from the bottom plate of the press barrel and slowly begin turning the press handle clockwise, thus forcing a PERFECTLY formed "Puck" of delicious hash out of the press!

I found ONE fault with this press.

That is the fact that the "pusher plate" is made of relatively "soft" aluminum and the "jack screw" is made from MUCH harder steel and the jack screw is not "smooth" on its end that contacts the pusher plate. This tends to "gouge" small slivers of aluminum from the back of the pusher plate, if you are not careful you "might" find some of this in your hash. I would like to see a thin disc of stainless steel added to the press kit to alleviate this issue, if left in it's "as sold" state I feel that over time you just might work the jack screw right THROUGH the pusher plate.... thus ruining the really nice push plate... and that would be a shame! Despite this one tiny fault I really like this press and I think the larger surface area of "press" is preferred to a smaller surface area.

Good job folks!
At \$279.95 this is a great deal!



Pitara

by Gord Hume
partially disabled ex CDN Armed Forces Mechanic.
Federally exempt medical marijuana grower-consumer

Here's a new offering on the market. This product comes from our friends at "smokepitara.com". The subject of this review is the "Pitara". The "Pitara" is available in three choices of material "Refined Glass", "Classic Ebony Wood" and last but not least... "Elegant Rosewood". "Pitara" is also offered in three size ranges; from shortest to longest they are as follows... the "Chhota" at 4 cm long works well with "standard" to "medium" sized rolling papers. The next longest "Pitara" is the "Nimitta" at 6 cm long this piece works well with "medium" to "king-size" rolling papers. The longest "Pitara" is the "Bada" this piece is BEST suited to "king-size" rolling papers.

Your choice of "Refined Glass" OR the "wooden" offerings will dictate somewhat the rolling experience you will have. The "wooden" "Pitara" tends to produce somewhat "cone" shaped joints... while the "Refined Glass" tends to roll out to be a more "even" slim, straight joint. Each and every "Pitara" comes with both a tiny cleaning brush as well as a quick "how to roll" guide.

My findings are as follows; I am an admittedly LOUSY joint roller! My first attempt with the "Pitara Bada" did indeed produce a reasonably "respectable" joint; it did smoke well but looked terrible... I'm FAMOUS for rolling "pregnant" looking joints (sorry NO pictures of my humble efforts). ALL of the pictures you see here are rolled by a close friend who is a "legend around these parts" for his rolling expertise!

My "Master Roller" friend commented that "these take a little getting used to..." but he soon had the knack and can roll a "Pitara" I dare say... with the BEST of them! We both found that the benefits claimed by the manufacturer are actual and real. That is to say... we both know folks who "spit the joint", that is no longer an issue! If you get the "Pitara" passed back to you and its "wet"... just discretely wipe it dry. When using the "Pitara" you no longer require a roach clip... say goodbye to burnt fingers!

My personal favorite "Pitara" is the "Refined Glass", I like this one best as I can smoke my joint almost all the way to the end without worrying



about harming the "Pitara" ... whereas a wooden "Pitara" could certainly suffer from too much repeated contact with a burning ember. I also like the "Refined Glass" for the fact that when its "clean" you can certainly tell proof positive that it really IS clean! Another thing I like about the "Pitara" is that once finished... you simply use a finger nail to scrape the remainder of your toko into a pipe bowl so you don't waste a thing! Here's a hot tip: You can slip an "O" ring over a "Pitara" and slip it into a "Bong" so the "last hits" from your toko can be water cooled and filtered.

I took a look through their website at "smokepitara.com" and did see some other nice looking products, I really would have liked to check out their grinder... it does look nice, but haven't had the opportunity.



presenting THE LED UFO BRIGHTEST LED ON THE PLANET!



90 WATTS! NO HEAT!
EQUIVALENT TO A 600w!

(dealer inquiries are welcome)

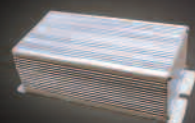
Digital 400w MH or HPS
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Bulbs from **\$19.99**

Glass Tube Reflector
from **\$79.99**



Toll Free: 866.678.8565

www.hidhut.com

Product review with



LED UFO



by **Gord Hume**
partially disabled ex CDN Armed Forces Mechanic.
Federally exempt medical marijuana grower-consumer

Well folks, I've been looking forward to this review for a while now! I talked with Justin from "hidhut.com" some time ago and he was telling me about a product he was developing. I am pleased to see the results of his efforts and am VERY anxious to see how it fares through the various phases of plant growth.

The product that I am referring to is "The LED UFO"! Now I haven't had a LOT of opportunity to explore this awesome unit, so this will be an "on-going review" in order to give this light source the most honest and comprehensive review possible. At first glance some folks might find the \$599.99 cost to be "prohibitive". It only takes a couple of minutes with a calculator to realize the SAVINGS this unit will provide you with for quite literally YEARS! I'm going to quote the benefits of this light system directly from the "hidhut.com" as they have described this unit perfectly in my humble opinion.

Benefits include:

- Greatly reduced power consumption
- Less Heat Generated
- Ideal for all phases of plant growth
- No setup required
- Less Pollution
- Extremely long life - 80,000+ hours"

The first stage of my review process will be exploring the effectiveness of "The LED UFO" in the cloning/rooting stage of growth. Our garden requires 48 clones each planting, so for the purposes of this test I will show the "LED UFO" inside a "Clone Box" (the "Clone Box" and the "LED UFO" will BOTH be "on-going side by side reviews). I will arrange the "Clone Box" with only two grow shelves installed. The top shelf will hold 24 clones under standard "cool white" fluorescent lamps (my current standard for cloning purposes), a layer of "Visqueen" plastic will be placed on top of the upper shelf (beneath the clones) to prevent fluorescent lighting from reaching the lower shelf. The bottom shelf will hold the remaining 24 clones... these clones will be lit by the "LED UFO" and growth will be recorded on both levels accordingly.

Once the cloning capabilities of the "LED UFO" are explored I will be doing comparative testing in the "vegetative" state of our plants. For this test I will show the "LED UFO" over its own set of vegetative plants, while all other plants in veg. will have my standard illumination of 400 watt metal halide lighting. Following the vegetative testing will be an exploration of this unit's ability to "Flower" our plants... this will be a little tricky (considering the way our garden is laid out), but somehow

I'll make the final testing as fair and impartial as possible.

I would like folks to show "due diligence" when they buy a "UFO". The support wires that the unit hangs from are VERY ingenious! However... in my opinion I think the wires should probably have "terminations" crimped onto the upper end, this would prevent the remote possibility of the wires sneaking right out of the VERY cool "adjustable" supports (push up on the tube the wire goes through and it slides free and easy) and it also prevents the aircraft quality cable from "un-raveling". The second thing you really SHOULD do is check the "other" end of the support wires. These have a screw on "cap" that hold the wires quite cleanly on the top of the unit, inside that cap is a brass sleeve with a set screw that crimps and holds the wire (one of my set screws was a little loose... possibly the result of "jiggling" during transport).

Look forward to seeing more of this AWESOME little unit; it's my intention to explore this brand new "cutting edge" technology to its fullest! Here's a hot tip...

Justin is "up to it again", that means keep your eye on "hidhut.com" ...

I'm quite sure you will see even MORE "Revolutionary" products in the near future!

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A NOTE REGARDING AUTHENTICITY

The Pollinator, Bubbleator & Ice-O-Lator products have been developed by Mila of the Pollinator Company since 1995. Green Harvest is an authorized distributor of Pollinator products. By purchasing original Pollinator products you are helping support the people that develop these products and ensure that your money goes to continued research and development of new methods and technologies. *Support the originators.*



HOME box

Polyethylene vs. PVC

Product review

Lately, we have had an increasing number of customers and retailers approaching us with questions and concerns about some problems they have heard of with grow boxes. Some were simple problems like the cover material becoming brittle with use or a strange smell to the boxes when they are new (due to outgasing); other problems ranged from weird, complex to some that were a bit frightening like plants yellowing and dying within the grow boxes. Everybody wanted to know if these things could happen with an Original Homebox as well. The answer is "No."

How can we be so sure? Let me explain.

Our Homeboxes were on the market for over 3 years before the first imitations appeared. In that time we have not received one single complaint. And, we can assure everyone, that all these problems will definitely not occur with any of our products which are of the highest quality.

Only the Original Homebox is constructed without PVC.

We use only PE!

When starting the inventing process of the portable grow box we named Homebox, finding the perfect material needed for the cover was a huge issue for us.

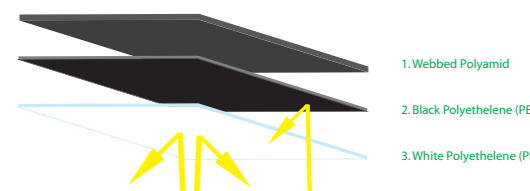
The demands were set fast:

- **Durable and tough but not too heavy,**
- **Lightproof**
- **Reflecting inside**



It consists of **3 layers**:

- on the outside we use webbed Polyamid (PA), for strength and durability and to make sowing possible
- as a middle layer, we use black Polyethylene (PE) to guarantee that it is lightproof
- the inner layer is white PE to ensure maximum reflection and perfect ability to clean



Why did we choose to use PA and PE instead of PVC or PU? And why is that so important in reference to the occurring problems?

To explain that, let us peek a bit into material science. What are the different characteristics of PVC, PU, PA and PE?

PVC:

Polyvinyl chloride is a thermoplastic polymer. Polyvinyl chloride (PVC) is unique in its high chlorine and additives (softeners) content, which makes it an environmental poison throughout its life cycle. Vinyl chloride is a known human carcinogen (BUA 1986, 1987, 1993; Gray et al. 2000, Foster 2000, Ema et al. 2001, Kavlock et al. 2002a, 2002b, 2002c). PVC releases dioxin and other persistent organic pollutants during its manufacture and disposal and cannot be readily recycled due to its chlorine and additive content.

Workers in PVC production were getting sick (lung and joint problems). This was soon known as the so called VC-disease.

Soon it was clear, that it had to be several materials, combined to one. Looking only at these perimeters, Polyvinyl chloride (PVC) seemed to be the best solution, followed by Polyurethane (PU), which has very similar properties. It is easy to laminate, tough and relatively cheap. But we also had clear demands concerning the protection of:

- **The users and consumers health**
- **The environment**

Now, looking at these factors, both PVC and PU were instantly not a choice any more.

We researched a lot, and after long time and many investments into trials and tests, we found the perfect combination for our Material.



Furthermore, additives are not bound to the plastic and leach out. To make PVC soft, a lot of softeners have to be added. One of the most commonly used softeners is diethylhexyl phthalate (DEHP). Flexible PVC products typically contain 30 to 40 percent DEHP by weight, but that figure can reach 80 percent in applications where flexibility is critical. DEHP is known to be hormone disrupting, and otherwise health damaging (Ema et al. 1993, 1994, 1998; Shiota et al. 1980; Shiota und Nishimura 1982; Kavlock et al. 2002). This is especially true for children and genital organs. It was abandoned by the USA and EU last years, but only for children toys, and only in these Countries. No one knows what softeners are used in the PVC that is produced and used in products imported from China, for example.

PU

Polyurethane (PU) is mainly used in insulation and soft/foamed products like carpet underlay. It uses several hazardous intermediates and creates numerous hazardous by-products. These include phosgene, isocyanates, toluene, diamines, and the ozone-depleting gases methylene chloride and CFCs, as well as halogenated flame retardants and pigments. The burning of PU releases numerous hazardous chemicals such as isocyanates, carbon dioxide, hydrogen cyanide, PAHs and dioxins.

PE

Polyolefins such as Polyethylene (PE) are simpler polymer structures that do not need plasticizers, although they do use additives such as UV and heat stabilizers. The polyolefins pose fewer risks and have the highest potential for mechanical recycling. Both PE and PP are versatile, and can be designed to replace almost all PVC applications. PE can be made either hard, or very flexible, without the use of plasticizers.

In comparison with PVC, PE uses fewer problematic additives, has reduced leaching potential in landfills, reduced potential for dioxin formation during burning (PE burns completely into CO₂ and H₂O) and reduced technical problems and costs during recycling.

PA

Polyamids can occur both naturally, examples being proteins, such as wool and silk, and can be made artificially, one example is Nylon. They have many characteristics that make them perfect for fabric production: lightweight, elastic, stainable, mothproof, tearproof, do not decay and are resistant against leach as well as creases.

After this short excursion into material science, it should

be clear why the PVC used in the mock copies most likely is the reason for the occurring problems.

We from EASTSIDE-impex invested a lot of time and money to find the right partner in China, who is able to process PE and PA into the material we use. It was not easy, but we knew we could not go for the alternative (PVC).

Our philosophy is that the best way to earn money is through happy, healthy and safe customers, not through maximised profit.

R&D department EASTSIDE-impex
www.homebox.net

We've got you covered

Links and references:

<http://www.mindfully.org/Plastic/DEHPInfantsAtRisk.htm>
<http://www.teesvalleyjsu.gov.uk/old/dicidauk/keyissues/PVCEU/PVCEUindex2.htm>
http://www.wecf.eu/english/articles/2004/09/pvc_ban_extended.php
http://www.pharosproject.net/wiki/index.php?title=Asthma_%26_PVC_flooring
<http://archive.greenpeace.org/toxics/pvcdatabase/bad.html>
<http://en.wikipedia.org/wiki/PVC>
<http://en.wikipedia.org/wiki/Polyamide>

NOTE: we found many more good links in German, but not so many in English.
This was a bit odd for us, but that's how it is. Just for your reference, we give them as well:

PVC: <http://de.wikipedia.org/wiki/Polyvinylchlorid>

PE: <http://de.wikipedia.org/wiki/Polyethylen>
<http://www.chemie.fu-berlin.de/chemie/kunststoffe/polyethylen.htm>

PA: <http://de.wikipedia.org/wiki/Polyamid>
<http://www.chemie.fu-berlin.de/chemie/kunststoffe/amid.htm>
Info on softeners: <http://www.umweltbundesamt.de/gesundheitsstoffe/weichmacher.htm>

Info on DEHP: http://www.allum.de/index.php?mod=noxe&n_id=19

DFG research on PVC-Softeners: <http://www.innovations-report.de/html/berichte/studien/bericht-27002.html>

Further info on Phthalates: http://www.arbeitsmedizin.uni-erlangen.de/Koch_Phthalate.htm



HOME box

Product review by Ally (aka pflover)

The Water Zero® Filtration System

Sometime in early January 2007 I saw a commercial for the COMBO ZeroWater® Z-Bottle™ Filtration System (Starter Kit) & Z-Decanter™ (Glass Carafe Dispenser) from www.ZeroWater.com. What actually caught my eye was that the offer also included a free TDS pen. Since I had recently become concerned about both the quality of the water I was giving my plants and how much ppm I was giving them I decided to give it a try.



