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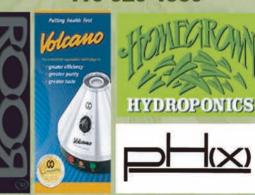


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Mission Statement

The Treating Yourself website was created in May 2002 to provide medical marijuana users with information to assist them in their responsible use of medical marijuana.



TY provides patients and care givers the information on where they can acquire seeds, different methods of growing medical marijuana for themselves and healthier methods of taking their medicine.

Our website treatingyourself.com, is the largest and most compassionate medical marijuana website to date. TY is a predominately "medical marijuana" website whose goals are to provide the education in the responsible use of marijuana as it applies to medicine, to consolidate "pro marijuana" websites and interest groups with a goal to co-ordinate all of our efforts with regards to the issues of legalization.

Team TY would like to welcome all respectable, responsible marijuana users. We would like to see a concerted effort on behalf of all respectable, responsible marijuana users worldwide, helping in the effort to abolish prohibition as prohibition must be abolished! As individual "interest groups" we are at the mercy and whim of the governing bodies of the world, however if we were to unite and begin to demonstrate to the world that we are responsible and respectable members of society, the choice will be clear. Marijuana must be made fully legal to any and all who have obtained the age of majority! The time has come for our governments and lawmakers world-wide to abolish the immoral prohibition of an innocuous flower! The time has come to realize that we are not "potheads" or "stoners", far from it! We are 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!

Yet the facts remain the same. We still face prohibition, we are still unjustly locked up, we can still have our lives ruined! All because the propaganda machine is kept well oiled and fine tuned. It is our duty to throw sand in those gears! It is our duty to dismantle this ponderous loathsome machine! The only way to achieve this is to "walk the walk" and "talk the talk." We, the marijuana consumers of the world must show the lawmakers that we do NOT cause harm, we are responsible, we are respectable and we are valued, productive members of society!

The Treating Yourself Journal was launched in August 2005 It is a journal written by patients for patients, and has grown into a world wide source of information.

It is long past due that we remove the stigma that is attached to marijuana. To date there are hundreds of legal marijuana users in Canada who would rather that the "public" not know who they are. Not for fear of being ripped off. They would rather remain anonymous because society has allowed the stigmatism of "pothead" and "stoner" to continue. They would rather remain anonymous because they don't want to be harassed by police for their legal gardens. They don't want their professional careers to be interfered with. All they really want is to be allowed to live a more pain free productive life! There are literally hundreds of thousands more that use marijuana as a relaxant to help manage stress, stress kills! 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 above the age of consent!

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

To suggest that the ingesting of a plant such as marijuana should also carry with it the "shame" of a criminal record and the possible destruction of any future career opportunity or even the ability to freely travel about the globe.. It is in fact a "shame" and a "crime" against the responsible and respectable marijuana consumers of the world!

By removing the archaic laws that continue to prohibit the free use of this wondrous herb, we would free up multiple billions of dollars currently being eaten up by police agencies around the globe, in an effort to stamp out a relatively harmless plant!

By doing so, our fine police officers would be able to concentrate on ending the threat of far more dangerous and insidious addictive drugs such as crack cocaine and meth amphetamines. There is a better way! The government needs to hear your voices! Send your thoughts to your local MP or Government representative; do not be afraid, only criminals need to be afraid!

You are simply pursuing your rights! The future is in your hands, shape it wisely, someday your health may hang in the balance!

Team TY and all of the members of TreatingYourself.com, wish you good health and good grows.

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A Donation to the Marco Renda Defense Fund will help keep Marco free and able to continue publishing *TREATING YOURSELF* Magazine.

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Marco's Editorial



It is a shame that I see more of this going on in the news - stories about how our police forces are raiding legal medical marijuana grow rooms. The police agencies need to get better informed as to how the medical marijuana program works, or shall I say how inadequate it is.

Here I am a legal grower who has recently moved to Toronto and sent in a request for my permits to be amended. It took Health Canada two months to respond to my original request via telephone, only to be told by Peggy that medical patients must be one hour from their grow facility. Nowhere in our current regulations does it state this. I mentioned this fact to Peggy verbally as well as in writing. I then contacted my local MP who in turn contacted the Minister of Health. It took Health Canada another two months to respond to my request by sending me a letter stating that I live too far from my grow facility so they are not going to amend my permit.

I responded immediately and sent a copy of all correspondence to both my local MP and the Minister of Health. A couple of days ago I get another call from Peggy, at Health Canada, where she repeated that I needed to be within one hour of my grow facility. Once again I stated to Peggy that I would be more than happy to abide by all the regulations of Health Canada, but she must prove to me that it states in our regulations that licensed growers must be within one hour from their grow facility. Well Peggy and the rest of the gang at Health Canada I am still waiting! Why do they have to put so much added stress on us patients? Why do they also state that there is a waiting period of seventy-two hours before they will answer your queries over the telephone? In actual fact, it took them no less than twenty-one days. Do they operate in a parallel universe where time is of no consequence? For the sick, this is often the opposite and displays a complete lack of empathy. I would like to interview the folks at Health Canada for a future issue of our publication. This might help determine whether or not there is any written documentation to back up this nonsensical rule that states that the geographical area surrounding the grow must be within one hour's drive.

In ending I would like to give a thanks to Eddy Lepp and Craig Lemire for all they have done this past year. I would also like to thank Linda Senti. She is a very special lady and I hope that I will one day get to meet her in person.

Take Care and Peace,

Marco Renda Federal Exemptee Publisher & Editor

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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. www.marijuana.uses.com and www.rxmarijuana.com

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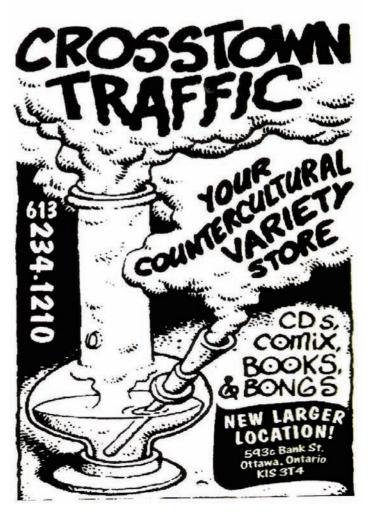
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A Non-Using Teenage Point of View



In a world where information is claimed to be available anywhere, I ask why it is so difficult to find unbiased information on marijuana. When I was writing my second arti-

cle for this journal, back in 2005, I had the idea that maybe a little research would aid me in my writing. I realized I was mistaken after sitting in the library of my school for 15 minutes. The information I found was anti marijuana propaganda. A good percentage of said propaganda was old too, looking to be dating from at least the 80's.

Being an MMJ supporter (not to mention a trivia nut and an information hound) I find it quite irritating that a place of education and knowledge would contain such outdated and biased info. I know from first hand experience that schools are continually raising money for new books. While I may see one of these fabled, never been read before books, I scarcely see any on marijuana. I think since leaving elementary school and rising up a notch on the reading level scale, I have found one newer looking book on marijuana. However, as new as it was, it still had slanted viewpoints.

Now at this point, I'd like to pause for a moment and comment on the whole biased issue. To be perfectly fair, about a quarter of the literature I have come across does mention medicinal marijuana briefly (about a page or two's worth.)

Anyway, the point of the matter here is how are we suppose to educate the world if we don't provide our learning centers with the means needed. I applaud Treating Yourself for trying to supply free journals to our schools and libraries in an attempt to educate the masses further. If only more people and organizations would step up to help properly educate, explaining both the negative aspects and the positive of responsible use of marijuana; everyone, in my father's wise words, would go to bed a little less stupid.

Krysania, age 17

If you have any suggestions or would like to contact me, you can reach me at krysania@treatingyourself.com Picture copyright MaggieH/06



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Benefits of Hemp

By Kevin Smith

Hemp was first cultivated in China more than 6,000 years ago, and was used as a food source long before soy foods.

Hempseed is considered by leading researchers to be one of the most nutritious super foods on the planet- packed with protein, vitamin E, Omega-3 and GLA. Hemp contains pure, digestible protein, with a good balance of all eight essential amino acids. Hemp is not only delicious, but comprised of smaller-chain edistin and albumin protein, making it the gold standard of plant foods. Hemp has three times the vitamin E of flax and twice the iron and magnesium (a key mineral often depleted by industrial agriculture) contained in flax.

Hemp Oil: For use in cooking

Hemp Oil, which contains Omega -3 essential fatty acid (EFA), is fast becoming a popular oil that promotes optimal health including improved memory, concentration and focus, improve skin, hair and nails, bright eyes, a strong immune system, healthy heart and helps reduce cholesterol. Omega-3 is found popular health supplements such as Focus Factor and Dr. Atkins supplements Unlike flax oil, hemp oil contains valuable Super Omega-3 (SDA) and Super Omega-6 (GLA), which help our bodies metabolize fat, especially vital to combat effects of stress, pollution, and aging.

Organic Shelled Hempseed: You can either eat them plain or as a delicious condiment. Shelled hempseed ("hemp nut") are 33 % digestible pure protein, are rich in vitamin E, magnesium, as well as Omega-3 (ALA) and Omega-6 (LA) ---the essential fatty acids (EFAs) doctors recommended. Unlike flax, hemp contains valuable Super Omega-3 (SDA) and Super Omega-6 (GLA), which helps our bodies metabolize fat. Eat 2-4 Tablespoons daily by adding to cereal, omelets, yogurt, soups, snacks, smoothies, salads, pasta, veggies, dressings, and desserts.

Snacks:

There are many snack bars on the shelves these days including Granola bars, and fuel bars. Fuel Bars are "Action Snacks" made with only the finest all-natural, kosher certified, ingredients. Fuel Bars contain no additives, preservatives, trans fat, GMO ingredients gluten, or dairy products for them lactose intolerant. Allergen Alert: May contain traces of peanuts or other nuts.

Organic Amazon Acai Hemp Shake Superfood Drink Mix: For the dieters there is no Sugar added and 32 % RDI of fiber. As delicious as they are nutritious, they are the perfect meal replacement or snack. Each shake is packed with raw hemp protein, phytonutrients, and fibre, and contains no trans fat, gluten, dairy or lactose. We all get irregular some times, Hemp Shakes is an organic superfood with Omega-3 EFAs, nine grams of raw protein, all essential fatty amino acids, more than 32 % of RDI of fiber, and antioxidants---plus insulin good for diabetes, a soluble fiber that promotes regularity.

For weight lifters, **Organic Hemp Protein Powder:** 100 % raw organic Hemp Protein Powder, hemp superior 66 % edistin and 33 % albumin protein structure is the highest in the plant kingdom, making it the Gold Standard of plant protein. 37 % protein, 43 % fiber, 0% "net" carbs*, 9 % beneficial fats (Omega 3, Omega 6. Omega 9, plus GLA), vitamin E, iron, and chlorophyll. No hexane used in processing (unlike soy protein powder).

* Zero net carbs after subtracting the fiber.

Sounds too good to be true? It's not. One serving provides 11 grams of raw organic protein and a whopping 14 grams of fiber. Hemp contains all 8 essential amino acids with the bonus of good for you essential fatty acids (EFAs). Hemp superior 66 % edistin and 33 % albumin protein structure is the highest in the plant kingdom. Allergen Alert: Contains tree nuts.

Hemp Textiles:

Hemp Clothing, the oldest cultivated fiber plant known, hemp has a history of use in textile and fabrics dating back as far as 8000 B.C... The reason for hemp continued popularity throughout the years are still applicable today and are the basis for the renewed interest in cultivation and use. Hemp is strong, warm, long wearing and one of strongest natural fibers, excellent wicking properties, helps block harmful UV and UVB rays, and naturally resistant to bacteria and mold. Hemp is used in making men/women shirts, Hoodies, shorts or pants and coats; mixed in with Cotton, Lycra, Raime Chambray, or even fine Silk for that fashion statement. Hemp can be made into a variety of fabrics, including linen quality.

History Facts:

- Hemp has been grown for at least the last 12,000 years for fiber (textiles and paper) and food. It's has been prohibited in the United States since 1950s. George Washington and Thomas Jefferson both grew hemp. Ben Franklin owned a mill that made hemp paper. Jefferson drafted the Declaration of Independence on hemp paper. When US sources of "Manila hemp" (not true hemp) was cut off by the Japanese in WWII, the US army and US Department of Agriculture promoted the "Hemp for Victory" campaign to grow hemp in the US.
- Because of it's importance for sails (the word "canvas" is rooted in "cannabis") and ropes for ships, hemp was a required crop in the American colonies.
- Henry Ford experimented with hemp to build car bodies. He wanted to build and fuel cars from farm products----sounds familiar! BMW is experimenting with hemp materials in automobiles as part of an effort to make cars more recyclable.
- Much of the birdseed sold in the US has hemp seed (it's sterilized before importation), the hulls of which contains about 25 % protein.
- Hemp Oil once greased machines, most paints, resins, shellacs, and varnishes used to be made out of linseed (from flax and hemp oils) Rudolph Diesel designed his engine to run on hemp oil.
- Kimberly Clark (on the Fortune 500) has a mill in France which produces hemp paper preferred for bibles because it lasts a very long time and doesn't yellow.
- Construction products such as a medium density fiber board, oriented strand board, and even beams, studs, and post could be made out of hemp. Because of hemp's long fibers, the products will be stronger and/or lighter than those made from wood.
- The products that can be made from hemp number over 25,000.

by Kevin Smith

Hemp Pulp and Paper Production:

The use of fibre hemp (cannabis sativa L.) for pulp and paper dates back more than 2,000 years. The oldest surviving piece of paper in the world was discovered by archeologist in 1957 in a tomb near Sian in Shensi province. China (Temple 1986).

It's about 10cm square and can be dated precisely between the years 140 and 87 B.C. This paper and similar bits of paper surviving from the next century are thick, coarse, and uneven in their texture. They are all made of pounded and disintegrated hemp fibres. Paper historians agree that the earlier Egyptians papyrus sheets should not be referred to as paper, because the fibre strands are woven and not "wet-laid". The Chinese paper-making craftsmanship was transferred to Arabic and North-African countries and from there to Europe. The first European paper making was reported in the first half of the 16th century. Until the early 19th century, the only raw material available for paper making was rags. Rags are worn out clothes, since at that time clothing was solely made of hemp and flax (sometimes cotton).

Renewed interest in hemp paper:

The recent renewed interest in hemp paper as a paper-making fibre seems to originate from a strong environmental motive. All primary forest in Europe and most in North America have been destroyed, amongst others for paper production. Now we accuse the nations which still have primary forest of not guarding theirs. In Europe all trees harvested for paper making were intended for that purpose, so there seems to be no valid reason to switch to a non-wood or "tree-free" fibre source. The Americans, Asia and Australia, where primary forest are cleared at huge environmental cost.

Pulping and Paper Making:

Paper making is essentially the rearranging of elementary fibres from whatever source (a tree, a hemp stalk, an old pair of jeans or even a scoop of algae) into flat thin sheets. Elementary fibres are the basic building blocks of trees and many plants.

Pulping (from fibre source to Pulp): Cleaning: all non-fibrous components need to be removed from the raw materials, and the remaining fibres must be cleaned of dirt, rocks, and other contaminates. Fiberlizing: the elementary fibres are taken apart by either chemically removing the glue that holds them together, or mechanically tearing the fibres structure apart. From this step on, the material is referred to as "pulp". Papermaking (from pulp to paper): Dilution: in order to lay the fibres evenly into homogeneous sheets, the pulp is diluted with large amounts of water (sometimes up to 200 times as much water as fibre pulp).

Remainders of the hemp industry:

Although there are thousands of non-wood paper mills in the world, only a few of them use hemp as a fibre source.

At present 23 paper mills use hemp fibre, at an estimated world production volume of 120,000 tons per annum.

Most of the mills are located in China and India, and produce moderate quality printing and writing paper.

Typically, these mills do not really have a fixed source of fibre, but they simply use whatever can be found in the region.

About 10 mills are located in the western world (US, UK, France, Spain, Eastern Europe, Turkey), and these mills produce so-called specialty paper such as: Cigarette paper, filter paper (for technical and scientific uses) coffee filters, tea bags, insulating papers (for electrical condensators), security papers and various specialty art papers. Peace.

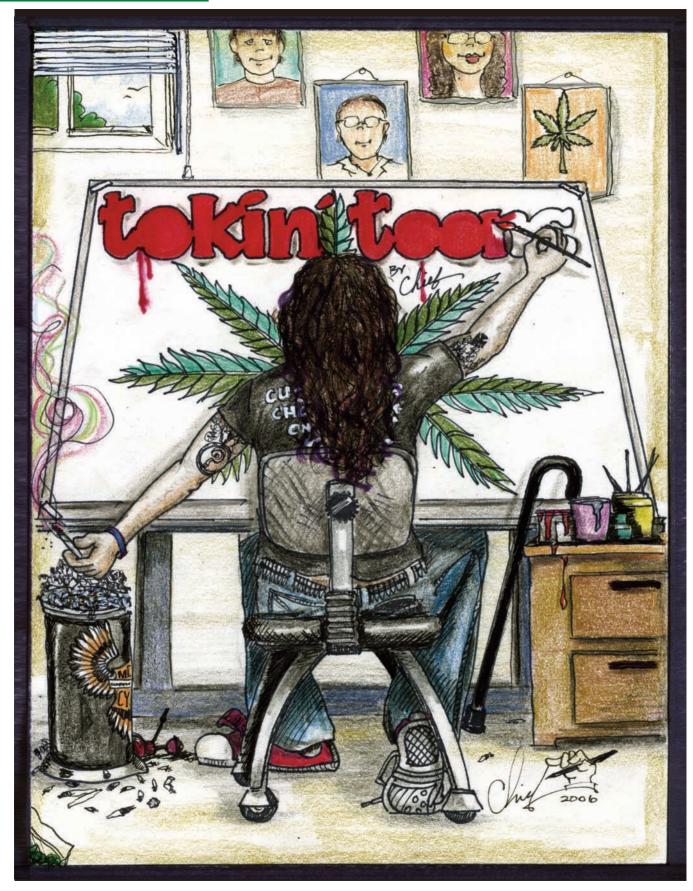
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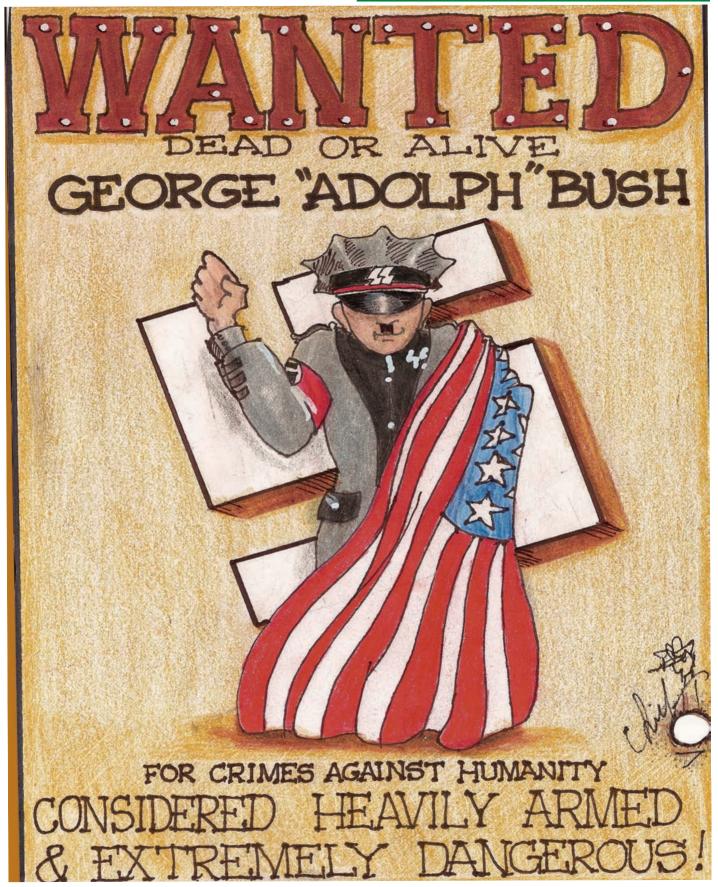
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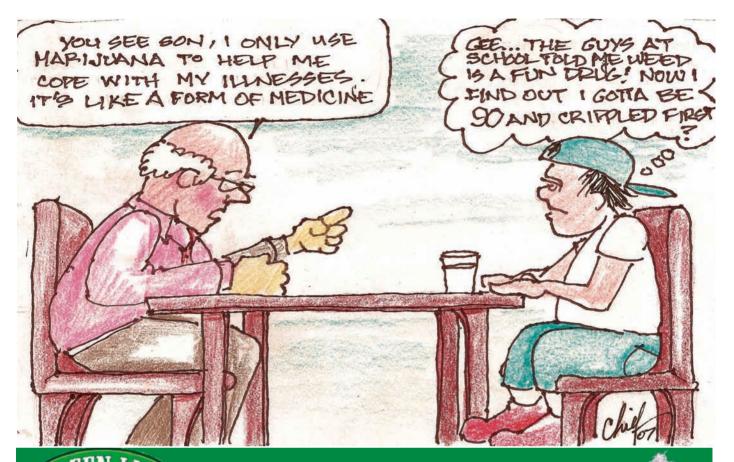
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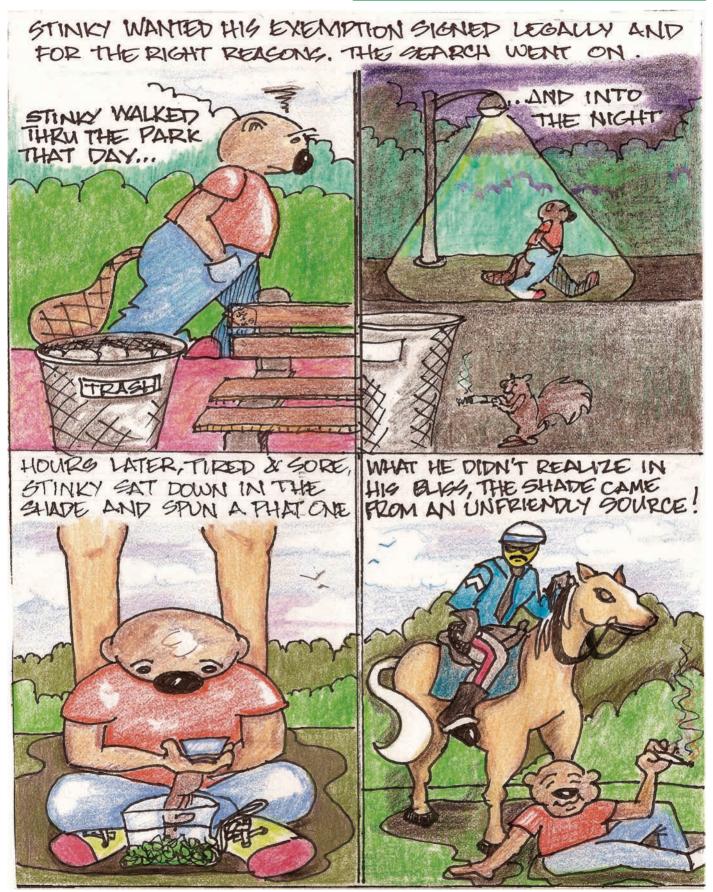
THE WAITING ROOM WAS FILLED WITH PEOPLE ALL THERE FOR THE SAME REAGON STINKY WAS



THEY WERE ALL LOOKING TO GET THIER EXEMPTION FORMS FILLED OUT BY THIS DOCTOR, AND IT SEEMED LIKE HE WAS SIGNING FOR ANY REASON!



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Michelle Rainey

Michelle Rainey; Epitome of a Medical Marijuana Activist

By: Jef Tek

She is: wanted by the U.S. DEA for extradition, the Vice President & Financial Agent of the BC Marijuana Party, the hostess with the most-est of 4 Tokers' Bowls in Vancouver BC. She has Crohn's Disease and she is licensed to grow her own medicinal Marijuana by Health Canada. Who is Michelle Rainey?

Michelle Rainey was brought up in the Health Food and Vitamin industry and raised by her widowed mother Emilie. It was Emilie who taught her the value of hard work, commitment and self-reliance. Michelle was diagnosed with inflammatory bowel disease when she was 17. In the middle of a successful 10-year banking career, she had to undergo two surgeries to remove damaged parts of her bowel, almost dying both times in the process. (Crohn's Disease has no known cause or cure) She returned to her banking career after each surgery and continued suffering with constant nausea, diarrhea and weight gain due to Prednisone, and other prescription drugs. The doctors had her on a cocktail of the usual medication to curb those nasty symptoms but, of course, nothing to control the actual disease, or the suffering.

Around this time, Bruce, her first husband and childhood friend suggested that she try some Marijuana for her nausea. It worked!!! It relieved her symptoms so much she was able to take herself off of every prescribed medication that she was taking. Medicine that has been doled out by the best doctors and discovered by the best scientists and synthesized in the best pharmacological manufacturing facilities should not kill you. Every one of the drugs she was prescribed was tested and okayed by the Food and Drug associations and even used by some doctors themselves for the same symptoms as she had. She documented the return of her regular weight and health after using only Marijuana to her specialist and general practitioner. Michelle wanted to use medical marijuana but her doctor explained that there was nothing he could do to help her because he didn't want to suffer the consequences that the Canadian Medical Association would place on him. Michelle was on her own, trying to figure out how she could keep her career and smoke marijuana illegally for her Crohn's, so that she could work, so that she could afford the \$80-\$100 a week for a bag of pot to keep going, without succumbing to the uselessness and debilitation that prescription drugs cause. Prescription drugs were slowly killing her body and her spirit and marijuana was the light at the end of the tunnel. Enter: Marc Emery...Literally!

Vancouver Mayor Phillip Owen had a hard-on for Emery, and from 1997 to 1999 Marc's store was raided by the Vancouver

cops too many times to count. Marc Emery made an exodus to the Sunshine Coast to let the political nonsense in Vancouver blow over. When Marc Emery walked into the bank and up to Michelle's kiosk, that one magical day, she knew that it was the sign she had been looking for. She told him all about her finding relief from Crohn's with pot and what a hero he was in her eyes for trying to get marijuana legalized for all the medical users and for all the victims of the drug war in general. Not long after their first, chance meeting, Michelle quit her successful banking career to join forces with Emery to help blast marijuana prohibition back to the Stone Age where it belongs.

Together, Marc and Michelle created the BC Marijuana Party, and the BCMP Bookstore. Did I mention that they sponsored 79 candidates in 79 ridings in the 2001 Canadian federal election? Marc Emery's political slogan was and has always been, "Overgrow the Government" and in doing such he became the biggest marijuana seed merchant in Canada and maybe even the world. Cannabis Culture magazine was the vehicle that pushed the Marijuana legalization movement in Canada to where it is today and the movement never would have come this far without the100% dedication on the parts of Marc and Michelle. Unfortunately, they have a major hurdle to overcome now that Uncle Sam has declared war on their politics. Is political persecution only a crime if it happens to an American? Ask Saddam...whoops, too late to ask him.

On July 29th 2005 the Vancouver police, in collaboration with the United States Drug Enforcement Administration, enforced an American Grand Jury Indictment for Marc Emery, Michelle Rainey and Greg Williams and served it on Canadian soil. The US Government wants to charge these three people with conspiracy charges that could give each of them a 10 year minimum sentence for being political marijuana activists. The maximum sentence would be life in jail without parole, for selling seeds!!!

There are thousands of marijuana seed businesses around the world. Not one of these seed businesses puts their profits back to the legalization movement except Emery's. The funny thing is that those businesses are all still in business, the only seed merchant that the big-bad USA went after was Marc Emery's. Vancouver's very-own Larry Campbell, (voted 2006 best Mayor in the World), stated on a recent 60 Minutes television interview when asked if he considered Marc Emery to be a threat to society, I quote," Marc Emery isn't a serious (pause) anything." He pissed somebody off on the south side of the border, that's for sure!

The laws in Canada regarding medical cannabis have changed for Michelle and she has finally been able to petition for and receive her Medical Marijuana Exemption to grow her own medicine. Blessed with a sympathetic, socially-conscious, highly intelligent and upstanding medical specialist, she got

Medical Marijuana Activist

her papers signed. Now Michelle is legally allowed to grow 49 marijuana plants. Under the Health Canada guidelines, Crohns Disease was a class 2 disease until 2005 but, ironically enough, is a class 1 disease in the Country that wants to Extradite-Try-and-Jail Michelle for the rest of her already compromised life. How can a Country (Canada) send a medically exempted person with a class 1 disease to stand trial in a Country (America) that says marijuana has no medical value? Will the courts let her smoke her medicine while on trial? Their extradition hearing begins in May 2007.

This is Michelle's daily purpose, to educate the educators and to persuade the legislatures of this world that marijuana is medicine and it should be legalized. In addition to coping with Crohn's, working full time and fighting extradition proceedings, she has launched www.MichelleRainey.com to spread the word about her real-life story and how marijuana is saving it. There's a real-time marijuana news update. There are links to all the people and organizations that support legalized marijuana and her "pictures of health" file that clearly demonstrates that she is fit and beautiful despite

the situation she now finds herself in. Michelle has helped 13 Canadians receive their medical marijuana exemptions. The whole process of filling out the correct paperwork and getting the required doctors signatures is not easy, even for a healthy person. When you add a debilitating illness to the equation this only compounds the difficulty. Michelle helps patients by facilitating the paperwork and answering the questions that these patients desperately need answered so they can successfully petition to treat themselves with marijuana. Have you ever had to fill out 25 pages of documents and get a specialists signature just to get a prescription for Tylenol? (Nobody has ever died from Tylenol though, have they?)

Confused? Don't be, the truth is always simpler than lies and mendacity. Human beings most-likely learned to farm by growing and harvesting marijuana. Some believe marijuana may be the tree of life or the key to man's conscious awareness. Some simply find relief with marijuana that all the pharmaceuticals in the world would not cure, Michelle is this person. She wants you to treat yourself, with a little help from nature. Medicinal marijuana is not a dirty word anymore. You simply cannot overdose on pot.

Now visit her website, then write your senator, congressman or Member of Parliament. Call someone you know who has debilitating side effects from prescription meds and ask them if they have tried pot. Write a letter to Karen Tandy, the head of the DEA in Washington, D.C. who thought up the idea to make an example of Marc Emery, Michelle Rainey and Greg Williams. Welcome Canada's new minister of justice the Honourable Robert Douglas Nicholson. It is free for Canadians to send mail to Parliament Hill. Watch JefTekGrowcam and Michelle Rainey videos on YouTube and Pot TV. See Michelle's Medical Garden of Afghani Bullrider then make your own video and submit it to YouTube or Pot TV for everyone to watch and share. Pass the knowledge, please. We are all in this together.

To many, Michelle is an angel. Her whole life revolves around helping others. She doesn't have a mean bone in her whole body. Now Michelle needs your help, your support, because she can't do this alone. This is the true meaning of the word ACTIVIST. Be Active. If you aren't living on the edge then you are takin' up too much space.

Peace, jef tek



Becoming a US/Canada Cannabis Activist...

I became a cannabis activist soon after I first heard that California legalized medical cannabis in 1996. After I enrolled at Rochester Institute of Technology (RIT) in 1997, I researched more about the medical use of cannabis. There was an organization on RIT campus that was interested in legalizing cannabis for both medical and responsible adult use of cannabis. Rochester Cannabis Coalition (RCC) was my first step to meetings, conferences, and cannabis-related issues. Some students who were involved in RCC were also the original members of Students for Sensible Drug Policy (SSDP). I did not have much interest in SSDP as much as RCC because I was more concerned about legalizing cannabis than repealing the Higher Education Act (HEA) Drug Provision passed in 1998. Later on, I learned that repealing the HEA of 1998 is as important as legalizing cannabis. I think students being barred from receiving federal college aids over the possession of cannabis or a pipe with resin is counterproductive in creating healthy communities. After the fall of the original RCC, I remained a solo activist such as writing college research papers on medical cannabis, reading cannabis and different drug policy books, contacting local representatives to sponsor the pro-cannabis bills, attending meetings, rallies, and having open-discussions with the individuals and different groups about the legalization of cannabis.

As a graduate student at Canisius College, my first term paper was to write about cannabis as the modern medicine. I wanted to interview a few medical cannabis patients and cannabis activists. After contacting the National Organization for the Reform of Marijuana Laws (NORML) about attending the 2004 NORML Conference and Congressional Lobby Day through e-mail, I received two free tickets from Keith Stroup, one for me and one for the sign language interpreter, because NORML could not afford a sign language interpreter for the two days conference. I contacted and I asked Dr. Gail Rothman if she would volunteer to be my sign language interpreter at the 2004 NORML Conference and Congressional Lobby Day. She agreed. At the conference in Washington, D.C., we met many recreational and medical cannabis activists all over the U.S. country. There were industrial hemp activists too. I heard many wonderful speeches from different speakers. I listened to Eric Schlosser, Angel Reich, Randy Barnett, and other prominent activists. I had the opportunity to meet and talk activists and students from different local NORML chapters. The trip to NORML conference was a profound American political experience.

Due to the financial situation after completing my first semester, I left Canisius College for a year before I returned back to finish the graduate program. I was living in Rochester as a full time employee. I was still interested in legalizing medical and recreational cannabis. Through e-mail, I met Reverend Dustin Fineout after Jen Rog from the New Yorkers for Compassionate Care (NYCC) organization introduced us. Reverend Dustin Fineout and I met at RIT library and we both agreed to establish a NORML chapter in Rochester, NY. By the spring of 2005, Rochester Cannabis Coalition, Rochester, NY was officially recognized by NORML.

Our very first project was to join the 2005 Highway 420 Conference/Rally in Niagara Falls, Ontario. A few RCC members joined the conference room. Reverend Dustin Fineout took the opportunity to join the panel discussion with the Canadian activists. With Dr. Gail Rothman who volunteered to be the sign language interpreter again, I gave a brief speech about the New York medical cannabis bill. Also, during the 2005 Highway 420 Rally, I learned that Loretta Nall was an American activist from the U.S. Marijuana Party. She inspired me for her successful abilities in working with both the Canadian and American activists.

At the 2006 Peace Summit II in Toronto, I heard Marc Emery's speech during the conference. I learned more about the U.S. raid in British Columbia. Unlike the American government, I do not see Marc Emery, Michelle Rainey, and Greg Williams as threatening people in the war on drugs for selling cannabis seeds. The British Columbia Three (BC3) should not be extradited to the United States of America.

RCC hosted two events to raise awareness and money for the BC3. Solomon Blaylock, from the music band Lobster Quadrille in Rochester, NY, contributed large amounts of his energy and enthusiasm hosting both events. The first event was "Burn It Down" and the second event was "Smart Puffs." The Burn It Down event was taken place at the Bug's Jar on Monroe Avenue in Rochester, New York. We did not get a lot of people but the RCC members and supporters showed up. We lost money. However, the Smart Puffs event, which was taken place at Broadway Joe's in Buffalo, NY, RCC managed to get enough people to pay the cost of hosting the event and made some extra money for the BC3 donation. Big thanks to the Deepthinka Records from Buffalo for providing outstanding local music artists such as DJ Cutler, DJ Rukkus, and Wise Meccca. The groups from Rochester, World Wide Cipher, Higher than You, Atlas, and DJ Wizz performed at Smart Puffs too. Ben Verbeck shared his marijuana comedies with the audience. Despite the facts that Smart Puffs did not get a lot of people due to a bad snowing evening and maybe the need for more advertising and promotion, the event did not accomplish our \$500 donation dream. However, RCC donated the rest of the profits to the BC3s.

The skills I developed from being an activist and attending events both in America and Canada will be very useful in my future career whether it will be cannabis-related or not. I would like to see more American and Canadian cannabis activist work together as a team in ending the cannabis prohibition of North America. The annual Highway 420 Rally in Niagara Falls, Ontario is a wonderful location for the American and Canadian cannabis activists get together.

~Anthony C Brucato Rochester Cannabis Coalition



The BC3 Greg, Marc and the lovely Michelle Photo by Jef Tek



I am oppressed, depressed, and suppressed.

Oppressed because of the nature of the environment I have lived in all my life – middle-income status, sometimes bordering on "low" income or even "poverty stricken". Although I didn't realize I was this poor until I qualified for "supplemental help" to pay for my Medicare part D.

I am depressed, probably just because I've been that way all of my life. "Chronic-Major" Clinical Depression, it is termed.

Why I was born this way I'll never know. I was NOT an abused child and only went through the "normal" traumas of growing up in the 1970's. (Yeah, I LOVE the 70's Show!).

My depression is "controlled" by medications somewhat. But I never seem to get out from under that cloud above me. I expect the worst about everything and then am cautiously optimistic when things turn out for the better. (Something could still happen, you know...)

I am Suppressed by capitalism in its purist form. Because I cannot score a 200 on an IQ test, and I wasn't born independently wealthy, I must succumb to "labor" to make money. And because I am depressed, I cannot keep a full-time, 40 or more hour per week job. And even if I could, I still wouldn't be able to make enough money to support a "decent" life-style.

So where does that leave me?

Under Bush's right foot!

Right alongside all of the other oppressed, depressed and suppressed citizens of the great USA.

With the "War On Drugs," Afghanistan, Iraq, and coming soon to a theatre near you, the wars on Iran and possibly North Korea! (Wow, that should be a fun encounter.) Our country is not helping to liberate anyone. Only oppressing as many more as possible.

Keep us needy, and keep us under control.

Then, eventually, Bush's NWO (New World Order) will start showing its face for ALL to see. But by then it will be too late to do anything about it, unless we undertake another bloody civil war, in our own country. And how many of us would be willing to endure that? Not nearly as many as we would need to make an impression on the White House! And honestly, would we have a chance in Hell against them?!

We, as American citizens, are not geared toward a physical fight of that magnitude, and no one could stand the pictures of it on the "evening news". Not in our country anyway. As long as it is someone else's country we tend to be "twice removed" from the situation, except for our soldiers families, who pray everyday for their kids to come home safe.

Therefore, unless we can somehow get representation that will not succumb to the idiotic ideals of the ongoing Bush Administration, we are going to continue to be under "someone's" right foot from now on.

After Bush, who will be next?

It took a good 75-100 years for the United States to get into this predicament. We might very well not live long enough to see the end of it. And who knows what the outcome will be?

I fear for the young children coming into the world today. What have we left them? A big f**king mess! Are they supposed to fix it?

I know I am not educated enough to be presidential material. And I would not want to be. But if I were, the first thing I would do is call a moratorium on the death penalty. (It is the Lord's job to determine when it time, not just for us, but for everyone, no matter their sins).

Secondly, I would put another moratorium on the prosecution of simple possession of most drugs. Anyone serving time for such an offense would immediately be freed. No probation, No fines.

Next, I would get the eight nations together, almost immediately, to discuss an end to the madness that "Our" country has caused. However, trials for "crimes against humanity" would continue on, and a few from the US might be up on charges next!

I would make healthcare for everyone who earns under \$17,5000.00 year, effective immediately, using the Medicare structure to start with. Then we could work from there, but at least everyone would have coverage until something else better could be done. There would be no charge for this coverage, and Medicare premiums would cease also. The money we save from engaging in unnecessary war overseas and unnecessary prosecution for minor drug offenses here should pretty much cover the cost of it.

And LAST BUT NOT LEAST: Doctors of all kinds, would immediately be able to research, and come to their own conclusions about whether to prescribe medical grade marijuana. And they would not have to be in fear of their government DEA or any other department of the government pulling their license or closing their practice for doing so.

At that point, we could begin to set up our farmers to be able to utilize the hemp and cannabis industry.

Pharmaceutical companies would have to compete for the business of "medical cannabis" versus home-grown. But everyone would be able to have legal access for personal use.

Just think of all the industrial and medical jobs could be created just by repealing the prohibition on marijuana!!

(I bet the Hearst Empire has!)

If we are to be true capitalists then let us have an equal opportunity for all.

Every citizen has a right to "higher education" – if they can even get a sufficient primary education.

And...

If need be, we can tax the "store front" marijuana – but not prescription grade. I know that this is mostly wishful thinking, but what IF?

This is only my opinion, what is yours?

Sheree Krider smkrider@insightbb.com www.KyARMA.com www.mmjactionnetwork.com





Treating Yourself

By Al Graham

Last year Thanksgiving got a new meaning for me. Not only did I get to spend time with my family but I also got to spend some time with my extended family. My extended family would be those of you, like myself, who are sick and use cannabis as a way to treat your ailment.

Last year I spent much of Thanksgiving helping out Marco and Treating Yourself Magazine at their information booth, at the Toronto Home Show, The Home Show was held at the International Center, in Mississauga Ontario. A home show and marijuana, how do they mix? Actually, very nicely I must say.

As a person who lives in a small Ontario rural town outside of the bia



city, I find myself at times holding back from educating those who need to know. Why hold back? Being involved in the community doesn't make things easy, but spending the Thanksgiving weekend with Stinky at the booth has really helped. Not only has it helped me speak up, but it also has helped my wife to speak up when required.

It all got started when a great friend of many medical marijuana people by the name of Lady Di, asked if I was interested in going

to Mississauga, to help out at the Treating Yourself booth. Help? How could I help a booth at a home show? Never mind helping out, I was worried if I could take a day of standing? Could I make it throughout the day before my energy ran out? As a person who suffers from Crohn's, I then add on bathroom and eating concerns, and would we be allowed to medicate, as we all have exemptions?

On the Friday of the show, Lady Di and I met up and made our way to the show. We were also meeting up with Sonnyboy for the day. We were hoping for a good reception to the booth for all involved. When we arrived Marco and Soulmate were already hard at it, and it looked like they needed some help. The booth was covered with people looking for and getting much needed information.

When we got in and settled down, I quickly learned how I was going to help, and help I did. Marco had 20,000 copies of Frank Discussions' Top 10 Cannabis Facts that all Canadians need to Know. Also spread out on the two tables in the booth, were every issue of Treating Yourself Magazine, two Volcano's, volcano information and the TY Stinky Pumpkin. The pumpkin was drawn and donated by Lady Di's Bud. The artful character pumpkins are well known in her area.

The two most attention drawing items were in the middle of the booth, their base all wrapped up in a decorative blanket and sitting up high for all to see. The fully blooming, big cola'd Hash plants drew the biggest gasps and awe's while I was there. People even





at the Toronto Home Show

screamed in excitement and then yelled gleefully "is that a pot plant?" Of course we got to answer this with a big smile on our face "yes, would you like a closer look?" The people who had

never seen a marijuana plant before were really eager to take a look and even have a smell. Then to hear them say "what's all the fuss about? It looks pretty harmless to me" was nice to hear

As Soulmate and I handed

"Is that a pot plant?" Of course we got to answer this with a big smile on our face. "Yes, would you like a closer look?"

out brochures, it was almost comical to see people as they walked by. You could watch them walking the aisle as they made their way along, reading all the banners over the booths. Then they got to TY's booth and read the banner stating "Promoting the Respectable and Responsible use of Medical Marijuana" and huge smiles would guickly appear on many faces. They would either walk by taking a good look, or would come in for some education. The people were also very receptive to our handouts. Many would read the heading on it and stop, turn and take a look. Then walk over for more information. While others read the heading, folded it over and put it away to read later. Only one person I'm aware of gave it back. There was even one guy I handed it to and he said "you don't need to sell me on this, I'm in law enforcement and I support you 100%". I can tell you it surprised me to get that reply. This allowed me to take my talk into a different direction as my conversation turned toward Law Enforcement Against Prohibition (L.E.A.P.) to make sure he was aware it was out there. After a brief conversation I gave him their website address and then he was on his way. Then there was a mother that was walking along with her kids, she read the overhead banner and then told her daughter to take the

handout. Obviously, she was a mother who is educating her children, with the truth and not government propaganda.

