

PROMOTING THE RESPECTABLE AND RESPONSIBLE USE OF MEDICAL MARIJUANA

TREATING YOURSELF

Medical Marijuana

Issue 5

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INTERVIEWS

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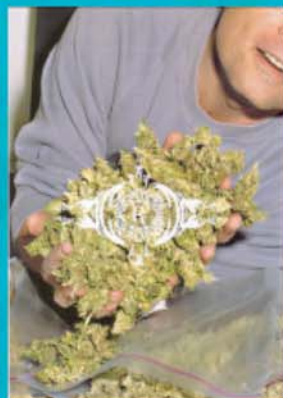
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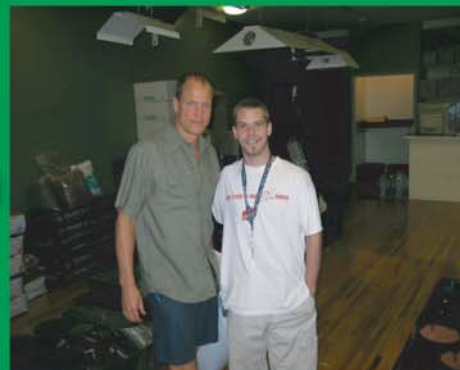
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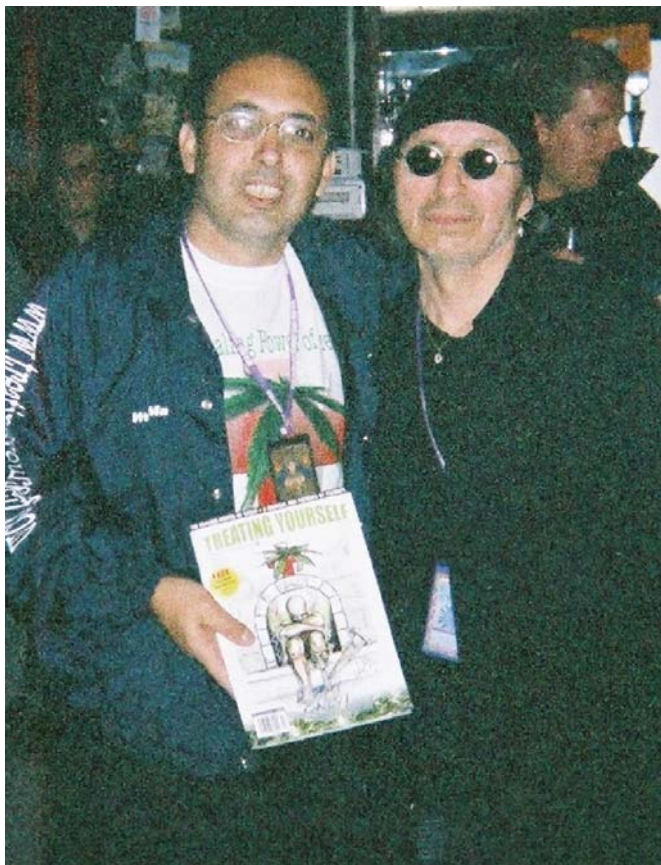
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ABOUT THE FOUNDER AND A MISSION

My name is Marco Renda. I'm 46 years old. I've been suffering from Hep C for about 23 years now. Since 2003 I've been licensed by Health Canada to possess marijuana for medicinal reasons. It's 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 undoing of a very good thing.

I've subsequently been arrested and 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's with this in mind that I've decided to refocus some of my actions in the marijuana culture. TY will remain a predominantly "medical" marijuana website whose goal is to educate on the responsible use of marijuana as it applies to medicine; however, there'll be a more concerted effort given to the consolidation of many pro-marijuana websites and interest groups, with a goal to coordinate all of our efforts with regards to the issues of legalization.

I'd like to take this opportunity to extend my hand in welcome to all respectable, responsible marijuana users. I'd like to see a concerted effort on behalf of all respectable, responsible marijuana users worldwide, helping in the effort to abolish prohibition! As individual interest groups we're 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're responsible and respectable members of society the choice will be clear: Marijuana must be made fully legal to any and all who have reached the age of majority! The time has come for our governments and lawmakers worldwide 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 taxpayers; 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 throughout his entire career, hardly what you'd call a "pothead" or "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's our duty to throw sand in those gears! It's 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, RESPECTABLE, and VALUED PRODUCTIVE MEMBERS OF SOCIETY!

It's long past due that we remove the stigma that's attached to marijuana. To date, there are hundreds of legal marijuana users in Canada who'd rather not be known by the public. Not for fear of being ripped off. No. They'd rather remain anonymous because society has allowed the stigmatism of "pothead" and "stoner" to

continue, they don't want to be harassed by police for their legal gardens, and 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, because stress kills!

Even for the social user marijuana's used at parties and other gatherings, much in the same way that alcohol's 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 crack cocaine and crystal meth!

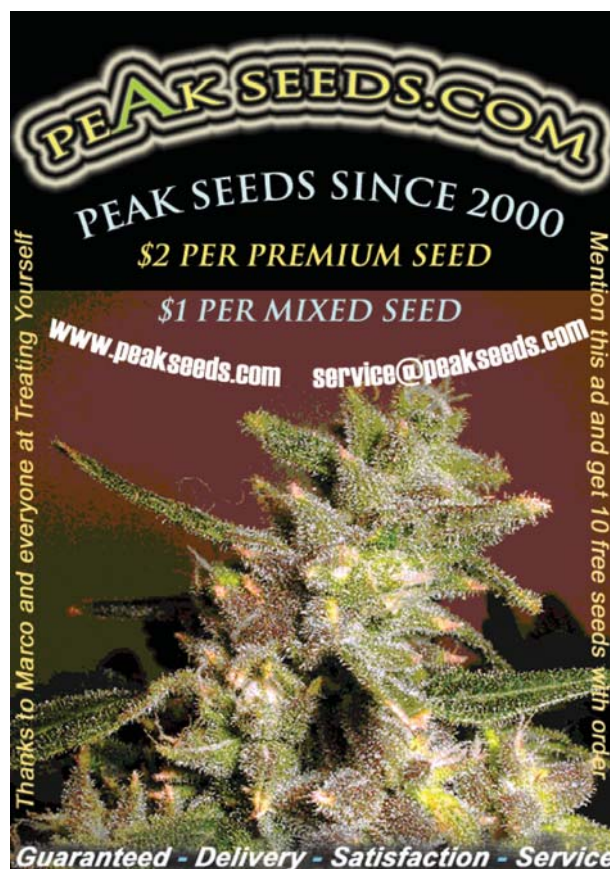
To suggest that the ingesting of a plant such as marijuana should carry with it the shame of a criminal record and the possible destruction of any future career opportunities—or even the ability to freely travel about the globe—is, in fact, a shame and crime against the RESPONSIBLE and RESPECTABLE marijuana consumers of the world!

“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!”

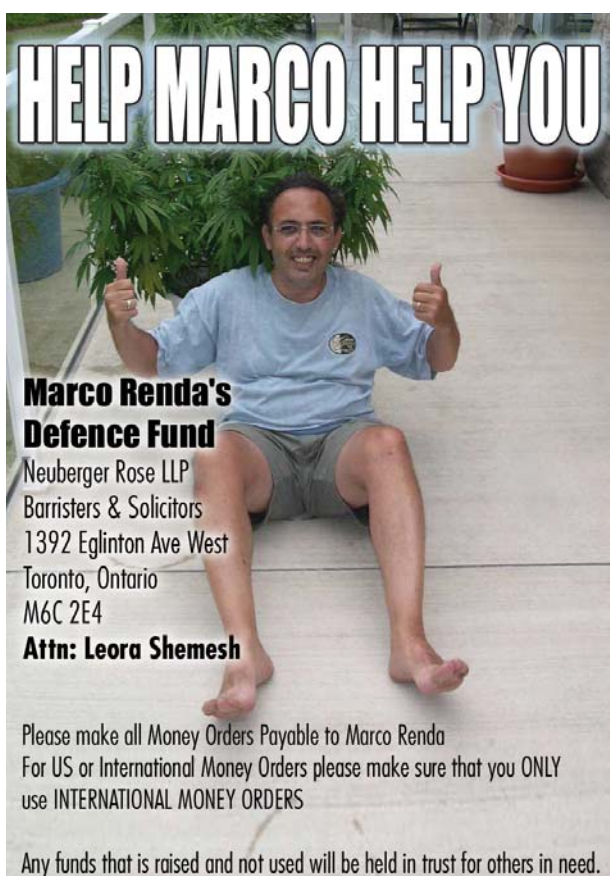
WE MUST LEGALIZE MARIJUANA! We must remove the criminal element from marijuana. To do this it must be legal for anyone to grow and use marijuana that is at or above the age of consent! By removing the archaic laws that continue to prohibit the free use of this wondrous herb we would free up billions 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.

In closing I would like to reiterate that THERE IS A BETTER WAY! The government needs to hear your voice! 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, so shape it wisely. Someday your health may hang in the balance!

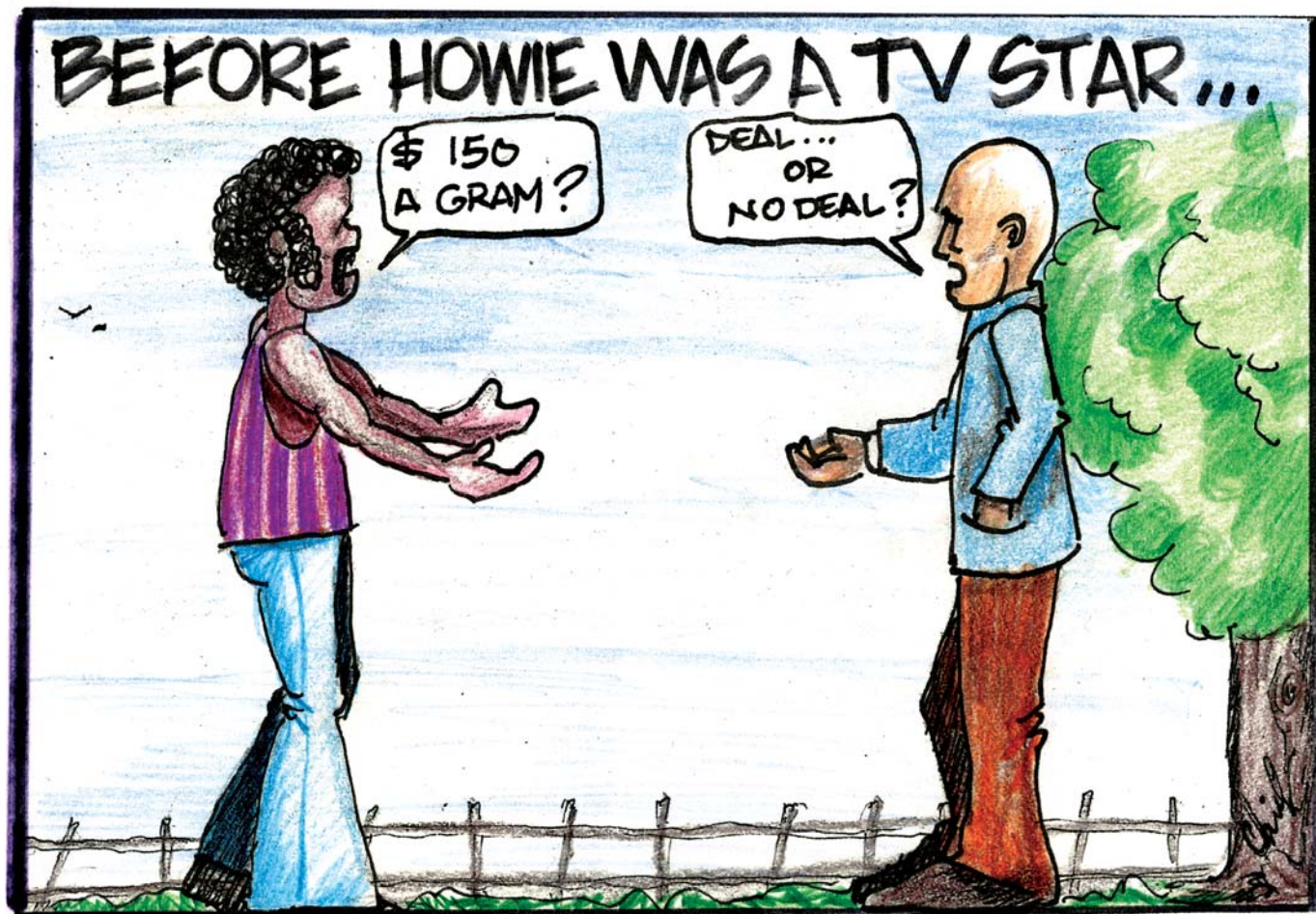
On behalf of myself, and all of the members of Treating Yourself, I wish you good health and good grows.



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AH, THIS CARTOON BRINGS back so many memories! I wasn't always the caring and compassionate guy I am today—far from it. Being a cocaine addict I did things that I'm not proud of! When doing drugs you only think about yourself and not those around you. You have *no* compassion; it's all about *you* and nobody else.

Now think about those who sell marijuana seeds. Do you think that they have any compassion for us, the medical marijuana community? Well I can honestly say that there are a handful of seed companies that go out of their way to help valid medical marijuana patients, but then there are those who are just into it for the \$. I've run into breeders who not only ripped me off but also plenty of other med patients. I won't go as far as publishing the real names of these rip-off artists but I will say that they can be found on some of the most popular marijuana websites. There was a member on the TY website a couple of years ago by the name of Bubble. His seed company was called Mother Nature Seeds. He made all kinds of promises and even offered Panama Red seeds to the members. Well these so-called Panama seeds turned out to be nothing like Panama Red. As a

"WELL I CAN HONESTLY SAY THAT THERE ARE A HANDFUL OF SEED COMPANIES THAT GO OUT OF THEIR WAY TO HELP VALID MEDICAL MARIJUANA PATIENTS, BUT THEN THERE ARE THOSE WHO ARE JUST INTO IT FOR THE \$."

matter of fact they looked more like hemp than anything else. Bubble was later banned from the TY website due to ripping off the members. He, too, ripped me off when I helped him and his family in their time of need. Bubble made all kinds of promises of repayment to the TY members, and myself, but, to this day, I

haven't been paid. Oh sure, I get broken promises but no repayment. Recently, I promised Bubble that I would *expose* him in this issue of Treating Yourself. Bubble now goes by the name OG Bub on the IC Mag website. His seed company is now called Hill Temple Collective so be very careful if you decide to deal with this person, as you never know if you'll be his NEXT VICTIM! If OG Bub ever makes good on any of his broken promises I'll be the first to let you, the reader, know. If you've been RIPPED OFF by greedy breeders/retailers please let us know and we'll be more than happy to post your story.

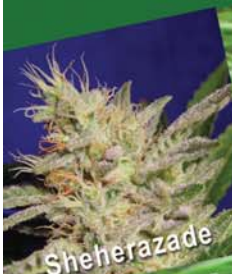
Take Care and Peace,

Marco Renda

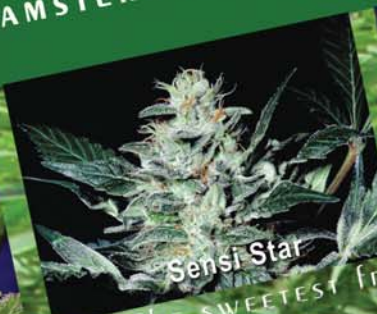


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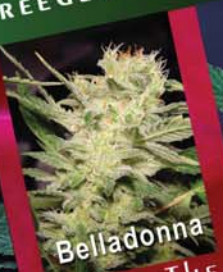
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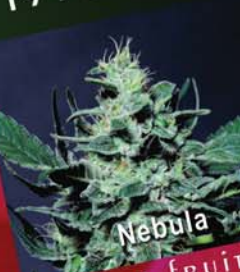
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A NON USING TEENAGE POINT OF VIEW

WOW. SINCE I WROTE MY LAST ARTICLE, I FINALLY joined up at TY and made my intro post. (I especially had to be careful of my mother tracking me down; I live in the same house as her.) I must say, the response was great. I've never before felt so welcome by people I barely know. Now I can't say that I haven't had experience with TY before I joined. Treating Yourself has been finding unique little ways of popping up in my life for about four years now.

To me, Treating Yourself is more than just a forum system, helping out medicinal users and their caretakers. Treating Yourself seems more like a family, in my honest opinion. Sure, everyone there has their differences every so often, but what family doesn't? Differences only happen because we're all different and individual; if we weren't, we'd be living in a very boring world. Even though the opinions vary sometimes, people are still willing to help out another in need. Before I even became a member of TY, I had already had family there. Aside from my immediate family, I had an Uncle CAPS and Uncle Echo, and when I started my introduction, another user referred to himself as my "uncle," too. Joining TY was like finding those long-lost family members that you randomly run into at family reunions.

Another thing that's nice about TY is you're bound to find one place you're accepted. If you don't particularly feel like talking about the latest and greatest thing in the world of MMJ, you can get any current irritations off your chest in the Rant Room, or share a funny joke you heard recently in the Joke of the Day forum.



The folks over at Treating Yourself really are awesome people and deserve a round of applause for all that they've done so far to promote the use of medicinal marijuana and to help in the fight to make it available to those who need it, without facing serious repercussions from the law. I hope that someday I'll be able to do as much as these people have done and that they win the fight one day. People should be allowed to use MMJ, no matter where they live.

Krysania, age 16

If you'd like to get in touch with Krysania, you can contact her at krysania@treatingyourself.com

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STINKY



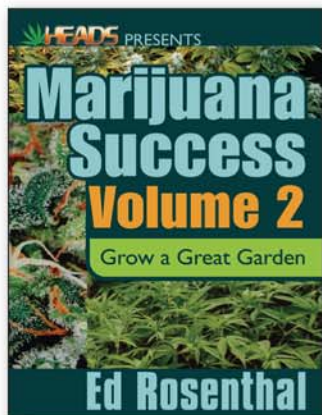
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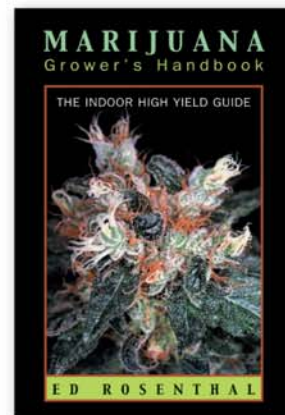
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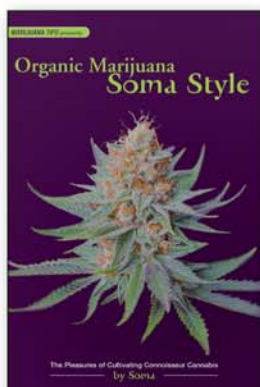
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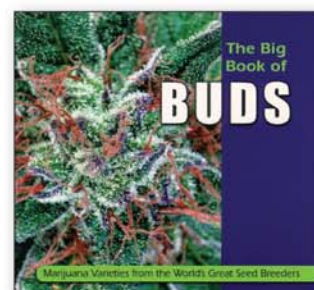
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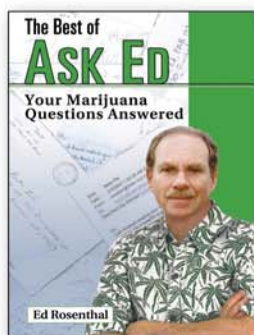
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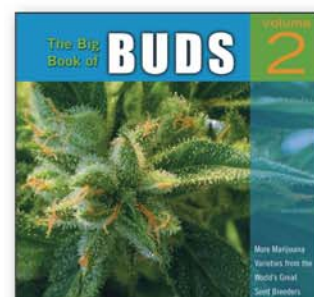
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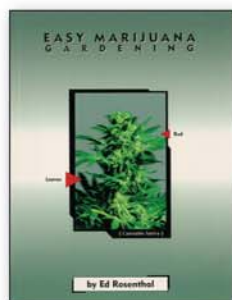
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PRESENTS**

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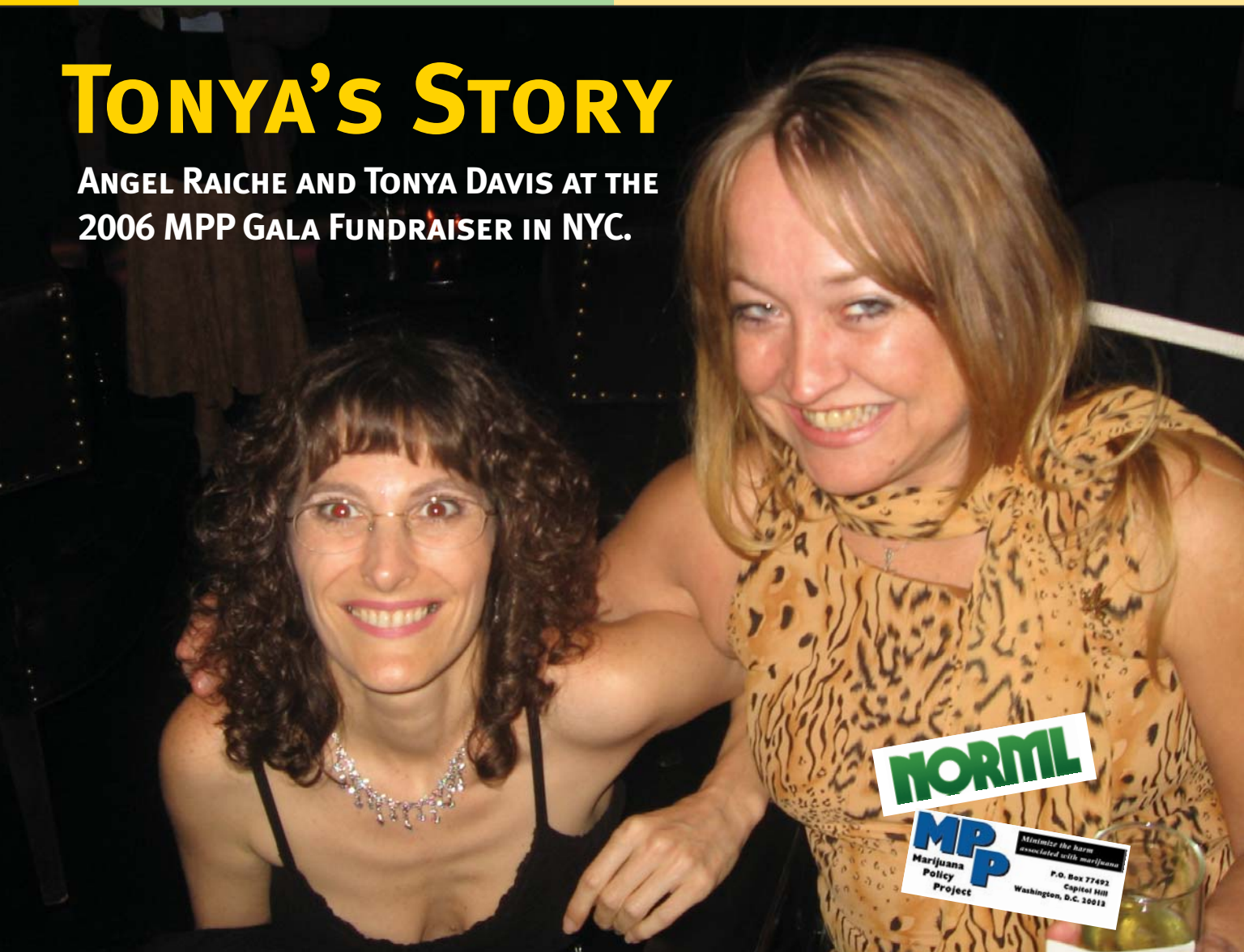
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TONYA'S STORY

ANGEL RAICHE AND TONYA DAVIS AT THE 2006 MPP GALA FUNDRAISER IN NYC.



Angel and Tonya

ANGEL IS A PATIENT AND FREEDOM FIGHTER FOR MEDICAL marijuana protection on the federal level. Angel you are amazing! We first met when we lobbied Congress in DC May 2005.

Hello Everyone,

I sure hope you had an awesome spring. As for my spring, it was a real busy time, yet very stressful for me due to personal family issues.

Summer will be exciting because there are some neat things happening in the near future. Continue reading and you'll find out what's going on in my world.

As most of you know, I'm working hard (as others are) to free Randy Brush. There's a Randy Brush update in this issue of Treating Yourself so kick back and enjoy. Please visit Freerandybrush.com and sign the guest book or help us with a donation for Randy's defense. Dennis Day, an attorney in Columbus, Ohio, and a member of NORML has taken on Randy's appeal. We still need to raise \$2,000 more to pay off the angel. I feel like I'm so blessed to have such neat organizations in my

corner, and it's why I have the courage to do my work. I truly believe that if I get jammed up because of my activism/ marijuana use medicinally that they would help me. I want them to know that I'm honored to be associated with such awesome groups. NORML and MPP Rocks!

I'm also trying to help a family member who's a recovering drug addict/alcoholic, addicted to legal prescription drugs—and alcohol is a drug. This is one of the reasons why the fight to legalize medical marijuana is so important to me and why it's important not to force addictive prescription drugs on folks (like me) who want to use a plant that's not addictive and has been proven to not be linked to cancer, as the government would like us to believe.

Addiction is horrible and it affects the family as much as it affects its victim. This family member loved to drink and take the prescription drug Xanax then he started using cocaine. The addiction progressed to using needles. Why on God's green earth would anyone want to go through that?

Addicts don't start drinking and think I'm going to become an

Gatewood and Tonya.



alcoholic/drug addict today. But for our government to allow alcohol and deny us a safer alternative, especially when it's used for medicinal use, is totally wrong. I feel like a criminal, especially when it's for medicinal purposes.

My family member is struggling every day to stay clean, and does fall off that wagon some, but overall he's doing wonderfully. He's working full time and has agreed to tell all when a documentary crew comes down to film me and my life as an activist, mother, and patient. Taping starts sometime in July 2006 so be on the lookout for updates in the next issue of Treating Yourself. Please buy a subscription today.



Great 2006

Okay, I promised photos of important people you may or may not know. I've decided to feature a few of my favorite activists in this movement. I attended a Marijuana Policy Project (MPP) fundraiser and workshop May 10, 2006, where I hung out with some awesome folks I admire. The best part was the workshop. Everyone was great. I learned a lot and look forward to being invited to the workshop next year. Please support MPP because they're working hard for us.

Just a few of the activists who attended the workshop. As you can see I'm promoting TY magazine.

Here's one of Tonya and Gatewood Galbraith at the MPP 2006 Gala. Gatewood is a friend of mine, a Kentucky attorney, lifelong crusader for liberty and human dignity, and one of America's leading hemp/MMJ/ marijuana advocates. Please visit <http://Gatewood.com> to learn about this awesome freedom fighter.

WHAT TONYA IS WORKING ON FOR THE NEXT ISSUE:

1. Documentary crew filming me in my environment (will have pictures).
2. Interviews with Ohio law enforcement: Ohio fireman speaks out on drug war.
3. Photos from meetings with political candidates in Ohio and their views on medical marijuana reform.
4. Wheelchair for justice possibly in October.

BEFORE I GO:

I would like to thank and acknowledge a few folks who have been a huge part of my life and supporters of my work. Without each and every one of these folks I couldn't do what I do. I love you guys and gals, and together we'll open the hearts of all who oppose marijuana as a medicine, and give courage to our supporters to stand up for what's right.

Jim Cowen (vice president) and **Cher Neuffer** (president) NONORML
<http://northohio.norml.net/index.shtml>

Marco Renda and Treatingyourself.com donated the magazines I distributed among the activists

Montel Williams, Rob Kampia et al. at the MPP workshop and fundraiser

Oopsie (MMJ Action) made our MMJ ACTION/TY t-shirts

Swampy (MMJ Action) donated beaded peace necklaces that he handmade

Mary Spears, LEAP (Law Enforcement Against Prohibition)

Chris Kenoyer (<http://www.onlinepot.org>)

Rob Ryan, Robryan.org

Lynne Wilson, hemprock.com

WONPR.org (they represent 2.5 million women)

WHIO.com reporter **Sally Taylor**

Norml.org (thank you **Allen**)

There are many more so I send a huge thank you to the ones I missed.

Enjoy your summer and see you next issue!

RANDY BRUSH THE UPDATE



A happy Randy

“RANDY’S DOING OKAY BUT COULD BE BETTER. HE’S LOST WEIGHT (ABOUT 20 LBS) BUT, ALL IN ALL, HE NEEDS TO KNOW THAT HE’S NOT FORGOTTEN. PLEASE WRITE HIM A LETTER TODAY. LETS GIVE HIM A REASON TO FIGHT.”

freerandybrush.com

FOR ALL YOU RANDY BRUSH FANS, HERE'S AN UPDATE FOR YOU.

For you folks who don't know who he is here's a background.

1. Randy Brush was charged with **two felonies** for growing **four marijuana plants** on his roof.
2. This was a **first offense**.
3. Randy **uses marijuana as a medicine** to cut down on pharmaceuticals that would make him a zombie if he only used 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 that he refused and decided to let a jury do it. The jury was not allowed to know he was a patient. They didn't know about jury nullification and some were pissed after they found Randy guilty and then were told that he was a patient. Now, because the judge wants to prove a point and move closer to his goal, he sentences Randy to the maximum.
6. Randy Brush was sentenced to **3 years incarceration, a \$5,000 fine, and 3 years supervised probation** after he completes his sentence.

Here's Randy today

Randy at his institution

You can write Randy at:
Randy Brush #502945
North Coast Correctional
Treatment Facility
2000 S. Avon-Belden Rd
Grafton, OH 44044

Randy was sentenced on March 24, 2006, and was transferred to the North Coast Correctional on June 6, 2006.



Randy today.

Randy started his stay at North Coast with a lot of pain in his stomach. Turns out that Randy had appendicitis and it had burst just two hours after they finally took him to a local hospital to be examined. They rushed him into surgery and removed it. Randy then spent the next 6 days recovering in the intensive care unit. Because North Coast Correctional (a privately owned institution) dragged their feet, Randy could've died. A few of the North Coast staff had gone so far as to say, "Randy was lazy and not sick" before his attack. Now he's getting some compassion, which all sick person should receive. Education is the key, folks.

He even spent his forty-seventh birthday in the hospital (better than prison, I guess). Happy Birthday Randy!

Randy and I invited the medical staff to visit freerandybrush.com from both the local hospital and North Coast. The hospital staff in ICU was about 80 percent in approval of MMJ and the same at the prison.

Randy wants us all to speak with Ohio Governor Taft and Ohio Governor candidates Ted Strickland and Ken Blackwell. Of course, I will. Will you? It's time to show common sense and release Randy Brush.

A huge thank you to folks like MPP, ASA, and NORML for sending out alerts on Randy's case and spreading the word. They are there to help us, and have. Please support these organizations.

“RANDY TELLS ME PRISON IS AS BAD AS YOU HEAR ABOUT. HE SAYS IT’S A SCARY PLACE TO BE. LUCKY FOR HIM, HE HAS RESPECT IN NORTH COAST AND PEOPLE WANT TO LEARN FROM HIM ABOUT ACTIVISM AND MEDICAL MARIJUANA.”

Randy's doing okay but could be better. He's lost weight (about 20 lbs) but, all in all, he needs to know that he's not forgotten. Please write him a letter today. Let's give him a reason to fight. He asks that I send his love to each and every one of you and wants me to tell you that a high percentage of the staff at North Coast support medical marijuana and think it's wrong that he's in there. The small percentage that doesn't is just plain mean.

Randy tells me prison is as bad as you hear about. He says it's a scary place to be. Lucky for him, he has respect in North Coast and people want to learn from him about activism and medical marijuana. And, of course, our Randy wants to teach everyone he can about our cause.

Good news . . .

What's been done to help Randy? Well, I'm proud to say that with a little help from our friends, Randy just may get justice after all. A lot of folks have been working hard.

Cher Neuffer, president of North Ohio NORML, signed the contract to secure (our Randy) NORML-affiliated attorney Dennis Day from Columbus, Ohio, to handle his appeal. Day is basically doing this for cost. We love him and hope he gets lots of new clients because he opened his heart to Randy.

Cher Neuffer and Jim Cowen have been tabling events to raise money for Randy's appeal.

MmjActionNetwork.com and TreatingYourself.com members have donated handmade items to sell (you can view them at mmjactionnetwork.com), and donated other items such as buttons and TY magazine. Some have encouraged letter writing to Randy, posted on other sites to spread Randy's story, donated to his defense fund or commissary, and visited him in prison.

Jim Cowen, vice president of NONORML and a member of MMJ Action, has visited Randy on a regular basis and made sure that he hasn't gone without while being incarcerated. Any help would be appreciated.

All are vital things Randy needs to make it in this system.

A special thank you to MMJ Action Network, NONORML, and Treating Yourself.com members for everything you've done to help Randy.

Well, that's about it, folks. Please visit FreeRandybrush.com and sign his guestbook. It gets printed out and sent to Randy. If you'd like updates on Randy please email me at TDavis@mmjactionnetwork.com and in the subject put "update on Randy," and you'll be added to our database to receive updates via email.

You can donate to Randy's defense fund in one of two ways:

1. Directly to NONORML (in memo write "Randy Brush Defense Fund) <http://northohio.norml.net>

2. Send donations for commissary or to his defense fund to:
Tonya Davis
P.O. Box 293128
Kettering, OH 45429



BEING BOLD...



I have always believed that you must stand up for what you believe. Whether it's religion, politics, moral values, or the right to administer your own healthcare. We live in the "land of the free and home of the brave" in the U.S. Throughout our country's history we've fought for and won difficult social wars, including women's right to vote, legalized abortion, prohibition, and the right to die.

With all these movements behind us, why are federal bureaucrats having such a hard time legalizing a substance that's much less addictive than all other narcotic pain relievers, alcoholic drinks, and tobacco? It's a question that begs to be answered. Personally, I don't believe it's for our own good or the "greater good" of the people. Was oxycontin for the good of the people? No. It was most likely for the greater good of the pharmaceutical company that produced it. Or, better yet, oxycontin may have been an experiment, much like the LSD experiments that have been documented.