I had previously tried the Pur on tap water filter but it simply could not keep up with the demand of my plants. Since then I had noticed that my plants seemed to suffer from straight tap water. So I felt it was high time to get them proper water again by the time the filter arrived on January 24th.

I washed everything thoroughly before assembling it. The entire setup is almost twice the size I envisioned it and the glass base is heavy. The water in Portland is really rather good for city water and has an average ppm of about only 1200-1600 which is quite low. I've been told that 40 000 - 60 000 ppm is not uncommon for city water and that it can be as high as 200 000 - 250 000 ppm. Even so, I was quite impressed when the first time using it did in fact yield water with less than 100

ppm as advertised. The instructions indicated that one should periodically test the water and when it reached 600 ppm to change the filters. So I began to put a daily average of 1.75 gal of water through it and water my plants with this water exclusively.

At first, the dual 6" filters would filter a gallon of water in about 10 min. After about a week it took about 20 min and in a 2 months about 30 min to filter completely. I was surprised to find however that at 2 months it still was only allowing 100 ppm through to the basin. By 6 months it had begun to take 40-45min to drain but was only testing at 300-400 ppm on average. I was determined to use it according to the directions the first time so suffered through the long wait while it filtered. By 9 months it tested on average at 400-500 ppm and the taste of the water was noticeably less crisp, fresh, and heavenly as it had been at first. Finally, 11 months later on December 20, 2007 I got my second consecutive 600 ppm reading. By this time it took an hour or more for the water to drain completely and I was more than happy to be changing the filters!

Replacement filters are reasonably priced, especially in packs of 8 and changing the filters is quick and easy. However, in the future I plan to change the filter approximately every 6 months and not wait until it reliably reads 600 ppm. I just don't like to wait for an hour for the water to filter and after about 6 months the taste is noticeably less pleasant so I am sure the plants can tell the difference.

Even so, over those 11 months my

plants did appear healthier, greener, and took longer to start yellowing in later flowering. This is no reverse osmosis system but for most small scale growers this may be a very reasonable option for seriously improving the quality of the water you give your plants. Over all I am quite happy with the purchase.



I originally thought this was a simple carbon filtration system. However I have recently learned that the 6" filters are a 5 layer system with layers targeting both organics and metals, minerals and radiological contaminants. The final layer appears to be a 1.5" deep 1 micron filter.

One special note to hydro growers, I have been told by at least one other user of this filtration system that ph after filtration seemed a bit high and that to help stabilize his reservoir he would add a certain percent of unfiltered water each time. I personally found no discernible ph issues using the water unadjusted other than what the nutrient solution provided naturally in soil growing.

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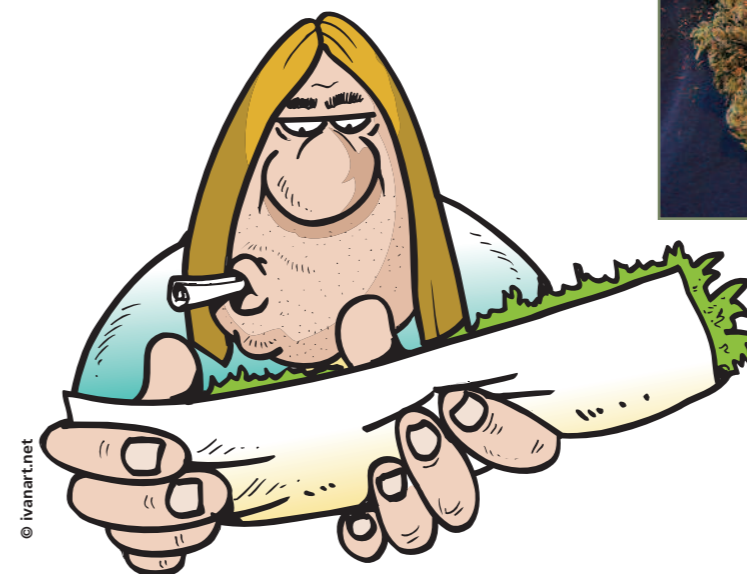
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WWW.THENEXTLEVELINC.CA

Product review by Rooty

Quintessential

Smoking Tips



Today I'm reviewing a product I really like to use, Quintessential Smoking Tips. I use them a lot everyday since I really enjoy smoking joints. The slow leisurely manner in which they burn is calming and soothing, but occasionally interrupted when you inhale some of your cannabis by mistake. This is why you need to use smoking tips.

Smoking tips, or 'filters' as they're commonly referred to don't filter out any of the goodness in your smoke, they just keep the smoking material from entering your mouth. I've tried many kinds but find these tips to be the best in the business, not only for the clean material they use, but also they're the best value with the most tips per pack. You have some choice in what type of material these fine

quality, environmentally conscious products are made of;

- **Recycled chlorine free**
 - **Organic hemp coated,**
 - **Pure hemp (tree free),**
 - **Holy Rollers**
- (recycled chlorine free with holy maxim's to aid one through life's maze. Printed with vegetable ink).

Some people use business cards, rolling paper packaging or other printed material to use as filter tips, not only do you ruin these items (possibly losing contact info on the business card, or upsetting a friend who's rolling paper package you have torn up) they all contain inks and other chemicals that once heated will release possibly toxic gases into your lungs.

All Quintessential Smoking Tips are chlorine free. I've personally tried the hemp coated, pure hemp, and recycled tips. Recycled being my preference (now I can say that I recycle).

Visit their website to see all of their products, they also have maxi-packs and little books available, and they offer a nice sample pack that contains the complete range of all of their fine products.

To order contact kellyk@valley-ofgreen.com or call (403) 285-1697, (403) 540-9128

It's time to roll another one!

Rooty

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by Marco Renda

Beautiful sunny Spain, I've heard lots of stories but didn't really know what to expect. We set out on the drive from Amsterdam to Barcelona, packed seed catalogs and assorted paraphernalia. Unfortunately the drive would have to be done with no grass, I had my family with me and didn't want legal problems at the borders. I smoked my last Romulan Bomber on the roadside pull-off on my way out of Holland. No worries, in 2 days I'll be in Spain sampling some fine outdoor sativa's.

Once in Spain I had a week to arrange for the big show. Just enough time to take the train to Valencia to check out the growing since there. The Valencia region and Spain as a whole has a huge cannabis culture that is thriving and gaining notoriety world wide. Over 400 grow shops are doing business in Spain and the quality of the bud is going up every year. The first grass I was introduced to as I arrived was the Highlife2007 outdoor cup winner "Margot" by Kako of Greendevil Genetics. The buds were nicely cured, about 4 months old. The high was very energetic and had a more complex brain buzz than I had previously experienced with most outdoor sativa strains. Growing sativas outdoors in this climate allows the buds to ripen

to there full maturity creating a more intense high than we can achieve in Canada under natural light.

I couldn't help but get excited at the prospects of going some of our great Canadian strain out under the Big Spanish sun. Then I was told that many Canadian genetics have already made there way here many years ago. The KGB from Vancouver Island Seed Company was used as the starting block for one of Spains largest and most popular seed companies. About 10 years ago they acquired the seeds in Vancouver and brought them back to Spain and changed the names. Yet another company that got its breeding genetics from VISC stock. How many more could there? that's about 6 companies I know of now that copied their genetics and changed the name. If I were them I'd be a little pissed and little flattered. It says a lot about the genetics when so many people copy them.

Back in Barcelona and time to set up for the show. Spannabis is world renowned as one of the biggest and best cannabis industry trade shows. The venue was larger than I could have imagined, many companies had crews of people setting up booths for days. Tens of thousand of dollars

were spent by some on elaborate displays that had to be trucked in on large flat-bed trucks. And along comes Marco and I with nothing but a suitcase and a stack of magazines, more than enough supplies for a couple inventive Canadians.

There was quite a large contingent of Canadians at this event from companies promoting their products, to growers on vacation. One of them even turned up with an ounce of Jeff-tek's amazing Afghani-Bullrider. By far the best smoke I tasted at the show, very nice job. A Volcano was graciously donated to Marco by the good folks at Storz & Bickel so he could medicate indoors at the show. There was officially no smoking in the building, but everywhere you turned someone was lighting up. A great party atmosphere persisted all weekend with a constant group of the world top breeders, writers, growers, and celebrities hanging out and smoking up at the Treating Yourself/ Green Life Seeds booth.

The show was a success with many people interested in the Canadian seed companies and very impressed with the quality and direction of the



CannaTrade.ch[®] 2008 International Hemp Fair

By Ben Arn

Over the last few years, what started as a simple Swiss hemp gathering has become an event known worldwide and a popular reference for the entire hemp market.

The 8th edition of the international hemp fair CannaTrade.ch was held in the 4'000m2 exhibition hall of the BEA expo fair grounds in Bern, Switzerland. It welcomed more than 130 exhibitors coming from 15 different countries and more than 12,000 visitors from all over the world.

Even though the complicated situation the fair management had to deal with - much to our surprise - created by the Police, this year's CannaTrade.ch was in any case a complete success. The exhibition hall was fully booked.

Representing and supporting the various possibilities of utilizing hemp has always been a matter of particular interest to the fair management of CannaTrade.ch. Many corporations and associations accepted the invitation to present their products relating "hemp as a renewable source", "Cannabis as medicine", as well as "hemp and politics".

This hemp fair always provides an attractive program. Among other things, some popular orators gave hemp related speeches this year.

The "CannaAward", introduced this year, was also a great success. The visitors could win useful prizes when voting for "the best product" and "the

most beautiful stand" of the fair.

This year's CannaAward winners for the most beautiful stand went to "Fourtwenty" from Bern, Switzerland, stand no. 308. The best product, presented at CannaTrade.ch 2008, was the "Vapbong" of "Distribución de Soluciones Werner" from Granada, Spain.

Along with the great success of this event, unfortunately some bad things happened also.

On Tuesday prior to the Fair, 25th of March 2008, the fair management got a phone call from the Police informing that at this year's CannaTrade.ch they will crack down on seed-selling. In the past seed-selling had always been a controversial subject, but in the end accepted!

On Wednesday, 26th of March 2008, the fair management received an email from the Police telling us that only the seeds listed in the species catalogue (according to the Swiss Act on Agriculture) are allowed to be sold and therefore any other species and its promotion was prohibited. The fair management promptly informed the exhibitors who dealt with seeds of this bad news. Most of them came all the same to Bern, enduring the uncertainty whether their promotion material would be banned.

On Friday, 28th of March 2008 at 9.00h am, the Police started with the inspection of the stands. On the tour they found no stand presenting "ille-

gal" seeds, but they banned some advertisement because of pricing.

At 9.30h am, the Police told the fair management that, two days ago, the authorities of the capital city Bern decided in favour of tolerating, from now on, the consumption of Cannabis and the growing for own needs up to max. 10 hemp plants! But growing equipments producing higher quantities are not tolerated at all and that is why the Police banned industrial constructions on three stands".

What happened at CannaTrade.ch 2008 in Bern on the part of the authorities is without rhyme or reason. The primary objective is obviously to provoke the decline of the hemp fair in Switzerland. The Act on Seeds (Art. 1 Seeds Ordinance) in question is, relating the information of the fair management, inapplicable to CannaTrade.ch, or, if at all, only limited.

According to this, the ban on the promotion as well as on the pricing in brochures is lacking any kind of legal basis.

The fair management and its lawyer already arranged profitable discussions with the responsible authorities in Bern to clarify the legal proceedings and possibly to file a suite.

It is still up in the air, if next year we will be having another hemp fair in Switzerland! In any case the fair management is still looking for the next date and place for 2009.

For news please visit the website: www.cannatrade.ch



TY Educating the Uniformed @
The Toronto

Home and Garden Show

By Al Graham

What's with Toronto and their home shows. It seems that every time I attend one of these shows something happens on the roadways. Usually its traffic or the weather is getting to everyone. This home show was no different. This time though the travel to the show was very good. After that though, it fell apart. This time around my wife, Gayle and I stayed at a relatives place so we would be fresh for day two. Our accommodations were a mere 30 min ride but a lot of snow had fallen throughout the day and it took us 2 hours to make that trip. The ride home, the next day, took us 5 hours because the skies above had decided to dump 30+ centimeters of snow in less than 36 hours upon the city.

Inside though, the weather was excellent, warm, bright and inviting. The home and garden show is massive. I've been there 4 times now helping Treating Yourself with the booth and I've never seen much of the whole show. On this forth visit I got to take a tour of the place and I found out that the building was bigger than I thought. There were atleast 2 more area's that I had never discovered before.

During the last visit to the home show, many of the people that had planned on helping out were too ill to attend the show. With everyone

being sick, including Marco the Weedmaster himself, it looked like the last home show may have been just that, the last one. I even titled my last home show article The Final Chapter as I had some concerns. This time help was plentiful so I'm very happy that I was wrong. It turns out that Marco had gotten the Toronto Compassion Center to get involved and they provided 3 people to help man the booth. The assistance of Chad, Willow and Dan was fantastic to have in the booth with us.

Getting Started

The show started on the Thursday which saw Lynda and Di making the trip to help out Marco at the booth. Just like the last show, I was once again held up because of a medical appointment. I had to go and get a Remicade Infusion (made with mouse genes which get pumped into my body) and couldn't attend until the next day. When I arrived I looked around and said "WOW this booth is huge, look at those huge chairs" but then Marco filled me on some problems that they had had the day before. I was aware of some of the problems before arriving as Lynda and Di had called me to report how the day had gone.