While Soulmate and I were busy handing out the brochures, Marco, Lady Di and Sonnyboy were busy teaching people the medical benefits of the Volcano. Using literature provided, they were able to show pictures of trichomes before vaporizing. Explaining how a vaporizer works was non-stop occurrence. People wanted to learn,



and of course no Volcano education session would be complete without a demonstration. Sonnyboy and Marco would each put on their own demo as one did it with medical marijuana and the other with plant matter removed. The people were very interested as they watched the bags fill up with vapors. Some people would question the appearance, but once you explained the process again, and compared it to steam in a bag, they understood better. With the booth being so busy there were several demonstrations and a lot

Treating Yourself

Treating Yourself at the Home Show

of medicating going on, which to me was very beneficial. There was no way that I could keep up with everything without medication. We were told it could be smelled quite a few booths away. This attracted even more people.

We were told, "I heard about you guys and I had to come check it out" by so many people. This made me aware that we were making an impact. People were talking and spreading the word about the booth and its whereabouts. I couldn't tell vou how many people come out of their closets to talk to us because it was uncountable. There were young people questioning us! But I'd say our crowd was more middle aged to older people and not the criminal element that it's usually associated with in the media. People wanted to know more and more information so we gave them what they asked for. We talked education, we talked health, but most of all we talked the truth.

Of course you can never keep everyone happy. In the beginning one of our neighbours was very supportive. She was very friendly and we all worked together for sometime. Of course this came to an end mid-way through the weekend. She started asking us to stop our Volcano demos and medication because it was making her staff sick and nauseated. She then complained to one of the organizers about it, who was in the middle of bringing some people by the booth for a demo.

When people would bring up the concern about smoking not only did we give them a demo on

the Volcano, but we also told them about butter. "Butter," they would ask? This would turn out to be very popular. As it turns out not many people have heard about making butter. Of course we gave them a good description on the process of butter making, as well as showing them the process in one of TY's editions. We would explain to people how medical users get the pain relief from eating edibles. Something that's not hard to make, doesn't cost more than a few dollars, is good for them and isn't full of harmful chemicals. Of course they would want to know how they could use the butter. They were surprised to hear "however you use butter now'. They were quite surprised that you could make scalloped potatoes, put it on your vegetables, in cookies, cakes and even butter your toast!

As you talked with people and they felt more comfortable, their questions would go deeper, wanting to know more and more. Since



we were there for that, we gave them the information that is hidden from the public. To have people come up to you, who I believe would normally ignore you, and keep them fascinated by your teachings, felt good to me. To have people saying "thank you so much," in a heartfelt way made me feel very good inside. I'm very thankful that I had such an opportunity to speak out loud. Lady Di said it best as "we are very proud to be part of something so important and so wonderful, how could we not come out for such an important event. I'm so proud for what we accomplished this weekend." Thoughts echoed by all involved.

I know for those that were in attendance this weekend, it was wonderful event. I will be back for the Spring International Home & Garden Show March 15 – 18, 2007 occurring, at the International Centre 6900 Airport Rd.

Cannabinoids and Cancer

The Intricate Web of Effects and What a Cancer Survivor Should Know

Introduction and History

Since the beginning of the therapeutic cannabis movement many have touted the palliative use of Cannabinoids to treat the pain, nausea, and vomiting associated with cancer and chemotherapy treatments. More recently, another reason has enticed cancer researchers to express increasing interest in drugs targeting the endocannabinoid system. Cannabinoids

inhibit tumors. In many malignancies these drugs suppress tumor growth, activate programmed cell death (apoptosis), suppress tumor blood supply, and inhibit metastatic processes. In contrast, in normal tissue Cannabinoids differentially protect healthy cells. The knowledge that Cannabinoids can potentially inhibit the growth of some tumors has been known since at least 1975 when Munson et al. found that THC inhibited Lewis lung adenocarcinoma growth in mice (1). However, it was not until the endogenous Cannabinoids system had been discovered in 1990 by Herkenham et al. that research into this topic really began to flourish (2).

Today, researchers appear to be making new advancements everyday in our understanding of the dynamic relationship between cannabinoids and the almost endless varieties of malignancy. Although most new insights demonstrate promising potential for anti-tumor applications, some represent serious reason for caution when considering cannabinoid based cancer treatments regardless if it is for palliative or curative reasons. We may be quickly approaching the time when individuals with cancer will be able to specifically target tumors through the endocannabinoid system in a fashion intimately designed for the given tumor. Without question, cannabinoids do not share the generalized toxicity of conventional chemotherapeutic agents, produce minimal psychological impact compared to strong opiate treatment, and are generally very well tolerated in humans. Most simply put, cannabinoids offer the potential for a serious quality of life improvement for those undergoing treatment.

Epidemiological Evidence

Cannabis smoke contains many of the same carcinogens as tobacco smoke and often in higher quantities. It also contains some pro-carcinogenic agents as well. When people smoke it they often breathe deeper and hold the smoke in longer than is common with tobacco resulting in greater relative exposure per inhale of cannabis smoke. It is there for reasonable to expect to find a similar prevalence of tobacco-related cancers in both tobacco and cannabis smokers, even though more tobacco is usually consumed per day by the average smoker. In 1999 Zhang et al. went looking for such a relationship and found one. This study has frequently been quoted by opponents of the therapeutic cannabis movement for "proving" the link between head and neck malignancies and smoking cannabis. Yet the authors themselves warn that the small sample size (173 participants, 176 controls) and potentially biased sampling methods, among other possible confounds, severely limit any potential interpretation of their results (3).

Indeed, at least two different studies of significantly higher sample size and involving fewer confounding factors have not confirmed the head and neck connection. Kaiser Permanente performed a longitudinal study of 64,855 individuals over an 8-9 year period and found no link between head and neck cancers and any reported level of cannabis consumption (4). More recently, a case-controlled study examined 407 individuals newly diagnosed with oral squamous cell carcinoma (OSCC). To reduce the potential of sampling bias, controls were obtained by random telephone dialing and were matched by geographical location, age and sex. Known risk factors were also analyzed and controlled for. No association between OSCC and cannabis consumption at any level was found, nor did cannabis appear to increase the risk of other known risk factors (5).

So far, other epidemiological studies have reported equally conflicting observations (6, 7) but most agree that in general the cancer risk with cannabis consumption has not been well assessed in people. To put the matter to rest, larger more stringently designed studies are required so that confounds can be properly controlled. That said most available evidence to date points to minimal mutagenic risk presented by cannabis.

Not All the News is Good

Although the majority of studies have found that activation of the cannabinoid receptors in tumor cells results in tumor inhibition some distinct negative trends have also appeared in the research. It is both a boon and a bane that no universal mechanism, or even set of mechanisms, exists through which cannabinoids exert their inhibition effects on tumors. Nonetheless, several trends have appeared. The effects of cannabinoids on tumors also vary widely depending on such factors as dose, duration of treatment, route of administration, the receptor subtype preference of the cannabinoid used (CB1, CB2, or vanilloid receptor a.k.a. VR1), and tumor classification, receptor profile and location. This degree of variance both confounds the practical application of cannabinoid anti-tumor treatments and offers the potential for the development of targeted treatment strategies when proper biopsies have been performed (8).

Most recent attempts to investigate cannabinoid manipulation of tumors have yielded promising results. Numerous cannabinoids show various degrees of anti-tumor activity in both animal models and human cancer cell cultures in the lab. General tumor suppression and increased life expectancy have been observed in an animal models of Lewis lung carcinomas (1, 9), human breast cancer carcinomas (10), rat glioma (11, 12), human astrocytoma (grade IV) (12), K-ras-transformed thyroid cells (10, 13), mouse skin carcinoma (14), pancreatic adenocarcinomas (15), malignant lymphoblastic disease (tumors of immune origin) (16), and human leukemia (17). Experiments on cell cultures help elucidate the mechanisms of action for cannabinoids on the various types of cancer. In human breast cancer (18, 19), several different prostate cancer cell lines (19, 20), and human leukemia (including acute myeloid leukemia - AML) (21) cannabinoids inhibit mitogen-induced tumor proliferation through alterations in gene expression. In the first two, down regulation of pro-cancerous receptors is also observed with cannabinoid treatment (18, 19, 20, and 22).

Apoptosis, or programmed cell death, is one of the more common mechanisms through which cannabinoids exert anti-tumor effects. One cannabinoid activated apoptotic mechanism or another has been observed in the following malignancies: several types of prostate cancer (22, 23), rat glioma (11, 12, 24, 25), human astrocytoma (12), human glioblastoma multi formed cells (26), human umbilical



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Apoptosis – Genetically programmed cell death

- **Metastasis** A secondary cancerous growth formed by transmission of cancerous cells from a primary growth located elsewhere in the body
- Adenocarcinoma A malignant tumor originating in glandular tissue
- Endogenous Originating or produced within an organism, tissue, or cell
- Squamous Cell Carinoma The most common form of skin cancer, aka cancroid
- **Glioma** A tumor originating in the neuroglia of the brain or spinal cord, a class of cells that form a supporting structure for the neurons and provide them with insulation
- Astrocytoma A malignant tumor of nervous tissue composed of astrocytes, a star-shaped neuroglial cell
- Leukemia Any of various acute or chronic neoplastic diseases of the bone marrow in which unrestrained proliferation of white blood cells occurs, usually accompanied by anemia, impaired blood clotting, and enlargement of the lymph nodes, liver, and spleen
- **Glioblastoma Multiform -** A virulent brain cancer that is usually fatal
- **De Novo Synthesis** In biology, the production of new quantities of an organic chemical from precursors
- Angiogenesis The production of new blood vessels
- Intra tumor Administration Direct administration of a substance into a tumor

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The American Heritage® Dictionary of the English Language, Fourth Edition Retrieved October 29, 2006, from Dictionarycom website: http://dictionaryreferencecom/ browse/hepatoma vein endothelial cells (27), pancreatic andenocarcinomas (15), tumors of immune origin (16), and human leukemia (including AML) (17, 21, 28, 29). For three of these kinds of cancer the biochemical mechanism by which apoptosis occurs has been studied in more detail. In rat glioma and leukemia, cannabinoid induced apoptosis occurred as a response to both ceramide de novo synthesis and activation of the caspase cascade. In pancreatic adenocarcinoma apoptosis has only been observed as a result of cannabinoid triggered biosynthesis of ceramide. This is in contrast to healthy brain tissues where cannabinoids also trigger a mechanism which protects against ceramide induced apoptosis (30).

Anyone who has cancer, or has a loved one fighting it, knows that one of the greatest fears often concerns metastasis. Metastasis is the spread of cancer from the first location it appeared to others around the body. In many cases, cannabinoids not only inhibit primary tumors but also inhibit the spread of cancer. Differentiation and migration are the processes that initiate metastasis yet are important in many normal biological functions. Cannabinoids have been observed to inhibit these processes in human breast cancer cells (31), mouse breast cancer (31), human umbilical vein endothelial (27), pancreatic adenocarcinomas (15), and colon cancer (32). In human breast cancer cell lines cannabinoids were also found to inhibit adhesion of metastasized cells to new sites (10, 31). Furthermore, cannabinoids produced greater inhibition of growth in metastasized thyroid cells than was observed in the parent tumor cell line (9). In animal models, using both mouse breast cancer (31) and Lewis lung cancer (9), a decrease in both the number and size of metastatic sites was observed in cannabinoid treated animals but not controls.

In the world of the tumor one process which is very important to both parent tumor proliferation and the success of new metastatic sites goes by the name angiogenesis. Angiogenic processes form new blood vessels. Without a blood supply of it's own a tumor will not grow past a very small size. Limiting the angiogenic ability of cancer cells also inhibits their ability start new colonies during metastasis. A treatment which inhibits all angiogenesis would have negative side effects on the body's ability to heal itself. In many malignancies, cannabinoids appear to selectively inhibiting angiogenesis in tumor cells while they have zero to minimal effect on normal tissues. Cannabinoids selectively down-regulate the angiogenic growth factor called vascular endothelial growth factor (VEGF), and a receptor for VEGF in androgen-dependent prostate cancer (LNCaP) (22), rat glioma (27), human astrocytoma (grade IV) (27), human glioblastoma multi formed cells (33), K-ras-transformed thyroid cells (9), human umbilical vein endothelial cells (27),

and Lewis lung cells (9).

In any cancer treatment the desired effect of the treatment should be observed significantly more intensely in malignant cells than in healthy cells of the same type. For example in radiation treatment the beam of radiation is moved around a focal point (the tumor) creating a "hot-spot" of absorbed radiation here but subjecting any other part of the body to only brief exposure. As a result, hopefully the tumor receives a lethal dose of radiation while other tissues go relatively unscathed. So far cannabinoids appear to produce such a targeted effect not only on angiogenic processes but also cell migration in colon cancer (32) and apoptosis in most brain cancers (30), pancreatic adenocarcinomas (15) and several lines of prostate cancer (22, 23).

So if cannabinoids are so good what's the catch, you might ask? There are some effects of cannabis and cannabinoids that gualify. The most notable and possibly the most important is that drugs which activate the CB2 receptor induce apoptosis in immune cells. Down stream the death of these cells can lead to a decrease in anti-tumor immunofunctions (34). Delta-9 THC binds to both receptors and many other chemicals found in cannabis bind just to the CB2 receptors. As result, in certain cases cannabis may actually be pro-cancerous. There are a few situations where we have observed this to be the case. THC was found to promote growth and metastasis in varieties of human breast cancer cells which responded well to endocannabinoids and some synthetic cannabinoids (34). In mice with mouse mammary carcinoma (4T1), THC reduced the anti-tumor immunofunctions and increased tumor proliferation (34). As a result of suppressing the immune system cannabis and cannabinoids that activate the CB2 receptor promote tumor growth and metastasis in CBR and VR1 deficient malignancies. The frequency of such tumors as of yet is unclear.

The growth of prostate cancer (LNCaP) treated with endocannabinoids and synthetic cannabinoids was inhibited. This was at endocannabinoid concentrations at least ten times higher than are likely to occur naturally (20). When this test was performed at concentrations expected to be found naturally in tissues the same endocannabinoids produced the opposite effect (35). There is more evidence of this phenomenon. Glioblastomas treated with a concentration of THC three to ten times higher than commonly found in the serum levels of patients who use cannabis underwent a decrease in tumor proliferation and an increase in cell death (26). In contrast when the lung carcinoma cell line NCI-H292 and the glioblastoma cell line (U373-MG) were treated with common serum concentrations of THC they proliferated (36). This indicates that at least when administered alone. such as in Marinol, systemic THC could make can-

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cer progress faster. It is unclear yet how whole cannabis performs in these tests but with normal consumption habits cannabis use may also increase the progression of some cancers.

The effects of cannabinoids and cannabis smoke on the respiratory track are both complex and controversial. To call them directly carcinogenic would be a bit of an exaggeration in most cases. Even so, many of the effects of cannabis can fairly be considered pro-cancerous or pro-mutagenic, especially on cells of the lungs and airways. Pre-cancerous changes have been observed in the bronchial epithelium cells of cannabis users (37). Compared to tobacco tar, cannabis tar produced a greater production of an enzyme which metabolizes non-carcinogen precursors into carcinogens, known as CYP1A1, in murine hepatoma cells. Unlike what is observed with tobacco tar however, THC in the tar deactivated most of the CYP1A1 before it could produce an increase in carcinogen concentrations (38). In another lung cancer cell line (A549), THC inhibited part of the caspase cascade resulting in an inhibition of apoptosis (39). In endothelial cells THC can increase oxidation stress by inducing production of reactive oxygen species (ROS) which in most cases are pro-cancerous (40). (Note: For Leukemia this may not be the case (17).) For both Lewis lung cancer cells and a cancer cell line derived from alveoli (microscopic air pockets in the lungs) THC and CBD have been found to produce CB2 related immunosurpression resulting in an increase in tumor growth (41).

What You should Know

Overall the package of effects on cancer presented by cannabinoids is guite complex and can be difficult to interpret. Individuals hoping to treat cancer through the cannabinoid system should take the following factors into consideration. First, if possible a biopsy should be performed to determine the specific cannabinoid profile of your tumor. If the tumor does not contain cannabinoid receptors, or only a very few, treatment with cannabinoids should be reconsidered. By inhibiting the anti-tumor functions of the immune system cannabinoids produce a pro-cancerous effect on these tumors (34). Tumors with a high cannabinoid receptor profile are likely good candidates for cannabinoid treatment. Lung cancers may also respond poorly to cannabis smoke. The fact that cannabinoids may be contraindicated for some cancers should not be a reason to condemn their use to fight cancer altogether. After all, many drugs may have a negative effect on some cancers but not others. For example, hormones can be pro-cancerous for breast cancers and reproductive cancers but may have no effect on brain cancers. (Note: To the contemporary medical community the psychoactive effects of cannabinoids present a negative side effect and this will be taken into account here.)

In many cases, routes of whole cannabis administration available to patients may be poor choices. The three most common routes of choice are smoking, vaporizing or eating the cannabis. All three are systemic routes of administration that do not provide a targeted effect. The blood levels of cannabinoids obtainable through these routes may also promote cancer growth in some cases (35, 36). When administered through one of these routes cannabis and its derivatives inevitably produce intoxication. Furthermore, THC may produce pro-cancerous effects when other cannabinoids do not (18, 19, and 34). This has obvious implications for the general use of cannabis as a palliative treatment for cancer survivors. At least in some cases, cannabis use may actually work against attempts to treat the tumor itself.

There are some interesting options available that may help sidestep these complications. Slow continuous administration of high cannabinoid concentrations directly into tumors does not produce noticeable psychoactive effects, even in the CNS (42). This form of administration also does not produce significant levels of CB2 induced immune cell apoptosis because systemic cannabinoid levels do not significantly rise. Artificially boosting endocannabinoid levels can be used to inhibit tumors expressing high levels of cannabinoid receptors without significant CD2 induced immunosurpression or psychological effects (8). Drugs which inhibit the break down of endocannabinoids also have a use. In cases where the tumor naturally expresses higher concentrations of endocannabinoids already these drugs selectively increase the effect of endocannabinoids on these tumor tissues but not elsewhere (30). It appears that weak CBR activation may actually be pro-cancerous while strong CBR activation inhibits tumors. Most traditional drugs that bind to the cannabinoid receptors are lipid (i.e., fat) soluble. As a result it is difficult to administer them in a guickly absorbed and safe fashion, especially orally. One solution to this is the development of more drugs like O-1057, a potent new water soluble cannabinoid with a very fast and efficient absorption rate. Through oral administration drugs such as these could produce a strong CBR activation where appropriate (43).

In the brain CB2 concentrations are generally low in healthy tissues. In brain cancers like astrocytoma and glioma CB2 receptors are often expressed in exceptionally high numbers. Indeed, the more CB2 receptors found in an astrocytoma the more malignant it is likely to be (12). These kinds of brain cancers represent some of the most malignant cancers know and the current treatment prognoses for these cancers are very poor. Therefore, drugs which show a preference for binding to the CB2 receptor such as cannabidiol (CBD) may provide a means of substantial brain tumor suppression where other drugs have failed. Here the best route of administration is probably directly into the tumor. A pilot study of intra tumor administration of THC in nine patients with re-occurring glioblastoma multi formed was completed in Spain in 2006 (42). In all cases, the patients had not responded to surgery or radiation therapy and the cancer was clearly progressing. It is possible that this stacked the deck against a positive result. Only 2 patients showed signs of inhibition of proliferation of tumors. However, cannabinoid administration was well tolerated in all patients and even with direct administration of THC into brain tumors psychoactive effects were not observed.

Potential Treatment of the Future

Contemporary treatment options available to individuals fighting cancer present an unpleasant enigma. If they take the treatment(s) they risk disfigurement and/or general toxic effects, both which produce serious negative impact on quality of life and ultimately might not significantly inhibit the progression of cancer. The other option is to let the cancer run its course and hope for the best while enjoying what life offers them. The treatments might offer hope but they also offer potentially increased suffering for all involved. Cannabinoids do not have the same level of general toxicity of most current chemotherapy treatments or radiation therapy. They do not produce hair loss. They have anti-tumor properties against many forms of cancer, perhaps even a majority, and produce these effects through a diverse array of bio-molecular mechanisms. Quite simply, cannabinoids are safe and well tolerated in comparison to more conventionally accepted treatments currently in use.

There is still much to be learned about the complex relationship between different cancers and cannabinoids. As our understanding develops new treatment procedures will likely emerge. The relatively near future will probably see the advancement of cannabinoid recep-

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tor profiling in tumor biopsies, intra tumor administration procedures, and the development of drugs which bind specifically to the CB1 receptor but are unable to pass the blood brain barrier.

In the fight against cancer it seems clear that we should not limit our options. This is true both in the use of cannabinoids as novel compounds with anti-tumor properties and in the development of novel drugs which manipulate the endocannabinoid system to produce anti-tumor effects. There is often a tendency in the therapeutic cannabis community to immediately speak ill of synthetic medications which act on the cannabinoid system. As a result, the community may be doing a serious disservice to its members who are fighting cancer. The chance of significantly increased survival rates though new drugs which carefully manipulate the endocannabinoid system may provide many individuals with hope not possible with preparations of cannabis alone. By the same token, the official party line where therapeutic cannabis is concerned states that even if cannabis is useful to treat some conditions cannabis only treats symptoms but produces no cures. Most drugs fit this category when viewed honestly, so why should this factor matter with cannabis? Even if this argument had a rational leg to stand on, here is one medical application which represents strong evidence to the contrary. When so much suffering is at stake such biases should be set aside in search for a solution.

By Ally (a.k.a. pflover) "Preserve Neuroplasticity!"

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Tumor Type	Α	В	C	D	E	F	G	Н	1	J	K	L	Receptor type
Human breast cancer	*	*				*	*	*					CB1&2, VR1
Mouse breast cancer							*	*	*				
Androgen-dependent prostate cancer (LNCaP)	*	*			*						*	*	
Androgen-independent prostate cancer (PC3, DU145)	*				*							*	
Rat glioma			*	*		*					*	*	CB2 VR1
Human astrocitoma (grade IV)					*	*					*	*	CB2
Human glioblastoma multiforme					*						*	*	CB2, VR1
K-ras-transformed thyroid cells						*				*	*		
Mouse skin carcinoma						*							
Human umbilical vein endothelial					*		*				*		
Pancreatic adenocarcinomas (particularly malignant)			*			*	*					*	CB2
Malignant lymphoblastic disease (tumors of immune origin)				*	*							CE	32
Colon cancer							*					*	CB1
Leukemia	*		*	*		*							CB2 & CBR independent
Lewis lung carcinomas						*			*		*		CB1

Anti-Cancer Effects of Cannabinoids

Key to Columns: Inhibition of mitogen-induced proliferation, G1 arrest/gene expression alterations - A, Decrease in protumor receptor expression - B, Apoptosis via ceramide de novo synthesis - C, Apoptosis via activation of caspase cascade - D, Apoptosis (mechanism unknown) - E, General tumor supression in vivo - F, Inhibition of migration - G, Inhibition of adhesion of metastasized cells - H, In vivo, reduction of number and dimension of metastatic nodes - I, Selective effects on secondary compaired to primary carcinomas - J, Selective effects on angiogenesis - K, and Selective effects on malignant cells compared to healthy cells - L.



Cannabis Pollen and Use

by Subcool





High times is famous for its amazing pictures of Cannabis flowers, mostly of females. Cannabis is a dioecious plant, which means that the male and female flowers develop on separate plants, although monoecious examples with both sexes on one plant are found. Sibling crosses draw genetic traits from both the mother and father plant. The male plays just as important a role as the female, but it's rare to see male cannabis plants in full bloom. Pollen collection and use is almost a mythical craft. I will do my best in this article to shed some light on the ways pollen is collected and dispersed.

Before we talk about collecting pollen, let's talk about staggering. This is a trick I learned by trial and error that allows us to get the maximum number of seeds per plant. This doesn't apply to those just working with a branch or two.

When pollinating a mother plant for seed, I will start her into 12/12, a full 7 days before I move the male into budding room. Keeping in mind that each strain is going to be a bit different on time frame, but this 7 day rule has worked very well

for us. Once the male is flowering well, the females will be entering a window around day 21-24. Most Hybrids I work with are done in less than 9 weeks, so 3 weeks in is good place to start. You can pollinate up to day 30, but you stand a

"Collecting pollen is a bit like milking a gnat."

good chance of the seeds never get-

ting mature. So I find each strain's perfect window. Apollo-13 is closer to 21 days and Jack's Cleaner is better at say 26 or so.

One thing I must add, and I am not trying to be rude to you younger inspired breeders out there. Concentrate on producing the best herb you can, and mastering the craft of room set up. Again, no offence but you can't breed properly in a cab. I do it in a limited space, granted, but I have been growing successfully for some 32 years, and didn't start breeding till I had around 20 years under my belt. It doesn't hurt to experiment. That is how we learn. But I think at least a few years as a grower are in order before anyone attempts breeding, even though I lay out every single step. If you think its easy, ask a grower how many complete garbage strains he's grown out from so called "Established Breeders." It takes an eye, and that is gained from experience.

OK, so now we have our male in full bloom, and we have our females in the breeding room. This area should be completely separated from the main bud area, preferably in another building completely. If the two rooms share a common HVAC

Cannabis Pollen and Use



duct system you will get pollution into your main area. Pollen is serious stuff and flies everywhere, and you cannot see it. It will stick to your clothes, pets, etc. You must change clothes and bathe after entering your breeding area.

Over the years I have budded out quite a few males and each one acts a bit differently. Some bud extremely fast while others tend to release pollen over a longer period of time. The best males to work with are one that matures in a short window, maturing and releasing pollen in a short time span.

I prefer to simply allow my males to hang out with my mothers for a few days, with a small fan positioned on the male with females in the air stream. As the stamen open the pollen naturally flies into the air providing max coverage. We also like to pluck off ripe pods and gently roll them between our fingers over each cola head. This is how we capture the amazing suspended pollen shots I set as a standard, and later Jill perfected.

The Pollen Trap

One trick I have used in the past is the pollen trap. This trick takes a good eye for when the male is about to open. If you can figure that out, simply take two large Tupperware containers and form a box that will hold a cup with water. Place wax paper in the bottom, and along the sides. Place the tops to hang over the wax paper and tape the entire box shut this allows you to



"The male Cannabis plant is amazing in its own right, and in the game of creating hybrids, a male known for his attributes can be worth a lot more than the most elite female cutting."

by Subcool



have it in a non-secure place, like a vegetation room. Warning! Don't spill the water. It ruins the pollen. Don't put more into the glass that you need to. I used a heavy bar glass that wouldn't tip over.

One thing we should cover is male cluster formation. When selecting a male for breeding, we run him as a mature full size plant, and we want to see even if he has met all our other breeding criteria. Making big gnarly male clusters indicates the bud formation he might pass on. If your male produces small clusters, he most likely will not pass on larger yields to the offspring. This is not set in stone but it is a very good indication.

Once the plants are fully pollinated, I wash the females off with a spray bottle of water, and if its raining I place them outdoors for a night, up high on a barrel where no bugs could possibly get to it. I prefer a gentle long rain to a spray bottle, as it removes any access pollen. Once I have redundantly rinsed, I place the mothers back into my main bud room, but not in the main air stream of my blowers

More Tricks

Back to the male we have used for the breeding party. I will bend his branches over and cover them with a V shaped hanging trap I make from wax paper. This is the process I will get Jill to shoot in about 3 weeks and add to the thread on the website. One thing to watch out for is the male flowers, they contain water and must be removed from pollen. I find the hanging traps I make can be shaken, and the flowers being heavy fall to the corners and can be removed from the pile.

This next trick comes to us from Pistils, and it worked great, so I am going to add it to the process. Collecting pollen is a bit like milking a gnat, when you manually roll a pod and it falls, it may be a million grains but it is barley visible to the eye. It also tends to stick to the wax paper but the solution is to mix in some dry flour. I used a ratio of about 5 to 1 and ended up with a yellow looking mix that resembled cake batter. I allowed the flour to dry well, and microwaving wouldn't be a bad idea to remove any moisture that might remain in the flour.

The male Cannabis plant is amazing in its own right and in the game of creating hybrids, a male known for his attributes can be worth a lot more than the most elite female cutting.

If you have any questions you can reach Subcool at the <u>www.breedbay.co.uk</u>, <u>www.cannseur.com</u> and <u>www.treatingyourself.com</u> websites.

Cannabis Pollen and Use by Subcool



"Pollen is serious stuff, and flies everywhere. You cannot see it. It will stick to your clothes, pets, etc. You must change clothes and bathe after entering your breeding area."

Portrait of a Crohn's Sufferer

When one hears the phrase "medical marijuana user," Ontario resident Al Graham isn't the stereotypical image typically envisioned. Neither a pothead nor a rebel, this Crohn's sufferer is more likely to be found at a 4x4 tough truck competition than a Hempfest. But like millions of others, Graham knows one thing that permeates all cultures: His pain and suffering are decreased through the use of medical cannabis.

Graham, a 45-year-old father of three, began experiencing the symptoms of Crohn's disease in December of 2002. Since that time, his life has been turned upside down. Fear, painful and sometimes humiliating symptoms, and a barrage of intimidating treatments have disrupted his life for the past four years. Being forced to abandon his career and face steep financial challenges has only added to his stress and worry.

The Onset

Crohn's disease is a disorder afflicting nearly a million people in North America. It features chronic inflammation of one or more sections of the gastrointestinal tract, typically the intestines. Although it's cause is unknown, one theory stipulates that Crohn's is caused by abnormalities in the immune system's response to the contents of the bowels. Symptoms include abdominal pain, diarrhea, and bleeding. Complications encompass bowel obstructions and perforations, cancer of the bowel, and inflammation of the joints, spine, eyes, and liver.

During the six-month period between the onset of Crohn's symptoms and his official diagnosis in the summer of 2003, Graham's life changed significantly. He suffered such significant and rapid weight loss that his illness was virtually impossible to hide. "I thought, oh, great, I'm losing weight. And then, all of a sudden, it got real bad," he said during an interview at an Ontario smoking café, explaining how he lost 60 pounds in only six months.

"I didn't wear my clothes; they hung off of me. It got to the point where at work one of the guys said 'Hey, Al, why don't you use this piece of cotton wrap to hold your pants up," Graham told me. "The time came when my boss approached me and said, 'Al, you're obviously very sick. We would prefer you to stay home and get better than struggle through your work."

A busy Type A prior to his diagnosis, Graham has experienced difficulty with the fact that Crohn's has forced him to slow his daily pace. Hospital stays characterized by sheets full of blood and a jar beside his bed that became his lavatory have served as shocking and pronounced reminders that his life may never be "normal" again.

It would have been understandable if Graham's medical use of cannabis was limited to simply getting high to dull his pain and forget his worries. Instead, he told me he felt an obligation to get educated. "As soon as I got sick, I went looking for information," he said. "I wanted to find out how [cannabis] was going to benefit me and look for strains that would help—instead of just relying on any ol' bag of weed."

The Education

While his doctors were able to educate him regarding Crohn's disease, it was Graham who had to educate some of his doctors about how cannabis could help not only his symptoms, but also the negative side effects of his pharmaceutical treatments. He said his research wasn't just to educate himself, but also to inform those around him. "It's not just me and my wife, but I have to educate all of my close family," he said.

But convincing friends and family of the efficacy of cannabis hasn't always been an easy task. His teenage daughter, for example, completed the D.A.R.E. (Drug Abuse Resistance Education) program in her public school. After admitting his use of medical cannabis to her, she cried and told him it would lead to harder drugs and harm his health—sincerely believing that it could even kill him. While Graham has countered much of her taxpayer-supported brainwashing with the facts, his own daughter initially asked him not to medicate in her presence. Fortunately, a year later, she no longer fears the medication that provides such relief to her father. "She's more comfortable about it now and understands that people can use cannabis as a medicine," said Graham. "I've been able to show her the truth about cannabis, not what she learned in the D.A.R.E. program."

His wife—always supportive of his choice to use cannabis to treat his disease—was at first skeptical of its efficacy. "Then the doctor came out and didn't have any question [regarding its efficacy]," said Graham, adding, "She was quite surprised." Now, after a year of openly using cannabis to treat his Crohn's, his wife has joined him in helping to teach others about its medical benefits.

This humble Canadian has been a trailblazer in the career of his physician specialist, who had never before filled a prescription for marijuana. "So I brought the paperwork to his office. We talked about the facts," he said. When his doctor raised concerns that cannabis might act as a gateway to hard drugs, Graham reacted calmly but sternly. "I said, hey, I'm 44, I have three kids. Have I ever missed a doctor's appointment?" His physician had to admit that Graham, since his diagnosis, had been fully cooperative, accepting all recommended treatments for his condition. "Now my family physician has now asked me to update him on my use so he can talk to his other patients about medical marijuana," said Graham.

"When they wanted to stick a needle in my rib cage and take a piece of my liver out, I did it," he said. "When they wanted to stick a six foot hose...heh, yeah," he said, stopping himself and holding back tears while bearing a painful smile. A smile earned through years of enduring treatments that, while helping to sustain his life, have threatened to dehumanize him, stripping away his hope of regaining normalcy within his life. Graham, however, remains optimistic.

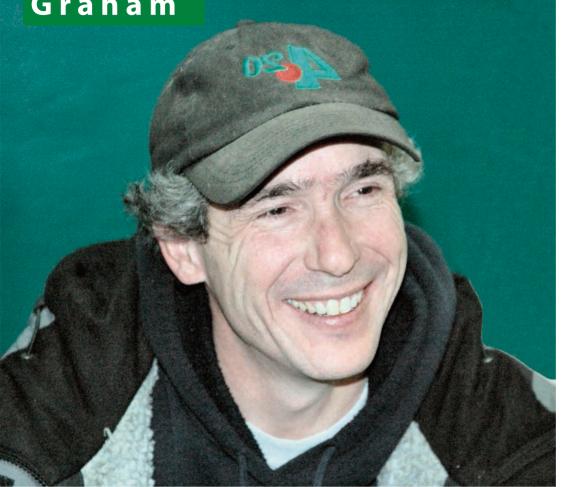
The Treatments

If the direct symptoms of Crohn's aren't enough to frighten you, consider the side effects of some of the pharmaceutical medications commonly prescribed. In strong enough doses, they're all seemingly designed to kill either the disease or the patient in a modern wild western medical metaphor of "this body ain't big enough for the two of us."

Graham's lifestyle wasn't altered merely by the necessity of taking dozens of pills every day to treat his Crohn's symptoms. "You're always getting stabbed or they're sucking twelve tubes of blood out of you," he said, only half joking.

His family has had to learn to shop for groceries differently, carefully reading labels. "It's no fun looking at food and wondering what it's going to do to me," he said. "Can I eat it? Am I going to be in deep pain? Fears of what you can and cannot eat get to you." For example, Graham recently ate something that set him back for the following seven days. "I ate nothing that I haven't had in the last few months, but I still suffered. It makes it very hard to trust anything. If I can't eat something now that I had no problem with before, what am I to do?" Graham is thankful, however, for the fact that marijuana helps him simply want to eat.

A I G r a h a m



At one point, Graham was consuming 33 pills each day. He described how pharmaceuticals affected his life. "You go into the drug store and you're looking for a container so you can organize your pills, one that has separate containers for Monday through Sunday," he said. "But the whole container doesn't have enough room to hold one day worth of pills," he exclaimed.

One nasty drug commonly given to Crohn's patients is Prednisone. During our interview, Graham elaborated on the negative side effects of this anti-inflammatory steroid commonly administered for a wide variety of ailments. Among its more pleasant side effects are bloating, nervousness, and increased joint pain.

Several other strong pharmaceuticals, each with its own set of sometimes significant side effects, entered the picture. "My doctor put me on Methotrexate," he said. "It's used for treating Chemo patients with cancer." Also known as Biotrexate and Neotrexate, among Methotrexate's listed potential side effects are nausea, vomiting, diarrhea, and—death. While more gastrointestinal and stomach problems isn't exactly what a Crohn's patient needs, death isn't on anybody's gift list.

It's easy to say, with distant objectivity, that Graham's symptoms and negative side effects are "bad things." But consider injecting yourself once a week in the stomach with a drug that warns, in large capital letters, METHOTREXATE IS A POTENT AND POTENTIALLY FATAL DRUG. "It's not the kind of thing you wanna read, eh?" he said, sporting a nervous laugh.

Methotexate also often causes decreased bone marrow activity, further complicating the fact that Prednisone carries the potential side effect of diminished bone density. "I was on Prednisone so long and so many different times that both of my doctors sent me for bone density tests," he said. These tests have proven that Graham's bone density has, in fact, been compromised.

Graham detailed his Methotrexate routine. "It's an injection that I have to take once a week, in my stomach," he continued. He explained how he had never before given himself an injection, so he went to his family doctor and requested that the nurse perform his first injection to show him the ropes.

Smacking of legal policies that serve mostly to

alienate and dehumanize patients, Graham described how the nurse donned a mask, gown, gloves, and protective glasses in preparation for the injection. "I asked her what she was doing and she said she had to in order to give me the drug. I asked, 'If you're afraid of getting a bit of this medicine on your hands, what do you want me to do?"" he said incredulously. "Allow this to be put into my bloodstream?"

A full account of Graham's treatments can be both intimidating and depressing. In addition to the daily pill regimen and weekly Methotrexate injections, he must every six weeks undergo infusions of a drug called Remicade. A solution targeted at Crohn's patients with moderate to severe symptoms who have "tried other therapies without success," Remicade's goal is to reduce flare-ups, inducing and maintaining remission.

When asked if he gets high before such unpleasant treatments to better cope, Graham said no. "I wait 'til after. I just prefer to do that," he said. "Afterward, when we get out of town with my wife driving, down comes the window."

The Side Effects

Graham says he often suffers from the negative side effects of his pharmaceutical drugs. "I feel like an old man, like an 80-year-old with a cane. My joints, my muscles...and it's from the medications," he said.

Portrait of a Crohn's Sufferer

Graham is quick to point out that cannabis helps not only the symptoms of his Crohn's disease, but also the side effects of the pharmaceutical drugs he must take. "I'm currently on two of the hardest drugs my doctor can prescribe to me," he said, referring to Mexothrexate and Remicade. "There's no other drug that he can give me."

Remicade carries possible side effects of blood and nervous system disorders. Both it and Methotexate are last resorts on the doctor's list of escalated treatment therapies. And both sometimes seem as bad or worse than the disease they treat, giving patients like Graham twice as much to worry about.

Graham isn't without a sense of humour regarding the negative side effects of his pharmaceutical treatments. "At one point I was on so many different medications that I made a long list of all the potential side effects," he said. "I just took the data from the information packets and listed it on the computer. I had about seven eighths of those side effects," he said. "It was just brutal."

After describing the irony of the pharmaceutical drugs that keep him alive while simultaneously torturing him, Graham smiled while talking about the efficacy provided by cannabis. "It has allowed me to keep my sanity," he said. "Being sick and taking pharmaceutical drugs often leads to bouts of depression," he said soberly, describing tearful sleepless nights and paralyzed body parts. Sadly, he was describing pharmaceutical drug side effects, not symptoms of Crohn's. "Marijuana helps put a smile on my face and lifts my spirits while I wait to have some tube or needle stuck in places that people just don't talk about," he said.

Graham was brave enough to be starkly honest about the personal impact of the side effects of his treatments. "I'm going through periods that I find myself having a shortness of breath, dizzy spells, and numbness in my hands and face," he told me. "It gets me to a point that it makes me cry. I just hurt all over," he confessed. "Cannabis helps me deal with what I'm going through, without the severe side effects."

The Finances

When a disease like Crohn's strikes, it affects more than just the patient. After 21 years of employment and working his way from entry-level yard assistant to plant supervisor, Graham was forced to permanently resign his job with a local hydro power company.

Currently on long-term disability, Graham says he's actually fortunate. "I was lucky. I had a benefits package that included long-term disability. They give you [a percentage] of your wage," he said. He and his family, however, are now deprived of the bonus money he used to earn on his job, costing them \$10,000 a year. "All of the sudden you're down to making next to nothing on your unemployment and it doesn't even cover a mortgage and a car payment," he said.

Graham's bi-monthly Remicade infusion carries a cost of \$3,500. While he's receiving financial assistance from the Trillium Foundation, a provincial patient assistance organization serving Ontario, this expense still has a significant impact on his family's finances.

"I had an infusion about three months ago. That's \$3,500 that goes out the door to the pharmacy. I haven't received the cheque yet," he said. Until he actually receives a reimbursement payment, he can't repay the pharmacy. "So I'm paying interest on that credit, plus I have to pay my deductible," he lamented. "By the time I'm done, it costs me about \$500," he said. That's five hundred dollars, every six weeks, that the Graham household cannot recoup—in addition to lost income, other significant health-related financial burdens, and the \$10,000 in lost bonuses from the job he can no longer hold.

The Strains

Strain efficacy is a topic close to Graham's heart. When queried, he mentioned Williams Wonder and Juicy Fruit as especially helpful. "Juice Fruit makes me hungry and gives me the munchies," he said. Not a trivial thing for a patient who lost 10 pounds per month for half a year and is fighting to maintain a healthy weight.

"I'm presently trying a few new strains. I'm told AK47 can put many people to sleep with one pass around the table. This to me sounds very relaxing. Crohn's and stress go hand in hand, so I like the idea of a good sativa to keep my stress down," he said. Graham is also fond of Nutcruncher, Early Pearl, and Shishkaberry. "It's loaded with resin and trichomes," he said of Shishkaberry. "It's a very sweet tasting way to take your medication. With its high quantity of trichomes, I'm also looking forward to using it to make butter for my edibles," he said.

Graham's favorite forms of cannabis are edibles and vapor. "Edibles have reduced my trips to the bathroom. They slow the process," he said. He explained that he prefers smoking for help with sleep, stress, appetite, and pain. Edibles, however, provide him with more of a gastrointestinal benefit than smoking, striking at the heart of his ailment. Graham also uses edibles to deal with muscle pain. In addition, certain edibles are a good source of protein, supplementing what he loses because his Crohn's prevents him from consuming red meat.

The Glass Half Full

Fortunately, Graham has noted some benefit from his current situation. When asked if his disease and the resulting hardships have strained his relationships with his wife and children, he said no. "It's actually brought us closer together. This past school year my daughter did a school assignment and part of it touched on our family and our situation here at home," he told me. "In the project, she said how much closer our family is now than before I was sick."

