

# TREATING YOURSELF

Medical Marijuana

Issue 4

**EDDY LEPP  
INTERVIEWS**

◆ **JOE ROGAN**

◆ **JACK HERER**

◆ **TIM BLAKE & JOHN TRUDELL**

**DUTCH COFFEE SHOPS CANNABIS  
COMING UP LETHAL**

**KING KONG GROW  
FOR PEANUTS  
THE RESULTS**

**FREE MEDICAL MARIJUANA  
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## ABOUT THE FOUNDER AND A MISSION

**M**y name is Marco Renda I am 46 years old. I have been suffering from Hep. C for about 23 years now. Since 2003 I have been licenced by Health Canada to possess marijuana for medicinal reasons. It is my goal to provide medical marijuana users with information to assist them in their use of medical marijuana, from acquiring seeds to growing their own. Treating Yourself supports the removal of all penalties for the private possession and responsible use of marijuana by adults, including cultivation and casual nonprofit transfers of small amounts. Our website Treatingyourself.com is the world's largest and most compassionate medicinal marijuana website to date. We at Treatingyourself.com first began our journey into the marijuana culture by providing free, quality marijuana seeds to those in need. We then expanded our compassion to include the ability to supply medical grade marijuana for free or at a hugely reduced price to qualified medicinal patients around the WORLD.

This practice soon proved to be the “un-doing” of a very good thing. I have subsequently been arrested and I am before the courts for this act of compassion. As a result Treatingyourself.com is no longer able to provide marijuana to the hundreds of patients it once helped so much. It is with this

in mind that I have decided to re-focus some of my actions in the marijuana culture. TY WILL remain a predominantly “medical” marijuana website whose goal will remain to be the education in the responsible use of marijuana as it applies to medicine, however there will be a more concerted effort given to the consolidation of many “pro marijuana” websites and interest groups with a goal to co-ordinate all of our efforts with regards to the issues of legalization.

I would like to take this opportunity to extend my hand in welcome to ALL respectable, responsible marijuana users. I would like to see a concerted effort on behalf of ALL respectable, responsible marijuana users WORLD WIDE, helping in the effort to abolished prohibition as prohibition MUST be abolished! As individual “interest groups” we are at the mercy and whim of the governing bodies of the world, however if we were to unite and begin to demonstrate to the world that we are responsible and respectable members of society the choice will be clear. Marijuana MUST be made fully legal to any and all who have obtained the age of majority!

The time has come for our governments and lawmakers WORLD WIDE to abolish the immoral prohibition of an innocuous flower! The time has come to realize that we are NOT “potheads” or “stoners”, far from it!

We are tax payers; we go to work every day we are employed in every walk of life. People who use marijuana range from janitors to judges, barbers to doctors... yes even a good number of our police use marijuana! I personally know a Canadian army veteran who self medicated with marijuana through most of his active service career following a botched back surgery; he was well liked by his fellow soldiers and had the respect of his supervisors through his entire career, hardly what you could call a “pothead” or a “stoner”.

This is just one story in perhaps a million or more in Canada alone! Yet the facts remain the same... we STILL face prohibition, we are still unjustly locked up, we can still have our lives RUINED! All because the propaganda machine is kept well oiled and fine tuned. It is our duty to throw sand in those gears! It is our duty to dismantle this ponderous loathsome machine! The ONLY way to achieve this is to “walk the walk” and “talk the talk”, we... the marijuana consumers of the world MUST show the lawmakers that we do NOT cause harm, we ARE RESPONSIBLE, we are RESPECTABLE and we are VALUED, PRODUCTIVE MEMBERS OF SOCIETY!

It is long past due that we remove the stigma that is attached to marijuana, to date there are hundreds of LEGAL marijuana users in Canada who would rather that the “public” NOT know who they are. NOT for fear of being ripped off... no... They would



rather remain anonymous because society has allowed the stigmatism of “pothead” and “stoner” to continue. They would rather remain anonymous because they don't want to be harassed by police for their LEGAL gardens... they don't want their professional careers to be interfered with. All they REALLY want is to be allowed to live a more pain free PRODUCTIVE life! There are literally hundreds of thousands more that use marijuana as a relaxant to help manage stress, stress KILLS!

Even for the social user marijuana is used at parties and other gatherings, much in the same way that alcohol is used... with far less addicting effects and without the morning after hangover. Marijuana is of course among the most benign of the so called “party drugs”, FAR greater threats can be found in the form of crack cocaine and crystal meth!

To suggest that the ingesting of a plant such as marijuana should also carry with it the “shame” of a criminal record and the possible destruction of any future career opportunity or even the ability to freely travel about the globe.. Is in FACT a “shame” and a “crime” against the RESPONSIBLE and RESPECTABLE marijuana consumers of the WORLD!

**THE TIME HAS COME FOR OUR GOVERNMENTS AND LAWMAKERS WORLD WIDE TO ABOLISH THE IMMORAL PROHIBITION OF AN INNOCUOUS FLOWER! THE TIME HAS COME TO REALIZE THAT WE ARE NOT “POT-HEADS” OR “STONERS”, FAR FROM IT!**

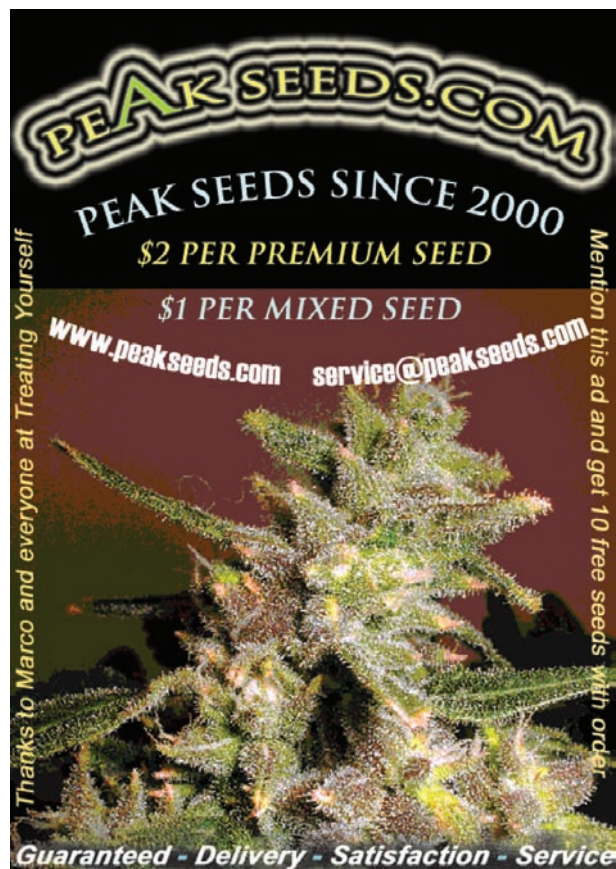
WE MUST LEGALIZE MARIJUANA! We must remove the criminal element from marijuana, to do this it must be legal for ANYONE to grow and use marijuana that is at or above the age of consent! By removing the archaic laws that continue to prohibit the free use of this wondrous herb we would free up multiple BILLIONS of dollars currently being eaten up by police agencies around the globe in an effort to stamp out a relatively harmless plant!

By doing so our fine police officers would be able to concentrate on ending the threat of FAR more dangerous and insidious addictive drugs such as crack cocaine and meth amphetamines.

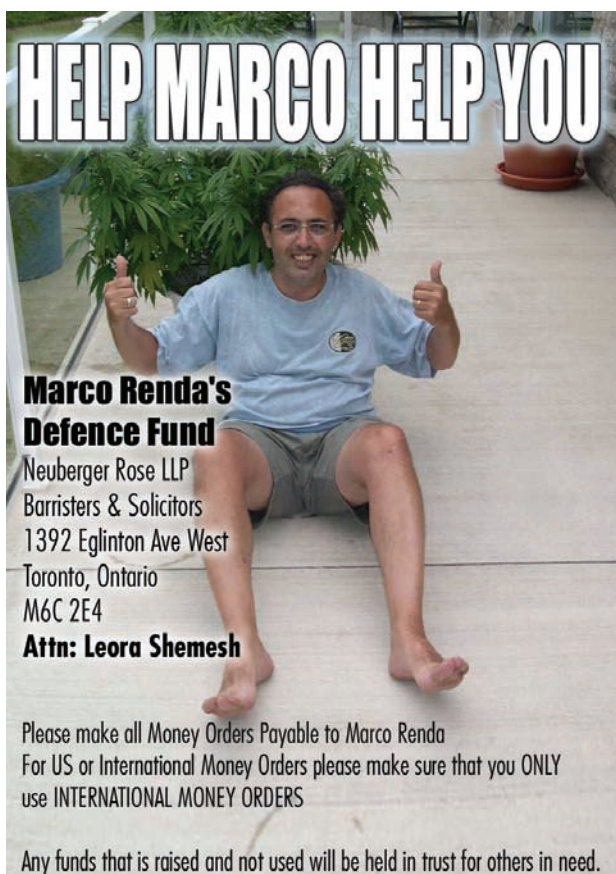
In closing I would like to reiterate ... THERE IS A BETTER WAY! The government needs to hear your voices! Send your thoughts to your local MP; do not be afraid, only criminals need to be afraid!

YOU are simply pursuing YOUR RIGHTS! The future is in your hands, shape it wisely ... someday YOUR health may hang in the balance!

On behalf of myself and all of the members of Treating Yourself.com I wish you good health and good grows.



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NO SEED FOR THOSE IN NEED



What's wrong with this picture?

Well I know of 2 things wrong with it!

1. It's NOT Health Canada who is the VICTIM
2. R.C.M.P. are taking the seeds from those who are allowed to grow marijuana legally and those who have paid taxes on their seed sales!

First I would like to discuss Health Canada also known as HELL CANADA to quite a few patients for all the undue stress that Health Canada continues to put onto the sick and dying tax payers in Canada. Health Canada has stated that they will REVOKE your grow permit if you share your seeds with other sick patients who want to eliminate the Black Market and grow their own medical marijuana. Health Canada also states that the licenced grower is not allow to import seeds by ANY MEANS or bring them in on your person from another country because then you are breaking the law and Health Canada will REVOKE your grow permit. I believe that these rules and regulations that Health Canada has put together are ASSININE. Health Canada wants the Exemptee to buy seeds from them! Now who in the hell would want genetics that doesn't help the patient with their ailments? NOT ME! There are well over 1200 different varieties of Marijuana available for sale in seed form at the present time and that number of varieties is growing at a very rapid pace due to breeders responding to the needs of the sick making sure that they have good quality genetics that are proven to help patients with their ailments. Just like any other pharmaceutical drug that Dr's prescribe to their patients not all drugs will work for them because everyones body isn't the same, so all of our bodys react differently. What works for 1 person might not work for the next. Using marijuana as your medicine you need

a minimum of 5 different varieties in order to be able to treat yourself. When using pharmaceutical drugs your body builds up a amunity to the medicine and that can also be the case with marijuana! So what makes Health Canada believe that their 2 strains will work for the 1,300+ Exemptees that are permitted to use marijuana as their medicine?

Now on to the second issue that being the R.C.M.P withholding seeds from sick Canadians who want to grow marijuana for medicinal purposes. I believe that ALL POLICE FORCES should work together with EXEMPTES! How? Well if the police were to take all grow equipment, plants, seeds etc taken in raids on retail outlets and DONATE them to licenced users a lot more patients would be growing their own medical marijuana. The R.C.M.P only started to take interest in seeds being sold when the US Government asked for their assistance in arresting Mark Emery. Then they went 1 step further by taking down the owners of Overgrow.com, Cannabis World and Heavens Stairway. Since these arrests 90% of online seed retailers based in Canada have SHUT DOWN leaving people who are licenced to grow NO CHOICE but to break the law and order seeds from sources located outside of Canada where it is tolerated by those other country's government. Seed retails such as Mark Emery and the owners of Overgrow.com, Cannabis World and Heavens Stairway have paid taxes on all their seed sales so how come REVENUE CANADA wasn't charged as an accessory to the same crimes of MONEY LAUNDERING and TRAFFICING? We must band together and change how our politicians pass the laws that DON'T SERVE the needs of the people.

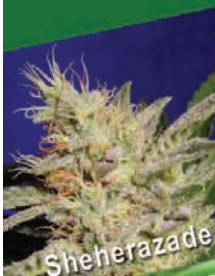
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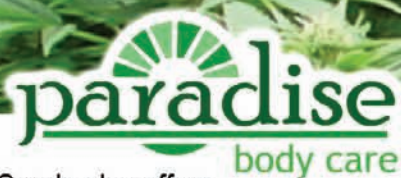
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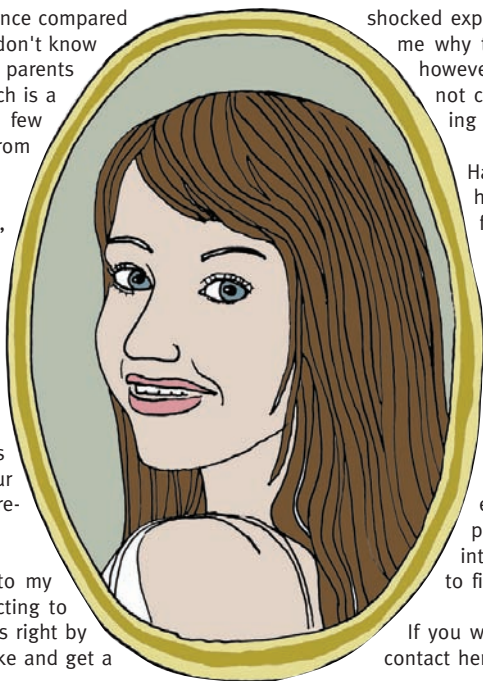


## A NON USING TEENAGE POINT OF VIEW

I feel that I have a very unique living experience compared to a lot of the other teens out there today. I don't know many others who can say that one of their parents can legally grow and smoke marijuana, (which is a shame because I'm sure there are quite a few people out there who could truly benefit from it).

As most of you know, my mother is Chef Uni, and is in the kitchen a lot, creating new and wonderful treats for us to enjoy, both in the cannabis variety for my father (zardoz) and the non-cannabis variety for everyone else. Thus because of this fact, a new rule has been put in place in our home, "If it is green, you have to ask before eating." Luckily our mother has helped us out with that one and often dyes her concoctions green, (Unfortunately, green is the only colour of food dye we have in the house and therefore, our Easter eggs were rather green).

It's also interesting to bring a new friend to my house, especially if one of them isn't expecting to see a marijuana plant sitting there and walks right by one. They often walk by and then double take and get a



shocked expression on their face when this happens, asking me why there is a pot plant in my living room. Others, however, just shrug when they come in and see them, not caring what so ever. All of them are used to seeing the plants in the house now.

Harvest time is definitely a fascinating time in the house. There's nothing quite like watching your father walk by with a huge plant, the whole house smelling strongly of marijuana. I will honestly admit that the first time my father walked through with one of his plants, I had an expression on my face, which was similar to that of one of my friends'.

I love being able to share in this unique experience with my family and I wouldn't give it up for the world. Each day is a new adventure in my household and I love being able to share my experiences with medicinal marijuana with other people. I hope in the future that I will be able to interview a few people, (both users and non-users) to find out their views on it.

If you would like to get in touch with Krysania you can contact her at [krysania@treatingyourself.com](mailto:krysania@treatingyourself.com).

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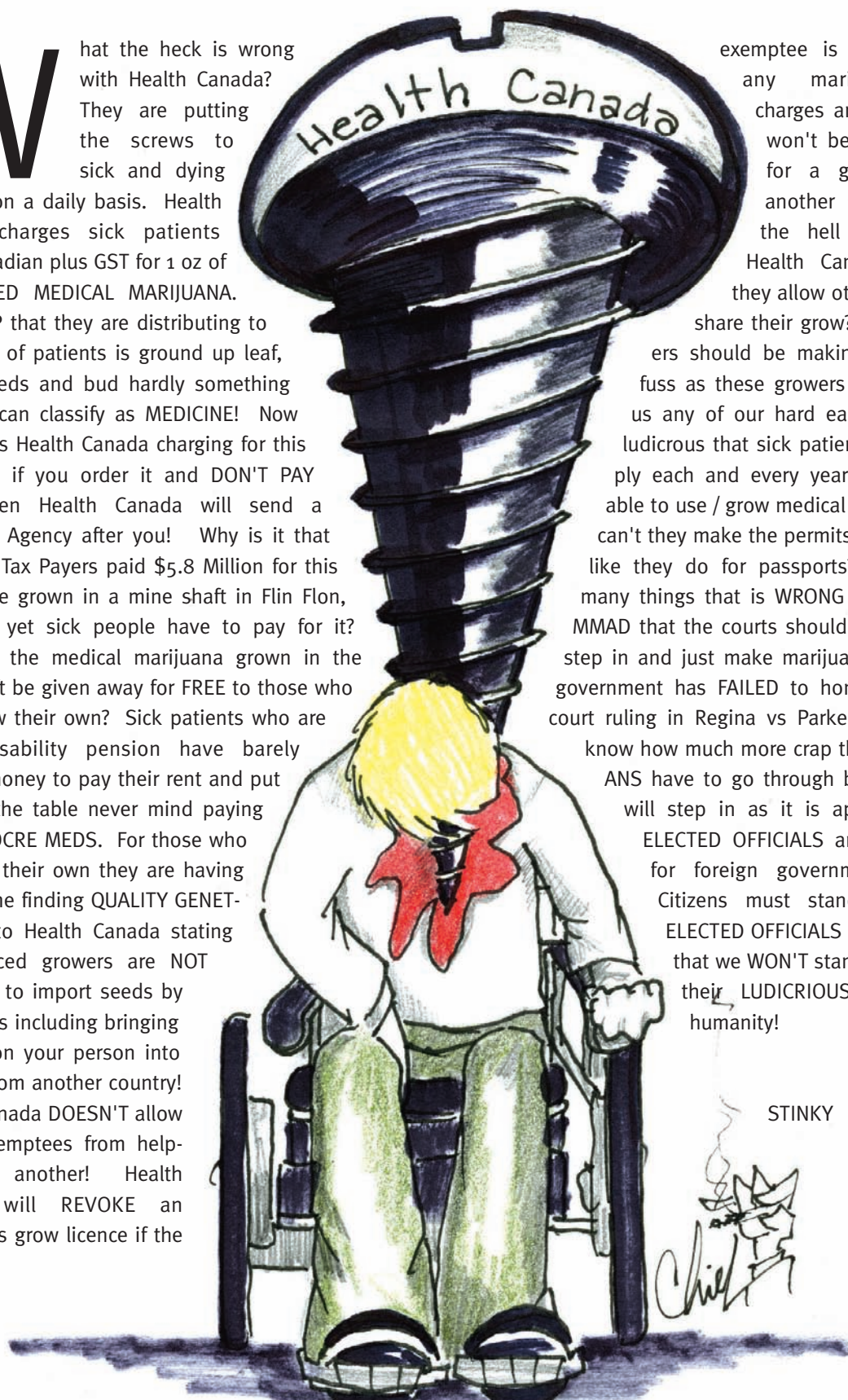


## HEALTH CANADA SCREWING SICK PATIENTS!

**W**hat the heck is wrong with Health Canada? They are putting the screws to sick and dying patients on a daily basis. Health Canada charges sick patients \$150 Canadian plus GST for 1 oz of SO CALLED MEDICAL MARIJUANA. This CRAP that they are distributing to a handful of patients is ground up leaf, sticks, seeds and bud hardly something that you can classify as MEDICINE! Now not only is Health Canada charging for this CRAP but if you order it and DON'T PAY THEM then Health Canada will send a Collection Agency after you! Why is it that Canadian Tax Payers paid \$5.8 Million for this stuff to be grown in a mine shaft in Flin Flon, Manitoba yet sick people have to pay for it? Shouldn't the medical marijuana grown in the mine shaft be given away for FREE to those who can't grow their own? Sick patients who are on a disability pension have barely enough money to pay their rent and put food on the table never mind paying for MEDIOCRE MEDS. For those who can grow their own they are having a hard time finding QUALITY GENETICS due to Health Canada stating the licenced growers are NOT ALLOWED to import seeds by any means including bringing them in on your person into Canada from another country! Health Canada DOESN'T allow fellow exemptees from helping each another! Health Canada will REVOKE an exemptees grow licence if the

exemptee is found guilty of any marijuana related charges and the exemptee won't be able to reapply for a grow permit for another 10 years! What the hell is wrong with Health Canada why don't they allow others to grow and share their grow? We as tax payers should be making one hell of a fuss as these growers are NOT costing us any of our hard earned cash! It is ludicrous that sick patients have to reapply each and every year for them to be able to use / grow medical marijuana! Why can't they make the permits valid for 5 years like they do for passports? There are so many things that is WRONG with the current MMAD that the courts should once and for all step in and just make marijuana LEGAL as the government has FAILED to honour the original court ruling in Regina vs Parker! I really don't know how much more crap that SICK CANADIANS have to go through before the courts will step in as it is apparent that our ELECTED OFFICIALS are mere puppets for foreign governments. We as Citizens must stand up to those ELECTED OFFICIALS and make it clear that we WON'T stand for anymore of their LUDICRIOUS LAWS against humanity!

STINKY





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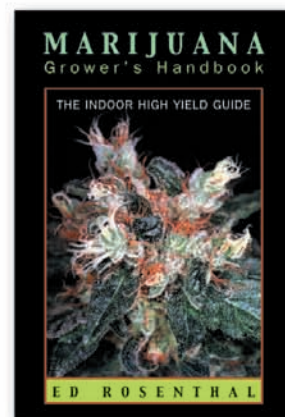
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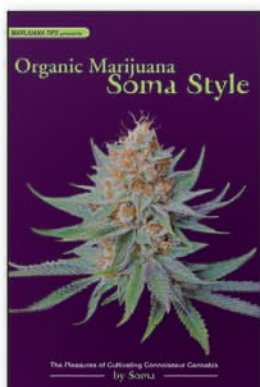
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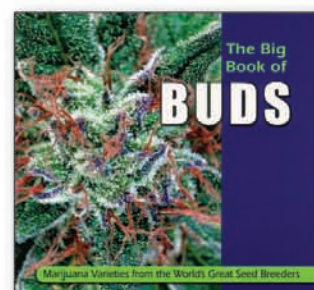
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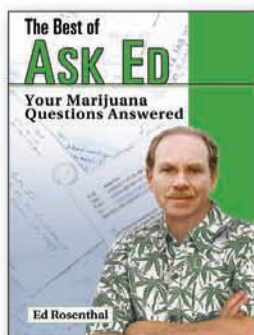
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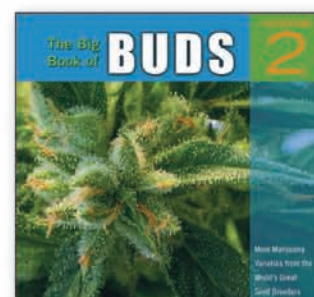
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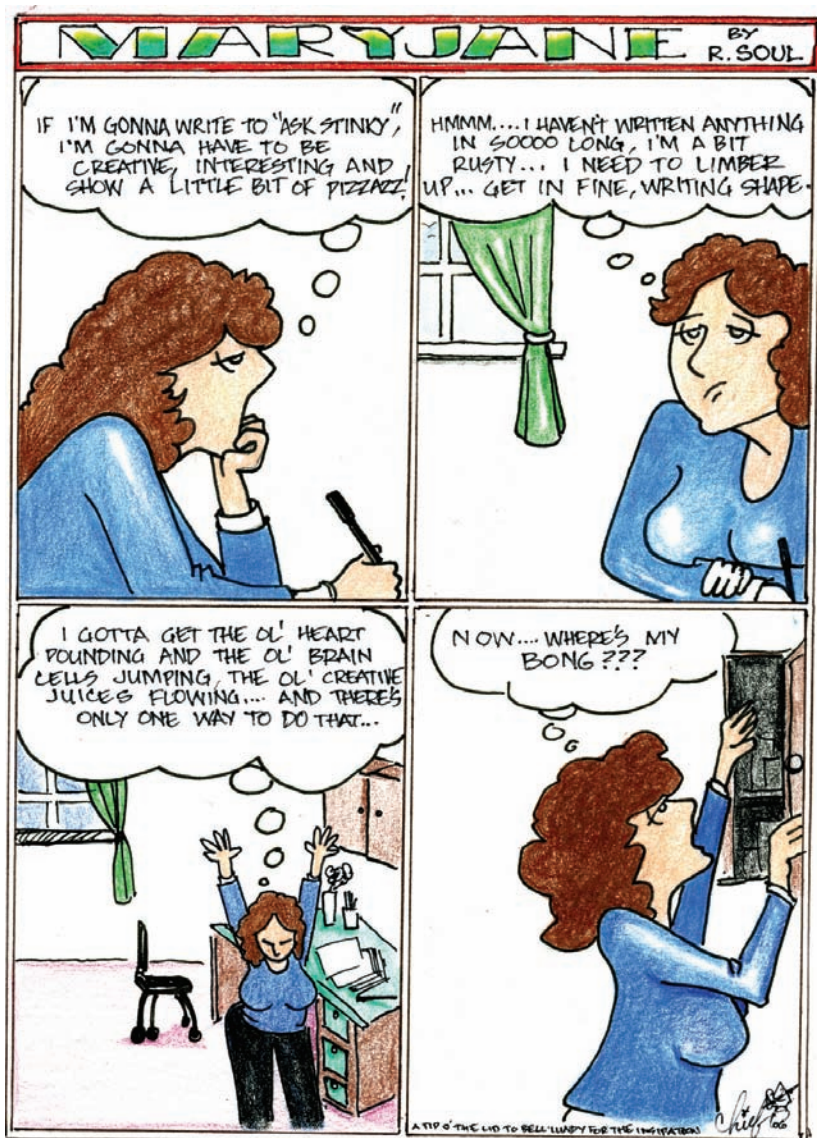
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**ED ROSENTHAL  
PRESENTS**



# CHEWING IT OVER WITH STINKY!



**DEAR STINKY**

I was at a friends a couple of nights ago and we got to talking about hash. He told me that I can go to a "store" and rent a hash tumbler. Is this true? If so could you direct me to a site.. thxs a bunch DP\_Sweetie

**DEAR DP\_SWEETIE**

I would google for a Tumbler if thats what you are set on, but if you are open to other methods you should keep your eye's open for contests here at TY especially the one's for "Bubble Bags" and the "BC Box's".

Peace and happiness,  
Stinky

**DEAR STINKY,**

Stinky I keep running out of stash the last few years and the only thing I can figure is that it's about how long I have been wearing Cheaters(magnifying glasses). I never went and got real glasses but just get dollar-store magnifiers, at first I used 1.5x but have moved up to 3x when I started beading and now my meds go real fast. Should I admit my eyes are old and go get real glasses or just grow more?

SWAMPY

**DEAR SWAMPY**

Grow more....LOTS MORE! I would also admit my need for new goggles, bite the bullet and get the real deal. I hear glasses make you look studios

Peace and happiness,  
Stinky

Stinky didn't have any other questions to answer so if you would like Stinky to answer a question you may have please send him a email to:  
[ask.stinky@treatingyourself.com](mailto:ask.stinky@treatingyourself.com)





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# TONYA'S STORY

## IN A FIGHT FOR FREEDOM!

Hi Everyone! It is so great to see you again. Happy spring. This is my favorite season of all. What is your favorite season? New beginnings and new starts is what Spring is all about..

My life has moved in a new direction and believe me, I am going totally on faith. I have no clue what God has in store for me but I do know I trust him and will do what is needed of me. I am a child of our precious God.

I have resigned from Ohio Patient Action Network. Being on a board of directors comes with a great title but it comes with alot of issues/ problems that I don't have time for. We do wish them well .

Sick people don't have time to plan and plan some more.. We want to get things done today if not yesterday. Ok enough about that chapter in my life.

Here's to new beginnings!

Each issue of Treating Yourself I will have someone you all might know Featured in a photo with myself. So hurry and get a subscription today. Doesn't TY magazine Rock?

I wonder who you will see in a photo with me next time? Guess you will have to get the next issue to find out.

This time it is Jerry Springer. What a compassionate man. What a Powerful speaker I was all around impressed with this man.

I would like to thank Rob Ryan

**[HTTP://WWW.ROBRYAN.ORG](http://www.robryan.org)** for taking this photo of myself and Jerry Springer.

Jerry Springer is AWESOME! The way he acts on his show and the way he speaks when in a Political setting are two different men. I actually had chill bumps when Jerry Springer spoke at this democratic event I attended with a few close friends and Colleagues'..