Once again the home show patrons got to see live marijuana plants in

public and as in all the other home shows we have done, people were quite surprised. Everyone the group talked to were very happy to see Treating Yourself and the Toronto Compassion Center out promoting medical marijuana. They told me that the medical marijuana issue was being well received by the public but apparently some venders around Thursday's booth had an issue with the smell of ripe and ready to harvest buds. Since the booth had live plants on display it was decided to move the booth just inside the garden center, only a few meters away.

Harm Reduction Display

The table set up was great. It featured the Volcano Vaporizer, which works great in explaining vaporation. There was also literature to be handed out or scooped up by those who walked by. The tables also had some trimmed and bagged medicine on it. These different bags of medicine were laid out so we could use them for show and tell. This would help us educate the public on some of the different strains available in the medical community. Some people talked to us about the "smoking" part of consuming our medication. Their concern was about the harm in smoking raw plant matter and the myths associated to the same harm in smoking cigarettes. We combated that with our display and

education. Marijuana grown by a medical exemptee doesn't contain harmful ingredients that some of the manufactures add to their cigarette products. Marijuana is grown organically and doesn't contain things like benzene (a petrol additive), ammonia, which can be the same thing used in toilet cleaner. We also don't add acetone or arsenic to our medication but most of all we don't add the addictive ingredient nicotine.

As I mentioned we had the vaporizer present and in another corner we had a small fondue set up. In the bowl was some well melted cannachocolate. This allowed us to show everyone another form of consuming medical marijuana, edibles. Having the vaporizer around, the edibles as well as talking about butter making, gel tab capsules and hash making were all explained to show people a form of what they are, a form of harm reduction. These harm reduction methods allowed us to educate the public to the fact that there is another way to consume our medication. Ways that they would never know about, if we hadn't told them. Even the veteran smokers, who approached us, were not aware of some of these methods of consumption.

This time around we had 4 plants on display, 2 large blooming plants and 2 small plants that were in still in

their growing stage. The two small plants were a sativa and an indica strain which were used to explain to the people that there is more than one type of marijuana. Yes, many people still believe that marijuana is of one plant type and not with different characteristics or different strains. The 2 large plants, one of them being a Critical Mass worked as a good example of how marijuana can grow in size and how the aroma attracts things, whether it's an animal in the wild or a human in a large building. This plant was the one producing that incredible pleasant smell that had us moved.

The Education

Our group MMAD (Medical Marijuana Advice and Direction) and the Compassion Center members handed out medical information links as well as information on how cannabinoids affect humans. The public doesn't know that the human body is full of cannabinoid receptors or the fact that marijuana contains approximately 60 different cannabinoids that can help us medically. This paperwork was inserted in every Treating Yourself magazine we handed away free. Did the people take them? You bet they did as the booth participants handed out a total of 20 cases of magazines over the 4 days that the show was held. We also handed out information on the side effects of marijuana and other information supplied by the

compassion center. We had so much info we may have to look giving information bags with little TY logo's on them.

During Fridays show things were very busy and we were glad that we had a total of 9 people in the booth. This included Marco, Chad, Willow, Dee, Rich, Lynda, Di, Gayle and myself and there were many times that all 9 of us were busy talking with people. Our group has now been involved in 4 shows and the people that come to us really haven't changed. These people who come to talk with us are in their mid forties with many of them being many years older than that. I'm sure if we did a survey many would also be well into their seventies. This time around we had an 83 year old lady from Romania visit us. This lady was in great health and I believe she credited it partially to the fact that marijuana grew wild around her house back in her homeland.

Everyone around the booth worked together. If someone didn't have an answer for a question, a call went out to someone who may know. What I do know is no one left without an answer to their questions. A perfect example for me was when I was asked about the benefits of marijuana when it comes to menstrual cramps and menopause. As a male I will never have the experience to answer that question. All though I

spend a lot of time with the ladies in this group, which they talk quite openly in front of me, this is something that they have never discussed in my presence. So I quickly called out for one of the ladies in the group to help me out. People always talk about illnesses or disease but no one has ever talked to me about these subjects so I had no answer for this lady. I'm sure glad I was able to direct her to someone who could give her the answers she was looking for.

Saturday things got a bit slow. Not because of a lack of interest but because of the huge snow storm that hit the area. People were told to stay off the roads and not drive because the roads were bad. Many people took this advice and stayed home. Our booth while not as busy as Friday was still going good. People just want to know about medical marijuana and it's too bad the government is misleading people with their propaganda instead of the truth. One member of our group, Grama D, approached a lady to see if she was interested in a free copy of TY. This lady then indicated to Dee that she was in fact a police officer and that she didn't need the magazine because the police force supplies them with medical marijuana information. This was a surprise to us and we both believed it to be a fairy tale.

The Toronto Compassion Center

The joining of the Toronto Compassion Center to the booth worked great. When a person talked to us about their problems of bad health and their desire to medicate with safe marijuana, we could have them talk to one of the Compassion Center members present in the booth. Although not being legal, as per the law, being a Compassion Center member does show the police, the judge or maybe the jury that you have a doctor approved and medically recognized use for the marijuana. The Compassion Center has done their work on approving new members. All new members are

required to fill out the required paper work which allows the center to call your doctor for confirmation of your illness. This also ensures the center that you do have an illness because they only help sick people and do not want to provide medicine to non medical people. They ask no other questions.

These TCC members were also very helpful with our MMAD group. In the last issue of TY, MMAD member Lynda Duncan had her patient story published. Within her story she talks about how much she wants to get involved in helping within a harm reduction group. She won her war against harmful addictive drugs with medical marijuana and wants to help others. Lynda found out Willow is involved with harm reduction and now it looks like Lynda, our group and Willow are getting together to start a harm reduction seminar at a large Toronto hospital. The group would be promoting the benefits of marijuana and safe ways of consuming this medicine. I'm also sure that Lynda will provide lots of help directly to those who need to get into such a settling. As this develops I'm hoping that our group will be able to keep everyone informed.

Unlike D.A.R.E.

As I mentioned earlier there was some problems with the smelly plants. Some of the vendors did make some noise with the show management. We were told that some of the vendors thought that we shouldn't have live plants at the show. They believed it to be morally wrong and that the children passing through the show would see them. To these people I ask, isn't it morally wrong to lie to anyone, especially children? The D.A.R.E. program misinforms our children about marijuana, while we are teaching the public the truth about it. As a parent I helped to teach my children to tell the truth and it bothers me that other adults can freely go into a public classroom and give children misleading information to the children. By trying to have us removed, they

are in fact censoring the truth. I believe they owe it to themselves and their children to learn the truth and not believe everything that certain people tell them. My daughter, Courtney, a D.A.R.E. grad, firmly believed what she was taught about marijuana by these people. Today, as a non using college student, she believes that medical marijuana should be taught in our high school and the untruths should be removed from this inaccurate program.

The group is looking forward to the next home show as we have another thing or two planned for it. One of these things will be a survey on how the public feels about the medical use of marijuana, how it should be taught to our children and to the public in general. I'll be putting an article together based on this survey so watch down the road for its results. This next show may or may not be in Toronto. It appears we're ready to search out and find even more shows to attend so we can continue to educate the uneducated.

Thank you to everyone who stopped by our booth. Please remember what you learned and tell many. A thank you also goes to the Toronto Home and Garden Show for allowing us this great opportunity to educate the uneducated. A thank you hug goes out to all that helped out this weekend. The biggest THANK YOU goes to Marco and Treating Yourself. We couldn't do it without you.

If you have a medical information request or need some help filling out a medical marijuana application please don't hesitate to write mmad-participants@treatingyourself.com or to look up the medical community at www.treatingyourself.com.

Until next time, we're....

Team TY & Medical Marijuana Advice and Direction



NOTES FROM THE FEST FIELD

by CAPTAIN JOINT

Harry Browns farm sits on a mountain with the elevation of 420. Starks Maine has been the site of the Maine Vocals show for 17 years now. From the first Freedom Fest in June, to the Harvest Fest in October, the medical marijuana plants are displayed on stage as they grow for all to see and photograph. No where else have I seen such a marijuana free zone! This year at Harvest, Maine Vocals leader Don Christen was in jail for growing too much pot. The inmates were running the asylum and the bud contest was out of control! ... When the cats away, they say...

One grower I know had eight pounds delivered to the stage at the

height of the contest. Cameras were going off like strobes. I lined the pounds up at the front of the stage like you would sandbag a river.

The biggest laugh at this contest was the tie breaker. Two strains of pot, Lavender Lights and Donkey Dick were neck and neck and we needed a tiebreaker. With two giant joints rolled we were trying to figure how our over taxed judges could decide between the two strains when Ray came to the stage.

Ray was a tow truck driver called in to tow someones broke down car. He came to the stage for direction. He was in his late 50's I am guessing,

with a white crew cut and a good old boy look to him.

So I asked Ray if he could help us judge a contest. He wanted to know what kind of contest, so I showed him the two big dubes and asked if he could help us smoke them and pick a winner.

With a big smile, our tow truck driver came up to end the stalemate that had so blindsided our judges. He was more than happy to toke those babies up, and decided that the Donkey Dick was to Be the winner of the 2007 Harvestfest.



He's Back! Humbolt Speech with Jack Herer



The day I was dreading had arrived – my first public appearance without Linda at my side. My dear friend Chris was driving for me, as I had just endured a double hernia operation the week previously. Ariana, the princess of herb, rode along with us as we went to Humboldt State University in Arcata.

Along the way we stopped by to see our dear friend Tim at Area 101. They are gearing up for a huge summer of events for all the folks who love going to Area 101 for a great time. The season is kicking off with an April 20th 420 Celebration that will feature many speakers and musicians, including myself.

After a short but great visit we hit the road, and arrived in Arcata about 1:45 pm to check in with the organizers from NORML who are sponsoring this event. Last year's talk was such a huge success that they have put us into the main theater (Van Duzer Hall), which is quite beautiful and acoustically perfect, so everyone in the crowd of over 300 could hear every word, clearly. The campus itself is beautiful, snuggled on the Pacific

coast in a wonderful tree-filled setting enjoyed by all who visit or study here.

My bud Jack Herer was up here with us that day, and as always was loved by all who met him. Following his stroke and recent heart bypass operation Jack has struggled to speak publicly. But today he was on fire, telling us about his stroke and the use of mushrooms to regain the use of speech. Jack also spoke of his will to live until Hemp/Cannabis is legal for all.

At that the students and attendees were on their feet yelling and screaming, and just went wild in a standing ovation as Jack left the stage. His last words were encouragement to sign the petition for complete legalization of cannabis in California, what a hero.

You can view Jack's speech on www.youtube.com. Just search for Jack Herer Speaks, and watch the story unfold.

I was next.

I spoke about many things, the law, teachers, the value of a good educa-

tion, government, history, slavery, racism, and legal problems, (both mine and in general).

Finally, near the end, I spoke to them about Linda, and how badly I miss her. Linda, and how she did, and does inspire all that I do.

With us for the entire day were the wonderful Bushy Old Grower and his lovely wife, they graciously hosted us and made sure we were fed and watered before our travel home. From there it was 4 and a half hours down the 101 in pouring rain in the pitch-black darkness of night –we arrived home around one am after a really great day.

Thanks so much to all of you who made it so enjoyable for me to hit the road again.
Respect All,
Hurt Nobody,
Love One Another,
Eddy Lepp

Eddy's speech at Humboldt State is being edited for youtube.com and will be there soon. Search for the keywords "Eddy Lepp Humboldt" to find the video.

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By Marco Renda
Publisher & Editor in Chief Treating Yourself

The High Times Cannabis Cup in Amsterdam is held every November; this means the Cup always happens on my birthday, which is an awesome way to celebrate. In 2007 I upped the party by bringing a member of the TY community with me, HASHIMOTO. Hashimoto was in Amsterdam to take photos of the event while I was extremely busy handing out free copies of TY # 9. Hashimoto and I spent a couple of days before and after the event touring around Amsterdam taking in the sites as well as taking care of business. I originally planned on writing an article about the 20th anniversary of the famous Cannabis cup but my good friend Eddy Lepp decided to cover the event so we used Hashimoto's photos that he took in while we were in Amsterdam to go with Eddie's story in TY # 11. I guess you could say I brought my own "HASH" with me to Amsterdam, thanks Hashimoto.

My next excursion was a trip to Barcelona, Spain to attend SPANNABIS, a consumer / trade show held on February 22, 2008. I have a good friend and neighbor in Toronto named Dan, Dan is also licensed medical marijuana patient. At 7AM on Feb. 20, 2008 my day started with Dan banging frantically on my door. Well, it turned out that Dan had been calling my fax line for a half-hour trying to give me a ride to the airport. I have 2 dedicated phone lines in my apartment and sometimes I use my fax line to call friends while working on my computer, evidently Dan had the fax number so that is why he couldn't get through because my fax line picks up all calls immediately. Dan rolled a joint of Burmese and I medicated with Hash using my Digital Volcano. Now I must

say that since I have been living here, Dan has been extremely helpful, he has always been there for me whenever I needed assistance, the funny thing is that I find myself to be anti-social usually, yet I have NO PROBLEM spending time with Dan or Hashimoto, I truly enjoy their company. Maybe I haven't been hanging out with the right people. Anyway, Dan drove me to the airport with plenty of time for me to catch my flight, and as most of you know, getting to the airport 3 hours prior to your departure can be BOR-ING! I speedily checked in then proceeded to be bored while waiting to board the plane. Times like these I have to wonder why in the-hell do they have playgrounds for children in the airport, but more importantly why in the-hell do they have to have noisy computers for children to play with? They disrupt the peaceful environment that we bored travelers seek before boarding our flight. I chose to fly with KLM as they have the BEST SERVICE and flight-staff and the flight from Toronto to Amsterdam was uneventful other than the fact that they ran out of the Chicken Dinner so I ended up having to make due with a VEGETARIAN MEAL, on well. I had the pleasure of sitting next to a quiet and shy but pretty red haired girl by the name of Jessica; she was not interested in joining the Mile High or the 420 Club so I decided to work on TY # 12 instead, it just wasn't my day.

