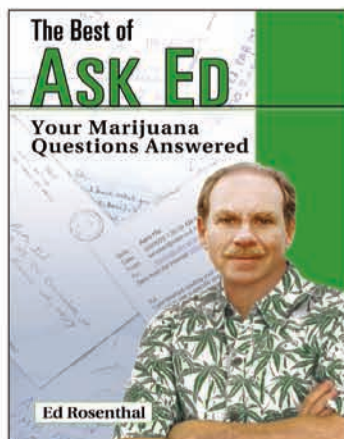


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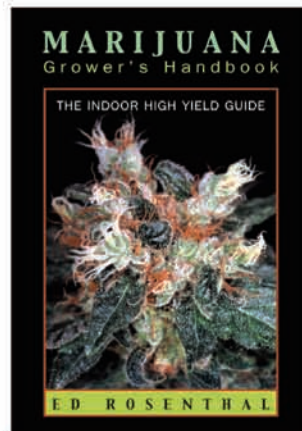
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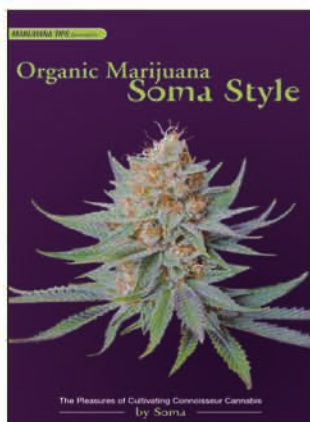
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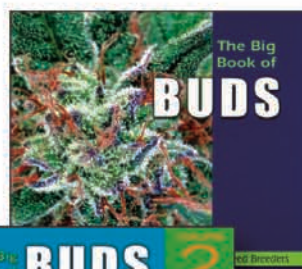
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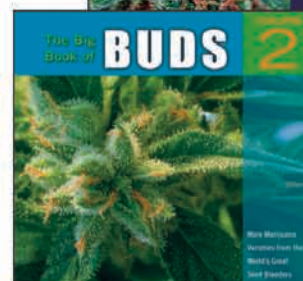
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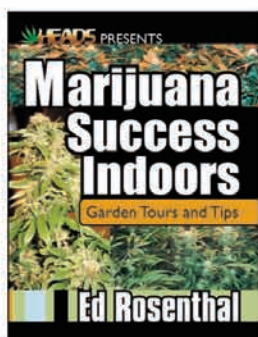
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**ED ROSENTHAL  
PRESENTS**

## 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 Seroquel 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 "aqua 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 led 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

## SMK rider... 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 every-day 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](http://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](mailto: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

# Here, There, and Everywhere...

## 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 Leidseplein, 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 possess 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](http://www.AmsterdamDVD.com). Take it easy, have fun, don't believe the hype and find what works for you. Good luck.

Written by Jeremy Norrie – [AmsterdamDVD.com](http://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](http://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

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,



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



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 white 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](mailto: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.