Possibly most remarkable is the fact that, despite his pain and suffering, Graham isn't a bitter man. In fact, he's frequently expressing his thanks to those who have helped him in one way or another since the onset of his condition. "Every time I needed something done, my doctors, my wife and family, and my friends were always right there to do it," he said sincerely.

Graham's reliance on cannabis has decreased his capsule consumption from 33 to four pills a day. Sympathetic doctors, new coping skills, the responsible use of cannabis, and a supportive, caring family are slowly giving him his life back.

While he breaks many of the traditional stereotypes, Al Graham's story is nearly identical to that of any patient who takes refuge in medical cannabis. Regardless of their other commonalities—or lack thereof—these are people who use cannabis to alleviate the symptoms of a deadly disease for which a treatment better than mother nature's seemingly can't be conjured. Not even by a species that has walked on the moon and developed weapons of mass destruction.

by Gooey Rabinski

Reverend Tom Brown speaks his mind



To all our relations, Mitakeoyase - Greetings

Today we will look at the federal lawsuit filed in the name of the Multi-Denominational Ministry of Cannabis and Rastafari.

As you know, Rev. Eddy Lepp founded Eddy's Medicinal Gardens and Multi-Denominational Ministry of Cannabis and Rastafari in Upper Lake, California. In August 2002, he was raided and the DEA stole several hundred plants - but did not file any charges. In 2003 he harvested 5 acres of marijuana. In August 2004 he was arrested for growing 32 acres of marijuana. In February 2005 Eddy was arrested for growing 11,500 plants and sale of one pound to a narc.

Eddy's pre trial release conditions forbid him from attending church services and taking communion. That is unconstitutional, unlawful, and just plain wrong, but that's what the federal judge says.

So, you would think that the fed's had stopped the church. Not!

Eddy's wife Linda Senti, and eight other folks incorporated Multi-Denominational Ministry of Cannabis and Rastafari in 2006. They planted marijuana plants on the church property on July 5, 2006 and filed for a federal court order to stop the police from raiding the church.

You can keep up with these legal filings at- http://www.firstchurchmagi.org, -in the "Documents" section.

The attack on prohibition made by this lawsuit is based on several U.S. federal laws, international treaties the U.S. is party to, and the federal and state of California constitutions.

Basically, in the United States the law says that the police cannot raid, invade, attack or otherwise disrupt a church or an individual who is doing sincere religious establishment or exercise. Those laws, treaties and constitutional provisions are laid out in the court filings for your inspection.

The federal government has avoided the contest between church and state on marijuana by claiming that the drug laws are enacted to protect public health and safety and that they cannot be challenged on a factual basis in court. The drug laws are just too "special" to be examined for factual integrity.

Imagine, the legislature passes a drug law and they say the drug law is passed to stop condition "A".

Good citizen that you are, you notice that the drug law is not

stopping condition "A". Your church has been doing something prohibited by the new law. In fact, your religious exercise is extinguished by the new law - although your religious exercise never caused a condition "A" in over 5,000 years of recorded history. You know this because the government agency that regulates the drug law in order to stop condition "A" has made an official report that says this - "the drug law is not stopping condition "A", and that part of the drug law (the marijuana part) never caused any condition "A" anyway in over 5,000 years of recorded history."

Now, up till 1993, you had no legal right to go to a court and file for a decision on whether or not the drug law actually stops condition "A".

In 1993 Congress enacted the Religious Freedom Restoration Act. That law says that if the government substantially burdens your religious establishment or exercise then you can challenge that burden in a court of law. If you do challenge it, then the government has to prove that the law is stopping condition "A", that condition "A" is a dire physical threat to the public, and that without the law enforcement, physical damage would immediately occur to the public.

So, how does the government prove that the drug law is stopping a threat to public health and safety where the drug that is prohibited has never caused any threat to public health and safety in over 5,000 years of recorded history according to their own official report?

Ya can't prove it, that's the problem for the government.

If you have been following the press accounts you know that the U.S. federal drug scientists are able to hire themselves out as consultants to the drug companies that try to get permission to sell us drugs. These "scientists" take consultant fees from the drug companies and then do the tests on the drugs that the companies want the government to give them permission to sell. That's how Vioxx got to be sold. You know the drug that gives you heart attacks and the company knew about it before they sold the drug. But their favorite government scientists covered that up, so we are buying poison instead of medicine - and nobody is getting busted for that. If you want to check that out go to- http://www.vioxx.com/rofecoxib/vioxx/consumer/index.jsp -for more from the guilty parties on that.

So, the new church has filed for a federal injunction to keep the DEA and local police out of the church gardens. The governments (state, county and feds) have responded with a Motion to Dismiss. This is standard procedure and is set to delay the case. They always do this so be prepared.

On a Motion to Dismiss the government has to prove that you have no conceivable legal theory that the court can "see" or "take cognizance of". The legal theory that MDMCR claims is that the law requires the government to prove the threat to public health and safety caused by the church. The MDMCR had a hearing on the government's motions to dismiss - one from each so it gets complicated - on December 21, 2006. The ruling on the Motions is pending now so this article cannot report the outcome - but...

On January 9, 2007, the U.S. Supreme Court issued a ruling on this very question - validity of a Motion to Dismiss where the claim is that the government will enforce a law that causes harm to the church.

In MDMCR the governments have claimed that even though the church is doing things that are against the law, that the church cannot claim "standing" in the federal court prior to being arrested.

Go to - http://www.supremecourtus.gov/opinions/06pdf/05-608. pdf - to see the decision (Mecimmune, Inc. v Genentech, Inc. et al.; No. 05-608, argued October 4, 2006; decided January 9, 2007) for yourself.

Next issue we will look at specific legal arguments and evidence you need to focus on in your church case.

One Love revtombrown

To all our relations, Mitakeoyasey.

Greetings in the name of the most high, Jah Rastafari, ever faithful, ever sure, Jah Rastafari. One Love Brethren.

Brethren, we have great good tidings to share.

On Saturday, January 27, 2007, a founding member of the Multi-Denominational Ministry of Cannabis and Rastafari was pulled over by a California Highway Patrol officer. The officers' cause to pull him over was the drivers failure to mount a license plate on the front of the vehicle. California code requires two license plates on the vehicle. Our founder has California license plates.

Our founder was found to be in possession of a bag of marijuana flowers and his medical recommendation. Two officers decided to confiscate the marijuana. They failed to give a receipt for it or the medical recommendation that they also took - without a receipt.

Our founder contacted the church, we immediately filed a complaint thru the non-emergency dispatcher line and requested to speak to the duty Sergeant. Said sergeant refused to speak to us and told us - thru the dispatcher - to come to the California Highway Patrol office on Monday. Immediately the dispatcher was notified that this is a religious establishment and exercise matter, that the lawsuit over this was already filed in July 2006 and that he should tell the sergeant these facts and that we demand to speak to him immediately. The dispatcher told us that he would not pass on any messages and then hung up.

On Monday morning, January 30, 2006, at 9:00 am the founder and Rev. Tom Brown, chairman of the Multi-Denominational Ministry of Cannabis and Rastafari legal committee, appeared at the office. We spoke to the officer who stopped and stole the marijuana and recommendation without receipt. A county supervisor apparently approved or ordered this act.

The officer refused to return the marijuana, told the founder that he would have to become some kind of county registered "caregiver", and that maybe then, and if, and why, and but for maybe, the founder might get his flowers back.

The founder turned to the legal committee chairman and asked for assistance. The chairman then instructed the officer in the religious exercise and establishment issues extent in the situation, the fact that the founder was well within the Trippett decision boundaries for transport of medical marijuana, and that a lawsuit had already been filed - when the officer stopped the conversation. The officer was told to pass the founder and chairman to his supervisor - which he did.

The supervisor then asked us into his office, got a chair for the founder to sit in and we proceeded to talk. The founder told the circumstances of the theft of the marijuana. The sergeant then proceeded to repeat and reinforce the same lies about 420's county guidelines and licensing procedures. The sergeant agreed that the marijuana flowers might never be recovered.

The founder then asked the chairman for assistance and the chairman proceeded to inform the sergeant about all of the above on religious establishment and exercise, the fact that under Proposition 215 the founder was totally in compliance, that the CHP Director had instructed the sergeant in writing to not interfere with medical marijuana, and the lawsuit had already been filed to which we would be glad to add his name as defendant also - whereupon the sergeant jumped up, ordered us out of the office and into the waiting room, and promised to return after conferring with his supervisor. The chairman informed the sergeant that they should contact Jack Woodside in the California State Attorney General's office for instruction on how to handle this case as Woodside is the lawyer representing Gov. Schwarzenegger in the lawsuit.

On a recent motion to dismiss the lawsuit for injunction, the governor wrote that he would never cause his National Guard or CHP officers to violate state law in regards to medical or religious use of marijuana. Now we have concrete proof to the contrary, happening to a church founder.

After a ten minute wait, the sergeant returns with smiles and tells us that the founder should really get with the county attorney to properly document his "420" status and that the marijuana is to be returned - as soon as they can find it - and yes a receipt should have been issued to the founder for whatever the officers took.

A few more minutes for the officers to officially weigh (it hadn't been done yet?) - the flowers, all 32 ounces of the finest Northern California Grade 1 medical marijuana flowers, were returned.

How do you get something into the evidence locker without weighing it? You can't, you got to fill out the paper. The paper receipt is dated the 27th, but the chairman saw the officer tear the multiples apart as they approached with the bag on the 30th, and the sergeant and officer both said that they had just weighed the evidence for the first time and hadn't known how much it weighed prior to that.

So if the evidence had never been logged into evidence, if we had never shown up on Monday to claim it, would the evidence even be evidence?

So many questions, so little time!

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A message from Leonard Peltier

"Much of the government's behavior at the Pine Ridge Reservation and in its prosecution of Mr. Peltier is to be condemned. The government withheld evidence. It intimidated witnesses. These facts are not disputed."

BACKGROUND

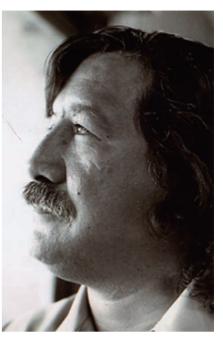
For over 30 years I have sought justice from the United States Courts which have failed to provide me with any relief despite acknowledging numerous acts of Government misconduct. For example, after my trial, my lawyers issued Freedom of Information Act Requests ("FOIA") and discovered that the Government fabricated the ballistics evidence which it used at trial to argue that I shot the agents in cold blood. Once we revealed this egregious misconduct, the Government has had to admit on several occasions in open Court and before the Parole Commission that it could not prove I shot the agents and that it could not prove who shot the agents.

Despite the Government misconduct recognized by the Courts, I remain in prison. When we exposed the Government misconduct, the Government stopped arguing that I "shot the agents," and began arguing that my conviction should be upheld on aiding and abetting grounds, even though the only two people I could have aided and abetted, Robert Robideau and Dino Butler, were acquitted on self-defense grounds. In the Robideau and Butler trials, the Court allowed them to present evidence to show that they where shooting in self defense at unknown assailants who were shooting at houses occupied by women and children. In contrast, my case was moved to another Judge, Judge Benson, who prevented me from introducing evidence of self-defense and evidence of the war-like climate that existed on the Pine Ridge Indian Reservation because of marauding groups of vigilantes hired by a corrupt tribal government, supported by the United States government.

Just as significant, no Court has ever explained how my conviction could be upheld on aiding and abetting grounds since I could not aid and abet myself, and I could not aid and abet my co-defendants since they were acquitted. So, just who did I aid and abet to warrant two consecutive life sentences? The Courts and the Government cannot answer that question. Yet, I remain in prison.

My case demonstrates the illegal means which our Government will utilize to ensure that I, a native American, am punished for the death of two FBI agents, without regard to whether I did it, which I did not, and without regard to the deprivation of my rights. All the Government cared about was that someone was punished for an incident provoked by the FBI, the corrupt tribal government, and its private police, known as the GOON squad. And yet, I remain in prison.

The United States Government keeps me imprisoned to justify the continuing abuses against, not only Native American people, but anyone who seeks to fight criminal abuses such as those committed and/or aided by the FBI on the Pine Ridge Indian Reservation between 1973-1976. This Country has waged, and continues to wage, war not just against native Americans but against any form of domestic political dissent. Secret domestic intelligence programs, such as the well documented Cointelpro program and the Patriot Act, have eroded and destroy the constitutional rights and liberties of all peoples of this Nation. But, most people would rather ignore injustice, then take a stand against injustice and face



the wrath of our Government. What I was not allowed to introduce into evidence was the indisputable evidence that United States Government and a corrupt tribal government committed war crimes against the Oglala people during the so-called "Reign of Terror," from 1973-1976. Yet, these crimes have never been investigated, and, if anything, they have been ignored and certain propagandists have revised history to say they never occurred, similar to those who espouse that the genocide of Native American people never occurred in the Americas. The one exception is the murder of Anna Mae Aguash which the United States Government began pursuing earnestly nearly 30 years after her death, in order to smear me to harm my chances at parole through the use of hearsay testimony and unsubstantiated innuendo. I unequivocally deny that I had anything to do with the murder of Anna Mae, and I condemn those who murdered her and those who seek to smear me and make me a patsy for the crime they committed.

The indisputable Government misconduct which led to my wrongful conviction represents a threat to the liberties of each and every one of us. Perhaps this is what ultimately struck the conscience of Judge Heaney (a judge of the United States Court of Appeals for the Eighth Circuit who despite the glaring evidence of Government misconduct, wrote a strained and legally embarrassing decision to deny my first habeas petition), and compelled him to write a letter supporting my request for presidential clemency.

As recently as the fall of 2003, the United States Court of Appeals for the Tenth Circuit stated:

"Much of the government's behavior at the Pine Ridge Reservation and in its prosecution of Mr. Peltier is to be condemned. The government withheld evidence. It intimidated witnesses. These facts are not disputed."

A message from Leonard Peltier

As my lawyers wrote in a recent brief, the United States Court of Appeals for the Eighth Circuit has repeatedly recognized specific instances of FBI misconduct in my case: The Eighth Circuit found that the FBI withheld critical ballistics evidence which raised questions "regarding the truth and accuracy of [FBI agent Evan] Hodge's testimony." The Eighth Circuit acknowledged that the FBI withheld critical evidence which was "newly discovered evidence indicating [that the government's ballistics' expert] may not have been telling the truth," and that the evidence withheld by the FBI created "inconsistencies casting strong doubts upon the government's case."

The Eighth Circuit also addressed the government's coercing of witnesses and extracting perjurious affidavits including the three fabricated affidavits of Myrtle Poor Bear which were used to extradite me from Canada. The FBI knew that Ms. Poor Bear was mentally incompetent. Yet, they had her sign three fabricated affidavits which falsely stated that she was my girlfriend and that she saw me kill Agents Coler and Williams. Poor Bear never knew me, and she was never at the Jumping Bull Compound on June 26, 1975, or any other date that I am aware of. The Eighth Circuit described the Myrtle Poor Bear episode as follows:

In February and March, 1976, Myrtle Poor Bear signed three affidavits which related her eyewitness account of the murders of the two agents on June 26, 1975. Two of these affidavits were considered by Canadian officials in the extradition proceedings. In testimony given outside of the presence of the jury at the trial, Poor Bear disclaimed virtually every allegation contained in the affidavits. She testified that she had been forced to sign the affidavits, which were prepared by FBI agents Price and Wood, under threats of physical harm.

The Eighth Circuit court recognized that "[the Poor Bear.... testimony was certainly consistent with [my] theory [that the FBI framed me by manufacturing evidence and inducing witnesses to testify in accordance with its theory of the murders.]" Even in the face of this fraud, one of the prosecutors, Lynn Crooks, belligerently stated on television in 1990 that, even if he knew the affidavits were false, he still would not have hesitated to provide them to the Canadian prosecutor.

THE FBI'S ILLEGAL TACTICS IN ITS WAR ON THE AMERICAN INDIAN MOVEMENT AND ME

I was a member of the American Indian Movement who, like many others, was subjected to a number of Counterintelligence (COINTELPRO) type activities by the FBI. "COINTELPRO" is the FBI acronym for a series of covert action programs directed against political domestic groups. This program was investigated and condemned by a Congressional hearing in the 1970s. With this unauthorized program, the FBI engaged in covert actions designed to 'disrupt' and 'neutralize' target groups and individuals," engaged in political dissent. One of the COINTELPRO type tactics used by the FBI and, in particular against AIM, was the infiltration of the legal defense by paid informants, violating attorney-client privilege. We have recently discovered evidence that the FBI did this in my case.

RECENTLY DISCOVERED EVIDENCE

In the face of Court expressions acknowledging and condemning the Government misconduct, the Courts continue to allow the FBI to engage in wrongful behavior by allowing them to withhold more than 140,000 documents which are located in FBI Field Offices throughout the country. Despite the passage of over 30 years, the Courts have justified the FBI's behavior by ruling that the Informant Files in my case must be protected because the release of such documents could impact the war on "international terrorism." Such a ludicrous and unfathomable reason can only undermine any remaining confidence we could possibly have that our system is based on justice and fairness.

With respect to AIM, and me in particular, we now know that the FBI used confidential informant sources to compromise attorney/client communications they illegally used to develop strategies for conviction. We recently discovered FOIA documents establishing that the FBI utilized Douglas Durham, a paid FBI confidential source who infiltrated the highest levels of AIM and was exposed on March 7, 1975, in my extradition proceedings from Canada. As one Court recognized, "Mr. Douglass Durham, infiltrated the American Indian Movement under instructions of the FBI, won the confidence of Dennis Banks and other leaders of the movement, occupied a series of high level positions in the organization."

These FOIA documents show that the FBI utilized Durham not only to provide information to William Halprin, the Chief Prosecutor from Canada, against me in connection with the extradition proceedings, but also as an "expert adviser on AIM." Halprin requested Durham's involvement "to enable him to utilize the source [Durham] to refute statements made by Peltier's defense." To purportedly avoid legal liability, Durham was told by the FBI not to execute any affidavits or to travel to Canada. "Durham has been instructed to provide information requested by Crown Attorney [and]. If recontacted by Halprin, he would cooperate fully and would keep Omaha [FBI] advised of developments."

As my attorneys recently wrote, the Courts have indicated that this type of conduct crosses the line:

The informant, Douglass Durham, had worked in various undercover capacities prior to the Wounded Knee incident. His relationship with the FBI began in March 1973 when he supplied the FBI office in Des Moines, Iowa, with copies of photographs he had taken in an one-day visit to Wounded Knee. He later served in various leadership positions within AIM, including national security director and national administrator. He became a close companion of AIM leader Dennis Banks during the period including the Banks-Means trial in St. Paul. Throughout this period of intimate affiliation with AIM and its leaders, he was supplying information to the FBI.

In analyzing this issue, the Eighth Circuit described the troubling conduct by the FBI:

Were we concerned on this appeal with the question of whether the convictions of Dennis Banks and Russell Means, tried in St. Paul, could be upheld, we would have another case. There is evidence in the record and FBI files to indicate that Durham was privy to numerous conversations between Banks and his lawyers, that he was present in St. Paul during the course of the trial, and that he was in constant communication not only with Banks and the other defendants during the trial, but with the FBI. As the record here is devoid of that type of close proximity to the defense of these appellants and as no prejudice has been shown, we refuse to set aside the convictions of the appellants because of the activities of the informants.

The FBI permitted informants to attend both my trial and that of my co-defendants. In an FBI internal memo, the FBI discussed the circumstances under which informant sources could be approved to go to our trials: "If approved by FBIHQ, sources should be specifically instructed to refrain from being parties to Defense Litigation strategies. Furthermore, they should be instructed that in the event they are unexpectedly placed in the position of being parties to such discussions, they should, where their informant status will not be compromised, leave such discussions immediately."

Durham himself acknowledged that this caution was little more than a wink and a smile. In the Wounded Knee Trials, Douglas Durham was similarly advised by the FBI not to engage in any activity that would violate confidences of the defense, nor to engage in any activities or relate to the FBI any information that had to do with defense tactics, or any legal aspect of the operations of AIM or the defense at that point. In spite of the advice he allegedly received from the FBI, Mr. Durham testified in the United States Senate about the 1974 trial of AIM leader Dennis Banks: "If Dennis and I were sitting in a room and an attorney would walk in and start talking, I couldn't jump up and say, 'I can't be here, the FBI won't allow it."

In a Teletype dated July 7, 1975 from the Special Agent in Charge of the Buffalo Field Office of the FBI to the FBI Director and Mr. Richard Held, Special Agent in Charge, Pine Ridge, South Dakota, The FBI indicated that a confidential source, much like Durham was allegedly advised by the FBI not to engage in any activity that would violate any confidences of my defense. The FBI however refuses to produce the name(s) of their informants and has been given unfettered discretion by the courts to keep this information from my legal team.

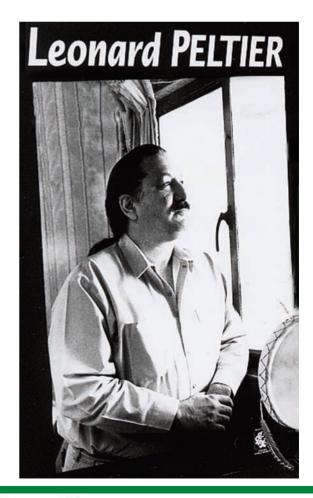
Despite our discovering this information, the Courts have let the Government be the arbiter of what documents to produce and what they can withhold. As such, the FBI has unfettered discretion to withhold documents from which it can be determined whether it engaged in misconduct, because it will not acknowledge it. As it is, the FBI deliberately failed to produce any documents from the time period of my trial in the exemplar of documents which it recently produced to the Court to allow it to determine whether the informant documents should be produced to me in an unredacted form. It is clear that it did so to prevent me from finding information they have hid that could affect my due process rights.

Indeed, a document recently produced by the FBI and

recently introduced by my lawyers to a Magistrate Judge established that the FBI intentionally took actions to try to avoid producing documents in discovery in my case. But again, this seems to have had no impact on the Court. The United States Federal Courts have recognized overwhelming evidence of FBI misconduct in my case which has already been revealed, yet it has continued to allow the FBI to use exemptions under FOIA to shield its illegal tactics in this case, depriving me of my rights to a fair trail. I urge all of you who believe in justice to join my fight and cry out for the production of all documents related to my case. Why is the FBI still withholding documents? Why won't they produce all documents to me? To me the answer is obvious. I believe the answer is obvious to you also.

Leonard Peltier # 89637-132 U.S.P. Lewisburg, P.O. Box 1000, Lewisburg, PA USA 17837

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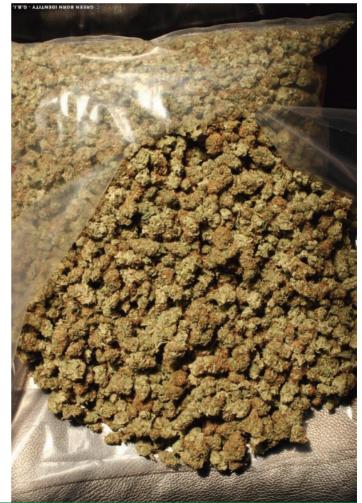
Europe: Cannabis clubs on the advance

Words & Pics: Green Born Identity - G.B.I.

For many years, we Europeans have been looking over the Big Ocean towards America, being fascinated by the fact that medical cannabis buyers clubs are juridically possible there in several states, although exposed to federal police busts from time to time. We felt that under the current drug laws in the European countries, it was impossible to openly found and run such a club or dispensary, so if at all, such initiatives have only existed, in the underground. But now we are tired of waiting for a cross-national European drug law that would decriminalize the cultivation, possession and sale of cannabis in small amounts as well as legalize the same activities for medical purposes. Such a European drug law reform is not likely to come in the near future, as there are too many powerful third parties interested in keeping up the present status quo: The pharmaceutical, oil, tobacco, and alcohol industries for example. As a consequence, courageous people in several European countries have decided to take matters into their own hands. The ENCOD (European Coalition for Just and Effective Drug Policies) plays a crucial role here, having elaborated the concept of "Cannabis Social Clubs" (CSCs, see www. cannabis-clubs.eu). ENCOD is a coalition of 150 civil society organizations from 24 European countries, which is lobbying for a crucial change in international drug policy. The group is lobbying for an open debate in order to reform current drug legislation, which is based on a UN Convention from 1961.

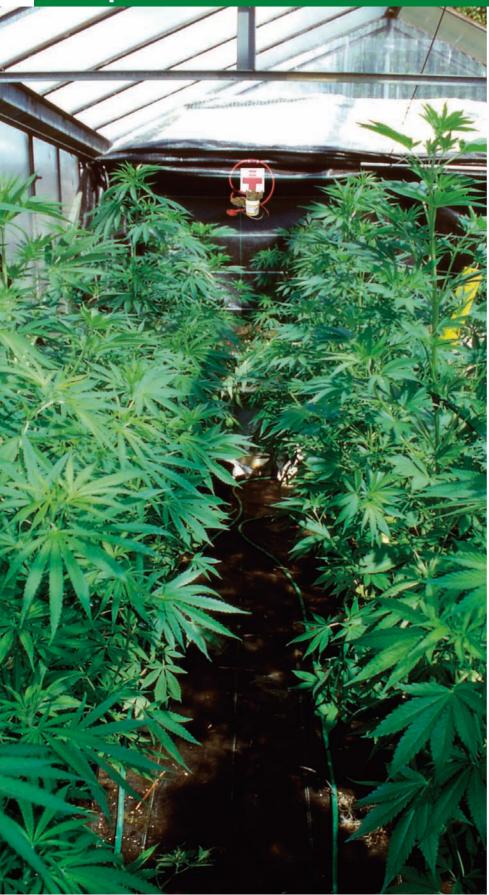
CSCs are not necessarily meant as medical institutions, but basically associations of cannabis consumers striving to organize the cultivation of a limited amount of cannabis that is enough in order to satisfy the personal needs of its members. CSCs are controllable by authorities. They may generate official jobs and in addition, they offer goods and services that can be taxed. Authorities can monitor health, hygienic and safety conditions during the entire process from cultivation to consumption. The CSCs are a concrete result of ENCODs "Freedom to Farm" campaign, "aimed at the right of every adult citizen of the world to grow and possess natural plants for personal use and non-commercial purposes, using all technical equipment that is available for this".

CSCs are already in place in Spain and Belgium, while in other countries, initiatives are being taken to work out similar models. Due to the fact that the drug laws of the single European countries are different, e.g. very liberal (the Netherlands), quite liberal (Spain, UK, Switzerland, Italy) or severe (Sweden), different forms of such a cannabis club have to be checked and chosen, the concrete form depends on the respective legislation and political practice in the single countries. At the moment, Spain is the country with the most CSC initiatives (five); several interesting models for legal cannabis cultivation in the framework of a a club have been developed and put into practice Their lawfulness was confirmed last year by courts in Catalonia and the Basque region. In Spain, trading with cannabis is prohibited, but possession for personal use is legal. In the Spanish CSCs, people join to grow cannabis together and distribute it to members of the club at cost price. Only members have access to the grow rooms and the cannabis. Last summer, a court in Bilbao, the biggest city of the Basque region, acquitted four defendants of the CSC "Club Pannagh" (Bilbao, 70 members) from the prosecution of illegal cultivation of 150 kg of cannabis (fresh whole plants that resulted in 17.4 kg dried cannabis). Club Pannagh represents the basic model of a Spanish CSC: Adult cannabis consumers create a legal association. This association facilitates the cultivation of cannabis for personal use and advises its members on medicinal application and effects. The members pay a certain amount to cover the expenses of cultivation and have the right to receive an amount for own consumption. The member obliges him/herself to only use the cannabis for own consumption. ENCOD reports: "Club Pannagh has



Europe: Cannabis clubs on the advance

Europe: Cannabis clubs on the advance



rented a greenhouse, where cannabis is cultivated and harvested. The association monitors the entire process of cultivation. makes the necessary purchases (seeds, growing material etc.) and controls the plantation. Every member has a right to receive a fixed amount for personal consumption: 3 g for medicinal users, 1 g for others. The cannabis is sold to medicinal users for 3 euro/gramme and to others for 4 euro/gramme. Nobody receives more than what he/she considers as for personal consumption. Non-members have no access to the harvest of the club. Members oblige themselves not to pass on cannabis to third persons. The association is their safe source of cannabis, and they are not interested to risk losing it. The authorities can be sure that cultivation and distribution of cannabis takes place in a controlled way."

There are more Spanish CSCs in operation such as the "Ganjazz Art Club", located in a little village near San Sebastián sited on Basque Country, officially registered with the government of the Basque country since 2002, presently having 200 members. People behind the 'Cañamo' magazine of Barcelona have developed the concept of the "Consumers Club". This model - yet to be accepted by legal authorities - is meant as an example of how to introduce cannabis on the legal market in the future, considering that this serves an objective that is shared with the authorities, namely to reduce the risks of illicit drug consumption. And there is the "Cannabis Consumer Organization Amigos de Maria- Gasteiz" that even has gained the support of the regional government of the Basque Country and various political parties. This organization runs the first Internet pharmacy for medical cannabis in Spain, facilitating the contact between patients and growers through the Internet. The growers donate parts of their harvest to the patients - it's the same system as introduced by the German web-based cannabis pharmacy ("Hanfapotheke") in 2005.

Also Belgium saw the foundation of a CSC last year, but in December, the initiative "Trekt Uw Plant" got busted by the police on occasion of establishing their plantation with six cannabis plants. Four

Green Born Identity

people, amongst them the ENCOD coordinator, were arrested, although there is a ministerial guideline that regards the possession of max 3 grams of cannabis or one plant as a minor offense that should only be registered by police and not punished. Nevertheless, a court case might follow soon. But ENCOD is prepared for this, considering such a court case as something useful, since it may provoke a political discussion on the legal status of cannabis in Belgium and draw public attention to the necessity of CSCs.

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In Germany, at the beginning of 2007 the ACM (Association for Cannabis as Medicine) filed an application with the Federal Institute for Drugs and Medical Devices for establishing a patient's initiative that intends to supply its members with medical-grade cannabis, grown by other members of the initiative. If the Federal Institute allows such an initiative, this will be a strong signal for other European countries to do the same, as in the medical sector, Germany plays a leading role, because its medical system is widely regarded as exemplary. Good to know that a majority of the German population (77%) supports allowing a treatment of ill people with marijuana or hashish, as shown by a study by the Institute for Opinion Polls Allensbach which was conducted last June. The decision of the Federal Institute is yet to come.

So CSCs and similar models are definitely on the advance in Europe. More and more people, both citizens and politicians, are realizing that cannabis is a precious versatile medicine and that it is inhumane to refuse ill people the medicine they need. Also in Switzerland, the Netherlands, Denmark, Poland and the Czech Republic, respective groups have announced that they are about to start a CSC soon. It should only be a matter of time that CSCs will find their way into every single European country.

Green Born Identity – G.B.I.

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RUE CRIME - LAMB OF GOD

The Psychoactive Effects of Chocolate and Cannabis

Chocolate is a complex and intriguing food. A captivating confection, it contains more than 300 known chemical compounds. Chocolate is psychoactive. Just like cannabis, it promotes a mental state of happiness and feeling of well being, as well as increasing physical relaxation and decreasing pain.

Chocolate can mimic the action of cannabis on the brain by its ability to bond to and activate the brains cannabinoid receptors. It accomplishes this because of a chemical called Anand amide, the main one of 5 naturally occurring chemical compounds mainly responsible for the psychoactive effects of chocolate.

Anand amide is an endogenous cannabinoid that binds to and activates the cannabinoid receptors, CB1 and CB2, found in the body. The CB1 receptors are found in the brain, central nervous system, and organs



such as the heart, uterus, testis, and small intestine. The CB2 receptors are located around the spleen and other cells associated with immunochemical functions, except the brain.



Phenyl-ethylamine, or "the love chemical", is another key ingredient in the make-up of chocolate. It helps mediate feelings of attraction, excitement, giddiness, apprehension, and euphoria. It is naturally occurring in the brain and peaks during orgasm. Pure phenyl-ethylamine effects the body more intensely then amphetamines.

Tryptophan is also present in chocolate. Tryptophan is the production manager of the natural mood modulator serotonin. It is also a sleep aid and an essential amino acid. Increasing tryptophan enhances serotonin function and in turn diminishes anxiety.

Chocolate also contains Theo-bromine, a stimulant that is mild, long lasting, and mood elevating. It has also been recently discovered that Theo-bromine is superior to opiates, such as codeine, because of its effects on the vagus nerve. It is often confused with caffeine, which has very different effects.

Caffeine is another psychoactive chemical found in chocolate, it has a strong and immediate effect that increases alertness and heart rate. It is found in 60 known plants and has been used as a stimulant for centu-

ries. Caffeine is the worlds most widely consumed psychoactive substance.

Chocolate's complex chemical make-up solidifies it as a substance worth noting in the holistic medical field. Eating chocolate triggers the release of endorphins. Endorphins reduce pain sensitivity and increase the overall feeling of contentment and happiness. Dark chocolate is best for frequent consumption rather than calorie rich milk chocolate. It also has a higher content of the psychoactive chemicals we just discussed.

When chocolate and cannabis are combined the cannabinoid receptors are literally saturated with cannabinoid, from both the cannabis and the chocolate. Chocolate increases the effects of the cannabis to the consumer, while increasing and prolonging the presence of our own endogenous cannabinoid Anand amide. This means that, the amount of cannabis needed for medicinal purposes may be decreased as long as taken with dark chocolate. This also means that the medicinal qualities of cannabis are actually raised when taken with chocolate and vice versa!

So go find yourself a fine chocolate bar with a cocoa content of at least 52%, and a large sack of your favorite cannabis and do some research.

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Silver Surfer Vaporizer

My first product review for this issue is for the "Silver Surfer Vaporizer". Upon receipt of this vaporizer the very first thing

that struck me was the "Art" that is involved with each and every unit... these are truly a finely crafted combination of "form and function", with neither quality taking a back seat to the other.

I began unloading components piece by piece; first out of the box was one of SSV's own personalized 4 piece grinders. At first glance it appears much like most other grinders, closer inspection will reveal that the grinder is a "kief gathering" style ... the bottom is a two piece section that contains a fine mesh stainless steel screen that separates and stores the resin gland heads as you grind your product (open on a "pick-up able surface"). The grinder is hard coated with your choice of anodized colour; choices to date include red, black, blue and silver. The four piece grinder is available in the 2.2" in diameter X 1.5" tall and the 3" in diameter X 2" tall. Along with colour choices in their grinder line-up there is also a choice to select a two piece grinder with no kief catcher. Don't be fooled by the innocent looking "teeth" in these grinders folks they are SHARP! Now to top off this awesome little grinder SSV has managed to find a grinder that does NOT use that troublesome paper thin Teflon washer (you know the one... it either gets lost or worn and the grinder refuses to work right ever after...), I've ground quite literally Oz's of meds with this grinder and haven't had to clean it yet nor has it even tried



to bind! That's not all though... no... Just when you think you can't pack many more features into a simple hand grinder SSV went and found one that "has it ALL". It's pretty difficult to "loose" the grinder lid (almost impossible) as the lid is held firmly to the base by means of two very cleverly located countersunk "neodybnium" magnets. The magnets ONLY hold the lid on ... they do not offer any resistance to grinding... "Neodybnium" magnets are VERY strong!

Next out of the box came three of the softest pieces of food grade vinyl tubing l've ever handled, this tubing is especially made for SSV so don't bother trying to find the same stuff at the local hardware store. Despite its suppleness the hose does not kink easily... very nice stuff!

The SSV is supplied as a "base order" with the following;

1 SSV 120v or 220 volt unit. The temperature knob is a hand crafted colored PYREX glass marble & the hand crafted heater cover is made from colored PYREX glass as well.

1 standard whip (includes standard patent pending PYREX quick change wand, food grade vinyl tube, and clear glass mouthpiece)

10' power cord

Patent pending glass/ ceramic heater

10 free screens for your wands!

1 instruction manual and 3 year warranty!

Free SSV classic grinder!!!

1 glass marble and stainless steel stir tool.

Along with all of the above, Steve over at "7th Floor" also sent a "custom" quick change wand and an AWESOME Ice Chamber/bubbler! The fun wasn't over yet... nope... Steve also sent along an "Aroma Top" AND a "Hands Free Adaptor"... this was setting up to be a FUN review!

OK, now down to the business of reviewing the actual vaporizer! First things first...

assemble the pieces (SIMPLE, push the hose over the fittings). Now plug this baby in and turn up the heater control knob all the way clockwise to the full on position... leave it here for a couple of minutes to burn off any oils that may have gotten onto the heater during construction. I find the best position for the heater knob for my herb is approximately at "1:15 on the clock" (I get a reading of 347 degrees F on my Temp Gun).

Here we go, the vape is heated to temperature and I've got some ground up meds... I put about a quarter of an inch of ground meds into the quick change wand and place the open end of the wand loosely against the heater cover. Here is where the learning curve comes in... I say "loosely" because with the "Ball and Socket" style joint you keep a decent air seal throughout the entire "rotation" of the joint, kinda cool once you learn that you don't need too much med's in the wand you will find that all you need to do to stir your meds is to "roll the joint a couple of times". If you breathe in FAST you will get cooler air and LESS vaporization, conversely if you breathe in SLOW your material will be subjected to much warmer air and coincidentally much MORE vapor will be produced. A word of caution is in order here... this is a SERIOUS medical device, you need to get to know your vaporizer... it's pretty easy to forget that this device is delivering pretty much straight THC! The quick change wand and stock mouthpiece are a great way to medicate quickly and efficiently!



Next up for review are the attachments that are available as accessories for the SSV. First I tried the "Hands Free Kit" ... I've gotta admit... I am one of those guys that just doesn't read all of the instructions "first", so the hands free kit had me baffled. That is until I took a look at the diagram and directions... it's SIMPLE and it WORKS! Once fitted, the hands free kit allows you to vape without holding the wand (however it must be removed to stir up your ground meds from time to time).

Now it's time to move on to the Ice Chamber! SSV put some thought into this chamber, the ice chambers have a removable glass tube insert that connects to the chamber by way of a ground glass fitting... you remove the glass tube so your ice cubes don't break the glass bubble tube when filling the chamber. Add a little water and slip the ground glass fitting together, now enjoy a wonderfully chilled and medicated inhale (or two or three or four...). In my humble opinion an Ice Chamber for your vape will spoil you very quickly, go ahead... spoil yourself a little! An added bonus of vaping through a water cooler is that you will suffer less "carpet mouth" (fuzzy tongue and throat from dry vaping) and will require to drink a little less water during your vape session.

Last but by no means least I trialed the "Aroma Top", this is a simple piece of gear to use. Simply insert the Aroma Top attachment ring to the base unit then slip the Aroma Top adaptor over the ring... set the "Pyrex" dish onto/into the adaptor then melt some quality wax into the "Pyrex" dish and add a few drops of

your favorite essential oil. As I wrote this article it was commented... "What is that? Eucalyptus?" It was in fact some of the last essential oil that I received with my very first vape... Eucalyptus, a couple of folks commented that it made their



lungs feel more open and found breathing easier.

Now let's speak of the quality... "Unsurpassed" is the first word that comes to mind! The thick plastic base is interchangeable with different colour options. The heater is one of the best I've seen in the industry, it is entirely encased in ceramic making it 100% non toxic. When I spoke with Steve over at 7th Floor I learned of an SSV that has been running continuously for a little over three years 24/7!!! The custom glass knob is NOT interchangeable at the time of this writing, however during my phone interview with Steve I've learned that this will likely change soon. The base unit is darn near indestructible being made from approximately 1/4" thick aluminum tube by 3.5" across. This all sits on top of a pleasing to the eye Oval shaped piece of quality coloured plastic, lots of room for customization again...pick your colour!

It was suggested that I shoot my pictures for the review "before" I used the product... well what can I say? I opened the package and was using the SSV... BEFORE the "suggestion" was made.... so if you want to see "pristine brand new pieces" go look at www.silversurfervap.com. Mine are all "well loved" and do NOT need cleaning yet... notice the amber coating on the inside of the stock wand? That's "Gooey GOLD" folks!

The design! Here is where it all comes together! It's ALL about angles... Steve and his crew have been working hard to provide a product that WORKS and LOOKS GREAT! Here is a direct quote from SSV's web page:

"The Silver Surfer Herbal Vaporizer also does what no other vaporizer in its class can do by the wand aiming up instead of down!! All of our competition uses a heater that points up in the air. Gravity is a matter of life so when you go to use the competitions models all your herbal matter falls out. This is not the case with the SSV! The glass heating element is at a 90 degree angle. The 90 degree angle combined with the angle of the SSV gives you a heating element that is pointing down. Gravity now becomes your friend with the SSV and the herbal matter does not fall out of the wand! Can you dig it!!"

Yes Steve... I "Can Dig It"! You have addressed a problem (and solved it) that I have identified from my first wand style vape. The level of commitment from the folks at 7th Floor is incredible, Steve was asked if he could provide a "ground glass" heater cover as well as a matching ground glass wand for a patient that has limited use of his hands... of course Steve was happy to oblige. Steve and his crew will do their best to customize your SSV in just about ANY way you can think of... just call them up and ask.

So to Steve and the rest of the folks at 7th Floor I say thank you, thank you for closing the gap between "Form and Function" and for providing such a nice unit for patients.... look out all you other vapor makers.... there is a new kid in town and he's riding a "Silver Wave"!

You can find your very own "Silver Surfer Vaporizer" on the web at www.silversurfervap.com, go get your hands on your own SSV... trust me you will NOT be sorry!

Gord Hume retired CDN Army Mechanic, legal medical marijuana grower/consumer.



Hydroponic Sprout Grower

Next up on the list for product review is a neat little kit we received from "Tony's Sprout growers". You can see the kit in action at www. sproutgrowers.com. I received this kit with the wrong notion in my head... I was told "Hydroponic Sprout Grower" What I heard was... "Hydroponic Seed Germinator" LOL

So bearing my mistake in mind I sat down to learn about the kit that was in front of me. As a Sprout Grower I was interested... as a medical marijuana patient that gardens SOLELY in hydroponics I was intrigued! I had to find out if I could use this little kit to successfully germinate my marijuana seed!

Once I learned the basics of "Hydroponic

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Sprout Growing" it was a short jump to draw associations to sprouting MMJ seeds. The ONLY thing that I could suggest that might make this "handier" for germing MMJ seed's would be the inclusion of a half dozen or so plastic "pill cups" (you'll see why).

The kit consists of a stainless steel sprouting screen, a base pan and a humidity dome... nice and simple!

For the purposes of this experiment I placed just enough water in the base to cover the mesh in the bottom of the pan.

I then selected three or four or five seed's from each of my chosen strains. I marked the bottom of each of my pill cups with the name of the genetics that was to be placed beneath it. I then set each strain selection in a little pile and placed the appropriate cup over them (the cups keep the genetics separated), cover the whole setup with the humidity dome and watch Mother Nature do her thing!