This was my first trip to Barcelona, Spain and I was really looking forward to this trip because I was going to get together with our NEW layout/ design person IVAN, plus I had heard so many great things about Spain that I just had to experience it for myself. SPANNABIS was the first show of 2008 that TY participated in. Treating Yourself will be participating in at least 4 other events in this year, the International Home & Garden Show which is right after SPANNABIS then we are off to Bern, Switzerland for the CANNA TRADE



SHOW which is being held March 28 - 30 2008 and then I am off to Bologna Italy to not only promote TY but to also speak; I'm on the panel of guest speakers. TY will be participating in Ron Hill's Toronto High Times Cannabis Cup in June 2008. TY is sponsoring HEMPFEST which is being held in Sault Ste Marie, Ontario in August as well as the SEATTLE HEMPFEST. TY has also decided to sponsor both the American Marijuana Music Awards and the Global Marijuana Music Awards. On October 10 - 13 2008 there is the International Hemp Fair in Vienna, Austria which I am also a guest speaker. Treating Yourself will be participating in the UK HEMP EXPO being held in London on November 14 - 16 2008 then we are off to Amsterdam for the High Times Cannabis Cup later that month. I will have plenty to report on in 2008.

Back in Barcelona, my friend Steve from Cube Caps met up with me at the airport when I arrived, man, did I appreciate being picked-up and I really think it was a nice gesture, I never had anyone meet me at the airport when I traveled before, it was great. Steve and I first became friends at the High Times Cannabis Cup back in November 2007 in Amsterdam. Sitting on the plane waiting to arrive in Spain gave me plenty of time to think things over, as all you faithful and dedicated readers of Treating Yourself Magazine know, these last 3 years have been pretty tumultuous, not only have I had to deal with a lengthy legal battle but I also had to deal with personal issues that arise when your wife walks-out of your marriage. Normal stuff! Relocating to Toronto has been an absolute rollercoaster ride - moving from a 5000+ sq ft home to a small shoe-box of an apartment. It's been a hell-of-a ride but I'm still kickin' with a little help from my friends. Thanks Steve, Thanks Dan.

Now I won't go into details about

SPANNABIS because Jay, from Green Life Seeds, has put together an article to cover that, what I will tell you though is that the event was well-attended and I got to meet a lot of interesting people who were really impressed with our magazine. Some folks think that I must be having the time of my life, traveling around the world, promoting TY but I must honestly say that it's not all fun and games. I arrive the day before the show begins, all I have time for is to check into my hotel then get over to the venue to set up the booth then work the show for 3 days and have 1 day for rest and relaxation before getting on the plane to return home. During this 1 day of rest and relaxation in Spain I had the pleasure of touring around Barcelona with the crew from Cube Caps (Steve, Amanda and Dave) as well as Kelly K from KDK and his Canadian friend who is now living in England. We all wanted to go and check out the museums but they were closed on Mondays and of-course it was Monday, so all we could do was check out a Church that they have been building since the 1800's and is supposed to be completed by 2025. This church was massive and they charge folk's approx \$15USD to tour through it, I hope we bought them a few more bricks. We drove around and ended up at the military museum which was also closed but we did get to check out the view, which would-have been spectacular on a clear sunny day, we could have taken some real nice pictures, but it wasn't so we didn't.

My plane trip home on Tuesday was uneventful but I did have a nice evening with my girlfriend. I was only home for a couple of days before I had to go and set up the TY booth at the International Center for the International Home & Garden Show on March 26, 2008 and my good neighbor Dan was there to take me to the airport to catch my Air-Canada flight to Munich, Germany. From Germany I catch my connecting flight to Bern, Switzerland; I hope I don't get Bern-ed out! As I was sitting at the airport in Munich I decided to take a look at my itinerary and just then noticed that my flight from Munich to Bern on Lufthansa was on a DASH8 - which is a small propeller plane. Let me tell you I was more than a little nervous, the flight on this small prop-job was pleasant enough but my seat was right next to the propeller; I had a great view of the wing! I arrived at Bern exhausted but knew that I still had to check into the hotel and set up the TY booth. I quickly checked

into the IBIS hotel which was conveniently located right across the street from where the event was taking place. After checking into the hotel I went to set up the booth and was shocked when I found my shipment of 5,000 magazines placed in the entrance hall and not in my booth as I would have thought. There were 4 skids loaded with boxes and no way for me to move them, just sitting by the front door, I went walking around the event and finally found a hand-jack to move each skid of magazines myself. After moving 2 of the 4 skids a friendly lady from Green House Seeds stopped me and said, "Hey, gimpy-guy with the bad knees, you have my lift," after I apologized she told me not to worry and that I could use it as long as I bring it back. I had moved 3 of the skids but the 4th one was the heaviest and it wouldn't budge so I had to break it into 2 skids and unload the skid at the booth each time as the 3 previous skids took up the whole booth. I usually only ship out between 2 - 3,000 copies of the magazine to the shows but Ben, the event's manager, suggested that I ship 5,000 so I was concerned because I, obviously, didn't want to have to ship the magazines back to Canada, but I got the booth all set up then needed to go back to the hotel to rest as I was tired and real sore, time to medicate!

The next day I was busy giving away FREE COPIES of TY # 11 and lo-and-behold who comes by the booth, none other than Kelly K from KDK Distribution in Calgary, Alberta. Kelly had just gotten off the plane, made his way to the event and asked me if I could use some help, well Kelly was a god-send because I was really hurting from the previous day and never fully recovered. Kelly worked the booth the whole weekend and all I really had to do was make sure that the both of us were well-medicated and well-fed. The feeding part was a chore because it was hard to find anything good to eat at this fair or any fair we participate in. We gave out 3,500 copies over the 3 days to visitors, 500 copies to stores and 1,000 copies went back to Amsterdam with the good folks at Green House, the event was well attended and I made a lot of new friends and contacts. The only bad thing that happened at the event is that the police wouldn't allow seed vendors to sell seeds which I found to be strange because all you had to do was go down the street from where the event was being held and you could purchase seeds. One seed vendor got caught selling seeds and his

booth was shut down and he was taken to the police station.

Kelly K and I had a blast, on Monday we got together with Stefan, from CANNA, and he took us for a tour around Bern. We wanted to check out the Einstein display at the Museum but like Spain it was closed on Monday. We had the best dinner of our stay at a fancy restaurant that Stefan's friend Fabio took us to, it was awesome but the evening had to come to



an end because I had to wake up at 4:30 in the nasty AM so I could be at the airport for 6AM for my 7AM flight to Munich, then on to my connecting flight back to Toronto. I have to say that Switzerland is nice and clean and it's a BEAUTIFUL place to visit but you must be prepared to spend a few dollars as it's also EXPENSIVE! The flight home was really stressful, not only did a hot cup of coffee spill onto my lap but I totally lost my passport, once we landed and everyone got off the plane the stewardess checked where I was sitting and found it between the seats, I have NO CLUE as to how it got there as I thought that it was in my coat pocket. Once I collected my luggage and grinded through customs I called Dan, once again, so he can come and pick me up. It was nice to finally be home and was pleasantly surprised to see my girlfriend sitting in my living room waiting for me. Both of us would have loved to spend more time together but she had to get home for work the following day. Now, I get to spend a few weeks at home before I have to get on another plane for the event in Bologna, Italy, no bologna!

Please, be sure to look for my continuing European adventures in TY # 13. Also, I would like to thank Sid at Pan Express Travel in Toronto for getting me the BEST prices for all my flights. Until the next time -

Take Care and Peace
Marco Renda

PASS THAT PIPE

BY SOMA



Spiral of pipes



Carved wooden Japanese pipe.

It was 39 years ago that I smoked my first pipe. The year was 1967 and I had just graduated High School, my friends and I took a drive into Greenwich Village in New York City. It was one of the starting places for the hippies on the east coast of America. It was also one of the only places you could find a head shop selling drug paraphernalia.

I walked into the shop with my friend's, a sweet smell filled the air, incense, hippie incense. I had never smelled it before, it smelled exotic, I wondered if you could get high on it as well.

Then my eyes fell on the pipe showcase, filled with all sorts of cannabis and hash smoking pipes. I picked one for hash and one for weed. As we left the shop I could not wait to place a screen in the bowl and light up some of the Kashmiri hash that we could get back then, it was very good.

These two pipes became sentimental to me, as they were my first tools for changing my consciousness with Sacred Plants.

Humans have used pipes, since at least 2000 BC. Pipes have been found with Egyptian mummies with remains of tobacco leaves.

Since 2000 BC Peace pipes have been found in the artifacts from American Indians. They were used in ceremonies as a symbol of reconciliation.

The stone of choice for the Indians was a red stone from a special quarry in Minnesota called Catlinite. The Indians called it pipestone.

"They believed this red stone was their flesh, that they were made from it, that they must all smoke to the Great Spirit through it, that they must use it for nothing but pipes, and as it belonged alike to all tribes, the ground was Sacred, and no weapons must be used or brought upon it."- Sioux account of the origin of the pipestone, as recorded by George Catlin 1836.

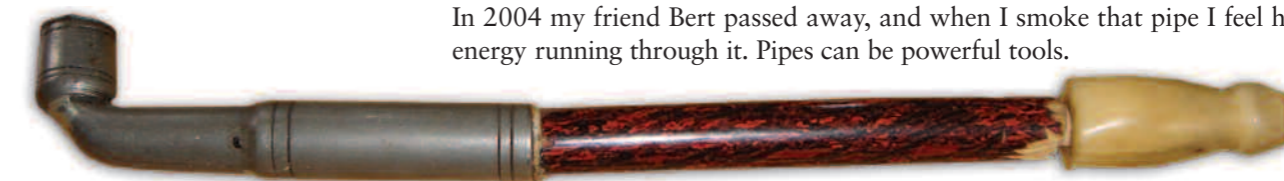
My favorite use for a pipe is in smoking hash. I adore great hash especially when I have made it myself from some organic weed I have grown with my own two hands.

As I don't smoke tobacco, the only way I can smoke hash is in a good pipe. I have several pipes that I use switching off from time to time.

One pipe that is quite special to me is an old pipe from Burma. It was an opium pipe, but was only used for hash smoking since it was acquired by my friend Bert. It has a pewter bowl, an old wooden stem and an ivory mouthpiece.



Chillum



Bert's Burmese pipe

In 2004 my friend Bert passed away, and when I smoke that pipe I feel his energy running through it. Pipes can be powerful tools.



Lignum Vitae and Walrus tooth

I have one pipe that has a bowl made from a fossilized whale tooth with a stem made from the hardest of all woods Lignum Vitae. I have had this pipe since 1992 and it has shared wondrous dreams with me.

In 1990 I went to a "Rainbow Gathering," in Florida. A friend carved a beautiful Pipestone pipe for me; it had a bowl held by the claws of an Eagle. It took him 110 hours to carve by hand. Some pipes can take a tremendous amount of energy to design and make.

Another kind of pipe that I really enjoy is the Moroccan Sipsi. It is made from a simple wooden stem, connected to a small clay bowl. In the inside of the bowl there is a clay protrusion that acts as a screen to block the ash from going down the stem, it gives perfect one-hit puffs and the long stem cools the smoke.



Moroccan Sepsi

Chillums are another form of pipe, used by the Sadhu's of India. Mostly used with tobacco mixed with hash, they offer the user a large amount of smoke mixed with a good deal of air. Prayers are often given before taking an inhalation. I prefer to smoke them with a mix of great weed and great hash, leaving the tobacco out. They have an inner "stone," usually made of clay that acts as a filter for the ash.

No matter what kind of pipe you find yourself using, one thing is for sure, it will get passed around. It is in the passing from one smiling human to the next, that pipes take on their Sacred energy. The energy of sharing is such a strong, positive force, it clings to the pipe the more it is used.

When the South African research scientists from the Transvaal Museum in Pretoria analyzed twenty-four clay pipe fragments found on the grounds of William Shakespeares home, eight of the pipes tested contained traces of cannabis. Did Shakespeare smoke too?

Yes the pipe has and does play an important part in the history of humans. When I look at some of the choices some humans make these days, as to what to pass around to others such as "Depleted Uranium," give me a good pipe full of organic Sacred Cannabis any day.

In Love and Light Soma



Pipestone mouthpiece



Carved Japanes pipe fish

Book Review by Otto Snow

Some Simple Tryptamines

by Trout & Friends

Some Simple Tryptamines (2nd ed.) by Trout is the best book on the subject of naturally occurring tryptamines. It is a cornucopia of psychedelic plants, trees, vines, shrubs, grasses, leaves, barks, seeds and fungi. An essential reference book for anyone who loves plants and psychedelics.

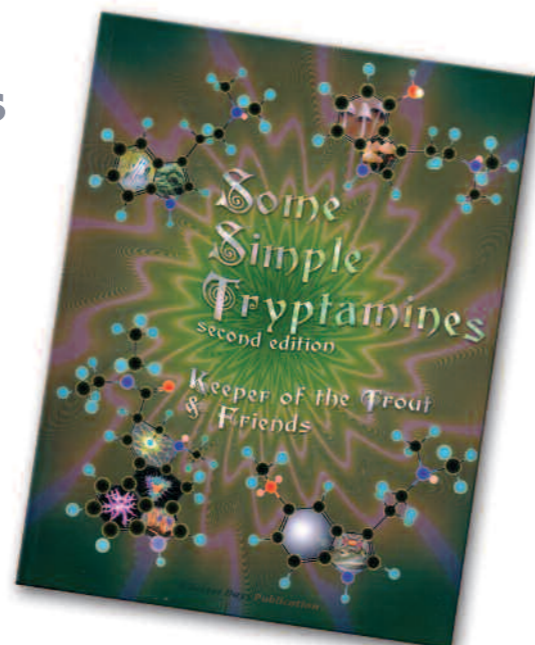
The book goes through the tryptamine family of molecules such as psilocybin, psilocin, DMT, 4-hydroxy-N-methyltryptamine, N-methyl-tryptamine, 5-hydroxy-DMT, 5-hydroxy-N-methyltryptamine, etc. containing plants. It is packed with scientific references. Trout describes a seemingly endless number of plants and tryptamine structural analogs which are active, but do not confuse them with so called, 'designer drugs.' The book drips with psychedelic tryptamines and plants.