This event was held in Cincinnati Ohio .

#### JUST A COUPLE FACTS

1. Marijuana is the safest medicine known to man.
2. It used to be illegal to not grow marijuana

To learn more please go get *The Emperor wears No Clothes* written by Jack Herer

3. 78% of Ohioans support medical marijuana and I believe anywhere in the US they have put it up for the voters to decide. It has won overwhelmingly. In Montana medical marijuana got more votes than George W Bush

Ok so..... what else has happened since our last visit? Oh yeah! I promised to tell you about.. Well... WHIO TV did a medical marijuana news show on me. You can watch it online just put the address below in your browser and watch it at your leisure.

Thank you Sally Taylor, for doing a great job reporting on medical marijuana. and allowing me to share my story.

<http://drugpolicycentral.com/real/opn/tonya.rm>

This was a neat experience. The news crew came to my home where we talked about medical marijuana . I demonstrated the volcano, spoke of the safety of using such a vaporizer. They followed me to the Ohio Statehouse where they interviewed me with Senator Robert Hagen the sponsor of our medical marijuana bill here pending in Ohio. God bless you Senator Hagen.

Sally Taylor also interviewed Steve Austria, who is a Ohio Senator who said "My gut feeling is, we don't need this in Ohio at this time"

Well Senator you don't know me .<smile> I believe with all my heart that Ohio does need this medical marijuana bill to pass, to protect patients like Randy Brush (Wellsville, Ohio) and myself from prosecution when they use cannabis as a home treatment under supervision of a doctor of course. I will fight

to change these laws until I take my last breath. Thank you for being kind in the interview Senator Austria and I do believe I can change your mind.

If you would like to help me change the senators mind please email him at [steveaustria@woh.rr.com](mailto:steveaustria@woh.rr.com)

Here is another Ohio Senator. and compassionate man. He just needs educated and needs to stand up for what is just RIGHT and humane.

I need you to write this Ohio Senator Eric Kearney via email at [Kearneyoffice@maild.sen.oh.us](mailto:Kearneyoffice@maild.sen.oh.us) Ask him to stand up for what is right.. Senator To be reelected you need to hear the people.. We the public need to be able to trust that you will look out for Ohioans.

#### WHAT IS COMING UP?

##### WHEEL CHAIR TRIP FOR JUSTICE

Well I am starting to gather signatures of folks who support medical marijuana in Ohio. This summer, I plan on going on a wheelchair trip for justice by starting in Cincinnati and traveling to Columbus Ohio in my power chair to gather and deliver these signatures. Its time, we take back our rights and civil liberties back. Plan on joining me. Lets send a strong message to our lawmakers that OHIO NEEDS COMPASSION

Senators and Congressman work for us. Its time they remember that.. We are not criminals! Its time they are shown and learn that.

That's it for now!

I hope to see you next time, in another issue of Treating Yourself medical marijuana magazine ( the worlds best Medical marijuana magazine on the planet) Get yours today!

If you would like to help us in Ohio please call me at 937 435 7922 or visit us at <http://www.mmjactionnetwork.com>

Until then please be good to yourself.  
Tonya Davis



## A PATIENT'S STORY WHO IS ALSO A REGISTERED NURSE

Hi! I am Paula Mercer, I'm a Registered Nurse and I also am an Alternative health care consultant. I am a member of Ohio Patient Network, N.O.R.M.A.L. and patients for safe access.

I am really writing this totally on a whim. I was asked to write this, and have been poring over my books trying to sound like I know what I am talking about! I have the perfect little story. I had a round of hurting for a week where nothing helped. I went to acupuncture, hydro therapy (water aerobics) Tylenol 3's, and Zanaflex, resting with my leg up, using Cannabis in every way, like I was supposed to do, I did feel better, then my extreme pain was over for about 3 or 4 weeks, I figured, ha not true!

I have a condition with no name. No one else has it that I know of, I have always had it and it never really bothered me until puberty. My Doctors are baffled, too. I have a birth defect where my femoral VEIN in my leg collapses about 65% of the way. That in turn causes the blood to run backwards (Reflux), and then that causes blood clots (Deep Vein Thrombosis). If it was an artery the Doctors could fix it but your veins have little valves in them to match them up with another vein. It is next to impossible to fix, it causes me to limp and so my back is out of line some times. I have large varicose veins in my left leg that run from above my belly button to my toes and my left butt cheek & leg are around 4 inches bigger than my right (with swelling at times up to 8 or 10 inches). I have a baby non-functioning kidney too, and a deformed spleen, so I catch every little cold someone else may have. I had to have my thyroid removed because of small tumors on it (non-cancerous).

Western medicine today is mainly drugs, surgery, genes and germs. Where eastern uses a lot of herbs and vitamins with a healthy living style. I believe a good combination of both works well for most all of us.

Cannabis is in the Bible and has been used in eastern medicine for over 2,000 years. It's not addictive, I am proof of that, I only use it every 3 to 6 weeks when I have acute exacerbation of pain. I have been using it on and off from the age of 14 or 15, I have always believed that it was an excellent pain killer, but didn't know there was a movement until about 1978. I use it with total support from my family from my husband of 26 years to my parents and my family Doctor (she won't come out and say it to other people) but she has me

use it for my husband's back problems using as a tincture mixed with grain alcohol, I have made candy and brownies with it so if you don't want to smoke it you don't have to.

Anyway, back to my story. Like I said I was feeling better but after helping out at a flea market for Mom and my sister, I was on my feet all day and it was really cold out so I stayed tense all day. Needless to say, I had a terrible backache and my leg was swollen and I was so miserable. A friend stopped by with his backache to see if I had any cannabis to loan him. We decided since we both ached we just smoked one together. After he left I had a hot bath, then it was like a total miracle, I haven't had a pain since. I do this about every other month, but the key is which you are using Sativas strains are used more for nerve and brain effects, and Indica strains are used more for physical symptoms, like pain, headaches, bone, and some cancers. I know because you are buying it without any FDA regulations you really don't know what you are getting so it's hard to tell and there is not usually any way of knowing.

I knew a long time ago I could help with the movement to get Cannabis legal for medical use, I have a list that shows 222 conditions and diseases that have been proven to be helped by Cannabis. In conclusion if we all yell loud enough we will be heard!

I would like to add that there is a cancer hospital in another county that has a "pot smoking room" for patients that are in severe pain. Hopefully, someday, all hospitals will have the same thing!!







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# RANDY BRUSH

## THE SENTENCING.... THE FACTS....FACTS!



**ACTIVIST, SPEAKER  
AND PATIENT  
THIS COULD HAPPEN TO  
YOU! IS THIS JUSTICE?  
HELP US GET RANDY  
BRUSH OUT OF PRISON  
AND BACK WITH HIS  
FRIENDS AND FAMILY.**

1. Randy Brush was charged with **2 felonies** for growing **4 marijuana plants** on his roof.

2. This was a **first offense**

3. Randy **uses marijuana as a medicine** to cut down on pharmaceuticals which would make him a zombie if he had to use only pills. Randy is a **very sick man**.

4. Judge C Ashley Pike has stated that he wants to sentence **ONE MILLION MAN YEARS** before he retires Sounds like **judicial misconduct** big time.

5.The **judge offered Randy 9 months** a while back but Randy believed in this movement and why he uses marijuana as a medicine so much he refused and decided to let a jury decide. The jury was not allowed to know he was a patient. They did not know about jury nullification and some were pissed after they found Randy guilty and were told he was a patient.

NOW because the judge wants to prove a point and add years to move closer to his goal..... he **sentes Randy to the maximum...**

6.Randy Brush was sentenced to **3 years incarceration**, **\$5,000.00 fine**, and **3 years supervised probation**.

7. They **give child molesters less time..**

8. Randy is a **loving friend and father**.

What kind of justice is it when a very sick person gets sent to jail for nothing other than trying to not become a legal junkie?

What kind of justice is it when a Judge C Ashley Pike of Columbiana County can have goals like sentencing a million man years before retirement? Who's truly is safe in Columbia County?

What kind of justice/ Government allows sick people to suffer and make them criminals for treating themselves with what's been proven to be Gods medicine and safer than aspirin?

Randy brush got railroaded and I intend to continue, along with thousands of others to make sure that Randy is released. I have asked the ACLU to intervene on Randy's behalf.

I am going to NY in June2006 to speak with Montel Williams to ask him for his help. I also



intend to speak with Rob Kampia of MPP Marijuana Policy .Project.

MMJACTIONNETWORK.com has set up a <http://FreeRandyBrush.com> where everyone can send well wishes to lift his spirits and remind him he is NOT ALONE.

On Free Randy Brush.com there will be updates on Randy and Events being done in his honor.

A sneak peak: Mmjactionnetwork.com is teaming up with Journey for Justice to hold a wheelchair event in Randys honor.

cates. Through personal donations from them I have and will continue to work towards changing these unjust laws.

They know the difference it makes in our lives. Please visit <http://northohio.norml.net/> and also visit you local NORML chapter and give a small donation please.

Thank you Marco Renda for giving us this platform to have our voices heard.

Written by Tonya Davis founder of Mmjactionnetwork.com and creator of freerandybush.com

## WHAT KIND OF JUSTICE IS IT WHEN A VERY SICK PERSON GETS SENT TO JAIL FOR NOTHING OTHER THAN TRYING TO NOT BECOME A LEGAL JUNKIE?

Irvin Rosenfeld( A US federal exemptee and medical marijuana patient has graciously agreed to donate one of his canisters . We will hold a auction where someone will receive this part of history.

Irv is one of the 7 patients in the US that get's a canister of marijuana each and every month grown at the University of Mississippi, and has for over 20 years.

Why is some allowed to use marijuana as a medicine and some go to Prison and lose everything...? That's a violation of Randys constitutional Rights. The right to equal treatment and protection.

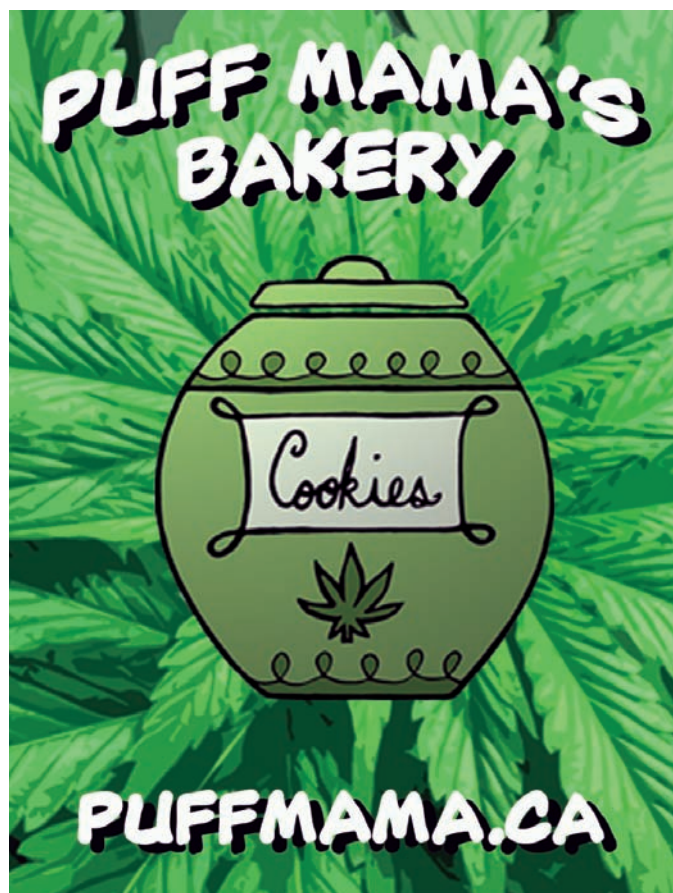
... You will have to visit <http://FreeRandyBrush.com> to find out more.

If you would like to help please contact me directly at 937-479-0461

NONORML is such a heaven sent. They are supporting my activism and I support them

Please support NORML. They are amazing folks. doing big things.

NONORML took the time to get to know me and Randy .. Now they are huge medical marijuana advo-





# PAIN AND CANNABIS



Smoke a joint, it'll make you feel better. How many times have you heard that expression? I don't think I've ever not seen a sigh of relief, on the faces of anyone after they've smoked. Obviously, smoking isn't the healthiest route to indulge in however, there are alternative ways benefit from the medicinal effects of cannabis. One of my favorites is brewing a strong pot of herb tea with honey. The most effective method for tea is to measure 1/2 to 1 level teaspoon of delicately sifted marijuana buds, stalk included per cup of boiling water. Cover tea pot (4-6 cups) with a cloth or tea cozy to keep it warm, and let it steep through a small strainer or tea ball for at least 15 minutes. Sipping cannabis tea gives you an almost immediate sedative effect, that helps you relax while its analgesic properties kick in (1 hour).

Baked goods is a popular choice especially with non-smoking patients. The medicinal benefits are similar to herb tea (sedative, analgesic). It's wise to begin with a small dose (.5-1 gram) per baked good until you feel comfortable with the effects. Because cannabis is fat-soluble, its digestive breakdown takes longer and you may not feel the full effects for 2-3 hours.

Another very effective choice for some are tinctures. Tinctures are sold in little dropper bottles containing a diluted concentration ratio of cannabis flowers, spring water and or pure vodka to preserve its potency content and should be refrigerated after opening. Doses are measured in drops per cup of warm water or tea. They can also be taken orally under the tongue, although their pungent, bitter taste doesn't appeal to everyone. Again, it's best to start with small doses and gradually increase as needed until your symptoms are relieved.

One of the newest and by far the most effective to date, is the vaporizer. Its shape resembles a Centrifuge (test tube spinner) with a sterile plastic bag attached to it. Vaporizers operate by heating the cannabis to the point of combustion (no flame). At this stage, the cannabis smoke rises and collects inside the attached plastic bag until it reaches its full capacity. The bag is then detached and the patient squeezes it to release the desired amount of medicine into their lungs. The taste is very smooth and clean with intense medicinal effects beginning within seconds after inhalation. This method prevents the ignition of the lethal toxins that are usually present in your medicine. Unless of course, you have a medicinal garden of your own or have a reputable grower that uses organic growing methods.

If your choice is to smoke cannabis, using a vaporizer is really the

healthiest way to go. Vaporizers are also the number one choice of doctors prescribing medicinal marijuana to their patients.

Therefore, as you can see there are many good options available for medicinal marijuana use. To help you make the right choices based on your individual health condition, please consult the qualified staff at your local compassion club. As with all medication, please discuss your medicinal marijuana regime with your doctors. It will help them study the effects of cannabis as it pertains to your illness, as well as making prescription dosing more accurate and effective.

Despite the well-documented medical history of cannabis, the number of doctors that understand, support and prescribe this medicinal wonder are far and few in between. However, thanks to continuing funding, medical research and human clinical study trials, cannabis is gaining major recognition amongst medical and business professionals worldwide.

In these ever changing times, it's reassuring to know that we're all finally on the right track.

Written by Deborah Memin  
Canadian Exemptee

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TY is my 1-stop for everything I need to live, love and laugh. Where else can you go to find the compassion, friendship and knowledge to live a much better life than I was living before I came here. TY has become a part of my life that is now a necessity for me to live the kind of life that I am now capable of living. It has provided a type of freedom. It has shown me how to **TREAT MYSELF**, and how to pass this knowledge on to the next person who seeks to learn how to treat themselves. TY has shown me a better way. TY has also shown me that I am not alone and not the only one who is in pain. Now, loneliness is optional.

I could go on and on to tell you what I have been freely given here, the new friends that I have met and the support that always comes from here.

I love this place and love all the members. We **ARE** a family.

**- 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 alot, about alot from 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 its members.

TY is family!

**- Nardwarz TY Member**

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We offer growing advice and tips, A free seed program for Medical Marijuana patients, great monthly contests. We have a membership that sees TY as family and acts accordingly. Above all we offer compassion, friendship, a light in the dark. We understand what it is to live with pain and sickness. We understand, because we live with it ourselves. So come on by and hang out with us. See what we have to offer and you decide.

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# EDDY LEPP INTERVIEWS JACK HERER



I was lucky enough to meet Jack Herer many years ago. Over the years we have become close friends. I can't tell you what a thrill and honor it is to have your hero become your best friend, and Jack is a hero. For years he dedicated his life to hemp and its many uses. He was among the first to believe in and support the medicinal uses of cannabis. His friends are a who's who list of the cannabis world. Movie stars, rock stars, and politicians are all proud to know Jack. He is an inspiration to us all. His book "The Emperor Wears No Clothes" was entered in to the records of congress in 1986. He has received about every award and honor imaginable. Yet at the heart of all this sits a man, and even though a hero, he is still human. Jack is one of the most passionate and caring men I have ever known. He has done more to help the legalization of cannabis in all its glory than the rest of us put together. Now, after a life time of devotion to an idea, a philosophy, and a way of life, I ask the age old question.... was it worth it?

*Jack:* "Yes"

*Eddy:* "So Jack, how is your health?"

*Jack:* "I'm fine. I was just on the road for 17 days and I slept like a baby at night."

*Eddy:* "Why is it so important to you to stay out on the road, spreading the word?"

*Jack:* "This is the best I've felt in years. I love selling my pipes and books, getting to meet with people and helping them to see the truth about our world and what we can do to improve it. This is my life's work."

*Eddy:* "We've heard a rumor about a hemp 101 tour with a bunch of hip-hop stars and cannabis people educating the youth at concerts and colleges. Are you a part of this?"

*Jack:* "I would love to see it and would be proud to be a part of it. If we can go out to the colleges and educate the children maybe they will have a future. I currently travel several hundred days a year. I've been doing it for 33 years and I love it."

*Eddy:* "We've also heard some talk about a new book from the emperor of hemp all about the use of herbs, fungi, and plants in the bible. Could we hear more on that?"

*Jack:* "God has manifested himself to man in many ways though out history. We believe that this book will explain



what the is really saying by going back to the original meaning of the words in ancient text. Man's use of sacred herbs, fungi, and plants are well documented. This work will show how deeply the involvement is between us.

**Eddy:** "What do you think of Rev. Tom Brown and his holy anointing oil? How has it worked for you?" (**Recipe at [www.firstchurchmagi.org](http://www.firstchurchmagi.org)**)

**Jack:** "I'm diabetic. I've just had open heart surgery. My legs looked like hell. They had ulcers, swelling, and bruising.



ing. All of this is 80%-90% better by using the oil twice a day. The recipe for the oil is from the old text. It is the oil used by Jesus according to the bible. I am thrilled by the results. We should all use it and hemp in every aspect of our lives. Hemp will save the world, if we allow it."

**Eddy:** "And now Jack is there anything you would like to talk about?"

**Jack:** "Why when no one has ever died from using marijuana (unless they are shot by a cop or hung by a hemp rope) is this the most sacred and valuable of plants still being shunned by us. There are 600 million acres of secondary farm land in the USA and 3 to 4 billion acres worldwide. If this was planted in hemp we could stop all oil drilling and all tree harvesting in less than 3 years. Preserving and enriching our planet not destroying it for the all mighty dollar. Of over 3 million plants it is the only one that gives back more to the earth than it takes away."

**JACK AND HIS LOVELY WIFE JENNIE LIVE IN NORTHERN CALIFORNIA ABOUT 2 AND A HALF HOURS NORTH OF SAN FRANCISCO. CHECK OUT JACK'S WEBSITE AT [WWW.JACKHERER.COM](http://WWW.JACKHERER.COM)**

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# EDDY LEPP INTERVIEWS JOE ROGAN



**W**hat to say about Joe? My, my, this guy is a wonder. Late to come to the table, Joe none the less has risen to the top of the marijuana activist list. He is known and honored world wide for his hit show Fear Factor. His stand up comedy is the sharpest around. We recently saw him at Cobb's Comedy Club in San Francisco and even I couldn't hardly get in, in fact we gave up and went home the second night. Craig shot the photos at The Comedy Store in L.A. (Thanks so much Pauly and mom) who are kind enough to allow our host, Howard Dover, to put on medical marijuana benefits several times a year. When his schedule allows, Joe as well as all the entertainers, donates his time to these shows. He gives freely of his time, the one thing money can not buy, and by this shows his love for this sacred plant and the people evolved with it. Joe personally saw to it that I was released from jail, and has continued to support us in our fight for justice. Joe called while returning to L.A. from one of his many engagements. I hope this interview

will show part of this great guy's heart and you will know why those who know him love him so much.

**Eddy:** Your comedy is a riot, what do you look for in a topic or issue to make us laugh?

**Joe:** *My curiosities lead me to my comedy. I find funny points in most things; the whole world is open for material.*

**Eddy:** Since you have been supporting medical marijuana you have taken on high profile causes, has this hurt or had a negative impact on your image or career?

**Joe:** *If they are that dumb I don't want to hear from them. The benefits are proven, you must be open minded. Some people just don't know, you will always have the uninformed. You can't make all the people happy all the time, but there are plenty of people who do know and the message is spreading.*



Eddy: Fear Factor, will the phenomenon ever end? If so where will you go, television, movies, flipping burgers or what?

*Joe: This maybe the last season, and then it's just stand up for the most part. I would love to do movies or maybe another T.V. thing, but my passion is comedy. That's why I live, that's why I breathe, that's what I love, that's what I am.*

Eddy: You're well respected and well known. Is there any chance you will turn that into Governor Joe Rogan?

*Joe: (laughs loud and long) God that's hilarious! Seriously I don't swim with sharks. The system is broken; it is totally corrupt and so full of special interest and corporate greed that I could never deal with that world.*

Eddy: The martial arts fights that you have been doing are over the top. What's it like to be there and where do you see it going?

*marijuana or other plants. They are part of our roots. We have used them to express ourselves through religious practices for thousands of years. The marijuana movement is a noble thing. The people in it willing to risk their freedom and their lives to legalize this plant are heroes. They are trying to improve the world and help all even those so opposed to them. These people are courageous, some are great some are not so great, but the movement is important for the human movement. We need help and cannabis can fix the world. Thank you to all of them.*

Eddy: Is there anything special you would like to say to the boys and girls at home?

*Joe: Why yes. There should be no leaders or followers. We should all be equal, men, women, black, white, short, tall, whatever. The old style religions showed us the way. Women had equal power to men and all religions were practiced as those who practiced them wished to pursue them. We must all be involved if we are to change this place for the better.*



*Joe: It's crazy. It's the most exciting sport in the world. It is the extreme aspect of male dominant behavior. It is very primal and extremely violent. It's strange, in a sport where there are few, if any rules, that the participants, all though willing to kill each other, are among some of the finest and most honorable of men I have had the pleasure of knowing. I think having the power to kill some one in a short time if they wished it has giving them a tremendous understanding of right and wrong. The disciplines that they bring to the ring carry over into there lives. We could all benefit from following their lead. I will be a part of this as long as it's going on. It just don't get any better then this.*

Eddy: How do you feel about the UDV decision and the use of plants, herbs, fungi, and natures other gifts in the spiritual pursuit of the most high?

*Joe: I think anybody with an open mind understands these are religious events. All of the religions have roots in psychedelics,*

After talking to Joe I realized he is so right. The world is full of humor and many other good and wonderful things. But he also reminds us of our failings. We are failing now, failing ourselves and the world we live in. A balance must be found where we quit losing our rights and freedoms to political panhandling and corporate greed. Those in charge want a world based on corporate loyalty where we are nothing and they have it all. If we continue to do nothing, then their dreams will be realized at the expense of ours. Joe makes us laugh about it, but like he said, if you really think about it, after you quit laughing, is what we are doing really funny or just laughable.

Remember respect all, hurt none, and love one another.

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# HEALTH RISK COFFEESHOP?

## New findings on toxic substances in commercial Dutch marijuana



***While it has always been obvious that Dutch coffeeshop marijuana is contaminated with various toxic substances such as pesticides and molds, recent research into this topic yielded that things are even worse than expected.***

Two studies are available meanwhile that raise serious concerns towards the consumption of Dutch coffeeshop marijuana. These findings are important to recreational and medical users alike, however, the latter of course are particularly affected as they are more susceptible to health risks due to their already bad state of health. In March 2005, a study by Arno Hazekamp (Institute of Biology, Pharmacognosy/Metabolomics, Leiden University/The Netherlands), published in the Dutch professional journal "Pharmaceutisch Weekblad", caused a stir. The respective article was entitled „Cannabis uit de apotheek is beter“ – pharmacy cannabis is better. Through this heading, the background of the study had already become clear: The Dutch government, represented by the the Office of Medicinal Cannabis (OMC), was anxious about the bad sales figures of Dutch pharmacy marijuana and strived to both improve its image and point out the health risks of coffeeshop marijuana. So a respective study was needed in order to provide reliable facts, conducted by Arno Hazekamp. He selected ten coffeeshops across the Netherlands for collecting marijuana samples. A test person who pretended to be related to a MS patient visited these coffeeshops, asking what kind of cannabis variety was recommendable for medical use and afterwards buying 10 grams of the recommended variety. In four coffeeshops there was the possibility to buy ten grams at once - a practice that infringed upon the official coffeeshop rules which set a maximum of 5 grams per transaction. For getting the needed 10 grams from the other six coffeeshops, the test person had to return after a certain time in order to buy another 5 grams. In addition, the test person received ten grams of medical cannabis from a medical marijuana foundation. The sample collection

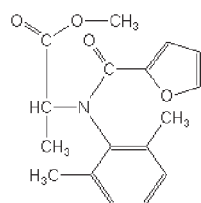
was completed by the two official pharmacy varieties Bedrocan and Bedrobinol, produced by Bedrocan BV, the only Dutch company with a licence for the cultivation of medical marijuana.

Already after the samples had been weighed, a bad light was thrown on Dutch coffeeshops: Almost all of the coffeeshop samples proved to weigh less than the alleged ten grams, with five of them weighing less than 9.5 grams and one sample even only 7.49 grams – this was a fair swindle. The Bedrocan sample weighed 9.97 grams, the Bedrobinol sample 9.90 grams. This slight deviation might have to do with loss of weight as a result of subsequent evaporation. However, particularly governmental marijuana should exactly comply with the alleged amount, the customer/patient should get exactly what he pays for. The THC (=dronabinol) content ranged between 10 and 20 percent with every sample, unfortunately the exact figures were not published. It is known, however, that Bedrocan has a standardized THC content of 18% and Bedrobinol 13%. The 13 samples were microbiologically analyzed by Bactimm BV (Nijmegen) and the Centraal Bureau voor Schimmelcultures (Utrecht). It turned out that all of the coffeeshop samples as well as the one of the medical marijuana foundation were contaminated with bacteria and/or molds to a degree that clearly exceeded the limits for preparations for inhalation tolerated by the European Pharmacopoeia. The sample from coffeeshop K even contained four pathogens, the bacterium *Escherichia coli* (there are certain strains that are harmful to human beings) and three kinds of mold, *Penicillium*, *Cladosporium* and *Aspergillus*. These are producing mycotoxins, amongst others aflatoxin B, ochratoxin A and B as well as sterigmatocystin. Particularly aflatoxins are known as carcinogenic substances. They are not fully destroyed by the heat that is generated while smoking the marijuana and therefore partly inhaled. Patients with a weak immune system are always exposed to an increased risk of various infections, and, in addition, patients using medical marijuana, e.g. HIV patients, often also have to use anti-inflammatory drugs, the consumption of which can increase the susceptibility to mold infection so that it is quite dangerous for such patients to smoke coffeeshop marijuana that is contaminated with mycotoxins. At worst, heavily immunocompromised patients can die from a lung infection that is caused by the mold *Aspergillus*, for instance.

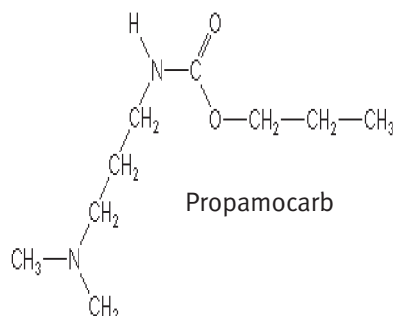
The analyses of Bedrocan und Bedrobinol, however, expectedly revealed only minimal traces of bacteria and molds (near zero). So at the end of his article, Hazekamp comes to the conclusion that coffeeshop marijuana can constitute a severe health risk and generally is not suitable for medical application, in contrast to the two pharmacy varieties from Bedrocan. He justifies their higher price with the guarantee of harmlessness, because the almost complete absence of harmful substances is the result of Good Agricultural Practices (GAP), Good Manufacturing Practices (GMP), Good Control Laboratory Practices (GcLP) and Good Distribution Practices (GDP) – including various quality management measures that are cost-intensive. However, demand determines the price, and the more patients decide to buy their medicine in the pharmacy, the lower the price will become. But the whole price debate was much exaggerated, as the actual price difference of the Bedrocan varieties and comparable coffeeshop marijuana is not as big as alleged by many opponents of pharmacy cannabis. Additionally one has to take into account that coffeeshop buyers seem to get ripped off in many cases. After Hazekamp's study had been published, the OMC sought the support of patients associations (MS, cancer, AIDS) to spread the message that patients should use the safe pharmacy cannabis.