As you can see I already have four of my six "Blueberry X Lowryder" popped and beginning to sprout! This is after only about 32 hours. I have a separate experiment for these "small stature" plants, I plan to place all of the germed BB X LR seeds into a ten inch mesh pot for a five gallon bubbler bucket... the bucket will then be placed into my mother room and finished out (hopefully there is enough Lowryder influence to force flower in the 18/6 lighting cycle). This experiment will be monitored in the up coming issues of TY publication, as will the germination rate achieved for this product be reported once it is known.

In our next issue you will see the Sprout Grower functioning as it was designed to do... growing sprouts! After all we could all use to be a little healthier couldn't we? Do yourself a favor and go have a look at the www.sproutgrowers.com website... these sprout things are GOOD for you, lots and lots of minerals and vitamins and other good for you stuff in them!

Gord Hume; retired CDN Army Mechanic, legal grower/consumer of medical marijuana.



Hemp Hoodlamb

This review is for a Hemp Hoodlamb "Men's Classic" style winter coat, it was presented to me by Marco as an "Early Christmas Gift" and you can purchase these from freshheadies.com

This is an EXCELLENT coat!!! The outer shell is VERY tough and durable, with a soft and luxurious "Vegan Lamb" lining. OK now the first thing I wanted to know was "just what the heck is a "Vegan Lamb"? Well I can tell you a vegan lamb is not the opposite of a "Carnivorous Lamb" LOL. "Vegan Lamb" is a polite way of saying "fake fur"... I can understand why our friends at Hemp Hoodlamb don't like to use the words "fake fur" ... the lining in this coat is better than ANY "fake fur" I've ever been close to!

The exterior of the coat has two nice and large slash style "Kangaroo" pockets at the waist, these are lined with "Vegan Lamb"... sooo cozy! The left sleeve has a nifty flap pocket that uses magnets to keep it closed, very slick! As I mentioned the exterior is VERY tough and durable! The coat has a "two way" zipper that reminds me of the industrial zipper that was on my CDN Army Parka, except that this one works nice and smoothly and I'm certain it is a superior zipper that will stand the test of time! The hood is lined and has a draw string. The hood on this style is NOT removable, this suits me just fine... a removable hood typically allows a slight draft to reach your neck. COLD is my sworn enemy and the non-removable hood

and long coat length, making this a PERFECT coat choice for me!

Inside the coat we have a "stash pocket delight"! On the right side inner lapel we have two pockets, cloth lined and fastened by dome snaps. On the left side inner lapel we have a really cool pocket feature! It's a large inner pocket perfect for an MP3 player or whatever you wish, what really kicks this pocket into the "Cool Zone" is the "Rolling Paper Dispenser"! Yes sir this coat was made just for folks that like to stay warm, fashionable AND prepared (Ya gotta have papers on hand ALL the time). There is also a secret "Hidden Pocket"... if you want to see it you are going to have to go buy a Hemp Hoodlamb for yourself, after all ... if I show it to you it's not really a secret anymore is it? To finish off the interior the manufacturers have provided tiny little elastic "loops" to help you control your headphone cord for your MP3 player, cell phone headset



etc... To finish off the interior features Hemp Hoodlamb has installed waist "cinch straps" allowing the coat to be very form fitting when wanted and also to help prevent drafts up your "backside".

In the pictures my daughter and I are in -26 degrees C weather, I know that I was warm as toast... I'm pretty sure my daughter was toasty warm as well (she has a "Ladies Drop Top" style Hoodlamb). My coat is Black and my daughters jacket is I believe referred to as "Diesel Blue" (pretty colour!).

Marco must have known that I really needed a new winter coat and it had to be a WARM one... I love my Hemp Hoodlamb Coat!

I would like to thank Hemp Hoodlamb for making such a nice product, I'd also like to thank "Fresh Headies" for becoming a Canadian distributor for this fine product... last but not least I want to thank Marco for making a gift of such a wonderful coat!

Gord Hume: retired CDN Army Mechanic, legal medical mari-



juana grower/consumer.

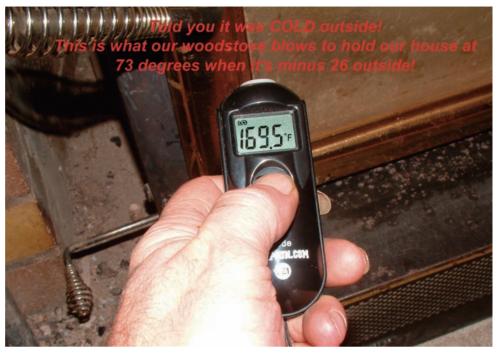
Temp Gun

Well folks here is a little gadget that will prove it's self useful to ANY grower! What we have is a VERY accurate and VERY affordable temperature gun! I'm going to quote the good folks at www. TempGun.com here "The PE-1 is a fantastic tool!" This is no word of a lie.

We all know how important the health of our "Green Beauties" is to us... we can optimize the use of our lamps if we can easily tell the temperatures that the plants are subjected to. With this little gem that's a snap! The PE-1 is an inexpensive way to measure your plants surface temperatures at ANY location throughout the garden. I used the PE-1 to find my best lamp heights through my entire last grow (the woes of digital media caught me...l've lost

those pictures of the PE-1 in use on that grow). I also used it to determine the best oscillating fan locations to maintain proper cooling and fresh air exchange at and below the plant canopy, as well as to confirm my existing instruments readings of my reservoir temperatures.

For such a small and inexpensive unit this little infrared temperature gun is loaded with features. You can select for Celsius or Fahrenheit readings, maximum and minimum temperatures can be observed; example: the MAX setting is very helpful in locating "hot spots" in an indoor garden. You can take "spot" readings simply by pointing and pressing then releasing the SCAN button or you can take "running" readings by holding down the SCAN button, the unit will display tem-



perature changes VERY rapidly! Another VERY "worthy" use is to track down and eliminate the drafts in your home... you know, the ones around the window frames... that broken door sweep on the bottom of the backdoor? You will soon find that you are "getting a kick" out of hunting down and eliminating all sorts of heat losses around the house... Just imagine ALL the MONEY this little \$25.00 TempGun PE-1 is going to SAVE YOU!

I have access to a competitor's temp gun that is in a category above the PE-1. It has "laser sighting" and is more similar to the PE-3 although less function rich and at a higher cost at that! The PE-3 sure looks like it will be a winner as well, go on over to TempGun.com and have a look at that little jewel... talk about feature RICH for a VERY reasonable price! Grab yourself one of these little beauties and you won't be sorry.... neither



will your "girls" nor your wallet!

I would like to thank TempGun.com for providing this unit to the retail market for such a reasonable price, it's nice to see quality technical instruments at basically bargain basement prices... now if only other manufacturers would begin to price their instruments more reasonably. I know we would all like to see such things as "system/ environmental" control systems... "Nutrient monitoring" systems etc... Placed within the reach of "the common individual"! For now we will just have to be happy that we have TempGun.com to fill at least this one much needed consumer market.

Gord Hume; retired CDN Army Mechanic, legal medical marijuana grower/consumer

10th Anniversary for the Toronto Compassion Centre

By Marko Ivancicevic

The Toronto Compassion Centre (TCC) is a not for profit organization established in 1997 to serve two purposes: provide information relating to the therapeutic use of cannabis, and facilitate access to a consistent, safe, and dependable source of medical cannabis products for people suffering from ailments for which cannabis has been shown to be effective. TCC is run by sick people, for sick people.

The Toronto Compassion Centre looks to improve the quality of life for many people suffering from HIV/AIDS, Cancer, Hepatitis C, Fibromyalgia, Arthritis, Chronic Pain, Glaucoma, Multiple Sclerosis as well as people with mental health conditions and the many other ailments for which cannabis has been proven to be effective in their treatment.

Statistics for membership of TCC					
Ailment	% of Members				
HIV/AIDS	25.5%				
Chronic Pain	16%				
Hepatitis C	13%				
Fibromyalgia	8%				
Arthritis	5.5%				
Cancer	4.5%				
MS, Glaucoma, epilepsy, crohns etc.	27.5%				



Not just anyone can get a membership with TCC. The potential member must go through a very strict, yet easy process. Every application must include a Doctors letter of diagnosis or a letter stating that the Doctor agrees with the patients' therapeutic use of cannabis. Once the application is received, it could take as little as 2-3 days to become a member. The volunteers will follow up and confirm the Doctor and patients' information is valid. Once confirmed, the member will go through what is called an "orientation."

The Orientation Process

The orientation will usually last anywhere from thirty minutes to an hour long. There are usually up to three new members that go through the orientation at the same time. The orientation will begin with them being asked about how cannabis helps them with their ailment. The volunteer will discuss the difference between Sativa and Indica and the various methods of consumption and will find what is best for the member, whether it be smoked, edibles, cannabis sprays or vaporization.

The rules and guidelines for the centre will also be discussed. Due to the Governments rejection to legalize Compassion Clubs, we are still an illegal entity. TCC's main rules are to keep our location private and for members not to re-sell their medication. If a member is caught reselling their medication, their membership will be revoked. We want to make sure that the medication is actually going to the patient. Members will sign a code of conduct to state they will abide by the rules. We believe the rules and guidelines is one of the reasons why we have been open for so long.

TCC's location has been kept private because of the robberies, raids and beatings received in the past. To keep the members and volunteers safe, we beg to keep the location confidential. TCC has a "care giver" program setup for members that do not have the ability to get to the Centre themselves due to hospitalization or being "bed ridden". "Care givers" will go through the same orientation, but will not be able to purchase medicine themselves, unless they become a member.

The volunteer will explain how the members can access various Sativa and Indica strains of marijuana, hash, oils, foods and also tincture sprays. Some of the edibles provided in both Sativa and Indica are: a vast variety of cookies, brownies, nanaimo bars, ginger snaps, sesame snaps and the ever so popular "Hempshy's" Chocolate bars (in over fifteen flavors). Members can even have their sativa or indica tincture spray flavored as well!

One of the best perks that come with being a member is the ability to receive discounts from Toronto Hemp Company (hemp and smoking products), Sacred Seed (medicinal plant seeds), The Herb Collective (garden supplies) and Kindred Café (with members only rooftop smoking patio and private rooms) – all branches of the Dom Cramer family of organizations and conveniently located in the Yonge/Bloor area of Downtown Toronto. All you need to do is present your TCC card to receive the discounts – thanks Guys!

TCC sees its members as a part of their family; once you've been through an orientation and become a member, you will understand and take pride in the family like atmosphere.

The Beginning

It was 10 years ago, under the name of the Medical Marijuana Resource Centre (MMRC), that Warren Hitzig hopped on his skateboard and began a crusade to help sick people in Toronto access medical marijuana; a substance that still hadn't been recognized as a "medicine" at that time. In the beginning most of the support came from hemp shops, local Doctors who agreed with Medical Marijuana and the Toronto People with AIDS Foundation.

So many leaps and bounds have been made by the TCC in the last 10 years. In the first location, there were only two rooms. One room was the reception area and the other was where the members were served. Most days there were only two strains of cannabis available.

There was a period of time before the move to the Bathurst location, where the TCC had no place to hang their buds and call home. Door-to-door was the only way to service the members in the interim. By the time TCC moved to its Bathurst location, there were about 200-300 members.

Once the transition took place, the centre was open for 6 days a week. The orientation process was different at the time, 4 people would be orientated at once and it would generally take up to 2 hours – this would occur about 3 days out of the week. Members with support from their doctors were coming in flocks!

Raids and Robberies on Bathurst

Many risks are taken by people involved with Compassion Centres. On any given day the police can walk in and shut them down. People filled with greed and evil intentions may see the Compassion Centre as an opportunity to make a few bucks, and break a few bones in the process.

Unfortunately, both of these things occurred numerous times to the Toronto Compassion Centre while at the Bathurst location. A couple men went into the Centre, closed and locked the door behind themselves, pulled out an extendable baton and started to beat the hell out of Warren Hitzig. Repeatedly they hit Warren's head while he begged them to stop hitting him and take anything they wanted. These types of vicious attacks would normally force some people to close down the centre, but Warren had many members to look after – so he continued down the road of compassion.

December 21st, 2001 was a day that many involved with the Toronto Compassion Centre will never forget. It was a day that was seen as just like any other during the holiday season, until five men in balaclavas rushed into the centre. All the men were armed and savagely beat Warren, Zack, Jim, "Mary Jane" and the doorman Markos – all of whom now suffer from permanent physical and emotional damage. The robbers made off with a dozen muffins – certainly not worth the crime they had just committed.

In the process of the attack, someone repeatedly pushed the panic button on the security system. Moments after the perpetrators ran out the back, a dozen or so police officers cautiously made their way in the front -as if entering enemy territory. With guns drawn, the police handcuffed the already badly beaten group and proceeded to search the premises. They confiscated a large amount of cannabis, baked goods and cash. After confiscating everything, they released everyone without placing any charges.

Members and volunteers were obviously very shaken by the occurrence and it took a lot of time for the centre to recover. Members had to do without medicine for a bit, while the volunteers were recovering from the heinous beating. Members that were very close to the heart of TCC volunteered to help, the Compassion that they had given in the past was returned.

Over the next eight months, the TCC got back on its feet and continued operation ever more cautiously at its Bathurst and St. Clair location, beefing up security to a point where the Centre was, and is now more than ever, virtually impenetrable.

During that 8 month period, the legal representation for the TCC (Alan Young) attempted to keep in touch with the local police division, making repeated offers to calmly and without fanfare surrender the admittedly law-breaking staff members to police custody and any related charges. The TCC was not unknown to local police – there had been numerous visits before the beating due to unrelated local initiatives and occurrences (apparently there was some kind of mental disorder patient facility across the street from the Bathurst location which brought unexpected occasional inquisition). Local officers had been in the Centre, even into the back service room with medicine clearly visible, on numerous occasions. But that comfortable cooperation did not prevent the shocker that came next.

Just when you thought they were done. On August 13 2002, operating as usual at the Centre when unbeknownst to the volunteers, one of the members was followed by Toronto Police as he left the Centre, and then run off of his bicycle with their cruiser and arrested for possession of two grams of medicine. At least one other member was harassed and arrested, around the same time. After making the arrests, police proceeded to perform a tactical "take-down" of the centre, using battering rams, shotguns and some of the least compassionate officers we've encountered. Police seized approximately \$1,600 and a quantity of cannabis and hash. For the second time in 9 months, police had played God and taken away peoples access to medicine.

Four volunteer members were taken into custody and held until bail hearings the next day. The conditions of bail for the four co-accused prohibited them from being within 500 meters of the Centre's address, and from distributing Cannabis. Charges against Co-Founder and Director Warren Hitzig and Manager Zack Naftolin were the only ones that lasted through to an eventual trial date. Due to this, both men had to stop communicating with one another and drop their beloved positions with the centre.

After 17 months of bail conditions, legal effort and expense, protests, Centre re-birth and re-location, the first



10th Anniversary for the Toronto Compassion Centre

real court date finally came, but before the trial could commence all charges were simply withdrawn by the Crown with absolutely no explanation! Alan Young's dedication to TCC and the medical marijuana movement will never be forgotten.

TCC Festivus

For the last few years, TCC has been able to help alleviate the holiday stress from its members by holding the members only holiday party called the Festivus, aptly coined by Frank Costanza from the show Seinfeld. As the years pass, TCC strives to make each year better than the last. It's an amazing opportunity for the members and volunteers to share a smile and laugh with one another. Members are able to meet other members who have found a safe haven in TCC. For some, it may also be the only "family event" for the holidays. They can proudly say that through the hard work of the volunteers in combination with the amazingly generous and compassionate sponsors, they have been able to put together some amazing parties.

In 2005 the Festivus was held at the Kindred Café. About 80 members attended and packed the café from top to bottom. Every beautiful room was packed with a row of members passing along the Volcano bag. Even the roof-top patio had standing room only. There were plenty of prizes donated by members, THC and Kelly from KDK Distributors flew out from Calgary just to enjoy a day with our members and do a demo and giveaway for the Volcano Vaporizer. Entertainment was provided by a TCC volunteer who



strummed his guitar until he ran out of picks. When the smoke cleared, a great day was had by all.

The Festivus party in 2006 topped all the previous ones. There were about 115 members that attended the party located just south of the Kindred Café. Every member was given a ticket for giveaways upon arrival. About 80 prizes were up for grabs and almost everybody walked out with a prize. For the first time there was a medicated chocolate fountain. Simply dip your strawberry, cracker, cookie or anything else in sight and within minutes, you were fully medicated. Several members and volunteers entertained the crowd with music, speeches and a few jokes along the way to keep the crowd lively.

Treating Yourself was a huge sponsor for this year's Festivus. Marco Renda joined in on the fun and donated a dozen TY shirts, 8 books signed by Ed Rosenthal and a box of magazines. The Toronto Hemp Company as usual donated a total of at least 35 prizes which included various prize packs, shirts, books, bongs, and a jersey won by TY's own Marco Renda. TCC's beloved lawyer Alan Young was gracious enough to donate several copies of his book. Puff Mama provided various gift packs. Kelly from KDK came out once again and did a demo for the Herbal Aire and Volcano. This past year he gave away a Herbal Aire Vaporizer as well as a new smoking device called the Erbopipe – he has a heart that never stops giving.

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Last but not least, lan Levine from Pardons Canada (an organization designed to help people erase their criminal records), donated a free Pardon. It's valued at over \$500 and was won by longtime member, Steven Bacon. A very well deserved win for a man who has a true understanding of the word compassion and has fought long and hard for our medical community.

If a member didn't walk out with a prize they at the very least left the party very well medicated with a Treating Yourself magazine and a full stomach.

TCC Now and in the Future

It's really amazing for the TCC to still be open considering the road traveled. There have been many changes which have enabled the Centre to remain open and continue to be Toronto's Primary Compassion Centre. Security has been beefed up numerous times to keep the volunteers and mem-



bers safe. Since the new security systems have been in place, TCC is happy to say that there have been no robberies. Heavy steel doors, combined with a multitude of cameras help to ensure the area is safe.

TCC volunteers try harder everyday to take that extra step to make a member feel special. Whether it be going "one point over the line", a smile, a hug or just a simple "we love you", they do their best to make sure you know you are a part of their family.

For members that are unable to make it into the centre, TCC now has a mail order service. Members can simply fill out a mail order slip, and they can receive their medicine. Whether the member lives in Toronto or in another Province they can still receive their high-quality medicine.

The volunteers realize that networking with local organizations will help to remove the stigma attached to medical cannabis users. TCC has been involved with various local events relating to HIV/AIDS, Cancer, MS, harm reduction and many others. In the next year, TCC currently plans to be involved with at least 8 events to promote medical marijuana.

A portion of the membership is comprised of Medical Marijuana Exemptees; TCC encourages members to apply for an exemption to keep them safe from unnecessary harassment for consuming their medicine. Volunteers will even assist the members through the process. TCC plans on continuing to push for Health Canada to produce better quality cannabis for MMAR Exemptees and a more stabilized program. If an exemptee is looking for a designated grower, or is willing to be a designated grower, TCC will do their best to connect them together.

TCC currently has just over 1,800 members and holds the largest membership in Ontario. In the future, TCC looks forward to expanding its membership, by the end of the year the membership will be well over 2,000 people. There is hope in the future, that a convenient downtown location can be opened, to make life easier for the many members that reside in the downtown core.

The belief is that through a large cohesive unit, much can be accomplished. The Director of TCC, Dom Cramer, was voted "Best promoter of medical marijuana" by NOW magazine in 2006. Dom, the TCC volunteers and every member, want to see legalization by the end of their life. With Dom and a family of over 18,000 members, they will fight to make it happen. If you would like more information or would like to become a part of the TCC family check out our website, http://www.torontocompassioncentre. org for more information.



Kelly from KDK Distributing witl Herbal Air and Volcano



Medicinal use



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Welcome to Yongesterdam and the new Toronto Hemp Company (THC)!

Welcome to Yongesterdam and the new Toronto Hemp Company (THC)!

Could this be the finest Cannabis (marijuana and hemp) Culture Shop in the known world? Come visit and judge for yourself! There's no place like it anywhere.

They finally did it. 12 years of hard work and struggle, good times and bad, and Toronto Hemp Company (THC) has finally



found and settled into its long-term home. And wow, what a home it is! Since unveiling this new space (after moving from their previous location literally overnight), there have been rumours of stores similar in size and scope, but rumours they remain, and we've never experienced a hemp shop anything like this!

Standing outside looking up at the pristine glass storefront and almost overbearing 2-storey presence on Yonge Street deep in Toronto's heart, one has to wonder 'can this really be THC?' In fact, the dignity and class of this space is so unexpected that almost as many customers reportedly have trouble finding it as they did when THC was hidden away up a staircase occupying the second floor of the building next door. By the time this article is published, we're told there will be a huge lit-up box sign and neon around the window in a 'green-light district' type of fashion – maybe that will make the difference!

As you enter the new Toronto Hemp Company, your first encounter will likely be with either a friendly staff greeting, or the big 'welcome wall' dedicated to informing every visitor about the benefits of this incredible and underappreciated plant. Just a glance at the 'Hemp Uses' chart makes you wonder how so versatile and beneficial a gift from God can ever have been made illegal. Reading the massive encyclopedic description below, you may learn that the first laws governing this plant species actually demanded every citizen to cultivate and harvest it! For those interested or dedicated enough to read through the entire wall-sized mural of information, much more shocking and amazing information will be gleaned.

If you have any specific interests or questions, you can share them immediately with the clerk at the front counter, or venture forth into the cavernous and intensely diverse space that can only be referred to as a Cannabis Superstore. First stop is Industrial Hemp World – the entire ground floor is dedicated to the environmental and health benefits that come with the use of such items as hemp fabric and paper, twine and rope, hemp-oil based foods and cosmetics, clothing and accessories made of solely hemp or various hemp-blended fabrics, not to mention all the other little 'hemp store' stuff like incense, stickers, t-shirts, posters and other little lifestyle accessories. With 6 ample and comfortable change rooms and a truly incredible selection of designer and casual clothing from all over the world, it's easy to get stuck on the main floor of this store for hours, enjoying every second.

You could easily and reasonably expect the experience to end there, but connected to this first floor of family-friendly fun, there's a floating metal staircase beyond which you'll find ever more cannabis-related wonders. At this point you get to choose your own adventure – where to explore first – up the stairs into the realm of smoking and vaporizing heaven, or down those stairs into perhaps the best-equipped 'Herban Garden Centre' around!

Whether you aim to cultivate medicinal cannabis, peyote, tomatoes or anything else, whether indoor or out, using organic or synthetic chemicals, natural or artificial lighting, The Herb Collective (THC) (which is the name still being used to describe the Garden Supply branch of Toronto Hemp Company) has what you need. Start by checking out the numerous garden displays – flood-and-drain and dripper hydroponics, potted soil less-mix organics, two functioning closets and a thousand watts out in the open centre of the store. For pointers, the staff is always available, smiling and helpful. For the best pricing on everything you need to 'grow your own,' with the small scale licensed medicinal cultivator in mind, you need look no further! And since they're affiliated with the Toronto Compassion Centre, THC even offers a substantial discount to exemptees and compassion club members. From the newest technology like digital 600 watt High Intensity Discharge ballasts and T5 fluorescent, to the amazing TrimPro trimming system and CAN activated charcoal filtration for odour reduction, what more could you possibly want? Well, if there's something you can't find they'll find it for you - just ask! This is a truly KIND operation, folks.

Now don't think we're skipping over that all-important upper floor! And don't think there's no consideration of people who can't maneuver those stairs, either. If you are wheelchair-bound or otherwise unable to make the trip, just ask for whatever you like, and the kind staff will bend over backwards to take care of you. THC management has assured TY that they're looking into mobility solutions, with possibilities from headset and monitor based roaming staff services to actually installing a wheelchair lift on that amazing staircase. One way or another, THC exists to help people, so they will not let you down.

Venturing up that crazy staircase, the anticipation of what you're about to see becomes almost overwhelming – looking around from the staircase it's a phenomenal view, way beyond anything you'd expect of a 'cannabis culture shop.' Once up the stairs enough to catch a glimpse of the 'wall of fame' where items of interest such as awards, custom and autographed items are on display, then you can't help but notice the 'bling-bling' of gold-trimmed and well-lit cases and shelves just packed full of pipes, water pipes and vaporizers of all kinds! Thank goodness the prices don't match the class of this place! Oh, and did we mention that substantial discount for med-users – well, it's worth repeating, especially since it isn't restricted to the lower floors - even low-profit products like the amazing Volcano vaporizer from faraway Germany can be had for a virtual steal. And that's not the only excellent vaporizing tool THC carries, in fact there are no less than six different vaporizer/volatizer units of the proper 'hot-air technology' variety, ranging in prices from under \$20 to over \$600! It seems THC has also sweetly expanded its variety and selection as far as, well, everything goes - they now carry the fine lines of glassware manufactured by ROOR and PHX among so many others. And all that was what you experience if you turn left from the top of the staircase, we haven't even gotten into the right hand collection, virtually a store unto itself - a huge selection of books, rolling papers, blunts, rolling accessories and various smoking accessories, scales and all sorts of other cool stuff abound.

It's also worth mentioning that there are no fewer than 4 television sets throughout this store displaying various educational video presentations about growing and enjoying Cannabis. Also very worthy is the www.torontohemp.com website, which is a veritable wealth of information relevant to all kinds of cannabis consumers.

And then there are THC affiliates, all of which are within a few blocks of this superstore. Starting with the southernmost friends of THC, KindRed Café is at 7 Breadalbane Street which is just off Yonge Street, south of Wellesley, right beside the



huge YMCA. KindRed Café is similar to THC in that it's shockingly upscale. The ground floor is an 'organic, fair trade and fresh-roasted' coffee shop, frequented by all locals in the know including the 'suits' from the nearby government buildings. What a beautiful place! It's only after you purchase a reasonably priced 'membership' (half price discount available for med-users) and seek out the 'rooftop smoking patio and three private rental rooms' that you are exposed to the most dignified Cannabis connoisseur experience we can imagine. Like THC, there's no place in the world quite like KindRed Café.

Just up the street is Canada's foremost walk-in retail medicinal and otherwise exotic seed and plant shop, Sacred Seed. Also just off of Yonge street, and just a stone's throw north this time of Wellesley, Sacred is a refreshing little taste of Amsterdam, Holland – quiet, casual, discrete and comfortable. Sacred Seed caters to licensed gardeners, researchers and doctors alike, carrying a really impressive plethora of genetic variety - too many green gifts of Nature to list. Now that Dom Cramer, the co-founder and president (or should



Treating Yourself

we say Mayor) of all this 'Yongesterdam' activity as well as that of the Toronto Compassion Centre, has polished off THC and KindRed Café over the past couple years, he tells us that the next project will be to transform the old The Herb Collective space next door to the new THC into a concept unlike any other. On top of serving as Toronto's premiere source for lampworking (glassblowing) supplies and instruction, the new space apparently will incorporate some truly unique and impressive functionality that remains, at least for now, top secret. We can't wait to see what Dom's got up his sleeve this time! Whether you haven't been to Toronto in a while, or (perhaps especially) if you have, it's high time to visit Yongesterdam!

-kindred spirit

Whirlpool Relaxation Visualization



Greetings! I'm your meditation guide, Author, Poet and Hypnotherapist, **Skyelar Pollack**. Today I'd like to share a way to relax your mind and body through visualization and sensitization. Visualization and sensitization are powerful skills that anyone can naturally access. Visualization occurs when you

access memories that were created visually (with your eyes). Sensitization occurs when you access memories created through all of your other senses (sound, touch, smell and taste).

Most people share a variety of word association memories that cause automatic visualization and sensitization reactions. If I say the words "dog, cat or mouse", you can probably imagine a picture of each animal. Similarly if I were to say the words "cold, warm or hot", you may be able to imagine feeling a tactile (touch) memory association. Word associations also apply to sound, "clap, bang or whisper" or smell and taste, "sweet, sour or spicy". There are thousands, if not millions of word concepts that everyone individually relates to through their own memory associations. Accessing and maintaining visualizations and sensitization can be achieved through descriptive story telling.

You can read this Whirlpool Relaxation Visualization aloud to and individual or group, have someone read it to you or you might want to record yourself reading it so that you can play it back for yourself. For optimum comfort, the listener(s) should be in a relaxing location/position, with their eyes closed at a time when it's unlikely you'll be disturbed. Never use visualizations while driving or while doing anything that requires your complete attention. For optimum effectiveness and safety you should be sitting or lying down at all times. You may want to remove any restricting jewelry or clothing before beginning. Remember, when reading any hypnosis, meditation or relaxation script, to speak slowly, to annunciate clearly and to give any listener(s) processing time between words and concepts.

Whirlpool Jet Massage

"Take three long, slow, deep breaths...

One... Inhale deeply... Exhale...

Two... Breathe in... Relax...

Three... As you exhale this third breath, allow your eyelids to gently close...

Imagine yourself standing before a steaming hot, clear, Iuxurious whirlpool... It can be inside or outside; it's up to you... There are five steps leading into this whirlpool... With a long brass railing leading right down into the steamy water... Under the water there are soft, comfortable seats on all sides of the large tub awaiting you... In a moment you will be guided slowly down each of the five steps, gently easing your body into the hot tub... Walk to the edge of the tub and take hold of the railing there... Begin to slowly lower your right foot onto the first step in the water... Feel the wonderful... Hot water all around your right foot... Instantly relaxing your right foot through... The water is the perfect temperature... Now slowly lower your left foot onto the first step in the water... Feel the heat around your left foot... You can feel the warmth washing over you... Both of your feet are fully submerged now... Right up to your ankles... The next step will bring the water just over your knees...

Take the second step with the right leg now... Submerge your entire right calf, ankle and knee in the hot, healing water... The water is surrounding the lower portion of your right leg and relaxing it through... Now follow with the left leg... Lower your left leg down to the second step and your left calf, ankle and knee submerge and relax...

The third step will submerge you to just below your hips... You can lower both legs to the third step now... Feel the steam on your thighs as you move down to the third step... Your entire lower section is now soaking in the hot, still tranquil water of the whirlpool... You can feel wisps of the steam against your face... On the fourth step you will be submerged to the top of your stomach, just below your chest...

Take the fourth step now... Feel the water rise to just under your chest... You're almost fully submerged now... With only one more step to go... On the fifth step you'll be all the way in the tub... The water will be up to the top of your neck... Engulfing your entire body...

Take a deep breath now and take the fifth step into the whirlpool... Feel the hot healing water surrounding your entire body... Warming and relaxing you inside and out... Now that you're fully submerged to the top of your neck, just wade over to a wall and take a seat in this large, hot, placid whirlpool and take a deep breath of the moist, fresh air.

As you relax into your seat... Notice a button on the lip of the tub with the word "jets" written on it... don't push it yet... Just take notice that in this whirlpool there are hundreds of imbedded jets pointing in every possible direction... In a moment you can turn those jets on simply by pressing the button... You can focus the pulsating, massaging energy to any area where you feel tension... As you sit in this hot, placid tub...

Hit the jets button now... Instantly the tub goes from clear to white... Your face is gently splashed by bubbles... Steam fills your nose, clearing your nose, throat and lungs... Take a deep breath as you notice the jets around your lower back... As the jets glide up and down over your lower back... Melting the muscles there... Allow yourself to feel the power of the air jets... The deep, penetrating jets move up to your middle and upper back... Gliding up and down your mid to upper back... Relaxing every area instantly as the water rushed over you... You can make the jets pulsate ever so slightly too fully melt every muscle... Guide the jets up toward the top of your head... Relaxing your scalp... Waves of relaxation are flowing through you... Into your neck muscles now... feel the air and water penetrate right through your shoulders... your neck and shoulders feel loose, limp and lazy...

Move the jets overt into the tops of your arms now... Starting with the left arm... The jets glide down... Over from your shoulders, through the upper portion of your arm, right to the elbow. Then down the forearm, to the wrist and hand... right out to the fingertips... Feel your left arm, relax and let go...

Direct the powerful jets down the right arm now... The heat glides down... Over from your shoulders... Through the upper portion of your arm, right to the elbow... Then down the forearm, through the wrist and hand ... Right out to the fingertips... Feel your right arm relax and let go...

Now focus the relaxing jets over your legs... Starting with the left leg... The warmth glides down... Through the upper portion of your left leg... Right down through the knee... Then down the shin and calf... Through the ankle and foot... Right out into the tips of your toes... Feel your left leg relax and let go...

Direct the jets down the right leg now... The warmth glides down through the upper portion of your right leg... Right down through the knee... Down the shin and calf... Through the ankle and foot... Right out into the tips of your toes... Feel your right leg relax and let go...

Feel the heat from the water penetrating all the skin, nerves and bones in your mid section... Right into all your organs, systems and sub-systems... The water infuses your inner components with warm, healing energy... As the warmth flows through your body your subconscious mind automatically takes note... Beginning repairs to any damaged, un-maintained or malformed areas...

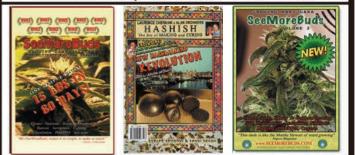
This is your time to relax and enjoy... To learn and to heal... Scan your body over in your mind... Direct the jets to any area still holding any tension or to any areas you want to relax even more deeply... I'll be quiet for a few moments as you do so...

{Wait 2-5 min}

It's time to finish your whirlpool experience for today... Let any thoughts or images drift from your mind... In a few moments I'm going to awaken you; simply by counting from one to ten... On the number ten, you'll be fully alert, fully awake... Follow my voice upwards as I count... One... Take a deep breath... Two... As you begin to feel your body... Three... Energy is rushing through you... Four... Wiggle your toes and fingers... Five... As you notice the surface underneath you... Six... Move your arms and legs... Seven... Open your mouth and yawn... Eight... Energy pulses through your entire body... Nine... Coming up, up... Ten... Eyes open... Fully alert...Fully awake!"

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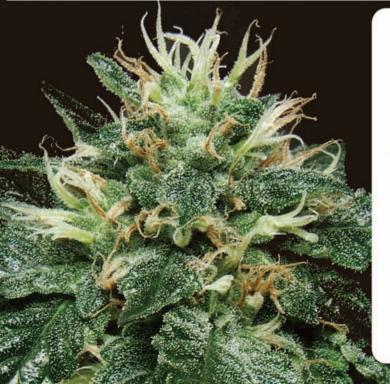
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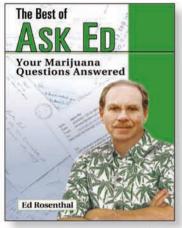
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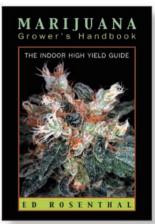
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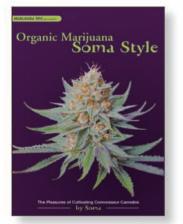
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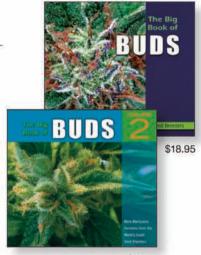
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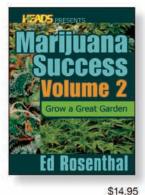
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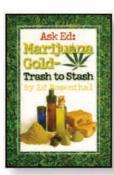
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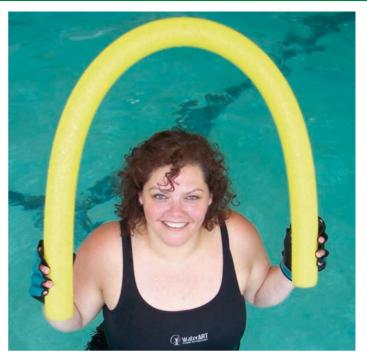
Exercise has a place in EVERYONE's life

Some questions come up in the minds of everyone reading this title if they are reading this magazine as many of Treating Yourself's readership have chronic pain or chronic illness that seems to run their life. The title may have even elicited anger in some while they thought to themselves, "Wow, she sure doesn't know what it's like to be in MY shoes." So I suppose first, I should introduce myself. My name is Vycki and I am a person that has endured long term chronic illness and pain. I have been in 9 Motor Vehicle Accidents (MVA's), the first and second most serious in my early 20's causing 7 broken bones and bursitis of the knee. I have Crohn's disease, torn ligaments in my neck and back that prevent my spine from being able to maintain proper alignment for any length of time, Degenerative Disc Disease and osteoarthritis, Fibromyalgia, high blood pressure, sleep apnea, severe Depression, Generalized Anxiety Disorder, possible Bi- Polar, possible head injury and I have Increased Intraocular Pressure (a.k.a. I.O.P or pre-glaucoma) that I believe is a side effect of two medications I took – namely Seroguel and Topomax. I have had cervical cancer three times and nausea and digestion problems are part of my daily life. My name on the TY website is neutrino99 and I am a member of the Toronto Compassion Club.

With my pain it took me some time to come to terms both with exercise and my medical use of marijuana. I had tried it in my 20's and never really felt much desire to use. I didn't really drink either. I lived in Vancouver for 6 years where I was hard pressed to meet anyone that didn't use among my professional friends. I was always the odd one out (not that anyone said so). When I came back to Ontario I was in more accidents and suffering the side effects of long term anti depressant use. None of them had ever worked but I persisted in trying new medications as I was desperate for my normal life back. I have come to terms that NORMAL means something different for all of us. What is normal for me may not be normal for you and such the like. The hardest part for anyone not born with their condition is coming to terms with what used to be normal for me now is not. I had gone to the gym for years. I knew weight training, aerobics and swimming. Other than the swimming these activities were no more and the swimming just wasn't taking care of my muscles the way I needed it to.

Did the pool hold the answer?

It did!



After some time in physiotherapy it became clear that I needed to be stronger but all of my efforts in the gym, on land - even the mild ones - were hurting me. This, of course, lowered my desire to comply with the routines and hence lowered my physical ability, increasing my pain. With some research and trying out a class for myself at my mother's suggestion I went to my first "agua fit" class. It was a lot harder than it had looked. I ended up eating many of my words from before the class. I remember being struck by the fact that a woman with a walker got in the pool next to me with a couple of buoyant weights and clearly always wanted more when I was out of breath. I will never forget this woman who was also about 20 years my senior and determined to stay fit in whatever capacity that meant for her. My classmate had MS. Though I knew I was in pain clearly her situation was more dire than mine and yet here she was, three times a week, working out hard in the best way she could.

She spurred me on to take more classes and become a teacher and then a personal trainer and then a Master Trainer with Water ART Fitness of Toronto. Not just her but all of my clients. Many came to me in pain and after a few short weeks of invested time would tell me that their pain was lower or their balance better or they just had more energy to get through the day. Some of them looked forward to the social experience and the freedom from gravity that water provided. Whatever the reason we were coming in droves and I felt a unity with all of them. This lead me to study more and learn about joints with my Specialized Populations training and I'm still in the process of earning my Rehab certificate now. I largely volunteer my time at fitness centres in exchange for membership privileges I could otherwise not afford.

Exercise!

It has been enriching for me to find the communities like Treating Yourself and the Toronto Compassion Centre where I could learn more about what to do to take care of myself and what strains may help me more. I have learned more about myself and my need to use after many side effects from many drugs. I have learned that in this community I am normal and I want to shout it from the rooftops! I want to share this enrichment by sharing what I have learned about exercise in the last few years becoming a Personal Trainer.

I want to answer some of your questions.

Q. Can I exercise if I have chronic pain?

A. The answer is a resounding YES! You just need to find the right form of it that you can do without more pain; in the amounts that are right for you and that you enjoy enough to want to do it again and again!

The real question here is what IS exercise to someone with chronic illness or chronic pain?

The answer is easier than you think if you open your mind. Whenever I suggest going to the pool, people will immediately come up with reasons why this is not a good idea for them. I can't swim. My answer to this is...so what? Find a shallow pool where you can stand up and walk as this is far more effective core training than swimming any day! The water is cold. Find a pool that has a therapeutic range (88-92) or find enough other desirous goers that you can make a deal with the centre to raise the temp for later in the day to accommodate you and cool the pool back down at night for morning swimming. This would facilitate them having classes for small children and babies that usually bring in a lot of revenue.

While water is my specialty and I could write ten articles on just that what we need to look at here is what else is exercise? Lifting weights – even if they are soup cans, Walking in good posture, sitting up in good posture at every occasion throughout the day as you think of it, a good belly laugh (really!) especially if you add good posture! Even learning to deep breathe from the stomach can lower your stress response and wear you out if you focus a few times a day. The problem is our concept is too narrow - we do what our doctors suggest and most of them aren't trained fitness professionals. Cooking a large meal can sure be strenuous as anyone who has done so can attest. Gardening, vacuuming and re-sorting the higher cupboards are all exercise if you are a putterer. Send me your list! Truly anything you enjoy that gets you moving and breathing is exercise and every little bit you can do can assist you to lower your pain and rest better at night.

If you never have, consider the pool as WATER MOVES. Let it move you!

Vycki, neutrino99, waterlady

SMKrider... In My Opinion

My Introduction to Treating Yourself Readers

I have written several articles for "Treating Yourself", but I have not yet told anyone about myself. Today I will do just that.

So here we go...

I was born and raised in Louisville, KY., born May 2, 1960, which just happened to be Derby Day that year. One of the last of the baby boomers, I was born to middle age parents and I was an only child. My father was a WWII Vet, I am proud to say. I was raised as a Roman Catholic; however, I have serious issues with the Church as a whole. I graduated High School with a "Business Curriculum Certificate". I have always worked in business, office setting. I was previously employed by a major health insurance carrier as a corporate accounts clerk. I have worked in several different industries.

And most of all I like to "speak my mind".

I always believed that God brought me here for a reason. I have had a hard time figuring out what that was.

I was depressed as a child; back in the "old" days circa 1960's when it simply was not recognized that a child could have depression. Along with this I was almost constantly sick with something. I had tonsillitis, all the childhood illnesses, and allergies (before they had allergy shots). I had a tonsillectomy/adenoidectomy at the age of 10. By the age of 33 I had been through five abdominal surgeries and one "CVA/Stroke". I also have Fibromyalgia and DDD. I live with pain and anxiety all the time.

I believe that if it were not for the cannabis I smoked as a teenager that I might really have committed suicide. I contemplated it everyday until at 15-16 years old I started smoking. Please understand that I DO NOT recommend children having access to marijuana, at least not without a doctor's approval, supervision and prescription. However, I still believe it saved my life and has helped me make it through my long struggle.

I really appreciate Marco Renda for allowing me to be published. I also want to credit Ms. Tonya Davis of www.mmjactionnetwork. com with getting me involved.

I look forward to writing other articles for "Treating Yourself" Magazine, and hope what I have written has made a difference in someone else's life.

Thank you for reading,

Sheree Krider

*Comments are always welcome Email to: shereekrider@bell-south.net

Websites I am promoting: http://www.KyARMA.com - Sheree Krider - this website is under construction.

http://www.mmjactionnetwork.com - Tonya Davis http://www. designingyourworld.com Rev. Mary Thomas-Spears

In Amsterdam...