Trouts and friends are leading experts on tryptamine botanicals. His masterpiece is an exploration into the chemistry of the plants, the alkaloids within them, the solubilities of the alkaloids in numerous solvents, melting points and the activity of these molecules. There are thousands listed. Many have never been tested for activity and are in the waiting. The science is in the league of books by such authors as Alexander & Ann Shulgin, Jonathan Ott and Richard Schultes.

Keeper Trout is also the author of several other great works. One of his other very popular titles is San Pedro & related Trichocereus Species. Which also is a huge book, packed with photographs, information and references on this very popular cactus species.

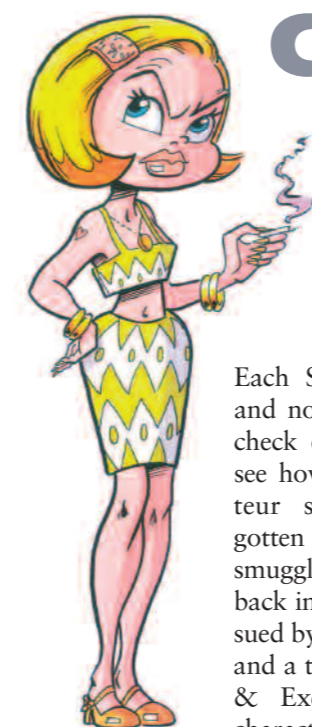
Some Simple Tryptamines is a massive book; an inch thick, 11 inches

Some Simple Tryptamines
by Keeper Trout and Friends
Better Days Publications ISBN:
978-0-9770876-5-5



high, 8.5 inches wide, 304 pages. The text is in small print, on quality acid-free paper, with a very solid sewn-and-glued binding. There are 400 illustrations with photographs of tryptamine containing plants, (300 full color photographs) for easy identification. These plants are very common throughout the world. I found a dozen of them in local parks. Extraction techniques are explicitly detailed and illustrated in simple terms. Chromatographic separations and identifications are a lot of fun for children (with adult supervision) as well as adults. It is a very professional book for those interested in psychedelic ethnobotanicals yet is an easy read for those just starting to study psychoactive plants. I speculate that this book will double in price in the next couple of

years. Rare collectible books like this tend to go out of print fast because of popularity and limited printing. Some Simple Tryptamines should be in every college and ethnobotanical explorer's library throughout the globe. You can order a copy for yourself through the Entheogen Review, POB 19820, Sacramento CA 95819 for \$50.00 (US); \$55.00 (foreign). Happy tries,
Otto Snow



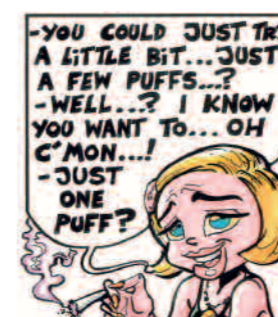
Comic Smugglers

Fight the Cannabis Upgrade

In the U.K, smokers are following a most unusual comic strip online. 'Him & Her's Smuggling Vacation' tells the story of a young couple who discover a stash of marijuana on a Spanish beach and are trying to smuggle it into Britain.



Each Sunday smokers and non-smokers alike check onto the site to see how far the amateur smugglers have gotten in their quest to smuggle the marijuana back into the U.K. Pursued by a criminal gang and a team of Customs & Excise officers, the characters have defied the odds and have got out of Spain in one piece and are now moving up into northern France.



The comedy tale is the result of scores of letters sent back and forth over an 18 month period between British cartoonist Jason Wilson and a convicted but reformed smuggler Tony Spencer, who has just completed four years of a six year sentence for smuggling hashish in Spain.

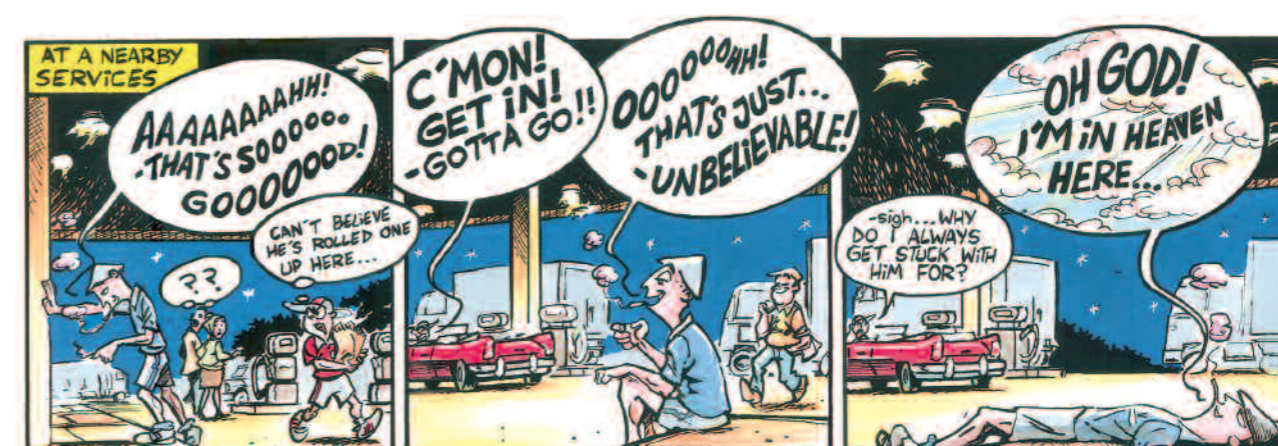
"After a two-year period we finally completed the 75 page adventure that took the dealers, growers, black marketeers and smugglers we both knew and made them the stars and cast in the tale of two Brits abroad who come across the opportunity of a lifetime," says Jason.

"The result is a unique book, mixing fact and fiction like no other book could. Many of the characters have been based on real life

criminals although the names have been changed to protect the guilty."

With the U.K awash with the phenomena of 'binge drinking' and its consequences, the government has turned its attention to the cannabis debate and has unleashed twelve months of anti-cannabis propaganda in anticipation of the expected move to upgrade cannabis to a class B drug once more. The creators of Smuggling Vacation are looking for their characters to help break down the negative stereotypes being used in this propaganda by instead presenting smokers as the regular people the public now recognise and like.

For the latest news, visit
www.smugglingvacation.co.uk



The Dreadlock Lesson: Little Thunder's Dreads & Wise Man's Pipe

Written by: Anthony C. Brucato
Edited by: Elizabeth Spavento
Illustrations by Ivan Art

There was once a wise old man scratching his wizard-like beard in contemplation under an enormous apple tree. He stood upright, looking down at a young man named Little Thunder who sat before him and eyed the contours of the young man's face. He realized that Little Thunder had, for the very first time, grown a full beard. Though their ages were many moons apart, the two fine gentlemen had conversations about life and philosophy. Wise Man felt that Little Thunder held a promising future for his age and enjoyed their conversations. During a pause in this day's talk, Wise Man deeply inhaled the sweet smoke from his long wooden pipe and exhaled it slowly. The smoke curled out of his nostrils and up in the air before evaporating into the horizon.

Little Thunder tilted his eyes upward to see the old man through the smoke of the pipe and realized that Wise Man looked much taller than he remembered. Wise Man's beard came to a perfect point, touching the ground next to Little Thunder's feet. At first Little Thunder was confused but quickly realized that the old man was standing on a boulder that was four feet tall!

A caterpillar crawled up from the ground to find a comfortable spot on a branch of the apple tree. It stared at the two men with

amusement. He had never seen anything so close to the clouds besides the birds in the sky and felt bad that those men did not have wings. Caterpillar was grateful it would be able to turn into a butterfly and fly around without the need to climb up the apple tree to see what lay beyond the tree tops.

Caterpillar was contemplating a flight path when all of a sudden an apple dropped to the ground, interrupting his thoughts. A bird had landed on a tree branch far above the caterpillar, causing the fruit to fall. The bird, swaying with the branch, seemed to be listening to the gentlemen's conversation as if it understood English perfectly. Little Thunder felt the apple collide with his left foot before he looked down, picked it up, and offered it to Wise Man. Wise Man waved his hand to signal

that he did not care for the apple. Wise Man winked at the bird to acknowledge its presence before he asked the young man, "What is troubling you today, Little Thunder?"

Little Thunder let his hood fall down over his face before he softly replied, "I received a speeding ticket while riding my hover bike today."

Wise Man continued with another question, "Why did you get a speeding ticket, Little Thunder?"

Little Thunder hesitated before he answered, "I was zipping through the Herkimer forests doing sixty miles over the hover limit."

Wise man shook his head from side to side and said, "No, Little Thunder. You have a better answer."

Little Thunder felt the urge to tell him to shut up, but he resisted showing disrespect to his teacher. Little Thunder paused a moment as he looked up in the sky. It was the sunset warning him that they did not have much longer to carry the conversation. It was almost time to go home. He decided to be honest. He said, "I was speeding like the quickness of a lightning bolt through the clouds before the rainstorm begins. I wanted to get to Sunshine's tree house quickly. I did not want to keep my girlfriend waiting for me"

"Did the ticket save you some time in getting to Sunshine's house?"

If he is the so-called a wise man, he should know the answer already, thought Little Thunder. He knew the Wise Man wanted him to admit his own mistake to learn the lesson. Little Thunder blundered bluntly, "No, I lost time ... like half an hour!"

Wise Man agreed. He noticed the bird hopping closer to them to get a better sense of what was going on. He looked into Little Thunder's eyes and said, "I notice you are often impatient, and you want things to be done quickly. It seems that you want to get to places quicker than a cheetah would get there, but you can't outrun a cheetah. That kind of attitude makes you feel more impatient than necessary."

Little Thunder wanted to shout at the wise man, but he calmed the anger he could feel boiling his stomach. He rolled his eyes to show his annoyance and said, "Then what do you want me to do, old man?"

Wise man's eyes glowed in alertness after being called "old man." He purposely distracted himself from Little Thunder by looking at the caterpillar who was sitting next to the bird. The bird was too curious about the conversation that he did not notice that the caterpillar had

climbed next to it. As Wise Man turned his attention back to Little Thunder, he calmly suggested, "Well, I want you to play this game that may teach you how to become a patient person."

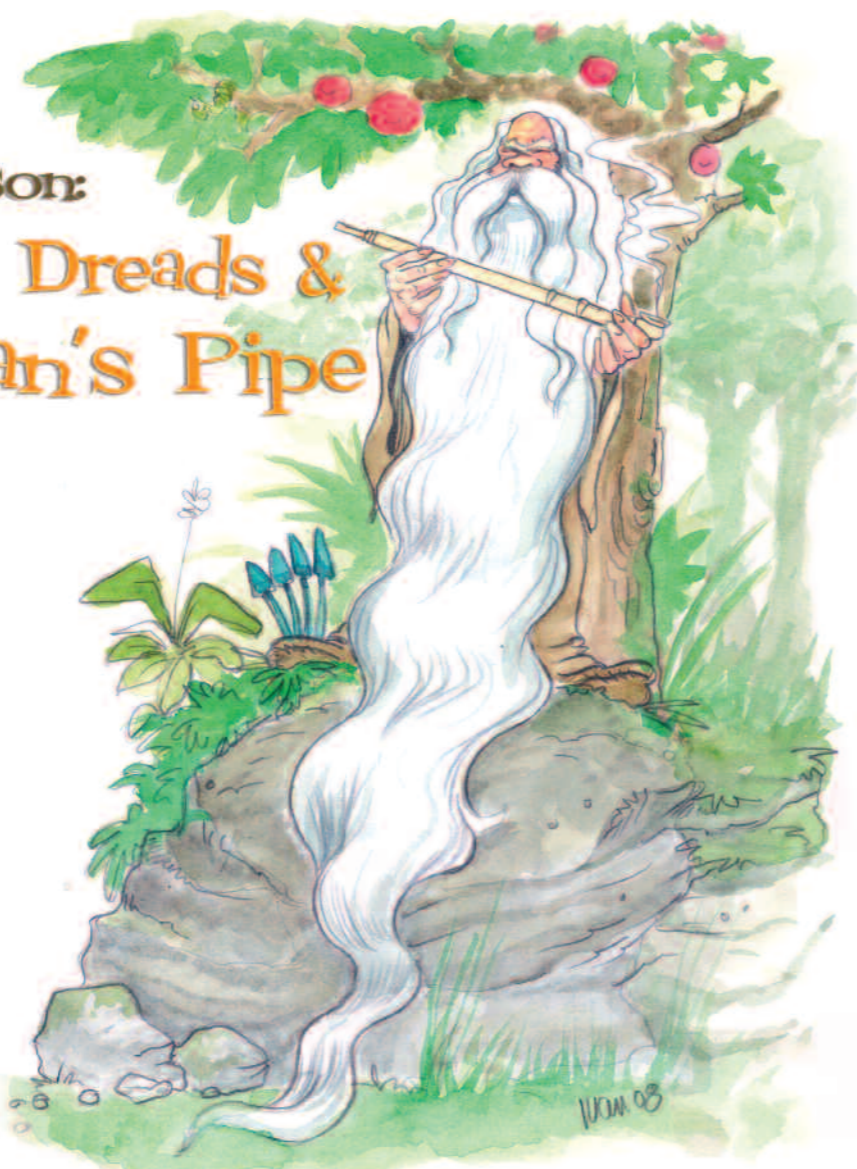
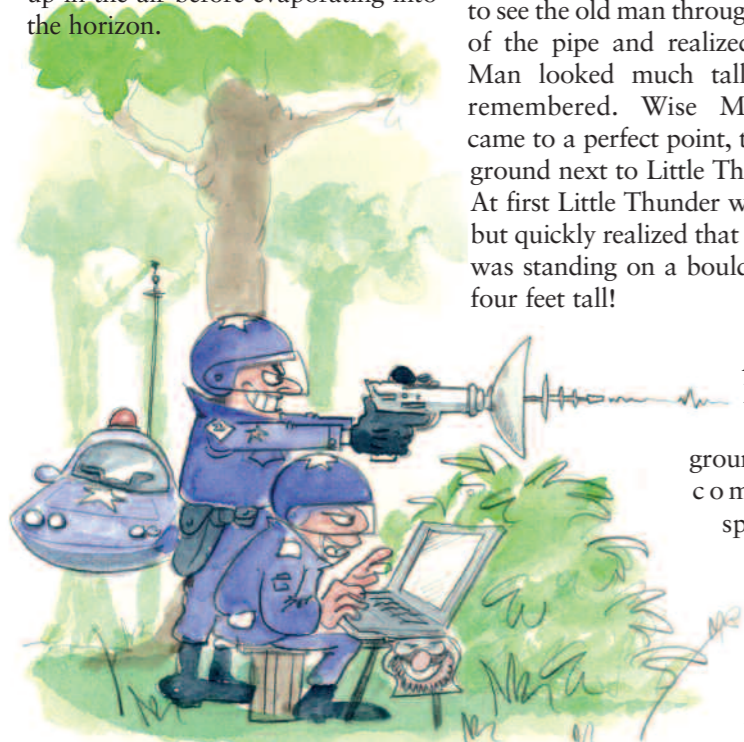
Little Thunder's face became inquisitive. "Game? Patient? What are you talking about?"