The second source of information about the contamination of coffeeshop marijuana was provided by CannaResearch, a department of the

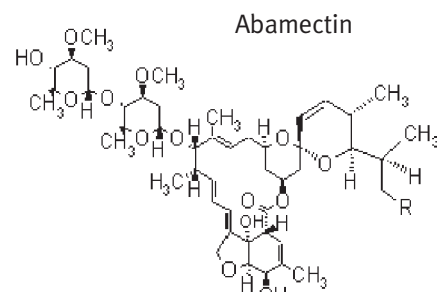




Furalaxyl



Propamocarb



Abamectin

Dutch company Canna. The respective research was focused on the presence of fungicides and pesticides. Although it is a fact that commercial growers in the Netherlands are frequently making use of different pesticides, even close to maturation, this problem has widely been ignored by most consumers so far. But at least for some of them, the findings of CannaResearch now may constitute a turning point in their awareness. CannaResearch, amongst other things, aims at contributing to health prevention and a better market transparency by providing analyses of Dutch coffeeshop samples. At the beginning of the report, it is criticized that while Dutch legislation is very strict towards the use of pesticides in agriculture and horticulture, it is not relevant for the cultivation of marijuana, simply because this industry is illegal and takes place in the underground, not being subject to control measures so that malpractice is widespread.

According to initial results, Furalaxyl, the active ingredient of e.g. the fungicide Fongarid, is the most common fungicide agent to be found in Dutch coffeeshop marijuana. In the Netherlands, the use of fungicides based on Furalaxyl is restricted to the cultivation of ornamental plants, bulbs and trees, and strictly forbidden for food crops or any other consumer crops – for good reason. It takes almost 50 days until the concentration of Furalaxyl in the flowering marijuana tops is cut down to half. If this fungicide agent is applied during flowering, what regularly takes place, the end product will still be heavily contaminated. Another

agent that was frequently found in the coffeeshop samples, was Propamocarb, for example contained in Previcur N (Bayer), also a common fungicide. With Propamocarb, it takes about 25 days to cut the concentration down to half. The pesticide agent Abamectin was also found in many samples. It is contained e.g. in Vertimec, a pesticide primarily used against spider mites on a large scale basis also in regular horticulture. In view of the fact that spider mites are the “private enemy No. 1” of many cannabis growers, it is no surprise that many marijuana samples were contaminated with Abamectin.

CannaResearch called the results “alarming”. And in combination with the findings of Arno Hazekamp with regard to bacteria and molds, the scenario becomes even more alarming. Dutch coffeeshop weed really can constitute a severe health risk and should definitely be avoided by medical users. Apart from the hazardous substances that accumulate during cultivation, coffeeshop marijuana can also be spoiled with several additives. For example, Dutch marijuana for the export market frequently is sieved before packaged, in order to remove some of the resin for the purpose of hashish production. This loss of resin then is visually compensated by means of adding melk powder or similar white substances to the buds. Well, smoking melk powder certainly is not a wholesome activity either...

*Green Born Identity – G.B.I.*

Table

Price and weight of the collected cannabis samples and the results of the microbiological analysis

Sample	Price (€, incl. VAT) for the desired 10 grams	Received amount (grams)	Real price (€/g)	Price for 100 mg dronabinol (€)	Aerobic bacteria (CFU/g) ◊	Aerobic molds (CFU/g) ◊
D	60	10.79	5.56	3.11	70	120
K	60	9.61	6.24	3.27	5900 Δ	3600 Δ
G	60	9.77	6.14	3.53	180	350
J	60	9.49	6.33	3.53	23000	91000
E	48	9.30	5.16	3.74	13000	6500
A	48	7.49	6.41	3.84	<10	480000
I	50	8.81	5.68	3.90	350	4200
H	70	9.61	7.28	4.31	27000	1300
B	50	9.83	5.09	4.34	4500	900
F	60	9.63	6.23	4.85	80000	4800
C	60	8.37	7.17	5.16	<10	1000
Bedrocan	93.92	9.97	9.42	5.72	<10 ▽	< 100 ▽
Bedrobinol	81.94	9.90	8.28	6.80	<10 ▽	< 100 ▽

◊ CFU = colony-forming units

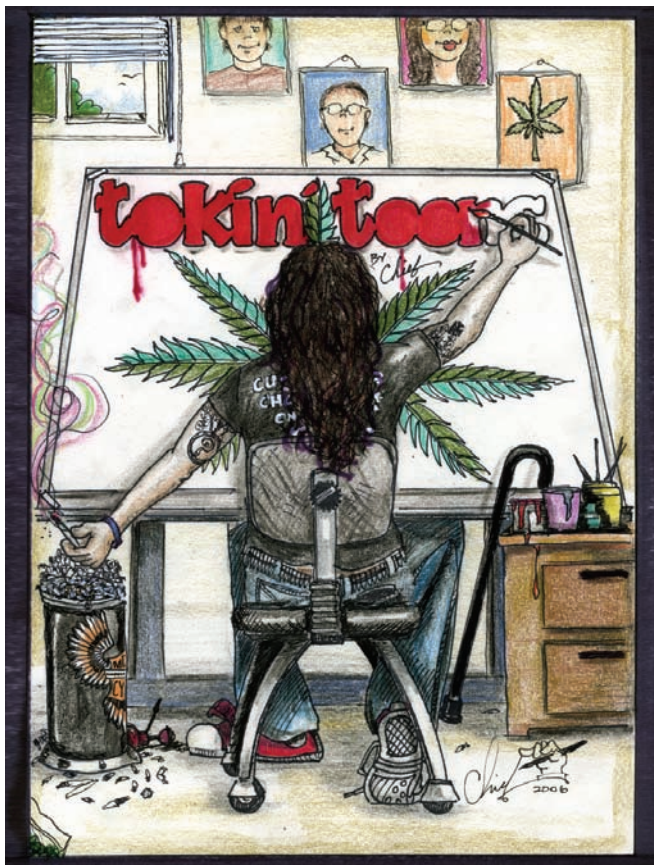
Δ Identified pathogens: *Escherichia coli*, *Penicillium*, *Cladosporium*, *Aspergillus*.

▽ Approval requirement: Total amount of aerobic bacteria and molds <100 CFU

Source: *Pharmaceutisch Weekblad* No. 12, 25 March 2005



# CHIEF'S TY TOKIN TOONS



I'm a 48 yr old (just turned Oct. 27th) Canadian male, living in the Niagara area, married to a beautiful woman, father of 5, (2 boys living at home and a boy and twin girls living on their own) a I'm also a grandfather to 7 little ones, with another on the way!

Years ago, I was a hardcore biker and businessman, choosing to attend meetings dressed in leather instead of suits, and on a Harley instead of in a Porche.

I owned and operated my own sign shop for almost 25 years until I was injured on the job, falling from a ladder and breaking my neck in two places. The resulting chronic pain caused me to close the business and put me on Ontario's Disability Support Program. I have also not ridden a motorcycle in almost 6 years because of my injury. Because of the multitude of high powered opiates that I'm forced to take every day, I've found that Marijuana helps with the nagging pain, the stomach disorder from the pills, and the resulting mood swings, anxiety and depression from being unable to work and support my family. I started smoking recreationally as a teenager, and rarely smoke just to get high anymore. I learned of Treating Yourself from a friend a couple of years ago, and with their help and support, I'm slowly learning to accept my fate and to get on with my life, bearing the pain that I suffer each and every day. I don't know what I'd do without their assistance as I've grown to depend on Treating Yourself daily.

I started drawing at a very early age, and as a child always searching for a sheet of paper to draw on, I took to ripping the labels from the food cans in my Mother's pantry. The day she looked in the cupboard to fetch something to eat and found a stack of unmarked tins is the day she decided to go out and buy me some decent art paper. The rest as they say, is history! During my years as an artist, it's been financially and psychologically rewarding. While I did make a good living while I ran the sign shop, I always found doodling at home in the evenings while watching TV the most satisfying. Drawing little cartoons of the people and situations I saw on the tube was always fun. I still do it today, and still find as much joy as I always have. Because of my injuries, I'm not able to do it as much, and don't really have the outlet to help financially. When Marco from Treating Yourself asked me to draw some cartoons and cover pages for his fledgling magazine, I was overjoyed to help. I knew it wasn't going to pay, but it was a way I could give back to the people who've been so helpful in the past couple of years, plus it would help exercise my mind now that I'm basically idle. My Doctor at the Pain Clinic that I attend reminded me early on that one thing very important to good mental health while caring for my injuries was to keep my mind active. Reading, crossword puzzles, that sort of thing is imperative to keeping the mind strong when the body cannot be. Marco's offer to give me a couple of pages to draw some topical cartoons and cover pages was just the ticket I needed. Now I can spark one up....get in the mood, and let my imagination take over my pens, and well....you can see the results. This is just another example of how Treating Yourself and marijuana as a medicine have both helped me immensely in the past while. One of the other projects I've taken on, is building a custom motorcycle by hand from the ground up. It's taken a few years, but I'm almost done.

**YEARS AGO, I WAS A HARDCORE  
BIKER AND BUSINESSMAN,  
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SUITS, AND ON A HARLEY  
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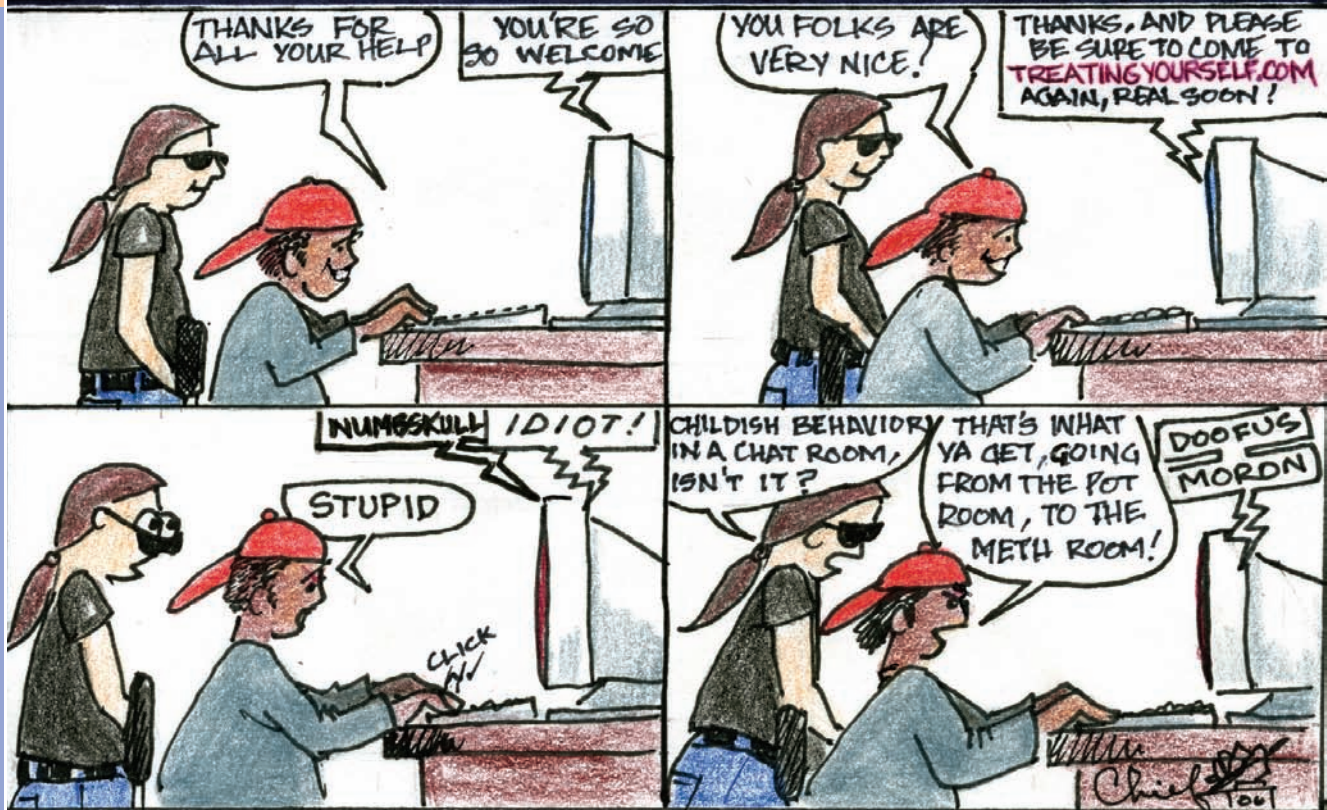
Many people with closed minds may think this is just another pot smoker who is trying to justify smoking weed, but I can truly attest that if it weren't for marijuana, and especially people like *Treating Yourself* and *Skunk Magazine*, people who are putting the word out to the masses about the medicinal benefits of the plant, people like me and many others out there would be wasting away and giving in to their injuries and illnesses and not be able to live a decent life due to their debilitating physical and mental disabilities. And for their help, I'm truly grateful.

Jeff "Chief" Stockton









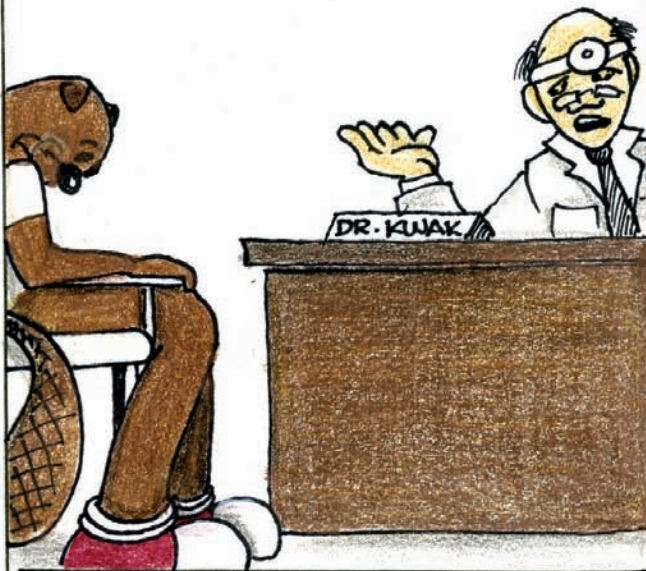
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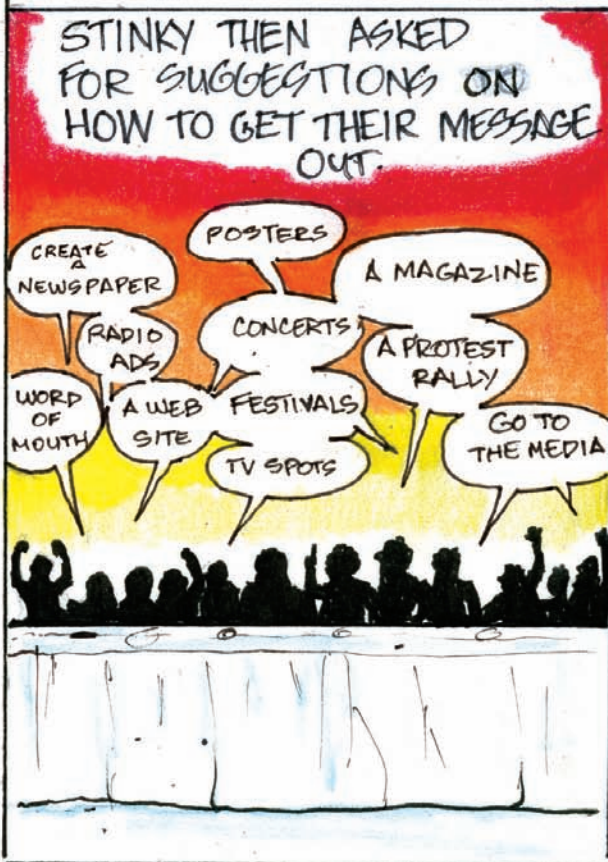
WHEN HIS DR. REFUSED TO SIGN HIS EXEMPTION FORMS, STINKY HATCHED A PLAN...



HE GATHERED SOME FRIENDS AND DISCUSSED A SOLUTION OVER SUPPER...







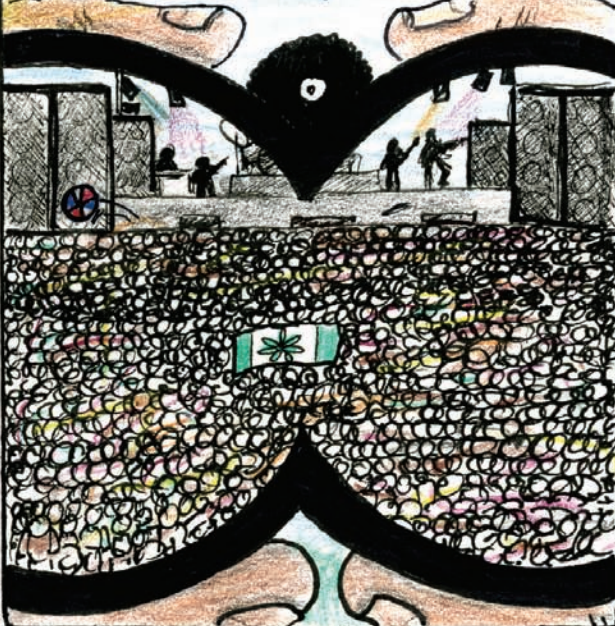


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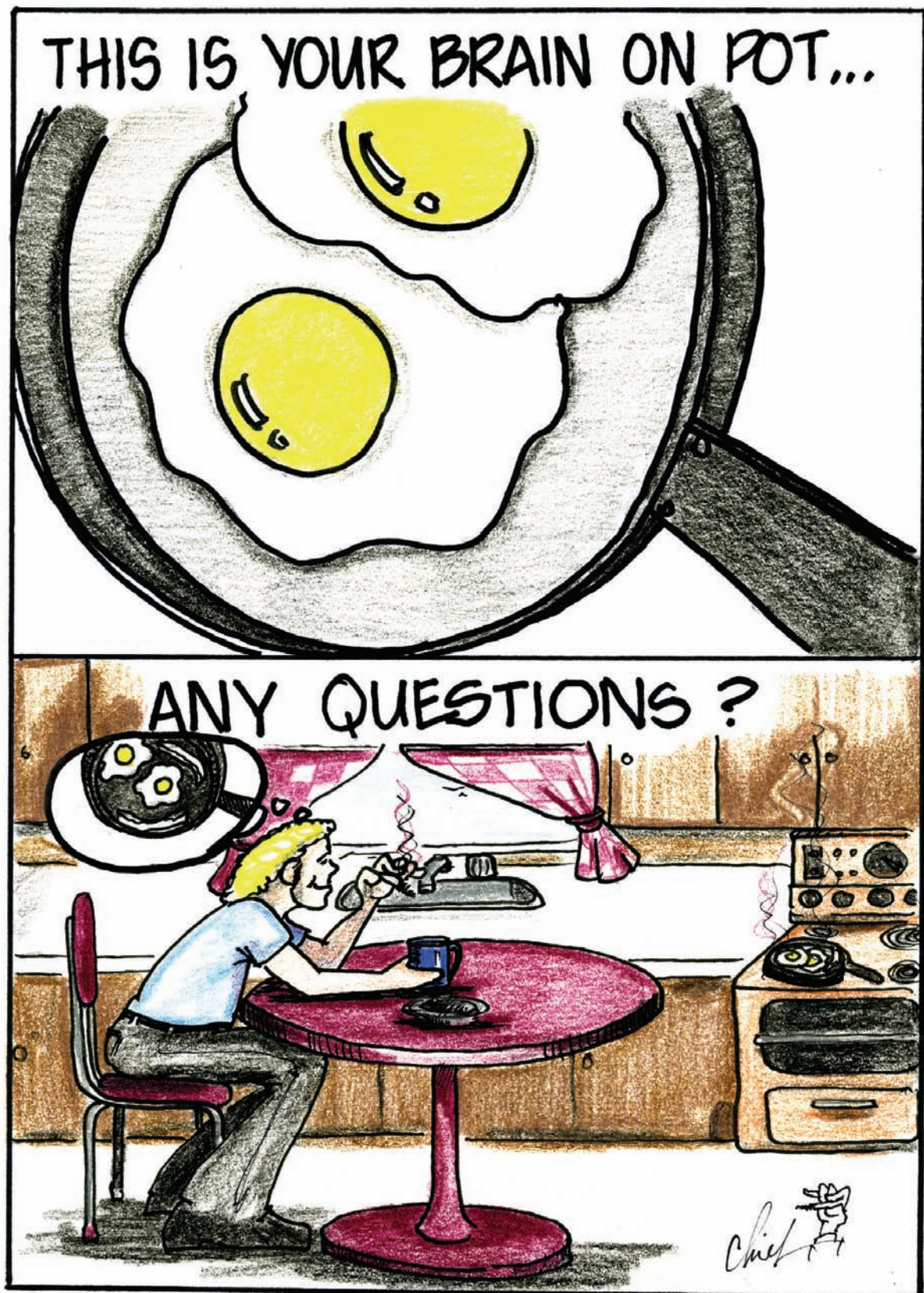


STINKY & FRIENDS BASKED IN THEIR GROWING SUCCESS, BUT BEHIND THE SUNSHINE, A STORM WAS BREWING.

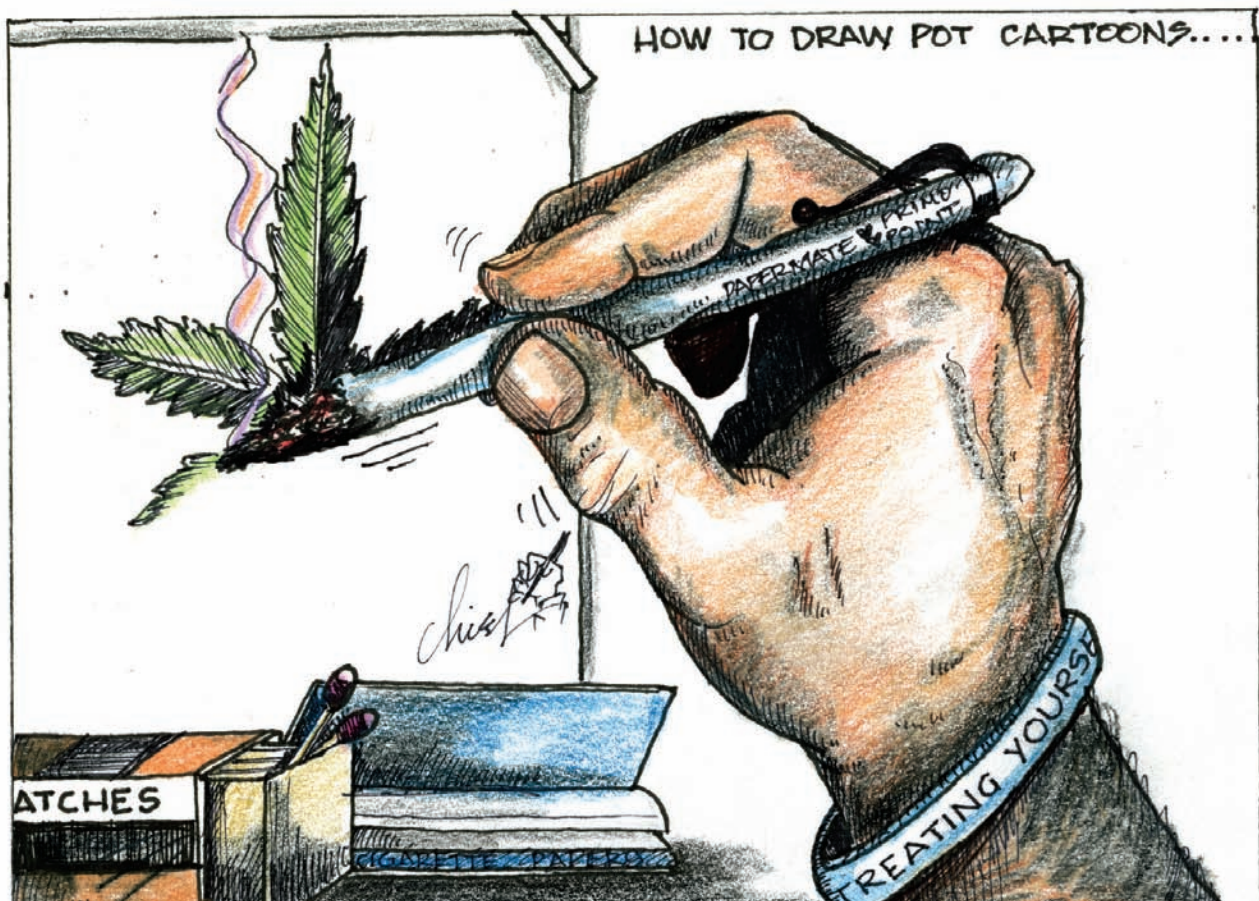


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No laboratories have yet been able to synthesize and successfully terminate a subject mammal with cannabis or its components. /organic or synthetic/

When a government lies to its citizens, it does not deserve to govern. It must be removed with electoral referendum. The laws must be equal and fair, or they must be repealed through jury nullification. All a person who uses cannabis needs is fairness.

It shouldn't be so hard to find in countries that trumpet liberty and justice for all.

Just once before I die I would like to sit in the open sunshine with a book or a good friend and smell the flowers, without fear.

R.G. Browne

Vancouver B.C.

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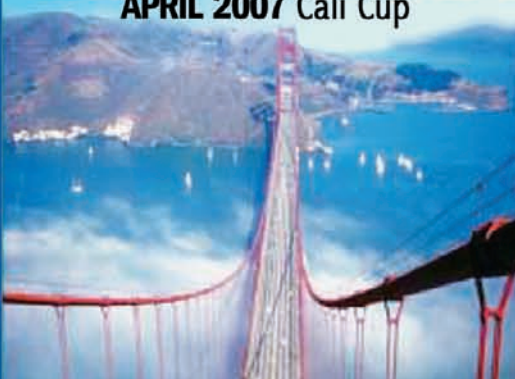
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## TY MEMBER DOUGSTER



In 1991, on the Thursday in late May at the Indianapolis 500 weekend, I met a guy named Rick, in the parking spot next to me. I had no idea this chance meeting so far from home would mean so much 14 years later.

In 1995, I am now living in Florida, and am about to have my first exposure to the wonderful world of Time/Speed/Distance Road Rallies. It's July, and my Father and Uncle are preparing to begin "The Great Race" Road Rally, from Ottawa, Canada to Mexico City, Mexico.

These Rallies could be better described as precision driving contests, and I will attempt to explain. The rally course is run on public roads, mostly back roads and scenic routes. Not that the Driver gets to see any of it, as the Navigator makes sure he is watching and holding his speed very closely. The rally consists of a list of instructions, indicating routes, turns, stops and starts and tells you exactly how fast to go, although you won't know how far, because the Technical Inspectors covered your odometer.

The route has already been all figured out to the exact second, so if you were perfect, your score at the end of the day would be zero. Often, days are broken into "legs" or sections, offering teams more than one opportunity for scoring zero, or an "Ace".

Back to 1995, I fly, courtesy of a plane ticket mysteriously arriving in mailbox, to Dallas, to meet up with my family who are about 8 days into the race already. I arrive by taxi to the downtown hotel where most of the racers and event staff are staying, and it was some kind of scene. It was about 9 p.m. and the parking lot was a hotbed of activity. I saw vintage cars in all stages of disassembly, from tire changing to engine replacing. This was the Big Time. And then I saw my Dad, working feverishly, as well. Apparently, the Texas heat was disagreeing with his 1936 Plymouth, and he was in the middle of rectifying that when I walked up. Which is when I was handed the wrench and told to "finish up". I could tell the miles were starting to take their toll on Dad, although he would

never admit it.

The next morning, promptly at 7 a.m., the Racers are given the days Instructions, and start away in 1 minute staggered starts. The rest of the support crew, myself included, start off for the next town on our own separate designated route. That town was San Marcos, Texas, which turned out to be small town America personified. We arrived in town about 2 hours before the Racers to what appeared to be a hero's welcome. They had the Town Hall in the center in town, all bedecked with banners and flags, and an old time band playing in an enormous gazebo. It was like a movie set, just being so surreal.