I'm but one person in a large majority that believes in the benefits of marijuana. Surely not all of us can be wrong, as there are many studies that have proven its multiple benefits. No patient should be denied pain management because of the use of marijuana. All patients should have access to marijuana, if they deem it necessary for relief of an ailment. No patient should have to hide the fact that s/he has used marijuana for these reasons. No doctor should turn a patient away because of the use of marijuana. In short, I believe in medical legalization, at least, and total legalization, at best.

We, the people, must stand up for our rights as American citizens and insist that our government-elected officials fight for our rights as we see them. Then and only then will our country truly be free. This includes state and federal branches, congress, senate, and executive.

I've only recently begun to express my opinion in this matter because I always thought that the government could do its job. But, as I got older and more attuned to the true nature of the beast, I decided that it was time for me to speak out.

It was during my research on the Internet that I found OPN and MMJActionNetwork. I've been watching patiently for quite a while and am now ready to join the fight.

May God bless our country, our government, and all of the people who continue to ***stand up for what they believe in!***

My sincere thanks to Tonya Davis who invited me to write my thoughts on this matter.

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Photo: Captain AJ Green

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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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www.treatingyourself.com - A place we call home

Treating Yourself and it's members would like to thank the following sponsors for their continued support of TY and the Medical Marijuana Community.

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THSeeds, The Vaporstore, Vaporizers.ca, Wong Bong**

GUYS LIKE THESE ARE HEROES

Photos: Craig Lemire of Hello Jazz Productions



Several months ago I received a call from some guy who told me he was riding his bike for MDMJ. I wished him luck and told him to come on out. I get a lot of calls like this, so we usually wait 'till they show up. Many do but not many claiming to ride a bicycle here from South Carolina; however, few have the strength of conviction of Ken Locke, a 40-year-old outdoor maintenance man who, while trimming a tree for a community paintball range, had a widow-maker branch fall 80 feet, striking him on his right temple. Wait 'till you see the twig. All of this as his wife, Cindy, watched on. He has fought to put himself and his life back together as much as possible.

I asked him, "Why this?"

Ken answered, "I can't wait any longer for 'them.' I don't have time, so I rode without the meds."

To stop his grand mal seizures (brought on by stress as a result of his injury), he would pull off the road, rest, and medicate when he felt a seizure coming on. He made the whole trip, nearly 3500 miles, without one seizure. As we sat talking and getting to know each other I was touched by this quiet, gentle man. I was impressed with his desire to help the rest of us while needing so much himself.

Many people accompanied him over the course of his trip, most notable, Fat Freddy and Kaylee. Kay did the original journey for justice. His team believes that they interacted with as many as 75,000 people over 3 months.

They started from Folly Beach in Charleston, South Carolina, on April 7, arrived July 1, and left July 4 for home. As they get ready to leave I ask him, "What now?"

"I just want to drive home to Cindy; it's been a long time."

As Ken drove away with Mark and Tony, his support crew, we waved and cried, touched by the courage of yet another person forced to be a warrior in a war that makes no sense and has helped no one—a war against ourselves, started by those who don't care, and fought by those with little to fight with. It's criminal that we've allowed this to be done to us. We thank Ken and the many who helped and supported him on his journey. He plans to do more rides for awareness. You can contact and support Ken through his website www.j4j.info.

As I watched them heading east, into the sunrise, I thought and realized how lucky I was to know this man and the many others who do all they can with so little. I was also very aware that Ken, and guys like me, need help and can do little or nothing without support. And that means you, you, and you. You other guys, too. It takes us all. So please support Ken and the other brave souls who're willing to go to jail, lose all they have, or do whatever it takes to get this done.

Marijuana and hemp must be legalized, and soon. Please get involved and bring your friends and family. I remember Ken saying, "One can make a difference if one cares enough to be involved."

Care! Be involved!

Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,
Eddy



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My story begins with me as an overweight child. At 6 years of age my blood pressure was so high that when I got a nosebleed, it shot out to the wall. My parents put me on a sodium-free diet and it went away. During my school years I was a star athlete. I played football, wrestled, and played Lacrosse. I was on many all-star teams as well as winning many awards for teamwork: MVP, Most Improved. After high school, I went to work as a corrections officer. During that time I was a recreational user of marijuana. I smoked every day, but just to "get high." I soon tired with that job and decided to work construction instead. Good pay, fewer hours, and no inmates abusing you. I was on the job 6 days when it happened. I was severely injured moving a piece of equipment off a beaten-down truck that my boss owned. It had a plywood bed. My left leg broke through one of the plywood sections. The forward momentum flung me over the back of the truck, with my leg stuck in the hole. My knee bent 180 degrees the other way. My toes touched the front of my thigh. I blew my ACL, PCL, and MCL, an "unhappy triad" to orthopedic surgeons. I had major knee surgery and was in major pain. The years went by and my knee got worse and worse. I had to have another complete ACL revision of the knee. I went to work for a local school district, taking care of twin boys who were mentally retarded. Their skills were tested and they tested up to 18 months of age. They frequently fell down and got injured. I would try to catch them. I was a large man, 350 lbs, so I thought I could do it—wrong move. I blew out both elbows and shoulders, resulting in more major surgery. In the meantime I developed diabetes and fibromyalgia. My pain was getting out of control so my Drs put me on fentanyl patches, a very strong opiate. Soon after, I started getting nauseous and throwing up. I went from nearly 410 lbs to my present weight of 237 lbs. My doctor tried all pills for nausea at his dispose. I finally asked for marinol and got the script. But it didn't work as effectively as medical quality marijuana. I'm now on a huge dose of fentanyl 150 mg every 48 hours, and without medical marijuana I'd be a dead man; however, I live in an MMJ unfriendly state. I have to live in fear in addition to all the illness and pain. Pretty sad isn't it? Don't forget to email or write your political folks and tell them what you want. It has to be done. Thank you for letting me share part of my MMJ story. Thanks Marco.

BigD a.k.a. Chuck

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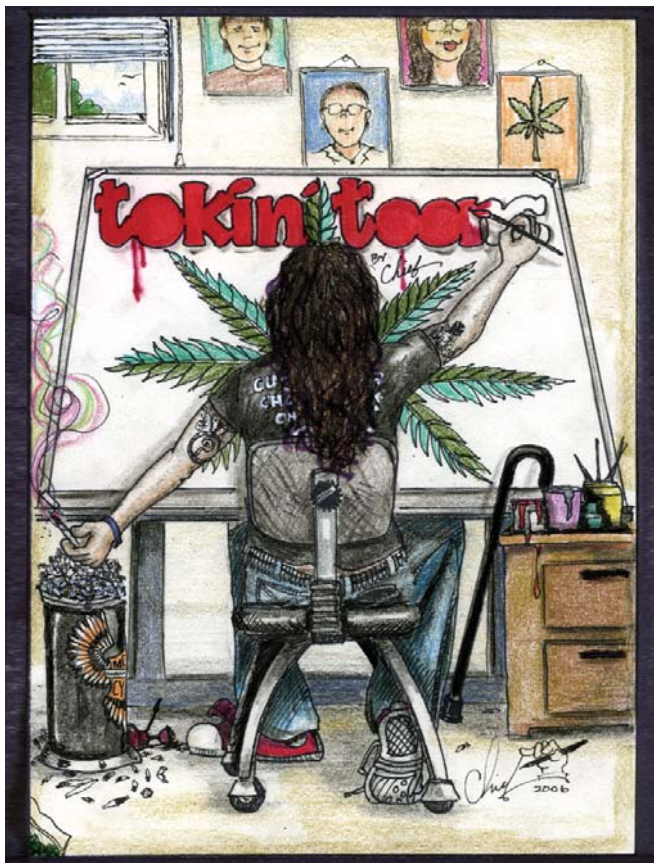


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CHIEF'S TY TOKIN TOONS



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.

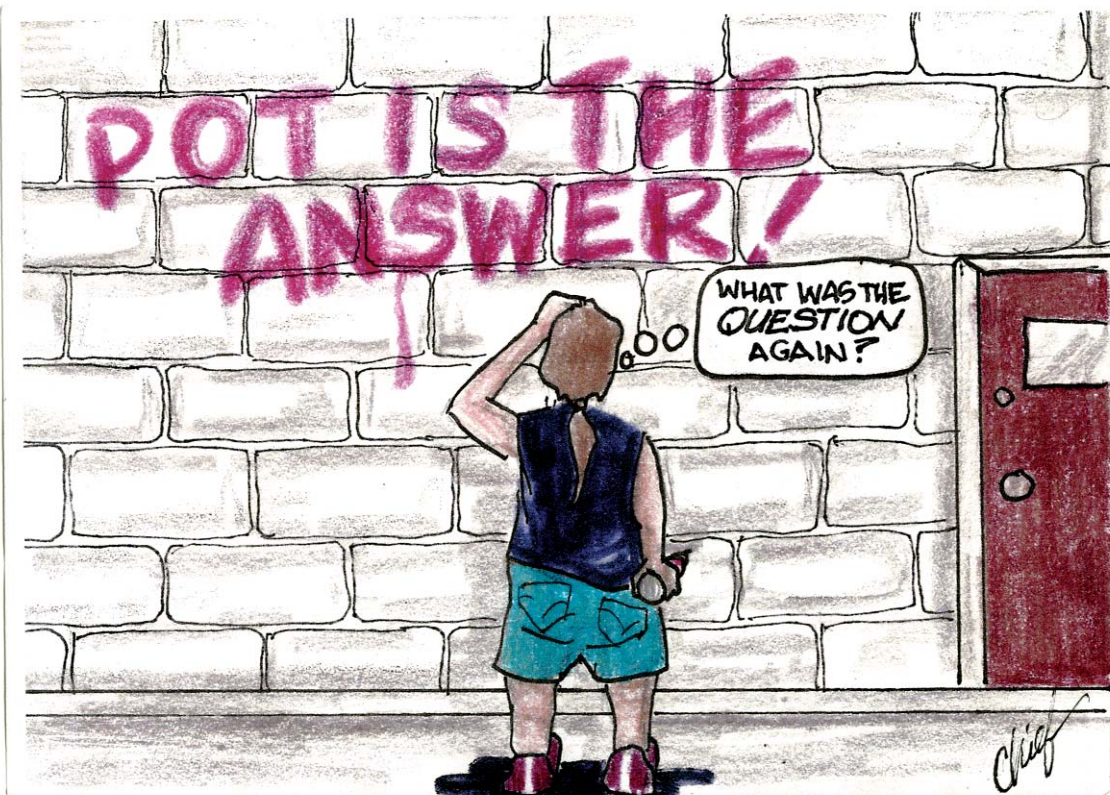
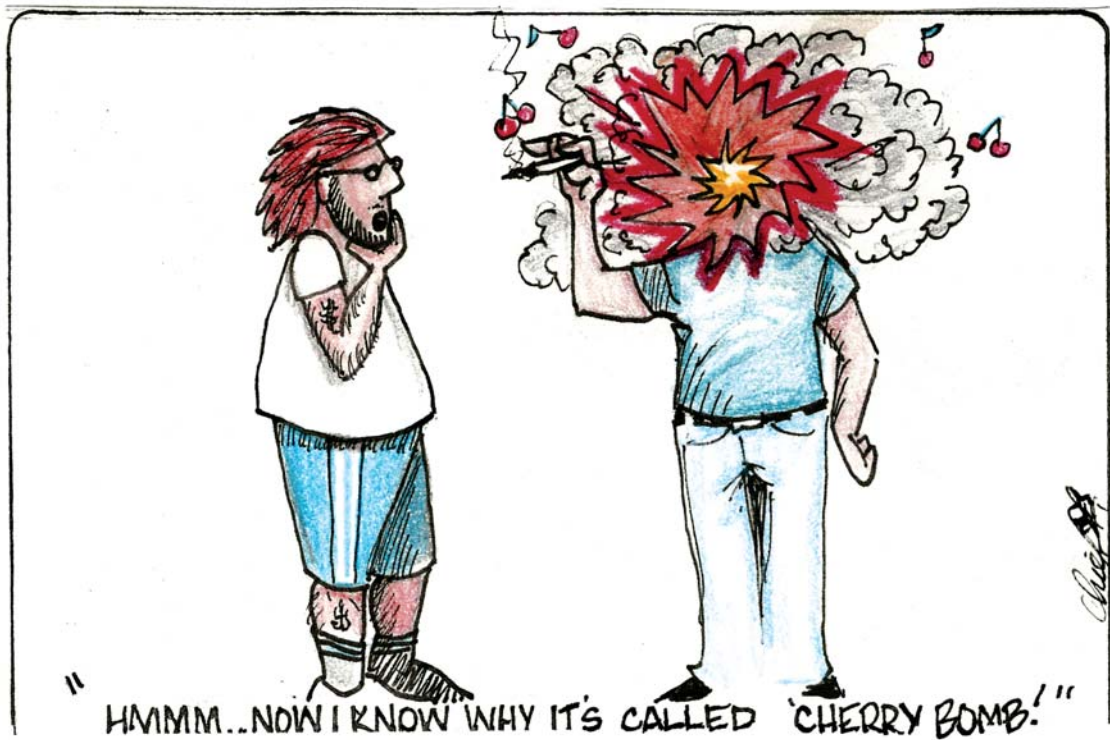
I owned and operated my own sign shop for almost 25 years until I was injured on the job, falling from a ladder and breaking my neck in two places. The resulting chronic pain caused me to close the business and put me on Ontario's Disability Support Program. I have also not ridden a motorcycle in almost 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,
CHOOSING TO ATTEND MEETINGS
DRESSED IN LEATHER INSTEAD OF
SUITS, AND ON A HARLEY
INSTEAD OF IN A PORCHE.**

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

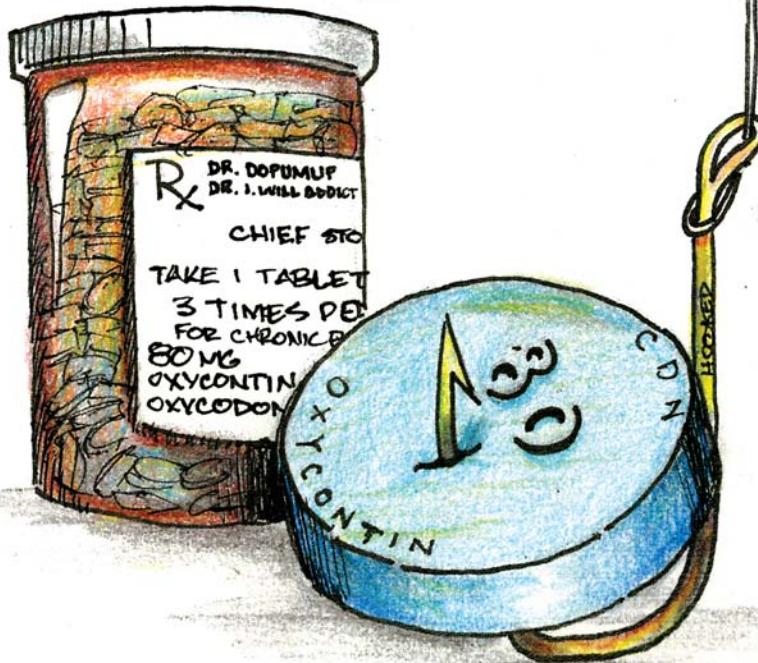




WHEN I USE CANNABIS AS MEDICINE... HOW I FEEL WHEN I'M UNABLE TO...

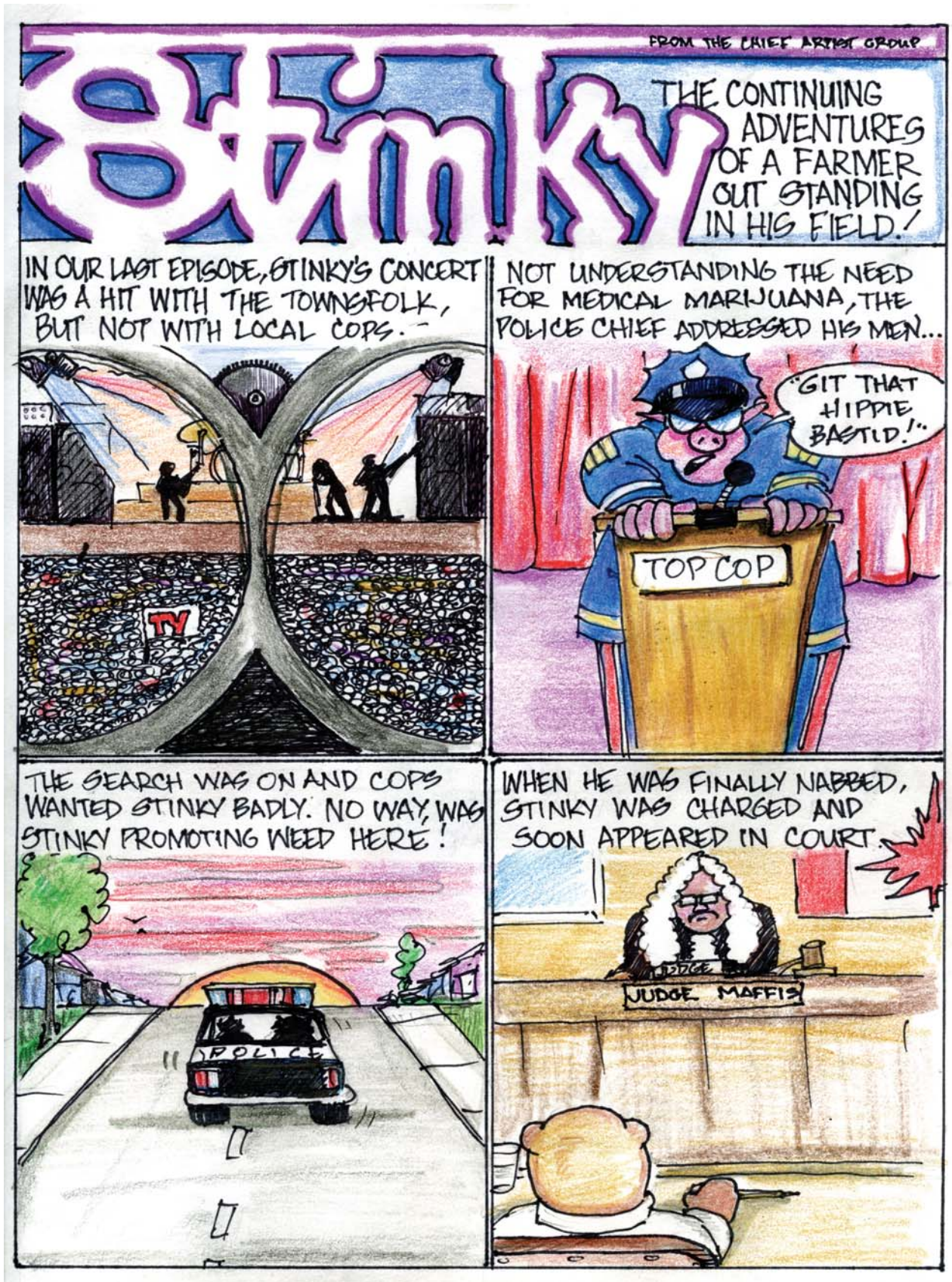


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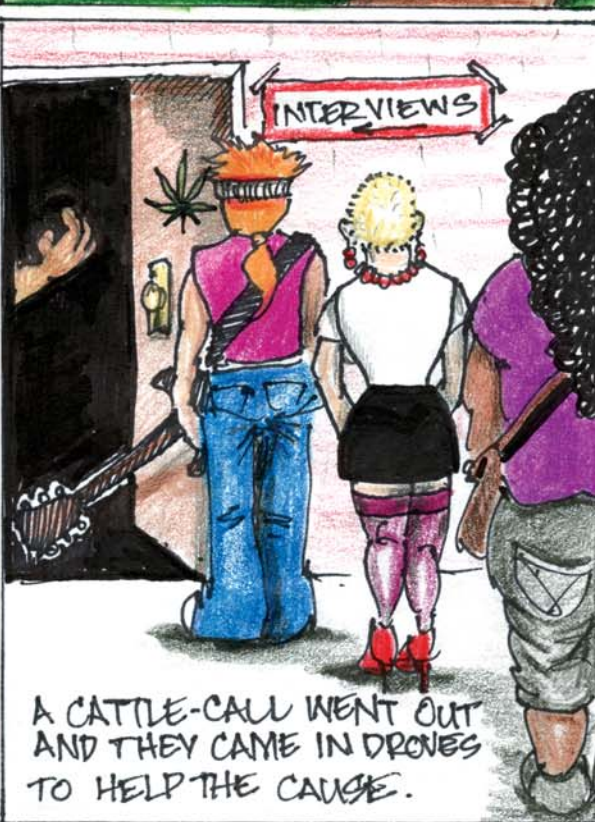
I KNOW SOME AGENTS...

I'VE GOTTA FEW MUSICIAN PAIS...

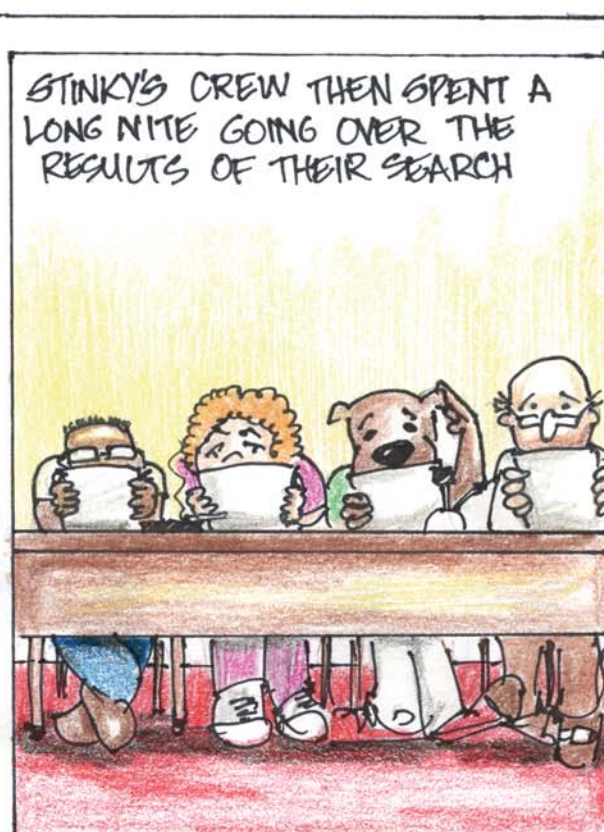
LET'S SET UP SOME INTERVIEWS



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THE GATHERING OF NEW BEGINNINGS

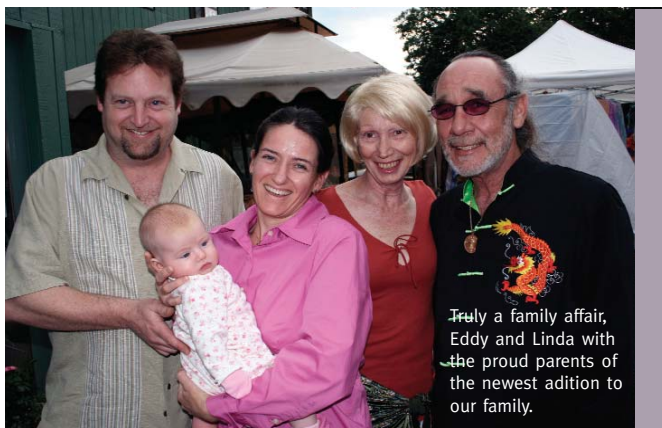
Sada Fuego.



Photos: Craig Lemire of Hello Jazz Productions



Linda and ponyboy dance with 'The' Pinky.



Truly a family affair, Eddy and Linda with the proud parents of the newest addition to our family.

Our party approaches and we're all full of anticipation. Will it be a success? Will all the brethren enjoy and have fun? Will the Feds show up, or maybe their local puppets—a typical party for us. Yes to all of it I'm sure. We have a lot of acts, bands, fire dancers, drums, etc., and many different vendors. The phone and the net are going crazy with messages. This will be the biggest party since the '04 raid, but Linda may not see another one so screw 'em! There's camping and two days of great fun and entertainment for all. If the port-a-potties show up, most of the shit can be handled.

Jah has blessed us and allowed us a way to pull this off. Many thanks. We have several food vendors but our own David will be doing burgers and beers, as it's a family event. Pier and Eden will be on the soda and water barrel. The guest list should prove most interesting; we'll keep track of it. Erica is busy as can be with all her last minute stuff. Craig and I must head to my favorite store, Ed and Linda's. They have great Betty Boop and Twitty things, which are Linda's favorites, and I, the stereotypical male, forgot that it was her birthday party. In some ways this is really killing me, as I know my last party with my little biddy pretty one is much too rapidly approaching. We fear how soon we'll lose her, but this is a celebration of new beginnings.

Craig and I found wonderful gifts: frogs, Betty's, and a whole bag of love. Linda was thrilled. The house meeting is soon and the guests have already started to arrive. My pride and joy, Pony Boy, showed up early. Ever since he got famous I never see him. But you can in his new blockbuster, *Get Pony Boy*; he's one of the rising stars on Sabado Gigantie, along with his many CDs and tours.

Well it's lonely at the top, but more about Los Marijuanos in another article.

Ralph Woodson did a set of acoustic blues; this was just after Craig and Quinn, Joe Paul and Shawn, The Stoned Soup Band, who were great. Craig covered "Pink," by Aerosmith, for my Happy Birthday. Then, just as the sun went down, who should swing in but Pinky Gerard, the most heard-about dude in pot. With his variety of RooR and Marble Slinger Glass, his Phador Mag Glass waterproof container and Gorilla Gear transport boxes, this French Canadian, whose dad is Irish and mother Nyabingi, has been true to his Native American grandfather, who taught him the secret trails, while his Eskimo Russian grandmother showed him the way of the sacred plants. Sadly, Pinky is a little confused because he spent a lot of time raised by his Muslim Catholic sister, who recently had a sex change operation so she could be an astronaut. After Pinky got through all this he roamed from Mexico to Alaska, kind of like a Pinky pot-seed. Spreading good cheer and happiness, as he skips and frolics along the way, he shared full-melt bubble and a sample bag the envy of all.

As we awoke ready for the second day of the party we wondered, was Pinky real or was he a memory? As I picked through the waste looking for a roach I could only hope that we see him again. Remember if you see something that looks like Pinks, he could be you new best friend. We love you Pinky, oh yes we do, oh pinky we love you. Well, we all crawled out of bed. I made it to the hot tub and watched as the day began.

The Scoop Dogg and The Tumbleweed Grill started the day with



The Snake Lady



SK Ponyboy Eddy and Fuzzy

breakfast burritos, eggs Benedict, peach and blueberry drinks, hot-cakes, etc. The food and the rest of the vendors were great. The morning entertainment started with Woody and Friends down-home music old style. Then the hottest all-girl band scene, the Go Go's "Excuses for Skipping;" these girls were way hot! Then was Jordan Loder, with his one-man Roots Reggae much like Ben Harper. Chris Skyhawk charmed us with his folkie political satire.

Then the evening was shattered by the appearance of our own darling Yvonne, The Snake Lady, doing her dances. Charming us all throughout the day, DJ Wok Star tore up the house with a constant platter full of great Reggae Hip Hop. The night got very interesting as Pony Boy, Los Marijuanos' legendary front man, came on stage with Fuzzy and S.K "F.C.M. Click." These cats really make you stop and think, with cutting edge lyrics and a happy one-love feeling; their hip-hop makes you want to jump. As Pony left the stage and darkness finally enveloped us, Cyber Seth's birthday present to Linda came on: Sada Fuego, a group of Fire Dancers, who are a wonderful group of people. They, as most everyone else, will be back. They lit up the night with dazzling displays of talent and courage as the flame passed dangerously close to their bodies, flames shooting everywhere.

As darkness reclaimed the night, it exploded with the sounds of Ralph Woodson, one of the most accomplished guitar players alive. Better than Clapton, this guy's a Bay area legend, playing licks that haven't been done this well since Jimi. His blend of Rock and Blues

will leave you exhausted, breathless, and satisfied, kind of like . . . well you get the idea. Finally, about 3:00 am for the second morning in a row, we hit the sack. As we lay there we could hear guys up in the VIP room still being dropped by the infamous Pinky. At one time he had eight of them sleeping like babies.

He brought his lovely mate, Scarlet. Her great-grandfather was a Dutch sea captain of royal decent who married a Maroon princess, and her other great-grandfather, an Arab sheikh, happened to be Catholic and, interestingly, married a Hungarian Gypsy. Not that this matters as Scarlet was washed overboard on the high seas where she was found and cared for by two gay Mormon missionaries on a small uncharted island, south of the Galapagos. She was rescued at age 13 by Aborigine canoes and ended up in Australia where she was raised for 2 years by a small but loyal group of roos. After working her way to North America she told me how she and Pinky met.

One cold, snowy night high in the Rockies, she lay huddled and freezing inside the still-warm carcass of a bull elk. As she lay there, fearing she wouldn't survive the night, a pack of wolves ripped apart the carcass, revealing, for the first time, a naked Pinky, dancing around a huge fire. He had been practicing his fertility dance for the coming spring and had only been there to save her as she crawled out of the carcass and into the night. She looked into his eyes and love was born, a love that grows deeper each day, proving that no matter who we are or how we got here, nothing should get in the way of our being good people.

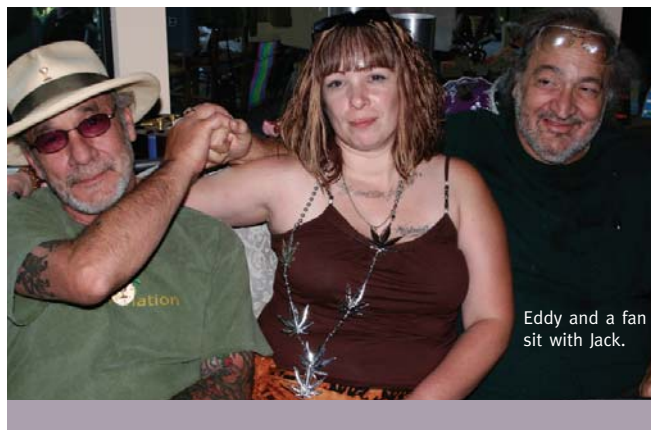
Anything can be overcome. Love is the answer, and I believe events like Linda's party prove it. We must come together if we are to save this world. We all need to survive. It's a big, beautiful place, but we must care for it as it has cared for us, and everyone before. If we don't, the good mother may not be able to care for our children. As I finish writing I realize that this may be Linda's last birthday. Hopefully not. I reflect on all this and more and realize how lucky I am to know a world that has so much love and good in it.

I thank our guests, friends, and family, but mostly I thank the "high" and Linda, for they both bring a light to my life.

Please join us next year, for it will be a great party. Watch for Pinky in your area.

Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,
Eddy



Eddy and a fan sit with Jack.

DENNIS PERON INTERVIEW

Photos: Craig Lemire of Hello Jazz Productions



Dennis.

My adventures with Dennis Peron started many years ago. I had met Dennis once or twice in the '70s and '80s. By the time I met Dennis in the '90s he was well on his way to giving the gay community a strong voice that's still heard today. Dennis has been shot, beat up, worked over, arrested, and robbed by the police, both local and federal. His commitment to human rights is a lifelong battle. He has arguably given more to the movement than any of us. I've spent hundreds of hours with him and never fail to be impressed by his ideals and commitment to making the world a better place for all of us.

When Dennis opened the first Medical Marijuana Club on Church Street in San Francisco you had to wait for hours just to get in. Dennis then moved to Market Street, a bigger location, with four floors of fun. The first floor was admittance and evaluation of patients for eligibility of free medication. The second floor contained the offices. The third floor was "The Brown Floor" where one could find Mexican bud. The fourth floor was "The Green Floor" where the good Cali green bud was.

The place was insane from day one: Newspapers, television crews, and writers mixed in with all the patients and doctors involved, keeping things really interesting. Politicians and undercover cops all came together with the patients. It truly was a thing of beauty. Dennis and I often sat in his office, looking across Market Street and laughing at the Feds, who were watching us from the building across the street. This was a time of beauty and love. The city did then, as it still does now, stand up and help the patients. There are so many to thank over the years, too many to name. From mayors to street sweepers, thank you all.

Then the Feds came. Dennis fought them for several years,

opening and closing several times until he was finally forced to close permanently. Dennis then moved to Lake County, up by me, where he put in the first huge, well-advertised outdoor garden. Of course, the Feds came the day *before* the advertised planting day and stole every plant. The next day as the reports of what happened got out, participants and friends, including Linda and myself, showed up with all the plants we needed to make the day a huge success. It's amazing how when we all come together we can turn a tragic moment into something beautiful. I think this sends a powerful message out to the politicians and law enforcement of our country that even if they won't take care of us, we will.

Dennis farmed in Lake County for several more years before finally returning to San Francisco. Linda and I went on to open a ministry and put in the largest medical marijuana gardens in the world. It's a great honor to know Dennis. I can't tell you what it means to call him your friend, for he's a great one.

Dennis Peron Interview

Eddy: You've been through the mill over medical marijuana. As you look back over all you had to overcome and all you've accomplished, is there any one thing you would pick out as your favorite moment?

Dennis: Getting busted in San Francisco is the best thing that ever happened to me. I thank them, for it showed me the power of the state. That and Harvey Milk getting elected.

Eddy: Ever since your semi-retirement from fighting the Feds over marijuana, what's kept you busy?

Dennis: Being a playboy, smoking pot, and running my bed and breakfast. I need more to do.

Eddy: I understand you recently spent several months in Western Europe. Has their attitudes changed from the early '90s when this all started?

Dennis: I felt I was in the '60s. Everything was too perfect. I felt like I wanted to mess their hair up.

Eddy: How long do you see it taking before cannabis is legal?

Dennis: I wish I could see the end of this; it has to happen. It's so many things to so many people. It's a sacrament and it's a medicine. Al Capone and Elliot Ness both loved prohibition. It has got to happen someday.

Eddy: Anything special you want to say to the kids?

Dennis: My people are going to get out of the desert and start a new society. The pot smokers are the peace makers and the intellectuals that will find the ways necessary to save the world.

Talking to Dennis after having not seen him for several months was wonderful. He just celebrated his sixtieth birthday but he looks and acts thirty. The house is full of people from all over the world who come to stay at the famous Castro Bed and Breakfast. He's actually thinking of expanding by buying another house.