Wise Man smiled wickedly and said, "Yes! Game! Patient! I want you to grow... **DREADLOCKS!**"

Little Thunder was stunned by his suggestion. Dreadlocks!? He became as he gazed at the sunset. The glowing orb disappeared behind the hill on the west side of Moss Lake not too far from where they were. He felt the last sunray touching his face before it made its final disappearance into the night. Little Thunder loved sunsets.

He laughed and laughed at the silly idea and said, "Dreadlocks! What about growing a beard like yours that touches the ground when you are standing on that giant rock? Would that make me a better wise man?"

Wise man softly replied, "No. That lesson will require you to pass three hundred sixty moons before the beard touches the ground. The lesson would be too long and painstaking for us. Plus, I would not be alive to



witness your success or failure in growing a beard as long as mine in three hundred sixty moons. I am much too old. I will only be around for eighty-four more moons before my soul departs to the spiritual world."

Little Thunder stood speechless in disbelief. The wise man was not playing games with him; he was serious! He argued, "Dreadlocks won't take me eighty-four moons to grow. It would only take me twenty-five sunrises because I already have long hair."

Wise Man laughed before he said, "Do you think I would let you get a head start on this valuable lesson? The dreadlock lesson is about patience, and I want you to start from the beginning. You must cut your hair using your dagger!"

The two talked for so long that the moon and stars came out to greet them. The caterpillar hung upside down under a tree branch away from the curious bird. Wise Man enjoyed watching the caterpillar spinning itself into a cocoon under the early moonlight as their conversation carried on.



Little Thunder stared at his mentor for a while before he stubbornly relented. "Okay, old man," said Little Thunder. "I will cut my hair for you. I do not like to lose. You know I am a very competitive..."

Wise Man softly interrupted, "Please call me Wise Man, not old man. This is not about a competition between you and me. This is about you learning how to become a better patient person. Please listen to yourself this time. Trust me. You will learn." As the wise man pointed his finger to the cocoon on the tree branch, he said, "Please think about it. Give yourself as much time as that caterpillar inside the cocoon takes to turn into a butterfly."

Little Thunder sighed with uncertainty, "Okay. I will cut my hair off with my dagger tonight."

The curious bird softly took flight into the night air. It looked down and saw the caterpillar waving good bye as it closed the cocoon door like the portal of a camper tent. The bird could feel hunger pangs while flying away. He would have to look for a late dinner. That cocoon wouldn't

taste wormalicious, thought the bird. The early moonlight shined on both of the gentlemen as they carried on their conversation. Little Thunder was thinking about Sunshine. His heart sparkled like a Herkimer crystal under the sun on a clear day whenever he thought about her. He wanted to see her to see him become a more patient person.

Wise Man sat down on the boulder feeling the symptoms of his age. He brought out his long wooden pipe, a gift made by a hobbit from the town of Vansterdam. Wise Man burned the medical herbal strain that was grown and imported from the west coast of his continent. Wise Man took a long inhale of the sacred smoke before exhaling it very slowly. The peace and harmony he felt from the smoke helped alleviate his arthritis.

Wise Man called out to Little Thunder for one last thing. "Please come back here on the night of the twelfth moon," he said. If you commit yourself to the dreadlock lesson, we'll meet here under this magical apple tree every twelve moons. After eighty-four moons have passed, you will have dreadlocks down to your waist. Right now, you have ten days left to decide whether to cut your hair or not. You must decide before the caterpillar turns into a butterfly." Little Thunder gave the Wise Man his affirmation by raising his palm and said, "See you under the twelfth moon, Wise Man."

Wise Man exhaled the smoke from his pipe for the last time and put the pipe in his pocket. "So long, Little

Thunder," he crooned after the young man. Wise Man turned around and walked, with his cane in his hand, to his hut in the village of Puffalo.

Chapter II

Nine sunrises and a brief rainstorm later, Little Thunder visited the magical apple tree, and watched the caterpillar's cocoon hanging under the branch above the rock. He had been thinking about the dreadlock lesson for days and decided to give it a try. He was curious as to what he would look like with long dreads. He took out his dagger and carefully cut off the hair that had grown to his shoulders. Within a half an hour, he was nearly bald with a few small patches of hair left on his head. He got up on the rock and felt the stubble on his head with a sense of rebirth, newness, and rejuvenation. He looked at the cocoon. To his amazement, he saw the butterfly open its wings as it took flight from cocoon! The butterfly waved good luck before it took off from its old home and flew into the mystical air. After witnessing the birth of the butterfly, Little Thunder felt the world was much more alive than before. He never experienced that kind of ecstasy as he had at that moment. As he cast his gaze down to the ground, he noticed how the mushrooms sprouted around the trees and the flowers smiled among the grasses, standing tall and bright. It looked as if the grasses, flowers, and mushrooms were happily dancing and singing their oh-la-la song. He had found a new meaning in his life!

Little Thunder still stood there in silence, completely bald, and witnessed the beauty of nature. He decided to spend the entire day on the rock thinking long and hard about the times he was impatient with difficult people. He wanted to become a better person by contemplating the ways to change these bad habits of his, but the rumbling thunder in the sky overhead signaled that another rainstorm was coming, wak-

ing him from his daydream. The sky would start pouring rain in just a few seconds. Thunder and lightning rolled madly across the clouds. Little Thunder put his dagger in its sheath before pulling his hood over his head. He got on his hover bike, hummed the biodiesel engine, and drove to Sunshine's tree house in the Northern Light village. He was glad that there was a force shield around his hover bike to keep him dry from the fierce rainstorm.

Chapter III

On the evening of the twelfth moon, no clouds could be seen in the night sky. The full moon and stars danced freely against the darkness, each with a distinctive glow. The moonlight shined on the face of the Wise Man as he looked across the landscape with awe. It was a magical evening for the animals to be out socializing, he thought.

Wise Man stood on the boulder under the magical apple tree, as Little Thunder approached under the gentle flow of the moon. Little Thunder's hair was obviously much shorter than the last time Wise Man saw him. The old man was pleased with Little Thunder's decision.

Little Thunder started the conversation and said, "My hair has not dreaded yet. I don't think it's long

enough. I am still feeling impatient. I want the dreadlock lesson to be over with."

"You have sixty-two moons to go, and you are feeling impatient already?" Wise Man said with a hint of annoyance. "If you allow yourself more time to learn how to be patient, then you will enjoy the rest of your lesson. Trust me. Now, I want you wait until after six moons have passed before you dread your hair. Anytime before then will not work, but anytime afterward will. If you don't know how to dread your hair, please find someone with dreadlocks and ask that person to teach you how to do it. Then, return here with your dreadlocks next time we meet. You will be fine. Now, kindly leave. We have nothing more to discuss here. I will ask you an important question when I see you on the evening of twenty-eighth moon!" Wise Man deliberately brought out his long wooden pipe and a small glass jar of potent herbs. Wise Man filled his pipe with herbs while Little Thunder climbed onto his hover bike. Saying nothing, Little Thunder turned around and waved good bye to Wise Man. He rode off to Northern Light Village thinking about what his mentor had said. Wise Man sat on the boulder and puffed the sweet herbs from his pipe for a little while longer as he watched Little Thunder head for home.



Chapter IV

On the evening of twenty-eighth moon, there was not a cloud in the night sky. The moonlight shone through the branches of the aging apple tree and on to the faces of both gentlemen.

Little Thunder had grown baby dreadlocks that hung behind his ears, skimming the tops of his shoulders. His dreads were thin and scraggly, but each was starting to form its own character. Wise Man, in his usual place, looked at the young man's dreadlocks and said, "Your dreads look good. Who told you how to get them to form properly?"

"I asked several people who had dreadlocks. I learned that there were different ways to get the dreads to take shape. I picked the person with the most suitable looking dreadlocks that I thought would look good on me. I followed that person's instructions and explained to Sunshine how to do the dreadlocks that I wanted. We worked on making them together."

Wise Man nodded, looking directly to Little Thunder's eyes, and asked, "How did you learn to become patient? From the answer you gave me, it sounds that you are more willing to listen to others' advice than you were twenty-eight moons ago."

"I learned how to be patient with Sunshine as we worked on my hair. We realized it took several attempts to get the dreads tightened properly. I was feeling frustrated at first but eventually I learned how to be more patient as we worked on my hair together. She helped me by knotting the hairs together and combing against the grain. We didn't have to use the wax to keep the dreads together because my hair is thick enough."

Wise Man looked amused as he said, "I can sense you are learning on your own and believe that you are on the right path to becoming a patient person. Now please come back on the night of the eighty-fourth moon. We

do not need to meet until the end of your lesson." Little Thunder nodded sadly as he said good-bye to his teacher. Little Thunder walked away proudly from the magical apple tree on his way to home. He was surprised at the way he had matured in twenty-eight moons!

Chapter V

On the eighty-fourth moon, Little Thunder walked around the apple tree, but he did not find Wise Man standing on the boulder this time. Wise Man was nowhere to be seen!

Little Thunder sat down on the boulder and began to worry a little bit. The dreadlocks touched the boulder while he was sitting down. Some dreads were thicker than the others. Some were flat, some were twisted, and some grew fat while some stayed thin. Each dread had its personality. In fact, Little Thunder had named each dreadlock. There was Kush, Haze, Elvis, Rhino, Grape, Durban, Skunk, and Blueberry to name a few. Little Thunder ran his hand through his aging dreadlocks. He was feeling more and more nervous as the time passed. He looked around for Wise

Man one more time before he decided to relax and meditate. It had been a long day for him in the garden and needed to find balance. Before long, he fell asleep.

The young man woke up to the smell of sweet smoke drifting under his nose. He felt a gentle tap on his shin. He looked down from the boulder and saw the short wise man poking his shin with a walking cane. Little Thunder was about to get down from the boulder, but as soon as he stood up, Wise Man waved his burning pipe between them and said, "Hold it right there. I have grown too old to climb up the top of the boulder. Please you sit up there. It's okay. The seat is now yours. Thank you for showing respect to an old man." Wise Man laughed and took a seat by the bottom of the boulder.

Little Thunder noticed how much his teacher had aged between the twenty-fourth and eighty-second moon. He felt sad knowing that Wise Man's days were drawing to a close.

Wise Man felt his student's thoughts pass through him, reading Little Thunder's facial expressions and



body language. "Please do not feel sorry for me," he said. "I am passing my wisdom onto and over to you. I know you will do very well for future generations of Puffalo. As Wise Thunder, You will counsel many young people under this same apple tree like generations of wise men before you. You will teach the great leaders of tomorrow as has been the tradition for the past four hundred twenty years. Think about the caterpillar. You knew that the caterpillar would not be around much longer after turning into a butterfly. Please think of me as that caterpillar. I will leave for the spiritual world like a newborn butterfly before the arrival of the ninety-fourth moon. But, while I have some little time left, I want to ask you this important question."

Wise Man looked up at the apple tree and saw the same bird from eighty-four moons past sitting on a tree branch. The bird was aging too. Most of its feathers had turned as white as Wise Man's beard. Wise Man knew that the bird did not come down for food but to listen to his conversation with Little Thunder before it flew away from the apple tree for good. Wise Man looked back to Little Thunder and asked, "What did you learn from this lesson in growing dreadlocks?"

Little Thunder sighed and thought slowly before he answered. "I learned that being patient brings many great things to my life. I learned how to work with people who are difficult to get along with. I took turns talking with them and eventually we got to know each other. With a little patience I realized they were not as difficult to get along with as I thought they were in the first place," he explained. "I feel more illuminated, like I am rising to the sun. I can play with my dreads whenever I feel impatient, which helps me to stay calm and meditate on what is truly important. I keep the dreads clean by keeping my hair dry all the time so they won't get moldy and..."

"Ah-hah," Wise Man kindly interrupted. "How did being patient improve your relationships with Sunshine and your family so far?"

Little Thunder looked at the aging bird for a moment before he turned to Wise man and said, "Well. Some people, including my parents, did not understand why I was growing dreadlocks. In fact, they thought it was a disgusting, primitive hairstyle. They called me a beast from the cave. I grew impatient with their attitudes. However, I used the dreadlock lesson whenever I encountered those individuals who were impatient with me. I learned how to be patient with their attitudes in the same way I learned how to be patient I was growing my dreadlocks. The dreadlock lesson taught me how to get in touch with my inner balance and wise mind skills. I learned to accept me for who I am as a person without taking the judgments of others so seriously. People began to notice how patient I grew as the time went on. They stopped picking on me and my dreadlocks. The people who hated my dreads learned to love them. They do not look at me as a beast from the cave anymore."

Wise Man laughed and said, "Ha-ha yes. I knew you would learn not only how to grow dreadlocks but also how to be patient with the people around you. There are going to be individuals who will go against you and your wishes or simply refuse to understand the positive changes you are flowing through. Remember the lesson and continue to allow yourself to become more and more patient with the different kinds of people around you. Most importantly, be patient with yourself as you learn how to appreciate your sense of well-being and happiness. Then you will shine like a Herkimer crystal on a sunny day!" Wise Man paused for a moment before he continued, "I have two more questions for you. First, how does Sunshine feel about you now?"

Little Thunder let out one of his

famous sighs as he thought of his girl. Sunshine had a really long hair too. He recalled many wonderful memories from the times when they played out in the field together and when they spent time with their families. Wise Man noticed an expression of love and gratitude on the young man's face as Little Thunder lost himself in his thoughts.