They had a local car show lining the streets, and what appeared to be the entire county population and possibly part of another in attendance, awaiting the Racers. Awaiting my Dad. That's when it hit me, I think. I had to be a part of this somehow.

"Here comes the first car!" I hear someone exclaim, and turn and see a wonderful Model A coming through the huge checkered flag arbor finish gate, then the Announcer barks out their total score of the day is 31 seconds, very respectable. About 20 cars later, I spotted the blue Plymouth, and was anxious to hear my Dad's score, obviously hoping for a good one. "17 Seconds, with one Ace" the Announcer belted out with satisfaction, and waved them through to the awaiting public, where all 100 entrants had special posted parking spots next to the Courthouse. Of course, getting to those spots through the throngs of folks was another thing. They eventually parked, and the hugging and shaking of hands commenced. It was wild.

But it was wonderful. They had this BBQ buffet, they had local fabricators and farmers willing to help out with anything a person might need help with. These were some of the nicest people I would ever have the pleasure of meeting. It is sure to be one of my fondest memories. At least the one I refer to when I need a booster shot in my Faith in Humanity anyways.





We all got watered and fed, and off to bed we went, knowing the mornings come all too soon. The day would end in Laredo, Texas, at the border. This would be where I would say goodbye, and wish the Team my best. They would go on to win the Rookie Sportsman Division in a class of 35 cars, my father thanking the overdrive transmission we had installed for the Race. He went on to compete in a few more Rallies, but this was certainly his biggest victory since his days as Champion of local dirt tracks in the 1950's and 1960's.

One year later, in October of 1996, I was relaxing in my Condo on the Intracoastal Waterway in Pompano Beach, Florida. While watching the late news, I went to get up off the couch, and I was numb from the waist down, unable to walk. Huh. Pinched nerve, I thought, probably from lifting manhole covers all day on the job as an underground utility locator.

Chiropractor says no pinched nerve, tells me to see Neurologist. Spinal tap, MRI's, blood work, etc. All tests come back with one diagnosis. Multiple Sclerosis. This is a turning point, to be sure.

So I educate myself about the disease the best I can, find the best Doctors, and set about getting functional again. But it's not something you get over, more of something you get through. So, I am getting through, and Wham ! Cancer drops by for a visit, and I had to lose a little bit of me so that the rest could continue " getting through ".

But that's a whole different story. Back to my friend Rick. I was driving home from Radiation Therapy following my Cancer surgery, when I saw Rick, and he asked me for a ride, to where exactly, I do not recall.

So we are riding in my car, and he starts asking me all kinds of questions about my driving. I explained I have been through several driving

courses through different employers, and have always prided myself on my skills. He said right there that if he were to ever purchase a Rally Racer, he wished for me to be the driver. The President of a global antique auto parts Supply Company is messing with me was my first thought, and I kind of dismissed the possibility of this scenario ever seeing fruition.

Until 2003, when my phone rang, and it was Rick, telling me in a most excitable voice that he had just purchased a 1930 Ford Model A Riley Racer. This is when cars were meant to go about 40 mph, and here he is with a 73 year old car that goes faster than anybody is willing to drive it.....well, almost anybody. We had to go out and do some test driving, he said, to make sure that I was even capable of functioning as a Rally Driver. With diminished feeling in feet and legs, this was a concern. Somehow, I managed to impress him in that old jalopy, and I was now his driver. And mechanic, and now I am starting to wonder about the chicken and the egg..... Oh well, I will gladly work on it for the luxury of driving a 1930 vintage racer like I stole it.....

In October, 2004, we entered our first competitive event, and came away with a victory against seasoned veterans and professionals. Our second Rally in April 2005 found us in 3rd place overall, out of 29 cars, hopefully proving against beginner's luck in the first one.

We continue to work on the car and our skills as a team, with hopes of competing in the cross country event within the next 4 or 5 years. So until then, I guess, I will continue to try and hone my craft, which apparently is precision driving.

Thank You for allowing me to share a little bit with my TY Family, Doug.



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# HERE, THERE, AND EVERYWHERE

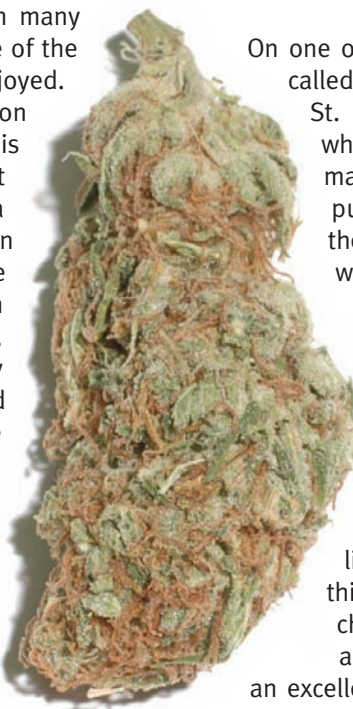


The last time I wrote, we left off in the bay and I only dabbled in what was available. Since then many people have asked me to elaborate on some of the other places around the bay that I also enjoyed. Really there are so many places I could go on forever but I decided to narrow it down this time and discuss only a couple of places that I have been able to frequent in my time as a medical patient. We'll start off in San Francisco home of what many believe to be the very best shops and strains. Mixed in with the awesome food and atmosphere, there certainly is something about the city that is a real treat even to the experienced smoker. Not too far off is another favorite shop of mine and it is also one of the most helpful and beneficial places to visit out of any shop. Berkeley is home to many students who attend the university of the same name but not too far down the street are various shops and dispensaries of high quality. Last but not least I wanted to give some people a real good tip as to where they can go to save some money, and surprisingly its not the bay but rather Kern County.

Before we discuss that, lets get back to San Francisco.

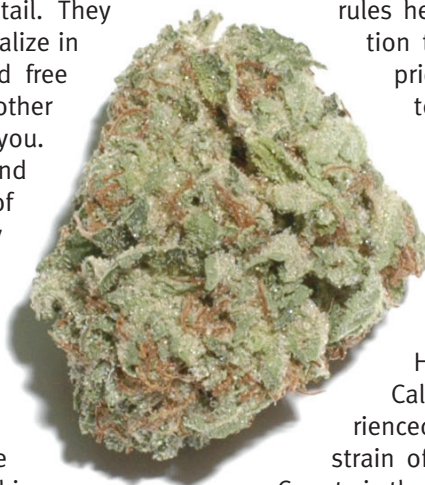
On one of my trips to the bay I discovered a place called **The Hope Net Co-op** (Located at 223 9th St. SF). This seems like a small shop, but what you will come to find is that the shop may be small but the strains pack a big punch. Prices are fair at best, honestly for the Bay I guess these guys are a little high when it comes to the more heavy weight, still the max buy for any shop in SF is only an ounce. For we traveling people, that can be a pain especially when you find a strain like U2. This was one of the strains I have obtained from Hope Net and I must say this is an exceptional plant. This reminds me of the true OG Kush, but slightly different. Incense like aroma with a twist of sweetness made this strain really stand out to me. The trichomes looked short but fully developed and round. Definitely an excellent find and an excellent shop in general.

Last time I mentioned **BPG** (Located at 2747 San Pablo,





Berkeley), and this time I'll give more detail. They specialize in sativas, but they also specialize in service. At this location, one can find free massages and acupuncture among other types of treatments and what have you. Different days boast different services, and for the most part they are all free of charge to their customers. This is truly an excellent business practice and I would greatly like to see this become more prevalent at other shops, espedlevel of service, BPG boasts a wide variety of strains but mostly a wide variety of sativas and sativa dominant hybrids. Of course they also have indicas that are very good as well, and this issue you'll get a chance to see Mothership and



rules here are excellent as well and did I mention this dispensary offers by far the lowest prices out of any location I have ever been to, regardless of the location. Also this shop offers the normal variety of quality seeds, edibles, and other items. Honestly speaking, the best features from this shop are definitely their variety and like I said, their prices. I picked up some Super Silver Haze, which is a common strain both in Holland and now recently here in California. While the best I have ever experienced still resides across the ocean, the strain of Super Silver Haze I picked up in Kern County is the next best thing, and I have had varieties from UMCC, LAPCG and various other big name shops.

**THIS VARIETY WAS ABSOLUTELY COVERED IN STICKY TRICHOMES, SLIGHTLY PINK IN PLACES BUT ALL IN ALL A MOUTH-WATERING EXPERIENCE. SOMEWHAT OF A BERRY FLAVOR WITH SOMETHING I CANNOT QUITE PLACE, MIX THAT WITH A VERY ENJOYABLE HIGH/AROMA AND THAT MAKES THIS A TOP-LEVEL STRAIN AT ANY SHOP.**

Delta Nelson Force. The Mothership is a sativa and often known from Jason King's glowing review in The Cannabible 2. It definitely lives up to its reputation as being exceptionally flavorful in the most unique way, as well as being a top contender in the strength category. BPG's Mothership was very nice and has a unmistakable aroma. Also on their menu at the time was Delta Nelson Force. I believe this was sativa dominant, but it could have gone the other way as well. The high was strong and the flavor was rich, maybe even slightly fruity or candy like. Excellent strains either way.

Last place on our route for this issue is a little place I found a short while back out in the middle of nowhere, **Natures Medicinal** (Located at 323 Roberts Lane Bakersfield). The owner of this shop certainly seems to know his stuff, and although I didn't ask I have my suspicions that he may be a Netherlander, but I could be mistaken. Their board boasts many familiar strains with as many choices as even the biggest shops in SF or SoCal. Even THC or LAPCG have nothing on this place, and the prices are far superior, far far superior. The



This variety was absolutely covered in sticky trichomes, slightly pink in places but all in all a mouth-watering experience. Somewhat of a berry flavor with something I cannot quite place, mix that with a very enjoyable high/aroma and that makes this a top-level strain at any shop.

Thanks for reading, hope you were able to find some good pointers here. Maybe make a trip to the bay or narrow your search down on your next visit, any way you can use this info is great. Also if you were looking to save some cash, I hope I was able to provide some tips, maybe soon you'll be finding the medicine you have been looking for as well.

Keep your eye out for my DVD coming soon called "The Battle of the Buds: California vs Amsterdam" more info can be found @ [www.amsterdamdvd.com](http://www.amsterdamdvd.com). Take it easy, have fun, don't believe the hype and find what works for you. Good luck.

Written by Jeremy Norrie  
– [www.amsterdamdvd.com](http://www.amsterdamdvd.com)  
Photos by Suzanne Gerace  
– Brooks Institute of Photography



# EDDY'S ADVENTURE

## PATIENTS OUT OF TIME CONFERENCE IN SANTA BARBARA



To begin with I must point out that all views expressed in this or anything I write are my views and mine alone.

### WEDS. 11:30AM:

The family meets in my room to discuss the next five days, it is decided that Linda is too weak to go to Santa Barbara, but will try for the rest of the festivities.

### WEDS. 2:50PM:

Linda leaves for an appointment with her cancer doctor. The rest of us go to Ukiah for a meeting put together by Maria Brook and Pebbles Trippet. The purpose of the meeting is to form a group of advisors to help set county wide guidelines for Medical Marijuana use. Pebbles Trippet is the person behind the *Trippet* decision. *Trippet* states that the authority to transport marijuana was inherent in passage of Proposition 215. Pebbles has been a major activist for many years and continues to put forward new ideas.

It is a very diverse group. It was a joy to meet Tom Allman - who hopes to be the next Sheriff of Mendocino County. Allman is endorsed by Tony Carver the last sheriff of Mendocino County. Carver was the fairest of any and all law enforcement officers in California. We thank Tony so very much for learning about

Medical Marijuana and respecting the wishes of California's voters - unlike most of his contemporaries. Tony is always hoping to educate and inform the uneducated, which sadly is most often law enforcement. They seem to be a bunch of cowboys, each officer playing God in his own little fiefdom. Tony, we wish you good luck and good health in your retirement.

We pray the efforts of Mendocino County Medical Marijuana Advisory Group (MCM MAG) have a positive lasting effect.

### WEDS. 6:30PM:

The family and I discussed the plan for tomorrow, as it will be a long couple of days.

### THURS. NOON:

Jack Herer arrives with Mary Ought Six from High Times. We had a great visit; Jack will be going to Sacramento with us. We will be leaving for Area 101 real soon.

### THURS. 2:26PM:

We arrive at Area 101. Rev Tom Brown is setting up his table with information about the Religious Freedom Restoration Act, and the Holy Anointing Oil. We met with Kevin and Darlene



Marsh, who are producing John Trudell's shows at the Area 101. They are wonderful people devoted to John, his music, and our way of life. Thanks guys.

**THURS. 3:05PM:**

We have now seen and visited with many friends. John's plane is running late so we circulated among the crowd, spreading the

*Tim: We are talking to the Avalon All-stars (a dead spin off group), The Flying Other Brothers, Raj Mahal, and various reggae artist.*

**Eddy:** Do you have a message for the boys and girls at home?

*Tim: We can do this. I know we are David and Goliath is out there, but we can do this. We can heal ourselves and we can heal the world. People feel it is overwhelming but it is not*



truth and making new friends.

**THURS. 3:30PM**

Tim Blake arrives; Tim is the owner of Area 101, a little known local treasure to Laytonville and the rest of Northern California.

**TIM BLAKE INTERVIEW:**

**Eddy:** What is Area 101?

*Tim: It has been a gathering location and event center since the 1800's. With two creeks, a waterfall and the natural beauty; we have restored it with the hope of becoming a national center where all religions can come together in peace.*

**Eddy:** What are your long term plans for Area 101?

*Tim: Our main project right now is the internet T.V. channel, a true alternative to Christian evangelistic programming. It will feature healers, teachers, and alternative religions. We hope to be able to accommodate 300-500 people at transformational gatherings, centered around music and spirituality. Preaching One Love, the purpose of which is to join all mankind.*

**Eddy:** You're attracting first class acts. What does the future hold?

*hopeless. We are just starting and we will win.*

Area 101

This place above all is a sanctuary.

Contact Tim at: 707-984-9174 and [blake@sabor.net](mailto:blake@sabor.net).

**THURS. 4:30PM:**

John and band arrive. We say a brief hello and then give them some room for about 45 minutes or so to rest up from their 3 hour drive.

**THURSDAY 5:20PM:**

I got the chance to talk briefly with Quilt-man. He sings Native American chants in the background of many of John's songs. We first met in Amsterdam; he is a wonderful man and is very inspirational just to be near.

**THURS. 5:45PM:**

We got some great still shots and video footage of their sound check. John looks and sounds great. The new songs are awesome and inspiring, now we get to do the interview.



# ON THE ROAD

## John Trudell Interview:

**Eddy:** What is your inspiration?

**John:** *Desperation. It just comes to me that way. I can't take credit for it; it's just the way it is. Life is both my desperation and my inspiration.*

**Eddy:** Who are your heroes?

*out. B) No, the magic and the medicine won't be lost. Neither will the music, but the state will always be there to prosecute and persecute. But we won't lose it for that decision is ours.*

**Eddy:** Anything you would like to say to the kids at home?

**John:** *Whatever happens in this life no matter the situation, we can think our way through it. The real issue is will we think our way through it clearly and coherently, or unclearly and incoherently. It is not can or can't, it is whether or not we will or won't.*



**John:** *Crazy horse, Geronimo, Sitting Bull, Magnus Colorados, Captain Jack, and my ancestors.*

**Eddy:** High-light the battles of your life?

**John:** *The way I have lived there are many blessings; I would high-light the entire thing. I have lived life and I believe I have learned to understand it and myself.*

**Eddy:** Why is the music so magic?

**John:** *From the beginning it was always about energy. In my mind it was an experiment with energy and sound. The energy of the group, the crowd and the music itself, is magic, because it has always been about consciousness.*

**Eddy:** A) What can we do to return to what we have lost to modernization? B) Will the magic and the medicine be lost?

**John:** *A) Anything we can undo we must. As individuals we need to respect the power of our own intelligence. Think things*

After talking to John, I realized why he was loved, respected and at the same time feared. He understands that we are in bed with modern technology, and that it has its place. But he also realizes, as do I and many others, that we must return to the old ways. For if we do not there is no future. John, I thank you for being my friend, and a hero to us all.

## THURS. 6:10PM:

We leave Tom, Rose, and Seth with Tim and John as we must be in Santa Barbara by 7:00am Friday.

## FRI. 3:00AM:

We arrive after a long dark uneventful journey. Watching the offshore oil rigs, one after another, all lit up like a Christmas tree or downtown Vegas was certainly beautiful. (Sad how something that pretty at night can be so hideous and heinous and bring such a pain to my soul in the clear light of day.) When we finally arrived at Santa Barbara City College we found a good place to park and tried to sleep a little in the van.



**FRI. 7:00AM:**

Craig went to get us all checked in, so we are able to get started with our day. We are going to try for 3-5 interviews today.

**FRI. 7:30AM:**

All hell broke loose. I needed to go badly, and I forgot who I am. I came down to this conference thinking I am Eddy a reporter from *Treating Yourself*. Then I walked in and due to the

*Al: In the 90's we realized that education was most important and we figured lets try to start at the top with the doctors and spread out from there. This is over, the Feds are in a box, and we are going to win.*

**Eddy:** Do you have a message for the kids at home?

**Al:** Get off your ass and give us a hand. We need help. What we do is totally worthless, if we don't get others involved.



many hand shakes, hugs, kisses, and great vibes, I almost wet myself. It took ten minutes to get across the room.

**FRI. 8:15AM:**

Finally! Much relieved, we begin! I met with Al Byrne and Dr. David Bearman, both are major organizers of this wonderful event. Dr Bearman has a great new book out *Demons, Discrimination and Dollars*, ISBN# 0961077-2-4. Check it out you will definitely be pleased.

Al Byrne is a retired officer who served during the Vietnam "conflict". He and his wife Marylynn Mathrie MS RN, founded Patients Out of Time (POT). They produced a wonderful videotape of the original federal medical marijuana recipients, the Compassionate Use program. I was able to ask Al a couple of questions.

**Eddy:** What was the inspiration for this Medical Marijuana event?

More information about the conference and the papers that were presented there go to —————.

**FRI. 9:47:**

By now we've heard several wonderful speakers. The vast amount of knowledge is incredible. These doctors are all very familiar with all the aspects of medical marijuana, including the spiritual and religious uses. I spoke with Valerie Corral; she is an amazing woman who, along with her husband Mike, started WAMM, Wo-man Alliance for Medical Marijuana out of Santa Cruz California. They have dedicated their lives to helping sick and dying patients from all over California. Valerie actually was going to leave the conference to go to L.A. to take care of one of their many terminal patients. God bless you Valerie and Mike for all you do.

I saw the lovely Dr. Molly Fry. She is doing very well, her cancer seems to be gone, but her legal problems aren't. This poor dear lady not only has faced death from terrible diseases, and faces the same death from an uncaring government. It is a honor to



see, know and love these strong and courageous women. They expressed their deep concern for my darling Linda. It sometimes is very difficult to not think of her when I am gone and when I do I fear I will cry.

## **FRI. 10:00AM:**

Todd McCormick, Jeff Jones (Director of OCBC) and Steph Shear (Director of ASA) were all there, three old worriers in this senseless war. It was great to see them. Montel Williams has also arrived by this point. I hope to speak to him after his speech. There are so

ing that we get the drug companies involved to make this work. As I reflect on all this I wonder why Montel's management team would schedule him to come to the one event where everyone is on his side and so wish to interact with him, so that he has no time to spend with anyone. He spoke for about 20 minutes then visited with a select few briefly then gave a ten minute chat with the press then left. I also question when, by his own words he has endorsed nothing for 15 years, why when he did it was a deal with the pharmaceutical companies. He said it was so he could call in the markers to get them to help with Medical Marijuana legalization. However, won't that have us the patients paying the ten dollars or more a pill? My Marinol script cost over



many wonderful people here, patients, doctors, scientists, and reporters (both video and print). I am so very proud to be a part of this great movement. I believe we in fact could change this world just a little and make it a better place for us all.

## **FRI. 11:15AM:**

I ran into Fred Gardener (author of the term Lepptomania as seen in the Anderson Valley Advertiser, see end of this article for description) and Dr. Todd Mikuriya. Montel Williams has just taken the stage. He is asking to not film or take any pictures of him or anything while he speaks in fear that he could be the government's scapegoat. God, how I understand him. Of course I have no problems with anyone filming what I say or taking my picture while I am fighting for my beliefs.

He is speaking from the heart; the most high is in him, alive, for all to see. He is a true champion now. Close to tears at times, he tells of his pain and suffering. Montel tells how he tried everything and medical marijuana was the only thing that worked. He is telling us of his personal knowledge of the benefits of this sacred plant. He says he is tired of dangling out on a limb by himself. He asks that we out the actors, politicians, and other high profile people we know who smoke. We must make them admit and step up to the plate and help us all. He is demand-

ing that we get the drug companies involved to make this work. That is more than many of us make a month. The idea is to allow us to treat ourselves, not make the 1% even richer and if they do help, who would be their high paid spokesman, I doubt my phone will be ringing on that one.

As for the comment about him being the only one out here on the limb, what about Bill Maher or Woody Harrelson, or hell what about Ricky Williams, he gave up a very good future in the NFL for his belief in the healing benefits of the sacred plant, (a true case of Lepptomania if ever I saw one). He asked us to out law enforcement, lawyers, and stars but it will take more than just them to make this work. We must all stand up, each and every one of us. We must take back control of our cities, states, and country. Most importantly we need to take back control of ourselves. We are to blame for this mess for we have allowed it and we must fix it. Montel, Woody and Bill are all great men. They all do as much as they can for us and the movement. However they are in the 1% and that ties their hands. They are rich; they are managed and must answer to the fame they have created, so none of them will smoke in public for fear as Montel said of being the government's scapegoat. This is our fault. For we as people allowed this to become a country where we no longer have freedom of expression, because we fear our government. By the way, as it appears we have all forgot, we are the government. We the people. I thank all of you who have the



courage to stand up to an oppressive, out of control, president who is ruled by the far religious right and corporate interest. Neither of which have the good of the people at heart, both wish only to control the rest of us.

**FRI. 2:20PM:**

We have loaded all our equipment and are heading home. The ride is beautiful, but is marred by the oil rigs. So many now are not working and abandoned. Rusting and dying just like the sweet mother they raped. However, we can still save the mother.

**SAT. 2:15PM:**

Well, you know, and if you don't see Fri. 4:20pm.

I sit hear finishing my story, watching "The Misfits", Clark Gable and Marilyn Monroe in their last movie. I realized the fact that this movie signifies the end of an era, and I wondered, could this be the end of another era? Can we change this mess, can we Juxtaposition the old and new? Can we take that which is good from the new and join it with the old. We must if we are going to survive as a species. We have to reestablish our relationship with mother earth and return to many of the old ways,



**FRI. 4:20:**

Well you know what time it is.

**FRI. 10:30:**

We arrive home. So wonderful to have Linda answer the door. She is doing well and feels good today. It's straight to bed for me. I must be ready for the rally in Sacramento Sunday. I am the featured speaker with my dear friends Mike and Valerie Corral so I must be ready and rested. Still, I must write a little about the conference. It was one of the very best cannabis events I have had the honor of being a part of. It was excellent from start to finish. The speakers were excellent, all very well versed and prepared. I was very impressed with it all. Please join us for the next one.

**SAT. 10:30AM:**

Well, it appears the rally at the capital in Sacramento on Sunday has been canceled due to rain. It will be rescheduled for another day.



respecting each individual. If we don't see beyond our petty differences and realize that we are all in fact brothers and sisters we are doomed. I pray for you and our home often, I hope you will join me.

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By: Fred Gardner, Anderson Valley Advertiser





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# THE TRUE BENEFITS OF CANNABIS



**W**ell, as promised we begin a journey to find the truth, the truth about cannabis, pot, grass, weed, smoke, mojo, kanabos, or whatever you wish to call the sacred plant. The bible, Koran, and many others refer to a tree or plant of life. When its benefits are checked out the plant or tree that gives what was promised is cannabis. In the beginning the plant was an angel or messenger from above, the plant was a sacred gift. The use of it pre-dates known history. It has been found in virtually every civilization we have uncovered. The incense used by the churches and religions suggest that they had psychoactive properties. Bronze tri-pods were used for the incense going back to Saidiyeh in the Levant, people worshiped

by offering this incense. The Catholic Church used cannabis until 1188 when the pope outlawed it. His claim being witches used it for pagan practices, which was probably true considering everyone used it back then.

Once upon a time we lived as tribes, clans, and villages. At this time we were an earthly people, up to our eyeballs in spirituality, love, and God. Then some 7,000 years ago we decided to quit being nice, we chose to live in cities, putting greed and the all mighty dollar before God. This is a tradition that continues to this day. However, now more than anytime in the last 7,000 years we are closer to returning to the old ways. Spirituality and love built world.

Women were once held in the positions of power they deserve, they were and still are mans equals, but religion



and business has destroyed that. The church's first move was to lessen the place and importance of women. For millenniums women were rulers and co-rulers, they were priestess. Now they can't vote, own property and many other things men take for granted.

We can live with technological advancements but we must re-embrace the old ways. Once a man only cared that he and the ones he loved were warm and fed. He was loved and respected. Life was good, hard, but good. For all worked for the greater good. Now corporate rape is the rule. We put God to the side, oh I forgot that one hour a week on Sunday thing. I have a question. If you only have interaction with your other once a week for no more than an hour, how long would they stick around? They wouldn't. So why don't we get it? We need God and

thing in it all because we think we can buy off God.

At some point we will remember and then we will take back our world. Those in power will not like this, as it will mean returning to a life of love, caring, and compassion. That is truly who we are. At our core we are not the uncaring, callous bastards that those who rule us wish us to be. for it is only in the hatred that they hold power and wealth. As long as they keep us wanting what others have, they win. We must ask if we can only wear one pair at a time do we need more then 2-3 pairs of shoes or more then a couple of coats. Why do we believe that if we have more we are better then others who have less? Most of the world was created by conquest. This means killing, stealing, and lying. I thought this was high on any God's list of No-No's, but we care not. Can you be satis-



spirituality in our lives; we need the oneness of the whole. But instead we must control all, even while slaves. Oh, and slaves we are, slaves to our jobs and country and a lifestyle that can not be sustained.

Man has been using the sacred plant forever, cannabis the most, but all plants, herbs, and fugi have been used in our quest to understand. Why? What is we are trying to find today with synthetic drugs with more side effects then the problems they are trying to help? What is it we so need and can't find? Could it be ourselves? I believe it is. We are so brain washed by corporate lies and religious B.S. we are no longer sure who or what we are. We believe giving money to some guy will make it alright with God. So we abuse women, children, ourselves, the world and every-

fied if you only contact is rape? Can you be full if you steal to fill your belly? The answer is no, to truly find happiness one must earn what he holds in his hands. Are there answers? Yes. But we must look through old eyes, for all see now is corporate advertisement. We must remember who we are and where we really came from. God gave us the mother earth and father sun. They, as all their creatures must be respected. For to do less will ensure we are one of them.