Dennis and Eddy.

Dennis has a dream for us all, a dream of his people walking out of the desert and being free. "When" is not the question, for it is happening right this minute. The question is how long will it take for you to get it and join us? Bring your friends and family. You'll love being free. Free at last.

Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,
Eddy



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ED ROSENTHAL

Photos: Craig Lemire of Hello Jazz Productions



Ed Rosenthal.

Ed Rosenthal has been a fixture in the marijuana movement for years. He's written many books to help show all of us the way. Like me, Ed's fighting on the frontlines as he awaits the Feds' decision to re-file sales charges. Ed was convicted and sentenced to one-day time served. He's been a speaker all over the world and a part of many great events, including his very own legendary parties, where his message is always the same: Grow Pot. Grow Pot. Grow Pot. Grow it as well as you can. And Ed has shown us how to grow it well. Ed has been my friend for many years and, as with so many of my friends, I take great pride in their efforts to legalize cannabis worldwide.

Hidden behind a lush wall of veggie matter, surrounded by redwoods and palm trees (only in California), and nestled back from the road a short distance, lies a beautiful two-storey Victorian-style home. It used to be Ed's family residence, but as they got older Ed and his charming wife, Jane, moved down the road. Ed now uses it for his office and workplace. With its magnificent views overlooking the Bay area and warm, homey feel one can see why Ed's completely relaxed when he greets us. We chat for a while and get a tour of the wonderful old house.

Ed's a riot, joking and laughing as we walk. He's excited about the World of Cannabis events he's putting together. Last year's event was over the top, with Tommy Chong and many others. We sit down and I start the questions.

Eddy: How many books have you written?

Ed: Fifteen or so, the first one in 1974.

Eddy: How has your arrest affected your book sales?

Ed: All my writing continued. I was well known to a few, but the *N.Y. Times* had me on the front page and now I am known to many.

Eddy: Do you think they'll re-file?

Ed: Yes, juror misconduct, appealing on the lost charges, three lost, I won one. But they can't do anything until the appeal is over. I feel they will lose in this case.

Eddy: What does the future hold? Any new books?

Ed: Two new books, working with the public directly with the *Wonders of Cannabis*. After this is over I may go back to being an expert witness and taking some time off. Write a blog about my traveling.

Eddy: Where can we find the *Wonders of Cannabis*?

Ed: We'll be in the city of San Francisco on October 28 and 29, at the Golden Gate Park; in Seattle, November 11 and 12; and Portland on December 8, 9, and 10. Locations to be announced. And soon in New York City or New York State, possibly Maine, more cities on the west coast, L.A., San Diego, Sacramento, etc., which will be announced as it happens. Our goal is to raise con-

sciousness about cannabis everywhere.

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

Ed: Talk isn't enough. What's the best way to do your homework? Enjoy, enjoy.

After spending a lovely morning with Ed, Craig and I leave. As we slowly drive back into the city, leaving behind the panoramic views and warm friendship, I think sadly, once again, I've left behind yet another of my friends who's been arrested, persecuted, and prosecuted for love of the sacred plant. How many more must they arrest? Will they arrest us all? Is that their plan: to have the whole nation on probation or parole?

It looks like it is, but I don't think it's any more sustainable than the rest of our out-of-control lifestyles. I think of what might be if we ever allow it to become a world of cannabis. Would it be the beautiful, loving world I dream of, or will we just be content to use all we have until we have nothing. I pray not. Please join Ed and I at all World of Cannabis events and at the Seattle Hemp Fest. Bring your friends and their friends. Make it a family affair; bring your mom. See you soon.

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Eddy



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WAMM • VALERIE AND MIKE CORRAL

Photo: Craig Lemire of Hello Jazz Productions



Many years ago in the early '90s Dennis Peron told me about this wonderful woman and her husband, Valerie and Mike Corral, who were giving away pot to people. They instantly become my heroes. Through the '90s we crossed paths many times at many different events. I was always impressed with the love and warmth they shared with us all. They have made a point of putting patients first at all times, an example Linda and I follow. When I entered WAMM'S headquarters I saw walls covered with every imaginable honor bestowed by people at all levels for WAMM's dedication and undying efforts to make those who want see the truth.

Understand that this is real and works for many, just as it has for over 25,000 years, both as sacrament and medicine. As we talked I realized how seldom we got a chance to just talk. We've shared DEA raids and other similar experiences. The two most prominent were the 2002 raids on our farms. Our ministry was first and WAMM one week later, but we both survived. Sadly, after a replanted harvest in '02 and a full season harvest in '03, our ministry was raided once again in '04 and '05. The second thing we share is the side that most don't see. Most people meet us at events with smiles, positive, full of love, and knowledge. The truth is when you deal with sick and dying people as often as we do, you face the inevitability of death far too often.

Last year at WAMMFest, a wonderful event held in Santa Cruz each year, as Linda set up our table, unloaded the van, and prepared for the day, we watched Valerie and Mike, with tears running down their faces, bravely set cross after cross, each one a friend, a loved one, someone who touched our lives deeply. How we do this I don't know, but I'm sure Jah is involved.

The love, I believe, is what holds us all together, replenishing our strength as we give it so freely to those we care so deeply for. As we sat talking about those we have lost and things we have gained, we had a chance for a few questions.

Eddy: Over the years everyone in California who's suffered at the hands of fools watched as you guys had a love affair with this area and those in charge. Why do they love you and hate the rest of us?

Answer: Just as California is 10 years ahead of the rest of the country, Santa Cruz seems to be ahead of the rest of California. We have always been a very progressive place, honoring all lifestyles. You can find anything here and we all get along. We are proof it can and does work.

Eddy: For me it was a special honor to be able to give you the Cannabis Cup Freedom Fighter of the Year Award. One of the many honors you deserved. With all the awards and love shown

to you in the 25 years you've been fighting for this cause, are there a couple of things that really stand out?

Answer: We are very thankful for all the awards and recognition. The Drug Policy Alliance Award in '05 at Long Beach was a very, very special honor, and, of course, the DEA raid in '02 was an event we will long remember.

Eddy: Do you believe the UDV decision will change things, and do you see yourselves as healers?

Answer:

A: Yes, the religious use will help change things, but we believe it will be a whole lot of things together that will change it all. Cannabis opens a door on how you look at death; it helps alter our perception.

B: No! I don't think we're healers. In eastern philosophy they teach compassion and you do it because it's the right thing to do. So we just feel we're very compassionate people doing what our beliefs call us to do.

Eddy: In closing, is there anything you'd like to say to the kids at home?

Mike: When once asked that, Mohamed Ali answered, "I'd tell them to brush your teeth. Hygiene is very, very important." Take care of yourselves.


Valerie: Be true to yourself. Trust yourself. All the questions and answers are in you.

After we finished we spoke of Linda's and Valerie's health and how they both fight overwhelming pain and sickness to be who they are. Linda and I see ourselves as healers trying to help heal the world through a message of one love, hope, compassion, education, and understanding. Valerie and Mike see themselves as just compassionate and committed, but the truth is they've healed a lot by following their compassionate calling. As I dried the tears from talking about Linda, I looked at Valerie: beautiful, charming, passionate, I could put her and Linda in one pair of size 3-4 pants and a medium top.

I heard Valerie's words about the '02 DEA raid: "As I lay there, boot in my back, gun to my head," I realized how blessed this movement is to have such strong powerful women willing to risk it all for the truth. Even on days when they should be in bed, they rise to their feet and continue to give their all. As we leave I'm touched once again by the kindness from the hot soup and toast Valerie fixed upon our arrival, followed by cookies and other goodies; all the way up to the farewell hugs and kisses, everything was filled with love. As Craig and I drove north on Highway 1 we watched one of the most beautiful, awe-inspiring things in the world: the California coast. But then I realized its beauty paled in comparison to the true beauty I had just left behind. Valerie and Mike, thank you and WAMM so very much. It was an honor to be there. www.wamm.org

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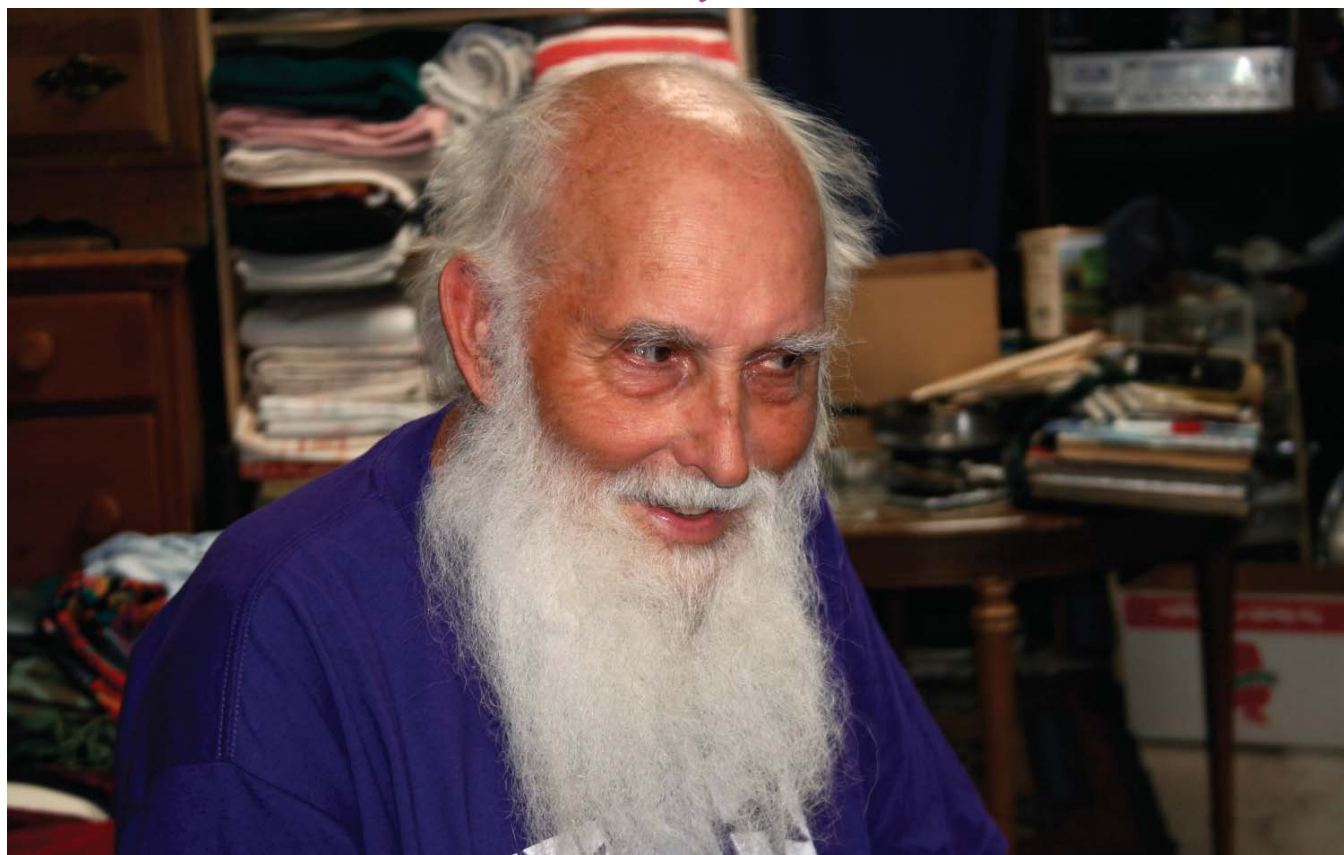
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ONE BILLION HITS, AND THEN SOME

Photos: Craig Lemire of Hello Jazz Productions



Waldron Capt. Clearlight.

Probably the single greatest thing about being me is all the wonderful people I get to meet and, even better, the many who become my friend. One of my most entertaining and fascinating friends is a man many of you have probably heard of. The older among you probably have firsthand experience with him. His name is Waldron Voorhees or, as we knew him in the '60s, Capt. Clearlight.

Waldron knew everybody: the beat poets, the Merry Pranksters, Leary, Albert Hoffman, and thousands more. He's been arrested four times by the Feds, serving less than 5 years total in jail; however, he spent 20 years on parole and probation. He was 38 when he made his first batch of LSD.

He recently passed two milestones: He turned 75 and, finally, after suffering a major stroke, the Feds released him from parole. The stroke has slowed him some, but he still tells some of the best stories about the '60s and '70s of anyone still alive—the parties with the Dead, Tim, and loads others. He has taken over 20,000 hits in his lifetime. It's rumored that he may have seen as many as one billion hits go out. This is amazing when you figure they once lost 300 million hits in a single bust.

Of all the acid and other things out there, the most talked about, the most used, and the most enjoyed was 4-way windowpane. Thank you Capt. Clearlight. He once got sixty-two hits

on a single pane. We're not sure who took it, but then they may not know either. The '60s were a time of high ideals and great dreams about how we were going to change the world. But have we? Not yet.

Waldron believes that someday soon, all the people who did his acid will be in power and things will change, becoming a world of peace and understanding. But then, as he says, there'll still be more to do.

We're not sure how we even met, but after a lifetime of casual meeting these last ten or so years, we've been great friends. Over the years we've talked and believe that it must've been a lady who led to our meeting. As you talk to this icon and see the joy in his eyes, through the laughter in his voice, you believe. Believe that maybe, just maybe, he's right. Maybe those who had such great dreams in the '60s will come forward, "flashback" if you will, and remember, as I do, the joy of that time.

We had high ideals. No more war, worldwide peace, no more homeless, no starvation, more education, better healthcare. I wonder why we haven't done better. They seem like such simple things. Why can't we get them done? Could it be that so many inspired and dedicated leaders of our movement were killed? The Kennedys, Martin Luther King, Jr., and others, or imprisoned like Waldron or exiled to Canada (by the way, thank

The farm.



you Canada for being a refuge) or Europe. Many were labeled criminals, like Abby, and were hounded to death. What caused this? Were the hippies that scary and, if so, why?

What was scary about a bunch of kids who wanted a better world? Why was our government willing to shoot us down in the streets like dogs (Ken State) then turn the dogs loose at every peace march or rally? Why were we so damn scary? And what's so damn scary about it now?

Waldron lives a couple of hours north of San Francisco in a rustic rural setting, with a lake and stream. He has parties in the summer, with people coming from all over to see him. Having made about one-third of all the acid taken in the last 40 years he's an icon and a hero. Not all will agree with his methods but no one can deny that his dreams of a better world for us all are anything but noble.

After several hours of talking and joking I asked Waldron a couple of simple questions.

Eddy: If you could go back and change anything, what would you change?

Waldron: If I could have made the LSD better I would have, but it was already perfect.

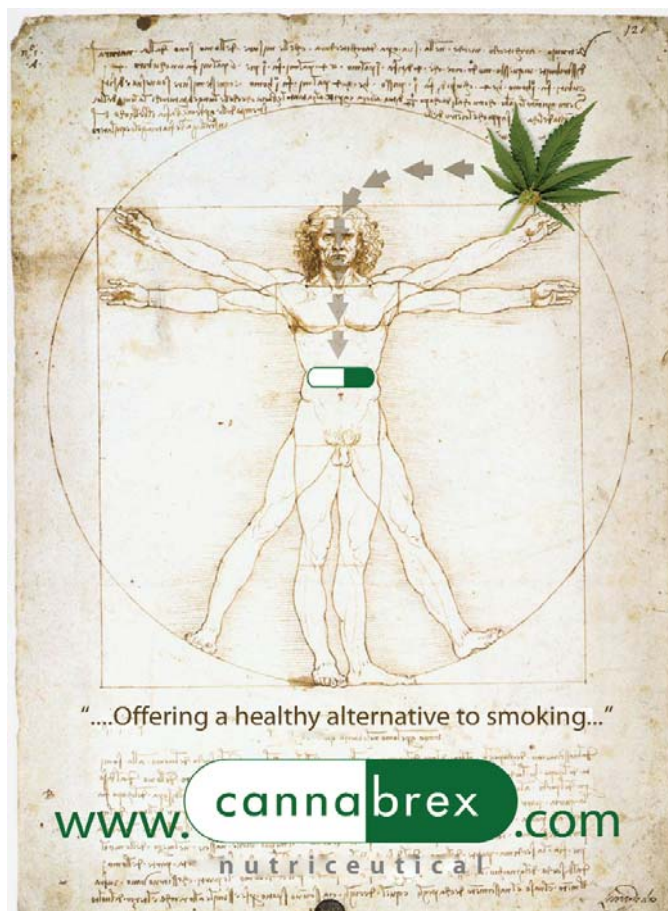
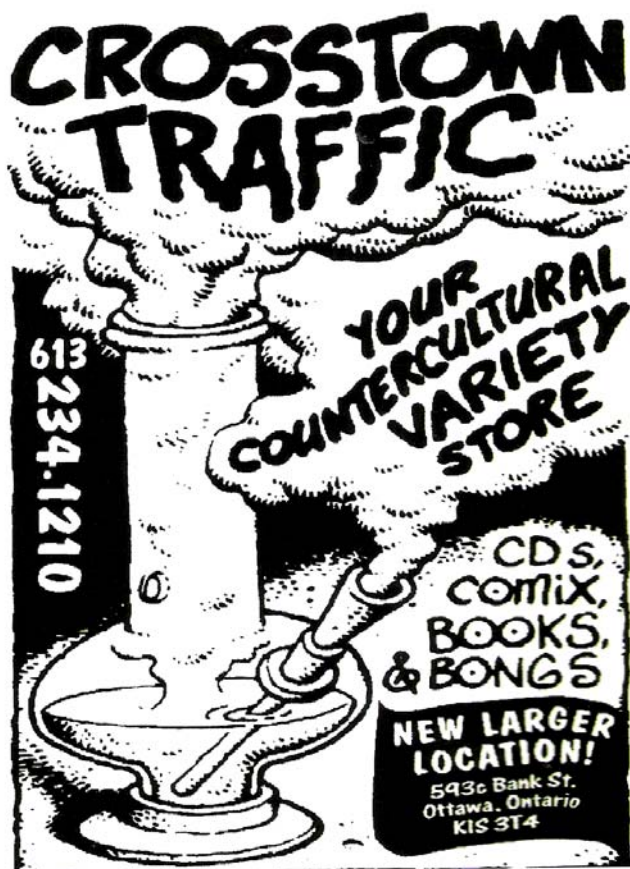
Eddy: Do you think you and Tim changed the world?

Waldron: I know we did.

As we drove off, Waldron waving in the mirror, I realized how lucky I am to know this fine man and even luckier to call him my friend.

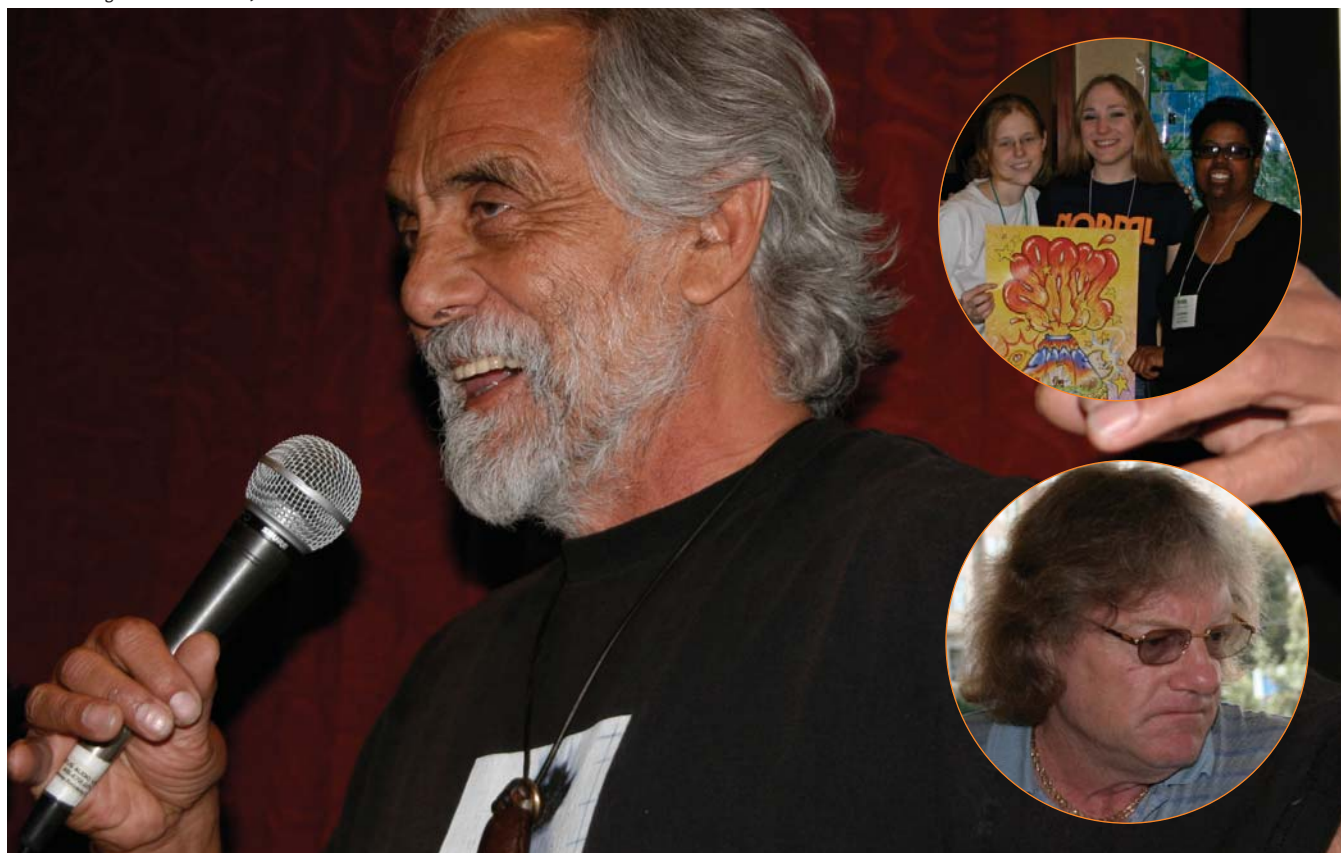
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Awaiting You in the One Light,
Eddy



2006 **NORML** HIGHTIMES COMEDY SHOW

Photos: Craig Lemire of Hello Jazz Productions



Tommy live. Top right: The NORML girl. Bottom right: Wayne Justman.

Several months ago we went to L.A. to a comedy show hosted by our dear friend Howard Dover. He has a medical marijuana comedy fundraiser there every 3-4 months. Comedians who support the movement donate their time by performing at these shows. Comedians like Nagio Bealum, who donates hundreds of hours of his time to help the movement. Nagio asked if I would talk at the comedy shows he was hosting at Cobb's Comedy Club in San Francisco in conjunction with the NORML conference. I said yes right away.

The first night we went to Cobb's (915 Columbus Ave. in San Francisco. You can reach them at 415-928-4320; ask for Pussy Foot). As we pulled up, Craig got out and ran in to see what the plan was. Once inside Craig saw Nagio, he threw a handful of tickets to Craig, and said, "Tell Eddy I'll meet him backstage," and ran on stage to start the show. We parked the car and headed into the club.

Once inside Linda and the others got their seats and Craig and I went backstage to find out what the night would hold for us. There we were introduced to the manager, Mr. Kevin Hancock. He treats us like royalty the next three nights. Thank you for your hospitality Kevin. He's a wonderful man and a great comic in his own right.

I would like to single out each and every one of the comics, but you must understand that I can't mention them all or their shows

in detail. I will, instead, just thank each and every one who participated: Doug Benson, Tom Rhodes, Rob Cantrell, Greg Proops, Randy Kagen, Al Madrigal, Rick Overton, The Greg Wilson, W. Kamau Bel, Mishna Wolf, Nagio Bealum, John Hoogasian, Frank the Dean, and Rolin A. Dubie. The list of credits for this group is insane. Letterman, Leno, Comedy Central, HBO, and Showtime, just to name a few. They're everywhere and most have websites; look them up and check them out when they come to your area. You won't be sorry.

All the shows were filled up, with Saturday being the big Hightimes NORML party. We auctioned off one of Eddy's ministry posters, signed by just about everyone, for \$150, which was a thrill for us. I cannot say enough about what a great show this was— and we laughed for hours. Thank you guys and gal (Mishna is a stone fox), for you made us and many others forget for awhile how serious this fight is and that we are at war. You helped us to forget that we are the victims of an unjust, ineffective war.

Nagio is doing more of these shows and our dear friend Ed Rosenthal is taking his World of Cannabis tour to Seattle, L.A., and Portland. Nagio will be the M.C. for it, and the comedy tour is coming soon to a town near you.

Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,
Eddy

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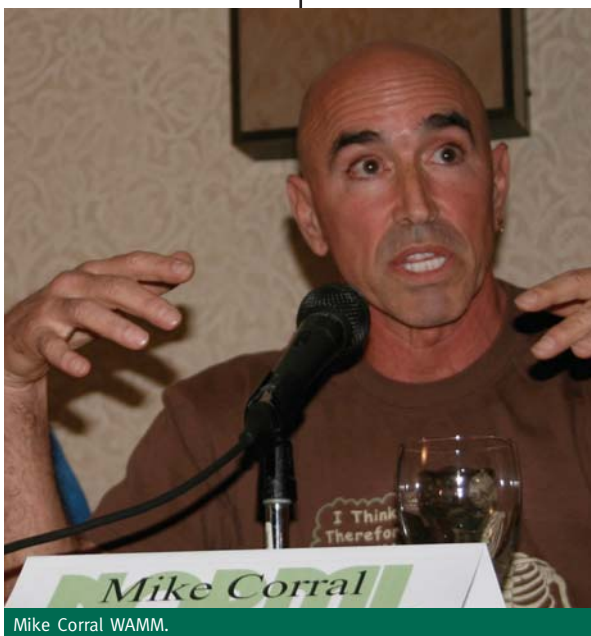
Photos: Craig Lemire of Hello Jazz Productions



Jack at his NORML booth.

We arrive in San Francisco at about 3:30 pm and go directly to the Holiday Inn hotel, headquarters for the NORML conference, to see if Jack "The Emperor" Herer has checked in yet. After finding out that he hadn't, we headed over to Dennis Peron's, author of *Proposition 215*, where we'll be staying. Dennis has a very nice bed and breakfast in the heart of the Castro that we stay at often when in San Francisco. (For more info call 415-864-1961.) Unfortunately, Dennis was out of town so we missed him this trip.

That night we went to the ASA birthday party at Club Cocomo in San Francisco. They hold the same event every year. It's a great place



Mike Corral WAMM.

for any event, and we were happy to return. We saw our old friend Jeff Jones, from the OCBC. He spoke several times throughout the next few days. I ran into the lovely Marian Aldridge and her husband, Michael Aldridge. They attend so many of these events, showing their support and helping to educate us all. Ricky Watts was there; he's helping to put on the May 6 Extravaganza for Danna Beal's International Marijuana Day. Ricky's still facing federal charges for a 2002 raid on his house and is still on pre-trial release, awaiting trial. This has been going on for almost 4 years now and still no trial in site.

We have to ask how our government can keep doing this. How are

our judges allowed to continue to sign illegal warrants for raids where no one is arrested, or if someone *is* arrested there's no trial? This must stop. Please help us while helping yourself. Write, call, or email everyone in office in your district and raise hell. (That means my Canadian brothers and sisters, too, eh?) We can change this mess around to our advantage if we unite and force those we have elected to do as we wish, not as they want.

I also saw Steve C. who's been active in L.A. for many years. He has a new store called the Comfort Care Group, look him up.

relaxed because of it. I was invited to participate on a panel with my good friends Mike Corral, from WAMM, and Ed Rosenthal. We discussed indoor growing verses outdoor growing, with both sides making valid points. I fear it is a battle that may never end.

When the NORML festivities ended for the day so we headed back to Dennis's to grab a bite to eat and then rushed off to Cobb's Comedy Club in North Beach, San Francisco (a Bay area comedy landmark). There was a total of five shows over the 3-day event, all hosted and produced by our friend Nagio Bealum.



Dr Todd Mikurya.

Richard Eastman was there. He's been very involved in the movement coming out of L.A. Both of these guys have done a lot to help.

As always it was wonderful to be around all of our friends that we've met throughout the years. Thank you ASA for letting us be a part of your birthday celebration; the party was a great success.

Craig and I were up and on our way by 8:00 am the next morning. We got to the National NORML Convention just as it was starting to get going. As always, our dear friend Keith Stroup greeted us; he's the past national director for NORML and is still very much involved with them. The day progressed with many panels and discussions. We broke for 4:20 and returned a little happier and more

Hello Jazz Productions. Pic by Ariana Velazquez.



The staff was wonderful and treated us well. Early on I realized that I was the straight man in these shows. My brief speech that night, and the rest of the comedy shows that week, had very little humor in them. But I've never been known for my subtlety.

On Friday we were up and on our way, and it was promising to be a great day. The weather was perfect. The smell of sea air and the hustle and bustle of the city were great for us. But I know how much Linda loves to come to San Francisco and it was great to see her happy and healthy and enjoying herself.

When we got to the NORML convention we talked to Allen St-Pierre and we were able to ask the new national director of NORML how things have changed since he took over the reins. He was quick to



Ethan Sands Compationate Coalition.

mention the UDV case and felt there was great hope that the courts would agree that it should also apply to marijuana. He further mentioned reintroducing full decriminalization at all levels, feeling if the democrats won in November we could at least get it to committees or meetings; something the current administration has not allowed for over six years. He was also following the action in Colorado, where the approach was to have no fines and no penalties to the law, and in Nevada, where they want to make it legal and taxed. I was raised in Reno and am very proud that they can see the future before most. In closing he explained, "We're impaled on the alter of higher politics."

The day was moving along very nicely and we are all looked for-

down to a standing ovation. We all love Tommy. I slipped out for a smoke, figuring I'd be gone maybe ten minutes and what could I miss. Back inside, to prove that they loved Tommy, as soon as the lights went down the whole room lit up. As I headed back the crowd was streaming out, and dumbfounded I searched for Jack and my crew. The hotel has shut down the movie and was threatening to call the police if everyone didn't vacate the room. The hotel went on to explain that it wasn't the pot but the smoke; San Francisco has very strict no-smoking rules in public buildings. So everyone left politely.

The rest of the day was slow, and we left around 6:00 pm, after Jack and I spoke on a panel with Chris Boucher and Don



Jack Ed Allen Josh Tommy Eddy and Keith The Mount Rushmore Of Pot.

ward to our lunch with Tommy Chong. Tommy is a great guy and so very deserving of the award they were presenting him with that day. At about 12:45 pm I went to get Jack from his room and we headed to the banquet room for lunch. We got settled and were saying our hellos when Keith, Allen, and Tommy arrived. Jack and I headed over to say hi. Ed Rosenthal joined us, and the next thing I knew we were doing a photo shoot, getting blinded by the flash of cameras. Tommy called it "The Mount Rushmore of Pot." What an honor it was to be counted among my heroes. Thank you Tommy. We went to sit down and the show started. Dr. Todd Mikuriya was given a lifetime achievement award for his devotion to this great and noble cause. He is facing serious health problems now and our prayers are with him often.

Then Tommy came on. This guy was a riot. Sharp as ever, he was thrilling us with stories from the old days. This wonderfully entertaining man went on about 15 minutes and then sat

Wirtshafter, Esq. about hemp and THC content. How the government is making this so hard for no apparent reason other than benefiting the royal corporate leaders our politicians must answer to. They are slaves to the drugs, oil, and energy companies, and I'm afraid this won't be something that's solved anytime soon. The debates continued, but that is what this country is all about: having your own opinion and living your life your own way.

We ate diner and headed over to Cobb's Comedy Club for two more shows. I had everyone in the shows sign posters donated by Linda's ministry, and we auctioned them off for NORML. It was a great way to spread the word and help out a little. Both shows really rocked. I had a great time, as did Linda and the rest of the gang. After the last show we all went back to Dennis's for some well-deserved rest.

Saturday morning Erica, Craig, and I went to the NORML event, and Linda and Seth stayed at Dennis's and rested. Not much

was going on. After the movie thing the day before, the tone was down, but everyone was talking about the shows that night at Cobb's Comedy Club. We left and went to several shops in the Height and saw some friends, many who were going to the show that night.

Craig and I had to go to a local recording studio to film our dear friend Rocker-T record his new album. What I would give for that

We left Dennis Peron's at about 7:00 am and got to Sacramento to be greeted by the lovely Liza, manager of River City Dispensary, who treated us to a great breakfast before the day's events. She's a dear friend and a major activist in the Sacramento area. As I sat there reflecting on the past 3 days I thought about what a good job NORML did. The speakers were all very good, and knowledge was flowing from all directions. I, as a minister, was thrilled that they had a breakout group about



Nagio MC for Comedy Shows and Linda.

kind of talent. Well, this new album is sick, sick, sick, and very wow! Joan Baez does vocals on one track, with Dave I on mandinki drums, Andias Jent on bass, and Bill Ortiz on trumpet, all lead by our hero the Rockerman, with his amazing vocals and fluid guitar riffs. Greg Gordon and Rocker-T, who produced the album together, beautifully mixed it. It's called *The Herban Warrior of Peace*. The track with Joan and others on it is called "The Way Life Should Be." Check it out; it's sure to be a hit. Joan sure hasn't lost a bit; she still has one of the most beautiful voices. I asked Rocker-T when we could expect the album in stores, to which he replied, "When the timer goes ding."

We went back to Dennis's and got Linda and the others and headed over to Cobb's for another night of comedy. I would really like to thank FootPussy; he was a wonderful host. No matter what we hit him with he handled it with humor and grace, and I'm sure we were a pain more than once.

marijuana in religion and spirituality. Roger Christy of the THC Ministry flew in from Hawaii to help Chris Conrad and his lovely wife, Micki Norris, put the group together. As I reflected on the spiritual part of all of this I was thankful for everyone involved with the movement who made it a success: Tommy Chong, Dr. Todd Mikuriya, and, of course, everyone's hero, The Emperor of Hemp, Jack Herer. But what struck me most were those who attended. As always you humbled me and made me thankful for all that I've been blessed to receive. The care, love, and concern for Linda so touched our hearts and let us know how much you all care. Thank you so very much for loving and caring about us.