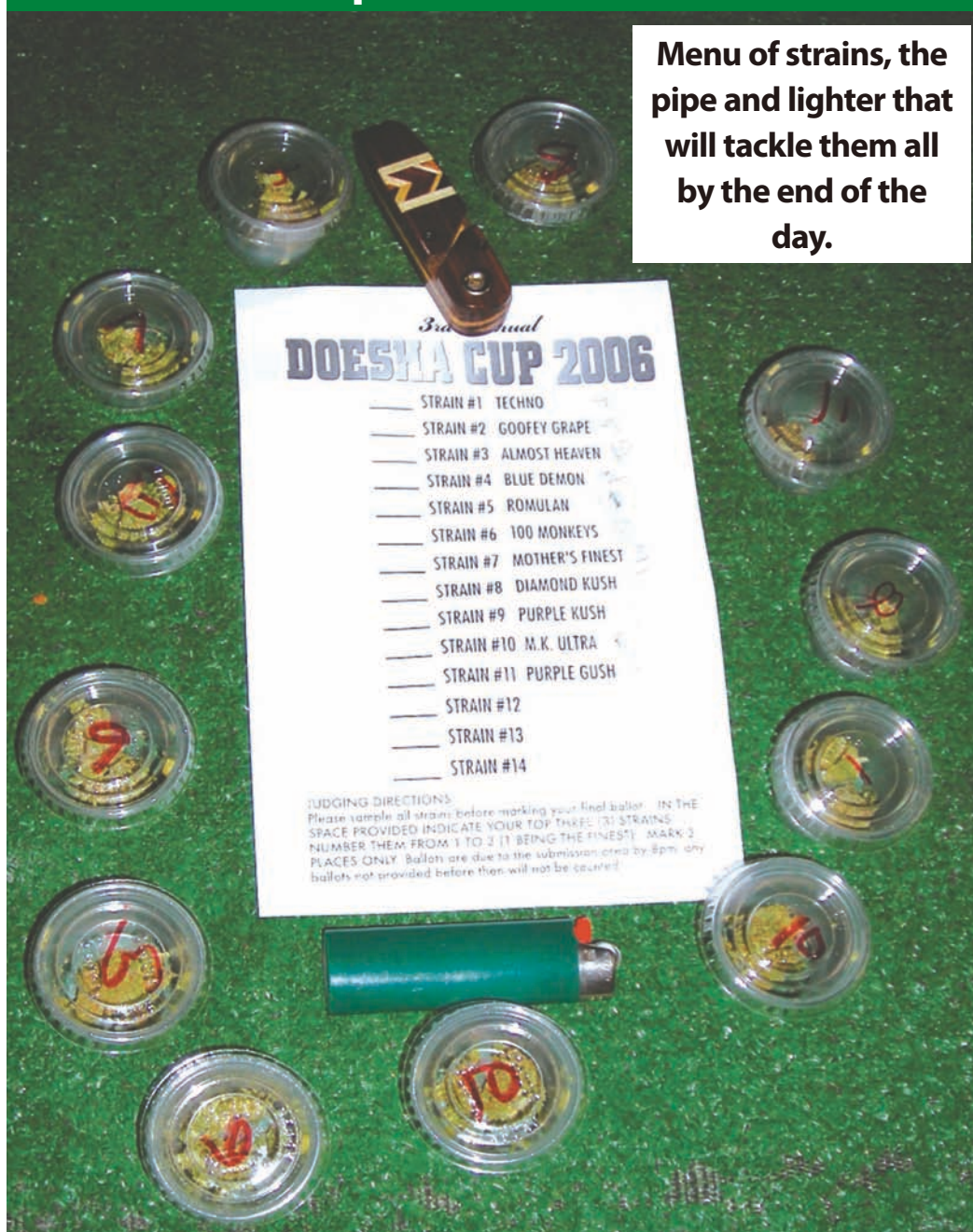
I know, I know, let's talk about pot. Blue Demon has a crisp, clean "blue" smell and was instant grin weed. From the first taste to the last exhale I liked it. Even a week later when re-tasting my Cup stash it made me grin quickly, and was feel good smoke. I'd love to have some clones to grow for ski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

**Menu of strains, the pipe and lighter that will tackle them all by the end of the day.**



VIPs and Judges had a large two room area set aside where we could kick back and smoke up, and there were several vaporizers going in one corner. It was decorated in late 70's Texas bus station chic but the folding chairs and worn out couches were acceptable. Anyone in a wheelchair or on crutches got the help they needed and a place to relax. In fact, delivering the smoking samples took so long that a large group encamped in one of the rooms and we started our own Cup, passing around bowl after bowl to all that dropped by. The favorite bowl was a mix of Kush Ecstasy, Goo and Crystal Bubble Hash (from All American Care givers at 126 1/2 N. Market)

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

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



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. Goofy 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.

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## Sheree Krider...In My Opinion...

### 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.

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

I never felt like participating in class much. I did what was expected of me, but nothing else. I attended a Catholic elementary school through 7<sup>th</sup> 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 8<sup>th</sup> 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 sheer 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 10<sup>th</sup> 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.

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.

I had the statistical two children and two-cat two-dog 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

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.

I dwindled on and kept from completely slipping away by 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 ligation 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).

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.