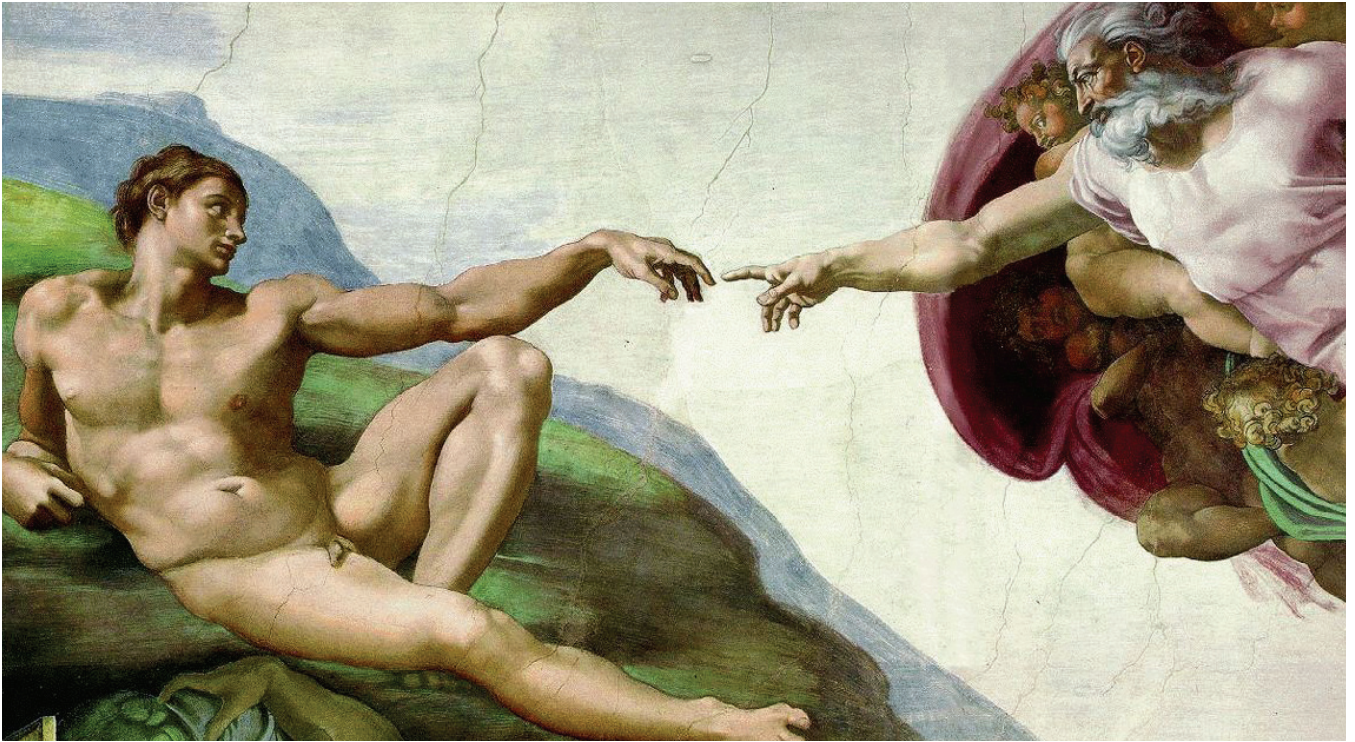
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# REV. TOM BROWN SPEAKS HIS MIND



Hello to all our readers. In First Church of the Magi we begin with prayer. The prayer we often begin with goes like this,

“Thank you Jah for bringing us here together again. Thank you for Mother Earth and Father Sun, for the Mysteries of the four directions, for the Earth, the Wind, the Fire, and the Rain that nourish us. Please put your hand in Blessing on all our Brothers and Sisters in all the prisons and jails around the world, in all the homes and hospitals, on all the highways and byways, suffering for the cause of Truth and Justice. Let them know that they are not alone, that their cause is not forgotten, that their sacrifice is not made in vain. Help them to find the Light in their lives, so that they can bring the Light to those around them. Help us to find the Light in our lives, so that we can bring the light to those around us. And for all the prayers of All Our Relations, we pray.”

With that in mind, this is the first of a series on our reli-

gious rights as recognized in constitutions and statutes.

Because of the recent UDV church decision (see link at end of article), we will be looking first at the Religious Freedom Restoration Act of 1993 (RFRA) (42 U.S.C. section 2000bb et al). Then we will look at the published decisions of the federal and state courts that relate to that law, its precedents and derivatives.

In 1990 the Supreme Court issued its decision in the *Employment Division v. Smith, 494 U.S. 872 (1990)* case. Alfred Smith (a Native American) and Galen Black (a Caucasian American) were fired from their jobs as drug addiction counselors because they consumed peyote at meetings of the Native American Church in Portland, Oregon. Peyote is classified as a Schedule I drug under federal drug laws. The State of Oregon had adopted the federal drug law as its own law. Under federal regulation established under the federal drug law, peyote is exempt from prohibition when used in the religious exercise of



the Native American Church (21 Code of Federal Regulations, section 1307.31). However, while the Oregon State statute was the same as the federal drug law, state regulations failed to follow the peyote religious use federal regulation.

After Smith and Black were fired they were denied unemployment benefits because the agency said that they were fired for good cause - using prohibited drugs. The Oregon State Supreme Court using the federal Supreme Court decision making process set forth in Sherbert and Yoder ruled that such an interpretation of the state law would be an unconstitutional infringement of Smith and Black's religious exercise.

Oregon State appealed that to the US Supreme Court. They ruled that in this case a legislature had enacted a law that does not mention religion (religion neutral), and which applies to all persons (generally applicable). They ruled that such a law is not subject to the "Strict Scrutiny" examination as defined in the Sherbert and Yoder cases.

In Sherbert and Yoder, the Supreme Court had stated that any conflict between law and religious exercise must be examined under the "Strict Scrutiny" standard. Under that standard, the jury must find an actual threat to public health and safety, which causes a "Compelling Interest" (CI) on the part of a government agent to prohibit the act. In addition, the fact of the "Least Restrictive Means" (LRM) of regulation must be found.

What all this means to us is that when the government attempts to interfere in or prohibit our religious exercise, the government has to prove that the law must be enforced in order **to prevent an injury** to someone other than the church members. That injury must be proven as a fact not just a possibility. In addition the government must prove the fact that the injury can only be prevented by total prohibition.

The government cannot prohibit religious exercise that does not hurt anyone.

Even if a person in the church might be injured by the religious exercise, that fact alone is not enough to justify enforcing the law. The injury must be proven to occur to someone outside the church, a member of the general public, in order to justify a "threat to **public health and safety**".

In order to reach that finding, it is necessary to start with the **facts of the actual religious exercise** and its effects on the

church participants. We must have that evidence in order to begin the proof of a "threat to **public health and safety**".

Once we have entered the actual facts about the religious exercise into the court record, then we can challenge the government to prove that there is any "Actual Injury" to the persons in the church. If they prove an injury, it is only that injury that must then be proven to always threaten the public who are not in the church. If the government can prove that the religious exercise in the church will inevitably injure members of the general public, then the government can begin to prohibit the religious exercise in the least restrictive manner.

So, with that in mind, next article we will examine the RFRA as it is written and what those words mean to you. Now, get to a computer and print off a copy of the February 21, 2006 Gonzales v. O Centro Espirita Beneficiente Uniao Do Vegetal, case number 04-1084.

-Link to UDV church:

<http://www.supremecourtus.gov/opinions/05pdf/04-1084.pdf>

Written by Rev. Tom Brown, P.O. Box 642, Upper Lake, California, 95485 (707) 275-8879



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## RELIGIOUS FREEDOM RESTORATION ACT OF 1993 ENROLLED BILL (SENT TO THE PRESIDENT)

H.R.1308

One Hundred Third Congress of the United States of America AT THE FIRST SESSION Begun and held at the City of Washington on Tuesday, the fifth day of January, one thousand nine hundred and ninety-three An Act

**TITLE:** To protect the free exercise of religion.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,

### SECTION 1. SHORT TITLE.

This Act may be cited as the ‘Religious Freedom Restoration Act of 1993’.

### SEC. 2. CONGRESSIONAL FINDINGS AND DECLARATION OF PURPOSES.

- (a) **Findings:** The Congress finds that—
- (1) the framers of the Constitution, recognizing free exercise of religion as an unalienable right, secured its protection in the First Amendment to the Constitution;
  - (2) laws ‘neutral’ toward religion may burden religious exercise as surely as laws intended to interfere with religious exercise;
  - (3) governments should not substantially burden religious exercise without compelling justification;
  - (4) in *Employment Division v. Smith*, 494 U.S. 872 (1990) the Supreme Court virtually eliminated the requirement that the government justify burdens on religious exercise imposed by laws neutral toward religion; and
  - (5) the compelling interest test as set forth in prior Federal court rulings is a workable test for striking sensible balances between religious liberty and competing prior governmental interests.
- (b) **Purposes:** The purposes of this Act are—
- (1) to restore the compelling interest test as set forth in *Sherbert v. Verner*, 374 U.S. 398 (1963) and *Wisconsin v. Yoder*, 406 U.S. 205 (1972) and to

guarantee its application in all cases where free exercise of religion is substantially burdened; and

- (2) to provide a claim or defense to persons whose religious exercise is substantially burdened by government.

### SEC. 3. FREE EXERCISE OF RELIGION PROTECTED.

- (a) **In General:** Government shall not substantially burden a person’s exercise of religion even if the burden results from a rule of general applicability, except as provided in subsection (b).
- (b) **Exception:** Government may substantially burden a person’s exercise of religion only if it demonstrates that application of the burden to the person—
- (1) is in furtherance of a compelling governmental interest; and
  - (2) is the least restrictive means of furthering that compelling governmental interest.
- (c) **Judicial Relief:** A person whose religious exercise has been burdened in violation of this section may assert that violation as a claim or defense in a judicial proceeding and obtain appropriate relief against a government. Standing to assert a claim or defense under this section shall be governed by the general rules of standing under article III of the Constitution.

### SEC. 4. ATTORNEYS FEES.

- (a) **Judicial Proceedings:** Section 722 of the Revised Statutes (42 U.S.C. 1988) is amended by inserting ‘the Religious Freedom Restoration Act of 1993,’ before ‘or title VI of the Civil Rights Act of 1964’.
- (b) **Administrative Proceedings:** Section 504(b)(1)(C) of title 5, United States Code, is amended—
- (1) by striking ‘and’ at the end of clause (ii);
  - (2) by striking the semicolon at the end of clause (iii) and inserting ‘, and’; and
  - (3) by inserting ‘(iv) the Religious Freedom Restoration Act of 1993,’ after clause (iii).

### SEC. 5. DEFINITIONS.

As used in this Act —

- (1) the term ‘government’ includes a branch, department, agency, instrumentality, and official (or other person acting under color of







law) of the United States, a State, or a sub-division of a State;

(2) the term ‘State’ includes the District of Columbia, the Commonwealth of Puerto Rico, and each territory and possession of the United States;

(3) the term ‘demonstrates’ means meets the burdens of going forward with the evidence and of persuasion; and

(4) the term ‘exercise of religion’ means the exercise of religion under the First Amendment to the Constitution.

## SEC. 6. APPLICABILITY.

(a) **In General.**—This Act applies to all Federal and State law, and the implementation of that law, whether statutory or otherwise, and whether adopted before or after the enactment of this Act .

(b) **Rule of Construction.**—Federal statutory law adopted after the date of the enactment of this Act is subject to this Act unless such law explicitly excludes such application by reference to this Act .

(c) **Religious Belief Unaffected.**—Nothing in this Act shall be construed to authorize any government to burden any religious belief.

## SEC. 7. ESTABLISHMENT CLAUSE UNAFFECTED.

Nothing in this Act shall be construed to affect, interpret, or in any way address that portion of the First Amendment prohibiting laws respecting the establishment of religion (referred to in this section as the ‘Establishment Clause’). Granting government funding, benefits, or exemptions, to the extent permissible under the Establishment Clause, shall not constitute a violation of this Act . As used in this section, the term ‘granting’, used with respect to government funding, benefits, or exemptions, does not include the denial of government funding, benefits, or exemptions.

Speaker of the House of Representatives. Vice President of the United States and President of the Senate.

UNITED STATES,

APPELLEE

REQUEST FOR PERMISSION TO FILE  
SUCCESSIVE PETITION UNDER SECTION 2255

## INTRODUCTION

Rev. Tom Brown requests that this Court grant permission to file a second or successive motion under section 2255 to challenge the conviction of *U.S. v. Brown, 72 F.3d 134 (8th Circuit table)*(Brown hereafter) in light of the U.S. Supreme Court decision in *Gonzales v. O Centro Espirita Beneficente Uniao Do Vegetal*, number 04-1084; February 21, 2006 (UDV hereafter).

Brown claims that this Court, and the district court at trial, made a **Plain Error** of law when interpreting the Religious Freedom Restoration act of 1993 (RFRA hereafter) in this case.

Brown claims that the Plain Error resulted in the conviction of a factually innocent person due to a denial of due process under RFRA, where the evidence of guilt and innocence were withheld from the jury at trial because of the Plain Error.

Brown claims that the Supreme Court has made a ruling on RFRA that contradicts this Court’s ruling in *Brown* and shows that the 1994 - 95 ruling is Plain Error that resulted in the conviction of a factually innocent person where the evidence of guilt and innocence was withheld from the fact finder at trial solely due to the Plain Error of the Court.

This Court should grant permission to file the successive motion because:

1. This Court has ruled in **Plain Error** on the meaning and effect of Religious Freedom Restoration Act of 1993, *42 U.S.C. sec. 2000 bb et al.* That ruling in Plain Error has caused enormous damage to Brown and the members of his church. The damage is an irreparable damage and must cease immediately according to the law as interpreted by the Supreme Court in *UDV*.

2. Because this Court has ruled in Plain Error, this Court has called the integrity of the entire federal court system into question. This ruling in Plain Error has established serious doubts that any truth or justice is available to any person appearing in this Court.

By so obstinately refusing to correct that Plain Error over the numerous applications made in good faith efforts to this Court over the past 12 years, efforts made to inform this Court of its Plain Error, this Court has created an air of disbelief and doubt in the possibility of obtaining anything resembling justice in this Court.

By refusing to correct the Plain Error, this Court has levied enormous actual costs and damages on Brown and the members of Our Church Inc., which are unlawful, immoral, and directly destructive to the fundamental spiritual integrity of this Nation. Not since the Dred Scott decision and the murder of Joseph Smith have the courts of the Eighth Circuit so foully pol-



luted the integrity of the federal court system.

Failing to now correct such an obvious Plain Error will cement the rational doubts we have in the integrity of the federal court system. These are doubts that any person familiar with this case must harbor as a result of the Plain Error this Court has placed in our court record.

3. The ruling of this Court is now directly contradicted by the US Supreme Court. On February 21, 2006, the U.S. Supreme Court issued its decision in *Gonzales v. O Centro Espirita Beneficiente Uniao Do Vegetal*, case number 04-1084 (UDV hereafter). In UDV the Supreme Court rules that the drug laws are subject to the strict scrutiny tests for CI and LRM.

4. In *Brown* this Court ruled that the drug laws are not subject to the strict scrutiny tests for CI and LRM.

5. Since the Supreme Court has now issued a ruling in UDV that directly contradicts this Court's ruling in *Brown*, this Court should now grant permission to file a successive review of the conviction in *Brown* under section 2255 in order to bring this Court's decisions into compliance with the standards set for interpreting RFRA made by the U.S. Supreme Court.

## DISCUSSION

1. In 1995, ruling on case number 94-cr-50030, in appeal number 95-1616WAF, this Court ruled on the meaning of the RFRA in an unpublished decision (*U.S. v. Brown*, 72 F.3d 134 (8th Circuit table) (*Brown* hereafter))

At trial and on appeal, the Appellant claimed that RFRA allowed the Appellant to show the jury factual proofs that his growing of marijuana and peyote on the church property never did or could hurt anyone.

Appellant claimed that under RFRA, the growing of marijuana and peyote in religious exercise was not a violation of federal law because under RFRA the government must prove that the religious exercise is a threat to public health and safety. Appellant introduced numerous federal government studies and rulings that prove beyond any doubt that marijuana "has never injured a single person in 5000 years of recorded history". This Court, and the district court, refused to consider that evidence.

This Court ruled that RFRA does not allow Appellant to use the *Sherbert* and *Yoder* defenses at trial. This Court ruled that RFRA does not require the government, to prove that Appellant's growing of marijuana and peyote on the property of Our Church in Antioch community, Arkansas caused a particular threat to public health and safety.

See *U.S. v. Brown*, 72 F.3d 134 (December 10, 1995,

8th Circuit table).

This Court stated:

"The district court assumed for the purposes of the hearing and trial that Brown was engaged in the exercise of religion, and that the grand jury indictment was a burden on his free exercise of that religion. The court concluded, however, that the **law clearly established** that the government had a compelling interest in regulating marijuana and other drugs, and that the government had tailored the interest as narrowly as it could to prevent the kinds of dangers **Congress believed** existed. Thus, the district court concluded, as a matter of law, that the RFRA was not available to Brown as a defense. The court granted the government's motion in limine, and barred admission at trial of all evidence covered in the government's motion. .

"It is well established that religious conduct does not enjoy the absolute constitutional protection afforded freedom of religious belief. See *U.S. v. Greene*, 892 F.2d 453, 456. . . Under the RFRA, the '(g)overnment may substantially burden a person's exercise of religion only if it demonstrates that application of the burden to the person — (1) is in furtherance of a compelling governmental interest; and (2) is the least restrictive means of furthering that compelling governmental interest.' . . . See also *U.S. v. Lee*, 455 U.S. 252, 255-59. . .

"We have recognized that the government has a compelling state interest in controlling the use of marijuana. See *U.S. v. Fogarty*, 692 F.2d 542, 547-48; (classification of marijuana is rationally based and is a matter for legislative, not judicial, prerogative), *U.S. v. Greene*, 892 F.2d at 455-56, *U.S. v. Rush*, 738 F.2d 497, 512-13, *U.S. v. Middleton*, 690 F.2d 820, 822-24. . .

2. On February 21, 2006, the U.S. Supreme Court issued its decision in *Gonzales v. O Centro Espirita Beneficiente Uniao Do Vegetal*, case number 04-1084 (UDV hereafter). In UDV, the Supreme Court ruled that RFRA requires that the government prove that the actual particular use of a Schedule I drug, is a demonstrable threat to public health and safety.

In UDV the court ruled that the government must make this proof **prior to** attempting to prohibit the religious use of the drug.

In UDV the district court admitted and examined evidence from biological, social, and chemical scientists police officials and religious expert witness's on what DMT is, how it is used in the human body, what adverse effects occur to the user



of DMT, and how those particular effects might impact on public health and safety. The government was forced to attempt to prove that use of DMT in the UDV church would threaten public health and safety. Although DMT is a powerful hallucinogen, which can cause severe disruptions in normal behavior, the government failed to make that proof.

In the UDV, the lower courts had ruled that the particular religious use of the Schedule I drug in the UDV Church must be examined in a factual manner under the statutory demands of RFRA and the **published** decisions of the federal courts on RFRA.

In the UDV, after the taking of evidence, the district court ruled that the UDV use of DMT does not cause a threat to public health and safety of such a dimension as to substantiate a Compelling Interest on the part of government (CI hereafter) to prohibit the religious use of the drug. The district court ruled that no decision on Least Restrictive Manner possible (LRM hereafter) was necessary since the government had failed so miserably to substantiate any real threat to public health and safety caused by what the church did in its church.

3. In the *Brown* case, the district court and this Court ruled that some unspecified part of the drug law detailed how the CI and LRM tests of RFRA had been met. Neither the district court nor this Court explained in the record where in the law those claims are made and substantiated. This Court stated simply that:

“The court concluded, however, that the law clearly established that the government had a compelling interest in regulating marijuana and other drugs. . .”

One can only wonder why, if the law was so clear, that the district Court and this Court could not cite the provisions of law that substantiate that claim. Nevertheless, the record is clear that this Court did not substantiate the claim with any citation from the drug statute itself.

4. In the *Brown* case, this Court cited published federal case law in support of its claim that the drug laws somehow in and of themselves fulfill the CI and LRM tests and that the *Sherbert* and *Yoder* cases cannot be applied to the drug laws. This Court states:

“We have recognized that the government has a compelling state interest in controlling the use of marijuana. See *U.S. v. Fogarty*, 692 F.2d 542, 547-48; (classification of marijuana is rationally based and is a matter for legislative, not judicial, prerogative), *U.S. v. Greene*, 892 F.2d at 455-56, *U.S. v. Rush*, 738 F.2d 497, 512-13, *U.S. v. Middleton*, 690 F.2d 820, 822-24. . .”

RFRA states in its statutory language, that the *Sherbert* and *Yoder* tests must be applied to the religious exercise in question in order to find any threat to public health and safety that might be caused. It is only by knowing what the specific threat caused by the religious exercise is that the Court can then find any compelling interest and approach the formulation of a least restrictive means of regulation.

In addition, this Court has published several decisions that say exactly this - RFRA requires the government prove the facts of any threat to public health and safety caused by the religious exercise. This threat cannot be assumed and it cannot be proved in the absence of factual proof.

Now that the Supreme Court has directly contradicted this Court as to the case at hand, this Court must, under law, correct its past mistake.

So it is imperative that this Court follow **what it has published** in every single published decision rendered interpreting RFRA - the government must be put to the specific tests set forth in *Sherbert* and *Yoder*.

There are two problems with the cases this Court has depended upon to justify denying due process to Appellant. Each of these courts denied the petitioner the *Sherbert* and *Yoder* tests specifically and by name. Also, none of these courts employed the *Sherbert* and *Yoder* tests sua sponte or in any other way, and we know this because those cases state that specifically.

a. In *U.S. v. Fogarty*, 692 F.2d 542, 547-48, this Court ruled that the defendant could not attack application of the marijuana prohibition law to him on a claim that the classification of marijuana is irrational.

The Rationality test has nothing to do with the *Sherbert* and *Yoder* tests for actual threats to public health and safety. The Rationality test of *Fogarty* is not the CI and LRM tests required by RFRA. Nor is the Rationality test of *Fogarty* comparable to this Court's obligation under RFRA as defined in the published decisions of this Court cited above.

Under RFRA this Court is to demand proofs of government where under the Rationality doctrine, the courts defer to government and refrain from asking for more than superficial assertions that there is a rational connection between the law and the justification claimed for the law.

So, it is clear from the words that this Court wrote in *Fogarty* on page 541 that this case has no rational application under RFRA.

b. In *U.S. v. Greene*, 892 F.2d at 455-56, the 6th



Circuit cited the *Leary* case for the proposition that the *Sherbert* and *Yoder* tests cannot be applied to the drug laws for protection of First Amendment religious exercise. Since RFRA as interpreted in *UDV*, requires application of the *Sherbert* and *Yoder* tests, since *Greene* specifically exempts the drug laws from such factual examination, therefore it was Plain Error for this Court to depend on *Greene* for anything other than toilet paper.

c. In *U.S. v. Rush*, 738 F.2d 497, 512-13, on page 512 the court cited *Leary* stating:

“The question whether the government has an overriding interest in controlling the use and distribution of marijuana by private citizens is a topic of continuing political controversy. . .

“In enacting substantial criminal penalties for possession with intent to distribute, Congress has weighed the evidence and reached a conclusion which it is not this court’s task to review de nova.”,

And on page 513 the court cites *Leary*, stating that:

“Congress has demonstrated beyond doubt that it believes marihuana is an evil in American society and a serious threat to its people.”

It is obvious that the words of *Rush* are directly contradicted by *UDV* were the Supreme Court points out that;

1. Congress wrote RFRA specifically to be applied to the drug laws, and

2. That Congress specifically referred to published federal case law of *Sherbert* and *Yoder* in RFRA so that the courts and government agents would not be mislead into another legal process, and

3. That Congress stated this in the law itself, and

4. That the government and courts had no rational basis for denying the demands of RFRA to a sincere religious exerciser who is substantially burdened by the law, now or in 1994.

d. In *U.S. v. Middleton*, 690 F.2d 820, 822-24, the court stated:

1. On page 822 that the proper legal standard to examine religious use of drugs is the “rational basis” test, and

2. On page 824 the court rejects any

attempt by Middleton to introduce what it calls “rescheduling issues”, and

3. On page 825-826 the court cites *Leary* for the proposition that “harm not relevant to compelling interest”.

So, since this Court failed to follow its own published decisions regarding application of the *Sherbert* and *Yoder* tests to federal laws that substantially burden sincere religious exercise; and

Since this Court depended upon irrelevant, outmoded and clearly not related prior court decisions to decide on what RFRA means in this case;

And since this Court has now been informed of the correct interpretation of law, by the Supreme Court; therefore

It is imperative, required, demanded and claimed that this Court should now grant permission to file a second or successive motion under section 2255 to review the facts of the trial and conviction of a factually innocent person who was convicted solely because of the misinterpretation of law that this Court issued; that Plain Error foisted upon us all on December 10, 1995, in this case





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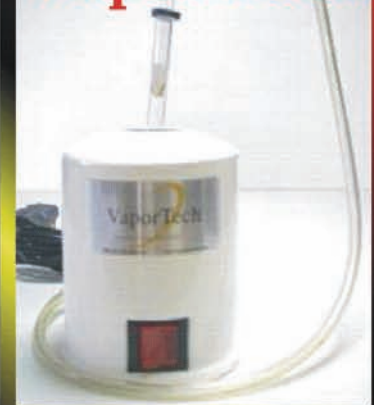
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# LIVING WITH ALCOHOL AND MARIJUANA



Debbie (my wife) and i both have lived with alcohol all our lives. Both of our parents drank alcohol, my parents drank on weekends and Debbie's parents drank pretty much everyday.

Both of us were exposed to marijuana at a young age. I started smoking marijuana at 12 years old and Debbie started at 13 years old. Debbie quit consuming marijuana by the time she was 18 years old. Made her paranoid so she gave up marijuana altogether.

By the time I was 17 years old i had a problem with alcohol consumption as well. I lived in a remote B.C. location for three years and became a serious alcoholic before i was 21 years old. I drank alcohol everyday for years right up until i returned to Calgary at 22 years old.

Four single guys living in a house in Brentwood all of us drank everyday. I was dating Debbie at that time. One day Debbie told me i had a serious problem with alcohol. I brushed her off with "i can quit anytime i want".

Then one night we were out of alcohol (none in the house at all). I wanted a drink of alcohol real bad that night, but decided ah no problem i will just do with out tonight. I lasted only a few hours before i went to the store to buy alcohol. Finally the light bulb lit up nice and bright on my way to buy that alcohol. Debbie is right, i do have a very serious alcohol problem.

The three room mates were right upset when i came home with no alcohol. They also had a alcohol problem. So in short order i knew i had to move away from my room mates and the nice house we had rented together. Debbie to the rescue thankfully. She offered

me a place to live in the home she shared with her Dad. Then my alcohol drinking started yet again, even Debbie got caught up in alcohol for about 6 months. Same situation as before our room mates drank and so did we.

Debbie and i knew we had to get away from room mates and live by ourselves or we would never get away from the alcohol.

Once we could afford to move we did just that. We stopped consuming alcohol at that time.

Debbie lost her mom when she was only 10 years old due to alcohol related train accident Debbie's mom was involved in. Debbie's mom was hit by a passing train. Debbie's parents were separated at that time due to the alcohol abuse. Debbie and her brothers were living in Sakatween at the time. Debbie and her brothers were up rooted and moved to Calgary to live with there alcoholic father.

At 10 years old Debbie had to become the woman of the household. By the time Debbie was 12 she had a part time job after school to help support the family. A lot Debbie's dad's money when to buy alcohol on a daily basis.

As the years past by little changed for Debbie and the family. One of Debbie's brothers (Barry) moved to Edmonton and was a very heavy drinker and got in to fist fights on a very regular basis. At this time i was now living with Debbie. Barry would call late at night always very drunk and upset and depressed with how his life was going. Every he called Debbie told him to please come and live with us so he can get the chance to improve his quality of life.



Then one day when we get home from shopping Debbie's youngest brother has a look on his face, i knew it was real bad news, at first i though oh no Debbie's dad is dead.

It turned out Barry was the one that was dead in Edmonton. Barry was at a party drinking and got in to a fight and was throw down a set of stairs. Barry ended up in the hospital due to the injuring he sustained that night. Barry was talking to another person in the hospital and he dropped dead just like that.

A blood clot had make it's way to his brain. Barry was 21 years old at that time.

Right up to the day of the writing of this article Debbie's dad still drinks alcohol very heavily. We get phone calls all the time in regards to his unruly behavior.

One such call he had cut himself real bad and was pounding on the upstairs tenants door screaming for help and acting very unruly. I told the tenants to call 911 right away. EMS arrives and all the attempts by the medial professionals to help Debbie's dad were refused by Debbie's dad. Finally the EMS folks gave up and left him to fend for himself.

Debbie then did what she always does, the next morning before her dad started drinking for the day she tore a strip off him, she also threaten him we would evict him if he continued to cause problems for the other tenants.

A few weeks passes and we get a phone call the tenants are being disturbed late in to the night with loud music and fist fights. OK Debbie again goes to talk to her dad when he is sober. That is when

we find out he has crack whores hanging around, drinking, smoking crack, fighting with him and each other and flopping in his home.

Debbie's dad promises never to allow them in his home again. Next day Debbie's dad calls us and tells us one of the crack whore's stole \$900.00 out of his bank account. I said how could they do that when he has zero dollars in the bank and how did they get his bank card and pin number? Debbie's dad gave the crack whore his bank card and pin number so he they could get more beer to drink. The crack whore deposited empty envelopes and with drew as much money as she could get (\$900.00) and of course disappeared quick like.