The Netherlands is very famous for a variety of things, but each November the people from High Times magazine organize their yearly harvest celebration in one of my favorite cities, located in Holland, of course it's Amsterdam. I travel to Amsterdam every year and this past year I decided to attend the celebration, the 19th Annual Cannabis Cup. It took place from the 20th to the 24th of November and it was a wonderful time. This issue's column will be about my experiences at this year's cup, but we got started a little early, before the high times tours arrived.

My friend and I left from Los Angeles a few days before everything began. We arrived in Amsterdam on the 17th at around 1-2pm. The first thing we did after dropping off our bags was head over to Dolphins for a pre-rolled pure joint and some White Dolphin to pack into my pipe that I brought with me. White Dolphin is a very interesting strain, sometimes it can be very good but this batch was only average. Later in the trip we picked up some more and it was excellent. After we got our joint and herb, we headed over to my favorite restaurant in Amsterdam, the Argentinean steakhouse Argentinos. The food there is excellent and the service is fast, what a great way to start the trip. Since we were so near by, we headed over to The Greenhouse and picked up some herb that was really average, Arjan's Ultra Haze 2. We also went up stairs to the Free Adam head shop and picked up some glass pieces and clear rolling papers. After, we walked up to the Red Light District and admired the stunning ladies who seemed to be everywhere we could look. Lastly we went over to the Anyday coffee shop and tried to use their vaporizers but it seemed like they were not functional. We did enjoy some joints nonetheless and decided to end the night at the Rokerij where we got some hash and some Sour Diesel. It was decent, but I personally prefer less lemony citrus tasting herb.

The next day we spent most of the time in the city shops, but ended up at the Dampkring after not too long. Waterworks Hash was a must as well as some pure joints of Kali Mist. After a little more city shopping we strolled into La Canna just to relax basically. We didn't buy any herb there but we did have drinks, and of course we enjoyed some of our previously obtained strains. It was remarkably busy, even with how large a place it is. After some time there we decided to go and get food because later we planned to attend the first party of the cup. Greenhouse was the host and it was a strangely quiet party, maybe it was because the High Times tours had not yet arrived, or maybe people were just not up to it yet. Still it was a bit easier to get in than I had thought, and so we hung around for a while and enjoyed the scene. Eddie Lepp was there and of course Arjan. He had made up some special deals for cup judges, including a bag of Arjan's Ultra Haze #1 and their hash entries as well as a bobble head doll of Arjan and some other things. My friend turned to me after purchasing his bag, after examining the contents he said, "Nice, some weed and a bunch of things I can give away as souvenirs my thoughts exactly, still we didn't end the night there. After we tired of the Greenhouse scene, we headed over to Blue Bird near by where we got some excellent space cakes but were sad to find out the city has banned their hash bonbons. Previously we had really enjoyed these treats but I guess for some unexplained reason, they are no longer available. We had a good time in Blue Bird, I really enjoy that shop, and it's a great place to relax.

The next day we decided to head over to a coffee shop that has been really hyped up to us as potentially the best shop in all of Holland. It's located in Haarlem right by the train station and called Willie's Wortel. We entered in to find a different look than what we had expected. We picked up a few strains; NYC Diesel, Afghan Skunk, Jack Herer & Shiva. All were very tasty and excellent quality, but not as good as we had hoped. I found more high quality herb in Amsterdam over the course of the trip to be perfectly honest. Also, the service there seemed excellent if you were a local, but not very friendly to us as obvious visitors. Too bad this place had been talked up to us so highly, we were a little disappointed. Once we returned we decided to head over on the ferry to check out the expo that would be open the next day. It was very easy to find but a little rundown looking and unfortunately they seemed to be packing everything into a room that was, shall we say, not as large as many would have liked. What a mad house and it was still nowhere near ready for the next days events. After, we went over to the Melkweg for opening ceremonies and the concert that would feature Muck Sticky, Jefferson Starship and Kottonmouth Kings. Everyone was smoking and enjoying the location. It was really good that they were able to get the Melkweg again as they have 2 semi large rooms for bands and what not, with a large stage and balconies. They also have a good coat check area where people hangout and socialize as well as check their heavy jackets. In the back is more chill area with tables for food and a small restaurant or some kind of food service section. It is simple to leave and come back inside with no hassle. The shows went off well with everyone seeming to have a great time despite the differences in style and cultures. Soma and Derry were there as well as many other well-known individuals involved with the cup and what not. Barney's is entering a G13 Haze that Derry was very proud of; we will see how it goes tomorrow.

Decided to hit up the expo a little late, but when we got to the ferry it was hugely crowded. The expo itself was also very packed with so many vendors' booths and things to see. It was a wild time and there were all kinds of great new toys. I was able to meet Soma, a grower I greatly admire, and he loaded me up some hash from his own pocket. It was fantastic, as he passed me his pipe and lit the bowl for me. What an experience for me, guess I am a bit simple sometimes. Too bad the crowds were so large, it was a little much for us so we had a few joints and decided to head back in to the city. Before we went back to the apartment we had rented, there were two more coffee shops we had to attend. Blue Velvet

In Amsterdam with Jeremy Norrie

first, and then over to Barney's where we tried the G13 haze as well as the Barney Rubble. I was impressed with the Rubble but not as much with the G13 Haze. It was nicer than the Greenhouse entry, but not by much. We ate at Thai Bird and then went back home to rest up for the next party tonight. Club Sinners was the venue and Greenhouse was the host, this was a better party. There was a bunch of people everywhere, so many smokers and tokers as Arjan would say. It was a little crowded and if they were not consistently passing out those mini hash cakes, it would have been a lot less fun. In the end we left with some more goodies, but isn't this a bit much free stuff, I mean am I wrong or are we simply being bribed here? Nevertheless I took my bag and thanked them for it.

The next day we started off with the Noon and we were disappointed to hear they were not entering a hash variety this year. They certainly have great hash, so we picked some up as well as some Blueberry Haze that was interesting but not all that great. Then we hit up Dolphins, Dampkring and Tweede Kamer. All were awesome, and we got some great Mako Haze from Tweede Kamer along with my personal favorite strain of the cup the John Sinclair from Dampkring. These were excellent strains, somewhat like Cali O here in the states but with some lemony aftertaste, like trainwreck or snowcap. Very nice herb and more to my liking than most anything else I was able to get this time. After a long rest we hit the rest of the shops on the list with some improvisation needed as the instructions and even the list of participants was not entirely accurate. Chocolata is no more, but the guys who helped me at Abraxas were all really cool and helpful. Amnesia and Homegrown fantasy were offering some interesting strains this year, with some average stuff coming from De Kuil and some others. It was somewhere around this time that I noticed how enjoyable it was to be walking the streets of the Singel RLD enjoying the sites and sounds, while smoking a wonderful joint and feeling simply great. Amsterdam is a wonderful place and I love being there more and more each time I go. I ventured into an Internet café to watch some Ultimate Fighting from the US that I missed because I was in Holland during the PPV. Excellent result for my man Georges St. Pierre and I was off even happier than I had entered. We ended up at Boom Chicago for Barney's party that ended up being some very strange local band called the Electric Fans; they were pretty good but very different. We chilled at the Rokerij and had some cake with some drinks. This night will have to end when two Italian girls who didn't speak English approached me speaking fast and friendly. They wanted to get to the Bulldog in Leidseplien, so let's just say I was gracious enough to take them there.

We got up the next day and decided to see Borat. I thought it was very funny and a good time for anyone. We got some hash from Rokerij and it was absolutely amazing, Sacred Sand. It almost had me blacking out at times, really powerful stuff. The night's events were already scheduled and this time it was a Fashion Show hosted by THSeeds. Last year they had



Soma giving a lecture at the Cannabis Cup

the big show with the cannabis leaf blower, this year they had planned to smoke the world's largest pure joint. This event unfortunately was called off because the local authorities got word of the stunt and stated that the alleged amount of marijuana contained in the joint would be illegal to posses and if they tried to make this happen, then the police would have to take the necessary actions. The show still went off well, there were tons of locals there and there were loads of girls. In the end they passed around a pretty big joint even though it wasn't the world's biggest. Adam did say he had the world's largest joint with him somewhere and he would bust it out at some point. We all hoped to be present when it would happen. The whole night was also speckled with hash popcorn and hash muffins from the muffin man. All had good times, and I must say THSeeds are the kings of the cup party.

On the last day of the expo we headed back to make sure we were able to get our votes in, I picked Dampkring's John Sinclair as the best strain with Sacred Sand from the Rokerij as the best hash, among other favorites was The Vapezilla for product of the year and Barney's for best booth at the expo. The actual results were not in agreement with my thoughts, but still it was fun all the same. We also made sure to try the Crystal Bomb from coffee shop Sensimilia, which was one of the leading strains, and it was very nice but not as good as the Sinclair in my opinion. This time I bought a bunch of stuff at the expo. I got a new vape, and some other tools. Also tried to see every booth and talk with as many people as possible. Met up with Derry again and took a picture with him, he was happy I liked the Rubble from this year and I told him

...In Amsterdam



Soma's tasty tray...

he may end up winning with it, which he ended up doing later in the day. Also saw Arjan and got some pictures even though I am not a big fan of how he tries to influence the voting. Soma gave a seminar on growing and it was a wild time, surprisingly. The first problem was his slide show that wouldn't work, but Soma winged it and made it work without the visual aids. Everything was going swimmingly when all of a sudden someone in the audience had a medical emergency that brought Soma charging down from the stage to be with the gentleman and assist him as best as possible. He had some people get medical attention and after a few minutes he was back on his feet with Soma giving his speech again. The whole thing was great and after I spoke with Soma who was a gracious guy and a real delight. We took some pictures as well. One of the guys who was with Soma recognized me and we exchanged info, hopefully we will get together for another celebration another time. Later that day the winners were announced, Greenhouse won the cup with Arjan's Ultra Haze #1, seems a bit strange based on what I sampled. Then Barney's won almost everything else, taking both hash cups and the award for best expo booth. Vapezilla won for their Super Vapezilla product, with Big Buddha Seeds winning for their Indica Big Buddha Cheese. Kiwi Seeds took the other seed cup for the Sativa Mako Haze. DNA won the glass cup. All of this mixed in with a concert featuring the Skeletones, and ending with Adam busting out his huge joint and lighting up with the crowd.

The last few days we spent hitting up coffee shops and enjoying the city. We found Resin and tried some Lavender with some Kushage as well. Also we spent a great deal of time in Blue Bird and Rokerij as well as Homegrown Fantasy and Abraxas where Chocolata formerly was located. The Grey Area also was visited again, I don't think I mentioned picking up the gray mist crystal from there, but it was excellent as usual. We spent what we thought was our last day hitting up the shops round the city center and enjoying the nightlife. Still we ended up getting bumped from our flight, but KLM



Derry from Barney's with Jeremy.

did the honorable thing and refunded us 600E cash as well as providing us with a hotel and a new flight the next morning, with free dinner and breakfast and even free lunch while we waited for it to all be arranged. We took a train back to the city and we spent one more night in coffee shops and strolling canals. Amsterdam is a wonderful city, it is full of fun places to relax and enjoy the atmosphere. The city is small yet has everything a person could want and more, with friendly people from all around the world. The women are beautiful and healthy because they walk and ride bikes everywhere they go; you can imagine how great they look. It may be a little cold with a chance of rain, but it is almost meaningless when you lose yourself in the beauty of the city. The cup brings some of the best things out in Amsterdam, as the city caters to smokers and the people are really what make this time of year one of the best. It was a great vacation and I plan to be back in Amsterdam for the celebration again next year. Hope to see you there!

Thanks for reading, hope you were able to find some good pointers here. Maybe you'll give Amsterdam a try and find yourself having a vacation of a lifetime. Maybe you'll be able to find the shops and the strains you have always heard of. Any way you can use this info is great. Next issue we will get back to the regular format, and I'll help you narrow down your choices in cannabis dispensaries. Also, keep your eye out for my DVD coming soon called "The Battle of the Buds: California vs. Amsterdam" more info can be found @ www. AmsterdamDVD.com. Take it easy, have fun, don't believe the hype and find what works for you. Good luck.

Written by Jeremy Norrie - AmsterdamDVD.com



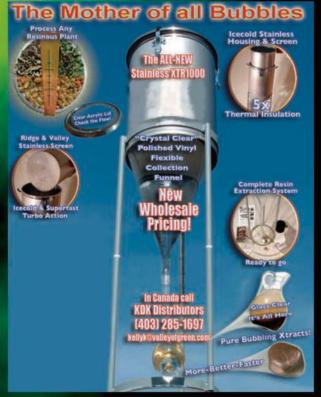


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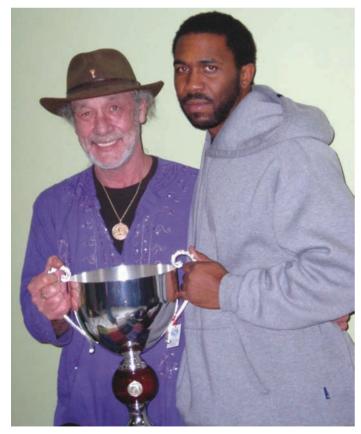
Doesha Cup 2006 - Los Angeles

As Redman stood on the stage yelling FUCK YOU! at the crowd assembled for The 2006 Doesha Cup, I decided this was an entertaining way to test out some new medicines with 500 of California's medical patients. What the event lacked in overall organization and timing was made up for by our being able to hang out with a large group of like-minded friends and sample new smoke. I suffer from arthritis, neck and back pain, yet do my damndest to live a full life. I have been trying to add new strains, by way of clones, to my medicine cabinet. I needed the 2006 Doesha Cup and the ability to try out new medicine, and the 2006 Doesha Cup helped.

Every vendor I stopped by wanted me to sample their wares allowing me to finally taste Matanuska Thunderfuck, an amazing smoke, from the Karma Collective www.myspace. com/karma_collective .

This third annual Doesha Cup was my first Cup of any kind, and for me the problems were implied in such an event. I wanted to try some new strains and get a first-hand update on the local medical marijuana scene. Some good tunes and perhaps running into old friends made it all the more of a draw. Expecting a smoothly run expensive production for a \$200 ticket that included smoke seems unreasonable.

The biggest flaw in the whole day was that Eddy Lepp spent the entire day visiting with friends old and new, yet no one had him take the stage and speak out about the medical



Eddy Lepp and Dennis from all American Care givers, one of the event sponsors.

marijuana movement right then. Without the progress of the movement thus far we wouldn't have been able to hold such an event, yet one of the people at the forefront of that movement wasn't given the microphone. "Sad."

I spoke with Eddy and he said his court cases are looking very positive. He is fighting for the collective growing rights of all of us in California. The health of his lovely lady Linda is making a positive move, and we are thankful for that. He was very upbeat about what 2007 will bring himself and the medical marijuana movement. We wish Eddy and Linda both well.

He also gave me excellent advice on judging events like this, when I mentioned the short amount of time allotted for judging. He said to take the remaining samples home and smoke them later, when I could give them the taste test, stone test, medical test, and check the duration on it. Do the same judging but on my time frame. I was there, after all, to find new strains for me. The research is not only fun but certainly worth it. I have been happy to comply.

The judges pass entitled us to sample 11 different stains, some of which were truly excellent in flavor and preparation. However the limited time we had to judge them allowed us to test for taste and immediate effects, but not long term impression. Most samples were well cured and worthy of being labeled top grade medical strains. Two could have used two weeks more curing time, and two carried the tell-tale taste of an incomplete flush. We were still in charge of 7 great strains that were well cured, smoked well, they were tasty, and contenders.

Throughout the day I met a number of patients who were there to try new strains to add to the medicine chest. The strains entered were as follows: Techno, Goofey Grape, Almost Heaven, Blue Demon (my personal favorite), Romulan, Hundred Monkeys, Mother's Finest, Blue Diamond Kush (my 2nd favorite), Purple Kush, MK Ultra (my 3rd favorite), and Purple Gush. Some old favorites mixed with some soon to be new favorites made up the paper bag and ballot each judge was given. The Purple Kush and Purple Gush tasted like they were from the same momma, but other than that each was distinct, in taste and appeal. Hundred monkeys was new to me and was a favorite of my new buddy Trey. I met a dozen Hundred Monkeys converts by the end of the day.

There were dozens of vendors selling everything from smoke, hash, edibles, pot pizza, pot drinks, clothing, bud butter, essential oils, T-shirts, horchata, Christmas presents, clones and more smoke, to more edibles, chicken wings, pickles and French fries. Holistic Care givers brought along hundreds of fresh young coconuts; adding an interesting twist to the standard fare of snacks available. Many people had a joint in one hand and a hand cracked coconut in the other as they wandered around the large rooms. http://www. thehigherpath.com/

One notable vendor was Mike's Medical Edibles. Mike looks like the kind of guy who has spent hours and hours,

by Coral Reef

batch after batch, perfecting his edibles. He has quality edible medicine. http://www.myspace.com/mikesmedicaledibles. They were all cooked using sugars, yogurt or chocolates and tasted like the next step in medical edibles. The truffles were especially true to their non-laced predecessors. Anyone can throw hash or pot into candy and have it taste like chocolate mixed with hay. To produce a fine tasting finished piece of candy that rivals real small-shop candy, that is great work, and work the medical user needs. However, many patients want edibles that are more diabetes friendly, and Mike has some in his regular inventory. I think Mike is the next big player in California Medical Edibles.

Probably the most assertive and well thought out vendor was Patients Against Pain on Laurel Canyon Blvd in North Hollywood. They had the pretty girls in tight whites shirts and pants handing out samples of a range of edibles from pepperoni pizza, cookies, brownies and cupcakes to horchata and sodas. And they kept bringing them on, tray after tray. They would bring samples around then follow shortly with full on examples of the food for sale. Pot laced pizza worked its magic on any number of attendees. http://www. patientsagainstpain.com/

Best booth vibe had to go to the folks at The Higher Path, the people selling coconuts. They had the pillows and cushions set out and a constant flow of people stopping by to medicate and just hang out. Good people, great vibe, and I look forward to visiting their store in Silverlake. http://www. thehigherpath.com/

There were several standouts in the marijuana samples. I like more sativa based marijuana during the day, then a Romulan or White Russian, something with some impact for late evening and bedtime. So I was looking for sativa smoke or anything that will facilitate tasks around the house, while



Mikes-medicinals Mike is the guy. mikesmedicaledibles@ yahoo.com

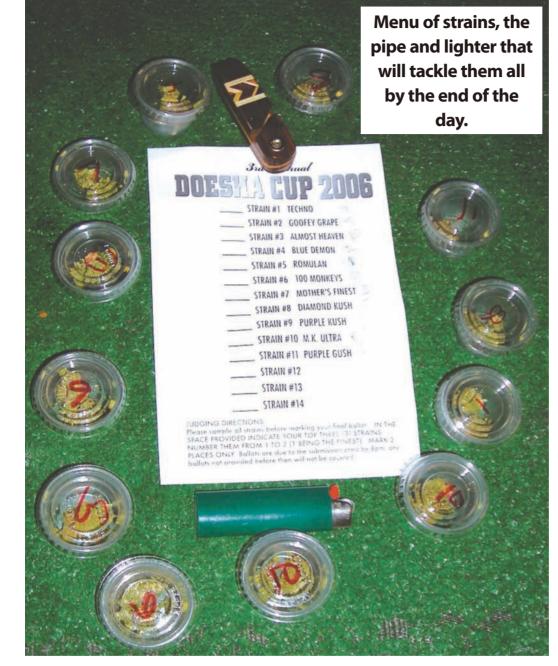
knocking out my neck and back pain and dealing with my Arthritis pain. Yes, a stoner that likes to stay in motion and accomplish things.

I know, I know, let's talk about pot. Blue Demon has a crisp, clean "blue" smell and was instant grin weed. From the first taste to the last exhale I liked it. Even a week later when re-tasting my Cup stash it made me grin quickly, and was feel good smoke. I'd love to have some clones to grow for ski season, when grinning through Tahoe powder on some fat skis. Safety meeting!

Diamond Kush was a subtly spicy smoke with a very strong start and a continual follow up that expanded. I've smoked the Blue Diamond Kush several times since then and



Doesha Cup 2006



it has always been sensational. It also has one of the more persistent highs when smoked or vaporized. Of all Kush's I've tried to date this one is my favorite, and to now my favorite was an Organic Master Kush grown with heavy B'Cuzz Flavor which is pure molasses. To beat that Kush it has to be great!

The MK Ultra was a strong and clean smoke, a clean flavor for your taste on the way to killing my pain. This batch was either well flushed or organically grown. It had the cleanness that patients were looking for and was amazing smoke. It was a very strong smoke that didn't make me crash. I could see myself doing general grow room labor on this MK Ultra. The taste was a little flat compared with the Blue Demon and Diamond Kush, but overall this was an excellent strain and entry. website, yet.)

- **3rd place** went to the Romulan donated by Good News Gardens. (Not associated with a compassion club on the CAL NORML website, yet.)
- There was a tie for 4th place. Mother's Finest donated by The Higher Path, on Sunset Blvd in LA, and it tied with Hundred Monkeys, provided by Holistic Care givers with two locations on Crenshaw Blvd, and one location on Compton Blvd.

(Current addresses are located at: http://www.canorml.org/ prop/cbclist.html)

The musical guests ranged from Redman, who lit up the crowd, proudly proclaiming he had finally picked up his own



The winners of the event varied from my choices in two strains, but the Blue Diamond Kush was also the second place winner for the Doesha Cup 2006, so they like my tastes! In order, the winners were;

1st place went to: Purple Gush, donated by Quality of Life Activities, Melrose Blvd, located in Silverlake - Los Angeles.

2nd place went to my second choice, Blue Diamond Kush donated by Bozakis. (Not associated with a compassion club on the CAL NORML

by Coral Reef

Doctor's Letter for medical cannabis use, to some guys riffing on the stage that cleared the largest quite quickly, leaving the vendors to wonder why they'd rented space. There were others, no one I knew of. Rounding out the list was the dread locked guy at the end of the night; he was singing his ass off but it seemed that I and the Fire Marshall were the only two listening and grooving to the music. So he appeals to males over 40, that's for sure. Maybe that's why he wasn't on earlier. Keep singing dude, you're talented and audiences will find you.

There were flaws in the event. Eddy not being brought up to speak was a mistake. The second biggest flaw of the event was that there were really only a couple of food vendors, and they only sold a few items. I'd think food vendors would line up to sell their wares to a crowd of people smoking pot for six or more hours. Any vegetarians in the crowd were completely out of luck unless they could survive on horchata, chocolates and coconuts, which most didn't want to do. So they had to leave the event and find suitable food elsewhere, if they could get back in.

Follow this with a complete lack of seating for those that chose to buy the ticket without paying to judge the strains. There was nowhere to roost. The one open space where people might have just crashed on the ground was taken up by a dozen or so graffiti artists. Their art was cool to watch as it was created, but the fumes and the seating space it took away upset some people.

Overall I think it was a good event. It encourages me to get a small group of like minded friends together and do a monthly Cup of our own, in our homes. When the next Doesha Cup rolls around I hope it will be better organized and targeted to a wider audience. But I will also attend.

My choices and test results:

- #1 Blue Demon (#4)
- #2 Diamond Kush (#*)
- #3 MK Ultra (#10)

1. Techno

- a. Evergreen Smell, crisp, heavy stone
- b. Wow, second time was much more powerful. Same smell and taste, but smoked apart from other weed it really stood out for me.

2. Goofey Grape

- a. Purple and tastes creamy. Soft hit with a quick building high.
- b. Same creamy purple taste and a two hour high. Very well done.

3. Almost Heaven

- a. Frosty evergreen though moist, not properly dried or cured
- b. Still heavy green flavor, though some of it is from being still moist. High was powerful and fast.

4. Blue Demon

- a. Crisp "Blue Smell", definite Blueberry taste, instant grin pot
- b. Still excellent taste. This is a good weed, though it doesn't keep the high for too long.
- 5. Romulan
- A. Strong well cured Romulan high. Very powerful! Saved it for last.
- b. Second smoke of the Romulan I was disappointed. This wasn't as dent your head as other Romulan I've smoked. It had a good flavor and powerful feel, but couch-lock never set in. In fact, it was a good smoke for puttering around the house doing little crap. Usually Romulan will set me on the couch and I'll even sit through a Chevy Chase movie, damn that's tough.

6. 100 Monkeys

- A. Spicy and light. The smoke crisp, light
- b. Now I understand what other people were talking about; nice light flavor but packs a solid punch. Wow.

7. Mother's Finest

- a. Low level spicy, the hit soared but not too high. Good work weed.
- b. Solid second stone with it that lasted several hours. Really good low level intensity working weed.

8. Diamond Kush

- a. Subtly spicy, strong start, strong follow up, sensational smoke.
- 9. Purple Kush
- a. Strong grape/purple taste. Heavy smoke, very similar to the Purple Gush, #11
- b. Excellent grape hit, strong hit. Smoke it and do a cruiser bike ride on it hit.

10. MK Ultra

- a. Strong and Clean, well flushed or organically grown, sound, quality high. Soared
- b. Very strong morning smoke without the fall-back-to-sleep worries if you have to vape and run to work.

11. Purple Gush

- a. Purplely strong scent. Strong and heavy hit grin inducing, crisp and clean.
- b. Still a good hit but not the endurance high hoped for. Good, tasty, all-around good smoke.





A HISTORY OF ME....HOW MARIJUANA SAVED MY LIFE.

In the beginning...

I believed that God created me for a special reason. However, I have had a hard time trying to find out what that reason was.

I was depressed as a child, back in the old days circa 1960's when it simply was not recognized that a child could have depression. Along with this, I continued to have multiple illnesses such as strep and tonsillitis many times over, (tonsillectomy/adenoidectomy), chicken pox, measles, mumps, and always a high fever with all these. I missed a lot of school, if not for health reasons, there was also the mental/anxiety which kept me home many days because I could not stop crying long enough to go. In addition, the days I would have to go home "sick".

One time in particular that I remember is the day, that mom wanted me to vacuum the floor. Apparently, I did not want to oblige her.

I was approximately 10 at the time. I do not know what made me do it, but I became so angry and wanted to lash out so bad that when she attempted to "spank" me for not "listening to her", I politely bent down, grabbed a hold of her leg, and chomped down. She cried, I cried, In the end, I made a response to mom, "God what have I done?" She stopped crying, I stopped crying and nothing more was ever mentioned of this incident by her to this day.

<u>I felt anxious and trapped all the time.</u> <u>I knew that I was</u> <u>"different" by second grade. But, Nevertheless, it was not</u> <u>discussed.</u>

<u>I never felt like participating in class much. I did what</u> was expected of me, but nothing else. I attended a Catholic elementary school through 7th grade. Then, I convinced my parents that I should go to a public High School. This was because I had several friends who attended public school and I wanted to fit in. And so I thought, I might feel more secure among my older friends.

The depression worsened as I entered 8th grade. I was set up on a date with a person that was over 4 years older than I was. By the time I met this person my emotions where so far removed from reality that I was not sure what I was supposed to do. Inadvertently, I was introduced to marijuana, which, for the person I was with, was supposed to make me more "adaptable" to his needs.

However, even though I did let my guard down a little, mostly I just gave in because I did not know what else to do. I had no self-esteem, and I had become emotionally dependent on a man who was definitely an inherent disaster. On a daily basis, I had wished myself to die or kill myself. I no longer wanted to face this horrible reality of a life of something that did not even have a name at the time it was happening to me. I took a bottle of "Midol" and about killed myself, but I recovered from that, too, by myself, in bed pretending to have a virus.

HOWEVER, HAD I NOT smoked that first joint, I surely believe I would most likely not have lived through my teenage years. I was sure I wanted to die, and this was in place long before the smoking of the first Joint... That year, there were two persons in the Jefferson County School System that committed suicide. I was beginning to believe that it was alright to kill myself, until after I had smoked marijuana for a while.

Prior to use of marijuana, I had slightly burned and cut myself, out of desperation, I had taken the Valium and the bourbon from the medicine cabinet, and then there was the codeine cough syrup, and the "speed" that the family doctor gave me to loose weight (I was 25lbs overweight at 13 years old). In addition, the darvon for menstrual cramps. In addition, the muscle relaxers for chest pain. In summary, I had done all the other stuff long before I chose to start marijuana and cigarettes. (Cigarettes are a different issue).

I drifted from age 15 to 18 in a mesmerizing perplexity of emotions. Bouncing from shear dread of life to hoping to become pregnant so I could leave home...

Thank God that I never became pregnant during those early years. It could have happened so easily. And thank God again, that I never transferred over to harder drugs, (outside of a couple of experiments which I came through o.k. but swore I would never do it again...and I have not).

During my adolescent years of 15-18 years old while actively smoking marijuana, I completed High School and received a Secretarial/Accounting Curriculum Certificate". I never thought that would happen for me and I always thought I would leave High School by the 10th grade.

However, I did not go to the Prom or Graduation, and my parents did not even seem to notice. By the age of 18, I had realized the position I had put myself into with this "man" I had dated since age 14, and courageously removed myself from the impending doom in my life. All the while, I continued to smoke marijuana.

<u>I had managed to start working part time by age 15. And by age 18 had a clerical position for a manufacturing company for whom I worked several years. I met a fantastic man who turned out to be the best thing ever in my life. We are still together.</u>

<u>I had the statistical two children and two-cat two-dog</u> household, while working full time off and on. Mostly I held part time jobs while raising my kids. However, I did hold down a five-year anniversary of employment (as a corporate accounts clerk for a large insurance company), from the time

Sheree Krider...

my youngest was four to nine years old.

After both pregnancies, I suffered from post-partum depression. The only symptom I did not have were hallucinations. In fact, I had depression from the "day before" I got pregnant. And all during both pregnancies. Nearly "breaking down" after both. With the first I was on state aid and even though I was diagnosed with major depression during my pregnancy they chose not to treat it. This was in 1979. I do not know of many medications available at that time. After I had my Daughter, I went to see an old family doctor who prescribed Elavil. The first time I took it I passed out and swore I wouldn't take it again around my daughter because with my husband gone during the day I could not stay awake to take care of her if I took my medicine. Then he went on second shift and did not get home until around 1 am. Again, marijuana became my only medication.

<u>I dwindled on and kept from completely slipping away by</u> the use of marijuana. After my second daughter was born, my OB doctor prescribed valium. I took it for about a year, however, it tended to make me more nervous and was not really working well. At that point, I was sent to Seven Counties Services – an adult mental health clinic in Kentucky – which

Now does not exist except for mental retardation care. I continued there for about a year on medications, therapy, and that is when I managed to go back to work full time for the first time since I started having children.

The next year I had a tubal legation in 1985, hoping it would solve my "fear of pregnancy" syndrome. It did, but almost immediately, I began having a lot of abdominal pain and discomfort. Painful and emotional periods and bladder infections, (with which I had had as a child).

<u>I still managed to keep my job which I really did love and was quite good at it I might add, except to say that I used up all my vacation days in advance of my vacation in three years out of five.</u>

By 1990, I was beginning to get increasingly ill. First it was emotional and then physical. I had

Started having PID type symptoms and multiple abnormal pap tests. I would get uterine infections that were so bad I wanted to die because I could not stand the pain anymore.

Finally, in 1993 after many trips to the emergency room with infections, and many trips to the clinic, I was sent to the GYN Clinic. An ultrasound was done which showed I had several cysts along with the intermittent pelvic infections. After a trial of ibuprofen 800 mgs. which set my intestinal tract to bleeding, the doctors at the clinic decided to give me a limited amount of Tylenol 3. *"Wow that really helped"*. I wasn't even use to taking codeine on a regular basis, and it was still not touching the pelvic pain I was having....."crying pain". Again, had I not had Marijuana to fall back on, I do not think I could have suffered through any more.

During 1993, the infections had not let up and now my bladder was giving me problems again. That was when, the GYN Clinic decided to go ahead with a partial hysterectomy and bladder tie surgery. During the surgery, a large needle was broken off in my pelvic bone. The doctors did get it removed - after 3 hours of extra surgery, they had to "dig" it out of my pelvic bone.

After this surgery, I never really fully recovered. I had constant pelvic pain, gastrointestinal symptoms, back pain, and depression. After many trips to the "clinic", one doctor finally told me that the source of most of my pain was probably from adhesions from the surgery.

In 1994, I again went into "outpatient" surgery, where they found multiple adhesions and "pinched" tubes. They completed an adhesiolysis.

In 1995, I was diagnosed with "acute" gallbladder disease. Again, surgery was done, almost immediately, to remove my gallbladder, which was adhered to my liver, which had over 70 large gallstones. The surgeon informed my parents and husband that it "LOOKED LIKE SOMEONE HAD CUT ME UP AND TOOK A HOT GLUE GUN TO MY INSIDES". This

Surgery required 22 staples across my abdomen and 1 was in the hospital twice after that for infection and pain.

Continuing to have severe abdominal and pelvic pain, In 1996 an OB doctor attempted to remove what was left of my ovaries and tubes. He encountered multiple problems. Medicare required that the surgery was to be done outpatient at an outpatient facility.

After starting the surgery, it turned into a problematic situation because of the multitude of adhesions, and cysts. It was so bad he had to close and leave multiple "ovarian remnants" in place. When all was said and done, I had 30 staples across my abdomen,

and severe pain for multiple days in the hospital which I had to be transferred to from the surgical facility.

In 1998 I became severely ill with a "virus" and was hospitalized, having a CVA/Stroke

the next morning. I had been sent home from the ER prior to hospitalization by the ER

doctor, having been told to "get a handle on my pain" they couldn't give me any more medication. I almost died.

Since 1998 I have not had any more life threatening situations. I had been told by a doctor, that I would be in a nursing home by age 40. I am now 46 and taking care of my elderly mother who has severe dementia. I have been through several pain

Clinics where I was given oxycontin, methodone, neurontin (which may have caused the stroke), morphine, and many others. I was on methodone when my father died and I moved in with my mother. It caused me so many problems

that I finally "detoxed" myself and discontinued using methodone. (Every blanket in the house has burn holes in it – and most of my furniture from my previous house).

Wouldn't you know that just about the same time I came off of the methodone, The "Pain Clinic" decided to drug test me....l was positive for marijuana and the doctor notified my psychiatrist whom signed a paper saying it would not hurt my mental state to continue medications even though I was positive for the marijuana. In turn, the pain doctor requested that I attend AA for two weeks, (even though I never was a alcohol user), and wrote me a prescription for methodone. I gave it back to them.

Since then, I have used marijuana and hydrocodone for my pain. I am also on Zoloft and several other medications on an as needed basis. When the pain gets too bad I go to the doctor and get a Toradol injection. But I swore to myself that I would never go back to where I was at with the methodone. It was a horrible two years. For me and my family. I have learned the hard way that sometimes it is better to stay away from the Doctors and "treat yourself". Only you know what is best for your own body.

This is the "short" version of a long story. I hope it helps others to see why it is important to allow legislation for Medical marijuana use. And to allow all doctors to be able to treat their patients as they and the patient agree upon. And not to be scared of retaliation from Government.

I hope this personal glimpse into the life of a marijuana user will instill into the minds of others the "right" to do what is best for yourself. And not to be intimidated by laws which were written, in my opinion, for the pharmaceutical companies, so as they could make more money for "their" drugs. Except for the cheap methodone they continue to impose

upon the "poor" and "drug laden" communities. This is just my history and my opinion on the care I have had in the United States.

Please feel free to comment to: Shereekrider@ bellsouth.net

Sheree M. Krider

Websites I am promoting:

http://www.KyARMA.com This site is still under construction.

http://www.mmjactionnetwork.com **Tonya Davis**

http://www.designingyourworld.com **Rev. Mary Thomas-Spears**

http://www.whengovfailsus.spaces.live.com Sheree Krider - Blog

... The good, the bad and the ugly

Written by Tonya Davis

Roll with Tonya Security Team

Happy New Years to all my readers. I truly believe 2007 will be a kick ass year in medical cannabis reform. With the change in power how can we fail? I think if we fail it's our own fault, by lack of effort. I don't know about you... but I plan on working hard to change these unjust laws that allow medical cannabis patients, like myself or Randy Brush to be arrested and incarcerated for using a medicine that is safer than aspirin.

Roll with Tonya 2006 was a success. A lot of great activists came in from all over the US. I hope that more Ohioans step up and help with the next one I do.

In 2007 we will do a "Roll with Tonya 2007" summer. Hopefully we will have more Ohio supporters and patients to join with us. The power is in the numbers and is needed to force our lawmakers to do their job. This novice journalist knows for a fact, if the people would come forward we would have medical cannabis today.

November 2006 I attended an Ohio event called "Reefer Rumble" hundred's of folks showed up to that party. When I spoke to the massive crowd, the first thing out of my mouth was Its great to see you all show up for a party! People want to sit around and whine about these laws but very few are willing to do anything about getting them changed. Propaganda has put a fear in most folk's minds that is making it tougher on me to get them to say how they really feel about this drug war in public

I am also finding that mostly... It's the sick and dying that's fighting to change these unjust laws.... Now that pisses me off... Because... we are so sick... we are limited to when we feel good enough to work on this issue. If the healthy would help us, we would have it in the bag. I guess the question of the day to ask yourself is "Have I done everything I can to help make medical cannabis protection laws a reality for patients like Tonya Davis, Randy Brush, plus thousands more in Ohio? If you want to help us here in Ohio make medical cannabis a reality please help me by getting Ohio Senators and Representative to sponsor and co sponsor the Ohio Compassionate Act. I know for a fact the majority show support for compassion. The will of the people will prevail if they are told to do so. I am begging you to please put pressure on Ohio to remove us out of drug war. You can find everything you need to know about the Ohio legislator by doing a search on the Ohio statehouse. Once we get Ohio to work with the people I will take it to a federal level. I give you my word.

I went to the new Ohio Governors Ball January 13, 2007. The Governor sure knows how to throw a party. Thousands showed up to show their support. There I saw the elite... I saw former Senators like CJ Prentiss, who because of term limits is now a private citizen. This is one amazing politician.

There was lots of food and drink and great music. What was real cool, was I think the whole state Highway patrol was there is seemed. We felt so safe ... I was impressed how the officers were so helpful. They got my chair out of van and put it back for me. They parked my van. The energy level there was very powerful and energizing and all I kept hearing was how great things would be now with our new Ohio Governor Ted Strickland. I met who said he was Governor Strickland's nephew he told me he did a research paper in college on medical cannabis. He said his interest on the subject stemmed from the death of his father who died from cancer.

Tonya Davis

Unfortunately that's usually when folks take interest is when it affects them personally. Id like them to take this issue on because it just the right thing to do...

Everyone I spoke to on this issue agreed a doctor and patient should decide what treatment is best, even if it's medical cannabis.

Everyone agreed cannabis should be a medical option for certain conditions. Sadly enough it was also said that I wouldn't see it in my lifetime. The reason is because our lawmakers are afraid to say how they really feel...

I want our lawmakers to understand they will actually help their career if the listen to the people. And also stand a better chance at gaining the white house in 2008. I could go on and on but I am going to close with Guess who is NORML's freedom fighter of the month in High Times for February 2007 ... Get your issue today and find out... It's me...I am NORML's Director of medical cannabis as well... Please support NORML they really do care about the sick and dying. Thank you Treating Yourself. COM's Marco Renda for giving us the forum to educate and share our stories.

Ok folks it is time for me to say have a good one till next time. Please visit http://www.youtube. com/profile?user=tonya420 and watch my videos or http://www.myspace.com/mmjactionnetwork.com to keep up with my blogs. We can and will make medical cannabis happen in my lifetime so our grandkids won't have to suffer if stricken with sickness and disease and their Doctors say medical cannabis might work for them.



CJ Prentiss with Tonya Davis



Tonya Davis with fellow activist Rob Ryan from Republicans for Compassionate Access. www.robryan.org



Current State Rep. Fred Strayhorn (D-Dayton) with Tonya Davis.

LEXX - In This New Year...

In this New Year, I hope that all of my friends and acquaintances can forgive my grumpy nature and my occasional shortness of patience. This as well as any other equally or more offensive of my actions, that may have been hurtful or insulting, I beg forgiveness and pardon.

I am by no means perfect even though I may follow the path of sages and saints, I am not in any way equal to them, or have as holy a path as they that have graced us with their exemplary lives. I do not claim to be any one other than another following their divine examples of living this vegetarian, spiritually centered life.

I work to keep being kind and myself as humble to every one in this world as I can. Being vegetarian is my way of honoring my love of God, his creation as well as to all of those we share this paradise with. My commitment is to changing my destiny, to bring merit to my ancestors as well as to all those who come after me. "For thy shall be done on earth, as it is in heaven". In other words here, first than we can live in and spread "heaven" with our works and our lives.

Though I have struggled to do all I can to change this paradigm by my sweat and unceasing labor lifelong, it has all ways been with God as my judge and to the very best of my ability. When confronted with what little I know of the work presented to me, I have striven to do the best I could humanly do, putting my heart and soul into everything I have ever done.

For what ever reason through out this life I have been plagued by theft of my earnings, possessions, and all ways for no good or decent reason, just to satisfy those that chose to prey upon me.

I pick up again and again working in blind faith for my judge, my God and creator. Even with this continuous theft and betrayal by these Harpies who pretend to be my friends, I do my work to the very best of my ability with God as my judge.

God has never forsaken me, though many have betrayed me through out my life.

I am overwhelmed by this lives enslavement, for no matter how hard I work or how much I make, the "thieves" take it all!

I am so very, very sick of it, but what do I do? I cannot stop and will have to work like a slave till the day I die, even than I still do not expect to rest.

Weary is where I am, nine SWAT Teams, all against a monk and minister! My only "true" crime is a devotion to God through this Holy Sacrament, service to God through toil and service to community. This as well as to is continuously paying for those things stolen from me, because of this very service and devotion to God!





Question for all those consuming cannabis:

For so many countless of Eons of years, the practice of selling, trading and bartering cannabis has been being done, since before man could think of this trading as being an activity of commerce.

So why is it that at this point in time it is considered OK to be snitching on, stealing from or scamming growers and cannabis sellers?

Why also is it OK to steal the medicinal cannabis from those patients you call friends?

Or those patients that you do not like yet have nice herb that they won't share with you?

I am making a point here that needs to be heard and addressed; and that is of course, all the really rotten things done in the quest for getting "high".

This is not only about the proper etiquette of smoking, sharing and acquiring cannabis. A further understanding of the life and perils that growers must endure has to be understood as well as supported. Now I do not mean to support those whose only goal is cash, does not care about the quality or the product; but instead sees this plant only through the eyes of greed and not for the benefits to the community The level of life force taken to make sure the medicine reaches the community and the "patients" needs to be appreciated and supported, so that those truly devoted to these greater goals of "healing" are given all the help they can be given.

A greater amount of these folks shun their kudos, knowing that the bright light coming back into those with little hope or understanding is returning the gift.

This most generous of plants, gives so much and in so many different ways, that all that can be said about this plant is that it is the "holy sacrament of mankind".

To truly understand what this plant is capable of teaching us we must look to another language given to us by our ancestors and deeply imbedded in our connected consciousness. That is a language of symbols, with many layers of secrets, codes and even gateways that are there for us to open, as soon as the minds eye is given the light to see.

For in darkness we travel, guided only by what we believe to be the "right path" and that is rarely given to us in the affirmative, that what we are doing in life is the right or correct path.