Remember: Respect All, Hurt None, Love One Another

Leaving You in One Love,
Eddy

WHAT'S HEMP?

Photos: Craig Lemire of Hello Jazz Productions



As always I'm trying to show us all how we fit together for I believe it is our similarities that join us, not our diversities. Craig and I were asked to do a favor for our friend Jason, of Hello Jazz Productions. Gianna Dori, of Fashion Style News, needed film of the 1929 Academy of Art, University of San Francisco, graduation fashion show for the class of 2006. We left and drove for 3 hours to the city. The academy is downtown in the financial area.

The Morgan Auditorium is a beautiful building but paled at the beauties we were about to see. Craig ran in and checked it out as I waited and gathered our equipment. We headed on in and met Ian Mackintosh, director of PR for fashion. He was charming and assigned us Jonathan Baker, who was our knowledgeable and delightful guide. We set off to go backstage.

As we went deeper into a maze we wondered at the stunning designs and incredible talent of 2006. We finally made it backstage where Jonathan introduced us to the students who were helping the models with the controlled insanity of the runway. They were a great bunch of kids, just living the dream.

Then were the models. As I'm sure you can see from the pictures, they're drop-dead gorgeous. I spoke to Amy and Jenny, two lovely ladies who later "owned" the runway. Like each of the girls, they were hot, charming, mysterious, alluring, and as sweet as could be. Their energy was contagious.

We walked past the seniors' graduation displays. I stopped and spoke to Hanna Xiang Jin, a very delightful young lady; however, I was extremely disappointed when I asked her how often any of them used hemp or any of the hemp blends, such as hemp and silk, my favorite, or hemp and cotton, my other favorite. She replied, "What's hemp?"

I explained, and she said, "No, sorry, never heard of it." I wondered how

one of the most prestigious fashion schools could be ignorant of hemp and its many applications in the textile world. Rest assured that Jack and I will send Gladys Palmer, the executive director of the School of Fashion, a copy of his book *The Emperor Wears No Clothes*, and I'll beg her to look into hemp.

She introduced the honoraries one by one, delighting us with stories of each, filled with love, respect, and humor. Those honored were Wilks Bushford, hailed by *Esquire* as the most important men's fashion specialist in the country; Robert L. Mattner, CEO of Macy's West; Christophe Girard, deputy mayor of Paris, director of fashion for LUMH, producer of many of award-winning documentaries, and tireless AIDS activist. He was warm and charming, relating how wonderful it was to be in San Francisco where no one cared if you're gay. Last, but most revered, was the great Alexander McQueen who's been honored by everyone, including the Queen. He appeared reserved, almost shy, and was charming with his simple thank you. McQueen pointed out that if you were "rich or had extra money" to "give freely to education!" a thought with which we all agreed.

Dr. Elisa Stephens was an entertaining host, and Simon Uncless, director of graduate fashion, put on the show. All in all it was a wonderful night. We were very happy to have shared in such a grand event. Good luck to the class of '06, congratulations to the honoraries, and thank you so much to the academy and all the wonderful people who made it all happen.

Remember that 70% of Americans use cannabis. Let's look for what makes us alike, instead of hating for what makes us different.

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MILLION MARIJUANA MARCH

Photos: Craig Lemire of Hello Jazz Productions



Million Marijuana March Cannabis Day. Top middle: Emmalyn's California Cannabis Clinic. Bottom middle: Richard from The Oaksterdam News

May Day Jay Day, the Million Marijuana March is Dana Beal's dream, and what a dream it's turned out to be. Linda and I have been part of this from the beginning and are very happy to watch Dana's dream grow to several hundred cities worldwide. Hundreds of thousands of people gathered to celebrate the sacred herb. Due to my legal troubles we went to the event in San Francisco again this year. In this article I want to cover the dispensaries in the Bay area that came to these events. These brave, wonderful people have the courage to do business in the face of danger, i.e., the Feds.

We spent a beautiful day surrounded by smoke, eats, music, and love. Not a cop in sight all day. The reason for that was simple—we didn't need policing. Why again? Simple, we were *not* being criminals. With several thousand people, one might've expected a problem or two. But the biggest problem was that Bill Panzen's band blew a fuse, and I had to speak ten minutes, instead of five, so they could fix it. It was really a great day for all.

Now let us get to the shops. There were ten to twelve dispensaries, with booths and people passing out info and goodies. All of our favorites were there, like the reigning queens of the Height, Nellie and Mona, the charming Randi, and the lovely D, were all out to show their support. Our darling Ariana, the princess of herb, also joined us for a great day.



The shops were all wonderful, giving out all kinds of stuff, from information to special treats for card-carrying patients. I cannot thank Dana Beal enough for all his years of dedication. It's a lifetime of work to be applauded by us all. We are very proud to have been part of it. Also big ups to Robin, our MC for the event, and Rodney and Ricky, who ran the show. Speaking of being proud, what about San Francisco? What a city! If it's not the best city in the world, it certainly compares with any other city that might lay claim to that title. Thank you, California.

Now for the rant. May 6 was about Mark Emery, my brothers and sisters in the world. To the people in Canada: If a man is not breaking a law in your country, and you won't arrest and prosecute him, then you damn well shouldn't let another country come in and put your citizens on trial. No matter who the country may be, they are wrong to try and enforce their laws in your country! Just like you would be wrong if you tried to enforce your laws in another country. Please write, call, march, protest, and do what you must to set Mark free and stop this once and for all. On Mark's behalf and for myself, thank you for reading this.

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Dr. Lester Grinspoon (December 1996)

Lester Grinspoon M.D. is a Professor Emeritus of Psychiatry at Harvard Medical School. He is the author of *Marijuana Reconsidered* and *Marijuana: The Forbidden Medicine*.
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OREGON COUNTRY FAIR 2006

Photos: Linda Senti



Main Stage.

Linda and I enjoyed a 7-hour drive through the heart of California and Oregon up I-5 to Eugene. Though hot, the ride was pleasant and the scenery spectacular. We were greeted by our co-hosts, Doc and our own lovely Valerie. Val had the room ready for us, with fruit, snacks, and other goodies. We went right to Fair

Central where there was some mix up over our press passes.

We met Robert, who kindly gave Linda and I VIP day passes. Thank you for your kindness, sir. We entered the fair soon thereafter and what a wonderful start to the weekend. I'm afraid I won't do justice to this event. It's the mother of all festivals. Earthdance, The Rainbow Gathering, and many related events all have roots in Oregon. It's the longest running event of its kind in the world, and this was its thirty-seventh year. It was thrilling to see hundreds of volunteers, some having worked for weeks on it. Many we met have been volunteering for many years.

Valerie is in her eighth or ninth year, and Doc has been there much longer. It's a huge undertaking to prepare for this event as it lays in a flood plain and floods to some extent each year covering most of the fair ground under 15 to 20 ft of water for months. No problem! Year after year these wonderful, dedicated people clean, rebuild, and clean some more. I'm not sure but I

think 40,000 or more may have attended over 3 days. There was almost no solid waste, as the fair was so well managed that almost all of it was recycled or composted. The crews were tight, well trained, and lived in their own camps.

As we entered the fair it was like an enchanted forest. The booths were pell-mell, scattered about in a rough figure-8; hence, the nickname "the eight." It was like hobbits or elves or some forest fairies laid out the town. It was beautiful, with its hodge-podge of nooks and crannies, and each filled with a new and different adventure. If it could be crafted by hand you could find it here, and the artists were superb. I

Absolutely fabulous.



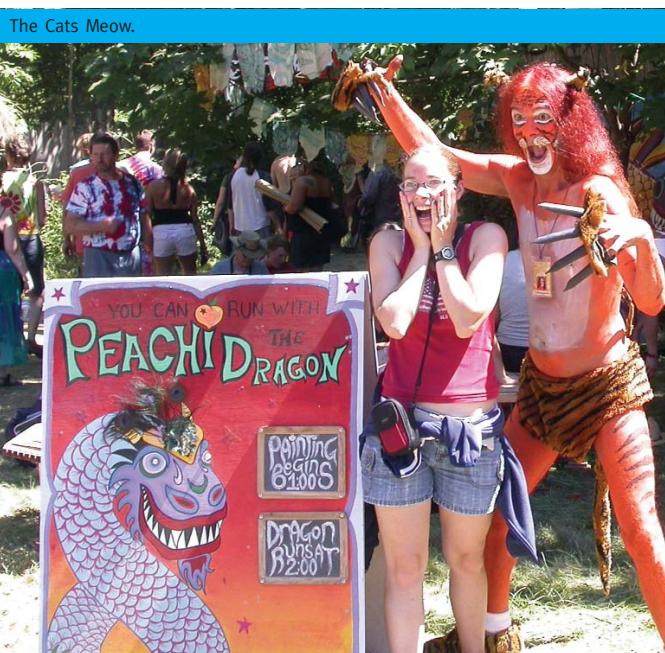
was in awe of the talent and beauty. We wandered for hours, only to be told by Val, as she finished her shift at the booth, that we had only seen the top half of the eight, leaving plenty for the next day. As we walked, we were entertained by a never-ending procession of costumes, outfits, traveling bands, jugglers, and more topless women than you could imagine, almost all beautifully painted. It was an honor to see those beautiful ladies who are proud of who and what they are. I salute you, my darlings.

Mr. Toad ride through a wonderland built by love and maintained by courage.

Saturday night after the crowd was gone the hundreds of volunteers and vendors partied, with a huge show on the main stage. Nighttime was magical, with fire dancers, lights of every kind and design, light sticks, and neon face and body paint. It was great.



Honey Bucket Aside, Pretty In Pink.



The Cats Meow.

There were only a few rules that one had to obey. Number 3 was NO PETS, number 2 was having the correct pass for admittance into specific areas and certain times of the day (security was very tight), and, my personal favorite, number 1: NO DRUGS, including alcohol. And, yes, they would throw you out in a minute. This was mostly a result of an uncaring, narrow-minded, and totally-without-compassion sheriff and D.A. I can't imagine why anyone would want to stop an event dedicated to a better world. I don't know for sure exactly what's wrong with clean air and water that doesn't have to be bottled, sustainable natural resources, equal rights, or maybe even a world without war. But these thoughts and dreams sure do seem to piss some people off very much. Why, honestly, I don't know, but it does.

Sunday before leaving I went back in "the eight" to get my little bitty pretty one, a pair of boots she just couldn't live without. In view of her health problems I marveled at her sense of humor and continued strength in the face of what would come. Leaving, we drove down the 5 to Grant's pass and cut over to the 101 and the coast. Linda has always enjoyed this route, and we had a marvelous time as we talked about the fair.

We can't thank enough the many wonderful people we met who made us feel so much a part of their family. Very special thanks to the ever thoughtful and darling Valerie, Doc, and Tommie. It was a great place to stay, and I suggest that you experience it at least once. Of course, if you do, you may, like Linda and I, plan to return year after year. If you do, please respect the rules. We need more—lots more—of these wonderful events, not less. So until the rules change, respect all that the fair family has done for us; somehow "thanks" just isn't enough. But, most of all, thanks to the many wonderful participants who attended. You all made it a fantastic show. See you next year!

There were stages everywhere, puppet shows, vaudeville, and all kinds of music. Individuals walked around doing all kinds of acts. There were parades of marching bands of all kinds. One of my highlights was meeting Em, who's a very talented artist. He had a bicycle rickshaw that he flew around the fair, with lights flashing and music blaring each time he needed a horn. It was really incredible as he's alter-able, having to lay nearly flat unable to see well. But he never lets you know it. His courage and talent are the envy of many. Happy and undaunted, he makes trip after trip, an exciting Mad Hatter's,

Eddy's Favorite Fairy.



Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light
Eddy

No PITY FROM THIS KITTY

Photos: Craig Lemire of Hello Jazz Productions



The Sabercats.

It's Tuesday and I am sitting at my dentist's office. I'm starting to really look forward to tomorrow because I'm going to do this story on the Sabercats, the arena football team for San Jose. It's one of the great perks of the S.F. Bay Area. When Linda and I lived closer to San Jose we went to a lot of games. If you've never been, go, go, go! It's great fun: fast, and entertaining. Every break in the action is a party: Cheerleaders shooting out free goodies, like t-shirts and other memorabilia, free pizza giveaways, and it's family oriented. There are no bad seats; the players are right in your lap. Balls flying into the stands are encouraged and a very welcomed souvenir for a lucky fan.

He's a wonderful leader. Perhaps someday we, as a world, will look at the numbers and the talent, the truth not the skin color. Well, back to the story.

Craig and I leave at 4 am. We stop in San Francisco long enough to drop off the darling Ariana, Princess of Herb, and drive about 4-5 hours to the Sunnyvale training center (their games are played at the H.P. Pavilion in San Jose). We get to the training facility as the first of the players arrive. I've watched most of the games this year and the Sabercats are great, with Mark Grieb as QB, Phil Grover running when necessary (they pass a lot), Clevan Thomas leading the D, and the

Mark Grieb QB.



Coach Arbet.



Ben Nelson.



Clevan Thomas.



I'm looking forward to meeting coach Arbet and am amazed at this guy's talent. His ability to coach is obvious and, he's at the top of all coaching categories. I can't believe a man with his talent isn't head coach in the NFL. Oops, I forgot he was black. I guess that explains it. For it's very apparent that it's not due to lack of ability:

great rookie Ben Nelson who was just six yards short of breaking the record for the most yards by a rookie in one season. They're extremely well conditioned, even the linemen, who are the largest, move with a smoothness and agility that's amazing for their size. Most play both defense and offense and some play every down. They are excellent

examples of conditioning and dedicated training.

Craig and I listen outside the stealth enclosure where they practice behind black canvas walls in secrecy and prepare to win another title. It's obvious as we catch little glimpses through the open gate that this is a very confident and well-coached team, "team" being the key word here. Coach Arbet has a very relaxed practice; it's easy to see how he's been able to rise to the top of his profession. It's

defensive huddle is a riot with him in it. He's very humorous and entertaining. Next was the gifted rookie Ben Nelson. We could tell he was the rookie. He was delightful as he talked about the game as only a rookie can (still can't believe that's he's really in the big show). He, like everyone else, is very conscious that, both in and out of season, he's eating right, getting enough sleep, and not overindulging. Like he said, he's "kinda a health nut." Then we got to talk to the team's offensive cannon, Mark Grieb. His record is

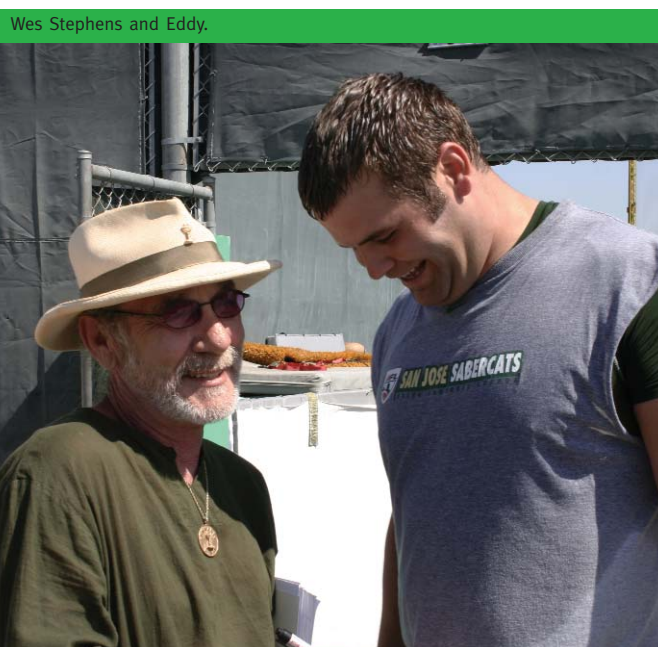


Phil Simon.

an honor to see a very talented man do what he so obviously loves to do. At one point I watch as he speaks to one of his players. A beautiful combination of almost father and son, yet friend to friend, and you knew who was who. He enters the 2006 season in the top of every career category, with an amazing post-season winning percentage of .692. He'll also take on the position of general manager this year in addition to his coaching.

Our host and head of publicity, Phil Simon, arrives and takes us in to watch practice. These guys are great. I really can't say enough good things about the AFL. It's a blast, lots and lots of action, even in practice. Craig shoots the team while Phil and I talk. He asks why we wanted to interview the Sabercats; I say well most cannabis magazines probably won't go where I go. But, if we can help all of us see each other, maybe it can help us get along better. These guys are heroes to many and if we can show why they deserve it then maybe the kids idealizing them will want to be like them and not the gangsters so many emulate. Nowhere was the coach's influence felt more than when, as practice ended and Phil introduced us to the players, I had a chance to talk with them. As I spoke to these likable young men, and they talked about their coach, I quickly noticed that Arbet had seen their talents as players, but, more than that, he had seen these men as the men they are: fierce, awesome, and even scary on the field, yet the kindest, most caring, well spoken young men you could ever meet, each with a definite respect and admiration for his leader and mentor.

We first met with the defense star Clevan Thomas, who spends 12 to 14 hours a week at home, as he says, icing down and studying film, another 11 hours a week at the field training, and, of course, the fun part: game day. Next we met Wes Stephens. I'm sure the



overwhelming; in his 8 years in the league he's risen to the top of every QB area possible. He's a very warm, kind man. As we spoke about his health and the effort to compete at a world-class level, he told me how he was very conscious about his quality of sleep, diet (paying particular attention to his intake and nutrient and protein levels), and exercising regularly. This was a pretty basic message but an extremely important one for us to hear: eat right, exercise regularly, and get good rest. Basically, eat less exercise more. It works. Just look at these guys! They're living proof.

I spoke with Mark about Linda and her battle with cancer. I told him how much we had loved going to the games when we lived closer to San Jose. He, like all these wonderful men, expressed his compassion and said he would hold her in his heart and prayers. As we left I told Phil the story about Linda and Mark and the other responses I had gotten from all the men I had talked to. After he expressed the same heartfelt wishes I jokingly said something to the effect of, make Linda happy and win the title for her. He, in the same spirit, said, "In fact, I'll tell the team: Let's win it for Linda!" All humor aside, though, it would make her very happy to see that happen.

So Linda and I both hope the very best for this team that's been such a pleasure to watch, for they have proved, win or loose, that they are champions. Thank you coach Arbet, Phil, and the rest of the guys on the team for the honor of sharing a little of your lives with us.

Remember: Respect All, Hurt None, Love One Another

Awaiting you in the One Light,
Eddy

PSILOCYBIN

(MAGIC) MUSHROOMS' MEDICAL BENEFITS



Warning/disclaimer: Do not consume any psychedelics such as psilocybin mushrooms if you have emotional or psychological upheaval in your life, schizophrenia, or early onset of mental illness. Do not operate any type of vehicles. Do not drive. If you are prescribed any medications with MAOI (harmine and harmaline), often found in prescription anti-depressants, check with your doctor if you are not 100% sure. Sixty-five percent of psilocybin is excreted in the urine within eight hours of ingestion, with the rest taking weeks to leave the body.

The following article was constructed from interviews with Grant W. Krieger, founder of the Grant W. Krieger Cannabis Research Foundation (<http://KriegerFoundation.com>), Krieger Foundation members with medical psilocybin mushrooms experiences, my own experiences (30+ years), credible books, and the Internet.

Grant W. Krieger Cannabis Research Foundation has been doing many years of medical cannabis and medical mushroom research, with a large number of medical-needs people.

When the topic of writing an article on psilocybin mushrooms' medical qualities was brought up on the TreatingYourself.com website, there were many closed-minded people wanting to stop the article from being published. Surprisingly, these same people have suffered the exact same attitudes in regards to

medical cannabis. I found it strange and disheartening. Yes, psilocybin mushrooms do have medical qualities; there are many studies old and new with credible scientific facts proving it, from relieving neurovascular headaches (cluster headaches) to obsessive-compulsive disorder (OCD) to anxiety in the dying to a mystical/religious experience, with some people still feeling upbeat months later. Psilocybin is one of the least toxic of currently studied hallucinogens. Potential for physical addiction and/or dependence is generally minimal, if at all.

A double blind study was completed, with very interesting results, at Johns Hopkins School of Medicine, led by Roland R. Griffiths, published in *Psychopharmacology*: "Sixty-one percent of subjects reported a 'complete mystical experience' after their psilocybin session, while only 13% reported such an outcome after their experience with methylphenidate [Ritalin]. Two months after taking psilocybin, 79% of the participants reported moderately to greatly increased life satisfaction and sense of well-being."

The human body needs proper rest/sleep to function properly, which includes healing itself. Despite a common belief, rapid eye movement (REM) sleep is not the best sleep for the human body. During the REM sleep stage, the activity of the brain is similar to that during waking hours. The deepest and most reju-

venating stage of sleep is the Delta sleep stage. Delta sleep is essential for a human body to function properly. A small amount of psilocybin will help the body enter Delta sleep easier and for longer periods of time.

Krieger suggests a person take .05 grams (amounts vary depending on each individual) at the exact same time every night 30 to 40 minutes before bedtime. The reason for this is to establish a rhythm (reset the human body's biological clock if you will). As each week passes the dose is increased by a small amount over a period of time. Each person is different, of course, so the amounts and lengths of time (days, weeks) have to be adjusted accordingly.

This happens by turning off the serotonergic neurons' filtering of information while you're awake. The same effect happens naturally when you enter Delta sleep, which is why humans tend to dream. The brain's medial temporal lobe is rich in serotonin synapses. Psilocybin affects the 5HT₂ receptor in particular and alters states of consciousness. The serotonin system (5-HT) is one of the most important and largest of the brain's synaptic chemical messengers. Serotonin synapses in the brain control functions like sleep, mood, and general arousal.

One of the many people Krieger worked with was an elderly gentleman over 80 years old. He was stricken with cancer in palliative care, incapacitated in a wheelchair, and unable to do anything on his own. He couldn't speak and drooled uncontrollably. Additionally, he was a double-leg amputee at the knees as a teenager but was able to use artificial legs for most of his adult life. His caregiver (daughter) was dead-set against cannabis, let alone psilocybin mushrooms. After Krieger properly educated the daughter she agreed to try a natural way of helping her father.

Krieger gave her strict instructions to administer cannabis butter and psilocybin mushrooms daily at the same time everyday without fail. One month later, when Krieger returned for a visit, the elderly man was able to sit up properly and carry on a conversation; however, he was still in somewhat of a fog due to the prescribed pharmaceutical medication morphine. After 3 months, on a return visit, the elderly man had blisters on the stumps of his legs. Krieger asked what happened. The elderly man proudly told Krieger that he was able to put on his arti-

“KRIEGER GAVE HER STRICT INSTRUCTIONS TO ADMINISTER CANNABIS BUTTER AND PSILOCYBIN MUSHROOMS DAILY AT THE SAME TIME EVERYDAY WITHOUT FAIL. ONE MONTH LATER, WHEN KRIEGER RETURNED FOR A VISIT, THE ELDERLY MAN WAS ABLE TO SIT UP PROPERLY AND CARRY ON A CONVERSATION; HOWEVER, HE WAS STILL IN SOMEWHAT OF A FOG DUE TO THE PRESCRIBED PHARMACEUTICAL MEDICATION MORPHINE.”



cial legs for the first time in many years and walk around the house and go on short walks. He had also gone shopping with his daughter, walking the whole length of a large shopping mall. “I’ll just have to toughen up my stumps again,” the elderly man proudly announced. Additionally, he was slowly cutting back on his prescribed pharmaceutical medications. After 4 months the elderly man was wrestling on the floor with his grandchildren and was able dance at both of his sons’ weddings. The daughter decides to tell the father’s doctor what has actually made the incredible improvements in her father’s health. The doctor convinces the daughter to stop the cannabis butter and psilo-

PSILOCYBIN

cybin mushroom treatments immediately. The elderly man died two weeks later.

Another person Krieger worked with was a dying lady (medical doctors' opinion), incapacitated in a wheelchair unable to do anything, with multiple sclerosis. Krieger had her on cannabis

a hangover in the morning, whereas the psilocybin mushroom didn't. The mushrooms actually gave her a more upbeat feeling the next day and she was able to function better.

Bert is also on psilocybin mushroom therapy and consumes cannabis butter for medical reasons. He was injured in an indus-



butter and .05 of a gram of psilocybin mushrooms for one month. After the month, the lady was able to get 4 hours of Delta sleep each night. The woman's husband (caregiver) took Krieger aside and asked him, "Are you performing black magic in my home?" With his wife being able to sleep, and him finally getting rest, the couple's health seemed to be improving already. During the second month, the dose of psilocybin mushrooms was doubled to .1 gram and the lady's Delta sleep increased to at least 6.5 hours per night. The third month there was another increase in the dose of psilocybin mushrooms. Afterwards, the couple was getting at least 8 hours of sleep each night. Six months later, with massage therapy added, the lady was walking around and able to enjoy a quality life once again. She was eventually able to end the psilocybin mushroom dose and massage therapy for 18 months before having to go back on the mushroom therapy for a period of time.

Another elderly lady seemed to grow an inch, even though the elderly don't grow. Krieger explained that it was due to the cannabis butter, psilocybin mushrooms, and massage therapy, which allowed the muscles to relax and the back to straighten up properly.

Here are two more examples (both Donna and Bert started their mushroom therapy at 0.5 g):

Donna (Sedative Ocean) is on psilocybin mushroom therapy and consumes cannabis butter for medical reasons. Donna found it took about 7 to 10 days to adjust to a schedule. Within one month she felt her biological clock had been reset properly, because she was sleeping normally. Donna had used pharmaceutical sleeping pills in the past but found that they gave her

trial accident. Before starting cannabis and psilocybin mushroom therapy he had to sleep sitting up in a chair and was only getting an hour of sleep at a time, at best, due to his pain. He wouldn't take pharmaceutical sleeping pills because he has two family members who have physical addictions to them. The first time Bert met Krieger, he noticed some serious issues with Bert right away. After having a conversation and physically checking him, Krieger recommended cannabis butter, psilocybin mushrooms, and massage therapy. Bert was desperate and immediately agreed to try Krieger's recommendations. On his way home with a free supply of cannabis butter and psilocybin mushrooms given to him by Krieger, he was stopped by the RCMP and charged with possession of cannabis and psilocybin mushrooms. Krieger had his lawyer call the crown prosecutor and the charges were dropped before a trial could even begin. Why were the charges dropped? It was *medicinal* use of cannabis and psilocybin mushrooms.

I have included a quote told to me from a non-cannabis consumer suffering from obsessive-compulsive disorder (OCD). "If I can do 1 to 2 grams of psilocybin mushrooms every 4 or 5 days I do not suffer from obsessive-compulsive disorder effects."

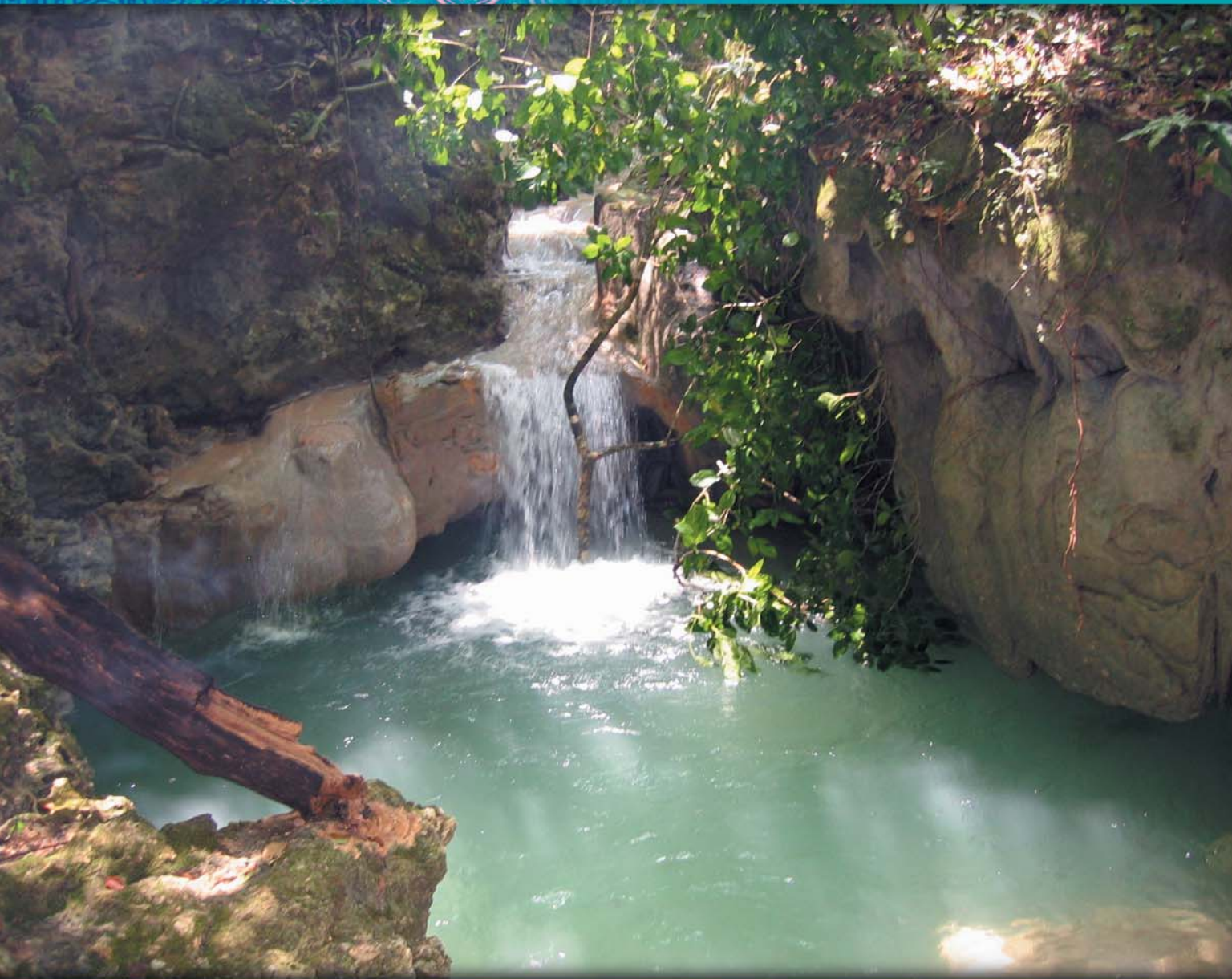
Keith Fagin
Calgary 420 Cannabis Community Founder
<http://Calgary420.ca/>

Editors Note: Everyone's entitled to his/her opinion! That said I would have to disagree with Keith about *all* TY members being against our Mushroom Feature. Only a handful was against it and *not* the majority of the TY online community.

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PSILOCYBIN

AS MEDICINE IN THE TWENTY-FIRST CENTURY



Ban Phang Ka

There has been a long history of the use of low doses of potentially psychedelic drugs for the treatment of a wide array of physiological and psychological conditions. There are several over-the-counter remedies that qualify, like Dramamine, Benedryl, and dextromethorphan, which are respectively used to treat nausea, allergies, and cough. More frequently, drugs that qualify are only provided through prescription. For example, the ergot alkaloid ergonovine and its synthetic analog methylergonovine are both used in obstetrics because of their oxytocic properties. At doses approximately ten times those utilized for their medical uses, the five chemicals listed above produce disassociating and psychedelic effects, respectively. Another class of drugs used in psychiatry, with a history of use as psychedelics, is the monoamine oxidase inhibitors (MAOIs), which are commonly prescribed to treat depression.

Despite these observations, many of our readers might be startled to learn that the psychedelic indolamine psilocybin has been suggested to be beneficial for a variety of medical conditions. Psilocybin is the more stable of the two primary active chemicals in psychedelic mushrooms. The FDA has approved two preliminary studies into the use of psilocybin. One study is investigating treating obsessive-compulsive disorder (OCD) with psilocybin. The other study is testing psilocybin's ability to reduce physical pain, and the anxiety and depression associated with fear of dying in stage IV cancer patients. Researchers at Harvard Medical School are currently seeking approval for a third study into the even more promising use of sub-recreational doses of psilocybin and LSD25 as treatments for cluster headaches. These three preliminary studies, backed by a troop of case reports, may potentially open the door for future clinical trials into therapeutic uses of psilocybin.

Obsessive-Compulsive Disorder

Obsessive-compulsive disorder is a frequently occurring condition in western culture. Those who suffer from OCD experience uncontrollable and inappropriate obsessive thoughts, which the sufferer knows to be a product of his/her own mind but is powerless to stop. These thoughts often concern cleanliness of the hands, issues of safety, like “Was the oven left on?” and issues of order and tid-



Tak 1st flush day.

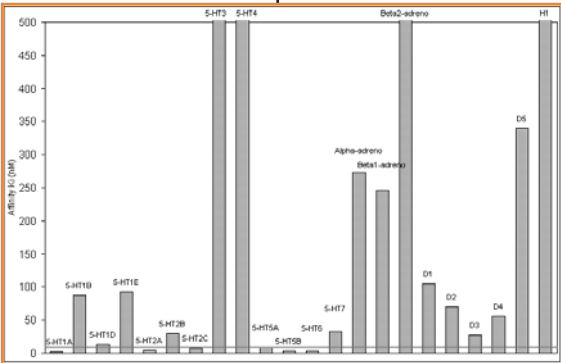
ness in the environment. As a reaction to, and in an attempt to control, the obsessive and intrusive thoughts, the individual will begin to feel compelled to practice ritualistic and repetitive behaviors. These behaviors often consist of things like hand washing, counting, and checking. Yet the behaviors do not provide any relief from the individual’s concerns about cleanliness, dangers, such as the oven, or any other obsession. These behaviors can, and often do, become so extreme that they consume hours a day and prevent the sufferer from attending work or leading a normal social life. Attempts to stop the behaviors inevitably end in failure, and exaggerated anxiety and stress in the individual (1).

Selective serotonin reuptake inhibitors (SSRIs) represent one of the primary effective treatments for OCD. This has lead to the “serotonin hypothesis” of OCD, which suggests that the brains of those suffering from OCD and related conditions have a greater number of serotonin (5-HT) 2A and 2C receptors and potentially dysfunctional 5-HT1 receptors (1). In general, this has the effect of reducing the ability of 5-HT to activate enough of these receptors to trigger the next cell in line to fire as and when it properly should. This is because firing a neuron requires that a certain threshold *percentage* of its receptors be activated in close enough temporal proximity; therefore, the firing frequency of 5-HT neurons will drop if the level of 5-HT stays the same while the number of

receptors increases. It will also drop if a type of receptor is dysfunctional in such a fashion as to reduce binding affinity of 5-HT for that receptor. Drugs like SSRIs help to alleviate this situation to a degree. They achieve this by decreasing how quickly 5-HT is returned to the pre-synaptic neuron for reuse and, as a result, more 5-HT becomes available to the receptors (1). However, what SSRIs do not do is target the specific afflicted receptors in OCD sufferers, and this would be preferable.