He looked at Wise Man's fragile eyes and said, "At first I thought Sunshine was just falling in love with my dreadlocks and good looks but later I realized she was falling in love with me and our relationship. It wasn't about me, or about her, but both of us equally and mutually. It is about being able to have conversations with one another without feeling impatient. We shared many great moments together, but I admit there were times when we argued. The arguments became easier to work through as the dreads grew. We both learned how to be patient with each other by taking care of our hair and by working together. We learned how disagree respectfully on certain issues. We still enjoy washing and drying other dreads. It takes a lot of time to take care of our long hair!"

Wise Man laughed with Little Thunder before he asked him the final question. "Have you received a speeding ticket since the time you started your dreadlock lesson?" he asked.

Little Thunder's cheeks burned with embarrassment as he said, "Yes, Wise Man. I received one speeding ticket on my hover bike about forty-five moons ago. I was going fifteen miles over the limit. I missed the speed limit sign. I didn't know I had to slow down until after the forest trooper pulled me over."

Wise Man chuckled. He felt his bones ache with each burst of laughter. He knew his old body was slowly failing him. He needed some herbal healing to alleviate his aging symptoms. Wise Man packed some strawberry cough herbs in his pipe. Although he was a very old man and his lungs were fragile, Wise Man felt

a good cough was good for the body. He inhaled the thick smoke and quietly coughed before his eyes turned a glassy, sparkly red. Wise Man felt the pain go away after his first puff of healing herbs.

He looked up to the young man sitting on the boulder and said, "I'm happy you have much more love for everybody because you learned how to be patient. You are doing very well and becoming wiser. Just remember that nobody is perfect. You will still make mistakes and become impatient at certain times in your life. Yet you will have a richer experience as you use the skills you have developed from this valuable dreadlock lesson. You may now cut your dreadlocks. You do not need them anymore."

Little Thunder protested, "No! The children love swinging from my dreadlocks. I cannot disappoint them!!"

Wise Man laughed and said, "Then, do it whenever you feel ready." He looked up the young man one last time. "I have to go now. I am getting old and it takes me longer to get back to my hut. I will see you soon. Please do not feel sad for me as I leave the physical world. Instead feel grateful that you will become a wise man like me as you grow old."

Wise Man bid him his last good bye, hugged him, turned around, and serenely walked back to his home. "Thank you, old man," Little Thunder shouted after his mentor.

Wise Man turned around, raising his walking cane and called back, "Old man, you call me. See you later, kid! And as always, rumble like thunders with love, luck, and light!!" Little Thunder stood on his boulder as he watched the old man disappear into the woods. He knew in his heart that he would never see Wise Man again and felt sad. Often in his culture, wise men die alone on a mountain top. It was their way of departing to the spiritual world in peace without any interference from everyday life. Little Thunder wondered if Wise Man's wife would be with him on the mountain top.

As the last star appeared in the night sky, Little Thunder jumped down and walked away from the boulder and apple tree. He got on his hover bike and headed to Sunshine's tree house. That night, he proposed to Sunshine to marry him with the ring he pulled from one of his dreadlocks. Sunshine happily agreed to marry him. About eleven moons after they got married, Little Thunder rubbed his Sunshine's stomach. She was pregnant with their deaf daughter who was due to be born on the twentieth day of the fourth moon of the year.

THE EPILOGUE

Wise Man laid down next to his favorite quiet spot. He paused and looked over the valley he called home. He heard the drum circle from down below the valley. It had been

playing since noon that day. It was the tradition for the village to have a feast and celebrate with a drum circle when a wise man made his way to the mountaintop to pass away in peace. The drum circle often continued until dawn. He was counting down to his last breath. His soul felt lighter as he slowly departed his body. The sun was slowly setting as he saw his own deceased body from the sky. Wise man smiled because he knew that it was not a tear of sadness, but a tear of life-force. The land would become more beautiful because his body had nourished it.

A generation later, Little Thunder was bald once again. He had decided to cut his dreadlocks off of his head. He knew it was time to let the dreadlocks go, because the dreadlock lesson stayed with him permanently.

One day, Little Thunder was looking after his young daughter while they were camping out by the magical apple tree. When he helped his daughter, Star, to pick edible mushrooms for dinner, Little Thunder saw an old lady with long white dreadlocks standing in the middle of the field looking up in the bright sky. Willow recognized the young man's presence before she turned around and called out to him. Little Thunder signed to Star to continue looking for more mushrooms. Then he slowly walked to Willow.

Smiling from ear to ear, she quietly studied the man's face and said, "At

last, I found you! My dearest wise man told me to look for a man with short hair. You are the one. Wise Man, my husband, told me to give this staff to you. He wants you to have it." Willow brought out the small staff that she was holding under her belt. Little Thunder noticed that Willow was a little taller than Wise Man.

Little Thunder thought quietly for a moment before he slightly jumped up in the air with his face in astonishment, I had dreadlocks. How could this be? Oh you old man, I knew it. You knew that I would end up losing my dreadlocks. You are one smart old man!

Little Thunder smiled and graciously accepted the staff. "What could I use the staff for?" he asked the old lady. "It is too small to be a walking stick."

"Wait," she said. "Your body will shrink. The staff will be the perfect height for you one day." Then Willow grabbed the Vansterdam pipe out of her bag and gave it to Little Thunder. "You'll need this pipe too when you get to be that old," she said with a sparkle in her eye.

With the wooden pipe in his right hand and the small staff in his left, Little Thunder bowed to the old lady. "Namaste!" he shouted expressing his respect and gratitude for the Wise Man and his continued Wisdom.

"Namaste!" Willow replied, the sound of happiness echoing in the valley.

Both looked in each other's eyes for one last time before Little Thunder turned and walked back to his campground with Star to meet Sunshine. She must be worried about us, he thought.

As he was leaving, Willow called out to him, "Young lad?"

He stopped to look behind. "Yes, Ma'am?" he asked.

"I forgot to tell you that Wise Man said you are ready to grow a beard that will touch the ground when you stand on the boulder by that magical apple tree."

Little Thunder thought for a moment with a crooked smile on his face. He waved the hand that was holding the staff to her, silently acknowledging his next lesson.

As the day was ending, Little Thunder walked to the campground with Star and her basket full of edible mushrooms and wild herbs. Sunshine met them at the campfire, eager to

share dinner with her family. After explaining why he was late in sign language to include his daughter in their conversation, he showed the staff and wooden pipe to her. She smiled softly and gave him the kiss of infinity.

About four hundred and twenty moons later Wise Thunder's white beard and his dreadlocks finally touched the ground as he stood on the boulder by the magical apple tree.

The End



Illustrations © Ivan Artucovich

PROMISCUOUS FIREFLIES

*In March, persistent sun does charitably glance
through willows to warm molted mountain snow
in meadows where the luminescent beetles dance
indecent pirouettes. The marshy meadows glow
from fertile bugs, skirts upraised, begging for romance,
rushed by impending death to never say no.*

G. Bosacker

GARDENING

*A long dead tin can,
robbed of its sheltering luster,
bereft of identity and content
rises from the topsoil grave,
shaking off its new armor of muck
while impaled upon my spading fork.
It drips mystery of origin and content
now halfway converted to rust.
What did it shelter and hide before?
It now unfolds a slimy conclave of
worms.
This cluster of marauding Annelida,
voraciously seeking new worlds
to proselytize into productive loam,
converting all subterranean Earth.
Blind worms that fought off oxidation,
now digest the reddening rust.
They sing, Spring is here,
so stop digging and lets go fishing.*

G. Bosacker

Gerald Bosacker, poet and tale teller lives in Arkansas, retired from the corporate world where he was successfully employed, although miscast as Vice President of a large chemical company. He now does penance for his sins against the environment with his anti-war activism and poetry.

Gerald Bosacker studied journalism, but found success as a graphic arts salesman, which evolved through serendipity and pandering to his superiors, into a Vice Presidency of an international corporation, a role neither deserved or greatly appreciated. Early retirement, an unskilled and naive victim of corporate politics, provided opportunity for his first love of weaving words into meaningful poetry. Starting late, Bosacker churns out tons of poetry, and displays them pro-bono, hoping for acclamation or bare acceptance, while he is still mortal. See his prize winning poetry at www.bosackerbooks.com or at 124 Internet sites...

TO BEAUTY PAGEANT JUDGES

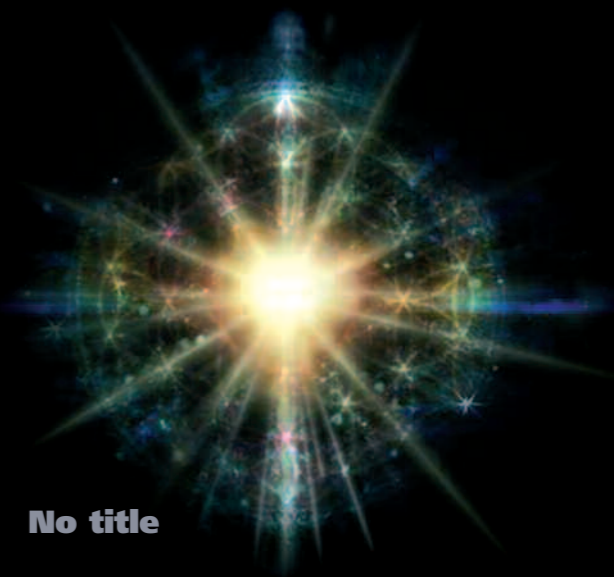
*No stitch mark or discerned stitches,
nor pockmarked skin that shows or
snitches,
this gloried miss is free from glitches
deserving crown you could install.*

*The scars she bears are all inside,
her bio skips the nights she cried
mute victim of her parent's pride,
no sadder star can you recall.*

*As Queens need more than pretty faces
she's well rehearsed in social graces
with perfect smile, rescued from braces,
segued amid her demure drawl.*

*You have the power to place her first,
or send her home, her bubble burst;
no matter which, your choice accursed
since you don't measure soul at all.*

G. Bosacker



No title

*There beneath the northern sky,
Amidst the stars that glow;
There comes a light far brighter
Than that of any light I know.*

*With eyes that dance like fire,
They pierce me to the soul;
Seeking, searching, wanting,
They haunt me 'ere I go.*

*Sometimes the fire reminds me
Of the things I wish to be,
And number one among them
Is with the brightest light I see.*

*Time will alter nothing,
For eternity has no end;
The only end that binds us
Is the end of death within.*

*So open up, imagine,
The potential you hold inside;
Share yourself forever
And let the stars collide.*

-Daniel A. Freeman-

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The Treasure Beneath the Stone

*Like the phoenix I arise
Blood and ashes in my eyes
Listen all, and listen well
I'll tell you of my trip to Hell*

*Children dying everywhere
People living in despair
Warring brothers, body bags
Living life in filth and rags*

*Darkness descends upon us all
Save us from this endless fall
Rise up! Rise up! You have the power!
Raise your voice! This is the Hour!*

*It's time to reap the seeds we've sown
It's time to see the path we're on
If we don't do it no one will
This medicine, this bitter pill*

*You have a Father, yes, you do.
But you also have a Mother too.
Bound so long in silent pain
Her tears for us, they fall like rain.*

*Love is the Law within my heart
The Universe, inspired Art.
Sky above, Earth below
I feel the tide, the ebb, the flow*

*It runs through me like a magickal wave
It makes me high, it makes me brave.
I spread my wings and I take flight,
No more flames to blind my Sight.*

*We all get what They see fit
Our lesson is to learn from it.
Fates are woven tapestry,
A gift from them to you and me.*

*The treasures are inside the hearts,
The minds, the souls, the spirits, Art
created on high, from up above
To help us sow the seeds of Love*

*An endless garden, big and small
Beauty grows before us all.*

*We all need love, like spring needs rain
A bouquet of flowers, a cure to pain*

*So turn your face to the sky above
Maybe you can hear the dove
She calls so lost and so forlorn
She longs to see the break of morn...*

*A time when every child will be
Safe and loved and treasured and free
To roam the earth and learn and grow
This is the garden I want to sow.*

*Come join me on this endless flight
Full of wondrous things and great delight
Help me bring this message home
Peace is the treasure beneath the Stone.*

c. Mara. May 5, 2007

Wicked Dream

*When the shaman meets the goddess
Will the night still linger on?
Or will the sun rise bright and true
On this wicked dream of mine?*

*Will wolves lie down among the sheep?
Will noone live out in the streets?
Will humanity be foremost
Over color, race and creed?*

*Will the hungry have enough to eat?
Will the homeless have a place to sleep?
Will the lonely have love to keep
Them anchored to this world?*

*Will we cherish children, help them grow?
For tomorrow they reap the seeds we sow
Today, my friend it's time we show
Our future we can change.*

*When the shaman meets the goddess
Will we learn how to shine?
Can we make the sun rise bright and true
On this wicked dream of mine?*

*C. copyright Shauna Lee Simm
(1995, November 1999)*

The Captain's daughter

*I am the Captain's daughter
I'm an eagle in the sky
I'm a lover, I'm a fighter
Only God can tell me why*

*I've Seen a brighter future
Filled with Hope and Love for all,
I have Seen the end to War,
Now who's to take the fall?*

*Every tick of the clock that passes
An innocent child dies
For the sins of Gods and wicked men
For their greed, and endless lies.*

*For their cruel manipulation,
Their deceit a dirty deed
He Told us some would bear fruit
And some would be the weeds.*

*It's time to reap the harvest
Of the seeds we've sown,
It's time to look up to the Sky
To prove to Them we've grown.*

*Love is the Law within my heart,
The Earth and Sky above
The Moon she pulls the tides in
On the Sea of Biding Love*

*Cast your net wide o'er the ocean
Over endless troubled seas
I am the Captain's daughter
I bring you dreams of Peace.*

c. mara 15 Aug 2007



Flight of the Eagle

*Knights and paupers, kings and fools
Come listen to my song
For in our Breath is Life renewed
Though the reign of darkness long.*

*You cannot bind the eagle true
Though words and cages try
Accept us as your equals
And we will join you in the sky.*

*From here we soar to mountain high
Through valleys green and lush
Our cry shall sound and then rebound
To break the still and hush.*

*For we are woman, proud and true
We won't be bound in chains
We take our place beside you
Together shall we reign.*

*The mysteries that lie so deep
That fall from stars above
Shall lead us to a place of peace
And deep abiding love.*

*All these things have I seen,
I hold them in my soul
These treasures they can't take from me
These dreams that make me whole.*

c. mara March 8, 2004

<http://www.alaska-in-pictures.com/bald-eagle-in-flight-860-pictures.htm>

*Sun for breakfast
moon for dinner
sleeping under the stars

*Waves of water
grains of sand
no-body complains

*The crimson sunset
leisurely evaporation
entering a velvet veil

*Thoughts in clear water
blossoms on the vine
blueprints for festivity

*Tight travel vacation
three score years and ten
packing light

*Countryside in early spring
greeting and meeting
millions of new buddies

*In the sperm
saint or sinner
out for a swim

*Clock with no face
empty schedule cards
no time - takers

*In the yardage book
sizing up life
from here to eternity

*Bottled in-dis-position
a case of diabetes
the icing on the cake

*a sunny crisp winters day
ocean waves rise-crash-devolve
the deep sounds ... deepen

*Volcanic devastation
hurricane destruction
the rites of nature

Jolly seagulls fish

*the blazing mid-day sun
crying - out - loud

*Covering earth's bounty
crisp blankets of stillness
canopies with no roof

*On the Lilly pond
sinking sentiments
floating leaves

*Early spring sun
darts of light
skating on thinning ice

*Colors of war
dyes in the cast
hue - shades - hue?