There are so many questions and so many have quested, that there now exists a huge body of these studies. The key here is to see that this pattern is here for us to discover as well as to "see" the patterns and comprehend in past life the emergence of the consciousness connecting them all.

By LEXX

This "string theory" of universal connectedness is the code that all of us share.

Without the shared vision there is no reality, only the void, our echoes upon the wind heard by no one, seen by no one, except the eyes and ears of God.

This is to understand the need of the entire human family, for with out all the eyes sharing the same vision of reality, we could not be what we are.

There are the animal kingdoms which we do share as we are bound to all that we share this existence with.

The eastern philosophies teach not only this connectedness, but also "teach" these survival techniques for the survival of our ancestors and progeny, this as well as how to pass on Merit to all those connected to you. It is not a teaching based on faith, it is based on cause and effect, connected to all actions and behaviors.

There is a book, given to generations past that give us a guide to proper living. Showing what "hells" the actions in this life cause,

giving us a reason not to take bad actions, or make poor choices in life. Also shown by the teachings is that there is a "pure land" that can be born into, by living according to cause and effect.

This teaching is to take responsibility for the effects of your life upon all aspects of this world. To become truly conscious of what your actions do.

All of this has to do with how all those who read this perceive and relate to their "medicine".

When we relate to this plant as a holy sacrament, treat it with reverence; use it with ultimate thankfulness for its presence in this world, we are graced by it. Than when we use this Sacrament, we open a door in our hearts to a shared consciousness that binds us all.

When we can understand why the elders of this tribe have held this most sacred of plants as such a deep and revealing goddess in their hearts. Have risked so much to make this plant in all its many faces and flavors available throughout the world, shows how truly inspiring this plant has been to mankind worldwide!

I want to point out to all those who have not been with this most precious of goddesses, since she started to be whispered about in the early 60's, that there have been so many who have been sacrificed on this pyre of bodies, that we are lucky to even have survived to this age! Many of our brethren are still in prisons or have been killed by the beast that is the "drugs" that destroy body mind and spirit, while only benefiting those selling these drugs.

When we first discovered this "other" path in life, we embraced it with all our hearts, however; for as many as were living this path, there were many times more that were there for the free ride.

This is where you must decide to walk in your own lives, with responsibility for all your actions and their consequences. This is the path to "healing" that all humans share. Owning up to the "cause" of your illness, taking responsibility and working to make amends, whether it be with others or the world entirely, this is the path to truly healing ones self.

I create investing my energy and time yet the

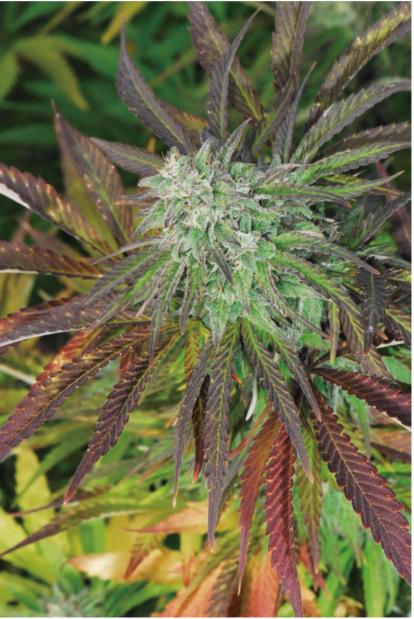
thieves take it all!! I am sick for what do I do? I cannot stop and will have I cannot stop and will have to work as a slave until I die-even then I do not expect to rest.

Weary is where I am...nine swat teams against a monk or reverend whose only "true crime" is a devotion to god through this Holy sacrament and service to him through the toils to pay for all that stolen

HARVEST TIME!

At the time of this writing, all over our area of this state we were in the midst of harvesting! The weather has been especially generous this year, super amounts of sunny days and a late rain fall; this year has us all showing some remarkable harvests.

I would like to remark on something that has occurred and shows the need of this plant for this world. That is the ability of the cannabis plant to fix carbon dioxide into the soil. This plant



Harvest Time!

by LEXX

has the highest uptake of carbon dioxide of nearly all plant species! Measured on a per acre basis there is nothing that approaches this plant's ability to fix carbon dioxide into the soil and Remove it from the Atmosphere. Add that we have a worldwide problem with global warming, caused by this massive abundance of carbon dioxide. Now isn't it interesting that this plant wants us to grow more, by these larger than usual harvests.

The amounts that have been produced this year are so much larger than last year that the wholesale prices to Dispensaries this year are that much lower by 20%! Now if we look at this in the model given to us by our friend and Monk, Adhi, we see this plant showing us and communicating to us, that she is able to turn the tide on global warming.

This Mother of all plants [Dai Ma], not only provides nearly all our needs as a human species, but also Cleans up the messes left by the unconscious generations, that have been responsible for so many catastrophic events affecting this world. Being that this plant is a big part of my spiritual practice, as Taoists we look at things through the eyes of nature.

There is a problem on our planet; that is the rise of carbon dioxide and the depletion of the main recycler of this carbon dioxide, our forests. We are already buying water, as what comes out of our taps is mostly unfit to drink. That's because of the depletion of our aquifers, as well as the pollution of most of the surface water in the world. Now most of these problems can be resolved by cannabis and by cannabis alone! We can prove this simply by returning to our farmer's fields this plant and the immediate planting of it in as many fields as it can be planted on. Within the very first year of a massive planting, there will be a noticeable improvement in the quality of our surface water and the level of carbon dioxide found in the atmosphere. We can even show from the 30's a depletion of the glaciers, because of the elimination of this plant as a crop.

There are so many other parallel problems that also can be traced back to the elimination of this plant as a crop. We can look at the decline of species of bird, fish habitat, even species of plants and animals that are going extinct as a direct and indirect result of this prohibition. To place such a heavy burden upon our forests to produce the ever-increasing demand for lumber and fiber is absolutely a crime to this delicate balance of nature, when both of these problems are directly positively impacted by the reintroduction of this plant as a crop plant. We cannot keep up this production of fiber, solely from our forests. Even with the best management techniques, we are running out of trees capable of supporting both, of these ever expanding Industries.

With pulp and fiber it is common sense to use cannabis; with today's technology, the fact is that fibers such as cannabis fibers can be made into all sorts of Lumber products, replacing even the common 2×4 . Even when compared to bamboo, its growth and production, cannabis still is the fiber, with the highest yield per acre in all areas of the world. That and is the longest and strongest fiber of all fibers, makes it the most Ideal of all fibers, with the added benefits of being biodegradable and healthy for the land.



Real Medicine

n my previous article for Treating Yourself, "Sacrament or Medicine?" the case was made that Cannabis is reasonable to consider as real medicine or sacrament. Let's consider a few aspects of the medical use and its place in medicine.

First of all you must ask yourself "What is Real Medicine?" In reality there are many forms of medicine practiced in the past and present. To many people the term "Western Medicine" has come to mean the only form of medicine. There are many forms of medicine within "western medicine" because it evolved from older methods.

"Alternative Medicine" has become the term for many older forms of medicine as well as new ideas in medical evolution. Most people realistically assume that "Modern Medicine" is a product of scientific progress and much has been learned. However, the new knowledge didn't invalidate much of the old knowledge but instead added to it.

My background in emergency medicine and 16 years of inhospital experience taught me the value of modern science. This medical experience included treatment of psychiatric disorders. Believe me when I tell you that working with the sick, dying and the mentally ill, it teaches you compassion.

People suffer in many ways and they have always tried to find ways to ease their suffering and cure their ills. Hospital work is rewarding but sad to see at times. The best medicine would be a combination of many forms of therapies. Drugs are valuable but often too much emphasis in "Western or Modern Medicine" is on drugs and certain approved therapies. Things could be better.

by BushyOldGrower Author of Bonanza of Green

In Alternative Medicine the idea of Medical Marijuana is often scoffed at due to fear or ignorance. My experience included training at a Naturopathic College run by some very good and spiritual people. Their view about Cannabis were driven by their desire to be legitimate medicine themselves. Alternative Medical Practitioners often fear prosecution for practicing medicine without a license. Some still believe Cannabis to be an addictive drug despite the science to the contrary. No one dies from Cannabis usage.

My goal has always been to help people. The best way I can do that is by my own example and in helping good people see that they are all on the same side. Most medical people, of whatever sort, want to help. What I found in a time of crisis for a patient to be helpful was often as little as a gentle hand on their shoulder and a word of reassurance. That they could

feel safe that we had things under control.

Being "Human" means lovina each other and what makes a suffering person is has properties



including pain control. Cannabis also stimulates appetite, decreases nausea and helps us sleep and relax. THC receptors in our brains get THC from many foods but Cannabis is very high in THC. Other chemicals are also formed when Cannabis is ingested. Here are some suggestions for relief of pain without narcotics. There is nothing wrong with opiates really but consider them for later when you really need them. Opiates constipate you and drag you down.

Moderate pain and even fairly severe pain can be treated with Ibuprofen 1800-2400 mg per day, and then when combined with Cannabis can be potentiated to take the pain away. To do this you will need to maintain a considerably higher THC level than normal. However, even small amounts of THC can create a state of mind in which the pain is forgotten for a time.

When pain is severe and a higher level of THC is desired a good addition to smoking or vaping is the eating of Cannabis

edibles. They can be purchased from most Cannabis clubs and you can easily make your own edibles. Edibles can be as simple as a cookie and as complex as a truffle. The reason for the edible is that a more potent form of THC is released when Cannabis is taken by mouth. Edibles are great in the evening to relax and help you sleep well.

Medical Doctors have been prescribing non-narcotic pain relievers like Celebrex and still are despite the proof that these types of medicines actually cause heart attacks! How safe are new medicines when compared to the old herb Cannabis? The usages once prescribed for Cannabis have proven true and the safety of Cannabis is now clear.

All herbal medicines, homeopathic medicine, body works, hands on healing methods, etc. are safe and often effective. We must unite all of medicine in the "One Love" we share. My teachings on how to grow Cannabis have been known to the online world in the past and I want to teach you to grow your own medical marijuana if you decide to.

My book, "Bonanza of Green" is my simple "BOG" method of indoor organic growing. The book is available at <u>www.</u> <u>fsbookco.com</u> or <u>www.amazon.com</u>. I made the book simple to understand with lots of pictures. See you next time with more on the Sacramental and spiritual side of Cannabis.

One Love, BOG 🙂



Treating Yourself

Local Boy Makes Gourd

By Steve Genereaux

When asked to write this article on myself, I wasn't sure how to approach it. I could be too complimentary and seen as conceited or I could be too humble and not fully expose myself, so I am going to try and stick to the facts as I see them.

I am a cannabis user first and everything else second. Secondarily, what I do is make functional gourd art and fine art prints under the name Unconventional Art. I am also a store owner, musician and cannabis activist and now, published writer (not including LTE's).

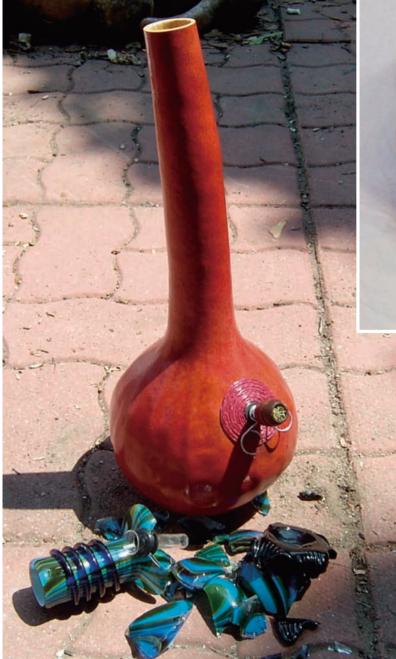
When I say functional, I am not fooling around. I make fully washable bongs, bubbler's, hookah's & chalices; not to mention food safe bowls, dishware, vases, decanters, lamps and even Gourdildo's (yes that's right...gourd dildos). People always want to know how the hell I got started doing this. Well, it was a complicated series of life events, hard work & dumb luck. I think most expect to hear something along the lines of "found me some gourds one day", but I am not that simple (sometimes they regret asking being I am also a prolific talker). Let me try to give you the low down without writing an epic novel. I have always been a creative person, even as a child, and have also been an activist for about as long. After leaving high school, I worked for five years as a silk screen printer in small shop while singing and writing for a hardcore punk band during the mid to late 80's. I left that art related job and took one in an automotive plant that ended as a corporate liaison/quality engineer career I hated. During this fifteen year period I had always remained active with my art and music but not so much on the activism. I retained membership at a local art school and also enrolled at some collage art courses to quell my need to create, content in the belief that a career as an "artist" was unobtainable.

In the mid nineties, I was stricken with the onset of arthritis. It had me on disability at age twenty five with no hope of getting any better from my medical doctor. I wouldn't accept this prognosis of "having to deal with it" and gradually advancing to more and more pain killers. I went to see a naturopathic doctor and he really improved my health (at the time I was lucky to find an ND, being they were not as common as now). It was at this time that I found smoking my "recreational" marijuana was making me feel much better "medicinally". I had always been a fairly regular toker, but now I was feeling the physical benefits more keenly. With these natural remedies, I returned to work and have not been "disabled" since [touch wood]. Fifteen years later, the same doctor asked me how come my arthritis is under control and I am doing so well. I stated "because of naturopathic medicine and cannabis...but mainly the cannabis". I was so excited when he said "whatever works for you" that I brought back all my completed exemption forms...of course he wouldn't sign them. Oh well, I haven't needed his permission for the past fifteen years and considering he doesn't know squat about it anyway, I don't feel I need it now.

A few years ago it happened; the kind of life changing moment that few are lucky enough to get. Mine came in the form of psychic visions during a visit to the mausoleum of Bob Marley in Jamaica [maybe I will elaborate on this in a future article; as well as my on going medium training – play eerie music here]. Anyway...change my life it did.

I knew I had to get back to being the artistic, involved social activist I once was. I had to be the adult that I wanted fighting for me when I was a youth. I had to get back to my roots...but how? About this time, a good friend gave me a couple of hard shelled





gourds that he had gotten from a farm and right away I realized their potential as bongs. The only problem I could foresee was in cleaning the resin out and keeping it fresh, being they are so porous on the interior. I needed a coating and during my extensive research into resins, polymers and finishes, I found ones that were food safe, temperature resistant, UV resistant and fully washable. A light bulb appeared over my head and I could finally envision what has now become...Unconventional Art. I realized that I could make almost anything out of gourds, plus I had my graphic designing and print making; maybe enough to make a go of it. The art world is tough, especially for outsider artists and if you take a few more steps outside, you will find me. In spite of this, I wrote an extensive business plan and was accepted



into a local government program for small businesses. The part I am most proud of is that I did all this without hiding any of my cannabis content and still don't. In fact, I have also won awards for my gourd art in "conventional" art shows and have always included cannabis material. I have also had booths in traditional craft shows and trade fairs. I have been amazed at the demographics of people who "come out" to me at these events. Having cannabis and non-cannabis pieces has allowed me to attract a wider group and let me inform a wider variety of people. In the cannabis community, I have been featured in Skunk magazine and have donated many pieces to rallies and fund raisers from coast to coast. My work had also been available at Clandestiny and G13 in Toronto.

I have also had a full web site and store for a couple of years and, until recently, was working out of a home studio but now I have taken it to the next level. I have opened a new concept store /studio in a vintage 150 year old building in my hometown of Brantford, Ontario (Alexander Graham Bell invented the telephone just up the street). My studio is actu-

ally part of my store, so people can watch me work and see pieces in process. I am getting involved with the local art & music community, who is trying to centralize more artists around the area. One of the objectives of this place is to normalize cannabis into current culture, to be accepted as a legitimate even if the law doesn't want to give us that right. It is working. In the month I have been open here, I have only had one old couple walk out but I have had many positive conversations and even more encouragement. I am even meeting and being accepted by people in the traditional art community...hell, even my local city councilor was in and he loved the place.

It feels really good being back to my roots. Now I need a band.

Richard Koppens

In the last issue, I discussed how, after receiving my Possession and Production permits from Health Canada, I worried about how I would be accepted as a Marihuana Medical Access Regulations (MMAR) exemptee. This led me to speak with a number of people including the police, my landlord, TreatingYourself.com members and other exemptees. I even spoke with people I encountered in my travels around Ontario.

To generalize, I discovered that Canadians are very accepting of MMAR exemptees and are eager to discuss the benefits of therapeutic cannabis. Many asked about an older relative and wondered how they might be helped. Most often, those exemptees that had difficulties admitted that their troubles stemmed either from personal or past issues with those close to themselves or from engaging in compassionate, but illegal, acts.

My fears were not entirely calmed, however. Shortly after writing the article I made arrangements with Health Canada to have a compassionate person of my acquaintance named my designated grower. This has taken a great deal off my mind and I believe that many sick people would benefit from having a trusted person produce their medicine for them.

Other than irate neighbors or family members, the group that has treated exemptees and the MMAR itself poorly is the Government of Canada. Since the last article was written the Harper government has announced that they have cut all future funding for MMJ research in Canada. It is difficult to feel that we are making progress toward the serious use of cannabis as medicine in the face of this act of our elected officials.

Being a member of TreatingYourself.com, I knew that there were a number of US states with laws on the books to allow for the use and production of medical marijuana. I didn't know much about these states or their laws, but I knew that my fellow TY-members would give me all the assistance I needed. I decided to find out how US MMJ exemptees are accepted by their fellow Americans.

There are twelve states that have legalized marijuana for medical use. After familiarizing myself with the requirements in each state, I managed to speak with exemptees in half them. In all, almost a dozen people stepped forward. I am again indebted to those people who gave of their time and privacy to speak with me on the phone. I couldn't have written this article without you.

I wasn't certain what differences I expected to find between US and Canadian exemptees, but what I wasn't prepared for was the overall lack of differences. From Alaska to Maine and all points in between, the stories and experiences that people related were very much the same as those I had been told by Canadian exemptees a few months before. People were almost universally supportive, accepting and a little bit curious of the use of cannabis as medicine.

There was one major exception to these similarities. The US government has not legalized the use or production of cannabis for any reason. While I didn't speak to any exemptees who had, had a problem with federal law enforcement officials, the 'fear factor' was noticeably higher down South. While some militant Canadian exemptees have readily admitted to having to suppress an urge to light a joint 'every time they see a cop', their American counterparts were almost as cautious as if they had no exemption at all.

As it turns out, no matter how legal their state makes them,

each person knows that there will be no protection should the DEA, FBI or Homeland Security Department decide to arrest them for their medicine. This leaves them feeling much more vulnerable than their Canadian counterparts. Not only was this made obvious through reluctance to speak over the phone, but in various other things that came out during the interviews.

Doctors, for example, need to be reassured that they will not be charged under federal law for signing forms recommending cannabis as medicine for their patients. Quite often, groups like NORML or their more local counterparts have printed fact sheets to help the doctors understand the law and feel comfortable 'prescribing' marijuana. This is an added stress to what may already be an uncomfortable conversation for both the doctor and the patient.

Members or former members of the US Armed Forces are in a sticky situation when it comes to the use of medical cannabis. Active members are not to consume cannabis at all. If its use were discovered, they would be discharged from the service. Veterans of the various branches are provided medical care by the Veteran's Administration (VA). They, too, frown on the use of cannabis and no doctor under the employ of the VA will sign a recommendation for fear of being fired. This forces veterans to seek a recommendation for exemption amongst doctors in the general medical community; adding to the numbers of people already 'doctor shopping' for MMJ-friendly care.

(In Colorado I was told of a small group of doctors that has organized themselves so as to be more accessible and to better meet the needs of MMJ patients and prospective patients.)

Another area where the lack of agreement between Federal and state laws has a great impact is that of finance. Twice I was told tales of how loans or financing were refused because the applicant was legally growing Cannabis for medicine. Apparently, houses owned by people sick enough to require them to grow their own medication, as well as those owned by individuals compassionate enough to grow for the sick, are subject to seizure by federal law enforcement officials even if those people are permitted to do so under state law.

Even in minor ways the increased caution of legal MMJ exemptees was apparent. When asked if the local grow-shops gave a discount to medical growers, most US exemptees that I spoke to replied with, "I wouldn't have the nerve to ask". And, while most have discussed the situation with their families and found them to be generally supportive, very few have spoken with (or would ever consider speaking with) their employers or the workers in the agencies that the sick must always deal with. This reluctance can be seen in Canadian exemptees as well but to a much lesser extent.

In most states, small quantities of dried or growing cannabis are a low priority for law-enforcement. Still, nobody should have to hesitate before they call 911 merely because they are sick and are growing plants that help them. In states with no MMJ legislation, police and fire officials will, and routinely do, arrest people based on evidence that they discover during fire or medical emergencies. Even if a person is later cleared in court on a 'medical needs' defense; their medicine, their plants and their growing equipment (such as lights and cloners) will most likely not be returned to them in these states. Another common concern is the inconsistencies between state MMJ programs. From one state to the next, the quantities of dried and growing cannabis that can be possessed vary widely as do the requirements to qualify. Some states have a mandatory registry while others' are voluntary. California's dispensary system, while fraught with problems and constantly under scrutiny and pressure from federal agencies, is coveted by exemptees from other states. (In truth, many of the people that would benefit from treatment with cannabis are not physically capable of growing their own medicine. This is an issue that should receive greater emphasis in both countries.)

Exemptions are not transferable. That is, you can't move from one state that allows MMJ to another and expect that you will still be exempt. You may even have to find an in-state doctor to sign your new recommendation. Obviously, if you move to a state with no Medical Marijuana program, your medicine will be just as illegal as the merchandise offered by the friendly drug dealer on the corner. That is a harsh reality and it results from a federal government that will not be convinced to stop punishing the sick.

In all, exemptees from one side of the border are very much like those on the other. The fact is that both groups are sick people who, for whatever reason, have found cannabis to be an improvement to the pharmaceutical regimen that they were on. There is no border on disease and disability. There are only politics separating one country or one state from another. Persecution exists everywhere and so do those who would prey on those that they see as weak. Like it or not, we still have to watch our backs and be careful what we say...no matter where we live.





A Dog and Cannabis

By Dan Malette

Being sick and able to voice your pain, and choose your medicine is one thing, but what about those who cannot speak, or indicate their pain? My Fiancée's parents own a 14 year old Labrador, named Jackson, who has developed arthritis in his older age. He is an amazing animal who seems to not notice his pain, unless he is standing up or lying down, which can take him a while. He is prescribed Metacam, a painkiller, but with longer usage, causes serious heart damage in dogs. His brother, Levi, passed away about 3 years ago from hip dysplasia and heart damage due to the painkillers.



I have witnessed on a large scale and first hand how cannabis helps with all different ailments including arthritis. Planning our Christmas trip to

Coburg to visit her parents, I suggested to my fiancée that maybe I should bring some cannabis butter (Indica) to see if Jackson might benefit from it. After asking her to speak with her parents, they agreed to give it a shot. He's a sweet older dog and they just want him to enjoy what is left of his life.

After feeding Jackson his normal meal (his favourite part of the day), we prepared a VERY minimal amount of butter, about the size of a pen nib. After giving him the butter, we followed it with about a ½ cup of yogurt to help him absorb the medicine. After watching him closely, we noticed a slight change in his movement and how fast he could get up and lie down. The next night, we decided to up the dosage very slightly, and noticed an even larger improvement. Keeping Jackson at this dosage has made a great improvement in his life. He now does laps around the house when he goes out for a walk, and can stand up and lie down with even less pain than before.

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Poetry Pages

Threads of Love

The Soul of love lies within us all like an invisible thread that has wound it's way around our hearts. Through trust and devotion a hand from each soul reaches out for a frayed end from the thread of another and pulls..... This is the edge. All fighting and crossroads lie here. Will the frayed ends tangle into a mass that finally breaks and falls to the floor? Or will they begin a gradual weave that extends from one to another Until there is a pattern that no two others could possibly recreate?

-Sept 11, 1989- Vycki Fleming

The River of Passion

The storm that rages in my heart. Unquelled by reassuring words. Every time you look at me it's like oxygen to fire. The flames rise to sear my heart with visions of your body with mine. The heat flows through my veins like a raging river. As it peaks, I pant a heated breath or ecstasy that begins to carry me upstream. We work, moving together; to accomplish a unified goal. Somewhere..... lying exhausted on the banks of the river of passion.

-March 03 1992- Vycki Fleming

Hemp is Relief:

This is a glass hemp leaf. It's a relief in glass, and Hemp is Relief Relief from clear-cuts Relief from cigarette butts Relief from climate change Relief from spare-changing Relief from little white pill popping Relief from un-conscious shopping Relief from Chumbawumb-thumping Relief from tell-lull-a-vision Relief from non-renewable energy consumption Relief from that never-ending pharmaceutical prescription Relief from hangovers in a proactive kinda way Relief from thousands upon thousands of human lives imprisoned Relief from wars waged to no avail Relief from cows and pigs and chickens and other unloved proteins Relief from pipelines and tanker spills Relief from overflowing landfills Relief for all of us's instilled ills Relief for all of those intangibles Relief in the form of laughter Relief in the way she just brightens your day Relief for the Earth and all who abide, As you feel a spark flicker way deep inside, And as I feel it, I've no reason to hide. She's a plant, she's a flower. A food, fuel and fibre. What more do we need? Let us free the Weed from Oppression and Greed!

Submitted by: S.J.



Poetry Pages

My Father called on me one day,

At first he did not seem to have much to say.

We always talked about politics and the "events of the day", But this time, His voice had changed, He said, "Hey", Do you think that "LittleBit" (a close family friend), could care to get me a "little bit" of that POT? I was just wondering if it might help me feel better, as I have been down a lot.

I was taken off my guard, when this 84 year old man, MY FATHER, ASKED ME, FOR POT?

It had been much an unspoken reality of life that I DID smoke POT. I did it for my health, and I did it for my mind. But I NEVER expected my DAD to USE medicine of this kind?

After a short delay, I spoke back, and said, "Dad, I could get this for you, but "YOU cannot have it." "Your lung disease is sobad, it could choke you to death".

If only I had listened, to the sound of his voice, I would have realized, he was making a serious choice. To come to his only child, to request help for himself, To ease the pain in his last months of life, Only to ease his mind in his last months of life, I shrugged it off as I made myself believe, that he was trying to fool me, Just to see what I would say. If only I had listened, to the sound of his voice, I would have known it was not a ploy nor a joke, It was not just a way to for him to complain... "shame on you," "for smoking that pot." "Only a bum or a hippie would choose that lot!

It was a reality call. For my Father, Myself, and I will remember, for the rest of my living days, Less than four months later, he lay in his grave. He did not get the medicine he needed, And now I am left to question the reason.

Why did I not see what was real? Why did I not make sure he got a fair deal? Meaning, I should have known, and I should have done, What any loving daughter would have done for her Dad,

> From, Your very sorrowful and loving daughter.

Sheree Krider

Www.treatingyourself.com The Alternative Medicine Journal is online and growing!

From bud shots to strain guides, this site is packed with information for medical cannabis users and growers.

"TY is my 1-stop for everything I need to live, love and laugh. Where else can I 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 living. It has provided a type of freedom. It has shown me how to TREAT MYSELF, and how to pass this knowledge along to the next person who needs 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 a lot, about a lot from my fellow members, and hope to learn much more. I am extremely happy to have found this site (and the people in it) a couple of years ago, and I can't see myself ever walking away from TY and it's members! TY is family!

~Nardwarz TY Member

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We offer growing advice and tips, great monthly contests, and a membership that sees TY as a family and acts accordingly.

Above all we offer compassion, friendship and a light in the dark!

Chef Uni

Welcome to my Kitchen...I am Chef Uni also known as Unicorn on the TY website, but you can also call me Maggie. I have had the pleasure of writing for the Treating Yourself Magazine for a year now and it sure has changed my life.

I would like to share a little info about myself with you the reader's. I've been married for 21 + years to my best friend Gord aka Zardoz. We are the proud parents of 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 spending time with my family, photography, taking walks on the beach, reading, chatting (if you didn't know this already), and I love cooking and baking.

Treating Yourself is a big part of this family. Besides my Cooking Corner, Gord writes the D.I.Y. section and product reviews, and our daughter you will all know from the Non Using Teenager section. Our son has yet to join the force, but give him a few years. I am proud to be part of the TY Family. I've met many members over the years and can say that along with Marco, many have joined our extended family becoming more than just friends. TY has taught me many things and I am proud to be 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 love trying out new recipes and converting recipes into MMJ Treats and Dinners. I have many legal taste testers that I call my guinea pigs and I'm happy to say I haven't killed any of them yet. I will share their reviews with you and in each issue I will feature a quick and simple tip anyone with a little canna butter or bud can make in 30 minutes or with little fuss. I also would love to feature other Member's recipes as Gord and the other guinea pigs will get rather large always being taste testers.

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 or you have tried out one of the recipes in the magazine and have a review, please email them to me at <u>chefuni@treatingyourself.com</u>.

See You In The Kitchen! Hugs, **Chef Uni**

Quick and Simple Recipe Herbed Omelet -- submitted by Chef Uni

Here is my Quick and Simple Recipe for this issue.

Ingredients: 2 eggs 1 tbsp water chopped onion chopped ham grated cheese 1 gram ground marijuana (white widow) salt and pepper to taste margarine or butter Beat eggs and water till frothy.

Melt butter in pan, add onions and ham. Sauté till onions are clear. Pour egg mixture over onions and ham. Swirling the pan to move the wet egg to the edges, add ground marijuana, salt and pepper. Cover with a lid and let cook for approximately 1 min or till golden brown. Now for the tricky part... slide the omelet onto a plate large enough to hold it without folding it. Now invert the omelet into the pan. Add grated cheese and cover with lid and shut off burner.

Remove from pan by folding it in half. Garnish with toast and salad of choice.

(You may add whatever ingredients you wish to your omelets)





Recipes

Canna-Butter Tarts By Raton

I made these for the New Year's Eve Celebration at the Kindred Café in Toronto. Everybody said that they were great, but they all looked pretty well-medicated before the tarts came out.

Frozen tart shells 1 egg 1 c. light brown sugar ½ c. softened canna-butter 1 tsp. vanilla Pinch of salt

Mix ingredients. Fill shells and bake at 400 degrees for 10 minutes or 350 degrees for 20 minutes or until done. Makes twelve tarts.

If you can find them, the tiny one-bite tart shells are preferable. As with any medicated food product, small doses are best. Also, feel free to add raisins or pecans to the tart as another method of reducing the amount of medication per tart.

I also made some tarts with 'bread shells'. To make these, cut the crusts from slices of buttered white bread (or cut 3" rounds if you are fussy) and place, buttered side down, in the spaces of a muffin tin. Bake for 10 minutes or until brown.

Irish Coffee with a Canna Twist By Chef Uni

Ingredients:

1 oz canna soaked liqueur (see Canna Chocolate Mousse this issue)

1 cup dark roast coffee (I made this in a cappuccino machine)

Whipped Cream for topping

Mix liqueur and coffee together in a mug. Top with whipped cream and enjoy!!!

Even St. Patrick would need his Shillelagh handy after this coffee.









2 Bite Canna Cranberry Lemon Muffins By Chef Uni

Ingredients: 2 cups all purpose flour ¹/₂ cup sugar 3 tsp baking powder ¹/₂ teaspoon salt 3/4 cup milk ¹/₂ cup melted canna butter 1 egg, beaten 1 tbsp grated lemon rind 1 cup chapped craphoreics (freeh or freezen)

1 cup chopped cranberries (fresh or frozen)

Heat oven to 400 F. Line 16 place small cup muffin tin with paper cups.

In medium bowl, combine flour, sugar, baking powder and salt and lemon rind; mix well.

In small bowl combine milk, egg and canna butter. Add dry ingredients to the moist and mix until dry ingredients are moistened. Add cranberries till mixed through, don't over mix.

Fill prepared muffin cups 2/3 full. Bake for 18 - 22 minutes or until golden brown. Cool 1 minute before removing from pan.

Canna-Chocolate Mousse By Chef Uni

Ingredients

3 oz semisweet chocolate, coarsely chopped
1 tbsp strong black coffee
2 eggs, separated
1 tbsp canna soaked liqueur (you choice)
3/4 cup whipping cream

1.2 grams finely ground marijuana(used UBC Chemo for this batch)1 tbsp powered sugar (icing)

Melt chocolate in a medium stainless bowl over a pot of simmering water, stir until smooth. Stir in coffee until blended. Remove from heat.

In a small bowl slightly beat egg yolks... using an electric mixer on low, slowly beat yolks into chocolate mixture, only until blended...place back on pot of hot water and stir for 1 minute. Remove from heat, stir in canna liqueur and set aside to cool completely. (Placing in fridge will set the chocolate too quickly, I know this from experience.)

In a medium bowl whip cream until soft peaks form. Beat in powered sugar and ground marijuana, till mixed in, don't over whip. Set about 3/4 cup of whipped cream aside covered in the fridge for decorating. Fold remaining cream into the chocolate mixture until blended.

In a medium bowl whip egg whites until stiff but not dry. Fold beaten egg whites into chocolate-cream mixture. Once everything is blended, transfer to serving dishes. Depending on the size of the bowl depends on how many servings 2 - 3 is normal. Refrigerate for 3 hours. Remove from fridge and decorate with reserved whipping cream. Sprinkle with shaved chocolate (I made special green chocolate for this recipe by melting 2 oz of white chocolate and then mixing in a few drops of green food dye, let cool then shave).

To make the canna soaked liqueur I placed 2 oz of Drambuie in a small jam jar with 2.5 grams of White Widow buds. Seal



Recipes

and let set for at least 2 weeks or more.

This is a recipe you could surprise your sweetheart with on Valentine's Day. Total labour time is about 30 - 45 mins. Recipe complete in under 4 hours.

Woohoo, chocolate chip cookies! Only 4 steps too! By Yrekagrow

Ingredients: 6 ounces canna oil (just under 3/4 cup) 1⁄4 teaspoon salt 1 egg 1 teaspoon baking soda 1⁄2 teaspoon vanilla 1 2/3 cup sifted flour 1⁄2 teaspoon water grated Hershey bar (the small one, I think it's 4oz) 1⁄2 cup sugar 1⁄2 cup packed brown sugar 4 ounces chocolate chips



Instructions:

1. Place melted butter, egg, vanilla, water, both sugars, salt, and baking soda in a bowl and mix at medium speed until blended, blend in flour.

- 2. Then add the Hershey bar flakes, and chocolate chips.
- 3. Bake at 375 degrees for about 10-12 minutes, until golden brown.
- 4. Let set 5 minutes and place them on a serving plate, enjoy.

FOOD REVIEWS By John Saunders A.K.A. Pain Pal Federal Exemptee

Canna Cranberry Lemon Muffin Review

These little muffins are an excellent late evening snack. A hot cup of chamomile tea and a couple of these goodies and you'll be sleeping like a baby. A very tasty treat and though they look small they are very filling. Compact or heavy for the size, it really is surprising in a good way. I was going through a very hard time when Chef Uni, presented me with 4 of them. I had not been sleeping, and my nerves were getting me down but, when I tried the first 2 with the hot tea before I went to bed it was just what I needed at that time. I fell to sleep and didn't wake up for 5 hours, the longest sleep I had in weeks. Thank you Chef Uni. If you can't sleep and your nerves are shot these little cakes are for you. Just follow

the Chef's recipe and you'll be in la la land in no time.

Canna Chocolate Mousse Review

This desert has a very strong taste and smell of Chemo. This Chemo has a distinct fragrance of its own, different then any MMJ that I've had before. Hard to describe but once you've tried it you'll definitely recognize it the next time you smell it or taste it. An awesome desert that will definitely leave you feeling relaxed and satisfied, fortunately I didn't have anything to do that required alertness or concentrating after I had my bowl full for desert because it would have gone undone until the next day. It sure brightened up my evening. It even had an effect on my eyes, making things more clear and colourful. Any one that has the opportunity to try this treat is in for one heck of a surprise. Its kind of like that little pink bunny that keeps going & going. This was one of the most potent deserts that I've ever had the pleasure of enjoying. Thank You again Chef Uni. Hanging Loose On Chef Uni's Chocolate Mousse



Sugabear's

Strain: Burmese pure Breeder: Reeferman Seeds Vintage: March 2005 from Heaven's Stairway Grower: Sugabear

Date Germed: September 2006 Date Harvested: December 2006 Total Veg time: 20 days Total Flw time: 65 days Total grw time: 85 days odor (1-5) : 4 yield (1-5) : 5 Feed (1-5) : 3 Stretch : 3x

Grow Method: Hydro DWC

Germ Method: Germed in wet paper towel, last 2 seeds of the pack, 100% germ rate after 36 hours

Seedling Stage: Seeds were placed in pre-soaked rockwool cubes. Cubes were placed in a bed of pearlite with wicks hanging down into a very weak nutrient solution. Lighting with 40 watts of 6500K daylight CFLs. Total seedling stage time of 1.5 week from starting seeds.

Veg stage: Cubes, now with roots out of the bottom, were placed in net pots with hydroton and cube wrapper was removed. Net pots were placed into the lid of small 2.5 quart light proof buckets. Air hose and air stones added. Used a 1/4 strength flower nutrient mix for veg. Used both floros and a 150 HPS for veg for 1 week. Growth was good and the plants developed several nodes and leaves reaching around 6" wide and tall.

Flower stage: Plants were moved into larger 2 gallon DWC buckets and then into the flower cabinet which is lit by a 400 watt hps.

Nutrients were GH floranova at around 500ppm initially, plus floraliscous as directed, 150ppm of Epsom salts, 1-2 tbls folic acid, and hyrgrozyme as directed. Stretch was big and started quickly. After 2 weeks sex showed and one male and one female was the result.

The male was trimmed heavily and moved to a vacant closet to be used for some F2s and also another cross.

Female plant was fitted with a super simple scrog.

The rest of the report will be on the female. This plant continued to explode with growth and stretch well into the third week of flower. I scrogged and then tied down the main branch some more. The overall effect I was going for



was a stadium effect with longer branches in the back. I find this yield the best as compared to a completely even screen. After 4 weeks of training and trimming I had a bunch of lower branches in the front and the main cola plus a few other side branches forming a wall in the back. All in all about 8 branches were allowed to grow up from the screen. Other lower branches that would not amount to much were trimmed off and used for clones. Feeding progressed plus 100 ppm of floranova per week until topped out around 750ppm total. This seems to be optimum in my experience with this strain, much more and she'll show tip burn, much less and she'll be pale. Budding started strongly and a distinct smell of sweet pink grapefruit was present as well as a spicy incense/perfume smell. All in all very yummy and enjoyable, you will want to keep smelling your fingers after touching her. Really unique and exotic too, not the same grapefruit smell as c99 phenos show, more floral. Growth continued without much to remark on as the buds swelled. At week 6 I started turning down the nutrients, by midway through week 7 she was on pure water flush. The only issue I had was with light heat burn as some branches were right in the sweet spot of the 400 and only about 6" away. Heat was not an issue as a fan was blowing, but the light was too intense and bleaching on the leaves became apparent. I tried tying back but she still got damaged a little bit. This strain doesn't tolerate super bright light so this was no surprise. After 12 days of flush and 65 days of total flower she was chopped into branches and hung to dry under carbon filtration as the odor of grapefruit and perfume was very strong by now. Overall trich production was very good and the trichs were nice and tall.

Dry Method: The plant was cut up into 6-12" sections and the fan leaves were trimmed off. At this time I noticed that this specimen had grown bud clusters at the base of the fan leaf stems which I believe are called petioles. Haven't seen this before but it was a nice little addition to the chunky nature of this plant. The flower to leaf ratio was also real nice on this plant making trimming a breeze. Initial drying will be in my

GROW & SMOKE REPORTS

old flower cabinet under forced air movement through a carbon filter. They'll dry in there for a few days until the stink isn't so bad and then they'll be hung up to slow dry in the open air for a few more days.

Cure Method: Buds are trimmed from large stems and placed in glass jars. Jars are burped daily for a week and then sealed and left in cool dark place for a while. After 6 months I'll take what is left and vacuum seal to stop any further degradation by removing the oxygen.

Smoke Report: Well this Burmese was very much like the other Burmese I've grown and that is to say outstanding. This one has the same piney almost ammonia-ish taste as the first pheno I grew with strong citrus and spice flavors as well even without a proper cure. There is some of the greasy tongue feeling too which I enjoy - overall smoke is smooth and sweet thanks to long flushing. The high is fairly immediate with some creeping over a 10 minute period. The high is very much in the head and is happy relaxing and soothing. The relaxing feeling usually carries over to my body and I find my shoulders unwinding and dropping down as the stress goes away. Being outside in bright sunshine one notices some visual changes, nothing psychedelic (like trails, colors, depth perception issues, etc) but you are visually aware that you are stoned if that makes sense. I still get that happy go lucky bounce in my step too which is nice. It reminds me of this thing we did when I was a kid where you stand in a doorway with your arms at your side, then you lift your arms palms down and press them against the inside of the door frame and hold them there for 30 seconds or so, then you release the pressure and walk out of the door into the room with your arms at your side and your arms will magically without your wishing them to rise because the muscles are still reacting to a message your brain stopped sending. Well if you've ever done that and have felt that weird weightless lightness in your arms as they lifted up, well then that's kinda like the bounce in your step I feel. Just kind of a weightless feeling in my walk like I could just start running and jumping and I would be able to jump over everything in my path.

Strain: Blue Thunder Breeder: Reeferman Seeds Vintage: June 2006 from Seed Boutique lineage: Blueberry Sativa x Mantuska ThunderFuck (three lavender pheno males were crossed to a single female) Grower: Sugabear

Date Germed: October 2006 Date Harvested: January 2007 Total Veg time: 20 days Total Flw time: 70+ days



Total grw time: 90+ days odor (1-5) : 1 yield (1-5) : 2 Feed (1-5) : 1 Stretch : 2x

Grow Method: Hydro DWC

Germ Method: Germed in wet paper towel, two seeds, 100% germ rate after 36 hours

Seedling Stage: Seeds was placed in pre-soaked rockwool cubes. Cubes were placed in a bed of pearlite with wicks hanging down into a very weak nutrient solution. Lighting with 40 watts of 6500K daylight CFLs. Total seedling stage time of 1.5 week from starting seeds. Cubes dried out at one point and I lost one of the two seedlings, luckily the one that lived turned out to be female.

Veg stage: Cubes, now with roots out of the bottom, were placed in small 2.5 quart light proof DWC buckets. Used a 1/4 strength flower nutrient mix for veg. Growth was slow and leaves were wrinkled and not so healthy showing some spots on lower leaves.