One class of chemicals that shows a very high affinity to bind to, and activate, all three afflicted receptors are the indolamine hallucinogens, like LSD25 (Figure 1) and psilocybin. All these drugs also quickly produce a substantial tolerance through the reduction of the number of 5-HT2 receptors expressed on the surface of postsynaptic neurons (2, 3); therefore, one could reasonably predict that these chemicals would produce improvement in patients suffering from OCD and, indeed, preliminary reports confirm this prediction.



PSILOCYBIN

room intoxication (6). Since BDD is a closely related and often co-occurring condition to OCD, this provides further support to the theory that psilocybin and related compounds may help in the treatment of OCD.

More recently, in 1997, Moreno and Delgado described a man of 34 who had suffered from OCD since he was 6 years old. In his late teens he began the recreational use of the psychedelic drugs mescaline and psilocybin mushrooms. After the patient observed that his symptoms vanished during psychedelic intoxication he started taking a low dose of psilocybin mushrooms daily. This continued for 4 years during which the patient did not experience any psychedelic effects due to developing a high tolerance to the drug. Not only did he receive constant relief from his symptoms for 4 years but the relief continued for 2 years after he stopped using the mushrooms, after which the symptoms gradually returned (7).

Together, these observations concerning the effect of psychedelics on the expression of OCD led to Moreno, Delgado, and their colleague Gelenburg to petition the FDA for permission to study the use of psilocybin to treat OCD in ten volunteer patients. On the 8 of May 2001 the researchers received approval to perform their study from the FDA, the first study in 25 years into the psychiatric use of psychedelic drugs. Subjects in the study would be given up to four treatments, separated by at least 2 weeks. Each treatment consisted of a 2-day stay in the hospital where they'd receive a dose of psilocybin and 8 hours observation, with a follow-up interview and symptom evaluation the next day (8). Unfortunately, only eight subjects completed the study due to lack of funding, but there were no reported complications or apparent lasting effects on the subjects (9). If this study yielded positive results concerning the effects of psilocybin to suppress OCD, the door would open for research into a new class of drugs aimed at addressing the root of OCD symptoms more selectively than the current, favorite SSRIs. In fact, in 2005, Sard and colleagues reported that a psilocybin ana-



log, selective 5-HT_{2C} agonist 1-methylpsilocin, proved effective in an animal model of OCD (10).

Terminal Cancer

Perhaps the most well known use of psychedelic drugs in medical practice concerns their use to aid in psychotherapy. Since most of this research occurred before 1967 when LSD₂₅ became a controlled substance in the US (11), often people discredit it as lacking in standards, direction, repeatability, or promise. Indeed, there are many ways to dismiss such research as being sound, especially when dealing with powerful mind-altering, illegal drugs, the very

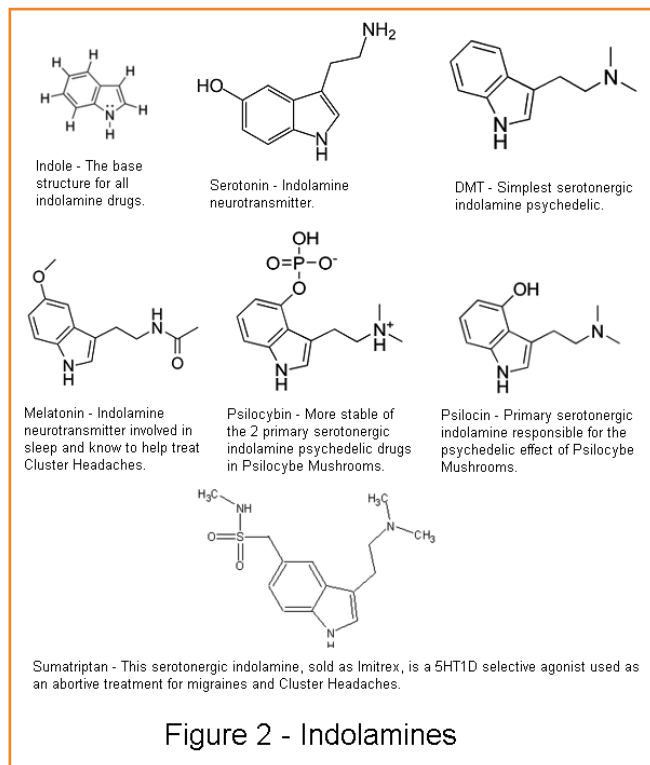


Figure 2 - Indolamines

effect of which is to induce a temporary psychosis. Despite this stigma, in the September 1995 issue of *FDA Consumer Magazine*, Paula Kurtzweil, a member of FDA's public affairs staff, reported that hallucinogens have the following "promising potential" (12):

"In a study of 31 cancer patients suffering from



anxiety, depression and uncontrollable pain, 71 percent showed improvement in their physical and emotional status after each LSD session.

According to (Dr Richard) Yensen, researchers also observed that many cancer patients receiving LSD reported that their desire for addictive pain medicines, such as morphine, had diminished or vanished, along with the pain."

True to their word, in 2003 the FDA approved a new pilot study by Charles S. Grob, MD, into the use of psilocybin to treat anxiety, depression, and persistent physical pain in twelve Stage IV cancer

patients (13). Overall, there are several reasons why someone may find the approval of this study surprising. To start with, the study addresses anxiety and depression and, in so doing, appears to be a throwback to what many feel should be a forgotten era of psychedelic research. As well, the study suggests that drugs that primarily activate 5-HT receptors can affect pain. Considering that most drugs used to treat major pain work on opiate receptors this assertion seems suspect.

Despite these objections, one must remember the 1995 statements by the FDA concerning LSD25 and cancer. It is also important to note that this study was partially inspired by the 2001 report by the National Cancer Policy Board of the Institute of Medicine and National Research Council in which they advised the investigation into methods and agents novel to, or conventionally ignored by, science in the treatment of cancer (13).

The link between 5-HT and antinociception, or the blocking of the perception of pain, is more straightforward than many readers may guess. In the opioid pathways responsible for controlling pain there is a brain region known as the thalamic nucleus submedius (TNS). Serotonin neurons, which originate in the TNS, descend from the brain to the spinal cord where they synapse with ascending pain pathways and the substance P (for Pain), releasing neurons in the spinal cord. Activating 5-HT_{1A} and 5-HT₂ receptors on neurons in the TNS results in the inhibition of both the release of substance P and the activation of the pain neurons ascending to the brain, thereby producing antinociception (14, 15, 16, and 17). Psychedelic drugs like LSD, mescaline, and psilocybin all potently bind to and activate 5-HT₂ receptors and even more potently activate 5-HT_{1A} receptors (Figure 1). As a result, psychedelic drugs are effective at inhibiting the perception of pain originating in the periphery of the body.

Another factor that may have influenced the choice of the FDA to approve this study is that 5-HT₁ & 2 receptors are both involved in the vasoconstriction of blood vessels feeding certain kinds of tumors (18). If blood flow is reduced to the tumor it no longer receives all the food and oxygen it requires to grow. If the vasoconstriction is great enough it can reduce the size of the tumor and may even lead to remission. Once again, psychedelic drugs have a great affinity for both indicated receptors.

For Dr. Grob's study, each participant was admitted to the hospital overnight on two separate occasions to receive "treatment." For all participants, one of the treatments was psilocybin and the other was a placebo. Whether the placebo or psilocybin came first was randomly determined for each participant. Neither the person administering the treatment nor the participant knew which order they were administered, affording the study double-blind status. During their hospital stay, participants filled out questionnaires, inquiring about their feelings, mood, and level of pain. Subjects were also encouraged to bring small keepsakes, photos, and favorite music to the treatment sessions (13).

Perhaps this is the beginning of a new avenue in the care of terminally-ill cancer patients struggling to come to terms with their own imminent death and the affect this will have on their loved ones while suffering tremendous physical pain. On thing seems certain, though: patients' current care options are not considered satisfactory, often focusing more on the treatment of physical pain with opiates while underplaying, or even outright ignoring, the psychological well being of patients. This is compounded by the fact that opiates often cause depression, anxiety, severe cognitive impairment, and confusion, significantly lowering the quality of life for both patients and their families. Perhaps it is time for a new paradigm. One where we recognize the body, mind, and soul as a uni-



fied whole, and design our medical treatments accordingly.

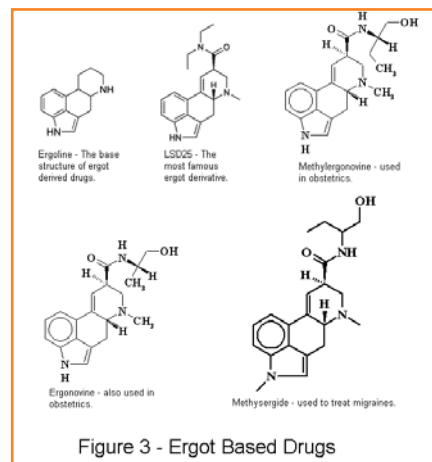
Cluster Headaches

The sufferers of cluster headaches are by far the most vocal and ambitious supporters of the therapeutic potential of major psychedelics—and with good reason. The comparison between the obvious severity of the condition versus the overwhelming and blatant improvement of quality of life following only one or two sub-recreation doses of drugs like LSD or psilocybin is dramatic. This improvement is also repeatedly observed in case study after case study (19, 20, and 21). Surprisingly, a study into the treatment of this condition using psychedelic drugs has yet to be approved by the FDA.

For those readers that do not know, cluster headaches are a relatively rare form of migraines. They are commonly considered *the* most painful experience known to humankind, more painful than kidney stones, natural childbirth, or limb amputation without anesthetic (22). A related experience, which is much less severe, may help yield some perspective on the location and kind of pain involved with cluster headaches. This phenomenon is known to many people as brain freeze and is actually produced by a similar but transitory swelling of the blood vessels around the ophthalmic

nerve bundle (23). In light of the pain cluster headaches produce, that they are also known as Suicide Headaches should come as no surprise. Indeed, in an ongoing survey, out of 194 cluster headache sufferers responding worldwide, 65.48% had considered suicide while 9.14% had actually attempted it (24). Statistics could not be found on the actual prevalence of successful suicides in this population.

The pain is produced by intense vasodilatation of the blood vessels surrounding the trigeminal and ophthalmic nerve bundles in the head. These nerve bundles provide the main lines of communication between the brain, face, and eye, respectively. The vasodilata-



Flowering peyote with 2 fruit.

tion puts great pressure on these nerve bundles, resulting in immeasurable pain perceived in the teeth, sinuses, and especially behind the eye. There is one set of both these nerves on each side of the face. Attacks usually occur on just one side of the face at a time but have been known to switch sides (22).

Attacks usually come on quickly, building to peak intensity in as little as 5 minutes. They can last from 15 minutes to 3 hours and occur once a day to as many as eight or nine times a day, often with clock-setting regularity (24). There are two primary classes of cluster headache sufferers: episodic and chronic. Episodic episodes occur with periodic regularity, either at the same time each year or separated by the same interval between each occurrence. Episodes can last from 7-365 days with at least a 1-month break from pain between episodes. If the attack lasts longer than a year without going into remission for at least a month the condition is considered chronic. Some patients who start as episodic sufferers eventually become chronic sufferers (22).

Treatments for cluster headaches are usually divided into three basic groups of effectiveness. Abortive agents are used to halt the progression of individual headache attacks. Other agents are effective at terminating entire episodes. Prophylactic agents go beyond this to either extend episode remission or skip an entire episode

the first return on a search for “cluster headaches” at Erowid.org (20).

There are a couple of items of particular interest found in this synopsis. The first is an experiment performed by Flash on himself. Alcohol is a known trigger for migraines and cluster headaches. Flash induced a cluster headache by drinking a “large glass of whiskey.” Tea was made in advance from 1/4 of what would be considered a recreational dose of psilocybin mushrooms. As the headache began to peak, the tea was consumed over a 15-minute period. A short while later the headache suddenly stopped completely. Flash reported that this single sub-hallucinogenic dose provided relief from expected cluster headache episodes for 12 months (20).

The second item of interest is the observation that treatments are often devastatingly expensive. For example, sumatriptan, sold as Imitrex, requires an injection for every treatment. For some patients, individual treatments are required to abort each and every headache in an episode. At \$35 (USD) per injection, three plus times a day for months, the cost can add up quickly. Sumatriptan is a close chemical relative to psilocybin. When comparing multiple daily injections for several weeks or months to one or two sub-recreational doses of mushroom tea every 6-12 months, much of the

Thai king cube.



cycle (21). When taken continuously some agents can make the condition worse in the long run, resulting in the precipitation of an episodic patient becoming chronic (25). Lacking an actually cure, the best treatments would act at all levels of effectiveness for the majority of those receiving the treatment.

Recently, there has been a substantial trend in the international community of cluster headache sufferers to use psilocybin mushrooms and LSD25 to treat their symptoms. In the Internet community, an individual going by the handle Flash initiated this trend in November 1999 on the forums at clusterheadaches.com. A powerful synopsis of the discussions that followed and several treatment experiences reported by cluster headache sufferers can be found as

appeal behind the psilocybin treatment choice becomes clear (20).

The final item of interest concerns the observations by cluster headache sufferers and their caregivers of the dramatic effect psilocybin tea can have in aborting headaches. The following was observed 10 minutes after the patient drank tea made from approximately 3/4 teaspoon dried psilocybin mushrooms during a particularly severe attack.

He complained about being cold, very cold, rocking with his head clenched in his hands from a sitting-up position to his head on his knees and up again, moaning, “Oh God, oh

God.” Then he came up and said, “OH MY GOD!” Then it was gone. Between being in an upright position and rocking forward to his knees it disappeared! He was rubbing his head and smiling and wiping tears away and saying, “I can’t believe I was just suffering so much! It’s gone completely. It’s gone!”

- Monique (on Greg’s experience)

Monique’s report appears to typify the experience of most cluster headache sufferers who have tried to relieve their suffering with a major psychedelic. When relief occurs it is usually fast and complete (20).

The duration of relief varies from individual to individual, a point made clear by a new survey of cluster headache sufferers recently published in a 2006 issue of *Neurology*. Sewell, Halpern, and Pope surveyed 383 cluster patients; only 53 consented to a more in-depth interview and check of their medical records. Of the 53 interviewed, one had only tried LSD25 to treat headaches, 8 had tried both LSD25 and mushrooms, and the remaining 44 had tried mushrooms only. Sub-psychedelic doses produced therapeutic results in 22% of the LSD25 group and 42% of the mushroom group. There were several categories of relief measured in the survey. Of the respondents to each category, 85% reported mushrooms aborted headaches, 52% reported an episode termination with mushrooms, 88% with LSD25, and 95% reported prophylaxis of their next episode with mushrooms, 80% with LSD25. In a secondary analysis performed on the remaining survey responders, 52% reported terminating at least one episode with mushrooms (21).

Overall, the results are promising. Often doses so small as to not induce noticeable psychedelic effects appear to produce therapeutic results. Psychedelic drugs were reported to be effective treatments by a majority of respondents for all three levels of relief: abortive, episode termination, and prophylaxis. This report should go a long way to help Halpern obtain FDA approval for a Harvard-based study into the use of these drugs to treat cluster headaches. Until now, all information on the topic came from anecdotal reports from individuals attempting to treat their condition on their own. A controlled double-blind study has yet to be conducted, which is what Halpern proposes.



“FOR OVER THREE DECADES NOW, RESEARCH INTO THE MEDICAL POTENTIAL OF MAJOR PSYCHEDELICS WAS VIEWED CULTURALLY AS TABOO, AND APPROVAL OF NEW RESEARCH WAS ESSENTIALLY UNHEARD OF.”

So far, a two-part theory exists to explain how psychedelics may be providing these therapeutic results for cluster headache sufferers. The first part is better understood and concerns the immediate cause of the pain experienced in cluster headaches—the vasodilation. Psychedelic drugs can easily (to reasonably easily) bind to the 5HT_{1D} receptor responsible for vasoconstriction in the brain (26). In fact, Imiprex is a selective agonist at the 5HT_{1D} receptor but, as reported above, Imiprex is an abortive agent and does not tend to produce prophylaxis (27). The second half of the theory is a bit foggy but the prophylaxis may result from longer-term changes to the hypothalamus, possibly mediated through activation of 5HT_{1A} receptors (26) and/or through a change in gene expression exerted by these drugs (28, 29, 30). Psychedelic drugs are extremely potent agonists at 5HT_{1A} receptors (Figure 1). What is clear is that whichever way they do it, the major psychedelics produce both abortive and prophylactic properties in the treatment of cluster headaches, which goes beyond simple 5HT_{1D}-activated vasoconstriction.

Conclusion

For over three decades now, research into the medical potential of major psychedelics was viewed culturally as taboo, and approval of new research was essentially unheard of. This was a product of the stigma associated with the recreational use of these drugs and the banning of LSD and other hallucinogens by the federal government. Whether deserved or not, a strong stigma still exists in both the scientific community and the public at large in the use of psychedelic drugs to aid in psychotherapy. As there have been significant improvements in the standardization and use of the scientific method in psychology and psychopharmacology since these drugs were banned, the time to give them a second look as psychotherapeutic agents may be quickly approaching. Whatever our cultural stance on the more intangible potential uses of psychedelic drugs, the case reports and pilot studies discussed above should make it clear that in ignoring this class of drugs we have also ignored the potential aid they may offer as valid medications. If one examines Figures 2 & 3 and compares the chemical structures of psychedelic drugs to that of other drugs already in use for some of the conditions discussed above it quickly becomes obvious why pharmaceutical companies are rarely surprised to hear the therapeutic results reported by patients experimenting with psychedelic drugs. They already know these drugs should provide therapeutic relief for some conditions; their hands are just tied to do anything about it. The time has come for our culture and government to begin loosening their bonds.

By Ally (a.k.a. pflower)
“Preserve Neural Plasticity”

Mushroom pictures provided by www.mushroomjohn.com. Thank you John Allen!

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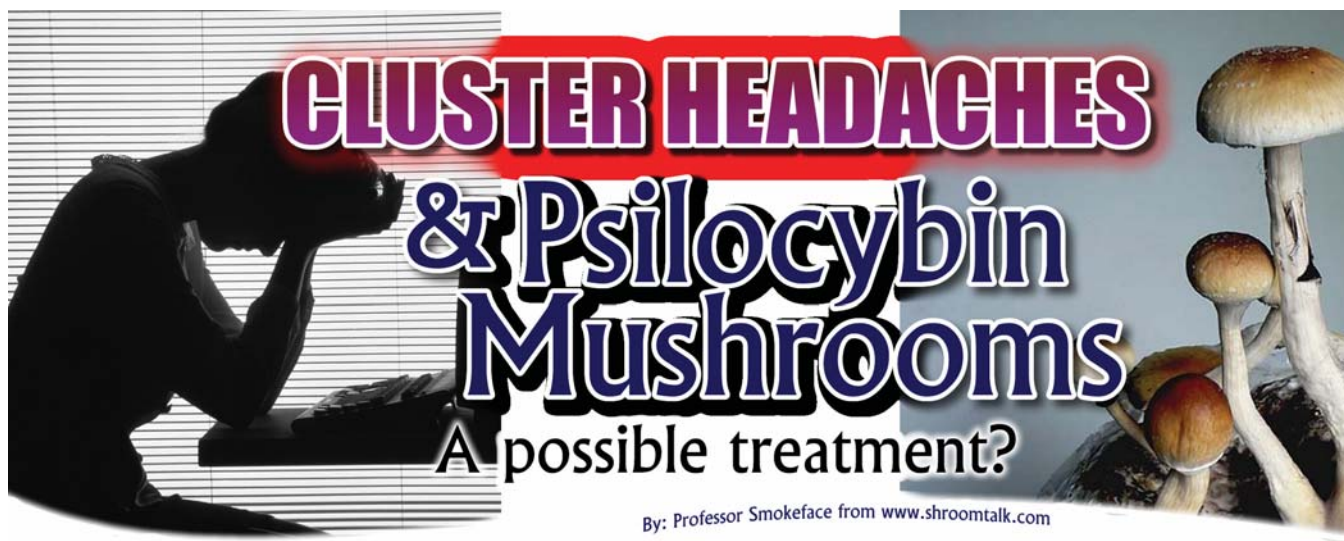
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Patient Resources

OCD:
<http://www.maps.org/news/1099news.html>

Cancer:
<http://www.clinicaltrials.gov/show/NCT00302744>

Cluster Headaches:
<http://www.clusterbusters.com/>
<http://www.maps.org/research/cluster/psilo-ld/>
<http://www.clusterheadaches.ca/DesktopDefault.aspx>
<http://www.ouch-us.org/index.shtml>



What is a Cluster Headache?

Basically, a cluster headache is a rare headache that occurs in groups or clusters. Typically, a person will experience very severe pain of a piercing quality near one eye or temple that lasts between 15 minutes and 3 hours. Some other symptoms include drooping eyelids, red and watery eyes, and nasal congestion on the affected side of the face. In an episodic cluster headache it can occur once or more daily, often at the same time, for a period of several weeks. The episode is usually followed with a headache-free period lasting weeks, months, or even years. In a nutshell they are extremely painful and can be debilitating.

Medical Treatment

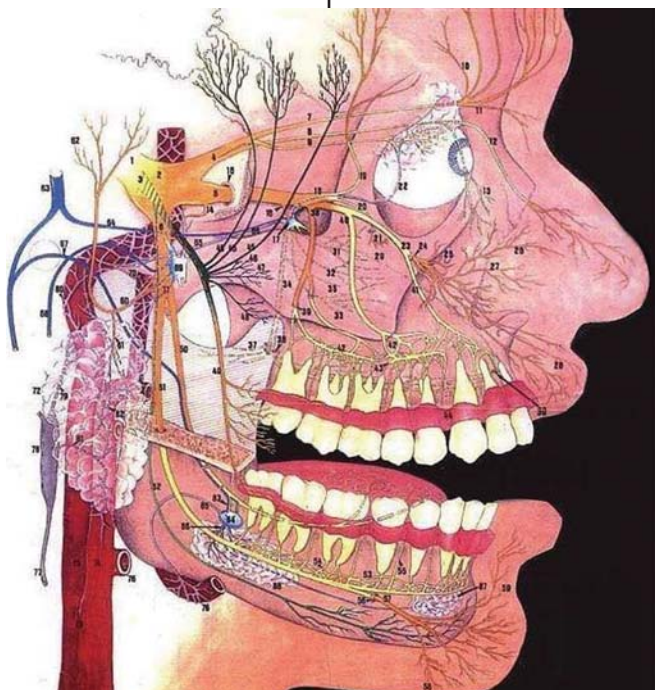
Many doctors are unfamiliar with the disease and it can go undiagnosed for many years. Over the counter medications (such as aspirin, acetaminophen, and ibuprofen) have no effect on dulling the pain from a cluster headache. Some have reported partial relief taking narcotic painkillers but the frequency of their use in a cluster cycle (1-3 times a day) often disqualifies them. Other medications are classified as either abortive or preventative, but patient response to these drugs is highly variable and unreliable. Other reported supplements and natural methods have also had small successes but there is no known cure or absolute treatment.

What is Psilocybin?

Psilocybin is a psychedelic alkaloid of the tryptamine family. It is present in many species of fungi, especially the famous "shrooms" or "magic mushrooms." What is interesting to note is that these psilocybin mushrooms are one of the only life forms on Earth that naturally produce this chemical. Psilocybin also happens to resemble serotonin, a chemical synthesized in the human brain that plays an important role in the regulation of our lives, including mood, sleep, sexuality, emotions, and appetite.

Can psilocybin help with cluster headaches? Apparently yes. There has been several cases reported from cluster headache sufferers that the use of psilocybin mushrooms can reduce the frequency and severity of cluster headaches. In some cases the mushroom dosage was able to completely interrupt a cycle and provide relief until the next episode started.

MAPS (Multidisciplinary Association for Psychedelic Studies) has been developing research into the use of psilocybin and LSD in the treatment of cluster headaches. Using a series of questionnaires posted on www.clusterbusters.com and www.erowid.org doctors can analyze the responses and develop a study directly investigating psilocybin as a potential treatment for cluster headaches.



The investigators are currently working on designing a pilot study where people will be assigned to receive low or high doses of psilocybin or LSD to see whether these substances will interrupt an ongoing cluster headache cycle. If study results are promising, then further research studies will be designed and conducted. Possibly leading to psilocybin becoming legal.

The most interesting thing that differentiates psilocybin (and LSD) from other CH medications is that it does more than just abort or prevent an attack from occurring; it actually terminates the entire CH "cycle" for an extended period of time, long after all traces of it have vanished from the body. Please note, however, that not all people should use magic mushrooms to treat their cluster headaches. There might be problems with this treatment for some people, and mushrooms may interact with other drugs.

Another factor to consider before using psilocybin mushrooms or LSD as a possible treatment is the legality. Psilocybin mushrooms themselves are not specifically named in the U.S. federal scheduling system;

however, their two primary active chemicals (psilocybin and psilocin) are both DEA Schedule 1. Since two substances are illegal to possess, fresh or dried magic mushrooms are also illegal. But the spores dropped from the mushrooms contain no psilocybin and are legal to sell and possess in all states except California, Georgia, and Idaho.

Should I Stop Taking My Current Medication?

If you want to try using magic mushrooms as a treatment you must detoxify from your current medications. Other medication can possibly inhibit or entirely eliminate the effectiveness of psilocybin, or the exact opposite, greatly increasing the effects that can cause serious problems.

How Does Psilocybin React With the Human Brain?

Psilocybin is a psychoactive because it closely resembles the structures of neurotransmitters that convey impulses from one nerve to another in the brain. Examples are serotonin and norepinephrine. The hallucinogenic molecules fit into the same receptors as the neurotransmitter and overstimulate them, leading to false signals being created.

Once the body begins to break down the flesh of the mushrooms and

whole blood during attacks of cluster headaches, whereas platelet serotonin levels fall precipitously during migraine attacks. Waldenlind et al. (1985) found low whole blood serotonin levels among cluster patients both during an active bout *and* remissions, comparable to levels found among migraine patients. When the mechanism for cluster headaches takes place in the brain and an episode begins, the psilocybin may shock the body into resetting the imbalance ahead of schedule. Similar to how you would smack the television when the reception gets fuzzy.

After absorption the molecules of psilocybin bind to the 5-HT receptor sites in the brain that normally would be occupied by 5-HT (serotonin) molecules. Instead, the signal that gets sent up the axon of the affected neuron is slightly different than the signal that gets sent when it is occupied by a serotonin molecule. The results of this slightly altered signal are various psychedelic perceptions. But another result is that a signal gets sent to the hypothalamus (or whatever else it is in our brain that periodically initiates a cluster cycle), telling it to “reset” itself to its normal mode. But there’s something else that happens as well. One of the most widely reported side effects of using psilocybin mushrooms is the tolerance effect. For several days after a significant dose of a hallucinogen,

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expose the psilocybin, it’s converted to psilocin via enzymes in the body. The psilocin then acts as an agonist at the 5-HT serotonin receptor in the brain where it mimics the effects of serotonin. Hallucinatory effects can occur with larger doses but usually the effects are pleasant or ecstatic, including a sense of connection with others.

How Do Cluster Headaches Work?

Cluster headaches are usually described as a vascular headache; however, the striking circadian rhythm of this strictly half-sided pain syndrome cannot be readily explained by the vascular hypothesis. Some findings have shown that in the acute pain state, activation was seen in the ipsilateral inferior hypothalamic grey matter, the contralateral ventroposterior thalamus, the anterior cingulate cortex, and bilaterally in the insulae. More studies are needed to give equal weight to the pathological and physiological mechanisms that are at work.

Serotonin, Psilocybin, and Cluster Headaches

Serotonin alterations are subtler in patients with cluster headaches than in migraines. Medina et al. (1979) found large elevations of serotonin in

such as LSD or psilocybin, the receptivity of the binding sites is altered. This alteration seems to put the synapses in a state of confusion, setting an expected episode off and delaying the start of another cycle.

There is currently work being done at the Harvard Medical School regarding official research into this treatment. Also, organizations like MAPS (www.maps.org) are in need of funding to develop research into the use of psilocybin in the treatment of cluster headaches. We hope that there will soon be an official FDA-approved study that cluster sufferers will be able to participate in. You can learn more about mushrooms and other mycology-related topics at Shroomtalk Forums online at www.shroomtalk.com.

You can also get everything you need to learn about growing mushrooms and mycology at websites like www.mushbox.com and www.spores101.com.

Professor Smokeface
www.shroomtalk.com

A PERSONAL ACCOUNT ON MEDICINAL MAGIC MUSHROOMS



I'd like to make a contribution to the discussion of growing and using magic mushrooms for medicinal purposes, having recently grown and dosed with them for the first time.

I'm a 40-year-old male and my background involves a troubled upbringing that included psychological and physical abuse and the trauma that often follows in their wake. Although I've come to terms with much of my past I still have some dark lingering shadows, but I don't feel the trauma as acutely as I once did. Thankfully, I haven't touched any alcohol in 5 years, which used to really add to my problems.

I've always been interested in the healing power of medicinal herbs over other treatments, having been prescribed antidepressants and sedatives in the past that didn't do me much good. I often found that they masked symptoms with worse ones. Cannabis, on the other hand, was a far more effective treatment for my anxiety and depression, not to mention safer. This is why I like to grow and use my own medicine in a responsible manner and why I was open to other herbal treatments.

I was pretty intrigued when I read somewhere that magic mushrooms

have been used for the treatment of anxiety and alcoholism; it suggested that it could be of benefit to me. So I looked into ways of acquiring some spores and researched the topic more fully, which led me to www.fsccanada.com where for \$2.00 in postage they'll send out a free spore print. Given my meager circumstances, this charitable arrangement was ideal, especially as the price of a kit is definitely out of my reach. The kits also seemed to be a waste of money, unless, for some reason, you weren't able to spend the time and effort in setting things up; then, I guess, they'd be very useful. It's how I found myself in possession of a Cambodian *psilocybe cubensis* print. Now all that was needed was to grow them.

I'd been visiting the excellent and informative www.shroomery.com and www.mycotopia.net for some time and reading as much as I could about the different growing options (teks), of which there are many. I felt confident enough after about a month of researching to go with a bulk grow on straw/manure, thinking it'd be better to grow one big lot and preserve them if I could.

First, I inoculated some well-prepared (sterilized) birdseed in a glass jar by scraping some of the print straight onto the seed and shaking the jar. It was then left in a dark, warm spot to colonize. Many growers don't seem to recommend inoculating straight from a print but would rather prepare a syringe mixture of spore/water, but in my case this wasn't possible and, as it turned out, unnecessary.

After a few weeks the mycelium had taken over and covered the birdseed, which enabled me to inoculate further jars using what's called a grain-to-grain (G2G) transfer, and after waiting until they were all colonized I evenly mixed the whole lot with a tub of straw/manure (prepared in advance). Then it was simply a matter of waiting some more until it, too, was colonized with the mycelium, which, in my case, took about another month.

Initiating the actual growth of mushrooms (fruiting) involved introducing fresh air, a lower humidity, and a little light. After a few weeks "pins" formed on top of the casing, which then turned into mushrooms in about a week.

From beginning to end I think the whole process took about 2 months, but things don't have to be this ambitious; they can just be grown on rice cakes in an aquarium or something, cutting out much of the time and effort. It cost very little and the key was to keep things as hygienic as possible in order to prevent mold contamination, and, as I soon found out, patience—lots and lots of patience.

On my first tentative try with ingesting the shrooms, I followed the best advice and my own ambitions and tried to keep the

dose to what I thought was a low to moderate one (about 30-40 grams, fresh) but which was probably more moderate to high, as things turned out. Anyway, around 30-40 minutes after I'd drunk the 'shroom tea I noticed that everything around me looked like it was given a fresh coat of paint, and some visual distortion and light trails were noticeable. Another 20 minutes and I was feeling disorientated and had to lie down.

I closed my eyes and as outside noises fell into a distance, I found myself in what seemed to be a pulsing, organic *other-world* that was somehow more real than the world I'd left; however, it was no Alice's Wonderland. Initially, I wouldn't have called it pleasant, but it was fascinating (and overwhelming) and not what I'd expected at all (although I didn't really know what to expect). Everything seemed to be connected. If I were asked to describe what I saw and felt, it would've been impossible for me. It was quite powerful.

After a while I got used to the sensation and was even able to enjoy the alien-ness of it all. That "world" lasted about 2 hours, with me lying in a relaxed fetal position, eyes closed, and mind wide open in awe. After a while I slowly felt a creeping euphoria rising up and through me, which heralded a return, not to consciousness—I was never unconscious—but to a new aware-

ness, I'd say, of my physical surroundings. It came on in waves, like an exceptional orgasm, slowly fading to a pleasant and relaxed feeling of newness and something I felt resembled a re-awakening to life's potential.

I came down from the experience feeling the best I'd felt in years—energized and optimistic. I felt like I had a generalized insight into my life and life in general. Real or imagined, I needed to talk with other family members to share my epiphany with them. I didn't—they'd have thought I was mad anyway—but I can understand why people have the compulsion.

In conclusion, overall I found the experience to be uplifting and life affirming. It had a positive lingering affect that, I'm sad to say, faded over time. I wouldn't recommend it to everyone but for me it was an experience that left me feeling better about things in general, even if it wasn't quite the panacea I'd hoped for. Still, I'd call it therapeutic and well worth the effort it took for me to produce. I don't think it's something anyone wants to experience too often, but I'd certainly like to revisit this world in the future as it was strangely cathartic—and confusing and wonderful.