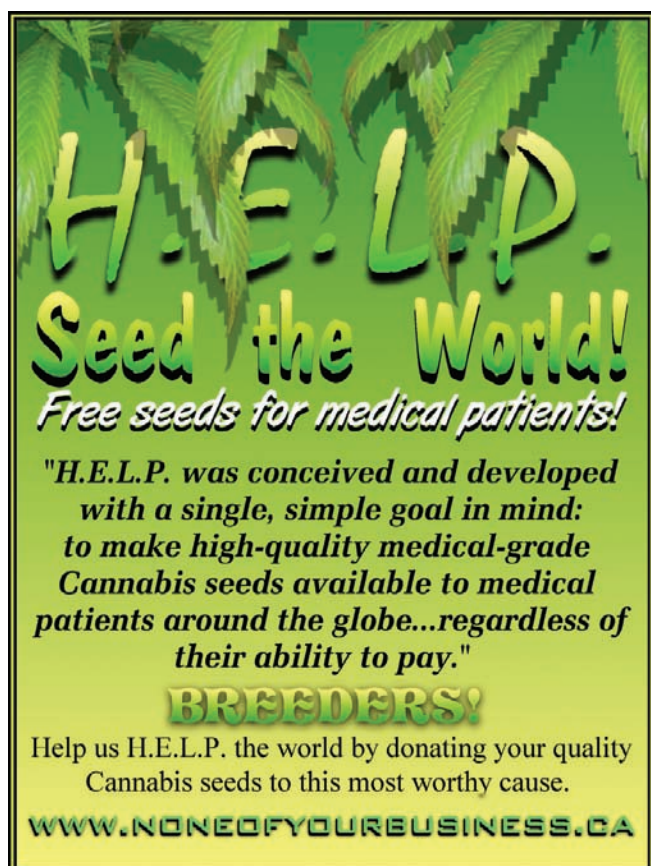
Now Debbie's dad has to pay that \$900.00 back to the bank and they refused to allow him a bank card and pin number from here on out.

I could go on and on about the harm alcohol does cause to sp many families it would be a endless article.

Debbie has seen what happens to me and many, many other people when we do not have marijuana medication to consume. We have a large number of friends with MS, Glaucoma, arthritis and a host of other aliments that we all know for a fact due to years of experiences that marijuana does help people with medical issues to deal with on a daily basis.

The most harm to be caused by marijuana to date is the current prohibition laws in regards to marijuana. Families are broken up by the authorities, thousands are jailed and fined and given a criminal record because of the current prohibition laws in regards to marijuana!

Keith Fagin (KanMan = Kanadian Man)



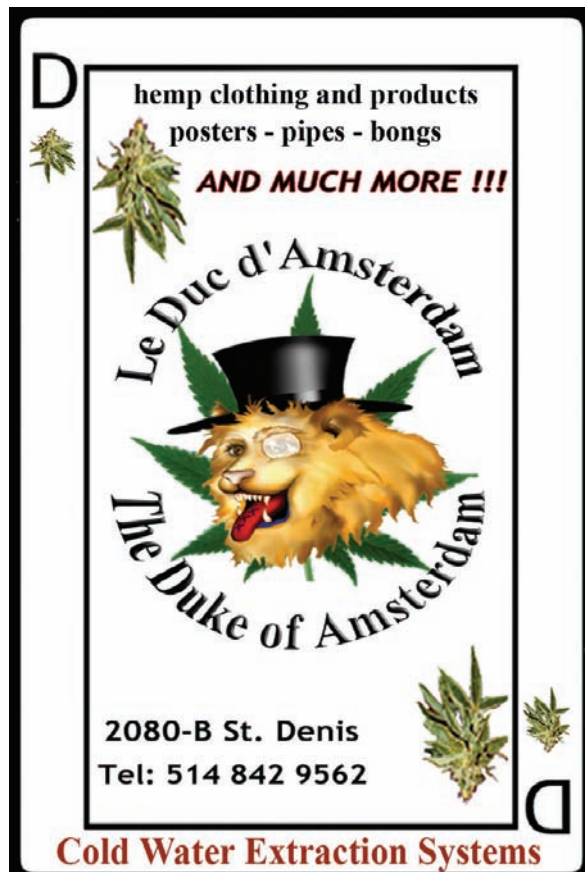
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# VAPOR BOX REVIEW



Hi Everyone, Binky here, your local news hound from [Treatingyourself.com](http://Treatingyourself.com).

This is my review on the Vapor Box.

The construction and durability of the Vap is well made, with its included lifetime warranty it should last a long time with minimal maintenance and cleaning depending on your usage.

There is a bit of a learning curve in that the separate on/off switch with adjustable dial will have to be monitored to find the sweet spot for better heat control.

The one hand design bowl makes it easier to load and operate, especially for people with any problems with dexterity or arthritis.

After loading the bowl it takes about 3 minutes to heat depending on your setting and you just place the one hand design glass bowl on the holder and leave it there until ready.

When you draw on it you still get a little taste of the meds so not all is lost in the Vap process, the stir tool provided will let you mix the meds around so you don't waste a thing.

I found the ease of use good and its unique design makes it very portable for travel or for camping trips by plugging it into a power converter using the 12 volt system of your automobile.

I'm sure I'll learn more tricks with the Vap as time goes by and certainly give it thumbs up in all categories.

I'm going to give the Vap a 7.0 on the rector scale.

I would also like to thank Marco Renda from [Treatingyourself.com](http://Treatingyourself.com) who so graciously made this possible, for without his compassion it would not have happened.

by Binky

At first sight, I didn't have much faith in the VaporBox, being of any comparison whatsoever, to the Volcano. I was so set, of such of a mind, that I was concerned my bias might be of issue, in the fair delivery of a product review.

Yesterday, the VaporBox arrived. I had a half an inkling of the technology in action here. I was little more than reluctantly enthusiastic, I imagine the dissapointment of the "BC Vaporizer" experience was still playing strongly at a sub-level. The first herb I tried was very dry. It was a commercially purchased herb of no great significance. I didn't put much, maybe up to two points of a gram. From this was extracted 3, almost four, lungfulls of vapor. On the fourth, the goodness was expended about half through the breath. The vapors were clean, not hot at all. I did have to take some time to adjust the vaporizing temperature. This to be expected 1st time out, it did not take long to become fully orientated with this instrument. I do find the vapor a little dry, somewhat itchy. With any new found technology, there will be a time of adjustment and acclimation.

One of the things I like most about the VaporBox is that when I go about my work and forget it, it doesn't waste. I can come back in 30 minutes and hit on it, the goodness is still there. The temperature control "optimal window" of operation is tight, one must be careful in this regard. But again, after a little orientation, the matter is resolved.

Ease of operation is superior to some more expensive products. I've heard from more than one person trying this unit, that they prefer it to the more expensive vaporization units. I don't take it quite that far but were I making a list of the worlds best vaporizer designs, the Vaporbox sits comfortably in the top 3. That having been said, if you are keeping under a \$200 USD price range, I've found nothing out there that even closely compares. This is an good quality product with a lifetime warranty on the electrical workings. Fairly priced and well built, anyone who doesn't regularly smoke, or those with a serious mind to harm reduction will be elated. If you are thinking about an affordable, quality vaporization device, this attractive, compact apparatus is for you.

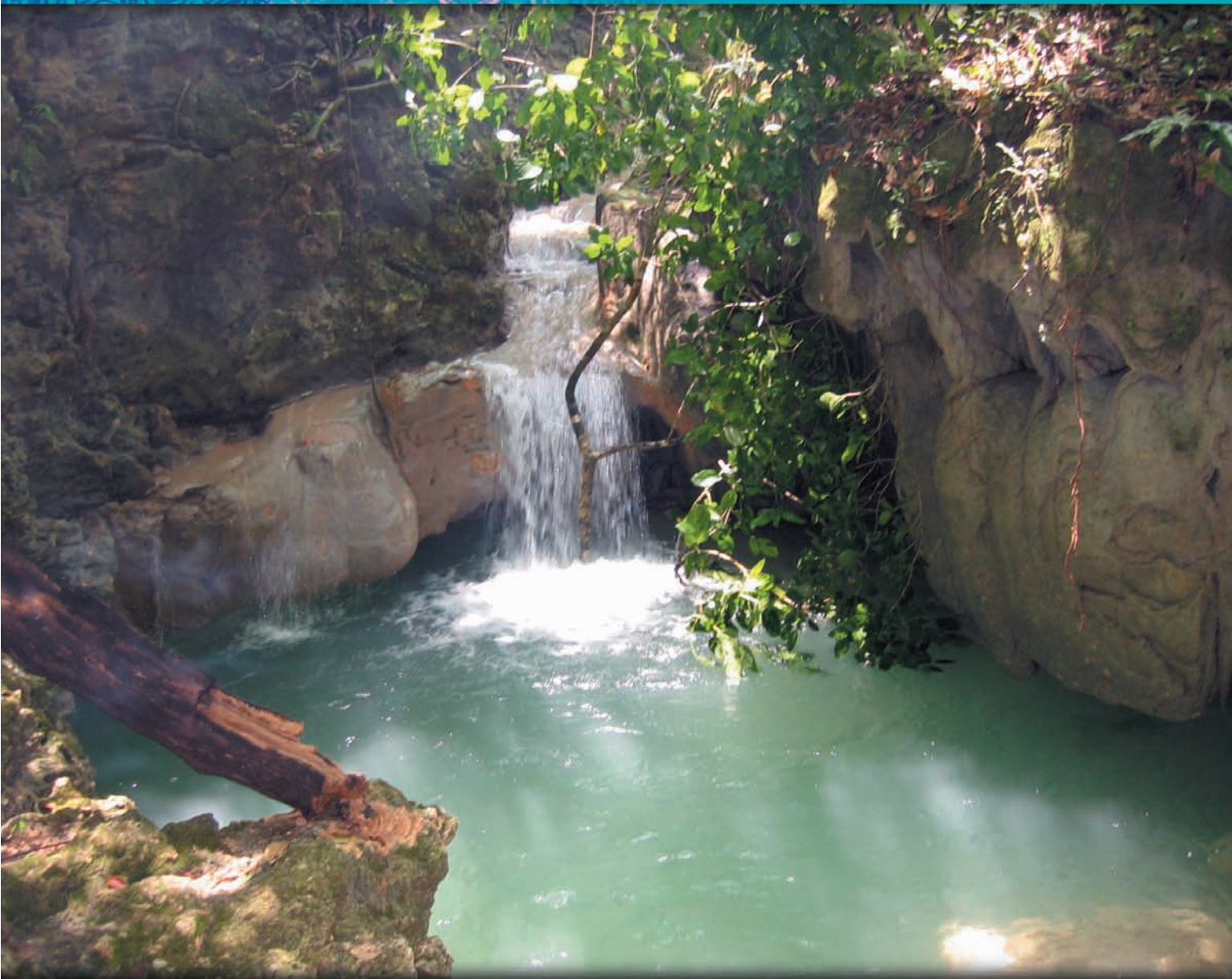
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# ETHNOGARDEN BOTANICALS



**B**efore I begin I would like to introduce two words that some readers might not have encountered before, ethnobotany and entheogen. Dictionary.com defines them as:

”Eth-no-bot-a-ny *n.*

1. The plant lore and agricultural customs of a people.
2. The study of such lore and customs.(1.)”

And

”Entheogen

Part of Speech: noun

Definition: any substance, such as a plant or drug, taken to bring on a spiritual experience...

Etymology: lit. ‘generating the divine within’ (2.)”

As one might guess from the name, Ethnogarden Botanicals specializes in the preservation of ethnobotanicals, or plants historically cultivated by native tribes and peoples from around the world. Natives historically have cultivated these plants for many uses including aphrodisiac properties, medical applications such as pain relief and mental stimulation for the aging, and for religious insight and divination. Ethnogarden’s hope is to help ensure the availability of these plants both to future generations and for current research into their potential as sources for new medicines.

Seven years ago the founder of Ethnogarden Botanicals incurred a major back injury which laid him up for nearly a year. This time was used to research the company’s initial product list and to develop an international network of suppliers. As far back as he can remember, plants, botanicals, psycho-actives, and anything else capable of altering the conscious mind have deeply fascinated the founder of Ethnogarden but without the back injury he may never have had the time and motivation to organize the business.



Since it opened for business five years ago, Ethnogarden has striven to provide the very best in plants, seeds and extracts to customers. The customer base consists of private ethnobotanical enthusiasts wishing to help preserve these sacred and rare plants, University labs, clinics, and research institutions. Whenever possible a network of native growers and suppliers in the countries of origin provide the plant products. Even before the company opened for business the founder was working to establish this network of organic and pesticide free growers. Funds that go back to the members of this network in Tahiti, Peru, Brazil, Ecuador, Africa, Indonesia and Mexico help to stimulate the economy of the local indigenous peoples.

tive correlation to the affinity of 18-MC to bind to  $\alpha 3\beta 4$  nicotinic acetylcholine receptors, indicating these receptors play a primary role in the anti-addiction action of these compounds (5.). Proponents of ibogaine treatment believe that much of the therapeutic value comes from the visions it produces which allow the patient to observe the contributing factors of their addictive behavior and to bring closer to these factors (6.). In 2004, 18-MC was also discovered to be effective as an anti-retroviral agent against HIV-1. At concentrations below the threshold for cell toxicity, 18-MC dose-dependently inhibited replication of the HIV-1 retrovirus. This appeared to be more powerful than that of current longer lasting therapeutic agents used to inhibit the progression of HIV-1 (7.). This provides hope



Since Ethnogarden first obtained quality stock of *Tabernanthe iboga* root bark and its constituent alkaloid ibogaine, aiding in addiction research has been one of the company's primary goals. Traditionally iboga has been used as an entheogen in the religious rights of the Bwiti religion of western Africa, especially in the initiation rite when initiates take large doses in order to meet God (3.). In recent decades, a growing body of research has demonstrated that ibogaine (4.) and its synthetic analog 18-methoxycoronaridine (18-MC) may be effective adjuncts in the treatment of addiction (5.). The general opinion of the western medical community is that the visionary effects of ibogaine treatment are a negative side effect, one that might be side-stepped with 18-MC. A reduction in self-administration of ethanol, cocaine, nicotine, opiates and methamphetamine by animals was observed following 18-MC administration but the negative behavioral side effects seen with effective doses of ibogaine were not observed. The degree to which amphetamine and opiate self-administration was attenuated showed a posi-

that a new class of antiretrovirus drugs desperately needed in the fight against such diseases as AIDS and HEP-C may eventually be derived from 18-MC and related compounds.

Ethnogarden carries another group of products which show a lot of promise as therapeutic agents in the fight against opiate addiction, kratom, and its primary active constituent 7-hydroxymitragynine (7-HO-M). Containing as many as 18 different alkaloids, kratom has a reasonably complex pharmacology. When taken as a whole, this pharmacology presents a very intriguing potential to aid in both opiate weaning and maintenance treatment. Four of the alkaloids in kratom activate opiate receptors to varying degrees; 7-HO-M is the most potent. Four more are sedative/muscle relaxers, one which has anxiolytic/anticonvulsant properties, two which lower blood pressure and one that inhibits arrhythmia. There are also two anti-inflammatories, three anti-leukemic and anti-carcinogenic compounds, and four immunostimulants, one of which acts as an antibacterial and



# TRIPPING

antiviral as well (8.). Together, these compounds are well suited to attenuating the withdrawal syndrome experienced by opiate addicts attempting to wean themselves off a harder opiate. However, kratom has only recently gained much interest from the medical community. The therapeutic value of kratom, and especially that of 7-HO-M, has yet to be examined in much detail. Ethnogarden Botanicals prides itself on providing products like iboga, ibogaine, kratom, and 7-HO-M for anti-addiction research to clinicians, researchers and universities around North America and Europe.

So far, the preliminary evidence suggests that a three fold combination addiction treatment might work best. This treatment would utilize kratom or kratom byproducts to wean the patient off opiates over a 2-3 week period while they received counseling and were monitored for appropriate reduction in opiate intake (8.). Approximately three days after the patient has been

reported to be 3-7 more orally effective than morphine as an antinociceptive (9.). With such drugs as Oxycontin and Percocet so widely used and often abused, finding alternative treatments for pain with reduced abuse potential but comparable analgesia seems essential. Although Ethnogarden does not carry any cannabis related products they fully support therapeutic cannabis and research into both the antinociceptive properties and anti-addiction potential of cannabinoids.

Ethnogarden also has a broad selection of other botanical products. One group of products of curiosity is their wide selection of aphrodisiacs, of which they offer no less than 12. Some of these products such as yohimbe, *Mucuna pruriens*, the oyster extract, and the *Aspidosperma quebracho-blanco* are considered more effective for men. Others like maca and the *Calvoa huasca* are more effective for women, while the horny goat weed, *Mama Juana*, and *Tuerneria aphrodisiaca* (damiana)



successfully weaned they would be given an intensive ibogaine treatment accompanied by close monitoring by a medical professional. This treatment can last between 15 and 36 hours and require two days to a week of “recovery time” depending on degree of addiction and primary opiate used. The final step would be more counseling to resolve the insights gained during the ibogaine treatment and to facilitate a sober lifestyle as the patient moves forward. Occasionally, a second ibogaine treatment might be required for successful resolution (10. & 11.).

Many the products offered by Ethnogarden have significant potential in the treatment of pain. These include blue lily, *Corydalis yanhusuo*, kratom and extracts, and 7-HO-M which is

appear useful for both sexes.

Four of these aphrodisiacs deserve some warning. Although the yohimbine in both *Coranthe yohimbe* and *Aspidosperma quebracho-blanco* is a proven treatment for erectile dysfunction like Viagra it also has similar risks for the older population which are most likely to require it. Yohimbine is sold under the brand name Yocon and is the only FDA approved aphrodisiac. It increases heart rate and blood pressure which means an increased risk of heart attack or stroke, especially for individuals with a predisposition for these medical issues (12.). *Mucuna pruriens* also deserves a little warning. For one, it contains L-dopa, a chemical with a wide range of potentially serious side effects, especially when taken chronically or in high doses (13.).



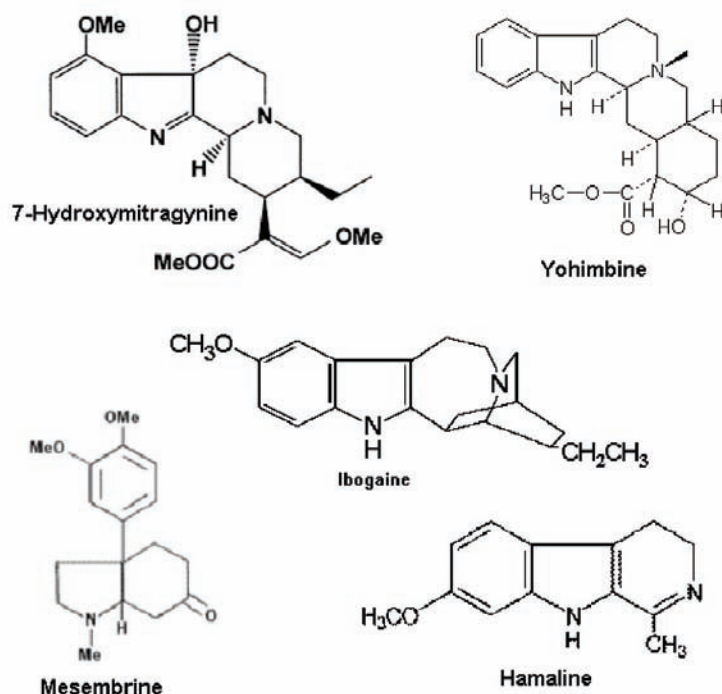
Another reason *Mucuna pruriens* requires special attention is that it increases testosterone levels and this might not be desirable for women. The final aphrodisiac which deserves some warning is *Turnera aphrodisiaca* (damiana), the effect of which builds over repeated frequent use. Damiana contains small amounts of cyanidic compounds and overdose may prove dangerous, although occasional use does not appear to pose a health risk. There also appears to be some risk of liver toxicity similar to alcohol with excessive chronic use (14.).

There are a couple more products offered by Ethnogarden Botanicals that are worth noting. Interestingly, they are both South African succulents historically used by the San, or Bushmen. *Hoodia gordonii* for example has recently gained much interest in both the private and scientific community for its ability to control appetite and fight obesity. The interest is due to the apparent ability of this plant to inhibit weight gain

known to alter serotonin levels. Mixing scelletium with these substances has the potential to produce fatal hypertensive crisis and/or serotonin syndrome.

Many of the products offered by Ethnogarden Botanicals can be categorized as entheogenic in nature and this is because so many ethnobotanicals are indeed entheogens. There may be a very important reason behind this fact. The ancient peoples that discovered these plants and who first started using them understood something. To properly and successfully treat the body in the long term one must also treat and address the issues of the mind. Modern medicine had mostly lost sight of this mind/body connection but has recently started to show renewed interest in a more complete approach in which the whole person is treated and not just a set of symptoms. A growing body of evidence supports this approach to health care (17.). It is this author's sincere hope that this trend toward a more complete treatment of the whole person continues in western medical practice.

One final note in closing, Ethnogarden's Dominican Republic plantation currently only employs locals, so don't ask for a job, it won't get you anywhere. If it could I would already be there, I muse with a far away smile. I would like to take a moment to thank the good people at Ethnogarden Botanicals for taking time out of their busy schedule to make this article possible and for their sponsorship at Treating Yourself. For more information on Ethnogarden Botanicals and their products please log-on to [www.ethnogarden.com](http://www.ethnogarden.com).



and to act as an appetite suppressant all without any known side effects (15.). Historically, most weight control substances have been stimulants and had negative side effects. Scelletium tortuosum (Kanna) is another interesting plant. Scelletium contains mesembrine and related alkaloid compounds. According to the US Patent Office mesembrine is a confirmed Selective Serotonin Re-uptake Inhibitor (SSRI) like Prozac, Paxil or Zoloft (16.). However, this effect is short-acting like that of St John's Wort and withdrawal occurs within a day or two. This is in striking contrast to the prescription SSRIs which can take months of extremely uncomfortable weaning for patients to safely withdraw. Special care should be taken when considering using this plant because SSRIs can negatively interact with other psychiatric medications, especially other SSRIs, MAOIs and anything

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# THE CANNABIS PHARMACY: A UNIQUE REMEDIAL MEASURE FOR HELPING SEVERELY ILL PEOPLE



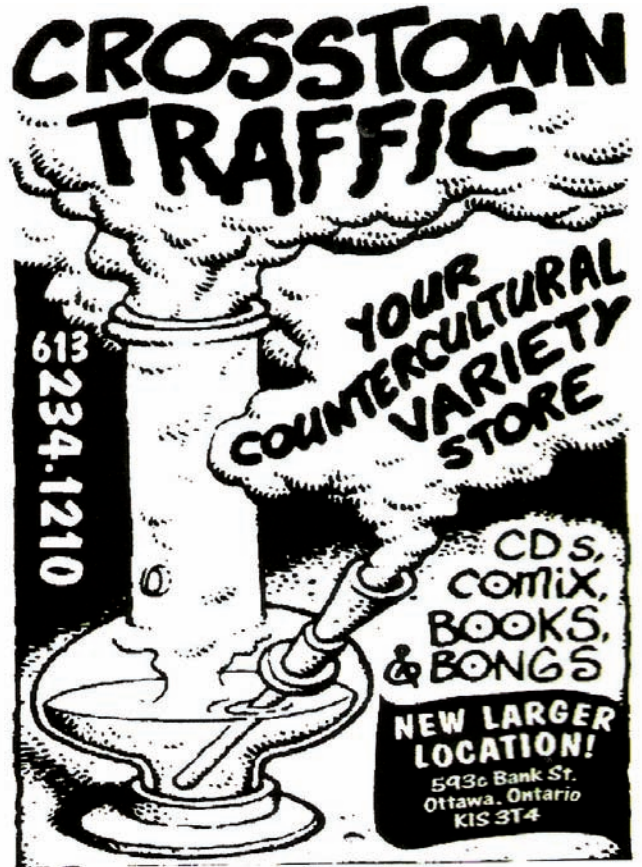
Since August of 2005, the cannabis pharmacy (German: “Hanfapotheke”) is online available at [www.hanfapotheke.org](http://www.hanfapotheke.org). It is the first of its kind, a unique and courageous approach to providing severely ill people with the needed cannabis medicine – for free! However, this service is restricted to German citizens. The pharmacy’s principle is based on donators and beneficiaries. It works like this: The requester contacts the cannabis pharmacy via the internet. In order to become a beneficiary, he has to prove that he suffers from a severe illness and that a treatment with cannabis products has to be “really indicated and urgently necessary”, while a treatment with dronabinol (THC) is not possible, for example because the health insurance does not cover the costs. A medical examiner, appointed by the cannabis pharmacy, has to confirm that the person in question complies with these requirements. This means that the requester has to pay a visit to the medical examiner who afterwards will send his report to the cannabis pharmacy. Then the requester will be included in the list

of beneficiaries or not. Via the website, anybody willing to donate cannabis can register as donator. Then the contact person of the cannabis pharmacy will give the donator the name and address of a beneficiary, and the donator will anonymously send the free medicine to him so that the beneficiary does not know the donator’s name and address. Some donators even have adopted a continuous sponsorship for one or more patients.

So far, according to information of the cannabis pharmacy, 29 patients got access to the cannabis pharmacy. Of these, 22 could be supplied with cannabis through a donator. At present 12 patients are regularly sponsored by a donator who reliably takes over the supply of a patient. 11 patients are on the waiting list without supply. Most of the time, the donation consists of marijuana, but also big amounts of hashish have already been donated. The donated amounts of course are varying, from a couple of grams to more than a kilo. Most often they range between 50 and 100 grams.

**AT PRESENT 12 PATIENTS ARE REGULARLY SPONSORED BY A DONATOR WHO RELIABLY TAKES OVER THE SUPPLY OF A PATIENT. 11 PATIENTS ARE ON THE WAITING LIST WITHOUT SUPPLY.**

The project cannabis pharmacy is done on a honorary basis, the person responsible for the implementation, Mister X, is a real idealist with a lot of moral courage. Although he is working anonymously for the cannabis pharmacy, the authorities at least theoretically might be able to find out his real name. The cannabis pharmacy is not directly linked to any institution, however, two members of the IACM (Franjo Grotenhermen and Martin Schnelle) have joined the solidarity committee of the cannabis pharmacy, like also for example Lorenz Boellinger, professor of law at the University of Bremen. It was Boellinger who submitted a legal expert opinion on the punishability of being involved in the cannabis phar-



macy as organizer, donator or beneficiary. He came to the conclusion that (under certain conditions) participation in the cannabis pharmacy is not punishable according to German law, basing his opinion on justified emergency and other reasons for exemption from punishment. A judgement by the Higher Regional Court of Karlsruhe (Germany) from 2004 plays an important role in Boellinger's report. It had confirmed that, under certain conditions, the use of illegal cannabis products can be justified and not subject to prosecution.

The cannabis pharmacy aims at drawing public attention to the fact that natural medical cannabis still is not legally available in Germany and that the present law is criminalizing ill people instead of supporting them. Mister X and the cannabis pharmacy strive for mitigating the worst effects of the present law, hoping to contribute to a change towards legal medical marijuana in Germany (and elsewhere). So the cannabis pharmacy looks upon itself as interim solution and wants to make itself redundant in the mid to long term. Natural cannabis medicine shall again be available on prescription in regular German pharmacies, like it had been for centuries until 1958. Then the digital underground cannabis pharmacy would have completed its mission and could close its doors.

*Text and pics Green Born Identity – G.B.I.*

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# INTERVIEW WITH MISTER X

THE MAN BEHIND THE CANNABIS PHARMACY: “JUST DO IT!”