Flower stage: Plant was moved into a larger 2 gallon DWC bucket and then into the flower cabinet which is lit by a 400 watt hps. Nutrients were Advanced Nutrients Sensi One Powder at around 500ppm initially, plus floraliscous as directed, 150ppm of Epsom salts, 1-2 tbls folic acid, and hyrgrozyme as directed. This plant did not produce much in the way of side branching, preferring instead grow one large single cola. There were so few side branches I almost didn't get a clone from her. The stretch was also fairly low and as a result the 12" square scrog screen was not filled up. I trained and tied the main branch at an angle going across the back of the screen for max light coverage and managed to get 2-3 side branches to shoot up in the front of the screen. Leaves began showing problems after the 4th week of flower. Appeared to be some

Sugabear's

kind of lock out issue - most likely calcium but I could not seem to correct it. High nutrients seemed to be detrimental to this plant and I never pushed them much above 600ppm. Odor was very low throughout the flower cycle which was a little disappointing. The main cola took the classic shape of Mantuska Thunderfuck (Tundra) that I have seen in pictures. At 6 weeks unsatisfied with the results from the Sensi One Powder I switched back to my trusty General Hydroponic Floranova which seemed to perk the plant up a little bit. At 7 weeks flush was started and the plant started to really bud up more strongly. It seemed like it did the best bud formation after the flush began. Leaves continued to show spots and get crinkly throughout flower - almost wonder if the light was too bright for her. Around 65 days into flower the buds started showing

some nice blue hues and although the axe was itching to fall she was allowed to go longer still.

Dry Method: Most fan leaves were removed during late flower due to the necropsy of the leaves. Branches were cut from main stem into 6-12" sections and hung to dry slowly.



Buds were very dense. No real strong odor Strain: Grapefruit Breeder: Female Seeds.nl Vintage: June 2006 from Seed Boutique Grower: Sugabear

Date Germed: October 2006 Date Harvested: January 2007 Lineage: 75% c99 with 25% fast and fruity sativa Total Veg time: 20 days Total Flw time: 65 days Total grw time: 85 days odor (1-5) : 1 yield (1-5) : 3 Feed (1-5) : 3 Stretch : 3x Yield : good - maybe 2oz total from one plant

Grow Method: Hydro DWC

Germ Method: Germed in wet paper towel, single seed, 100% germ rate after 36 hours

> Seedling Stage: Seed was placed in pre-soaked rockwool cubes. Cubes were placed in a bed of pearlite with wicks hanging down into a very weak nutrient solution. Lighting with 40 watts of 6500K daylight CFLs. Total seedling stage time of 1.5 week from starting seeds. Cubes dried out at one point and I nearly lost this plant.

> Veg stage: Cubes, now with roots out of the bottom, were placed in small 2.5 quart light proof DWC buckets. Used a 1/4 strength flower nutrient mix for veg. Growth was slow due to the stunting caused by the drying out of the cube in seedling stage.

> Flower stage: Plant was moved into a larger 2 gallon DWC buckets and then into the flower cabinet which is lit by a 400 watt hps. Nutrients were Advanced Nutrients Sensi One Powder at around 500ppm initially, plus floraliscous as directed, 150ppm of Epsom salts, 1-2 tbls folic acid, and hyrgrozyme as directed. Stretch was big but a little slow to get started. After 2 weeks sex showed and as promised she was female. Plant was fitted with a super simple scrog. This plant continued to stretch well into the third week of flower and although small at the beginnings of flower managed to fill the screen thanks to a proliferation of side branches. This plant grew in the classic c99 shape I have seen in other c99 hybrids, lots of side branches, all the stems thin and pliable. I trained the main branch flat across the screen closest directly under the

GROW & SMOKE REPORTS

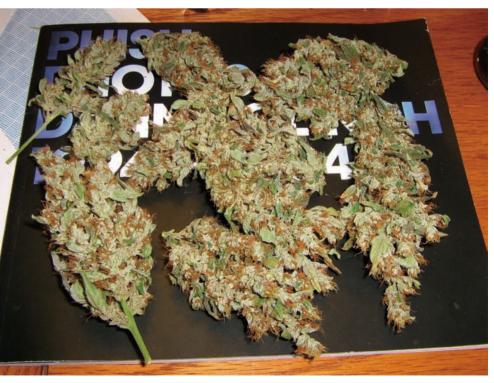
lamp and allowed 4-5 side branches to shoot up in the back of the screen further away from the bulb. The overall effect was a stadium effect with longer branches in the back which I find yields the best. Feeding progressed plus 100 ppm of the Sensi one per week until topped out around 900ppm total. This probably was just above optimum as I saw leaf tip burn. Odor was very low throughout the flower cycle which was a little disappointing. Classic c99 spear shaped buds started to form, first kinda airy and hairy but late in flower these really bulked up and turned into nice clusters of stacked calyxes. Growth continued without much to remark on as the buds swelled. At week 6 I started turning down the nutrients, by midway through week 7 she was on pure water flush. In week 8 of flower the buds really started to swell up and the calyx leaf ratio became really good. After 10 days of flushing at day 59 I noticed a few small male flowers on some of the buds and picked them off. Unfortunately she was not done yet. By day 64 all the leaves had turned a dark purple to black as the green was leaching out and most of the pistils had turned orange. This combined with the heavy layer of tall frosty trichs at this point made her strikingly beautiful. After 65 days of total flower she was chopped into branches and hung to dry. Odor was still not very noticeable and still not really grapefruit or anything else I could put my finger on. Plants were sticky.

Dry Method: The plant was cut up into 6-12" sections and the large fan leaves were trimmed off. The flower to leaf ratio was also real nice on this plant making trimming a breeze. They were hung up to slow dry in the open air for a 7-10 days. which now have been curing for 1.5 weeks I am greeted with a fruity citrusy sweet smell, very reminiscent of Joey Weeds NL x c99 that I grew. Now I could agree that it might pass for grapefruit with some, but to me it is more lemony. I guess after having smoked and smelled the sweet pink grapefruit cut from BCI can never see anything else as being truly grapefruit. So a small joint has been prepared and the dry puff is nice, again lemony fruitiness with a kinda generic hashy tone. Smoke is a little hot and kind of spicy on the tongue, I think more cure time and she'll be smoother. Now I'm picking up more of an orange aftertaste. Not really lung expanding but still pretty good and easy to puff i.e. doesn't send you into hacking coughing spasm. High is creeper taking almost a full ten minutes to hit you good. Potency around 8, visual, happy, and wide, awake I'm feeling very nice. Not much in the way of body for pain relief but pretty nice head, able to take your mind off mild pain but I wouldn't consider it useful as a night time or pain medicinal, which is to be expected as it is more of a sativa. Softer then I expected with the c99 influence, that is to say not as edgy and paranoid as I expected.

Overall: These seeds are a great value when you consider they are all female and under \$8.00 USD a piece when bought in a four pack. For an outdoor, hobby, micro, or medical grower wanting to keep plant numbers low the ability to pop one seed and get one female that can be cloned if wanted is really advantageous. The few male flowers I saw at the end were not really an issue and I didn't see any pollination of this plant or adjacent one. For a micro grower this is a nice strain as it was low odor and did well with scrog.

Cure Method: Buds were trimmed from large stems and placed in glass jars. Jars are burped daily for a week and then sealed and left in cool dark place for a while. After 6 months I'll take what is left and vacuum seal to stop any further degradation by removing the oxygen.

Smoke Report: Bag appeal would be an 8-9 on this strain, a bit wispy or airy bud structure but the crystal coverage was top notch. Given the change in the leaf color the buds also have a dark and sparkly appearance which adds to the bag appeal. But hey enough about bag appeal. But hey enough about bag appeal - I smoke what I grow and it usually never sees the inside of a bag, no that would be blasphemy, these buds have been curing and will remain until consumption inside glass jars. So breaking up the buds







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Jef Tek Book Reviews



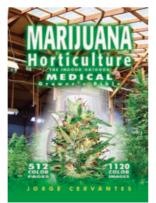
The Patients Simple Guide to **Growing Medical** Marijuana is a short but sweet 31 page booklet written bv Vermont Medical Patient Mark Tucci. Published by Tucci Press Manchester in Vermont. this 2006 booklet contains fourteen that chapters

explain everything you need to know to grow your own medical marijuana. Vermont has the strictest marijuana laws in the US allowing only 3 budding plants at a time. Mark Tucci takes this 3-plant handicap and proves that he can still provide enough medicine for his needs then goes one step further and teaches his hard-learned skills thru his own publishing house. It doesn't get any more grass-roots than this, printing and publication are the cornerstones of our society and there can never be enough magazines, booklets or books about pot farming. Keep on readin' and growin'. Nobody is born a musician or a gardener; we must learn these skills from our friends and family. I wish to thank you Mark Tucci for sharing your insight and knowledge.

Jef Tek Rating *** (Coffee Table)

Jorge Cervantes has revised the Grower's Bible. With 512 color pages and 1120 color images you might as well categorize it as an encyclopedia of bud. I know from first-hand experience that it is hard to keep copies of Jorge's classic "Indoor Marijuana Horticulture" on the shelf due to its popularity and

excellence. The new "MARIJUANA Horticulture, The Indoor/Outdoor MEDICAL Growers Bible" is sure to benefit all growers of all stages and abilities. I was immediately moved by the opening page memorial to a dedicated deceased marijuana activist and the full three pages of credits and personal dedication by Jorge. I know I'm one of the countless growers that he mentioned were not mentioned! Ha ha! The 17 chapters are color



coded for easy reference and my favorite thing is when a book like this has a detailed index. In a real-world experiment I looked up temperature in the index. Pages 51, 52, 101, 103, 155, 156, 228, 229, 256, 257, 319, 320, 330 - (331) - 339 and see

also under air; water; soil are all related to temperature. This level of detail is definitely worth a lot more than the \$24.95 USD price tag on Mr. Cervantes Bible. This is the fifth edition and has been a best seller since 1983; you owe it to yourself to pick up this 6 x 8.25 inch chunk of words that are more valuable than gold. Learn the state of the art methods of producing everything from seeds to hash. Published by Van Patten Publishing, available from Quick Distribution.

Jef Tek Rating **** (Grow Library)

Heads presents: Marijuana Success Volume 2, Grow a Great Garden by Ed Rosenthal is a 76 page magazine-style book that takes you on a real-world journey thru many marijuana gardens. It outlines different people's techniques and how they overcame their individual obstacles. Ed makes good observations and points out useful information that will benefit growers both novice and professional. There is no Index but the chapters are color coded and all of the pictures are photographic quality so I think this makes a great coffee table book. There are awesome pictures on every page and at the end there is a guy who makes cute little animals out of freshly made water hash. It is informative and easy to read with just about every style of gardening covered, there is something for everyone, check it out. Distributed by Quick American 2005 Ed Rosenthal.

Jef Tek Rating *** (Coffee Table)

Loompanics Unlimited 1998 Invisible Marijuana and Psychedelic Mushroom Gardens written by Robert Bunch is not new but is a very fun book to read. The author has a "BUNCH" of useful information that he yells at you via a symbol of a mouth yelling in an ear. He gives such a very unique way of hiding plants that I won't spill the beans in this review. He reviews many seemingly impossible rooting mediums but has a firm grasp of why they worked and what he had to modify to get his weed to grow in clean HVAC filters for example. He goes into provable theories and discusses different strains of marijuana all the way into the forbidden zone of magic mushroom cultivation and storage. This book makes you use your imagination and I definitely recommend it to anyone who thinks they have read "everything"! Distributed by Loompanics Unlimited, Port Townsend Washington

Jef Tek Rating ***(Coffee Table)

Jef Tek Rating System: ****Grow Library ***Coffee Table **Work Shop *Recycle Bin.

Reviews

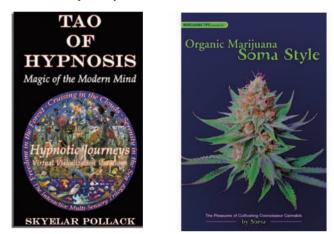
Ackola's Book & CD Review of "TAO of HYPNOSIS" by Skyelar Pollack.

The word "Hypnosis" can instill fear into some people who are filled with the dread of being forced to act out embarrassing situations in front of large crowds. In fact, hypnosis became a popular form of entertainment recently. I always prided myself on being too strong willed to be hypnotized and have always maintained a cynical view point regarding this skill. Then I had the disadvantage of working for a boss that would push the most stable person over the edge and so I embarked on a journey to help me deal with stress more effectively. That led me to step out of my comfort zone and take on a gentle course about dealing with stress and loss of sleep.

In a world where we have to deal with multi-tasking, job instability, complicated domestic situations and the pressure to succeed, I feel that the level of stress is on the increase. Anti-depression medication is easily accessible and the world is becoming a more unstable place to live in. Skyelar Pollock offers a series of 3 CD's together with a book to help you "deeply relax your mind and body". He adds some calm to your otherwise hectic life where stress can damage your general well-being.

Now I do not claim to be an expert but offer the view of a converted cynic. Skyelar talks you through a journey that takes place in sections, employing a variety of techniques that are subtly interwoven as part of the experience. If you wish to know more, you may refer to his book, aptly titled "Tao of Hypnosis" where he talks about concepts such as processing memories (including audio-visual and tactile) and defining the consciousness and sub-consciousness. He effectively takes you gently into a meditative like state prior to beginning the journey. I would like to mention that Skyelar has a voice that defines "peace" and relaxation is unavoidable when you tune into his gentle guidance. If you still have any reservations about being hypnotized, your reservations will be dispelled when you read the easy to understand instructions presented in his book. These are carried out in order to gain the maximum benefit and have Skyler's own adaptation on them. For example, he talks about the use of what he refers to as the "Stair Case Deepener" technique, adapted to deepen your self-hypnotic state. He then leads you into the "Preparation Room" before taking you on what he enthusiastically describes as a "vacation". Now this part particularly tickled my fancy as it has been over a decade since I have been on a vacation!

There are three different CDs which each contain a 3d, virtual reality, environment. They are titled Earth, Air and Water and lead you into a forest, taking flight or deep into the ocean. Each one is a sensory delight which can be adapted by you, allowing you to take the reins, during your journey. I particularly enjoyed the CD where I was taken back to a forest. I recalled places I had been to as a child, came to a state of tranquility and complete relaxation and was over come by a sense of freedom and release. After experiencing this CD I felt refreshed yet well rested. I had not physically been on vacation but had taken time out of a busy schedule to allow not only my body but my mind to relax and detoxify from all the stress taken on over the past few months. This was a valuable lesson to learn and one that I highly recommend. I have never meditated or attempted hypnosis before but have worked it into my life on a regular basis from now on. Skyelar Pollack gives a brief synopsis as to how he became passionate about hypnosis in the back of his book which is fascinating. He is suitably qualified (holding a N.G.H.) and has built up experience through running hypnotherapy clinics so you are in safe hands! I would highly recommend this comprehensive and easy to use series of CDs and book and believe that it is a vital component to maintaining a healthy, positive life-style. Should you wish to learn more about these products, go to www.hypnoticjourneys.ca or www.balladeer.ca and may you have a wonderful, rich, sensual journey too.



Organic Marijuana Soma Style Reviewed by Marvin Martian

Medical patients have so many grow styles to choose from. It can all be a bit daunting for someone wanting to provide themselves with a safe, unadulterated source of medicine. There are many how-to's both online and in book form. If you think playing in the dirt may be your thing, Soma's book is a great place to start.

A well-rounded gardener is best served to get information from as many reputable sources as possible and apply that to their existing knowledge no matter how vast or limited. If you are looking for the organic gardener's "cheat sheet," you may be in luck. Soma brings to the table his 35 plus years of experience and delivers a concise read which will take you from germination to harvest in a format that even those with a short attention span can handle.

Soma outlines seed germination and clone propagation. No organic gardening book would be complete without a soil recipe. Although all products may not be available in all areas, he also provides contact information in the Appendix for his favorite organic fertilizers, soils and tonics. Also included are illustrated plans for Soma's Indoor Organic Soil beds, tips on how to time your harvests precisely as well as drying and curing techniques to assist patients in getting the medical quality herb they seek. Whether you plan an indoor or outdoor garden, Soma gives practical advice in both areas as well as a short primer on breeding.

All in all, there are many books out there with more information contained within the covers. On the other hand, this book provides well thought out, proven methods that are just right for someone who doesn't want to be a botanist, but still can provide themselves with the relief we all seek.

Reviews

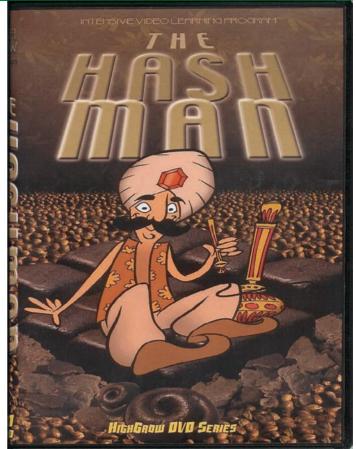
THE HASH MAN DVD REVIEW By FA

As part of one of TY's monthly contests, I recently (actually, it hasn't been all that recent, I've been procrastinating for a while) won a copy of "The Hash Man", part of the High Grow DVD series. As a way to say thank you to the magazine and to the community as a whole, I figured it would be nice to write up a review of the DVD for everyone to read.

The DVD itself covers various methods of extraction from the cannabis plant. It is split up into 4 parts; the intro and parts one, two, and three. The intro gives a quick overview of some basic cannabis knowledge such as reading trichome color to determine if a plant is ready for harvest and the difference in quality between buds, trim, and leaves. This is nice because even someone who knows absolutely nothing abut the herb can be brought up to speed quickly in order to grasp the next three sections. The intro also gives a quick overview of what is to be expected throughout the whole DVD. Part one deals with dry sieve and water/ice extraction methods. Part two deals with methods of extracting from cannabis for use in eating. Part three deals with extraction using chemical solvents.

Part one of the DVD discusses, what I call, "mechanical extraction". This includes the more traditional methods such as hand rubbing and dry sieve, as well as the relatively recent techniques of ice water or bubble hash extraction. The section starts off with traditional hand rubbing. After that, it discusses dry sieve. The coverage of the dry sieve method is very thorough. The proper screen size and selection is discussed in great detail, as well as how to properly mount it to a frame. Then the proper technique for actually sieving the material is shown. After the dry methods are explained, the DVD begins with the wet methods. I particularly like how it discussed using both commercially available systems (such as bubble bags and the like) as well as making your own cheap water extractor from simple readily available materials. One thing that I particularly enjoyed with respect to the water extraction section is how well they explained the process of scraping off the kief from the silk screen once the water has drained through. This is not a commonly explained procedure, and is refreshing to see. At the end of the section, the video showed various methods of drying and pressing the kief into has blocks. This is applicable to both wet and dry extraction, and is very important in keeping and storing home made hash properly and protecting the blocks from mold. This first part of the disk, I felt, was very good and complete.

Part two deals with preparing cannabis extracts for use as food. It starts out by explaining the difference in high when eating versus smoking and talks about why the difference is there on a chemical level. Essentially, it explains that when pot is smoked, delta-9-THC is the main psychoactive ingredient, but when it is eaten, hydroxy-11-THC is the main psychoactive. Hydroxy-11 provides more of a visual high than delta-9, which is why many people report that a high



from eating is considerably more trippy and cerebral than one from smoking. After that, the disk gives some good examples of methods and procedures for using butter and veggie oil. It pays particular attention to giving good ratios for pot to butter or oil. There were a few things I felt were missing from this section. First, they didn't talk about what temperatures are to be used when making extract with oil or butter. Second, they didn't mention the use of heavy cream or high-fat milk at all. Aside from these two oversights, this section was pretty good and gave lots of walk throughs using various methods with various grades of herb.

The third and final part of the disk is about chemical extraction using solvents. One nice thing that they did in this section is the constant emphasis on safety procedure. Working with solvents can be dangerous, and it was nice to see that they took a good deal of time out to address this throughout the section. Before showing how various cannabis extracts are made, the difference between good and bad oil is discussed, with particular attention going towards identification by color, clarity, and consistency. After that, there is a brief explanation of the difference between polar and non-polar solvents (non-polar is what you want for cannabinoid extraction) with some good examples of both non-polar and semi-polar solvents that can be used. After all of that, two extraction setups are shown using non-polar solvents. One is using hexane, and another is with butane. I was particularly disappointed with the butane example.

Reviews

The video is showing a setup using a plastic soda bottle as the vessel holding the plant matter. This is wrong. Butane extraction should only be done with glass tubes, or if that is not available, stainless steel or copper tubes could suffice as well. The disk then shows a setup using ethanol as a semi-polar solvent. I was disappointed with this example as well. It does not mention or show that when using semi-polar solvents, the material should be exposed to the solvent for no more than 2-3 minutes. The video shows the procedure where the material is exposed to the solvent for a matter of hours. This is wrong and produces an end product of much lower quality. The theoretical information in this section is very good, but the practical examples should definitely be revised.

Overall, this is a pretty good product. I am not sure how much they are charging for it, but I would say \$20-30 would definitely be a fair price for all the information contained on here. As far as production quality, it is no Lord of The Rings, but it is on par - if not better than – any motorcycle DVD I have gotten, or any other special interest instructional video or documentary. The DVD that is used is a burnt DVD+R disk with a very simple label. This is kind of unprofessional. I would hope that in the future, the company has their disks professionally stamped. This will also eliminate the issue of compatibility that some home-burnt disks have. It would also be nice to have a special features section. Something like a quick reference for cooking temperatures, types of solvents, grades of silk screen, those types of things would be very helpful.

Pros

- -- The section on dry sieve and bubble hash is very good and thorough
- -- The section on food extraction gives good information and methods for using butter or oil with various different grades of plant material.
- -- The section on chemical extraction provides a very good theoretical base to fully understand the process and methods involved.
- -- The overall production quality of the content itself is very good compared to other DVD's of similar types.

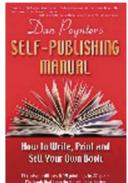
Cons

- -- The section on food extraction should have discussed the use of heavy cream and milk In addition to just oils and butter.
- -- The practical examples in the chemical extraction section should definitely be revised.
- -- The disk itself should be professionally stamped instead of burnt to a DVD+R
- -- Would be nice to see some special features as well.

This DVD can be purchased from FS Book Company www. fsbookco.com

Marco's Book Reviews

Dan Poynter's Self-Publishing Manual. The book that I decided to review for this issue of Treating Yourself is a book by Dan Poynter. Now this book has nothing to do with marijuana or alternative medicine but I read it from cover to cover and found it to be educational. I believe that our readers really need to know about this book by Dan Poynter called SELF-PUBLISHING MANUAL " How to Write, Print and Sell Your Own Book ". I believe anyone can write a



book and it doesn't have to be about marijuana, it could be a cook book, poetry, gardening, you name it the possibilities are endless. If you ever thought of writing a book I believe that this book is a must have as is Jorge Cervente's book Marijuana Horticulture "The indoor/outdoor Medical Grower's Bible " to a medical marijuana grower

About the Author: Dan Poynter

Dan Poynter fell into publishing. He spent eight years researching a labor of love. Realizing no publisher would be interested in a technical treatise on the parachute, he went directly to a printer and "self- published." The orders poured in and he suddenly found he was a publisher himself.

In 1973, he became interested in a new aviation sport, couldn't find a book on the subject so he sat down and wrote one. After four months of writing and intense research that took him from coast to coast, he delivered the manuscript to the printer. So far, Hang Gliding has sold over 130,000 copies-a "best seller"!

Continuing to write, Dan has produced more than 76 books and revisions so far, of which some have been translated into Spanish, Japanese, Russian, British-English and German. Over the years, Dan has developed a system of writing that makes it all so easy and fun. His books are loaded with facts and figures and contain detailed inside information. They are always upto-date because he revises them before going back to press. Dan has sold millions of his books, including several best sellers, for tens of millions of dollars in sales. Many of his books sell at the rate of 10-20,000 copies per year, every year.

For many years, Dan ran Para Publishing all by himself. In fact, he was often billed as the world's largest one-person publishing company. As a one-man show, an author/publisher who handled all the writing, publishing and promotion, office management and shipping himself, Dan is in the best position to advise a first time self-publishing author who is on a limited budget. Today, Dan has staff, a number of products and services (books, reports, tapes, disks, seminars, etc.) and a large suite of offices with a 360 view of the mountains and the Pacific Ocean.

Marco's Book Reviews

Dan has traveled to more than 40 countries and he has even skydived into the north pole. He has written several technical books on parachutes and popular books on skydiving. When you have your own business and control your own product, you can pursue your dreams.

Dan's work for publishing was recognized by the Publishers Marketing Association when they gave him the Benjamin Franklin Award. He was given the Irwin Award for the best electronic promotion campaign by the Book Publicists of Southern California. He is a past vice-president of PMA.

Dan Poynter's seminars have been featured on CNN, his books have been pictured in The Wall Street Journal, and his story has been told in U.S. News & World Report. The media comes to him because he is the leading authority on book marketing, promoting and distributing.

Dan was prompted to write The Self-Publishing Manual because so many publishers wanted to know his secret to selling so many books. Dan is one of the publishing industry's most energetic, experienced and respected leaders. He lives in Santa Barbara.

This book can be purchased at <u>www.parapublishing.com</u> or you can call their toll free # at 1 – 800 – 727 – 2782. Have your credit card ready

420-This is the first of 13 comic books by veteran animator and illustrator Verne Andru. Principally a science fiction story, 420 blends science fiction, dark comedy and gritty realism into a story that's just plain fun. With a nod to Cheech and Chong, The Fabulous Furry Freak Bros. and



Fritz The Cat, 420 follows the adventures of down-and-out roadie, Hal Lighter, as he gets caught up in the middle of an extraterrestrial turf war over the planet Earth in his attempts to win the favor of his secret desire, Marion Jones. In the process, he stumbles upon some extraterrestrial herb that transforms him into Captain Cannabis, a superhero who is about as far from politically correct you can get. This first issue, written for mature audiences, introduces the main characters and sets up the drama that unfolds over the remaining books. Unlike conventional comics, 420 is written in a feature-length animated screenplay format. Drawings are prepared to feature film specifications, and then given a color treatment, before being published in this series of Heavy Metal format illustrated books.

About the Author: Veteran illustrator and animator Verne Andru found his calling when he met the crew from Captain Canuck Comics at a high school career day. He quickly became the studio pest, dropping by weekly to show off his latest creations, including 420's star attraction, Captain Cannabis. His career got a boost with his first paid job - cel painting on Blowhard, a National Film Board animated short. This was followed by animation assignments for Hanna Barbera s Saturday morning lineup. At the same time, he continued working in comics, doing covers for Charleton, ink and color on Captain Canuck and illustrating stories for the independently published Phantacea. During a feature assignment on Nelvana's Rock and Rule, he worked with a leading special effects team and became intrigued with the opportunities computers held for fantasy creators. Upon completing that project he attended college, graduating on the honor role a few years later as a computer systems specialist. Verne was early to apply the technology as it came available. Desktop publishing replaced traditional typesetters. He pioneered digital paint for location and character color styling on television series work.

If you liked The Fabulous Furry Freak Bros.or Fritz The Cat I'm sure that you will enjoy this cartoon.

A comprehensive on-line gallery of Verne's work is available at <u>www.verneandru.com</u>

The series can be purchased at <u>www.okee.com</u> or <u>www.</u> <u>amazon.com</u>

PASSING DRUG TESTS The fact that this book was written by a chronic pot smoker who was forced to submit to 14 random drug tests due to conditions of his parole, his collaboration with a doctor of chemistry, allows the reader to have knowledge of drug testing that is not available anywhere else. With their combined 23 years experience ranging from actual practical to post-graduate research, the reader gains extensive and proven knowledge on drugs, drug tests, metabolites, physiology, and detoxification for drug tests; specifically marijuana and tests for THC metabolites.

About the Authors: Doctor Herb Kindler:

Dr.Kindler holds a B.S. degree in Biochemistry and a Ph.D. in Analytical Chemistry. His bachelor's degree was obtained, Magna Cum Laude, from an American Chemical Society accredited liberal arts school in Southwestern Colorado. This curriculum of Study included advanced courses in subjects including human anatomy and physiology, cellular and molecular biology, and instrumental analysis methods. Dr.Kindler went on to obtain his Ph.D. from a university west of the Mississippi in Analytical Chemistry and has written extensively on the detection and analysis of drug residues in the human body. Dr.Kindler is gainfully employed by the United States Federal Government. This was all accomplished while smoking marijuana on an almost daily basis

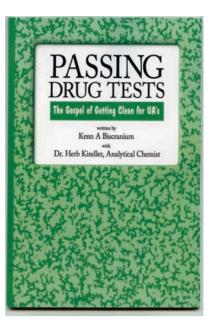




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Book Reviews



Kenn A Biscranium:

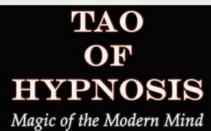
Kenn bicycled by himself across the entire United States, twice. And is a willing participant of smoking pot on any occasion. He was also monitored under court jurisdiction for five years and was never hot on any of his drug tests.

If you are still able to work and work for a company or in an

industry that conducts random drug tests I recommend that your purchase this book.

This book can be purchased at <u>http://www.uadetox.</u> <u>com</u>







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TAO OF HYPNOSIS

Magic of the Modern Mind The Official Guidebook & Instruction Manual By Author, Narrator and Hypnotherapist, Skyelar Pollack

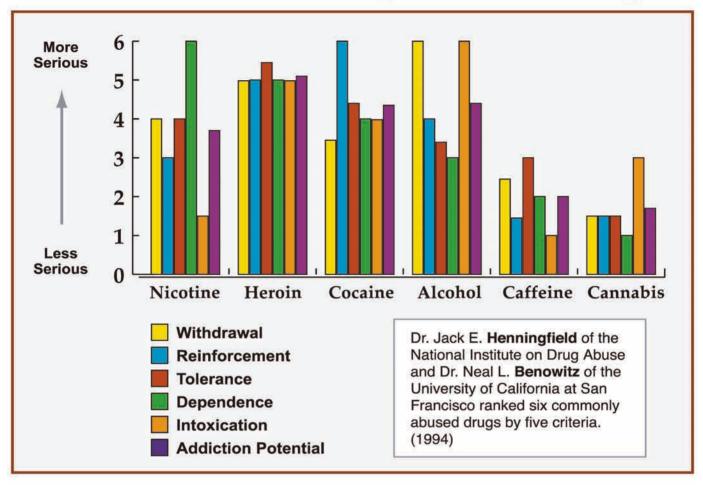
It's time to change the way that you perceive and interact with your own mind, imagination and dream state. This guidebook and three audio CD set combines a mix of meditation, relaxation and self-hypnosis techniques, that enable you to enter a deep selfhypnotic trance where you will trek through the forest, fly above the clouds or swim under the sea as any animal of your choosing. Experience visual, audio, tactile, smell and taste in virtual reality. Use Hypnotic Journeys for deep relaxation, as a sleep aid or as a unique new form of home entertainment and mind exploration.



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How does cannabis compare to other drugs?



Excerpts from the report by the Senate Special Committee on Illegal Drugs...

- "Scientific evidence overwhelmingly indicates that cannabis is substantially less harmful than alcohol and should be treated not as a criminal issue but as a social and public health issue."
- "The costs of externalities attributable to cannabis are probably minimal; no deaths, few hospitalizations, and very little loss of productivity."
- "The continued prohibition of Cannabis jeopardizes the health and well-being of Canadians much more than does the substance itself."
- "We estimate the cost of enforcing cannabis drug laws to be \$1-1.5 billion per annum."

Is this how you want YOUR tax dollars spent?

Cannabis law reform is in everyone's best interest... please speak up!

Recommended web sites:

SenateReport.ca · CannabisFacts.ca · LEAP.cc · CannabisLink.ca · CFDP.ca

Cannabis information handouts available from: FrankDiscussion.net

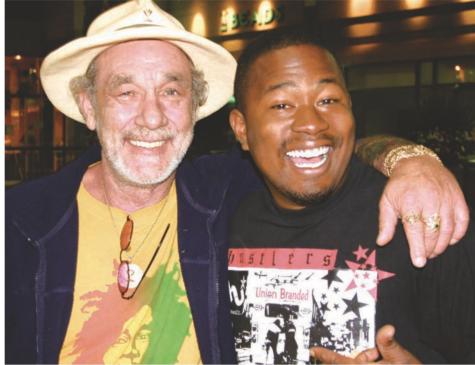
Lil'G

Lepptomania

Comedy Night in Long Beach

We were invited to go see a show by our dear friend Lil'G, a stand up comic of renowned talent among other things. He has appeared on Showtime's hit new series "Weeds," and has a stand up show that is not to be missed.

We arrived at the venue, The Rhythm Lounge, and met the manager Johnny Alverez who was very friendly and informative. The place is a warm wonderful club, that once a week has a rock night, beach party night, comedy night and other themed nights. For more information on the Rhythm Lounge go to www. rhythm-lounge.com and check them out for yourself. Just to let you know, Tuesday is comedy night. Our hosts, as every Tuesday night, are the Count and the fabulously funny Ricky Harris, his list of credits is overwhelming. He was a riot as he MC'd the night each time funnier than before.



Eddy and Lil'G.

The guest star that night was to be

Eddie Griffin. Eddie was making a movie and just could not leave the set so it looked like he would be unable to make it. As we waited for Lil'G to perform we were treated to several up and coming comics like Ms. Charm Kuame, Ocean, Butch, Tony Carty,

and the funny, funny Black Casper. They were all funny, but Casper had me in stitches. About this time we figured out why they had held back Lil'G.

Lil'G finally went on and he was great. A very, very funny set. We were very thankful to Lil'G for a wonderful night of fun and laughter, and we will be back. Maybe to get to see Eddie, but we'll see his new movie for



sure.

So if you're in Long Beach, drop into the Rhythm Lounge, it's a very nice place. I would like to send out many thanks to DJ Count and Ricky Harris for their kindness and humor. And to Lil'G, we really enjoy your company and your show, baby boy - you're the best. Many blessings to all of you and thank you so much for everything.

Respect All, Hurt None, Love One Another Eddy



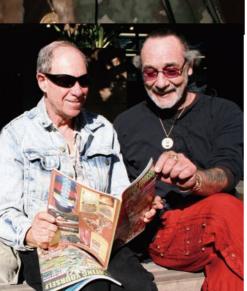
The host, Ricky Harris

The amazingly funny Black Caspar.



Above: Eddy wins the contest for the biggest fatty.

Right: Ed and Eddy reviewing the latest Treating Yourself magazine.



As Craig and I shoot up the "5" from L.A., we swing by SFO, and pick-up Gooey, a reporter from Skunk Magazine. He has arranged to spend a few days with us as he covers "The Wonders Of Cannabis." The second year of this annual event being thrown by our dear friend Ed (ask him yourself) Rosenthal. This was a truly great event last year, and promises to be better this year. After we gather up Gooey and properly welcome him to Northern Cali, we head home.

The following day is full, as many friends come to meet Gooev. Fridav we head to San Francisco to Dennis Peron's Bed and Breakfast. It was great, Dennis, Myself, Craig X, Rollin A. Doobie, Linda, and of course, The One and Only Jack Herer were all there. After a trip to my attorney's, the darling and dedicated Shawn H., we are off to Lower Haight. Memories here of the '60's, dropping acid with Joplin just up the street in Upper Haight, the park, Hippie Hill, and of course, the people. The Haight has always been a reflection of Love and Peace as long as I've been coming there. As always our first stop is at Goodfellas, where we are treated like royalty by the lovely Mona and her charming sister, Lulu. Then across the street to Alternative Herbal Health Services, where Jason, one of the best guys out there, welcomes us warmly. Soon joined by the irrepressible Nellie, my long time darling, we head over to Chinatown so Craig can buy a gift honoring his sister's one vear chip. This is a great accomplishment and we are all so very proud of her. In our world one of the greatest things you can do is give up addiction, especially when it is a substance that takes away your control. So once again little lady, we love you and are very proud of you. Thank you for honoring us by letting us share in the beauty of it. We did by having a bite to eat, a walk through the Castro, and then nighty, night.

Up early, shower and out the door. We stop and pick-up the Princess of Herb, Arianna. As beautiful as always, wearing a hoodie I got her in Amsterdam that is covered in Rasta pot leafs on a black background. We arrive, unload, and walk into Ed, our host. After a brief visit Ed is to disappear from his own event, never to be seen again. Luckily his warm and gracious wife was there to keep it all on track Next was one of my "best-est buds" Ngaio (pronounced N- Guy –O) the stage M.C., he's a natural! Charming, witty, and funny, of course.

As Craig, Linda, and I wander around I am most impressed with all the vendors everywhere. Our old friends West Coast Growers with a large display of live plants and all needed to grow them. There was plenty of eye candy for the cannabis connoisseur, toys of all kinds, clothing, and of course glass, lot's of very nice glass. Lots and lots of hemp products from all over the world. Most noticeably the Hoodlamb Jackets worn by Snoop-Dogg and many others of the hip-hop and medical marijuana communities. They even have bullet-proof liners, I know they work because I have hung-out with the guy who was wearing it when a full clip was emptied into the jacket to prove that the liner would hold, and know he doesn't want to do it again, Ever!

As the gates open and the crowd pours in, the sounds of the main stage can be heard throughout. We meet and greet many old and new friends. Dale Garangen from Cal-NORML was in the house. The vivacious Angel Raich was with us both days even more charming than usual in her warrior outfit in honor of Halloween. About this time appeared a most unusual fellow, The Can-Man, dressed in his green form-fitting super

Lepptomania with Craig X

hero suit. Complete with utility belt, mask, and green flowing cape. I must admit the sandals threw me, maybe it was the white socks, I'm not sure.

After a couple of bands Can-Man started the joint rolling contest, I defended my title of "fattest hootie" and our very own Pony Boy of Los Marijuanos won for most joints rolled. It was both fun and funny with the antics of Can-Man keeping us all laughing. Ed's calendar for '07 was the big prize, with many other things being given away to all the winners, thank you, Can-Man.

We then head to the Green Room to hang out with our old friends The Kottonmouth Kings, these guys are awesome. We talk and visit as they prepare for their show, a non-stop explosion of movement and sound with the bass ripping through you just like the words to their songs.

The next high light was our dear friend Rocker-T. His set was of One Love and the spirit of man, about a better place, a better world for us all.

Then the Emperor took the stage in his usual grand fashion, loved and honored by all in attendance, Jack truly is a walking monument. A living legend is looking at us with love in his soul and a fever in his heart. As he spoke of his mother his love for her was obvious as were the great times they had together while she used marijuana to ease her symptoms from Alzheimer's and how great her suffering was without her cannabis to alleviate the progression of the disease. He also talked of his own suffering as he lost her, first to the disease, and then to the Creator. Jack finished to the expected and deserved standing ovation.

Then the hotshots from Vegas, Los Marijuanos, with the lovely and talented Pony Boy at the helm and The Click, F.C.M. Click that is, were rolling. Pony kicked out hit after hit as the crowd went wild! This group is bound for super-stardom as they continue there rise to the top. And from there, back to Dennis' for beddy-bye.

Up early and away for day two. As we arrive we see our friends from S and M Industries, Mary and Sean. You can check them out at SandMIndustries @hotmail.com, good folks and great stuff. The Vapor Store was there with Aje showing a wide variety of goods you should see them at vaporstore.com. Then we ran into Donuel, a bass fishing friend from Skunk Magazine, who was with his friend Mark from Cockblocker clothes www.cockblockerclothing.com, check 'em out, they have really nice things.

The entertainment was rolling along and our dear Dennis Peron was due to speak. He has just lost his dearest friend and companion, his dog Pinky, who we all loved and cared about deeply. She had been with Dennis since the Market and Van Ness dispensary, through it all. Thank you, Pinky, for all the love and affection you gave to Dennis and those around, we will miss you and love you always. Dennis leaves after a time and soon it is my turn to speak.

It's Sunday and I speak of the Creator, love, a better world and how we can help make it one. As the day wound down, the boys from vapolution.com gifted my darling little, bitty pretty one a vaporizer. We have been using it and the machine works wonderfully, truly this product is a great way to low-cost vapeing. Patients on a fixed income have been waiting for such a product, so please check these guys out.

As we where on our way out I was most honored to be

gifted a Hemp Hoodlamb jacket by our dear friends at The Love Shack, a longtime San Francisco fave, located near the Castro District. They are supporters of the cause from way back; Shawn has been wonderful over the years. You can look them up at sanfranhemp.com. Now back to the jacket, it is the newest digitized cammo, a wonderful gift especially since I have been envious of Linda for years since I bought her one of the very first ones ever made. It was done in a lovely shade of blue and she practically lives in it during the colder months. So thank you so much for this wonderful gift, I am touched by your kindness.

Blessings through out the day as the Can-Man has been everywhere, onstage, walking through the crowds, schmoozing with the stars, and, by the way, getting way too friendly with Ed Rosenthal's wife. In fact one of the last things I saw was Can-Man kissing Ed's wife as she whispered, "my darling" in his ear. I'm not sure who the super-hero behind the mask is, but some should tell, not ask, Ed.

We love you guys, thanks for a wonderful weekend, it keeps getting better. Please join us next year for the next, "Wonders of Cannabis"

Respect all, hurt none, and love all, EDDY

CRAIG X - THE TEMPLE 420

Craig and I head down the 5 to Los Angeles, we have several things to do and a visit with our old friend Craig X who has just opened The Temple 420, located in the heart of Hollywood is one of the first on the list. His church The Temple 420 is a Judeo Christian based temple with him teaching from the Old Testament on Saturdays at 4:20pm and the New Testament on Sundays also at 4:20pm. On the surface it is much like a dispensary with a display area for pipes, clothing

and eatables. They also have a new concept for dispensing the sacrament using a state of the art vending machine, money in sacrament out. They don't serve the medicinal community, referring them to others who dispense to the sick and ill. They do accept anyone who would like to become a member of their church and will then be able to provide them with their sacrament.

Craig X himself is warm and entertaining, a wonderful host indeed. The front of the temple is the shop with many pipes, books, clothing and many other great items to look through. At the back of the room are a set of wooden doors with the words Temple 420 on them, threw which you pass into the temple itself where they conduct many weekly church events including,





church services.

stared on Weeds the proven ways. Showtime hit series people buying sacra- Thanks again Craig X. ment to further their connection to the creator.

though, too

of death by the Pope.

Craig X, myself and many others are returning to a www.420temple.org more sustainable realistic world, one where spirituality and love are the rule, not the all mighty dollar. Don't misunderstand, there are certain things that money is necessary for, but we need love, compassion and understanding far more. A

comedy night, bingo, world where we all believe it can be better than it is. We can and of course the and will do it if everyone will help.

Please check out the cannabis based churches in Craig X has run for your area. You can contact the Rev. Tom Brown at the www. President, is a stand firstchurchmagi.org for more info on cannabis ministries. Our up comic and father thanks and blessings go out to Craig X, his family and his crew to seven. He has at The Temple 420 for having the courage to return to the old

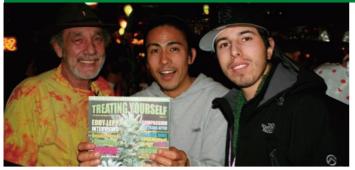
Roosevelt brought us the New Deal. What the heck about what else, was the old deal? It worked in this country (the USA) for 150 "WEED". It was a thrill years, what was wrong with it? We hope you will join us in this for me as a minister to journey to a better world, one where we help each other solve stand there and see our problems peacefully, not kill each other to solve them.