Peaceful Contemplation

by Michael Levy

*Colorful minds in hues of mellow
ripen readily in radiant natural glow
tranquil pools trickle into illuminate thought
light simplicity approach an entry port
temperate meditation - smooth reflection - soul selection
abundance bathes gracefully in peaceful contemplation*

In Love & Joy

Michael Levy. Professional Optimist

International radio host Michael Levy, is the author of eight inspirational books. Michael's poetry and essays now grace many web sites, newspapers, journals and magazines throughout the world. He is a prominent speaker on health maintenance, stress eradication, wealth development, authentic happiness and inspirational poetry.

Michael's web site: <http://www.pointoflife.com/>

<http://www.blogtalkradio.com/pointoflife/2008/01/30/Point-of-Life-With-Michael-Levy>

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*"The problem with experts is
they sometimes get it right."*

Michael Levy
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*"Before a person can be found
they need to realize they are lost"*

Michael Levy

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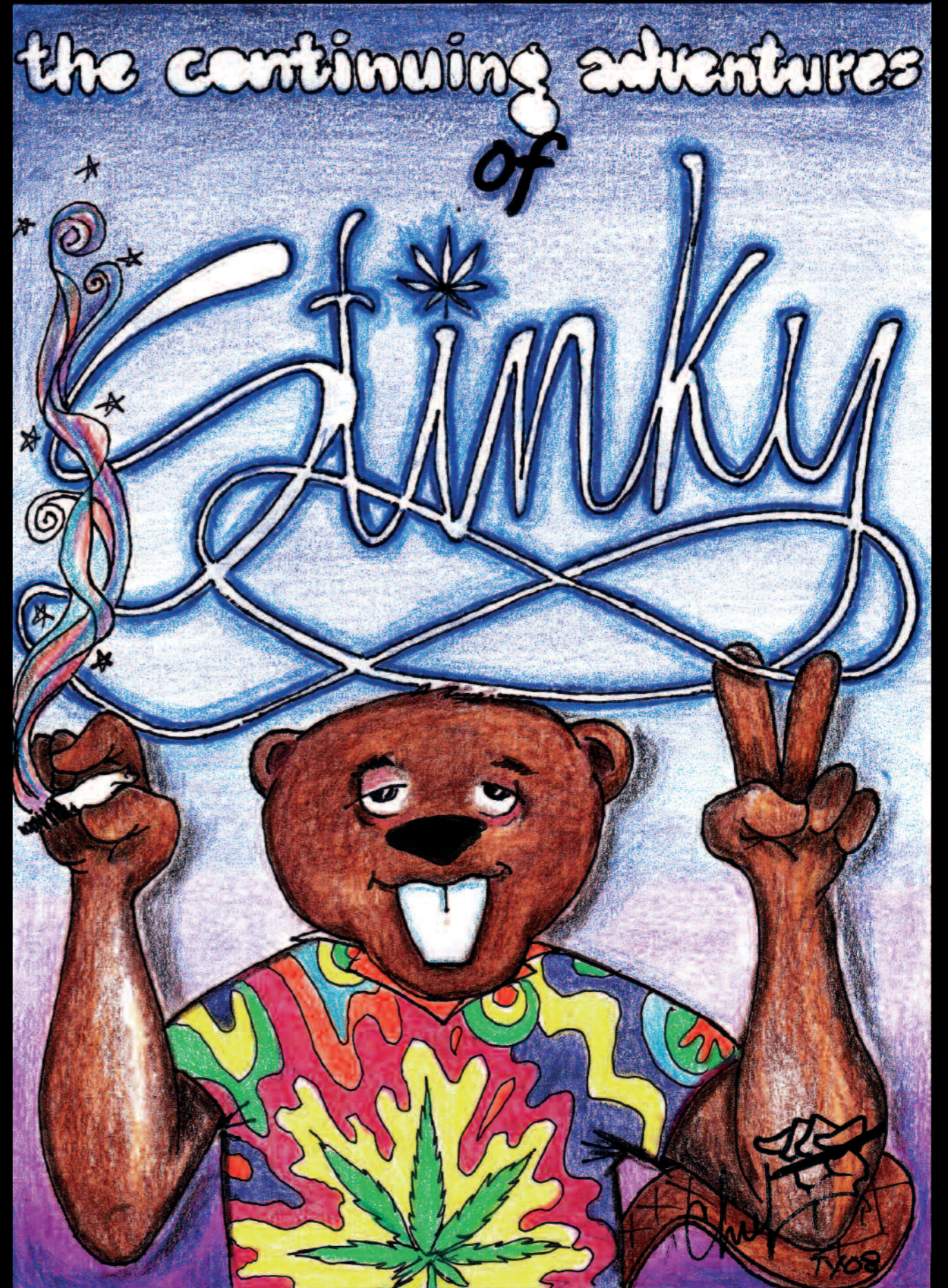
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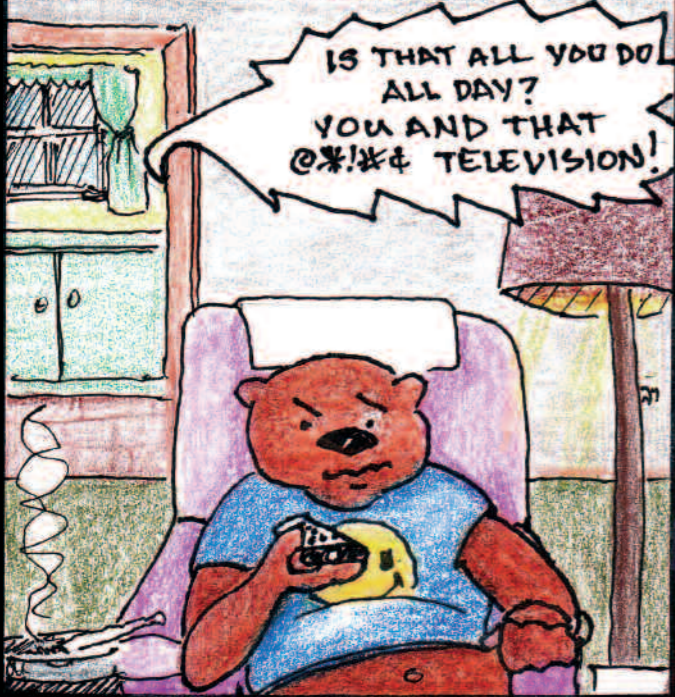
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LIFE FOR OUR BOY HAD BEEN GREAT, BUT AS USUAL, HE KNEW THINGS WOULD CHANGE SOON...



WHEN THE BATTLES GOT TOO BAD, AND THE OL' LADY SPLIT, STINKY FELT BROKEN.



KNOWING HE HAD TO PICK HIMSELF UP, STINKY THOUGHT HE GET SOME FRIENDS OVER...



ARRANGEMENTS WERE MADE THE PRIMO ROLLED AND WATER PIPES FILLED



PLANNING THE PARTY TOOK HIS MIND OFF OF HIS LOVE PROBLEMS... SOMEWHAT



BUT, EVEN A POT PARTY WASN'T ENOUGH TO EASE HIS BROKEN HEART.



A BREATH OF FRESH AIR WAS GOOD TO CLEAR HIS MIND, BUT THE HEARTACHE WAS STILL THERE



A POLITE GIRL BACK AT THE PARTY ALLOWED STINKY TO RANT, AND RANT HE DID!



IT SEEMED LIKE MINUTES, BUT STINKY & KRISTINE HAD ACTUALLY BEEN TALKING FOR HOURS!



CRACKLES AND COFFEES LATER, THE TWO EXCHANGED NUMBERS, KISSES AND PLANS FOR LATER!



OF COURSE, OUR HERO SUGGESTED TAKING THE CHAT TO A QUIETER SPOT WHERE THEY COULD HEAR EACH OTHER



IT LOOKED LIKE THINGS HAD YET AGAIN CHANGED FOR THE BETTER FOR STINKY



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Chef Uni Recipes

FROM TREATING YOURSELF KITCHENS

WAKE AND BAKE BANANA MUFFINS

Submitted by Chef Uni

Ingredients

- 1 cup all purpose flour
- 1 cup oatmeal
- 2 cup sugar
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1 tbsp finely powdered marijuana
- 1/2 cup (1 medium) mashed ripe banana
- 1/2 cup milk
- 1/3 cup oil (or melted canna butter)
- 1 egg, slightly beaten



1. Heat oven to 400 degrees F.
2. Grease bottoms only of 12 muffin cups (I used a 16 place small muffin tin) or line with paper cups.
3. In large bowl, combine all dry ingredients for muffins.
4. Combine all wet ingredients together.
5. Stir the wet ingredients into the dry ingredients just until dry particles are moistened.
6. Fill muffin cups 2/3 full.

Bake at 400 degrees for 18 to 22 minutes or until golden brown.
Remove onto a cooling rack.
Serve warm.

Recipe makes 12 medium muffins or 16 small muffins.

Chef Uni Recipes

FROM TREATING YOURSELF KITCHENS

COOKED CANNA PUDDING

Submitted by Chef Uni

Ingredients

- 1 package of Cooked Pudding Mix (your choice of flavour)
- 3 cups Milk
- 1 tbsp finely powdered Marijuana

- Follow the instructions as per the package but during the heating of the milk, add the finely powdered marijuana.

- Continue as per package instructions.

This was a fast and easy dessert, and seems to have a very sleepy effect on the patient. This is a good treat for someone who wants a light tasty treat.



CLAYTON CHIP COOKIES

Submitted by Chef Uni

Ingredients

- 1 cup canna butter
- 2 1/2 cups flour
- 1 cup packed brown sugar
- 1/2 cup sugar
- 2 eggs
- 1 tsp vanilla
- 1/2 tsp baking soda
- 2 cups semi-sweet chocolate chips
- 1 cup chopped walnuts, pecans or hazelnuts, optional



Mix all ingredients, except chocolate chips and nuts.
Beat mixture until thoroughly combined.
Add chocolate chips and nuts.
Drop dough by rounded teaspoon 2 inches apart onto ungreased cookie sheet.
Bake at 375 for 8 to 10 minutes or until edges are golden.
Makes about 60.



CORINADO'S GINGERSNAPS

Submitted by Corinado

Often I find myself making butter with trim (both small and fan leaves) and this usually results in a butter with a very pungent taste -- almost impossible to cover up. This is a recipe when you are making such butter. Usually, since one must use a lot of green matter to a small amount of butter to make it strong, anything sweet ends up tasting like lawn trimmings and chlorophyll. This is a sweet and spicy cookie that does a great job of covering this less than desirable flavor.

Start out with (strong) butter, made from concentrating undesirable green portions in a butter and water mixture, simmering, and skimming the solidified butter off the top after cooling.

Ingredients

- 3/4 cup green butter
- 3/4 cup white sugar
- 1/4 cup packed brown sugar
- 2 cups white flour
- 1/4 - 1/3 cup applesauce (depending on thickness/liquidity of apple sauce)
- 2 teaspoons baking soda
- 1 1/2 Tablespoon ginger (more if you have old, weak ginger)
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- freshly ground black pepper, salt

• Preheat oven to 375

1. combine the butter, sugars, applesauce and spices
2. on top of the wet ingredients, mix the flour, baking soda, black pepper (a few grinds) and salt (a few shakes)
3. stir all ingredients together.
4. form golf-ball sized balls, roll in extra sugar (white but raw cane looks best) and place on greased baking sheets.
5. cook until cookies crack in the middle (about 10 minutes or less, gotta keep an eye on them)
6. turn oven off, crack it open an inch and let the cookies sit in the oven until they become hard.

The end result is a spiced cookie resembling a gingersnap in texture and taste. The cloves will give it that "spiced wafer" taste and will aid in covering up the taste of the leaf-butter.

Make sure cookies are hard and "snap" when broken in half before storing. The best thing about these cookies aside from the taste? They last for a long, long time! So next time you have less than desirable trim, get that big ol' soup pot out and make butter from it. You don't need to store extra butter - just make as many batches as you can! The cookies, being hard and crispy, store very well wrapped in plastic.

That is my contribution to the Treating Yourself recipe collection! I have been making them for years and I hope they bring the joy to others that they have brought to me. One more thing -- for those of you with older folks in need of medicine, they seem to LOVE these cookies. Gingersnaps are unfortunately a thing of the past these days, there was a time when it was one of the more popular cookies.

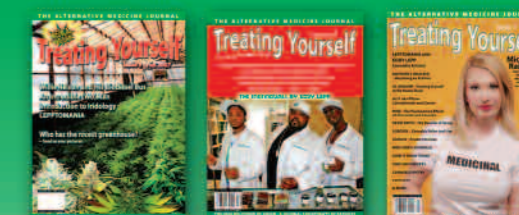
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