**G.B.I.:** Who had the idea to establish an underground cannabis pharmacy in Germany?

**Mister X:** At first, the project cannabis pharmacy was developed on a private basis, arising from the need for an alternative medicine. Within my circle of friends, there were people who suffered from diverse diseases that were expected to be successfully treated with cannabis, as well as people who had been growing cannabis for a long time already, achieving harvests that exceeded their personal needs. At that time, at the beginning of the 90s, initial publications on the topic of cannabis as medicine were available, for example the book by Lester Grinspoon that I found highly interesting. The first access in practice I gained was lips herpes. I had read that cannabis has an antiviral effect and that it has been used in Romania against this disease. So I made an alcoholic extract from harvest scraps which I put at the disposal of some friends who dabbed it on their lips, and lo and behold, the herpes quickly disappeared

and did not return for a long time with most of the users. Another friend suffered from glaucoma. The doctors wanted to operate on him at the age of 34, although there was a 50% risk of blindness. Luckily for him, I came to know about his fate, and on the evening before the planned operation, he smoked his first marijuana joint. On the next day, when the doctors examined him, his intraocular pressure surprisingly was normal again! Other fields of application were discovered in the aftermath. Another friend came down with MS, and I ensured that he got supplied with the needed cannabis medicine. Eventually I came across the ACM (Association of Cannabis as Medicine = ACM, the German prequel to the IACM). After a while, I supposed the idea of establishing a kind of sponsorship between growers and patients. However, the time was not ripe for such a project back then, the ACM stuck to the principle of full legality and the necessity of taking legal action in order to gain access to the medicine. This was the state of affairs for quite a

long time, but two years ago, a positive signal was sent from the periphery of the ACM, suggesting “okay, let’s do it now”, encouraged by new developments in jurisdiction and reacting to the fact the Federal Institute for Drugs and Medical Devices kept on refusing any permissions for patients to grow medical marijuana. Of course, the cannabis pharmacy project was not directly linked to the ACM. A small project group began with the implementation. The technical part had to be accomplished, legal aspects had to be clarified and medical examiners as well as supporters for the solidarity committee had to be found. The website was registered under the name of a person living abroad so that this person was not seizable for the German authorities. Then, in August of 2005, the project cannabis pharmacy was finally started.

**G.B.I.:** And you are the one responsible for the practical implementation of the project.

**Mister X:** Yes, I am performing operational tasks, i.e. I’m organizing the communication between patients, medical examiners and donators which is exclusively done in the form of emails. Further people are working in the background, supporting the project and contributing to its functioning.

**G.B.I.:** How many hours per week do you spend on activities related to the cannabis pharmacy?

**Mister X:** Six hours at an average. Sometimes it’s hard to organize this kind of work, especially if I’m prevented for any reason, e.g. because of illness or my main profession, then it can happen that nothing happens for a week. However, the practice so far has shown that the implementation of the pharmacy can only be done by one person under the current conditions.

**G.B.I.:** How does it feel to manage the only German underground cannabis pharmacy?

**Mister X:** It’s exactly the feeling that I already had my whole life long, having to do with my biography and certain parts of a hippie attitude that have remained: Since I’m fifteen, I have lived on the verge of legality and also beyond. If I ever had had a problem with this, I surely would not have been able to lead the life I led. I think that there are certain things in life that just need to be done. If one notices that there is an evident state of emergency and has an idea how to solve the problem or at least mitigate it, he has to live up to rule “Just do it”. And if you then receive additional help from some clever people, ways of doing it certainly can be found.

**G.B.I.:** What about the contacts between beneficiaries and donators? Does communication work?

**Mister X:** It differs from case to case. On both sides, there are people who are easy to work with, i.e. donators who really supply the announced cannabis, and beneficiaries who confirm the receipt of their medicine with an email of thanks that we pass on to the donator. This kind of people do appreciate our unique service. Unluckily, on both sides there are also people whose behaviour is hardly acceptable. There are wannabes announcing a large amount of medicine, and then when the beneficiary already has hope for getting supplied, disappear and never get

in touch again. This of course is very frustrating for the respective patient, and I have a lot of unnecessary work. But it is also impudent not to confirm the receipt of a medicine packet: If a beneficiary receives for example 50 grams, but does not confirm this, the donator will ask both himself and us, “Hey, I sent 50 grams of free cannabis medicine across Germany, what has become of it?” Asking this person several times whether the packet has arrived or not means a lot of effort to me. And then, if the beneficiary eventually contacts us after several weeks, snottily asking for more supply while not even mentioning the receipt of the first packet, you are really stunned. It was initially intended that the whole thing runs autonomously, in a protected zone of the website, beneficiaries and donators should directly communicate with each other once the initial contact had been arranged by us. As we know now, this would not have worked in most of the cases.

**G.B.I.:** In the framework of the communication, do you also learn something about the size of the cannabis gardens cultivated by the donators? Are they big players most often?

**THE DOCTORS WANTED TO OPERATE ON HIM AT THE AGE OF 34, ALTHOUGH THERE WAS A 50% RISK OF BLINDNESS. LUCKILY FOR HIM, I CAME TO KNOW ABOUT HIS FATE, AND ON THE EVENING BEFORE THE PLANNED OPERATION, HE SMOKED HIS FIRST MARIJUANA JOINT. ON THE NEXT DAY, WHEN THE DOCTORS EXAMINED HIM, HIS INTRAOCULAR PRESSURE SURPRISINGLY WAS NORMAL AGAIN!**

**Mister X:** No, this subject never comes up. However, judging from the size of the donation, one can estimate whether the respective donator has access to large amounts or not. I do not know how big donators get their hands on the weed nor I want to know. But, from certain emails by donators, I know that there are also donators who use to buy large amounts marijuana specifically for this purpose, not every donator is a grower.

**G.B.I.:** The most recent notification by the cannabis pharmacy stated that eleven patients are presently on the waitlist. Are you



surprised that the willingness to donate medicine does not seem to be widespread, or did you expect that?

**Mister X:** *This number meanwhile even has doubled, because not every donator uses to donate continually. While some have been donating right from the start, others come and go. In addition, the number of patients is increasing much faster than the number of donators. This development is not surprising considering the big number of self-help groups and other platforms that make fast ways of communication possible. If for example the website of a Crohn's disease self-help group publishes a link to the cannabis pharmacy, it is no wonder that we get a lot of enquiries in the aftermath. But despite the supply shortage, I must say that I'm surprised how many people are willing to show solidarity with severely ill people, especially because the activities needed for being in a position to donate usually are kept as secret as possible.*

**G.B.I.:** The initiators of the cannabis pharmacy are regarding any activity in relation to the cannabis pharmacy as not punishable. This view is based on the opinion of professor Boellinger. Do you know whether other lawyers share his opinion?

**Mister X:** *After several verdicts of not guilty that were based on justified emergency, I see a trend towards Boellinger's opinion. As legal laymen, we had consulted our advocates at first who also regarded those activities as not punishable, that's all we can do from a legal point of view. Apart from that, all persons involved are acting altruistically. We spend our leisure time on helping severely ill people, and the donators are donating the medicine needed for this help. If anybody wants to see such activities debated before court, he has to catch us!*

**G.B.I.:** Do you have any hints that the authorities aim at the cannabis pharmacy, maybe trying to find out who is behind all this?

**Mister X:** No, we didn't notice anything. We know that the public zone of our website has been hacked two times already, but this appeared to be some stupid hacker kids.

**G.B.I.:** How do you explain that the authorities have left you undisturbed so far?

**Mister X:** *Well, I use to pray every morning... but seriously: Although we are doing something that might be forbidden in the eyes of some people, it is hardly possible to really condemn our activities, and I think that no state attorney is willing at the moment to accuse such activities. In addition, due to the organisational structure of the cannabis pharmacy, no state attorney has to feel directly responsible for prosecution.*

**G.B.I.:** But if the authorities were absolutely determined to investigate you, they could keep the server under surveillance and, by means of the IP addresses, find out the names of donators and beneficiaries, couldn't they?

**Mister X:** *Well, it's not that simple. Our website was constructed by the famous "Chaos Computer Club", and these guys surely know their stuff. Furthermore a warrant would be needed for such a surveillance measure, like also in the case of a house search. We are using the anonymization service JAP that can be*

*downloaded at [www.anon-online.de](http://www.anon-online.de) for free, and strongly recommend this service to those donators and beneficiaries who are not using internet cafes for emailing.*

**G.B.I.:** What about the circle of beneficiaries actually? Is the cannabis pharmacy restricted to people living in Germany, or does it reach beyond the borders?

**Mister X:** *Indeed, the project is restricted to patients residing in Germany, because we have no legal basis for activities abroad, and meeting the demand of the German market already is hard enough. However, we would like to give assistance if similar initiatives were founded abroad.*

**G.B.I.:** Up to now, it is not necessary for a cannabis pharmacy patient to prove that he isn't in a financial position to buy his cannabis medicine from the black market or other sources. But, in view of the supply shortage, wouldn't it make sense to restrict the supply to poor people?

**Mister X:** *In order to satisfy his needs, a patient has to spend at least 150 Euros on buying his medicine from the black market. The beneficiaries of the cannabis pharmacy are always severely ill people who are not able to go to work, with the usual social consequences. Apart from that, these people, due to their health problems, often are not in a position to grow their own medicine or personally buy it from the black market. Some of them nevertheless offer financial compensation for the marijuana received, but the cannabis pharmacy always rejects this, suggesting to make a donation in favour of the ACM instead.*

**G.B.I.:** Of course the cannabis pharmacy can not guarantee that the donated cannabis is of proper quality. What about the quality feedbacks given by the beneficiaries?

**Mister X:** *Up to now, nearly everybody was satisfied, there were only two comprehensible complaints. But if somebody keeps on complaining that he'd smoked much better cannabis in Canada, bashing his donator instead of thanking him, this must be regarded a luxury problem or simply brazenness.*

**G.B.I.:** What do you think, how long does it take until the cannabis pharmacy will have achieved its goal of becoming dispensable, i.e. until natural cannabis will be available as medicine on a legal prescription basis in Germany?

**Mister X:** *I think that the Federal Institute for Drugs and Medical Devices soon will have to take a step forward, granting initial permissions for patients to grow their own cannabis medicine. Because the pressure is steadily increasing. The number of applications by patients took a sharp rise in recent years, and the courts seem to take sides with the patients more and more. We intend to further increase the pressure, for example, the ACM is thinking about accusing the Federal Institute for Drugs and Medical Devices of failing to act.*

**G.B.I.:** Mister X, thank you very much for giving us such a detailed insight into the cannabis pharmacy.

**Text and pics Green Born Identity – G.B.I.**



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# REVIEWS

## QUICK AND SIMPLE RECIPE TIP BY: CHEF UNI

Take your favourite Instant Dessert Mix; follow the recipe on the box, except replace all butter or margarine with Canna Butter. You will turn a simple instant dessert into a Canna Dream.



### NANAIMO BAR REVIEW - By John Saunders AKA Pain Pal

I am a licensed MMJ user and one of Chef Uni's happy guinea pigs.

When I tried Chef Uni's Nanaimo bars I said to myself "Self this it". The flavour the texture the fragrance truly beat any other sweet treats with MMJ product cooked in them that I ever had. The effect was a relaxing feeling with a slight buzz to. I only had 2 at one time and they were quite small. Had they been the size of one from Tim Horton's I'm sure that it would have had a real knock me down reaction and a total half day of being able to do very little if you get my drift. They were delicious and I can't wait to try the next batch. If I'm lucky maybe my wife will make me some real soon. Previously I have tasted Chef Uni's Chocolate macaroons, her oatmeal and raisin cookies and, her sugar cookies shaped like MMJ leafs and they were all hits with Me "Thumb Sucking Good" I should say but, those Nanaimo bars take top place so far. How good were they? Well if I were tied to a chair and Chef Uni stuck one to the top of my head my tongue would probably beat me to death trying to get to it. I can't wait to be Chef Uni's Guinea Pig again. Thanks again Chef Uni.

John Saunders AKA Pain Pal

### CANNA BUTTER REVIEW by LadyToken

I have finally made some decent canna butter and I owe it all to Uni and TY Magazine. I have made butter several times with so-so results. LordT and Mydnite were satisfied by I was not getting the effect I wanted. When I saw the crock pot recipe for butter in TY Magazine I decided to give it a try. I had already tried a couple of other quicker ways but was never completely happy with the end product. That has all changed. Some things take time folks and apparently, for me, canna butter is one of those. I just finished a batch of Cinnamon Chocolate cookies, a recipe I made up a few months ago and have been perfecting every since. I have never been so pleased with a batch of cookies. They're perfect in shape, consistency, color and ohhhhh do they taste good yes, Uni, I know, I know I need a camera. I indulged in one at 2:20 and it is 3:00 now. For the very first time ever I am feeling a nice comfortable buzz on just one cookie. Other times it has taken at least 3 to feel anything at all. I don't know if that is due to my pain level or what but it is nice to finally be able to eat just one cookie and start to feel better in a little over 30 minutes. Thank you Unicorn and TY Magazine for doing what you do. You have one very happy devoted reader here.

Humbly,  
It

You can find the Recipe in Issue 3 of the Treating Yourself Magazine.

# CHEF UNI

Hello Everyone...my name is Maggie aka Chef Uni, but most will know me as Unicorn of TreatingYourself.com. I have been married for 20 plus years to my best friend Gord aka zardo and we have 2 fantastic kids, one girl and one boy. Some would say we have a millionaire's family without the mega bucks. We are originally from Ontario, Canada but now call Nova Scotia our home. I enjoy photography, taking walks on the beach, reading, chatting (if you didn't know this already), spending time with my family and I love cooking and baking.

I have been a member of TY for 3 years now and have had the privilege of meeting Marco and Sue and a few others of the TY Family. Treating Yourself has become a big part of my life. Over the last 3 years, I've not only learned how to be a better Caregiver to Gord, but I am also able to share my knowledge and experiences with others around the Globe, hopefully making just 1 more person's life a little bit better.

I have been cooking and baking since I was a young girl. Currently I am working for a small restaurant where I have been the assistant cook for 5 1/2 years. I have enjoyed creating recipes over the years and have many successes and a few disasters and my family says I know how to throw together a meal in 30 minutes with only a few things from the kitchen. Recently I've enjoyed converting recipes into MMJ Treats and Dinners.

Gord and a few friends (who are all legal MMJ users and growers) have enjoyed being my guinea pigs and I promise I haven't killed anyone yet!!

I love trying out new recipes and look forward to showing some quick and simple tips anyone with a little canna butter or bud can make in minutes. I also would love to feature other Member's recipes as Gord will get rather large always being a taste tester.

If you have a recipe you want me to create and showcase for you or you have created something yourself and have high resolution pictures please email them to me at [chefuni@treatingyourself.com](mailto:chefuni@treatingyourself.com).

See You In The Kitchen...  
Hugs Chef Uni



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## PATIENT'S CHOICE UPSIDE-DOWN MUD CAKE

A SCHWAB FAMILY RECIPE - SUBMITTED BY YREKAGROW

This is a good one, a chocolate lovers dream. A rich dark chocolate upside-down pudding cake that just screams "Eat me!" It's easy to make and wonderfully hides any unpleasant taste that a lot of MMJ recipes leave. This is a great recipe to make for parties/gatherings where there are going to be a lot of MMJ users. Of course you can prepare it with cooking oil instead of canna oil, and everyone can enjoy this tasty treat



You will need:

- 1 box devils food cake mix (name brand is a must)
- ? cup canna-oil
- 1 1/3 cups warm water
- 3/4 cup light brown sugar
- 3/4 cup sugar
- 2 Tbsp unsweetened coco
- 1.5 teaspoon instant coco mix
- 1.5 cups boiling water
- whip cream

Preheat oven to 350 degrees f. In large mixing bowl combine melted canna-oil and eggs, use an electric mixer on low till thoroughly mixed, now thoroughly mix in the warm water and the cake mix. Pour evenly into 2 greased loaf pans, set aside. Now in small mixing bowl combine the sugars and cocos and evenly spoon the mixture over the batter in the loaf pans. Gently pour 3/4 cups boiling water into each loaf pan and immediately bake for 50 minutes. Cut into desired serving size. Serve hot, in a cup or pudding dish with a generous dollop of whip cream and desired toppings. Store at room temp and reheat in microwave or in oven covered with foil, 15 minutes @ 250 degrees f.

Possible toppings: almonds, pecans, macadamia nuts, maraschino cherries, fresh strawberries, sliced banana pieces, peanut butter.

CANNABREX

# PATIENT'S CHOICE DOUBLE BERRY “CLOBBERER COBBLER”

SUBMITTED BY YREKAGROW



Tongue twisting name, I know...from what I've seen it's going to clobber you so; be warned, if you prepare this dish you'll twist more than your tongue, it will most likely twist away all those aches and anxieties, if not dull them a bit. I attempted four different preps before I got this one perfect (thanks to all my taste/effect testers [it's good to have a decent amount of legal MMJ users in my area that are glad to be to be used as my test subjects]). On that note I have developed a taste/effect rating system I will be using by averaging 1-10 rating by all my testers for three aspects: 1. taste: the most important factor of course (one being “awful” ten being spectacularly decadent [good]) 2. Effect: actually this is a matter of the canna-oil's potency and the amount called for in the recipe, but I still figured it was a necessary gauge to include in my rating system (one being almost no effect while ten is HEAVILY medicating) 3. Is the MJ masking rating: Some people find the taste of MJ in recipes pleasant, but most would rather not even be able to tell that the dish is medicated. [This rating can also be dependant on the canna-oils quality] (One means it has a strong MJ taste, ten means that you can barely taste the MJ, if at all)

**RATINGS** (6 testers average, I round to the nearest half a rating point)

1) 9    2) 9.5    3) 8.5    That is a total rating of 9

NOW FOR THE RECIPE...

**STEPS:**

Step 1) lightly butter an 9-13 baking dish and set aside 1.25 cups canna-oil so it's room temp. Step 2) prepare strawberry portion

Step 3) prepare blueberry goo portion  
Step 4) layer strawberry portion and blueberry goo in baking dish (strawberry portion on the bottom)  
Step 5) prepare and apply topping  
Step 6) bake

Ingredients for strawberry portion:

6 cups fresh washed, drained, and cubed strawberries  
1&1/2 cups sugar  
1/4 cups flour  
2 Tablespoons cornstarch  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 cup orange juice  
1/3 cup canna oil

Strawberry portion prep: mix the sugar, corn starch, nutmeg, cinnamon, and flour in a large, saucepan or Dutch oven. Gently stir in the cubed strawberries and orange juice. Over medium heat, bring the mixture to a boil then reduce heat to low and simmer for 5 minutes. Remove from heat and stir in canna-oil until it is melted. Set aside and keep warm.

Blueberry goo portion Ingredients:

2 cups blueberries, fresh or frozen  
1/4 cup each - orange juice and canna-oil, 1 tbsp cornstarch, 1/4 tsp ground nutmeg, Dash kosher salt

Blueberry goo portion preparation:

Combine all ingredients in saucepan. Cook and stir over medium heat for 5 minutes (be sure to stir constantly) minutes or until thickened.

Preparation and application of topping:

Topping

3 cups flour  
2 tablespoons sugar  
2 tablespoons baking powder  
1 tablespoons salt  
2/3 cup room temp canna-oil

Cut in and or mash canna-oil into flour & baking powder until crumbly (but thoroughly mixed). Then add 2 beaten eggs and 6 tablespoons milk and stir until moistened. Make 0.5'-1' patties out of topping mix (like pancake size) and use them completely to cover the fruit mix

Baking Time: 375F for 50 minutes.

Suggested toppings: whipped cream, macadamia nuts.



MMM...

# BAKED FRENCH ONION SOUP

SUBMITTED BY ZARDOZ



1/4 cup butter or margarine  
1 tbsp vegetable oil  
4 med onions sliced thinly  
5 cloves of garlic minced (or more if you like garlic)  
? tsp sugar  
2 tbsp flour  
3-1/2 cups beef stock  
salt  
freshly ground pepper  
Canna butter Toast  
shredded mozzarella cheese

Heat butter and oil in a large heavy sauce pan . Add onions and garlic; cover. Cook over medium-high heat till they are on the verge of burning. Stirring occasionally. Stir in sugar.

Cook, uncovered, until onions turn golden, stirring frequently. Stir in flour; cook 1 minute.

Gradually stir in stock. Season with salt and pepper. Bring to a boil; reduce heat. Simmer 20 minutes. Preheat broiler. Put soup in oven proof bowls, top with canna butter toast and shredded cheese.

Broil until golden and bubbly. Serve immediately.

# FRENCH ONION SOUP

SUBMITTED BY AURORABOREALIS

## Ingredients:

3 pounds onions, sliced thin  
2oz butter  
3 1/2 quart beef broth or stock  
4 oz brandy or wine  
salt and pepper  
French bread, 1/2" slices  
Swiss cheese in slices  
Desired amount of Canna Butter



Sauté onions in butter in a large saucepan. Stir until onions are deep golden brown, about 40 minutes. Add brandy or wine once onions are browned and stir to incorporate. Add beef stock or broth and simmer soup on low heat for 30 minutes. Put soup in an oven safe bowl or gratinee and put a slice of bread that is buttered with canna butter in the soup and let it float on top. Put a slice or 2 of Swiss cheese over the bowl and put the bowl of soup in a broiler/high heat oven until cheese is melted.

I hope you enjoy my recipe. The slicing of the onions is kind of labor intensive. It sounds like a lot of onions but once it is cooked down and browned it is a lot less.

# MARBLE MADNESS

## A CANNY BUS QUICK TREAT

JAY R. CAVANAUGH, PHD



### Ingredients:

- 3/4 cups of Canna Butter
- 1 1/2 cups of light brown sugar
- 2 jumbo eggs beaten
- 2 teaspoons of vanilla extract
- 2 1/4 cups of all purpose flour
- 1 1/2 teaspoons of baking powder
- 1/4 teaspoon salt
- 1 cup chocolate chips
- 1 tablespoon Triple Sec or Amaretto liqueur (optional)

### Directions:

Melt the canna butter in a sauce pan over low heat and pour it into a bowl containing the sugar and stir to mix. Beat in the eggs and vanilla and the liqueur of your choice.

Use a double boiler to melt your chocolate chips. Stir often. This step is what gives you the “marble” effect. If you’re lazy you can just add the chips to the final batter.

In another bowl sift the dry ingredients together then mix with the wet ingredients then drizzle in the chocolate forming swirls or just mix in chips (some of you may prefer butterscotch chips or even white chocolate).

Place the batter in a baking pan that has been lightly oiled and floured. Bake at 325 degrees (I know that’s low) for about 20-40 minutes. You can tell when the cake is done by sticking a toothpick in the cake. When the toothpick comes out relatively clean, the cake is ready. Remove from the oven and let the cake cool for a bit before attempting to remove from the pan. The cake is going to be crumbly so it’s tough to cut out nice squares but we don’t mind.

This recipe was made in honour of Dr. Jay who the Medical Marijuana community lost on April 24<sup>th</sup>, 2005. I found this recipe on the “The American Alliance for Medical Cannabis” website. I have adapted the recipe to my own canna butter recipe and I did not add any liqueur. I did however add a couple of tablespoons of milk to thin the batter as it was very dry and not looking at all like a cake batter and I also used dark chocolate chips. This recipe was very simple to make...from start to finish it only took one hour. The finished product seems a little uncooked in the centre but I’ve put this down to one of those learning lessons.

Some of the best things in life are so easy. Here’s a recipe that is ready in minutes and tastes just delightful. The only problem with this desert treat is the urge to eat more than is really good for you. The trick to this recipe is getting the consistency right. Whenever you use canna butter in place of dairy butter the result will be that the product is more crumbly. For stand up firm cookies and cakes it is best to go to a 50/50 mixture of butters but Nancy Wife and I prefer straight canna butter for potency. As usual, feel free to improvise and use what ratio is right for you.

Now, some believe that when your cake crumbles that the calories leak out and it’s less fattening. Of course, this is true. You eat this cake by using a fork to push down on the moist blond/green/chocolate crumbs sticking them to the back of the fork or you can use your fingers and lots of licking.

A word of caution about this cake you’re about to make: Don’t leave it out for the kids! They will eat it and you will be in trouble!



# MENDREL Q & A



DEAR READERS,  
STINKY NEEDED HELP WITH THESE QUESTIONS SO I'LL BE STEPPING IN  
TO ANSWER A FEW QUESTIONS FOR HIM.  
MENDREL

**Dear Stinky:** In my last couple of grows I have had a mutant (triploid) plant of different strains. I had a g-13 grow in the shape of a slingshot. A HumboldtSnow in flower that grew 3 main branches on its own. And a WhiteRussian that started with fussed branches then grew normal for a few nodes, now it has split into 2 main branches. My main question is what are the odds of getting so many Triploids? (by the way the HumboldtSnow is getting massive growth in Buds)

Thanx, Chief Tatanka

**Dear Chief Tatanka,**

What you seem to be experiencing is not a 'triploid' plant but rather it just seems to be that the apical dominance of those plants is low. What that means is, cannabis usually grows much like a pine tree. One main top with some smaller side branches down below. However, if the top of the plant is damaged, removed or is no longer the top it will allow other, lower branches to grow as if they were the top of the plant. Some strains require the removal or bending of the top to promote branching. Other strains will do so of their own accord. Sorry to say you probably don't have triploid plants, but hopefully the massive buds will make up for it.

**Dear Stinky:** I've been reading a lot about f1 and f2 crosses in breeding medical marijuana. Can you explain for me in simple terms what f1 and f2 actually mean, and what the benefits of doing this are?

thanx, zigzag1a

**Dear Zigzag1a,**

I'll try to keep it simple but breeding is really quite an expansive

undertaking that requires fairly significant resources to perform properly. Think of what it takes to bring a new cultivar of tomatoes, hazelnuts, or hops to an appropriate standard (Years of planting trials). Cannabis should be no exception.

An F1 is the designation of a hybrid cross between two lines (P1 and P2). Generally, the two lines have been self pollinated (inbred) to produce a certain combination of alleles. An allele is part of the DNA that is responsible for producing, say leaf color (red or green) or THC (high or low). However, while the inbred parents may maintain a certain characteristic (such as high THC) they are generally fairly slow growing from what is called 'inbreeding depression'. When the two inbred lines are crossed you get what is called 'hybrid vigor' where that plant is very vigorous and has the desired traits from both parents. Unfortunately you need to keep both parents around to keep producing hybrid seeds. With the inbred lines, you could just self pollinate the plant and get plants just like the parent. So the two parents, P1 and P2, have been selected for high THC (P1) and resistance to spider mites (P2). What you're hoping for is a plant that has high THC, resistance to spider mites and grows vigorously. This is what you hope for with your F1 and when breeding is done properly that's what you get. The F2 generation is what you get when you self pollinate the F1. The F2 seedlings generally show lots of variation and are anywhere from worse than the parents to better than the parents though most are about in the middle.

**Dear Stinky:** What strain or strains would you recommend for making bubble hash?

Roy

**Dear Roy,**

Any strain can work, you'll just get better results with a strain that has lots of glandular hairs (trichomes) so that the more heads of those hairs there are, the more hash you'll get.

**Hey stinky:** What does "cola dominate" mean? What is its' relationship to Sativa/Indica genetics? What is "Hash" and what chemicals do I need to make it?

In The Wind

**Dear In The Wind,**

If you look at what I wrote Chief Tatanka, it also applies to 'cola dominate'. The biggest cola on the plant has apical dominance. Sativas are known for their Christmas tree shape where there is one giant cola and they tend to grow long and as a single stalk which means the plant has strong apical dominance. Indicas tend to grow bushier and have weaker apical dominance so the lower nodes can grow. Hash refers to the collecting of the glandular trichomes of marijuana and pressing it into a block. You just need an appropriately sized screen to run the marijuana over to collect it. Bubble Hash can be made by using multiple sized screens, but submerged in ice water and blended. The screens are pulled up and the hash has fallen into a lower screen than the plant matter. It can then be pressed and dried. Another type of hash is called 'honey oil' and uses flammable solvents to extract the goodies. The solvent is evaporated off and the hash oil remains.





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# STORZ & BICKEL: QUALITY COMES FIRST



**Q**uality and quality management – in the early years of the cannabis related industry, these terms were foreign words to founders of a company, and still today, paying attention to these factors is not a matter of course in this branch. Commodities of minor quality and poorly conceived product concepts are still ubiquitous. In contrast, the German company Storz & Bickel was one of the first to fully devote itself to quality. Right from the start, they focused research and development of their revolutionary new vaporizer type “VOLCANO” on the best quality possible and technical sophistication. Markus Storz founded the company in the year of 2000 under his own name, and it was not before 2002 that it received the name Storz & Bickel GmbH & Co. KG, when Jürgen Bickel joined the company, becoming the partner of Storz. Together they led the way in the new millennium, setting new standards in terms of professionalism and product quality. But Storz & Bickel does not only stand for quality, but also for innovation. Their VOLCANO is the result of typically Baden-Wuerttembergian inventive talent, an ingenious technical construction that was and is totally different from any other existing vaporizer. The air is pumped through a heated aluminium block (similar to an oven with aeration ducts) and thus inevitably assumes the desired temperature. A diaphragm pump ensures that the air flow remains constant, and volumetric flow fluctuations are thus ruled out. However, the main distinguishing feature of the VOLCANO is the patented valve balloon into which the vapor generated is pumped. The valve balloon can be com-

pletely detached from the device after filling and the contents inhaled at the user's ease. This ensures that the application is absolutely safe, as vaporization occurs previously and the user does not come into contact with glass, heat or electricity during inhalation.