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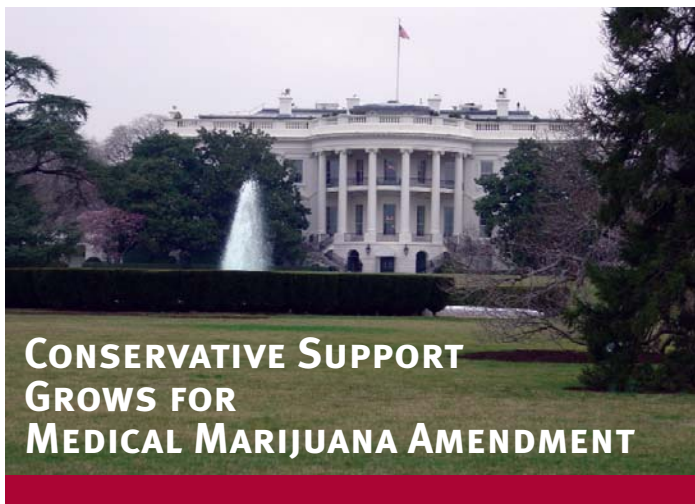


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CONSERVATIVE SUPPORT GROWS FOR MEDICAL MARIJUANA AMENDMENT

WASHINGTON, D.C. - A leading conservative organization, Citizens Against Government Waste (CAGW), has come out in support of an amendment to stop the DEA from attacking medical marijuana patients in states where medical use of marijuana is legal. The Hinchey-Rohrabacher amendment to the Science-State-Justice-Commerce appropriations bill, sponsored by reps. Maurice Hinchey (D-NY) and Dana Rohrabacher (R-CA), could receive a floor vote as early as today.

CAGW's report, "Wasted in the War on Drugs," released Monday available at www.cagw.org/site/DocServer/Drug_Report.pdf?docID=1661, slams the federal government for "using valuable taxpayer dollars to track down and persecute medical marijuana patients that are using the drug legally in their state," and calls such efforts "useless." The report, which comes on the heels of a letter sent to members of congress by a coalition of conservative groups condemning the government for wasting money attacking medical marijuana patients, concludes, "If passed, the Hinchey-Rohrabacher amendment would free up federal dollars for more important priorities and help to restore a proper division of power between the state and federal governments."

The Hinchey-Rohrabacher amendment would bar the justice department from using its funds to interfere with the medical marijuana laws now in effect in Alaska, California, Colorado, Hawaii, Maine, Montana, Nevada, Oregon, Rhode Island, Vermont, and Washington. It would not impact states that don't have medical marijuana laws. A national Gallup poll released in November 2005 found that 78 percent of voters favor allowing physicians to prescribe marijuana "to reduce pain and suffering."

"We are excited by the groundswell of support for this sensible, humane measure," said Aaron Houston, director of government relations for the Marijuana Policy Project (MPP) in Washington, D.C. "This week's vote will be a test of whether House members are truly listening to their constituents." MPP organized a grassroots push for the amendment, which included face-to-face meetings with over 250 congressional offices, phone calls, and connecting over 3,000 constituents with their representatives' offices via MPP's online system.

With more than 20,000 members and 100,000 email subscribers nationwide, the Marijuana Policy Project is the largest marijuana policy reform organization in the United States. MPP believes that the best way to minimize the harm associated with marijuana is to regulate it in a manner similar to alcohol. For more information, please visit <http://MarijuanaPolicy.org>.





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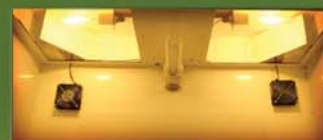


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COMPASSION TEN YEARS AFTER

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Eddy with the boys.

Well, it's been ten years since the people of KALL-LAY-FORN-YA passed the Compassionate Use Act, Proposition 215, 11632.5 of the C.A. Health and Safety Code. Craig and I are going to the heart of it all, where it all began, San Francisco. We'll be staying with the driving force and co-writer of 215, Dennis Peron. His beautiful home is in the heart of Castro, San Francisco's, gay district, just a few blocks from Dennis's first dispensary on Church and Market.

Our mission is to ask the gay community how Prop 215 has worked to help meet their medical and spiritual needs. My darling Linda can't go but will try to meet us Sunday for another event. Linda wanted to know how the state has tried (or not) to implement the programs asked for in 215. I believe this to be a very valid point, because many patients still face prosecution by the state and federal government, which, of course, results in millions of dollars of income to the legal profession, with both sides playing us like fiddles.

By our rough estimate, NORML alone refers over 3 billion dollars worth of cases nationwide each year. This is big business for them. For us it can be a death sentence. We're hoping to ask the mayor and former mayor, Gavin Newsome, and the irreparable Willie Brown how Prop 215 affects managing one of the world's greatest cities, where it's okay to be yourself no matter what you are. From my childhood trips with my dad and granddad to watch the Giants' games, to getting to meet many of the great players, to lunching with my mom at DiMaggio's as I shipped out for Nam, to romantic nights with Linda as she and I grew to love it as no other place on earth, San Francisco has always been on the cutting edge when it came to being new and innovating!

Acceptance and compassion have a long, proud history here. I've often wondered why it's taken ten years for the rest of the state to get it. Even worse, I shudder to consider how long it'll take to get them to give up the money they steal from us illegally. Taking

patients to trial at all levels, making millions—no billions!

I am for law and order. I want a safe state. But I wonder how we can keep putting people in prison for victimless crimes. The constitution says we can't but we are. Prisoners are sleeping outside in exercise yards because they have 6,520 men in a prison built for 3,000. I'm sure many should be there, but with the way we're going about it we can't afford to keep arresting everybody. We must go after real criminals: people that kill, rape, steal, beat, torture, abuse children and animals, destroy property, etc.

What scares you more: some babe turning a trick, a dude smoking a joint in the park, or a carload of gang members in a drive-by? For me the choice is easy. You would think it would be easy for us all, but it sure doesn't seem that way. Anyway, ask yourself how long we can afford this when every one of them screams that we don't have enough men or money. Maybe we should change our priorities. If they were arresting real criminals as defined by our constitution maybe they'd have enough resources and wouldn't raise our taxes yet again. Yeah right!

After settling in at Dennis's we were on our way to lunch with the lovely Mona from Good Fellows Dispensary in the Height. I was able to ask her a couple of quick questions beforehand.



Jennifer Beal from the Lword speaks at the rally on Sunday.

The stunning sisters from the Good Fellows Smoke Shop with Ariana the princess of herb, Eddy and our dear friend.



Eddy: How long have you been in the business?

Mona: About 3 years. We're soon to have a hearing for our new permit. It's a long process but worth it. It's sad they have done little to implement the programs asked for under 215.

Eddy: How much will all this cost you to stay in business?

Mona: About \$7,000 to the health department, another \$675 to the planning department, plus \$1,500 for permits, and \$2,000 for plans or more. All together, 12 to 13,000 dollars plus.

We went to the transgender march; it was touching to be there. They only ask for what we all want: the freedom to be themselves, free from the fear of persecution. Mark Leno made a short speech and then we walked to the Castro for ice cream. It was interesting as we went with Dennis P. who brought the other "pinky." As you will see from the pictures, it was an enlightening experience. After a walk and a thousand stops and hellos, etc, we returned to Dennis's for a night's sleep.

Up and at 'em by 7:30 a.m. while everyone else was still asleep. As I waited for the day to begin I thought of my little bitty pretty one, wishing she were well enough to be with us. We called five times yesterday and will call at least that many each day. I'll keep an eye open for a cute little something for her. Today is the Dykes On Bikes event and rally at Delores Park, with the Pink Party tonight in the heart of the Castro. The Castro will be alive all night, with a party that is going to be the envy of all other parties. As always there will be too much booze and way too many will forget why they're even here.

We went to the Lexington Club, a quiet little neighborhood bar, to see Excuses For Skipping. The girls were red hot and the show was great. They will play again tomorrow at the Civic Center. Allison and

I LOVE A PARADE

Wendy laid down a beat the others, Linda and Tammy, built on. It was very good entertainment. Check out their website: www.excusesforskiping.com.

Earlier, while waiting, we had the honor of watching an Aztec coming-of-age ceremony that lasted several hours and was truly touch-

We didn't see one fight in 3 days. There were, sadly, way too many that drank too much. But for the most part they sat with heads between their legs, puddles of puke at their feet, their friends all jokingly telling them "have another drink, it'll get better," and so they do, only to puke again and again. I wonder how long 'till we have events where the sacred herb is the main source of fulfillment.



San Francisco's openly Gay Politicians.

ing, both on the human and spiritual level. You could feel their ancestors as we watched the dances and heard the songs. Craig and I were touched to witness it, because it reaffirmed my feelings about the strength found in a more tribal setting. They are very proud of who they are and where they came from. Not wanting to dishonor their Aztec heritage, many shied away from pictures. We were, however, allowed to take pictures of one of the leaders. To them, we say, thank you for the honor, it was wonderful.

We returned to Dennis's and changed and got ready for the evening. We were picked up and went to Fisherman's Warf for dinner. I had a crab sandwich, the likes of which you can only get on the west coast, and it was good. The Warf was full of tourists, like the whole town was. Then we headed to the Castro. We met the folks from Nice Dreams, a wonderfully wicked, infused ice cream. Ben and Jerry better watch out, because the boys are in town!

The streets were packed, taking 45 minutes to travel when the night before had only taken 5. There were vendors, drag queens, drag kings, gays, straights, bisexuals, lesbians, some that just weren't sure, and a couple who were just that way for the weekend. They came from all over the world. There wasn't a group or category that was not represented here this weekend; over a quarter of a million people, all having fun. It was wonderful to be a part of it, knowing that we were all embracing the beauty of diversity.

The night was a kaleidoscope of entertainment, from the outfits to the stages to the small shows put on in the windows lining the Castro. It was a night of love, laughter, understanding, enlightenment, and, well, of course, puking. We returned home about midnight, leaving the night to the young and the restless.

At 7 a.m. we were up and going as today was the Gay Pride Parade, with a huge party at the Civic Center afterwards. An area ten square blocks covered with booths, stages, vendors, and several hundred thousand fun-loving, love-motivated people from everywhere imaginable. The diversity was proof that we can all get along. We can all live together in peace. I know this is a new concept for us, as we seem to have created all any of us have by killing each other. We can justify it, we can tell ourselves why it's that way but, as always, we would just be lying to ourselves once again. The truth is that the killing, the wars, the hate, and prejudice must stop, or we're all doomed. We must work together if our world is to survive.

The Civic Center party was centered around a huge stage in the park. There were many other stages and shows everywhere, and an endless array of food and things. The air was full of wonderful smells, food, incense, and the sounds of laughter. We circulated through the whole place, taking time to watch the parade where we saw stars everywhere, from film, TV, politics, music, etc. The speak-



Anyone this fabulous is defiantly criminal.

ers and entertainment were all informative and fun. The drag kings stole the show as always. As we covered the event we spoke to many patients and asked the following questions.

Q: In the last ten years have you participated in programs set up by the state or federal as called for in 11362.5 of the H&S Code?

Sadly, the answers were all the same.

A: What programs? There are none. The city of San Francisco has a card program and works to make it better, but they're about all. Then again Richard Eastman and many other brave souls seem to have Los Angeles coming around.

Q: Do you know anyone, or have you personally been arrested or hassled over Prop 215?

Again, sadly, over 90% of those talked to have had a personal experience with the law, and that is a shame.

The attorney general of C.A. has clearly stated THC is TH, but the cops say hash is illegal. The courts have said that 215 is a legally guaranteed right, not a defense. Yet we must still be arrested (which, if you read 215, is against the law) and prove ourselves. Probably 80% of all patients are on fixed incomes and have no resources to fight a battle the law says they don't have to fight.

This weekend showed that we can all live together and make the world a better place for us all, regardless of our differences. It sadly, very sadly, showed that those we've trusted to protect and serve us as our representatives are doing little or nothing to honor our wishes. Maybe it's time for them to go.

Thanks so much to Dennis Peron for all he does. Thanks to the best city in the world, San Francisco. Many thanks to all the wonderful people who made it so enjoyable. Thanks to the voters of C.A. for Prop 215.

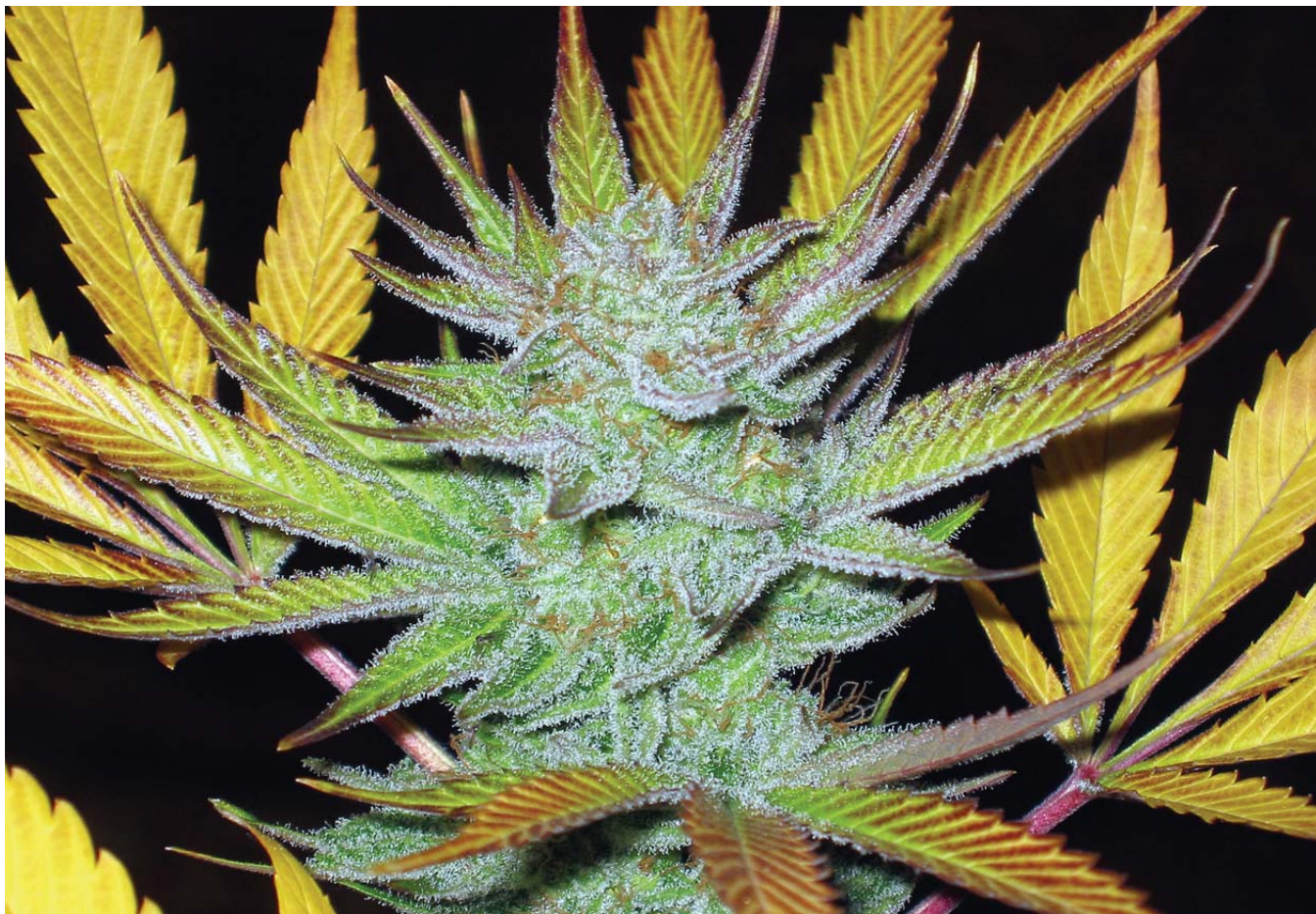
Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,
Eddy



Are You Gay.

GROWING INDOORS, CHEAP



Before starting to grow you should review many of the most basic aspects of growing plants indoors. You should know that you'll need a secure space, lights, air replacement, water and nutrients. In my first article these items were briefly reviewed to give you an idea of what the most basic needs to grow successfully are. For this article I'll be going more in depth into each of the areas to help you plan out what you'll need to get started on a budget.

Ventilation, lighting and space: The three go hand in hand. How much light you need depends on how much space you have. The amount of space will depend on how much light you can afford to both run and ventilate. And finally, ventilation will depend on how much space and how many lights you have. It's a hard place to start but the purchase of lights and fans will be your biggest initial costs associated with starting your grow and are also the most important. Most times you already have a space in mind like a closet, basement or bedroom. You can even build a box to put in the garage if you so desire. Once you get the space picked out all the other aspects will fall into place.

A good general rule for lighting is between 50 and 100 watts of

HID lighting per square foot. For example a 3 foot by 3 foot closet can take between 450 and 900 watts of light. This could be lit by using one 600w HPS and a 250w MH or two 400w lights. Buds grown only under MH light won't develop as much weight as those grown under only HPS and there is significant debate as to whether buds grown under both HPS and MH are more potent. Until the debate is settled it is a matter of preference and what you can afford. One light will be cheaper to buy and a smaller light will be cheaper to run. But we also want buds so we need to balance the cost of buying and running the light with how much bud we'll get in the end. The best value is a 600w light as it puts out the most lumens per watt of power you use to run it. While the lumen is a horrible way to measure the level of light produced (humans and plants don't 'see' light the same way) it's a good way to estimate how much you'll need. Now that you've made your decision about what light you want, you'll need to bring in fresh air.

Air contains about 350 parts per million (0.035%) of carbon dioxide which plants use to make sugars for growth. In a sealed space the level can drop rapidly and plant growth will slow. In addition to bringing in CO₂ you also need to ventilate the heat from the lights. Without removing the heat your plants will

roast. You can choose to ventilate the lights separately from the room or together. Ventilating the lights separately will allow the use of carbon dioxide systems to increase growth but will increase the cost to get started and will require a different fan for the room. To save money, we'll go with one larger fan to vent the lights and room. So to start we have a 600w HPS light and 6" cool tube and we should probably get a 6" inline fan to fit the cool tube. So we've spent about \$300-400 on a brand new lighting system and \$175-250 on a fan. That's between \$500 and \$650 and not a single bud has been grown! When you consider the price of buying meds from a dealer, the two components are cheap by comparison. From here on out you can buy bags of soil and a good liquid fertilizer, plant seeds that you've saved and you'll harvest more on your first crop than you'd get if you'd bought it a bag at a time.

This is the cheapest way to get started. Buy a good light and a good fan and the two most important parts of your grow are taken care of. Exactly what type of soil to use and what type of fertilizer is slightly less important than the light and fan that you buy. The cheapest fertilizers aren't the worst and the most expensive fertilizer isn't the best. Read up on the advantages and disadvantages of each brand, preferably not from the manufacturers, but from people who have used it. The Treating Yourself online forums at www.treatingyourself.com is a good place to start asking around.

Dirt and fertilizers will be your next purchase. While you can also grow plants hydroponically, it may cost a little bit more to get your grow room started than it would with soil. What kind of dirt should you buy? You'll want to buy a good quality potting soil, preferably without any fertilizers in it. A garden center should sell bags for between \$6-12. Once you've bought some soil you'll also want to buy a few containers (or often you can get them free at some locations). A couple small ones (1-4") to start your seeds in and a few larger ones (1-3 gallon) to allow the plants to grow once they're established and finally a 5 gallon bucket with drainage holes for each plant you want to grow will make a good flowering container. You should also buy enough soil to fill up each container, but you don't want to keep the soil in the same room as your plants just in case the soil has harmful bugs in it from improper handling by the store. Buying the soil just before you need it will help ensure quality and sterility.

If you're starting with clones then you already know if you have

a male or a female. Seeds can be either male or female and we only want females around for the good seedless buds. To avoid wasting soil and planting a male in a 5 gallon bucket, you can keep plants in the medium container for a week or so after switching to flowering to identify and discard any males. You should repot any plants that you identify as female as soon as you know they are female to give the roots plenty of time to grow.

If you've ever walked into a hydro store and seen the shelves lined with colorful bottles of creatively named nutrients, you know that choosing one to feed your plants with can be a challenge. Reading the labels doesn't always help as the companies will tell you that their product is the best. It says so right on the bottle! Look for one that is made for soil and is moderately priced. You can also ask the salesperson which brand is the most popular, but realize their job is to sell you something. It

may be helpful to have an idea of what the most popular brands of nutrients are before you go in.

Nutrients are generally formulated for the different stages of growth (vegetative and flowering) and can come as a two part or a three part and range in cost quite a bit. About \$50-150 a gallon (which will last many grows) is a good starting price. Other products are additives and are supposed to be used in conjunction with nutrients to increase growth. Realize that claims on the bottle don't always translate into reality in your garden. Some additives will react with your nutrients (usually if not the same brand) and can cause nutrient deficiencies because of the formation of insoluble compounds that your plant can no longer take up.

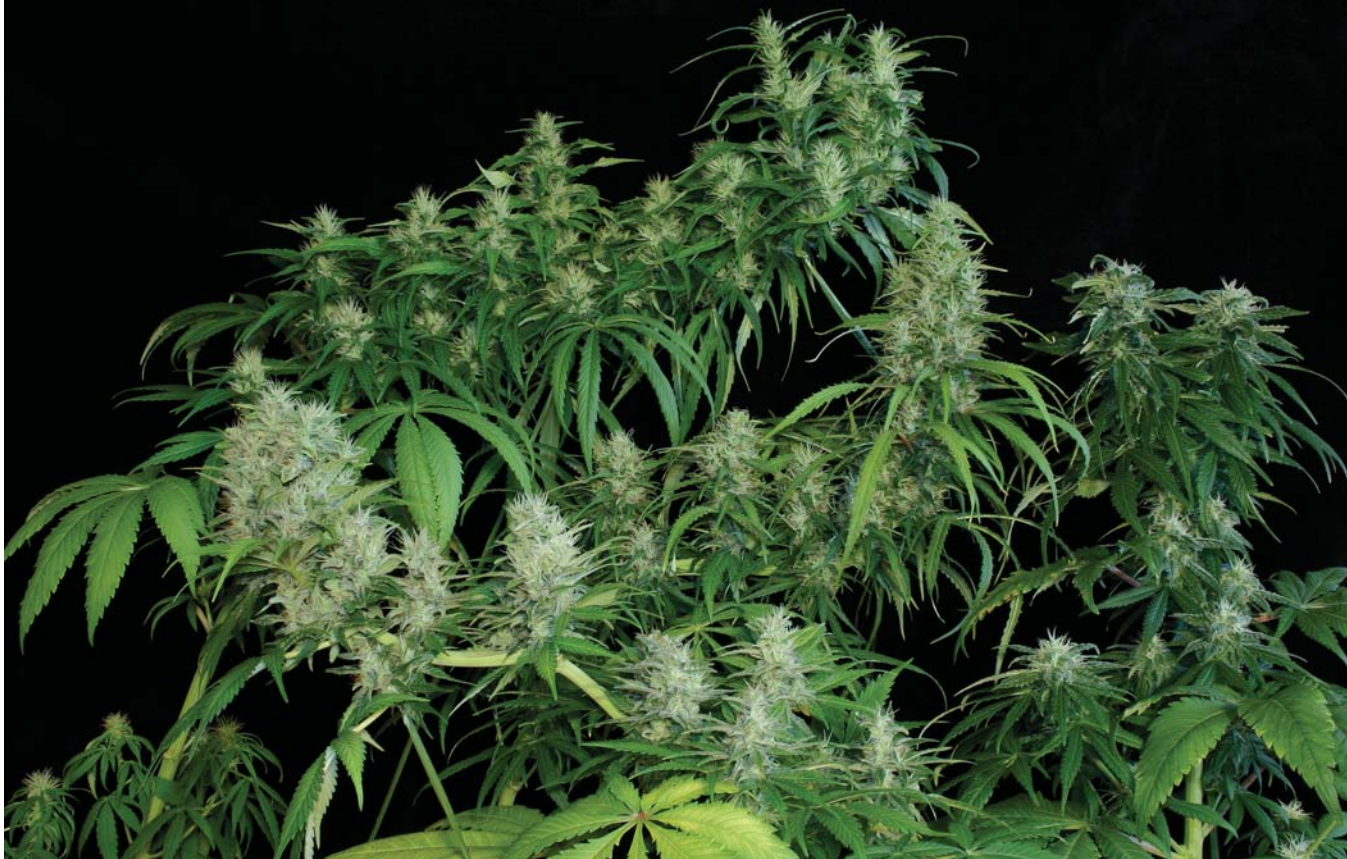
So for about \$800 you can grow several good crops and harvest well more than the

few ounces you'd get from dealers. If you have a specific question regarding getting your garden growing, or if your garden is growing already and you have a question- drop by the TY.com forums and ask. Check us out, get your questions answered, stop paying for overpriced, under quality meds. Treat yourself and grow your own.

Mendrel has a B.S. in Botany with extensive studies in Plant Molecular Genetics, Biotechnology and Chemistry. He has assisted in teaching plant propagation and plant physiology classes and can be reached at Mendrel@treatingyourself.com or a question asked in the 'Mendrel Q&A' forum at www.treatingyourself.com

“THIS IS THE CHEAPEST WAY TO GET STARTED. BUY A GOOD LIGHT AND A GOOD FAN AND THE TWO MOST IMPORTANT PARTS OF YOUR GROW ARE TAKEN CARE OF. EXACTLY WHAT TYPE OF SOIL TO USE AND WHAT TYPE OF FERTILIZER IS SLIGHTLY LESS IMPORTANT THAN THE LIGHT AND FAN THAT YOU BUY.”

GROWING THE FINEST ORGANIC MEDICINE **With A Modest Setup**



All Cash Crops. Copyright by GBI 2006.

For achieving a sufficient supply of medical marijuana, one doesn't always have to have a high-powered garden with 400, 600, or 1000 watts of light. Depending on a patient's illness and the dose determined by it, a small setup with energy-saving CFL lights (one or more) might do the job. For example, somebody suffering from insomnia may need only one joint of indica before getting to bed and, therefore, isn't necessarily out for harvesting pounds or kilos.

Let's see how Karl, a 35-year-old German medical marijuana patient, setup a very modest indoor garden with CFL lights in order to produce his organic medical marijuana supply. Karl suffers from seasonal affective disorder. In the dark and cold season, he experiences heavy mood swings. Some years ago he found out that certain sativa strains could provide much help, acting as a vitalizing antidepressant when smoked one or two times a day, at a low dose of 0.1 grams of weed per joint. Since

then he's been smoking that kind of weed primarily in the winter but not exclusively, which results in a modest overall need of about 60

grams per year. For years, Karl used to grow one late-start female balcony plant in the summer in order to meet his demand. But then he moved to another place and didn't have a balcony at his disposal any more. So he turned to small-scale indoor growing, although Karl is a nature freak who wants everything to be as natural and organic as possible. His balcony plants had always been cultivated in rich soil and never received anything but natural fertilizers, such as fish emulsion and guano, and no pesticides. If one's health is at stake, there's no alternative to organic gardening for growing one's medicine!

In order to keep power consumption to a minimum, Karl checked the grow supply market in search of energy-saving, environmentally friendly lamps and found the CFL types manufactured by the German company MaxGrow to be the best choice. MaxGrow optimized the CFL's light spectrum and

Cash Crop garden. Copyright by GBI 2006.



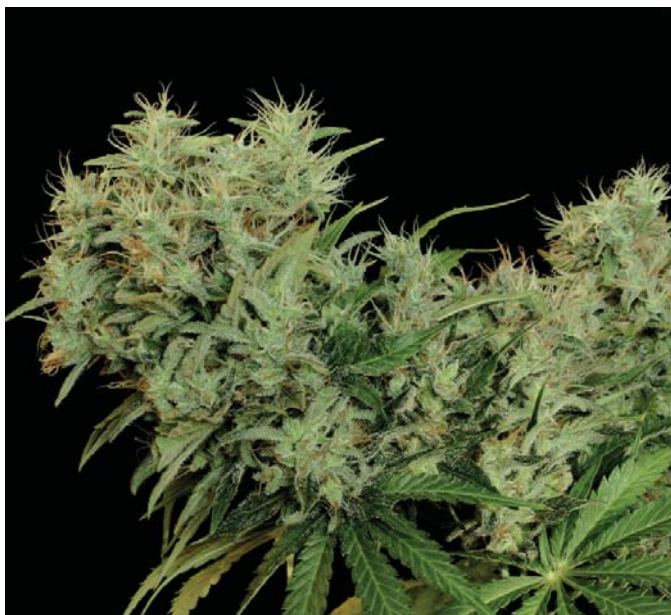
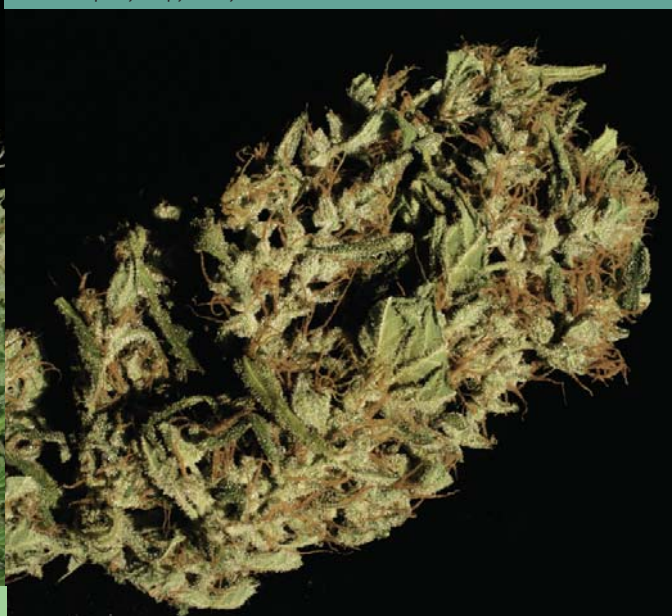
developed specific spectrum types for different applications. The result was that plants received a higher share of photosynthetically utilizable light. The different types of MaxGrow CFLs—Full Spectrum (6400 Kelvin), Dual Spectrum (4200 K), and SON-T Spectrum (2100 K)—are available in two versions: 115 and 180 watts (power consumption). These lamps fit into regular HPS mountings and can be directly connected to the power outlet; the electronic ballast is already integrated into the base of the lamp.

The Dual Spectrum type is an all-purpose lamp, suitable for both the vegetative and flowering stage, and that's why Karl decided to use this kind of CFL. As mentioned above, Karl wanted to realize a very modest grow setup, aiming at a harvest of approx. 60 grams to be received from four females grown on an area of about 0.3 sq m. He calculated

years ago by Daddy's Garden, a veteran German grower and breeder. Cash Crop delivers a highly antidepressant cerebral sativa high; it almost has an effect similar to speed, rushing through your brain like lightning. Karl let eight seeds germinate in a bottom-heated mini greenhouse, hoping to get four to five females in the end. All of them sprouted and after a couple of days, Karl transplanted the young seedlings to 6-liter pots filled with Plagron standard soil mix. Under the 115 watt Dual Spectrum CFL, they did very well, being fertilized with Canna Bio Vega once a week (in the flowering period, the plants received Canna Bio Flores). Two and a half weeks after germination, Karl induced flowering by shortening the light period from 18 to 12 hours. Four plants turned out to be female.

Cash Crop is not a stabilized, homogeneous strain; very often the

Cash Crop dry. Copyright by GBI 2006.



Cash Crop. Copyright by GBI 2006.

that one 115 watt CFL would be sufficient for the vegetative stage, and intended to add another one at the beginning of flowering. Karl didn't want to have an isolated grow chamber, choosing instead to have his small garden openly integrated into his living room, because he hoped that the bright light emitted by the CFL lamps would also help him with his winter depression. So he just fixed the reflector that housed the CFL(s) directly to the white wall and placed the plants on a table underneath. Only the left and right side of this small garden was covered with black/white film so that it was open toward the front (see picture). Karl was aware of the fact that he lost some light due to this open front and lack of reflection but decided that the antidepressant effect of the light shining through was more important to him than a couple of extra grams. When it was time to induce flowering, Karl attached another piece of black/white film to the front during the dark period in order to achieve total darkness within the garden.

The lamp's distance from the plants' tips plays a very important role and is a crucial factor in the application of CFLs. Because CFLs emit substantially less heat than HPS lamps, they can and should be mounted very close to the plants. A 115 watt CFL, for example, can be fixed as close as 2 cm above the plants. The short distance from the plants results in a particularly compact and short growth pattern—ideal for indoor growing in small boxes.

Karl grew the marvelously exotic Cash Crop (flowering time: 10-14 weeks), a noncommercial, mostly sativa polyhybrid consisting of Namibia x Malawi x Ghana (sativas) x Hawaiian (indica), bred about 20

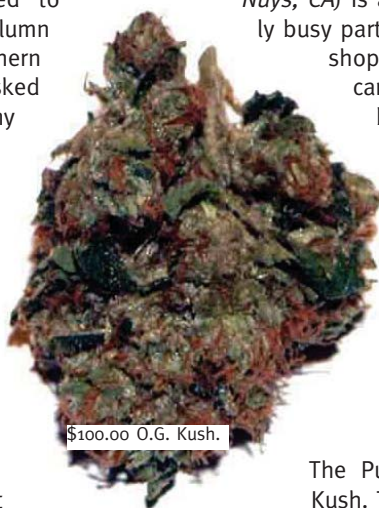
plants show different characteristics, predominantly expressing Namibia or Malawi traits, for example. And, indeed, one of the four females almost totally looked like the Hawaiian indica, very squatty, and the other three plants were clearly sativa, but each of them slightly different in the flower structure. Karl decided to bend the sativa types down so that the buds would equally profit from the light, thanks to the horizontal growth. The Hawaiian-like plant matured first, taking 9 weeks to ripen. Unluckily, it had become rather poor, with very small buds and a low calyx-to-leaf ratio. Maybe it suffered from a genetic defect. The next Cash Crop ripened after 10 weeks, the second one after 12, and the last one after 14 weeks of flowering. These three ladies were excellent, delivering beautiful sativa buds with a high calyx-to-leaf ratio and lots of resin.

Altogether, the four plants yielded 55 grams, so Karl's goal of 60 grams had almost been achieved. It would have been considerably more, unless the Hawaiian-like Cash Crop yielded merely nine grams. But, amazingly, even this one gave that incredible soaring sativa high, like, of course, the three sativa-like Cash Crops. The small setup with one or two MaxGrow Dual Spectrum CFLs, respectively, proved to function very well. So Karl was happy about his organic Cash Crop harvest and probably had enough medicine for the following year. But, if not, he has several Cash Crop grower friends who could help him out in case of an emergency.