UPDATE: After I wrote this article the local authorities raided The Temple 420 arresting Craig X and two others. Craig S a d I y X has since then re-opened The Temple 420 and is currently few involved in legal battles that are looking very promising in understand the history of the plant. For its medicinal is only a Craig X's favor. We wish you all the luck with your fight and small part of its uses by man since it was first discovered and know that you are just and right in your actions and will be used. This was of course before 1188 when it was given the kiss proven so in court. If you would like to show your support or find out how you can help or join The Temple 420 go to

> Respect All, Hurt None, Love One Another. Eddy



Ridin' with the Kings - Cannabis Cup '06



Eddy and Caesar with dear friend from Japan. If you see this picture email so I can send you a copy of the magazine.

Craig and I speed north up the 5 to SFO San Francisco Airport to pick up Erica who is returning from her dads wedding in Iowa. After a brief flight delay we are able to pick her up by 6 pm, drive the three hours up the 101 home in order to wake up early to turn around and drive right back down the 101 to the San Francisco Airport to make our 11 am flight to Amsterdam. We arrive home in the rain to find Linda has beaten us home. She has been at an exclusive very private event herself where she saw our dear friend Jason King, the author of Cannabible I and II as well as the newly released Cannabible III which is just as good as the first two. Thanks Jason much love. She is a bit pale and weak, but is still planning on joining us Wednesday with her friend Ellie who has flown out from Maine to help care for Linda in Amsterdam. We are leaving a little earlier than them with seven others from our party, so Craig and I can start to interview everyone before the Cup starts and the chaos begins. Craig, Erica and I are up have rooms and an apartment. Living guarters in Europe are much smaller then here. There is one bedroom which Craig. Erica and I share. The boys will move to the front room and the girls get the bedroom and bath when the little one arrives. We head right off to the Greenhouse, home of Arjan the King of Cannabis. We are greeted by Olaf, Joa and the first prince of Cannabis, Franco a master showman and entertainer. He and I will work closely together this next week as the Greenhouse is home and Arjan and his crew always treats us like family. The king himself, Arjan arrives and it's business as usual. It is insane. There was a strike on the shipping docks and nearly \$100,000 worth of items meant for Greenhouse stuck in various places all over Europe. They have been waiting and trying to sort the mess of finding the many boxes missing, all full to the brim. Arjan has launched the first seed company's full line gift store with tons of hemp related goodie samples of which happened to be gifts for all the judges with special bags for each tour and boggle heads for all the judges. They would later give away 750 bags on the first day of the cup. But for the next seven days they would be going to the docks to get small bits of the order. It ended up being a great amount of fun with perks for me as Franco gifted me the first ever Greenhouse metal grinder, six shooter pipe, mouse pad, coffee cups, T's, coats, hats, shirts, rulers, cups. The list goes on and on. One of the most interesting things they had was the king of cannabis bobble head doll looking just like his daddy. The little guy is so cute with royal cape, crown and complete with a cannabis cup in hand. The first two made, the prototypes so to speak, are different from all the rest and are marked so in a very specific way. The first of the two prototypes was bought by an Asian bobble head collector for 5,000 euros. The second one I

and ready to go by 7 AM. Everyone is high and excited to be off. With a kiss from my darling little one goodbye and we're off. The drive was relatively easy and we arrive in good time to meet the rest of our group at the airport. The airport is packed as it's just before Thanksgiving. The flight is miserable with a cranky three year old child screaming and crying as he proceeded to kick the back of our chairs for the entire nine hour flight. KLM doesn't do a thing about it even after repeated complaints from everyone within 100 feet from the child. Finally after absolutely no rest we land in Amsterdam and get our luggage and are on our way into town. We go straight to



the Bulldog Hotel were we Eddy photo by Craig as we left San Francisco for the cup.

by Eddy Lepp



The Lovely Kerry with Eddy in front of the Greenhouse Centrum.



Eddy riding with a couple of Kings.



The Kottonmouth Kings live at the opening ceremonies.

was told was to go to Steve Hager the founder of the cannabis cup 19 years ago. As I find all this out Steve himself arrives and we talk and visit as plans are made to honor Steve with the 2nd Bobble at the gift party at The Sinners Club in a few days. Steve leaves and we visit and linger in the coffee shop till 9 PM to avoid jet lag until we can return to the hotel for sleep. We have forced ourselves to stay awake all day. We are very tired by this point so we go to the Bulldog and hit the sack.

Up early we are off. Europe is the home of royalty and Craig, Erica, and I were off to see more old friends. First we go to see the reigning King of the mornings in Amsterdam, Darry the owner of Barney's. Their breakfasts are the best in Amsterdam. I met him his first year he entered the cup and he has proven himself to be not only the King of Mornings but a kind, loving friend. He is also, as Arjan is, a fierce competitor wanting to bring the best to their friends, and friends is what you become to the people of Amsterdam.

We are shown the Barney's entries and are impressed, they are very nice but then I knew they would be. We are wined and dined and then we were off to see the King himself. But on arriving at the Greenhouse things aren't good. The docks are a mess. Many of the awaited items are not yet in. Worst of all I am greeted by a very frantic Franco as I enter the heart of the Greenhouse, the upstairs office. The same office where Franco left the second bobble head prototype and the same office where he discovered it missing with a ransom note and picture, demanding Arjan withdraw from the cup or else off with the bobble head's head. The picture left with the note was of the little guy with a 14 inch hash knife next to him and the same threatening note left by the kidnappers. Scared and near tears, for I had come to love the little guy already, I begged Franco to let me help bring the little guy home. Craig and Erica soon volunteered as well and this would eventually be the heart of what would become a huge complex web of souls trying to find the stolen bobble head. Beautiful women, rock stars, cabbies, working girls, and thousands of judges all inevitably were searching for the stolen King Of Cannabis Bobble head. But where could he be? Who was behind this heinous crime? For now Franco said to keep it on the DL and wait. So for now we try to carry on. Despite the tragedy we party and visit our old friends at many of the coffee shops participating in the cup. Over the years that I have been coming to Amsterdam I have grown to love it as a second home and can not say enough good things about it. You really have to see this wonderful place for yourself.

As we are walking from one coffee shop to another we happen to stubble across a little riot in the street that started in some bar by some drunken soccer fans and has now spilled out into the street. Somehow I got caught in the middle of the riot squad complete with helmets, clubs and shields sent to deal with the disturbance. However unlike at home, here in the good old USA, where I would have been knocked down, stomped on and beaten for daring to be there, they where civil. One officer stopped me, still running in place, and said, "Sir" (as if to say excuse me) and waved me through and out of their way as they all caught up with the others and peacefully settled the problem in minutes. That's about the time I decided to turn the corner and head over to The Hemp Museum and on to Sensi Coffee Shop where we see the Dronkers boys.

Ridin' with the Kings - Cannabis Cup '06

These guys led by father Ben have dedicated generation to this sacred plant. And when you are this close to the Cannabis College you'd be a fool not to stop in, which of course we did. We were greeted by none other than the darling Lorna the red headed lady of the house. She is very gracious, beautiful, and informative. She will hit you with a smile that can not be beat and before you know it you have a cup of tea in one hand, a joint in the other, and a fountain of information about hemp and/or cannabis flowing from her that will guench any intellectuals thirst. Complete with a teaching garden in the basement and everything hemp/cannabis related all around it is a wonderful place to be. If you are ever in Amsterdam stop in and say hi you won't be sorry you did.

That night, back at the Greenhouse I learn from Franco there has been a threatening phone call and further warning that the Greenhouse must drop out of the cup or else the little guy is doomed. Now I realize this would get worse, much worse and soon. As we walked through the red light Erica is amazed at the freedom to be found here. She has already fallen in love with this beautiful refuge for us all. After flirting through the glass we go to the apartment and bed. Up early again and we are off to the Greenhouse. Franco is in tears they have sent pictures showing the little guy in a microwave. I console Franco to the best of my ability but needless to say he is pretty upset. By now the word is out everywhere. Everyone knows and is now worried, for the king himself has found out and he wants his bobble back. He loves #2 and he's pissed. Rumor has it Steve Hagar has threatened to disgualify Greenhouse if he isn't awarded #2 at the party. The judges have started to arrive and the coffee shops are all packed, with crowds waiting just to get in, but somehow it all moves so smoothly with a comfort and respect seldom seen at home. So many different people from all over the world are getting along and having a great time. Of course the drunken soccer fans fight, raise hell and sing into the wee hours of the morning. It is a great experience everybody just watching everybody else have fun. We head home to the hotel for the cup is soon to start and we want to try to get some sleep before the big day. The day dawns bright and we are off again seeing more of the city. We check out Resin a first time entry to the cup. It is a very nice shop. Alex, the owner is wonderful man. Drop in and say hi you will love the selection. And now the moment we have been waiting for it's time for the opening ceremonies. By now we've met all the honorees. Barry "Plunker" Adams of the Rainbow Family and Garrick Beck were inducted into the counter culture Hall of Fame. Our very own homegrown hero the King of Oaksterdam, Richard Lee was honored as this years the freedom fighter of the year. An honor I held several years ago. When I was the only freedom fighter to be under federal indictment the entire time I held the honored title. Congrats, Richard, I can't think of a better honoree than you. We are all so very, proud of you and Oaksterdam. Soon the ceremonies are over and the night is shattered by the arrival of the Kottonmouth Kings, my friends of several years. This show, as every show I've seen, is over the top. To single out one would be unfair as I love them all. They're warm, alive, fun loving, and very active in trying to make the world a better place. By doing more than just their music they are proud to stand up for what they believe in. The high energy Richard Lee from Oaksterdam, the High Times Freedom Fighter show is over and we go back to the Greenhouse with Max one of the Year 2006. Eddy's hero.



Franco, Arjan and family. celebrating.





of our drivers Mike being the other. They had us everywhere The old ganja man checking out the goods and the young on time as well as moving hundreds of judges daily back and king looking on. forth to the Expo. Barney's had a vapoboat ride to get you to Below: Crazy White Boy Shwan doing his thing. the Expo which was a blast. Sara was a lovely hostess. After the show we go to Greenhouse and after about 90 minutes or so the Kottonmouth Kings come in with B, their very competent manager leading the way. I introduce the guys to the prince and the other Kings. This began a romance between the Greenhouse and the Kings which lasted four full days as they visited often and stayed long, much to everyone's joy and delight. Charming to everyone, these guys were a real hit. Later in the week I would meet some of the members of The Roots, introduce the Kings to them, and everyone went to The Roots show as their guests. Shortly after the show the Kottonmouth Kings arrive followed shortly after by everyone from The Roots. Champaign flowed as the most generous King of all, Arjan, entertained us all. The crew led by Franco was superb. No one went overlooked even with all the VIP's in the house. For five days you couldn't get in without some star in the house. And for 5 days the prince proved he was royalty as he knighted judge after judge with the infamous 3 meter vapor bag. Only a very few can do the whole bag, those who do get a certificate of achievement signed by the Greenhouse. I have quite a few and the Kottonmouth Kings are all over the list. Come on down and get yours. Tell Franco Eddy sent you! He'll love you. Sadly by now I know Linda won't be coming. Her health failed her at the last minute and Ellie and she will remain behind. This was



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smart on her part but nonetheless it broke my heart. Monday the first full day promises to be exciting. We arrive at the Expo a huge drafty old barn of a building. We froze, visited with others who looked frozen and finally said to hell with this and headed to Cannabis College. Ed Rosenthal is to be honored by Ben and his sons from Sensi Seeds. Ben and all his sons are Kings as they have planted the largest hemp fields in Europe. This coupled with generations dedicated to the sacred plant puts them at the top of any cannabis list. The party was fun. Ed was wonderful and deeply touched we are told. Sensi seeds will begin to honor more of our hero's in the future, after we are done at the College it's back home for a quick break and off to the Sinners Club where Greenhouse will unveil their new clothing and products line. Thousands of dollars of items are hanging everywhere, all of which will be taken by the judges by the end of the night. Finally at about 3 am we head home to bed to once be up early

as Tuesdav dawns. Once we are awake and cleaned up it is off to Barney's for a vapoboat ride. Darry greets us and threats us like royalty in his kingdom until we are off to the Expo by way of vapoboat. We love the boat ride and it's much warmer today. I'm thankful for I'm doing the world famous wake and bake show with Jet Baker our friend of many years. Dan Sykes is at the Expo with a never ending stream of humor. Danny Danko, Bobby Black and many others of the cup crew are around too, far to many to name but all must be thanked for without them Steve couldn't put on this great event year after year. After the Wake and Bake show we hit the Expo. We met the people from the Happy Chief they are a sweet couple who have made a pipe filter system that is cute easy and works great. They gifted a full set to Linda hoping it will help with her cancer. Sadly it probably won't, but we pray things still might change. You can find them at www.happychief.com check them out they are great couple



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with a wonderful product. At the College Lorna had shown us a great new foldable hemp cloth rolling tray. I was not surprised when I found them at the Expo placed there by Wolf Productions. A few years back when they just started the business they came and forgot their sign's so they took one of the trays and with a big red felt pen wrote their own little sign on the bottom and turned it over. They offered to gift me any tray I wanted. The one with the felt pen sign has been on my table 3 years now and sits next to the new updated improved model I was given this trip. These are great high quality items. Get one and use it today. I did.

After awhile at the Expo we decide to head back to the Greenhouse and the Kings. They are all there. I walk into a great vapor bag battle which no one will ever win. But these are the kind of wars we should wage. Who can smoke the most? Who can roll the biggest? What a way to settle the world's problems. No violence just smoke, smoke, smoke, till you pass out then wake up friends. I wonder if I'm the first one to think of this as an option to death and destruction. Who knows if we try it, it just might work. After a short

break at the Greenhouse we are off to the DNA party. This great group of kids came over from California several years back and we met and became fast friends. The party is hot with a Cali jam band flown in for the party. They give away a ton of stuff and a good time is had by all. About 11 PM we head to Boom Boom Chicago where Darry is having the Barney's party. For the King of the morning this guy throws a hell of a nighttime party. What a night it was. We end it off by heading back to the Greenhouse for a guick smoke and then nighty-night. By now Erica has caught a dread condition called shopping street syndrome. There is a street off Dam Square that's about 2 miles long where you can buy anything and everything your little could possibly desire. Not to worry by the time you read this they will have recovered from Erica and will be restocked by the time you arrive, I hope. When we first arrived in Amsterdam we met Steve. He is the drummer and sole survivor of the band Canned Heat from the 60's. One of the most famous of the bands of that time they played at the Monterrey Pop Festival, Alltamont Raceway, and most of all Woodstock, the original Woodstock. Steve gifted me

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the Mouth Harp played by his brother on "Going Up To The Country" at those events. This gift has touched me as deeply as anything I've ever received. Steve had to leave early as his wife is near death and sadly his cancer leaves him not far behind. Thank you sir, for you are a King of our past. Thanks for the memories but mostly thanks for being my friend.

We wake Wednesday and are off to the Expo once again. Adam from THSeeds and Hempworks, they have a booth showing off the new digi-camo line of Hemp Hoodlamb coats. These are wonderful coats all made of hemp and can be found in the USA through www.hemphoodlamb.com go and buy one today. Our friends with The Phader, the winner of best in the show a while back, were there with The Vapezilla which would win best product in show in 06. One of my favorite new products was the Vortex Gravity Bong, it is almost as smooth as a vaporizer but with a lot more flavor. Linda loves it as she coughs very little as it is so smooth. Schroom Magazine was in the house, this magazine does for schrooms what we do for cannabis. It's a great read you should really check it out. The vendors were all wonderful, with a wide array of art, tools, and clothes and just plain fun things. Throughout all of the parties, events, expos, and shows we were blessed by the presence of the Smile Bong girls so good at keeping everyone high and happy. Thanks girls you were dazzling. The Expo was out of the way, often cold, and the heart of the cup. Proving if you smoke you can be happy anywhere. The expo was a huge success. It is also where we were all entertained by the infamous Dirty White Boy Shawn. Thanks to THSeeds for this treat. All I'll say is; ya gotta see this to believe it. Not all stomachs can handle Shawn's show but if you are strong enough to make it through you will never forget it. We left the Expo and returned to the Greenhouse where Franco brings me up to date on the bubble head kidnapping. Steve was given a bubble head and is happy. The abductors have not been found but Franco is sure the little guy escaped and is loose trying to return home. Please, if you see the little guy e-mail the Greenhouse at their myspace profile attention Franco, bobble head recovery team leader. We must get him home. Thanks to you all of you in advance for your help in securing this little soul who as Arjan said, "never hurt anyone". Come home little king, come home. Franco is frantic but we must be off to the closing ceremonies. What a night. Barney's won both the hash cups and the cup for best coffee shop. DNA sponsored the winning class piece. Paradise Seeds placed 2nd and then came The Cheese winning the best Indica Cup, and took second in the Sativa cup with The Blue Cheese. The Cheese is a wonderful plant. Its smoke is unique and flavorful remaining through the whole joint. The guys are themselves wonderful congrats to Big Buddha, makers to the Cheese. I love this strain and rumor has it our dear friend Nick the Editor of Redeye a U.K. Magazine had a little something to do with it. Proving once again working together we can make great things happen. Then came the Big moment of the night, the people's choice Award and Barney's had three cups already. The pressure was on, who would it be and then that fast it was over. Long live the king Arjan. He had once again won the most coveted prize in all of Potdom. The party started on stage and went all night.

To Barney's, I foresee you remaining king of the morning for a long, long time. Hats off and much love and respect to the Greenhouse. The king, his prince and his court showed the world why they are the tops, congrats to you all. Much love to the girls, 420, and the queen of the Greenhouse. To the king and his court I say thank you for the many years of kindness. You honor me by allowing me to be a part of your family. I love you all very much. To all the other players, not all got a cup but to me if you played, you won. Thanks for being part of something we come from all over the world to see, without all of you it wouldn't be worth the trip. As I sat at the hotel later, I realized I had only a couple of days left. Craig and Erica are worn out, Craig from working and keep up with me and Erica



Eddy with the Buddha and his cheese. ~"I really love the Cheese" - Eddy Lepp

from shopping and having too much fun. The cup is over and we all let down. For me it is a time to reflect about Linda and wishing she was with me, knowing it won't last much longer and feeling my time with her slipping away. My soul was suffering I went and saw my friend Soma. I can't at this time go into what we said and did but that night was the most spiritually moving night in my life. I know now all will be right in my life. I know now all will be right and as it should be in time. Thank you my friend for lifting the pain from my heart and the weight from my soul. Sunday is a sad day we leave by 8 AM tomorrow and it is a day of good-byes. We go to Greenhouse, the College, Sensi Seeds, Bobby, the Dronkers, Luc, Patrick, the DNA crew, the Resin crew, Alex, Soma, Donna Marie and so many others. Then Greenhouse crew, Kerri, who I hope will write a story for us soon, the rest of the court who treat us so well every time we are blessed to be there. Moisture came to my eyes as I hugged Franco for the last time. I cried as Arjan and I embraced. No good-byes just see you soon. This cup was very hard without Linda but thanks to those who love me and I love in return it was one of my best visits to my other home ever. Thank you Amsterdam for showing the world you truly can respect the individual and allow them their freedom as nowhere in the world.

Erica thanks for being a wonderful diva. Craig thanks for being my partner. I couldn't do this story without you. Marco, my publisher, Thank you for giving me the freedom to do what ever I want, thank you so much for giving me a voice to the readers. Thank you to the readers for hearing my voice by way of the printed word. And to my little bitty pretty one, Linda, thank you for being there when I got home and sup-

porting me while I am away. Don't worry we all go next year.

Respect All. Hurt None, Love One Another. Eddy



Ben Dronkers and Ed Rosenthal

From left to right: Derry, Eddy, Luc, Aaron, Franco, Arjan and daughter, Barry and Patrick.



Ridin' with the Kings - Cannabis Cup '06



Craig And I Head Out Up The 101 To The 101, Area 101 that is. As always our host and dear friend Tim is putting on a great event. After a couple of hours we arrive. We've brought our friend Donnie a.k.a. "Fishboy", reporter for Skunk magazine. Gooey our other buddy from Skunk had to stay home and couldn't come out and play with us. Tim greeted us as we arrived and we soon had our laminates and were off. Pebbles Trippet and the MMM group were busy spewing forth information and love. There were great bands, local favs

myself and Ariana have one each. They are wonderful. Thanks so much to Tyson for the chance to add model to my list of trades. Anyway there were many other great vendors like our old friends from Beads and Stuff and of course Valerie my angel and dear friend Doc was there with Puff's Practical Potions. If you have not tried their soaps or cookies you really must, they are the best around. It wasn't long till I was able to get to why we were there. 51 that's right, 51 entries, it's unheard of. HT's cup only has 20 to 25 tops this was a treat all 51 laid out

and big stars, we loved them all. Skunk Train, Massacana, and Blue Turtle Seduction all laid our great sets. New Monsoon as always was superb. But my favorite was the darling Luna Angel, this girl is a star waiting only to shine ever brighter. If you ever get the chance to see her you must it is truly an experience not to be missed. She is phenomenal. There were great entertaining light shows throughout all of this. Tyson from THSeeds and Hemp Hoodlamb was there and their coats were everywhere. They are selling out at every event. These are the must have tickets of the year. Linda has two and Craig, Erica



Tim Blake from Area 101, Eddy and Luna Angel, performer at the Emerald Cup.

Mendocino Medical Marijuana EMERALD CUP



in two rows it was a thing of beauty. 100% Organic Nor Cal Outdoor, the crème de la crème, it doesn't get any better than this. The aroma as we removed the top of the display case was over powering a couple of the folks close by actually teared up and dropped to their knees. Craig and I being old hands just smiled and started setting up shots. As I had the luxury of playing with them all I was able to really appreciate the love that had gone into this collective showing. I was impressed, without a doubt the best all showing of entries I have ever seen and I've seen a bunch of them for a long, long time. The average of this group was good enough to win many events I've come to. So I was very interested to see what would win. The judges had the entries for several weeks before the event and were able to do a fine job of judging. The whole ride up and all day it had been raining and there was no sign it would let up anytime soon but, we never really noticed, the crew was ready for anything. They plenty of tents with couches, TV's, heaters, food, and everyone was warm and very happy.



the bar in Nor Cal. They are involvedacross the board in anything progressive in the community and host premier conscious minded events. Our hats are off to you Tim and your entire crew. Thanks for a wonderful time and now for that moment we all

Area 101 is truly setting

Donni AKA Fishboy from Skunk Magazine, Doc, and Eddy up to no good at the Emerald Cup.

have been waiting for. And

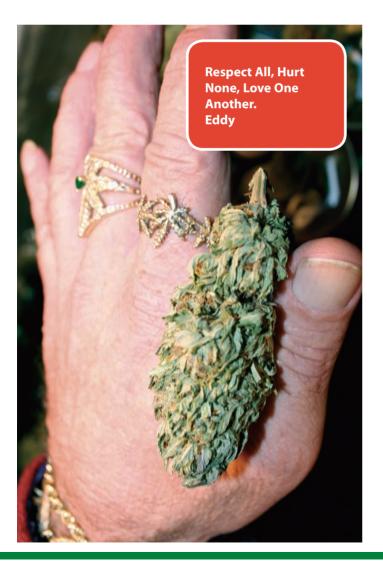
your winners are,

First Place: Name/Doug Strain/Almost Heaven

Second Place: Name/Gorilla Takeover Strain/Candle Libera Third Place: Name/Holy Cow Mountain Bros Strain/Purple Nunva

(We had a tie for 10th by OGKush by Rex and Sweet & Sour Kush by whatever both very good.)

As we drove slowly through the monsoon that had attacked the north coast that night I was very happy to see what has happened in the ten years of legal Marijuana. How a movement has worked so hard to become part of the bigger whole. Bring with them a love and understanding we all need very much. These events are growing in size and numbers. Thanks to the growers. Thank you to those who put on these events all the volunteers who donate their time, for without you these events would never happen. But mostly thanks to those of you who come and support us. If it wasn't for you there would be no reason for any of this. So once again thanks to you all for all you do to support the cause.





The 2006 Los Angeles Doesha Cup

The first annual Doesha Cup in 2004 was a blast. Mike Tyson and many other stars were there. It was a night to remember. Unfortunately in 2005 I was unable to attend because of my legal battles with the Federal Government. But now the third annual 2006 Doesha Cup was here and so wasn't about to miss it for the world. Craig and I arrived at about noon and check into the Holiday Inn Hotel in West Hollywood. A nice mid priced hotel in a very well located spot, central to the



From Left to Right Ponyboy, SK, Dave from Gravity Vortex, Eddy and Fuzzy.

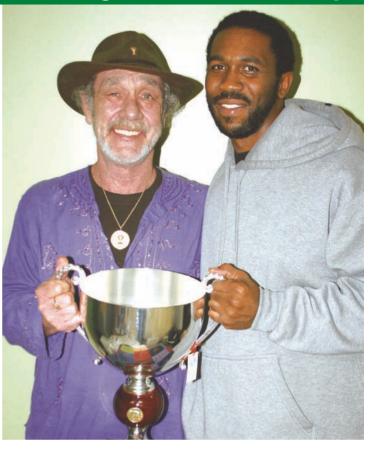
The 2006 Los Angeles Doesha Cup



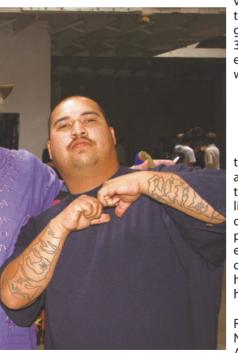
cup and our usual places we frequent when in LA. After settling in to our hotel we headed over to "All American Burgers" on Sunset Blvd the best little American diner in town. For the price they can't be touched. We head back to the hotel where we are soon entertaining the lovely Melissa a film maker who is helping Hello Jazz Production finish the documentary about the ministry. After a good first day we hit the sac about 1 AM arise early and are off to the event in no time. Held in Hollywood this year in a huge old warehouse studio right off Sunset it was perfect for the event. It had several large rooms all alterable, with easy access to wheelchairs, well done Dennis. The vendors were all setting up and as always we were making many new friends and seeking out may of our old friends.

There is always some confusion at these kinds of events because everyone must show their doctor recommendations to get in and sadly it takes a while for all of that to happen. They must be sure that everyone is legal before admittance into the venue. Once that

part is over and the cup is on its way the wait seems to matter less and less. Ponyboy of Los Marijanos with FMC Click was in the house. We went back to the VIP area where we reckoned for a while with a really cool dude. As we talked I was guick to note his awareness of the world and our place in it. He was fun and warm with a wisdom one only can get on the street. I found out later he was called Redman. He Eddy with Dennis, founder of the Doesha Cup. would perform later and what a great show he put on. Our



own Los Marijanos tore up the afternoon with songs of the sacred plant. As always Pony moved the crowd as only he can. We



visited with many of the vendors as he played. I have to admit the chicken wings were the top, they really hit the spot. Good news Gardens had a wonderful booth with a raffle giving away many great prizes. First place was 2 oz of high grade medical marijuana and 3 grams of hash, complete with papers and a pipe. The day was long full of fun. All of the entries were great but as in any cup there must be a few that rise to the top. And your winners are.....

First Place: Name/Anonymous Strain/Lavender Second Place: Name/Anonymous Strain/White Hair Angel AKA Cotton Candy Third Place: Name/Anonymous Strain/Super Silver Haze crossed with White Widow

Well, shortly thereafter, we are off back up the five to my little bitty pretty one. Please support all of these events everyone everywhere, hope to see you here next year.

Remember, Respect All, Hurt None, Love One Another. Eddy





These hearts are full of compassion... The 2nd Annual Los Angles Medical Marijuana Cup

2006 Annual Medical Marijuana Cup in LA

Craig and I are off down I-5 once again. Out dear friend the internationally renowned Ngaio, one of the funniest men in pot, hosted M.C. of many cannabis events including The Wonders Of Cannabis and the National NORML Conference. We hit LA and find our hotel and our dear friend Paul, who is putting together the premier social event of the year, Lakesterdam. As we headed out to find the venue we figured out USC was playing Oregon. This makes for total mayhem for miles around the school. USC is one beautiful campus. It was way cool seeing all the kids decked out in school colors; the whole campus was a huge tailgate party. After the hour or so it took to get across campus we finally found the event. It was a great spot for a party and it's used for that purpose often by Tree House Studios at www.treehouse.org, check them out.

As we arrive all is chaos. This is as it should be for show time is near and everyone is frantic with the last minute things that must be done. Eventually everything is as it should be done and everyone and thing settles down into what proves to be a well thought out and well planed event. The guests start to arrive. Among the first to arrive are our dear friend Howard Dover, host of many events at the Comedy Store (thanks Paulie), and our dear friend Ed Rosenthal, Both of whom will do their standup routines. The star that night was Jasper Redd a very funny man. The food was good, the vendors were great, with the vapor store doing what the vapor stores does, vaporize the masses. Check them out at www.vaporstore.com

The gift boxes were wonderful as were the samples. After a wonderful evening we head back to the hotel. I wish we could stay but we must be home to pick up Erica at SFO, then home for the night, then back to SFO the next day and then off to Amsterdam. Thanks so much to the Blue Guy and Miss, his lovely wife for having Linda at their wonderful event up north. We love you guys. Thanks to Ngaio, Howard and Ed Rosenthal. We had a great time. We'll see you next year. Thank you to Jay and Uncle Larry at Tree House Productions for hosting this party and for all your kindness.

Respect All, Hurt None, Love One Another. Eddy





Left: Eddy with Howard Dover. Center: The head of security. Right: Ngaio, the host of the event..

Treating Yourself

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THE 2006 LAKESTERDAM MEDICAL CUP HONORING LINDA SENTI

We were approached several months ago by a group wanting to put on a cannabis cup event where they could honor Linda for all her efforts on behalf of the cannabis family worldwide. We were honored to be asked and I backed the event fully. Many of the vendors and much of the entertainment were there because we were involved. We thank you all and apologize for any problems at the event. The event started privately on December 1st with VIP, bands and friends coming early. Our Native American brothers joined us and handled security, first aid, etc. Thank you for the security Doc, your hard work did not go unnoticed. Pyrex with Blaze One were wonderful to see again. Ralph Woodson, Ponyboy, FMC Click, Excuses For Skipping, The Lovely Snake Lady, all our favorites were there. There were eight entries with Santa Berry coming in third, XXX taking second, and the big winner being Grape Ape. The Judges had a wonderful time strolling though the vendors like Apothecary Seeds, Stinky Clean, and the beautiful Valerie from Puff's Practical Potions who has the best soap and cookies in the world. Nice Creams with the best ice cream you ever had, and our old friend IAN from Beads and Stuff had a tent full of treasures. Tyson from Hemp Hoodlamb came down from the Humboldt area. Their coats are the hottest item in all of Potdom and for good reasons. With their hemp soy and bamboo material and lamb wool lining not only are they warm and comfortable they are extremely environmentally sound. Get one, I did. So did Linda, twice complete with hat. Tyson from THSEEDS (thank you Adam) and Hemp Hoodlamb gifted Linda her hat and 2nd coat.

At about 8:00 pm we had the ceremony to honor my little, bitty pretty one. I can not express how wonderful it felt to see Linda honored. For everything we have done together has and always will be about her and what she has done for me and those around her and what she has inspired others to do. She has given her life for this cause literally and we as a family have been deeply touched. Dave from D&M Compassion Center gave her a plaque honoring a lifetime of achievement in helping others. Thanks to all who were there. It was a great, great night. Linda's dearest friend, my other Linda, helped all through the event as they both dazzled the crowd. Hey Taxi provided safe travel for all. Thanks to Joe Paul. And our course our own Diva the charming Erica was with us, as was the Princess of Herb, Ariana. Of course no party would be complete without my best friend Jack Herer and his darling wife Jennie. Steve Kubby was up for the event, as was George Clayton Thomas writer for such hits as The Twilight Zone and Star Trek joined us. Comedy was in the house thanks to our friends Howard Dover and Ngaio. Richard Eastman was here to help celebrate and honor Linda. It was a wonderful time with Skunk Magazine sending two reps to the event. Donnie aka "Fishboy" and Gooey who are old buddies it was great to see them both. Thanks to Paul Scott and the LA wellness Center for starting the cups. S&M Industries had their trash bags, kief boxes and other neat stuff on hand and of course our very own Pinky and his beautiful wife Scarlet entertained the masses in the style and grace that only they can provide. They were a huge hit as always. Thanks to Paul C. for having this great event, Dave at Saratoga Springs Resort for being such a kind host. Please check him out for your event, it's a charming place. We loved it and will go back often whenever the opportunity arrives. Respect All, Hurt None, Love One Another., Eddy



Linda receiving lifetime achievement award from Dave of D & M Compassion Caregivers.



Straight out of San Francisco, Excuses for Skipping rocks the house.



Above: (inset)Tyson and Amber (Photo by Jason Parker) from Hemp Hoodlamb, while Jack Herrer shows off his new coat. Below left: Yvonne the Snake Lady performs for Linda's benefit, and ours! Mary Jane enjoys some Nice Creams Ice Cream. Photo by Jason Parker.



Cali Star

Long ago I created a strain called Cali Star. We made a poster of it. Jason and Craig of Hello Jazz Productions have been filming me so they can do a documentary about the ministry and what it tries to do. Craig had to go to Dallas to see Jason who is working on another project. While there, Craig was given a gift to be given to me. I call her Cali. The insert is a replica from the poster. It was made by T. and B. designed by T. and Aaron out of Dallas/Fort Worth TX. It is a bubble steamroller, it's called a Stumbler. Rollers are among my favorite was to smoke hash. So I was intrigued when I found out about the water filtration. You can tell from the looks on the faces it's smooth and deadly. Thanks to all the boys who worked on it. Look for these to be hitting the scene in the future. They are rare but they are beautiful. Much love Jason for the gift, daddy loves you, you naughty little monkey. Thanks to Craig for bringing Cali home. We love her.

Respect All, Hurt None, Love One Another Eddy





Eddy before and after.



Linda before and after.



Erica before and after. Jack Herrer below, photo of Jack by Jason Parker..



I'm not sure where to start or really what to say. The last four years have been a bit of a problem for me. I'm facing four life sentences 17 million in fines, three raids, untold senseless destruction of Linda and mine as well as the ministry's property, jail time, etc. ,etc., etc.

Then about a year ago my little bitty pretty one, once again, we found is battling cancer, and sadly things don't look too good for the near future. I must now more than ever prepare for my trial, but mostly I must spend every minute I can with the one who gave me my life back so many years ago when I believed it to be over. She then encouraged and inspired me to live and do all I have done for nearly twenty years.

Just days after the death of one of my dearest and closest friends, Les Crane, at a very low time for me I met Marco the editor of Treating Yourself. We spoke briefly but it was when I read issues one and two that I was impressed with what he was trying to do and over the next month or so we talked via phone and I started to write for Treating Yourself.

This has been the brightest spot of my life for the last year giving me an anchor and a purpose I needed so badly. I cannot begin to repay Marco for his faith in me and I thank his parent so very much for believing in Marco and us. This magazine is beautiful and needed so very much. I want to thank all the many wonderful groups and individuals and the events that we covered. Thanks so very much to you and our readers for your support and comments.

Now I must thank Craig who has been my friend, my collaborator and my partner. He has gone through much to take the photo's that make the stories so understandable. I love him dearly and hope he and Hello Jazz Productions have great success.

The reason for all of this is and always has been the little bitty pretty one. I can only say thank you for allowing me to go and do this as you lay at home waiting for my return. Thank you for being there. I love you.

I pray Treating Yourself is a huge success and once again, thanks to all of you who support me, for without you I am nothing.

I will continue to write as I can, thanks again.

Respect All, Hurt None, Love One Another. **Eddy**



Linda with Joe Rogan.



Eddy wtih Jack Herrer, photo by Jason Parker.



Linda with the Vegitation bandmembers (above). Abijah performs at the Caspar Inn (below).





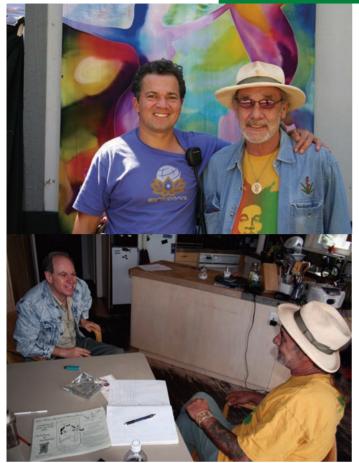
Eddy with Al and Marilyn in Santa Barbara. Center Eddy interviewing Mike and Valerie Corral at WAMM HQ. Eddy interviews Scott from Big Bad Voodoo Daddy before their concert at Mountain View Winery in '06.



Left: Ariana with Dennis Peron, Pinky, and Eddy in SF for '06 Gay Pride. Above: Ken and his crew visit with Eddy and the famous Pot Puppy after cross-sountry bike trip.

Below Left: Eddy and Linda surveying the garden Eddy cannot enter. Below Right: Dennis Peron and Eddy at Dennis's famous Castro Bed & Breakfast.





Upper Left - Chris founder of Earth Dance with Eddy. Above: Ed and Eddy Below: Eddy's favourite fairy at the '06 Oregon Country Fair.



Upper right: Jack and Eddy at his home.

Joe Rogan and Eddy outside the Comedy Store in LA. Eddy and Waldron (AKA Captain Clearlight) at his home. Eddy, Linda and George Clayton Thomas, famous sci-fi writer in LA. Eddy leading Jack to the stage at the Million Marijuana March in '06.







MDMCR members planting their garden in order to file a permanent injunction against the government in 2006. They harvested successfully.



Dr. Todd Mikurya and Eddy Lepp at the Portland Hempstalk in 2006.



Linda receiving chemo treatments.



Rocker T, and Greg, the co-producer of his new album; at their studio working on new material.



SK, Ponyboy and Fuzzy hugging a mushroom.



Backstage with the models San Francisco Academy of Arts 2006 graduation fashion show.



Eddy with Ariana the Princess of Herb, outside the Federal Courthouse in San Francisco.

Treating Yourself Contest Page

Treating Yourself Issue #7

Hidden Message Contest

S E E D S S S R C E S P O N S I B A C I N O P O R D Y H M L E Α CV O D R E S T S P E A C T T A B L N E P J O U R N A L U E S E P N Ο ΧА EVUEXHEZTFRLSCMABAYUGMT FKZDSDNMH G 7. P W D N E I C G N K V H S E J I U Z T G W G U F X B I I U G I P T M ΒO O B K R G I L Y L R O A G J V I O J L R T I U E C N N W A K M R U R т ICRVOHTWIZGISOTEN NIZNNRLACIDNIIE КТ JUTLKMIJIMARLNVGTCKWEINOTIS Т SBNA S A 7. С FTTIMIEYKYAXTOT ЕНСЅ ΙΑΕΒJΧΙΙΟ ΕK P V VE GHRBZUNHMZSRVU ORGANLAOXOJHA F ΤR Т Y TR T. RGU VGMI ΖRΤ F С S C K Ι THCMG IUNNC S Т Κ W Ι Ρ L Т В ΝΕΤ ΗΕΗW 0 С F F НC I СD А U Κ Ν S G GΗ L Х Υ Ζ Е Ι С Y 0 E Δ Δ P HSTWGNOV U V Μ ЕҮҮ ΖF ΟF D GV Α ЈКС Ε Ζ КΧ L G S J BRDRJLCTRF O N E H O G D G O N D G S V E L P ЕЈКЕ Н Ρ ٦7 Y G N I N E D R A G S P I S W T L X X Y E R D L E I K O C S Z W F T T C D A R R S S P U Q C B O J M G L U O I R A S F O Q C F E G J G T S V Z ACTIVIST GROWING LIGHTS PROHIBITION BONG HEALING MARIJUANA RESIN HYDROPONIC CAREGIVER MEDICINE RIGHTS

CHOICE COMPASSION GARDFNING GOVERNMENT ILLNESS INDICA JOURNAL LEGALIZE NUTRIENTS OUTDOORS PATIENTS PIPF

SATIVA SEEDS THC VAPORIZER

Find all of the words from the four columns above, in the REMAINING letters you will find a "Hidden Message"!

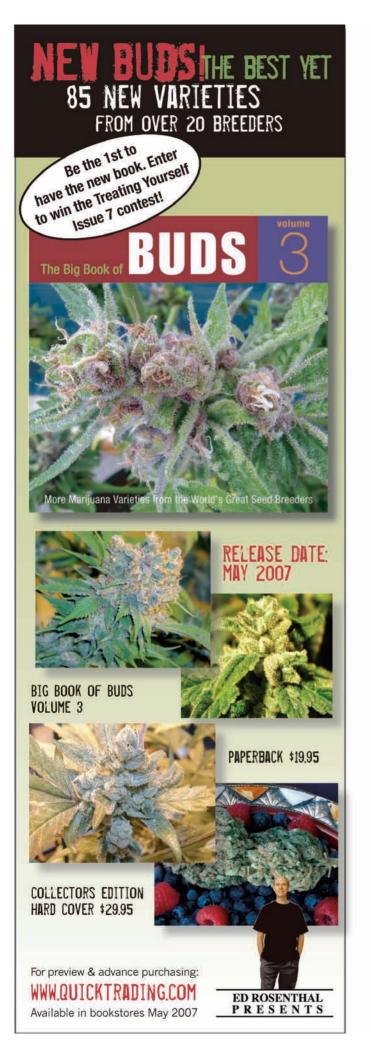
CONTEST ENTRY FORM ISSUE # 7

Please Print Clearly - Read Rules on Next Page. Cut this page out and send to the address below.

Name:		
Address:		
City: Prov/State:		
Postal/Zip Code:	Country:	
Phone Number:		
Email:		
Are you a member of TreatingYourself.com?		
If yes, what is your TY screen name:		
What is the Hidden Message:		
Mail entries to Treating Yourself 250 The East Mall P.C Entries must be received by Midnight EST April 30, 20		Ont. M9B 3Y8

I would like to thank the following companies for making this contest possible:

East Side Impex, Fresh Headies, FS Book Co., KDK Distributors, Laplaya Glass, Quick Trading, Vapolution Vaporizer, The Vapor Store, Vaporizers.ca



TY Issue 6 CONTEST WINNERS

- V.R. Queens, N.Y. Volcano Vaporizer
- K.N. Niagara Falls, Ont Set of Bubble Bags
- P.C. Wonder Lake, IL Set of Celebration Pipes
- T.A. Colborge, Ont Laplaya Glass

Congratulations to all the winners from the sponsoring companies and everyone at Treating Yourself magazine!

Contest Rules:

- 1. You must have reached the age of majority 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 as well as online at http://www.treatingyourself.com.
- 6. 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.
- 7. 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.
- Decisions of Treating Yourself and contest sponsors are final in all cases.
 Prizes must be accepted as awarded and cannot be transferred, assigned
- or redeemed for cash. 11. Contest sponsors reserve the right to substitute a prize of equal or greater value if the described prize cappet he awarded for any reacon
- value if the described prize cannot be awarded for any reason. 12. The Sponsors are not responsible for commencing, continuing or com-
- pleting the contest in the event of circumstances beyond their control.
 13. 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).
- 14. 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.
- 15. 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.

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