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 I 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....** I 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 posi-



tive 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 metho-

done 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 state-house. 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. I'd like them to take this issue on because it's 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 they 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](http://www.robryan.org)



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



**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.



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

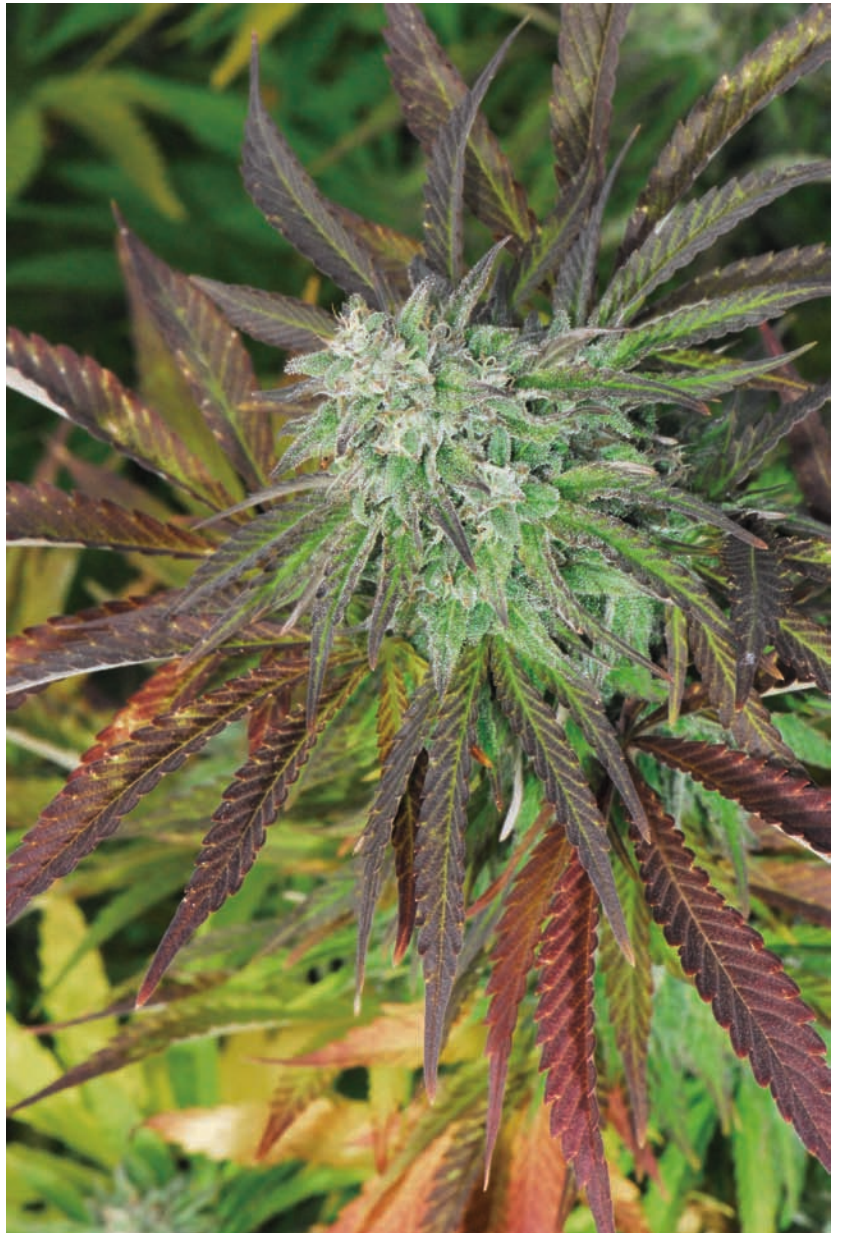
thieves take it all!!! I am sick for what do I do? I cannot stop and will have I cannot stop and will have to work as a slave until I die-even then I do not expect to rest.

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





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 x 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.





In 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 in-hospital 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.

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 loving each other and what makes a suffering person feel better is good medicine. Cannabis has several medical 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 [www.fsbookco.com](http://www.fsbookco.com) or [www.amazon.com](http://www.amazon.com). 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 ☺**



# 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. Secondly, 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 bong. 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 actually 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.

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.

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**Richard Koppens**





# 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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## 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.