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

HERE, THERE, AND EVERYWHERE

After much debate, I've decided to make the focus of this issue's column the medical dispensaries in Southern California. Many people have asked me about the local shops in my area and how they compare to the shops I visit up north. More importantly, people want to know the quality of the bud and differences in price. Another question I've been running into concerns a rumor that various clubs from Southern California are claiming that their medicine is coming from "up north." Honestly, only the growers really know where it comes from. I will say that I just returned from the Bay this past weekend, and not one major grower or dispensary owner I know or met had any knowledge of any strains, let alone the best strains, that



\$100.00 O.G. Kush.

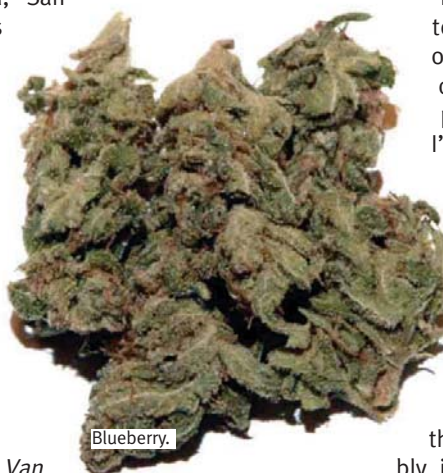
Nuys, CA) is a small shop located in a mini mall in a fairly busy part of Van Nuys in the San Fernando Valley. The shop is somewhat unmarked on the outside but can be found with a little effort. Once inside it becomes a different experience, with very little medical feeling. The person who helped me appeared to be a security guard and had no knowledge of the strains in any way. He couldn't even tell me if strains were indica or sativa dominant. The prices were mostly fair, with fair quality; I'd say B level. They did have two strains that appeared to be very good, though—Purple Bubba Kush and Granddaddy Purple.

The Purple Bubba Kush is clearly a pure Bubba Kush. They added "purple" to the name because of

"IT WAS UNFORTUNATE THAT THE STAFF WAS EQUALLY UNKNOWLEDGEABLE ABOUT THE STRAINS THEY WERE SELLING AND SEEMED MORE CONCERNED WITH THEIR WORKOUT SCHEDULES FOR LATER IN THE DAY THAN HELPING ME WITH MY PURCHASE."

were being transported to So Cal and surrounding areas. That covers Santa Cruz, Oakland, San Francisco, Hayward, and many other places nearby. To even further complicate the question, I was provided with proof and countless examples of club owners who do their own personal shopping in the Bay area and other surrounding cities. In fact, one of the owners of the clubs I'm about to discuss called my good friend, also a club owner, while I was there. It's time to make a special effort to give these wildly successful shops a closer look. So, without further ado, let's jump right into the first shop, which was voted the best dispensary in the valley, THC.

THC (7100 Van Nuys Blvd. Suite #204, Van



Blueberry.

the color in some of the buds; there's no genetic purps or grape relation, which brings me to a small problem I've been seeing all too often—the changing of strain names for no other purpose than to attempt to sell more product. This is only a small example, but I'll be pointing out some more ridiculous incidents as we go. Anyway, back to the Bubba. I must say that this strain is very high quality, A+ level, but from what I was told it's only periodically available and the cost is very high at \$75 per eighth. The GDP was also a good strain, but nowhere near as high quality as their Kush, maybe B+ level. It was clearly a grape or purps hybrid but didn't share any characteristics that I've commonly seen in true GDP; possibly it was Purple Erkle or something similar.

“THEY WERE NOT EVEN SLIGHTLY CONCERNED WITH MY PURCHASE OR SATISFACTION. IN FACT, THEY SEEMED LIKE THEY DIDN’T EVEN WANT TO TALK TO ME WHATSOEVER AND WERE CLEARLY MORE CONCERNED WITH GETTING TO THE NEXT CUSTOMER IN LINE.”

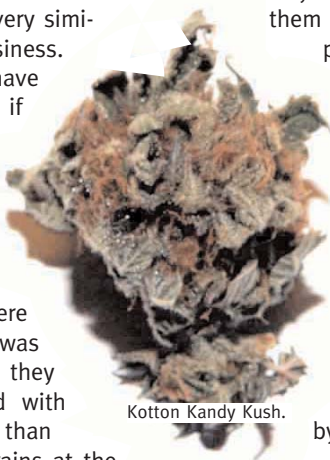
The two top strains were good, but all in all I didn't feel safe in the shop. The owners have suspicious appearances and make virtually no effort to run their shop like a legitimate medical dispensary. Their prices are high and they put a ? limit on the high-quality strains while also offering a wall full of fair-quality strains at a moderate price. There were, unfortunately, too many completely made up Kush hybrids that I suspect have no Kush genetics. Still, if you want to get some good Kush, and you don't mind paying a moderately high price, you'll be happy with their top strains when in stock. Still, be careful when going to this place.

Next on the list of the best shops in the valley is **VIP** (19459 Ventura Blvd, Tarzana, CA) located in a small building almost on the corner. The shop is very similar to THC in the way that they conduct business. I particularly liked their menu: They only have three top-quality strains and very little else if anything. That's all each shop really needs and it's a shame so many of them are having people purchase reputable strains that are all too frequently grown only to half or less than half of their full potential. This shop is not contributing to that, but the quality strains they did have were very costly. It was unfortunate that the staff was equally unknowledgeable about the strains they were selling and seemed more concerned with their workout schedules for later in the day than helping me with my purchase. Their top strains at the time were Bubba Kush, Blueberry, and Purple Erkle. Their Blueberry and Purple Erkle were grown to a similar consistency. Both were distinct and seemed to be about B+ quality; most people would find them quite enjoyable. The Blueberry smelled slightly fruity, with a fair high and taste. The Erkle was very earthy and didn't seem to have more than a hint of grape flavor but was also enjoyable. Lastly, they had some Bubba Kush and it was an A level strain. It had a good aroma and a heavy narcotic high that was very enjoyable. These strains were also priced high with the Bubba going for \$75 as well. I must say also that this version was not quite as good as the strain from the previous shop but still better

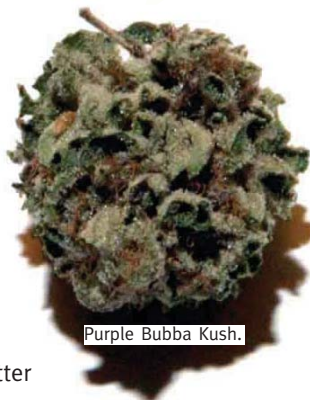
Bubba Kush.



Kotton Kandy Kush.



Purple Bubba Kush.



than most Kush found anywhere else; just be ready to pay more.

Last shop on the list is the **West Hollywood Center for Compassionate Healing** also known as The Sunset Club (8921 Sunset Blvd, West Hollywood, CA). This shop was something I had to see to believe. Located on Sunset Blvd in a fairly decent area across from a Hustler store, it's reported to have the best strains out of any shop. The club does have some good strains but also the highest prices I've ever seen or heard about anywhere in the world. Still their business is booming. Plasma-screen TVs and other luxuries show the professionalism and business ethic involved in running the shop, though not necessarily in a positive way. They have a huge variety of strains; almost all of them were B level quality but very high prices. The people working there were the absolute worst assistants I've ever had at any dispensary anywhere. They were not even slightly concerned with my purchase or satisfaction. In fact, they seemed like they didn't even want to talk to me whatsoever and were clearly more concerned with getting to the next customer in line. (FYI: Many of the places in the So Cal area have a line so be ready to wait.)

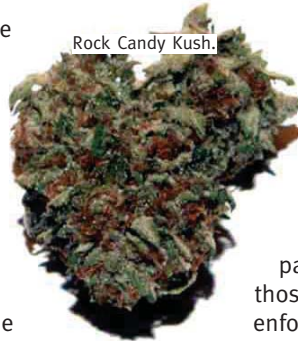
The Sunset Club is a prime example of renamed strains and they had some ridiculous ones. I mean honestly. George Kush? Who are they trying to fool by renaming a strain like that? My problem with it is

“I MEAN HONESTLY. GEORGE KUSH? WHO ARE THEY TRYING TO FOOL BY RENAMING A STRAIN LIKE THAT?”

“THESE DISPENSARIES ARE PRIME EXAMPLES OF WHAT’S BRINGING DOWN MEDICAL MARIJUANA. THIS IS HOW THE OPPONENTS OF MEDICAL MARIJUANA GET AMMUNITION FOR THEIR ARGUMENTS AGAINST THE PLANT BEING TREATED LIKE A MEDICINE.”

a simple one: I would like to know the true genetics of my medicine, and calling something George Kush, for example, tells me little to nothing about the genetics. Due to the employees’ lack of knowledge I have no way of finding out what to expect from these mystery strains. My question to them: Why? What’s the point of changing a strain’s name if it isn’t an attempt to sell it more quickly or for a higher price? Clearly, this shop is not catering to the real medical community or to the knowledgeable cannabis enthusiasts of the world, but, that being said, they definitely have some topnotch Kush varieties. The first one I got from them was OG Kush at, I kid you not, \$100 for an eighth. I almost had to take a picture of the bottle to prove it because so many people can’t even imagine a place actually trying to get away with that. The strain was maybe A level, certainly not as high quality as many other varieties I’ve seen around town. They did have two other varieties of Kush that were decent despite obvious name changes. Rock Candy Kush and Kotton Candy Kush were Bubba Kush, or Bubba Kush hybrids at the very least. Both were better quality than the OG they were trying to push for \$100. Still, you’ll pay around \$80 for an eighth for just about anything worthwhile. Some were priced at \$75 but the lower the prices went the worse the bud got. It’s a good shop if you want quality Kush—and don’t mind paying almost \$600 an ounce—and are not concerned with the true identity of your medicine.

These dispensaries are prime examples of what’s bringing down medical marijuana. This is how the opponents of medical marijuana get ammunition for their arguments against the plant being treated like a medicine. I’m a proponent of medical marijuana and even I can see that these shops are not making any effort to support the cause in their business practices. I suspect anyone who visits these shops will leave thinking medical marijuana is simply a way to sell pot at the quickest pace and the highest price, hand over fist. The ultimate goal, the complete legalization of marijuana as medicine, becomes further hindered as these shops become more popular while the decent places are being put out of business. In fact, if the federal government, or any law enforcement for that matter, ever wanted evi-



Rock Candy Kush.



Purple Erkle.



Granddaddy Purple.

dence or examples to use in their efforts to shut down the effort to legalize marijuana as a medicine, they would merely have to visit these types of places. It would probably take less than a weekend for them to find enough simply at the dispensaries alone; the other places they work with are practically giving away medical recommendations with no proof of the patient’s illness, among other inefficiencies. Still, those shops suffer little to no torment from local law enforcement and/or government while the best and most legitimate clubs are being raided and shut down, despite practicing more humane principals and trying to follow every letter of the law to legitimize the efforts of making marijuana a legal medicine. For every step forward by one of these legal and legitimate shop, there are two steps back from the other places trying to make money at the expense of sick people.

Now, all that being said, as far as the quality of the medicine, well, it’s better than I expected. In fact, if you want good Kush and are ready to pay for it, you’ll find more and better Kush in So Cal than anywhere else. It’s not reliable and is limited to Kush and possibly some purple varieties, although Oakland is still the Purple capital of the world. Other well-known strains were not grown anywhere near top quality and were priced slightly more fair but still high. Also, be careful about fictitious strain names, strains that have been flavored or pre-keifed, and the every so often bag swap where you end up with the bottom of the bag or some lesser quality strain. If you have the time, I can’t stress enough how great it’ll be for you to travel to some other places and experience them for yourself. If you can’t, just try and do your best and make the wisest purchases you can. Good luck!

Thanks for reading. I hope you were able to find some good pointers here. Maybe you’ll find that Kush you’re looking for or be able to narrow your search down for your next visit. Any way you can use this info is great. Keep your eye out for my DVD coming soon called *The Battle of the Buds: California vs. Amsterdam*. More info can be found at www.AmsterdamDVD.com. Take it easy, have fun, don’t believe the hype, and find what works for you.

Written by Jeremy Norrie – AmsterdamDVD.com
Photos by Suzanne Gerace – Brooks Institute of Photography

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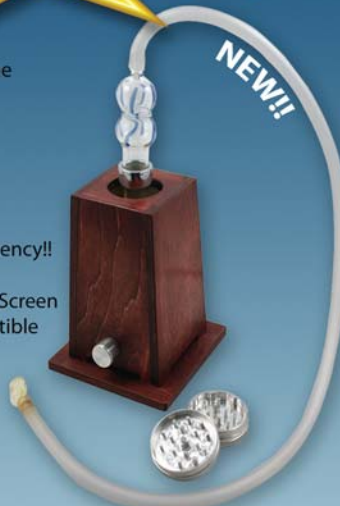
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HISTORY RANT

Photos: A. Jason Dunlap of Hello Jazz Productions



Eddy's cold house.

As I study the history of the sacred herb, I wonder at what point we turned our back on the obvious and began accepting lies. Why did we, as a whole, choose to give up our souls? What were we told that made this a good idea? I'm not sure but we must give this some serious thought and soon, for our options are rapidly dwindling away as we wait for them to fix it.

They won't. They're in power. But just as we gave them this power we can take it back. But we must quit believing this B.S. We must hold them accountable, both our political and corporate leaders. They must respect our needs and wishes. Voting will help, but we must do more. Read, watch, learn, go to meetings, email, and spread the word, especially by telling your friends. Get us all involved! We can make them listen to us.

It's our duty as humans to be loyal to each other. We must join as one to protect ourselves from those who would control and enslave us. Each one of us views about 25,000 TV ads each year. What do we need so badly that we must view 25,000 commercials yearly?

We've allowed ourselves to go from God and spirituality to religion. Why did the first six or seven popes have the largest standing armies in the world? Were they protecting or subjugating? What of the inquisitions, witch burnings, child abuses, and wars all done in the name of a loving and caring god? My ass! They were done in the name of power-hungry, greedy men! Not God but men.

Government is just as bad. The secrets, the wars . . . all for the all-mighty dollar and power, power, power! Then we have the corporations, who have systematically turned us into a bunch of

uneducated, overweight slaves, drooling as we wait for the next big pet rock. The sacred institution of marriage is failing at the worst rate in history. Our children are all screwed up. We care more about pictures of some star's baby than dead and dying babies that belong to us, the masses. We are the 99%, the middle class and poor of the world, and we must save ourselves. We must elect leaders from the roots not from royal bloodlines. It's time that Charlemagne's boys let us rule ourselves.

Every president we've had is related to one of the four royal bloodlines. Why can't we elect another family? The ones in charge the last couple of hundred years have surely screwed us up. So let's try a new, really new, group of leaders. You know, people who really are like *us*, not the 1%, people from among us who wish to stay among us.

As long as there's death, disease, hunger, illness, and homelessness among us, we, as a race, are failing. When one man has \$50 billion and whole nations are starving we have truly lost our way. How can we overlook this and so many other injustices that we allow to be perpetrated around the world? For we are all joined and are now facing the collapse of our world because our lifestyles are not sustainable. But we have no choice; we must change.

The question is, will we make the changes or will we fall on our backs, close our eyes, and pretend we don't feel the pain as our world is destroyed even longer? I pray not! Rise up my brothers and sisters; make a difference in our world.

Please Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,
Eddy

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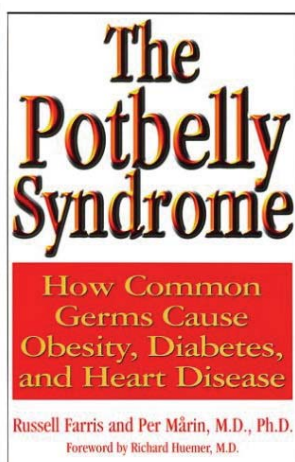
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I have chosen two very interesting books to review this issue.

The first, **The Potbelly Syndrome: How Common Germs Cause Obesity, Diabetes, and Heart Disease**, contains a lot of information on how germs cause havoc in our bodies. I found this book very interesting and would suggest it to anyone wanting to learn more about common germs and chronic illnesses.

The second book, **Psilocybin Mushroom Handbook: Easy Indoor & Outdoor Cultivation**, I found to be very informative. I learned all about the history, biology, and various species of mushrooms. This book doesn't just contain info on growing. I personally don't use or grow mushrooms as my ailments don't call for it, but I'm happy to have it in my library so that my visitors have a chance to read it too.



Potbelly Syndrome: How Common Germs Cause Obesity, Diabetes, and Heart Disease

By Russell Farris and Per Mårin, M.D., Ph.D.
Basic Health Publications
(U.S. \$17.95/Canada \$23.95)

This new book argues against the conventional idea that people develop obesity and heart disease because they eat too much or don't exercise enough. Instead, it suggests that these illnesses, as well as Type 2 diabetes, are caused by chronic infections. The infections produce inflammation, and the inflammation triggers the release of a stress hormone called cortisol.

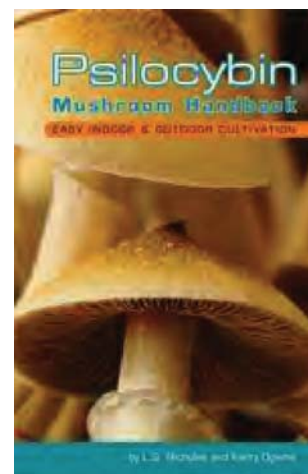
To learn more about this book, or to purchase it, visit www.potbellysyndrome.com

Psilocybin Mushroom Handbook: Easy Indoor and Outdoor Cultivation

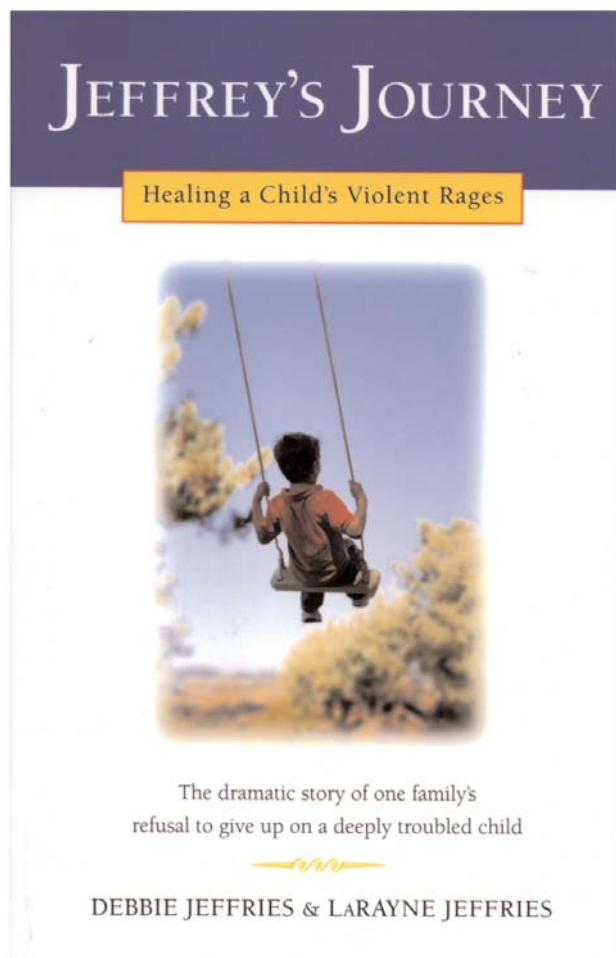
By L. G. Nicholas and Kerry Ogamé
Quick American (U.S.
\$19.95/Canada \$25.95)

A thorough introduction to the cultivation of psychedelic mushrooms indoors and out. Psychedelic enthusiasts can look forward to a winning combination of useful, practical, and well-organized information. With enthusiasm and breadth of knowledge this book is presented in a concise and visually enjoyable format.

To learn more about this book, or to purchase it, visit www.quicktrading.com



ONLINE BOOK REVIEW CONTEST WINNER



Jeffrey's Journey, Reviewed and Loved!

First, I have to say that I found his name interesting. Now that I got that out of that way, I would like to thank our sponsor, Quick Trading, for providing this chat prize, and Unicorn for shipping it to me.

I was overwhelmed by how well written and compelling a story *Jeffrey's Journey* was. I don't know why but I expected some-

thing harder to read. I got it on a Friday. I read slowly because of my dyslexia. Over Friday night and Saturday I read to page 25. Then at about 2:15 am Monday morning, I decided to read some more. Well, 15 minutes ago (6:45 am now) I finished reading every readable word in that book. Cover to cover, page 25-118, with no brakes. It was that enthralling.

I do admit that part of the reason I wanted this book was because I have followed this story (from what little of it appeared in the media) since it first appeared in 2001. I was thrilled when Jeffrey's mother won her case in California, allowing her to keep treating her son with cannabis. I was devastated when I learned last year on *Montel* that due to the Feds raiding the cooperative farm from which Jeffrey got his therapeutic cannabis he had a severe relapse and was in a treatment facility for disturbed children. The book, however, did put a brighter spin on things, and I'm happy that his mom still sees hope.

I relate personally to Jeffrey because I medicate for very similar reasons, just less severe symptoms. I have ADD and should have probably been diagnosed with ODD as a teen. If I'm not medicated, then my ability to be aware of the effects my behavior has on others, and the social needs and boundaries of others, is greatly diminished. Those around me suffer. I attribute my predominance of good behavior these days to my cannabis use and not much else.

Reading this book has given me new insight into what life must have been like for my mom when I was growing up, and it's increased my respect for her a great deal. Thank you, Mom, for continuing to always love me no matter what! It matters and has made a difference. :) I'll be sending her a copy of this book.

Jeffrey's Journey also gave me newfound insight into reasons I am and should be frustrated and distrustful of my own government and its choices for what is "best" or "good for me."

Overall, I would rate this book a 10 out of 10 for gripping, readable, real-life stories. Thank you, Debbie Jeffries, for this book and for being you! The words inside made me cry more than once.

Thanks, TY, for this experience!

(Now to medicate enough to get some sleep. It's daylight out again and I'm up way past my bedtime . . . hehehe)

Hugz!

Ally (a.k.a. pflover)

"Preserve Neural Plasticity"



Photo: Craig Lemire of Hello Jazz Productions

MUSIC THAT MATTERS

It is with great sadness that I write this article. For it exposes the failing of men in general and the movement in particular. This tale is a sad example of what power can do to the ego and what the ego can do to hurt us all.

Just a little over a year ago I was asked to speak at a Music That Matters (MTM) event. I was honored to be asked and said so. My road buddy and best friend, Mr. Jack Herer, and I arrived early and introduced ourselves. We were shown to the vendor area where we set up our table. We then went backstage, got our passes, and spent a lovely day on the river. Jack spoke at about 4:20 p.m. (when else?). I was asked to speak later, before Marshall Tucker, one of my all time favorites. The sound was so bad (no fault of the band) that we left after three songs. As we drove the three hours home we talked about the wonderful time we had and how nice it was to be treated so well and to be asked to return in 2006. We said

After collecting myself, I once again had Craig call MTM. He got through to Jim and handed me the phone. I started to ask what was up and was rudely cut off. When I could talk, I asked him what I had said last year that caused so much trouble; I didn't want to possibly embarrass myself, or the event, again. I asked six or seven times, but all I was told was, "I didn't like your message. I want NORML and ASA to talk, but no personal stories." Then he said that there were people speaking this year who had "no story but their own to tell."

I was called a liar, repeatedly, and many other things, but mostly he was upset that we never called. But then, Jim suddenly remembered I *had* called, and his partner had told him. He claimed he told her to call, arguably, two of the most well known men in the movement and tell them they were unwanted at his event. It was bad enough he lacked the courage to call us himself, but showed his lack of management skills by not bothering to see if she was competent or not. After sever-



"I WOULD'VE LOVED TO GIVE YOU MY USUAL TYPE OF ARTICLE, UPBEAT AND POSITIVE, BUT THE TRUTH IS THAT IT TAKES ALL KINDS. SOMETIMES THE TRUTH ISN'T LIGHT AND FLUFFY."



we'd be there.

Checking my calendar, I told Craig to check with MTM and make sure everything was all set. Craig had called several times and left messages with the receptionist who promised to get the message to the right people and have someone call him back. Finally, after leaving two or three messages and no one returning his calls he thought I should try. I called and left a message with the same woman Craig had spoken to, who stated she would give the message to those in charge and they would call back.

No call ever came. Local radio stations were announcing that Jack and I would be there to speak. We had told many people about it, as well as giving the event a big thumbs-up at other events and on the Internet. We arranged hotel rooms. I made two round trips to Santa Rosa—10 hours driving to buy a pop-up shelter so Linda wouldn't have suffered if she was able to attend. She was so looking forward to going; she had such a great time last year. Eventually, we quit calling, figuring they were just too busy, which happens often when trying to do these events. So we just went ahead with our plans to go.

A dear friend of ours, who will remain nameless, said she knew someone and would call and see why we hadn't been called. She called us two days before the event in tears, saying they didn't want us to be part of it. Craig, who had taken the call, asked why. She said she was told that I was too revolutionary, vulgar, and controversial, while Jack, they said, rambled on too much. Dumbfounded and in shock, we called Jack; he also was dismayed.

al minutes of Jim's anger and my apologizing for any misunderstanding, I believe Jim let the cat out of the bag: When I pointed out how well things went last year, he jumped on my ass and said I had never even been invited, it was his show, his stage, and he and he alone would decide who used it. After a few more minutes of chatting Jim backed off a little and pointed out that if Jack and I still felt we wanted to attend, he would give us a table, but we were unwelcome to participate in any of the festivities.

Jack and I didn't go. Jim was right: It's *his* stage, which is a real shame, because Music That Matters should matter. It should be a showcase for up-and-coming acts like Pyrex, with Blaze 1 blazing away on drums. Or old favorites like Elvin Bishop and Leon Russell.

I would've loved to give you my usual type of article, upbeat and positive, but the truth is that it takes all kinds. Sometimes the truth isn't light and fluffy. As for Jim, we, here at the ministry, pray that the next time he's on his stage he bothers to open his eyes and see the light—not just the pretty colored ones but the big bright one we're all supposed to see. After all, as Dennis said, "It's all about compassion, truth, and understanding."

Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,
Eddy

CANNABREX CAPSULES ARE 'BIG IN JAPAN!'



If you're sick of coughing up loogies while hitting the bong, or you know someone who may be interested in trying marijuana for the first time to treat his/her symptoms but doesn't want to smoke, then this article is for you.

Way back in 2004, a new Canadian company launched an innovative product to help people who wanted to benefit from the healing effects of marijuana but wished to decrease, or even stop, their smoking habit. That company was Cannabrex Nutraceutical, and the product was the Cannabrex Home Encapsulation System, also known as the Cannabrex Kit.

Cannabrex Nutraceutical was started by two Montrealers, one of them a well-known member of a now-defunct online cannabis forum. He's a medical cannabis user and was getting sick (literally!) of the coughing fits that were a direct result of his smoking marijuana every day. He tried to rationalize it but, in the end, he knew that there was only one way for him to keep using cannabis: stop smoking it.

Developing the Cannabrex Kit allowed him to transform his THC into capsules in an easy and clean environment. The Kit was designed to include empty capsules, a capsule-filling machine, a small bottle of Cannabrex Oil Blend, a container of Cannabrex Excipient Powder, a special decarboxylation chamber, and a rubber spatula.

What makes a Cannabrex Capsule different from simply stuffing an empty capsule with some weed is the Cannabrex Oil Blend. The main component of this specially designed formula is oil that has no odor or taste and, incidentally, won't go rancid, which means that Cannabrex Capsules require no refrigeration *and* have a surprisingly long shelf life. Cannabrex Oil Blend is also formulated so that it's recognized by your body as a carbohydrate, which is a very beneficial quality, because the body uses carbs immediately after consumption but stores fat for later use. So the THC in a Cannabrex Capsule will enter the bloodstream much sooner than a capsule made with other oils (such as olive or hempseed), or even baked goods made with canna butter.

Another nice thing about the Cannabrex Kit is the mysterious decarboxylation chamber. This encyclopedically named device is better known as an empty jar. It basically allows the THC/oil blend to be brought to the required temperature for a certain amount of time, which, in laypeople's terms, frees up a carbon molecule and renders

the THC psychoactive. This empty jar was chosen from among thousands of vessels for its multi-boil capacity and straight "no lip" edge, which makes it very easy to extract material from the chamber and then into the empty capsules.

Over the last 2 years, the Cannabrex catalog has been expanding beyond the original formula to include a potency-enhancing Cannabrex-3X formula and a very popular non-drowsy 3X-AM formula that not only makes the Cannabrex Capsules even stronger but also packs a punch with a healthy dose of caffeine, Siberian Ginseng, and Yerba Mate.

Cannabrex-3X was designed for those who have a particularly high tolerance to THC, which would basically include almost all medicinal users. It can also be used to make capsules that are quite potent but contain much less THC than would be expected. Cannabrex Capsules can be made in three strengths: silver, gold, and platinum. The gold formula, the most widely used recipe from the Cannabrex online user guide, requires only 3.4 grams of kif powder per batch of 24 capsules, which means that each Cannabrex-3X Gold Capsule contains just 0.14 grams of kif powder. Once pulsing through the bloodstream, the 0.14 grams will feel more like half a gram.

The Cannabrex team was seen in action at the 2005 Cannabis Cup in Amsterdam and has been seen at other cannabis conventions and exhibitions in California and western Canada. Their products are available in Europe through the Pollinator Company, and, most recently, a distributor from Japan has been selling Cannabrex Kits quite successfully. He's recently become the exclusive distributor for Cannabrex in Asia, and the website will soon be available in Japanese.

The Cannabrex Team has been getting so busy that they're looking for more distributors, so they can stop dealing on a retail level and concentrate on getting their products to as many people as possible. Look for Cannabrex Kits at your local head shop, ask for ready-made Cannabrex Capsules in your favorite compassion club/dispensary, and don't forget to check out their website at www.cannabrex.com.

Say *sayonara* to coughing forever!



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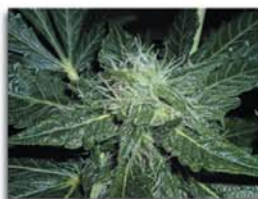
ALL SEEDS COME IN PACKS OF 10



Master Low: A 100% auto-flowering Hybrid that is 3 years in the making. You will notice a strong Kush presence, in both taste, and high. A beautiful Master Kush female was first selected, and pollinated with a Lowryder male, resulting offspring were then carefully picked through, crossed again to Lowryder, and inbred repeatedly (Lowryder/Master Kush/Lowryder X Lowryder/Master Kush/Lowryder). 24 hours of HPS light would be best for maximizing your yield. Those in northern latitudes will find this plant to be very beneficial.

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

Bred by:



AK Valley Kush x LR, Lionheart x LR, Blueberry x LR, LR Adventure Mix
Please note that these strains are not 100% autoflowering.....YET!



Lowryder: is a new variety of drug cannabis with unique characteristics. Aptly named for its low profile (both literally and figuratively), Lowryder was developed for extreme rapid growth (life cycle is 8 weeks from seed to bud!), uniquely short height, and amazing versatility. Passing directly from the seedling to the flowering stage, Lowryder altogether does away with the vegetative growth stage, in a process we like to call autoflowering. In other words, you plant it, it sprouts, grows a couple sets of leaves, then immediately and automatically begins flowering (males at about day 17, females at day 20). As a result, it is the quickest, most compact, and most easily concealed plant available.

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Sacred Seed - 2A Dundonald Street, Toronto Ontario (416) 928 6811 - www.sacredseed.com

Gypsy Nirvana's Seedboutique - Singel 163, 1012VK Amsterdam - www.seedboutique.com

REV. TOM BROWN SPEAKS HIS MIND

Photos: A. Jason Dunlap of Hello Jazz Productions



The Teaching Garden Aug 2003.

Greetings Brethren,

This month we take to look at the recent UDV decision. UDV is short for *O Centro Espirita Beneficiente Uniao Do Vegetal*.

The Supreme Court in the U.S. ordered the DEA to issue a license to the UDV church to import and distribute ayuhuasca tea. The tea contains DMT, which is a chemical similar to LSD. Our church, the Multi-denominational Ministry of Cannabis and Rastafari, has filed an injunction against the federal government to prohibit the police from raiding the church, as did the UDV church. We expect to win.

So, please read the quotations below and see for yourselves how the federal government's prohibition of entheogenic plants is at an end.

Understand that the pope made marijuana illegal in 1188 when he started burning witches. The first was Mary Magdalene and

her church, the Cather Church in the South of France, beginning in 1208. It was the Catholic Supreme Court Justice Roberts who wrote that the U.S. government couldn't burn witches for the pope any longer.

Go to the Supreme Court website at www.supremecourtus.gov/opinions/05pdf/04-1084.pdf for a complete copy of this historic ruling.

"Comes the Plaintiffs Multi-Denominational Ministry of Cannabis and Rastafari Inc. (MDMCR hereafter); Rev. Linda Senti, registered agent of MDMCR; Rev. Tom Brown, chairman of the Legal Committee; Craig Tierney; MDMCR's members and affected parties several who are enumerated in the Complaint and Request for Injunction and by attached affidavit, in propria personae to make claim for injunctive relief and to address this Honorable Court.

Plaintiff asserts that the published decisions of the federal courts that have interpreted the federal and state drug laws, RFRA, RLUIPA, and other laws under RICO and civil rights damages require that this Court mandate fact proofs from the Government as to the particular threat to public health and safety that the government responded to when the Government agents attacked Plaintiffs persons and properties by way of attempting to prohibit the religious establishment and exercise of MDMCR in growing marijuana plants.

In support of that position, Plaintiffs cite the following published decisions of the federal courts that have interpreted RFRA, RLUIPA and the terms and conditions where RFRA and RLUIPA are applied.