Storz & Bickel is based in Tuttlingen, a town with 35,000 inhabitants in Baden-Wuerttemberg/South Germany. Tuttlingen is internationally regarded as the world's center of medical technology, due to its dense cluster formation. Here the planning and construction of innovative medical devices is daily practice. Jürgen Bickel was born and raised in this town, and also Markus Storz grew up there – no wonder that they became a part of this industry. They profited in various ways from this vibrant hot spot of medical technology, for example from the existing know-how and special infrastructure. But although, in principle, they were pretty much like any other start-up company settling in this area, there was a difference: They were the first in Tuttlingen to deal with the construction of devices for the vaporisation of herbs. While they were also present in the cannabis branch right from the start, Storz & Bickel marketed the VOLCANO as professional medical device for various uses and not specifically as device for cannabis consumption, they even do not explicitly mention this kind of application. Their seriousness and inventive talent was rewarded with a special appreciation in the framework of the innovation price of the federal state Baden-Wuerttemberg in 2003.

On 27 April 2006, Storz & Bickel sold their 30.000th VOLCANO. America is the largest VOLCANO market, followed by Spain, Canada, Great Britain (each with more or less equal market shares) and Germany. This big success is also reflected in the number of employees that steadily increased in the course of the years, particularly in the past three years. In 2003, Storz & Bickel had six employees. At the moment, with 30 employees, the staff is five times larger – the small company experienced dynamic growth. However, the heavily increasing demand for the VOLCANO not only made the extension of the staff necessary, but also moving to a new company location with larger production capacities in 2004. The new working areas house the administration, production and shipping department so that production and shipping can be managed in a more efficient, optimized way.

In order to meet the vivid demand of the American market, Storz & Bickel consequentially decided to establish a subsidiary over there, and in 2005, STORZ & BICKEL AMERICA, INC was founded. This enabled Storz & Bickel to provide its American customers with direct and fast service within the USA. The new service station is located in 1155 5th Street #104, Oakland, CA 94607-2501, USA. Already two years before this, Storz & Bickel had achieved another important goal on the American market, when receiving the US Patent No. 6,513,524 for the VOLCANO on 4 February 2003. Apart from that, the company also has the German Patent No. 198 03 376 and the European Patent No. 0 933 093 so that the VOLCANO is well protected in the most important markets.

But what exactly makes the VOLCANO such a high-quality product?! Firstable, only high-grade, safety tested components are used for construction. This is considered to be an absolute necessity, because electricity and a lot of heat are involved so that technical precision and oper-

ational safety are major concerns. The main components of the VOLCANO come from the regional medical supply industry and are of proven and tested quality. Let's have a closer look at the specific materials used for this device. Its covering consists of stainless steel which is also contained in many other components, e.g. in the hot air generator, filling chamber, valve or mouthpiece cylinder. Apart from stainless steel, several special high-tech plastics are used such as PEEK (Polyetheretherketon), a partly crystalline material with excellent mechanical properties and temperature stability. PEEK is used for the construction of the VOLCANO's hot air generator, namely for the exhaust nozzle. POM (Polyoxymethylen) is a universal material used for functional parts for fine mechanics and apparatus engineering. It has excellent material properties such as a low frictional resistance, good abrasion resistance, strong elastic force, high fatigue strength also under changing operational demands, as well as good electrical properties. For the VOLCANO, POM serves as material for the valve and mouthpiece construction. Another important high-tech plastics is PPSU (Polyphenylsulfon), a highly temperature-resistant material that is used for the hot air generator, filling chamber and mouthpiece. All these reliable, but cost-intensive special materials guarantee the VOLCANO's operational safety. As a matter of course, the device also carries the CE mark. The core of the hot air generator (infinitely variable temperature control from 130°C to 230°C = 266°F to 446°F) is a heated aluminium block that consists of AlMgSi1.0, a special, clean and health-friendly aluminium alloy, not containing problematic metals such as lead or copper. The top temperature reached in the heating block (240°C = 464°F) is by far below the temperature that is needed to emit any substances out of the AlMgSi1.0 (boiling point 2519°C = 4566°F) that could be inhaled, so this special alloy is absolutely safe. And in case of malfunction, the VOLCANO will automatically be switched off, if the temperature reaches 294°C (=561°F).

The quality management of Storz & Bickel not only includes careful selection of suitable construction materials, but also conducting a lot of practical tests which serve the purpose of quality assurance. Several clinical and functional studies have been carried out in the USA and the Netherlands in recent years, such as "Optimized administration of THC for clinical use by vaporizing" (Arno Hazekamp et al., the Netherlands) and "Vaporization as a smokeless cannabis delivery system: A pilot study" (Donald I. Abrams et al., USA). The aim of both these studies was to evaluate the use of the VOLCANO vaporizer in terms of reproducible administration of pure THC without the formation of degradation products. The Dutch as well as the American researchers concluded that by using the VOLCANO for pulmonal administration of THC, delivery was achieved comparable to smoking but without degradation products or harmful by-products in significant amounts. The VOLCANO was considered a safe and effective cannabinoid delivery system for patients. Meanwhile it has become the standard device for any study in relation to the medical effects of cannabis.

However, Storz & Bickel wouldn't be Storz & Bickel, if they rested on their laurels. Much effort was spent on the development of the much longed for digital VOLCANO. This novelty is expected to be released to the market in the second half of 2006. It will be based on the classic VOLCANO, but be equipped with a digital control panel displaying the exact nominal and actual temperature during vaporisation. By means of this digital control system, the unmatched temperature control precision of the classic VOLCANO is

expected to be even further increased. Apart from that, Storz & Bickel is presently working on a simplified valve construction. The idea is to make the operation of the VOLCANO as easy as possible for the user. This new and cheaper valve will be delivered with an already fixed VOLCANO balloon, thus enabling the user to easily replace the balloon and the valve and mouthpiece in one go, if the balloon is exhausted. With these new and low priced mouthpieces that are part of the new concept, an important further step towards professional medical technology will be made. The new construction will satisfy any hygienic requirements associated with a broad and shared utilization of the VOLCANO, because every user will have his own mouthpiece. It is expected to be advantageous also for the gastronomy sector, in the context of public use of the VOLCANO.

All these innovations, and also the high-quality materials used for the construction, are cost-intensive and, together with other factors, lead to the seemingly high price of 539 US Dollar. But the VOLCANO is a "last a lifetime" purchase and provides the user with the opportunity to get a yield of active ingredient that is 3-4 times higher compared to smoking it, so he saves a lot of money. In addition, the VOLCANO comes with a regular warranty of three years. Storz & Bickel even has so much trust in the VOLCANO, that in 2005 they decided to grant a retroactive warranty extension in celebration of the 5-year jubilee. "Five years of existence – five years warranty" is the motto until 30 June 2006: Every customer who has bought a VOLCANO since the begin of production in 2001 has the chance to get it repaired free of charge in case that there is a technical defect due to material, processing or construction failures. The customer for sure still is king in the world of Storz & Bickel, and that's also why their website [www.storz-bickel.com](http://www.storz-bickel.com) has recently been made available in four languages - German, English, Spanish and French.

**Green Born Identity – G.B.I.**

**Pics courtesy of Storkz & Bickel**

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# TY D.I.Y. GUY INTRODUCES HIMSELF



I would like to take a few moments to introduce myself, my name is Gordon Hume. I am 42 years old and live in Nova Scotia Canada together with my wife “Chef Uni”, our daughter Krysanja and our young son Raistlin. We moved to Nova Scotia approximately seven years ago from Ontario Canada after I was medically released from the Canadian Armed Forces. I was a vehicle technician for the military for roughly ten and a half years.

The reason for my medical release was a back injury that I suffered very early in my career (a “bad lift” while I was still in training systems). For this injury the immediate response from the military was to feed me a continuous diet of “Motrin 400’s” (ulcer causing anti inflammatory), I was treated in this manner for roughly 2 years.

There was finally an accurate diagnosis of my back problem roughly two years into my career, the decision was made that I required a “disc ectomy” at the “L5S4” location on my spine. Upon my waking from the operation I was informed by my surgeon that the disc above the one that he removed was also very much in jeopardy. The surgery was successful (for a time at least), I continued to feel pain at the site of the operation but many of the other symptoms seemed to be largely diminished. I was returned to “light duties” after a three month sick leave.

As I gradually resumed my normal duties I began to feel more and more pain, I sought out some relief from the base hospital. After a lengthy discussion with the base surgeon I was left with the impression that if I did not find a method of controlling my pain on my own... my career was likely to be OVER in rather short order.

To this end I began to medicate myself with cannabis and cannabis related by-products. During the course of a “normal day” I would medicate in the morning before I began my work day, as the day lengthened the familiar stabs of pain would return. At lunch break I didn’t sit with my fellow soldiers in the workshop canteen.... No at lunch time I would get into my car and drive off base to a secluded spot by the bay where I would first medicate myself with a small joint, eat my lunch ... then have another small joint before returning to work. This practice allowed me to maintain an “above average” PER (personnel evaluation report) throughout the balance of my career.

Despite the fact that I had managed to find a way to continue my career without letting my injury adversely affect my performance I was eventually released on a medical release program. The reasons for my release at this time was due to a new policy adopted by the CAF called “Universality of Employment”, this was a program that was launched during the military budget cuts of the 1990’s as a means of “thinning the herd”. As a result anyone in the Armed Forces in Canada that had a “per-

manent category" (permanent medical condition that precludes certain duties or actions) was released.

So with the "lofty" rank of corporal and at the age of thirty five all of my future plans were to be re-written... the 36 foot sailboat that I was building had to be sold along with the 24 foot sailboat that we sailed regularly. A re-location was in order as well! Both my wife and myself knew that my meager pensions would not go very far living in Ontario, so we made up our minds to use my "final move" option with the Army and relocate to Nova Scotia (with this option we could move ANYWHERE in Canada, we chose the east coast because we love it out here!).

How I came to be involved with TreatingYourself.com and TreatingYourself Medical Marijuana Magazine...

I was "net surfing" one day when I happened upon a certain marijuana website (this certain site has since been taken down by federal authorities); on this site there was a series of threads in the discussion forum. These discussion threads were accusing Marco Renda (the owner of TreatingYourself.com AND this magazine) of using the website as a means of "entrapping" sick and disabled medical marijuana users.

Now THIS rumor caught my interest... being recently retired at the time I had some considerable time on my hands. So I investigated this "TreatingYourself.com", it was my full intention to destroy the website if I found ANY proof of what the rumors were saying. So after hours and hours ... and hours of reading through the website as a "guest" I was very much convinced that these rumors were indeed quite false! I joined the site as

a regular member that very day!

At the time I was working on obtaining the proper authorizations to grow and consume marijuana to control my chronic pain. I have now been duly authorized for the last three years.

On TreatingYourself.com I am known as "zardoz", I like to build things; I like to invent things... I like to show folks how to "do it themselves" and to save money and aggravation.

Some of the projects that I have undertaken since my retirement have been as follows;

- 1: I built my own "big screen" LCD projector (I watch TV and movies on a 10ft by 8ft screen)
- 2: I built a pond/waterfall (complete with a few fish) for our living room
- 3: I built my own "light mover" for my hydroponics garden
- 4: I have built SEVERAL hydroponics gardens, each more "bullet proof" than the last
- 5: I built my own "dual cool tubes" housing two 1000 watt HPS lamps
- 6: The list goes on.....

It is my goal at TY (both the website and the magazine) to educate people and to assist wherever possible in their endeavors to obtain their authorizations to possess and to grow their own QUALITY medicine.

zardoz (the TY DIY guy).

Gord Hume, federal exemptee, retired CDN Army

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# KING KONG GROW FOR PEANUTS **RESULTS**



**WELL FOLKS... TIME HAS PASSED AND SOME PLANTS HAVE BEEN GROWN, LET ME TELL YOU HOW IT WENT WITH OUR EXPERIMENTAL GARDEN.**

I set out to prove that relatively “high tech” hydroponics was within just about ANYONES reach, and that it is possible to construct almost your entire garden yourself from common hardware store materials. Most importantly... I proved that this system is a VERY forgiving system, allowing for mistakes made by both “seasoned” and “novice” hydro gardeners alike.

The garden was planted with two week old “Skunk #1” clones. I fed the garden with “DNF” (Dutch Nutrient

Formula), following the mixing instructions given by the manufacturer. As growth supplements I used “Bud Blood” from Advanced Nutrients at week one of flower. Later on in flower I also supplemented with AN’s “Organic Tea’s” and “Carbo Load” as well as AN’s Humic and Fulvic acids. We vegged the plants under two 400 watt MH lamps, then switched to a single 1000 watt HPS for flowering.

Early in the grow I allowed the gardens ph to rise a little too high and some leaf damage was evident, this was



remedied with a fresh water flush using pH'd water. Following this first complication the grow was "un-eventful". A pH of 5.6 was maintained throughout the grow and target EC was achieved at each nutrient swap.

It quickly became evident that this system grows FAST! The plants quickly achieved their final height of 27 inches and have forced us to raise our lamp to its top position. As a result our next grow with this system will likely be put straight from clone to flower (our clones are already vegged for 1 to 2 weeks). We will endeavor to optimize our nutrient supplements to achieve a more productive yield.

**AFTER FLUSHING FOR APPROXIMATELY 19 DAYS WE FINALLY MADE THE DECISION TO HARVEST THE GARDEN! THE PLANTS AT THIS TIME ARE VERY STICKY AND COMPLETELY LOADED WITH RESIN AND TRICHOMES!**

At the end of week seven of flower I flushed the plants with "Final Phase" from Advanced Nutrients. As we were waiting for the trichomes to "ripen" (turn amber in colour) during the flush we noticed a curious thing... for the first week of flush the water being returned to the reservoir was "crystal clear". The second week of flush surprised us by returning DARK brownish/black water to the reservoir. We were concerned that this might be early signs of root rot, but a quick examination of the root mass assured us that the plants were quite healthy (a small dose of hydrogen peroxide was added just in case) and the plants were allowed to continue their flush.

After flushing for approximately 19 days we finally made the decision to harvest the garden! The plants at this time are VERY sticky and completely LOADED with resin and trichomes! The grow room is filled with an aroma that







gets stronger and stronger as the harvest went on. Early estimates gauged from the wet weight harvest seem to indicate that this garden has produced somewhere near two pounds dried weight.

A small bud was clipped a few days before harvest for a sampler; the smoke was smooth and easy on the throat and lungs. The effect was quite calming and gives early indication that it will be of value in the relief of pain and muscle spasm, however a full curing of the product must be completed before a final “Smoke Report” can be given.

Pain Pal and I posed for a picture behind what we have created/grown (I’m the guy with the hat on).

**A SMALL BUD WAS CLIPPED A FEW DAYS BEFORE HARVEST FOR A SAMPLER; THE SMOKE WAS SMOOTH AND EASY ON THE THROAT AND LUNGS.**

I will soon be building a second system using this construction technique. I have assisted a lady in obtaining her exemption and have located for her a designated grower. The next system will be designed as a 24 plant system (basically just add another barrel cut in half to allow for an extra 12 plants).

I believe that I have also established that with this system you can have yourself a “King Kong Grow... for peanuts” .... Build it and grow yourself some potent medicine!

Gord Hume, federal exemptee, retired CDN Army



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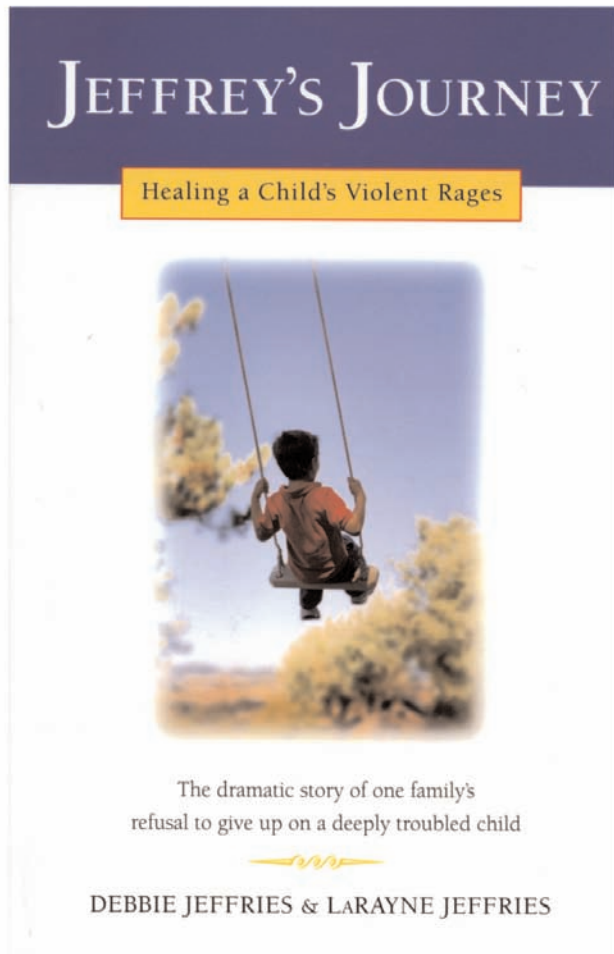
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# JEFFREY'S JOURNEY



*Jeffery's Journey* is the true story of a brave child who had to face a troubling childhood full of obstacles. Recounted by his mother, readers are plunged into the heartbreaking account of a single mother's many efforts to help alleviate her child's violent outbursts. From throwing tantrums at doctor's offices or grocery stores, to violently stabbing a teacher at school, Jeffery, knowing that what he was doing was wrong, could simply not control his rage.

At the age of two he received his first diagnosis. He suffered from Attention Deficit Hyperactive Disorder (ADHD).

At such a young age, any kind of medication was not recommended. At the age of three, however, he was put on Ritalin even though studies of the effect of such a drug had never been documented on children under the age of six. Over the years, he was then diagnosed with such disorders as Impulse Disorder, Bipolar Disorder and Obsessive Compulsive Disorder just to name a few. Jeffery was put on a series of medication in many different combinations but to no avail.

*Jeffery's Journey* really opens one's eyes to the benefits that medical marijuana has to offer. Not only is it a natural alternative to many pharmaceutical drugs, sometimes, like in the case of Jeffery, it is the only effective medical treatment. Medical marijuana can offer the same positive effects, if not more than pharmaceuticals, without many of the harmful side effects.

The only criticism that could be correlated with this book would be that it could be considered somewhat biased. All throughout Jeffery's many treatments, it describes the many side effects of the pharmaceutical drugs that he is recommended to take. However, when it comes to marijuana, the book only goes on to state that it does have some minor side effects but doesn't elaborate or even mention what those side effects might be.

Overall, *Jeffery's Journey* efficiently does justice to medical marijuana and its many benefits. For someone like myself, that is unsure of where they stand when it comes to the legalization of the drug. This book really helps you see its positive effects with the help of a real life example seen through the eyes of an optimistic mother, ready to do anything for her child.

J. Lamb

You can purchase this book from QUICK TRADING  
<http://www.quicktrading.com>

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*The HOMEBOX consists of light aluminium poles which assemble into a sturdy frame with the help of corner connectors. The tent is simply pulled over the framework and closed with the quality heavy-duty zippers to create a robust, light-proof tent.*

*The upper frame provides fastening points for additional important equipment including cross-bars for a lamp reflector, a support for fitting a Carbon filter, and a 160mm outlet sleeve for ducting to an in-line fan.*

**[www.the-homebox.net](http://www.the-homebox.net)**



# WINNERS ISSUE 3

It is with GREAT DISAPPOINTMENT that it is necessary for me to inform our readers that we have had to CANCEL all of our seed contests both online and in our publication. All seed contest winners will be receiving books instead of seeds. We have also had to CANCEL our FREE SEED PROGRAM due to the legality of seeds here in Canada.

## CONTEST 1:

VR, N.Y., N.Y.  
PW, Fort Fairfield, Maine

DC, Weed, CA

VOLCANO VAPORIZER  
The Joint Rolling  
Handbook 2 & Spiffs 2  
Organic Marijuana Soma  
Style

## CONTEST 4:

SV, Toronto, Ontario

DH, Toronto, Ontario  
JH, Ellerslie, P.E.I.  
Grinder Combo

5 Gallon 7 Bag Set  
Bubble Bags  
Large Kief Box  
Novus & Contero Jr

## CONTEST 2:

NB, Rockyford, Alberta  
RD, Moncton, New Brunswick

RG, Warrensburg, N.Y

Vapir 3.0  
The Joint Rolling  
Handbook 2 & Spiffs 2  
Emperor Of Hemp DVD

## CONTEST 5:

SK, Kearny, N.J.

JP, Courtice, Ontario  
DS, Walton, Nova Scotia

Complete set of 6  
Celebration Pipes  
Laplaya Glass Pipe  
Novus & Contero Jr  
Grinder Combo

## CONTEST 3:

DS, Walton, Nova Scotia

AF, Bolton, Ontario

JS, Walton, Nova Scotia

Deluxe Hands Free  
Vapor Box  
The Joint Rolling  
Handbook 2 & Spiffs 2  
The Good Bud Guide

I would like to congratulate all of the winners

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<b>Sensi Seeds</b>	<b>Legends</b>
<b>Green House</b>	<b>Magus Seeds</b>
<b>Serious Seeds</b>	<b>T.H.Seeds</b>
<b>DJ Shorts</b>	<b>Sagarmatha</b>
<b>Dutch Passion</b>	<b>Chimera Seed Co.</b>
<b>Spice of Life</b>	<b>Federation Seed Co.</b>
<b>K.C. Brains</b>	<b>Seedsman</b>
<b>Willy Jack</b>	<b>Almighty Seeds</b>
<b>West Coast Seed Co.</b>	<b>Dr. Atomic</b>

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# TREATING YOURSELF MAGAZINE CONTEST BONANZA



This Month we have the 'Mother of all Contests'!

We are only running one contest, but we will be picking Thirteen winners!!

That's a Coven of Prizes

Every single prize is a winner, you won't find a klunker in the bunch.

Just take a look and all you have o do to enter is to complete one entry form.

How simple is that?

## The Prizes:

A Volcano Vaporizer



A Set of Bubble Bags



A Complete Set of Celebration Pipes



A HomeBox Grow Tent



A Deluxe Hands-Free Vapor Box



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A Vapir One 3.0 Vaporizer



A Hand Blown Glass pipe



A Kief Box



A Contero JR Grinder Combo



A Rolling Tray



A Book from Quick Trading



A DVD from FS Book Company



## Contest Rules:

- 1- You must be a resident of planet Earth and have reached the age of contest in your State, Province or Country.
- 2- No Purchase is necessary to enter. Hand drawing of photocopied entries are acceptable. One entry per contest per person.
- 3- Treating Yourself and contest sponsors are not responsible for entries that are lost, misdirected, delayed, destroyed or lost in delivery.
- 4- Entries that are late, incomplete, illegible, damaged, irregular, submitted through illicit means or do not conform to or satisfy any condition of the rules may be disqualified.
- 5- Winner will be notified by phone or email and announced in Treating Yourself Magazine.
- 6- Treating Yourself or contest sponsors are not liable for any damages or injuries as a result of entering any contest or as a result of attendance at events where prizes may be awarded.
- 7- Chances of winning depend on the numbers of eligible entries received.
- 8- Treating Yourself reserves the right to change these rules. Treating Yourself and contest sponsors are not responsible for any typographical, production or distribution errors that may occur during a contest or in any contest material.
- 9- Decisions of Treating Yourself and contest sponsors is final.
- 10- Prizes must be accepted as awarded and cannot be transferred or redeemed for cash. Contest sponsors reserve the right to substitute a prize of equal or greater value if the described prize cannot be awarded for any reason.
- 11- The sponsors are not responsible for completing the contest in the event of circumstance beyond their control. The sponsors reserve the right to cancel or modify the contest at their sole discretion, if it is determined that the contest is not capable of being run as originally intended.
- 12- All entries become the property of Treating Yourself. All entries will be destroyed four weeks after the completion of the contests.
- 13- These contests are subject to the laws of Ontario and the federal laws of Canada may be applicable.
- 14- By entering any of the contests you acknowledge that you will abide by these rules.

The actual contest is that way



Treating Yourself Magazine would also like to thanks these fine sponsors, without who we couldn't do what we do. Thanks Everyone!





# The Contest

P	Z	C	U	V	B	N	B	K	F	O	V	O	B	W	V	Z	A	L	A	F
O	N	E	W	A	F	Y	O	H	S	P	N	N	X	Q	A	F	G	A	P	U
N	X	L	O	F	V	S	L	V	B	K	T	E	C	U	P	R	X	P	O	R
M	U	E	L	S	A	E	V	A	O	X	H	D	I	I	O	E	P	L	T	Q
L	U	B	F	A	P	N	M	P	O	E	S	R	O	C	R	S	A	A	H	W
K	V	R	P	O	O	S	D	O	K	H	E	O	E	K	I	H	R	Y	C	W
J	A	A	R	O	R	I	N	L	S	E	E	P	E	T	Z	H	A	A	A	M
I	P	T	O	B	I	S	F	U	O	L	D	D	D	R	E	E	D	G	R	H
H	O	I	D	B	Z	E	V	T	Z	P	S	E	O	A	R	A	I	L	Y	O
G	R	O	U	C	E	E	M	I	B	U	X	S	O	D	S	D	S	A	S	M
F	S	N	C	B	R	D	N	O	F	H	S	I	M	I	C	I	E	S	E	E
E	T	P	T	O	S	S	I	N	A	G	A	G	T	N	A	E	S	S	E	B
D	O	I	I	X	C	B	Q	Q	S	C	A	N	C	G	S	S	E	E	D	O
C	R	P	O	E	A	O	N	L	I	N	E	A	L	I	E	N	E	T	S	X
B	E	E	N	S	S	E	M	I	T	A	L	I	A	S	E	E	D	S	M	I
A	F	S	S	P	E	A	K	S	E	E	D	S	E	O	C	D	S	B	I	W
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

The contest closes at Midnight on August 1st 2006.  
So get your entries in before then.

Here's what you have to do.  
It's a word search.  
In the box on the left, you'll find all of the sponsors names from the previous page. There's 21 names that you have to find. I'll give you a hint, you'll find one name twice. When you find them, complete the contest entry form below and then mail the whole page to the address below. If you don't want to rip out this page, photocopy it first and then do the word search and then send that into the address below. Only complete and correct entries will be eligible for the contest drawing. Only one entry person is allowed. Any questions? Write them on a piece of paper and fold it into the shape of an areoplane and toss it out the window in the direction of the Atlantic Ocean. Replies are dependant on the speed and direction of the prevailing winds. Good Luck, now get cracking!

## Contest Entry Form Issue #4

Please Print Clearly

Name \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov/State: \_\_\_\_\_

Postal/Zip Code: \_\_\_\_\_ Country: \_\_\_\_\_

email: \_\_\_\_\_

Are you a member of Treating Yourself.com? Yes: \_\_\_\_\_ No: \_\_\_\_\_

If yes, what is your TY screen Name: \_\_\_\_\_

If no, Why not?: \_\_\_\_\_

Skill Testing Question: What is TY's Mascot's name?:

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Flowering time: 9-10 weeks from seed to finish  
Environment: Indoors/Outdoors

Bred by:



**Power Stout:** A 100% auto-flowering Hybrid, that is similar to pure Lowryder. The hope here was to make a more bulkier Lowryder Hybrid that has an improved taste. Only the bulkiest plants were kept for further breeding. An unknown female is in the mix displaying a heavy Indica presence. Plants will stay short in stature, and very easy to manage.

Flowering time: 9-10 weeks from seed to finish  
Environment: Indoors/Outdoor

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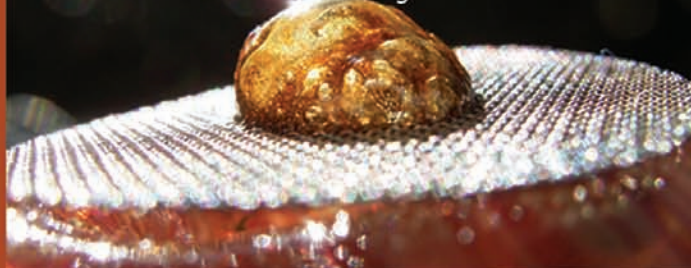
  
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