1. Recently the U.S. Supreme Court ruled on that very issue of the interpretation of RFRA as applied to the religious use of a Schedule I drug on a motion for preliminary injunction. In *Gonzales v. O Centro Espirita Beneficiente Uniao Do Vegetal*, Number 04-1084, decided February 21, 2006 the court ruled that:

At page 2-3

“Under RFRA, the federal Government may not, as a statutory matter, substantially burden a person’s exercise of religion, ‘even if the burden results from a rule of general applicability.’ sec. 2000bb-1(a). The only exception recognized by the statute requires the government to satisfy the **compelling interest test** - to ‘demonstrate that application of the burden to the person - (1) is in furtherance of a compelling government interest; and (2) is the least restrictive means of furthering that governmental interest.”

As to the issue of the criminal nature of the sentence and the penalty for possession of a Schedule I substance under the drug law.

At page 3

“The Act (federal drug statute) authorizes the imposition of a criminal sentence for simple possession of Schedule I substances, and mandates the imposition of a criminal sentence for possession ‘with intent to manufacture, distribute, or dispense’ such substances.”

As to the issue of application of RFRA to a preliminary injunction issuing:

At page 8

“Here the burden is placed squarely on the Government by RFRA rather than the First Amendment, see 42 U.S.C. sec. 2000bb-1(b); 2000bb-2(3), but the consequences are the same. Congress’ express decision to legislate the compelling interest test indicates that RFRA challenges should be adjudicated in the same manner as constitutionally mandated applications of the test, **including at the preliminary injunction stage.**”

As to the law itself proving compelling interest by the definition of Schedule I drug:

At page 9-18

“Under the government’s view, there is no need to assess the particulars of the UDV’s use or weigh the impact of an exemption for that specific use, because the Controlled Substances Act serves a compelling purpose and simply admits of no exceptions.

- A -

“RFRA, and the strict scrutiny test it adopted, contemplate an inquiry more focused than the Government’s categorical approach.

“RFRA requires the Government to demonstrate that the compelling interest test is satisfied through application of the challenged law ‘to the person’ - the particular claimant whose sincere exercise of religion is being substantially burdened. 42 U.S.C. sec. 2000bb-1(b). RFRA expressly adopted 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).’ 42 U.S.C. sec. 2000bb(b)(1).

“In each of those cases, this “Court looked beyond broadly formulated interests justifying the general applicability of government mandates and scrutinized the asserted harm of granting specific exemptions to particular religious claimants.”

At page 11

“Under the more focused inquiry required by RFRA and the compelling interest test, the Government’s mere invocation of the general characteristics of Schedule I substances, as set forth in the Controlled substances Act, cannot carry the day . .

“But Congress’ determination that DMT should be listed under Schedule I simply does not provide a categorical answer that relieves the Government of the obligation to shoulder its burden under RFRA.

“This conclusion is reinforced by the Controlled Substances Act itself.

“The Act contains a provision authorizing the Attorney General to ‘waive the requirement for registration of certain manufacturers, distributors, or dispensers if he finds it consistent with the public health and safety’, indicates that congressional findings with respect to Schedule I substances should not carry the determinative weight, for RFRA purposes, that the Government would ascribe to them.

“And in fact an exemption has been made to the Schedule I ban for religious use. For the past 35 years, there has been a regulatory exemption for use of peyote - a Schedule I substance - by the Native American Church. See 21 CFR sec. 1307.31(2005). In 1994, Congress extended that exemption to



Babies from the 2003 Mother Room.

all members of every recognized Indian Tribe. See 42 U.S.C. sec. 1996a(b)(1).

“Everything the Government says about the DMT in hoasca [ayahuasca] - that, as a Schedule I substance, Congress has determined that it ‘has a high potential for abuse,’ has no currently accepted medical use’ and has a ‘lack of accepted safety for use . . . under medical supervision, ‘applies in equal measure to the mescaline in peyote, yet both the Executive and Congress itself have decreed an exception from the Controlled Substances Act for Native American religious use of peyote.”

At page 13

“The well established peyote exception also fatally undermines the Government’s broader contention that the Controlled Substances Act establishes a closed regulatory system that admits of no exceptions under RFRA. The Government argues that the effectiveness of the Controlled Substances Act will be ‘necessarily . . . undercut’ if the Act is not uniformly applied, without regard to burdens on religious exercise.”

At page 16

“We do not doubt that there may be instances in which a need for uniformity precludes the recognition of exceptions to generally applicable laws under RFRA. But it would have been surprising to find that this was such a case, given the longstanding exemption from the Controlled Substances Act for religious use of peyote, and the fact that the very reason Congress enacted RFRA was to respond to a decision denying a

claimed right to sacramental use of a controlled substance. .

“And in fact, the Government has not offered evidence demonstrating that granting the UDV an exemption would cause the kind of administrative harm recognized as a compelling interest in *Lee, Hernandez, and Braunfeld*.

“The Government failed to convince the District Court at the preliminary injunction hearing that health or diversion concerns provide a compelling interest in banning the UDV’s sacramental use of hoasca. It cannot compensate for that failure now with the bold argument that there can be no RFRA exceptions at all to the Controlled Substances Act.”

At page 18

“The Government repeatedly invokes Congress’ findings and purposes underlying the Controlled Substances Act, but Congress had a reason for enacting RFRA too.

“Congress recognized that ‘laws neutral toward religion may burden religious exercise as surely as laws intended to interfere with religious exercise’, and legislated the ‘compelling interest test’ as a means for the courts to ‘strike sensible balances between religious liberty and competing prior governmental interests.’”

As to the compelling interest proven by the fact of international drug control treaties and the Government’s need to enforce them:

At page 16

“The Convention, signed by the United States and implemented by the Controlled Substances Act, calls on Signatories to prohibit the use of hallucinogens, including DMT. The Government argues that it has a compelling interest in meeting its international obligations by complying with the Convention . . .”

At page 17

“The fact that *hoasca* is covered by the Convention, however, does not automatically mean that the Government has demonstrated a compelling interest in applying the Controlled Substances Act, which implements the Convention, to the UDV’s sacramental use of the tea.

“At the present stage it suffices to observe that the Government did not even **submit** evidence addressing the international consequences of granting an exemption for the USV.”

At page 18

“We do not doubt the validity of these interests, any more than we doubt the general interest in promoting public health and safety by enforcing the Controlled Substances Act, but under RFRA invocation of such general interests, standing alone, is not enough.”

For more details please visit:

www.cannabischurches.net/index.php?option=com_content&task=view&id=9&Itemid=2

GOD: THEIRS AND OURS



The Healing Fields Aug 2003.

I’m trying to understand at what point the government assumed they knew more than God? How could they dare try to replace the Most High with their own ideals? Because their God’s ideals are not my God’s. Theirs, they would have you believe, is a war-like God: uncaring and cruel, sending the young to die in a holy war for oil and the almighty dollar. They’ll tell you that their God needs money and power, and for you to crawl on your belly like a snake, not just for their unholy god but for themselves.

Their world is built on wars, prisons, fear, hatred, anger, prejudice, and more fear. Their way is not working and can’t because it’s not sustainable. The God who chose me is fair and kind, believing we’re all equal and have the freedom to do anything as long as it doesn’t harm anyone or his/her property. A God that believes we can live without killing, prisons, and wars, and show me that we can change the world with love and understanding.

I wonder why anyone would turn his/her back on a world where

we all get along. No slaves, no wars, no starvation. A world where we’re united for the good of the whole and, most of all, we respect the rights of individuals. To live in a world where we have the right to be free, truly free, from the infringement of others, and where we may travel anywhere to rejoice with our brethren. Free of fear of any kind, for any reason. Free to be who and what we are, respected by all as we, in turn, respect each other. This world is possible if we believe in ourselves, the Most High, and the morality of what we’re doing.

It is possible but we must put aside fear and prejudice. We must learn to live together because if we cannot, we are doomed to repeat the insanity that has become our way of life, a way we can no longer sustain. Will you be among those who lose by trying to stay in a world we must leave behind, or will you be among those who deliver unto us all the Garden of Eden it can be?

Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,

COURAGE UNDER FIRE!

Photos: Craig Lemire of Hello Jazz Productions



Eddy and the garden he can not enter.

I sit here, heartbroken and sad. Things like this happen, but it shouldn't be today. Because today Linda's ministry is planting more plants, which is a day that should rank up there with the 4 of July and Christmas. Why is this? Why, when there should be such joy, am I so sad? Simple: I'm a victim! My family and me are victims of an out-of-control government. Sadly, this problem is worldwide. When men covet the dollar more than happiness we become lost. Why would they sell us out? And, believe me, they have at every level.

Our ancestral liberators spoke of this here in the good old US of A. Telling of tyranny, how it is evil and wrong, and how it should be overthrown by the masses. I'm against violence but I'm not against revolution. History has proven that it's often necessary—necessary for the masses to stand up for

what was given to us by God, to take back the things that were stolen and ripped away. Money and power elect governments.

Start wars and then illegally overthrow other governments in order to install your own puppets that jump at the ends of their strings until the strings snap.

Who suffers when we allow this? Why us, of course, for we are the fodder with which they feed the machines of war and poverty. We are that which the powerful and the wealthy spend so freely. The power and the wealth that buys and sells us, then sells us out.

We need only look as far as the pharmaceutical industry. Study how the rich control the drugs and, therefore, our health industry, which is shameful. If they can't fix it with a pill you're fucked. If they can then you're really fucked because you have to take five or six other pills for the side effects. Or per-

A family that plants together stays together.



haps we should look at food, and how three or four corporations control everything we eat. Look at how the altered foods destroy our health even further. We are poorly educated, poorly fed, and poorly represented. Most of all we are poorly treated. Again, this is not just here, it's worldwide. Why? Because big business is worldwide.

We are pawns; they are corporate royalty. Look at the Exxon Valdez lawyers! They followed the typical protocol for any cor-

other. Hurt none! When we hurt others we hurt also ourselves. This leads to anger and escalates, leading to more hurt. God frowns on this, so do I, and you sure should, too. Love one another! No matter which path you take to the Most High, all of His prophets tell you the same thing. He is a loving God, and love is the key word here. Love is the key that opens the doors to compassion, communication, understanding, and truth. Without truth nothing is possible and nothing can last. I await you in the one light! This is the light of truth, knowledge, and

“THE END OF THE WORLD IS NEAR. NOT IN AN ARMAGEDDON KIND OF WAY, BUT WE HAVE USED UP NEARLY ALL OF OUR NATURAL RESOURCES WORLDWIDE.”



The Rev Linda Senti.

poration that finds themselves in trouble: pay the fine. For them it's cheaper than fixing that which they have destroyed. Think! Think about it! How often worldwide do these things happen? Far too often. What's done? Far too little. Why? It's cheaper to pay the fine. I should be thrilled on this day, being able to see my brave darling wife planting her garden. A Garden of Eden for cannabis can make the world the promised paradise we all want, need, deserve, and have been given by the Most High.

Cannabis is a plant that can change the world for the better. For us! The masses! A world where money is good, not one where money is God. So please join Linda and her ministry, and plant a seed at every chance. Throw your seeds out every window, into every river and stream, across every field; drop them from cliffs and from the air. Put them everywhere. We love you, each and every one, as we hope you love us.

In closing, I end by asking that we respect all! Because it's only in respecting each other that we can take the time to see each

compassion. There is no problem that can't be solved by dealing with it through communication, education, and the truth.

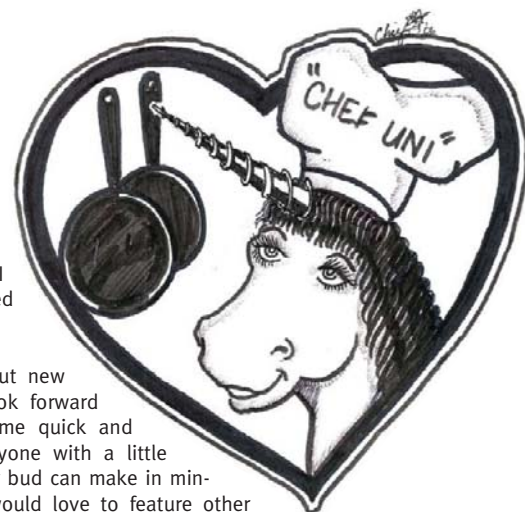
We must return to these principles. The end of the world is near. Not in an Armageddon kind of way, but we have used up nearly all of our natural resources worldwide. Many believe that there's no more than 25 to 30 years of oil. Forests are being cut down at the rate of thousands upon thousands of acres a day. This can't last. Dirty water, dirty air, and medical care that doesn't care, only prolongs the pain. So, yes, my brothers and sisters, I, as many, await you in the one light. Join us, help us, and help yourself. God has blessed us all. We need to act like we know it.

Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,
Eddy

MMM...

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 zardoz 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.

See You In The Kitchen...
Hugs Chef Uni



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RECIPES



BARBEQUED MJ BURGERS - submitted by Chef Uni

Ingredients:

1 pound ground meat (your choice)
Seasoning to taste
1 egg
Bread crumbs
4-6 teaspoons finely ground marijuana

Combine all of the ingredients, make patties, and grill.

Makes 4-6 burgers.

HAPPY CLIPPERS TOSSED SALAD - submitted by Chef Uni

Ingredients:

Lettuce
Tomato
Cucumber
Grated cheese
Boiled egg, chopped
Carrot, grated
Red cabbage, chopped in fine slices
Freshly clipped marijuana buds

Make the salad by chopping, slicing, grating, and tossing all of the ingredients together except the marijuana. Place salad in a bowl and sprinkle a few fresh buds on top. Top with your favorite salad dressing.

This makes an excellent side dish to the burgers. Something I do to make this faster is buying the prepackaged salad mixes.

NUMMY RUMMY MILKSHAKES

- SUBMITTED BY CHEF UNI



- 2 good scoops of butterscotch or vanilla Ice Cream
- 1 cup of Cold Milk
- 1/2 tsp Rum extract
- 1 teaspoon finely ground marijuana

Put all these ingredients in a blender and blend till smooth.

ONE POP POT COOKIES

- SUBMITTED BY CHEF UNI



- 1 cup Canna Butter
- 2 cups Brown Sugar
- 2 Beaten Eggs
- 1 teaspoon Baking Powder
- ? teaspoon Salt
- 3 cups All Purpose Flour

Cream butter and sugar, add beaten eggs, and then add rest of ingredients which have been mixed and sifted together.

I find working the dough with my hands till it is soft like platercine works the best.

Roll out to about 3/8 inch

thick. Cut out with your favourite cookie cutter (I use a small cutter so the cookies can pop into your mouth in one bite).

Place on an ungreased cookie sheet (I use parchment paper). You can add coloured sugar to the top before baking.

Bake at 425 degrees farenheit for 11 minutes, remove immediately to cooling rack. Quantity depends on the size of the cookie cutter.

BLAZED GUACAMOLE

- SUBMITTED BY CHEF UNI



I found this recipe in the "Marijuana Herbal Cookbook" by Tom Flowers. It was very simple to make and was enjoyed by the guinea pigs. I liked the fact that I could whip this up in less than 5 minutes and then leave it. There are many good recipes in this book that I will try to make over time.

I give this book my 2 thumbs up for great and simple recipes. Check it out in stores near you, or from our sponsor FS Books Co. (<http://www.fsbookco.com>)

Avocados are a good vegetable to use with pot because they contain 15 % or more oil.

- Mash together
- 2 avocados
- 1 - 4 teaspoons marijuana leaf flour (I used ground bud) or 1/2 - 2 grams pow-

- dered sinsemilla flowers
- 2 tablespoons sour cream
- 1 clove minced garlic
- Dash of salt and Tabasco

Refrigerate covered for 2 hours or more.

Serve with corn chips and salsa.

PATIENT'S CHOICE CANNABITES

A SCHWAB FAMILY RECIPE - SUBMITTED BY YREKAGROW



Looking for simple, great tasting MMJ cookies? Well, give these a try; they are easy to make. The results are remarkable and you can have a lot of fun varying the toppings. Plus the 1.5 cups of canna-oil used in this recipe makes it pack one of the hardest punches of any published patient's choice recipe, maybe second only to the "Clobberer Cobbler"...

4.5 cups flour
3 cups sugar
1.5 cups melted canna-oil or ghee
3 eggs (separated)
3 tsp vanilla
9 tbsp milk (measured precisely)

Topping ideas: broken pretzel sticks, crushed pecans, chocolate chips, M&M minis... just about anything, have fun with it...

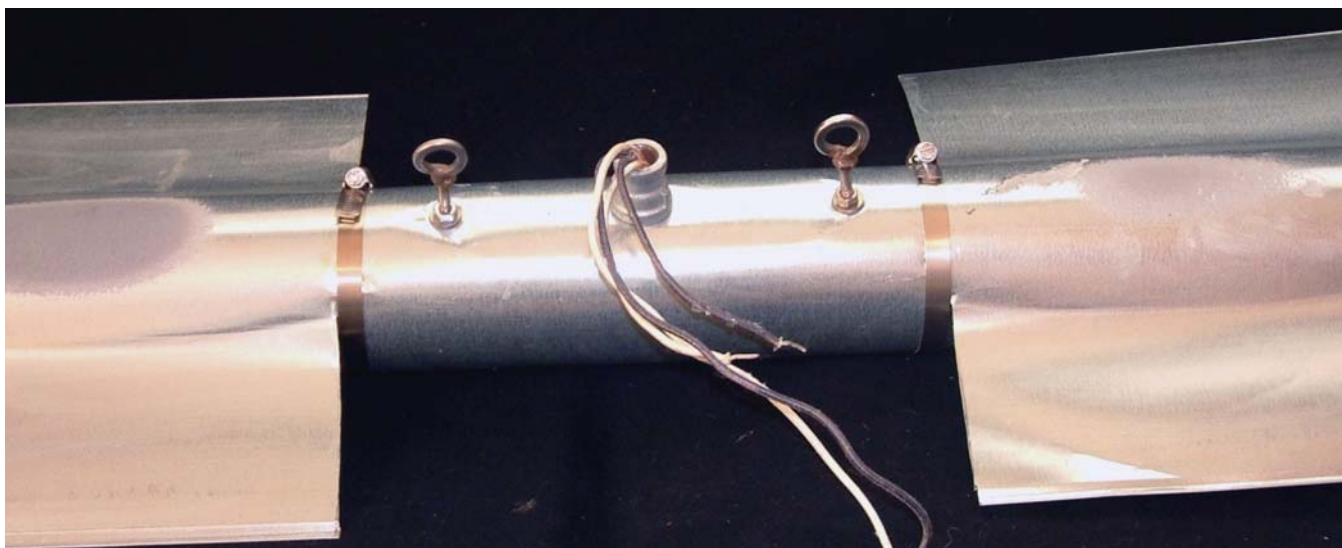
- 1) First preheat the oven to 350 f.
- 2) Sift together the dry ingredients and set aside.
- 3) Now mix the yolks of the eggs with the milk, vanilla, and canna-oil thoroughly with a whisk.
- 4) Mix the wet & dry ingredients with an electric mixer.
- 5) Form into balls and flatten into desired shapes on a cookie sheet, form the cookies no bigger than 2 inch squares or 4x1 inch bars no thicker than an 1/8 of an inch thick.
- 6) Beat egg whites until foamy and generously brush each cookie. Lightly press in the toppings and bake for 15-20 minutes depending on desired crunch.

This recipe makes a very large amount of cookies, but the dough freezes well will stay good for more than a year in a freezer if properly packaged (a "ziplock" freezer bag does nicely). These could be your new favorite; I hope you enjoy them.

DUAL COOL!

2000 WATTS OF FLOWER POWER!!!

Photos: Gord Hume



OK FOLKS IF YOU ARE LIKE MOST OF US IN THE INDOOR HYDRO ARENA YOU ARE CONCERNED ABOUT HEAT IN YOUR FLOWERING ROOM. LET'S FACE IT ONCE YOU FIRE UP A COUPLE OF 1000 WATT HPS LAMPS ABOVE YOUR LADIES YOU ARE INCREASING THE AMBIENT TEMPS IN YOUR ROOM BY AS MUCH AS 35 DEGREES FAHRENHEIT !

To combat this condition I built myself a "double fixture, air cooled, glass and ducting" air cooled lamp housing. The pictures in this (largely) pictorial DIY project are taken from my own housing that I have used for my last two grows... thus the stains and tape marks etc...

for easy marking. Find and mark the centre of your soon to be cool tube (centered end to end and side to side), at this point you will cut a hole appropriate in size to your pipe fittings (see picture #1) make the hole big enough to pass one of the ? by close pipe nipples.. But not TOO big.

Materials list:

- 1: 1 length of 4 inch galvanized ducting, 3 feet long
- 2: 2 Pyrex tubes (purchased as "Bake a Round" bread baking tubes) 3 1/2 inch X 14 inch
- 3: 4 hose clamps 4 inch diameter
- 4: 1 pipe tee 1/2 inch
- 5: 3 pieces "1/2 inch X close" pipe nipples
- 6: 1 piece 1/2 inch pipe locknut
- 7: 2 mogul bases complete with 1/2 inch pipe flange bases AND high heat wiring
- 8: 1 piece 1/2 X 3/8 pipe adaptor
- 9: 2 pieces "Duct connector kit"
- 10: 2 lamps 1000 watts HPS
- 11: 2 lifting eyes 1/4 inch shaft
- 12: 1 exhaust fan of "reasonable" CFM
- 13: Lengths of "metallized" flexible dryer duct hose to suit room
- 14: Roll of foil duct tape

Go buy yourself a length of 4 inch galvanized ducting (and all of the other parts too!) (do NOT "snap" the seam together!), normally bought in 5 foot lengths... so you'll have to cut 2 feet off the end. When the duct is left "unsnaped" it can be layed relatively "flat"



1. Top shot shows lifting eyes and wiring hole.



Next you will mark and drill two holes for your lifting eyes, use large washers or similar metal scrap to “backup” your lifting eyes to help distribute weight (see picture #2). Use caution in placing your lifting eyes, you will want them as far apart as possible to assist in stability... but you must not allow them to be in the way of your glass tubes when we place them. It’s a good idea to pre assemble your double lamp holder BEFORE you drill holes (see picture #3); the centre for the lamp holder is and MUST be the centre of your duct. Also the lifting eyes are placed on the tube’s centre line.

Now make a mark 1 foot from each end of the duct (the “tube” is still NOT closed, so make four marks one foot from each corner), now make a cut 4 inch’s towards the centre of the tube. These cuts will eventually become reflector wings.

Time to test fit your lamp holder assembly, build it as shown in picture #3 (note the condition of my wires, they indicate that they have been “chaffing” as well as being subject to very high heat. I will have to secure the wires with a fire proof bushing of some sort to prevent further wear and tear).... Adjust the distance of the “lock nut” to place your lamps as close to the centre of the Pyrex tubes as possible. Now remove the lamp holder. OK what you have in front of you should look like picture #1 (except don’t have the lifting eyes mounted yet) it should look a little like a tube with three tabs cut in it... left centre right. Now cut the edge off of one of the “centre tab’s” (cut off one side of the “snap” edging). Place your Pyrex tubes into the structure and insert them 1 inch into the “centre tab” section (one tube from each end). This part can be a little tricky and you might ask an assistant to help you hold your tubing in place... hold the cut edge of your ducting tight to your glass tubing, now roll the un-cut edge of the duct over until you have covered the cut edge by at least an inch. Mark where this is along the uncut edge of the ducting... now take out your glass tubes and cut that last edge that you just marked. This will allow you to form a metal tube for your Pyrex tubes to fit into.

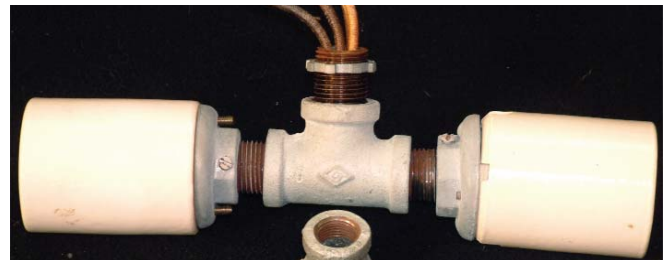
Time for assembly of the major components! Go get your glass tubes and wash them. Grab your foil tape and give each Pyrex tube a single EVEN (no big bumps or creases) wrap of tape on each end (see picture #6b); this helps with air sealing and also to help “cushion” the force of the hose clamps on the glass. Now make SURE your glass is CLEAN! Set them aside for a minute. See picture #6a

Now take your lifting eyes and backup washers and install them (you DID leave room for your glass didn’t you? Remember ... at least an inch of glass needs to be inside the “centre tab”!). OK now the eyes are installed and your feeling good... you should... you haven’t all that far to go now! J OK now install that double lamp fixture that you so carefully put together... you know the one that you made sure ALL of the screws were tight and that you made DOUBLE SURE that you used HEAT RESISTANT WIRE for the mogul bases. See picture #4.

Now install your lamps, make SURE THEY ARE CLEAN! Wipe your lamps with alcohol after you install them to eliminate any finger prints (oil from your hands can destroy a HOT lamp!). See picture #5.

OK time to place your Pyrex tubes into the fixture, slide them into the “centre tab” section from each end (see pictures # 7 and 8). Now close the centre tab over the glass tubes and clamp them evenly and fairly tightly with a hose clamp on each tube end. Jump ahead and see picture #12 TAPE THIS SEAM!

Now take out your trusty tin snips and make a 2 inch cut into the ducting 4 inch’s from each end edge (this leaves a “tab” at each duct end for your next set of hose clamps). OK time to use those



3. Sockets fitted and wired.



4. Mogul bases installed.



5. CLEAN those LAMPS!!!.



6a. Pyrex tubes

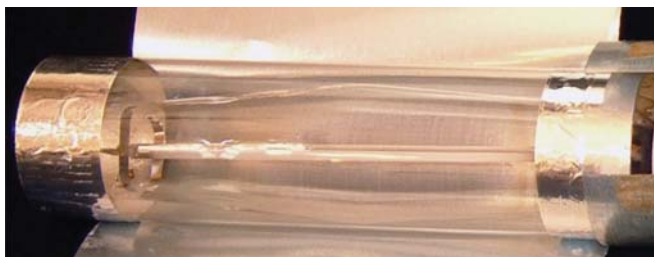


6b. Glass tube length.



7. Tape with 2 inch FOIL tape insert to 1 inch

GROW YOUR OWN



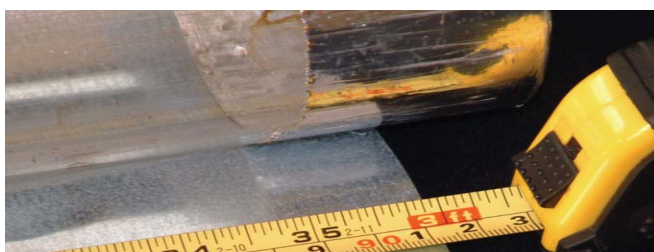
8. Overlap the centre section and install hose clamps.



9. Remove this rivet.



10. Attach a duct connector kit to each end.



11. Total duct length.



12. Tape this seam!!!



13. Top shot with wiring and hose clamps installed.

two duct connector kits... remove the rivet that is shown at the top in picture #9, this is the surface you want to place against you glass tube... this rivet WILL cause your Pyrex to break due to it's creating a pressure point if not removed. Now slide the duct connector kit over the outside end of your COOL tube (see picture #10). Place the duct adaptor in between the glass and the duct, slip a hose clamp over the adaptor AND the "tab" created by the 7 inch long end snips in the end of the ducting.

OK there you have it... it's done! You just built your own double lamp air cooled tube fixture... just like the pros! What's that? It doesn't look like any cool tube you ever saw?

Oh yeah... I almost forgot... now that everything is clamped into place just grab the sides of your "reflectors" and bend them into the shape that best suits your needs (see picture #14)! I've run this particular assembly for at least a couple of grows and I'm currently planning on removing the bulk of my "reflectors" and utilizing more of the light that is currently being blocked. It must be kept in mind however that a reasonable amount of "shade top" be left intact as this aids in stiffening the lamp fixture.

Oh... by the way... have you seen picture #15? I made sure to show you that this fixture does get VERY VERY HOT!!!! If YOU or your plants touch the fixture it WILL burn you BADLY and QUICKLY! Even with a good powerful fan pushing fresh cool air into your tube assembly you will find that the surface is still very hot; you will however find that you can place your tubes MUCH closer to your plants than you previously could without the aid of "tubed" air cooling.

In the next issue I will show you my own garden and how I use this lamp assembly to flower 24 plants (with the aid of a linear light mover and a "self retrieving" exhaust hose assembly) in a "Hybrid" garden of my own design.

The idea for this assembly was sparked from reading a few articles on DIY single tube housing's; I simply expanded this into a dual tube configuration to suit my own needs. YOU can certainly adapt this to house a single lamp with very little difficulty, however lamp diameter must be such that it fits easily inside the 3 and 7 inch Pyrex tubing.

Gord Hume partially disabled CDN Army veteran, DIY guy for TY!



14. Install and GROW FLOWERS!



15. HOT!!

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TREATING YOURSELF MAGAZINE CONTEST BONANZA



Prizes available to be won :

Volcano Vaporizer , Set of Bubble Bags, Complete Set of 6 Celebration Pipes, M2 Vaporizer, Hoodlam Hemp Jacket, Dry Box Tent, Deluxe Hands Free Vapor Box, Vapolution Vaporizer, Vapir One 3.0 Vaporizer, Hand Blown Glass Piece, Concerto JR Grinder Combo, Rolling Tray, Book from Quick Trading and last but not least a DVD from FS BOOK CO

The above prizes were sent in by the following sponsors:

Celebration Pipes, Chiro-Tech, East Side Impex Fresh Headies, FS Book Co., Hempworks, Laplaya Glass, One Drop Design, Quick Trading, Vaporizer.ca, Vapolution, Vapor Store, Wolf Productions

I would also like to thank the following company's who have also contributed to making this contest possible:

Apothecary Seeds, BC Northern Lights, Duke of Amsterdam, H.E.L.P, H.U.M.A.N, KDK Distributors, Online Alien Paradise Seeds, Peak Salesm, Planetary Pride, Semitalia, Sensi Seeds, Skunk Magazine, THSeeds, Wong Bong

CONTEST RULES:

You must be a resident of Planet Earth and have reached the age of consent in your state, province or country.

No purchase is necessary to enter. Hand drawn facsimiles of entries will be accepted. Mechanical reproductions will be accepted. But only 1 entry per person

Treating Yourself and contest sponsors are not responsible or liable for entries that are lost, misdirected, delayed, destroyed or lost in delivery.

Entries that are late, incomplete, illegible, damaged, irregular, have been submitted through illicit means, or do not conform to or satisfy any condition of the rules may be disqualified.

Winners will be notified by telephone, Email and announced in Treating Yourself Magazine.

Treating Yourself and contest sponsors are not liable for any damages or injuries as a result of participation in any contest or as a result of attendance at events where prizes may be awarded.

Chances of winning depend on the number of eligible entries received.

Treating Yourself reserves the right to amend these rules as and when they deem necessary. Rules may change from time to time in any given contest. Treating Yourself and contest sponsors are not responsible for any typographical, production or distribution errors that may occur during

the contest or in any contest material.

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The Sponsors are not responsible for commencing, continuing or completing the contest in the event of circumstances beyond their control. The Sponsors reserve the right to cancel or modify the contest if, in their sole discretion, they determine that the contest is not capable of being run as originally planned for any reason (such as tampering, fraud, technical failures, printing or distribution errors or any other causes or occurrences have compromised the fairness or integrity of the contest).

All entries become the sole property of Treating Yourself and cannot, nor will not, be returned for any reason. All entries will be destroyed four weeks after conclusion of the contest.

This contest is subject to the laws of Ontario and the federal laws of Canada as may be applicable.

By entering this contest, you acknowledge that you accept and will abide by these rules and regulations.

TREATING YOURSELF MAGAZINE CONTEST BONANZA



This Contest closes at midnight November 1, 2006
Entry Form may be photocopied but only 1 entry per person

CONTEST ENTRY FORM ISSUE # 5
Please Print Clearly

Name: _____	
Address: _____	

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Phone Number: (_____) _____ - _____	
Email: _____	
Are you a member of TreatingYourself.com? YES! _____ NO! _____	
If yes, what is your TY screen name: _____?	
Skill Testing Question= How many articles in TY issue # 5 are written by Eddy Lepp?	



Mail completed entries to:
Treating Yourself Magazine
126095 Southgate Road 12, R.R. #2 Dundalk, Ontario N0C 1B0

WINNERS ISSUE 4

It is my pleasure to announce the winners from the previous issue of Treating Yourself. I was very surprised that we only received 3 entries with the correct answers so what we did was award GRAND PRIZES to the correct entries and the other prizes were drawn from ALL entries received.

At this time I would also like to thank Storz & Bickel who set me a few Volcano's for me to give away to those in need. The Volcano's were distributed to sick patients across North America

I would also like to thank all of our generous sponsors who sent us these GREAT PRIZES to give away to our readers. You can also win these GREAT PRIZES online at <http://www.treatingyourself.com>

Congratulations goes out to the following winners

R.B. Perth Village, Ont.	Volcano Vaporizer	S.S. Fort Fairfield, Maine	Laplaya Glass Piece
J.S. Troy N.Y.	Set of Bubble Bags	J.H. Guelph, Ont.	Kief Box
H.K. Cape Town, S.A.	Set of 6 Celebration Pipes	F.B. San Francisco, Ca	Contero JR Grinder Combo
R.F. Toronto, Ont.	Home Box Grow Tent	R.B. Winsted, Conneticut	Wolf Rolling Tray
I.F. Saskatoon, Sask.	Deluxe Hands Free Vapor Box	R.G. Warrensburg, N.Y.	Jeffrey's Journey Book
L.M. Newport Stn. Nova Scotia	Vapolution Vaporizer	J.C. Boca Raton, Fl	The Hash Man DVD
H.P. Canon City, Co	Vapir One 3.0		

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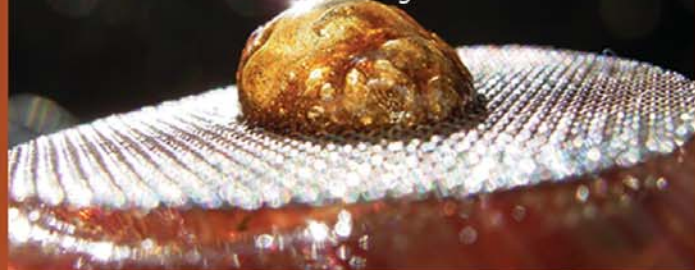



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