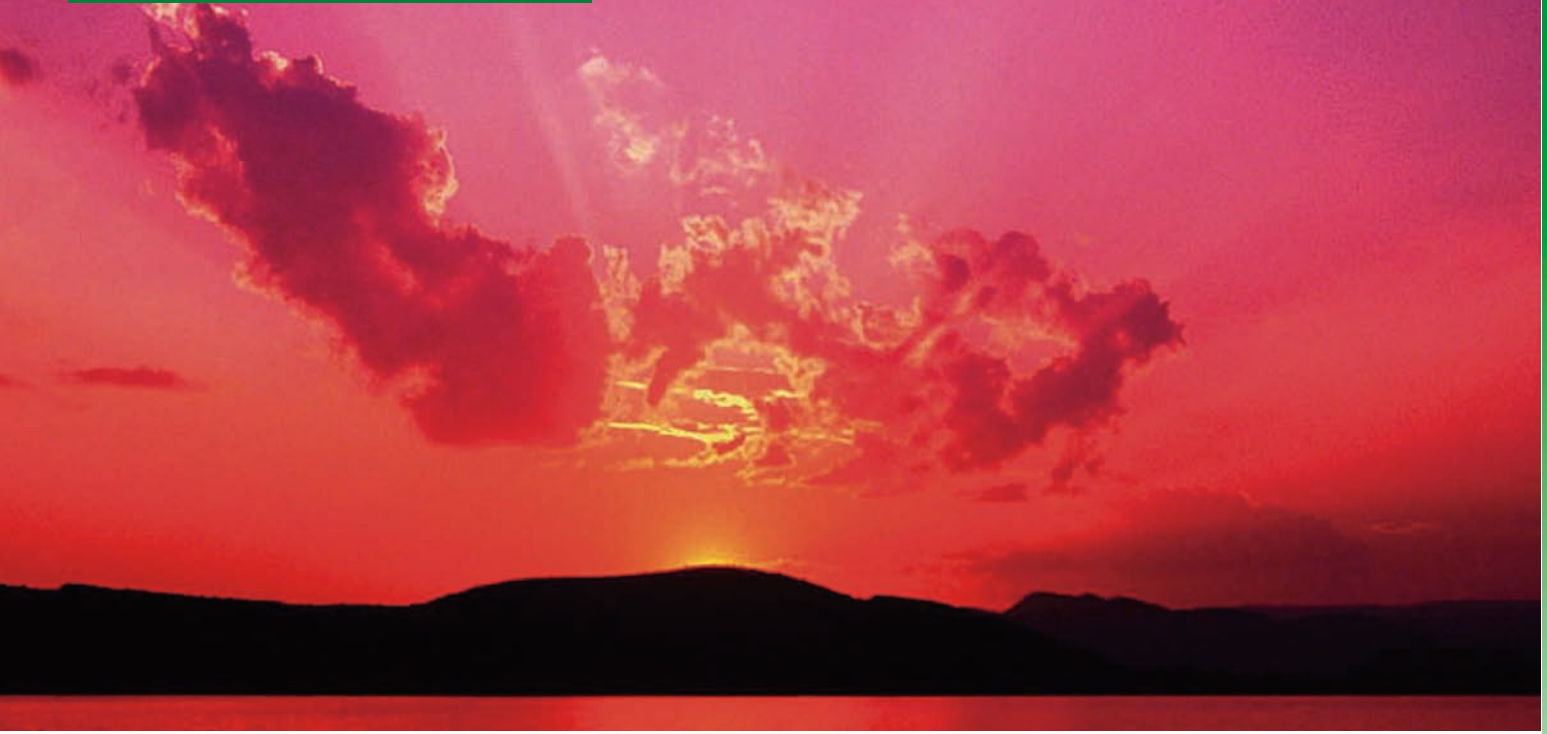
*-March 03 1992- Vycki Fleming*

## 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 prescrip-  
tion  
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.*





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,

I should have made a pot of tea,  
And big chocolate chip cookies, with sprinkle's and seeds,  
And then shared a conversation with him. The last talk to be,

Then He and I, for the first time in our lives,  
Would have known that GOD's Marijuana is a GOOD  
MEDICINE,

And God Only Knows,

HE SHOULD HAVE HAD IT!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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.

~Reddier 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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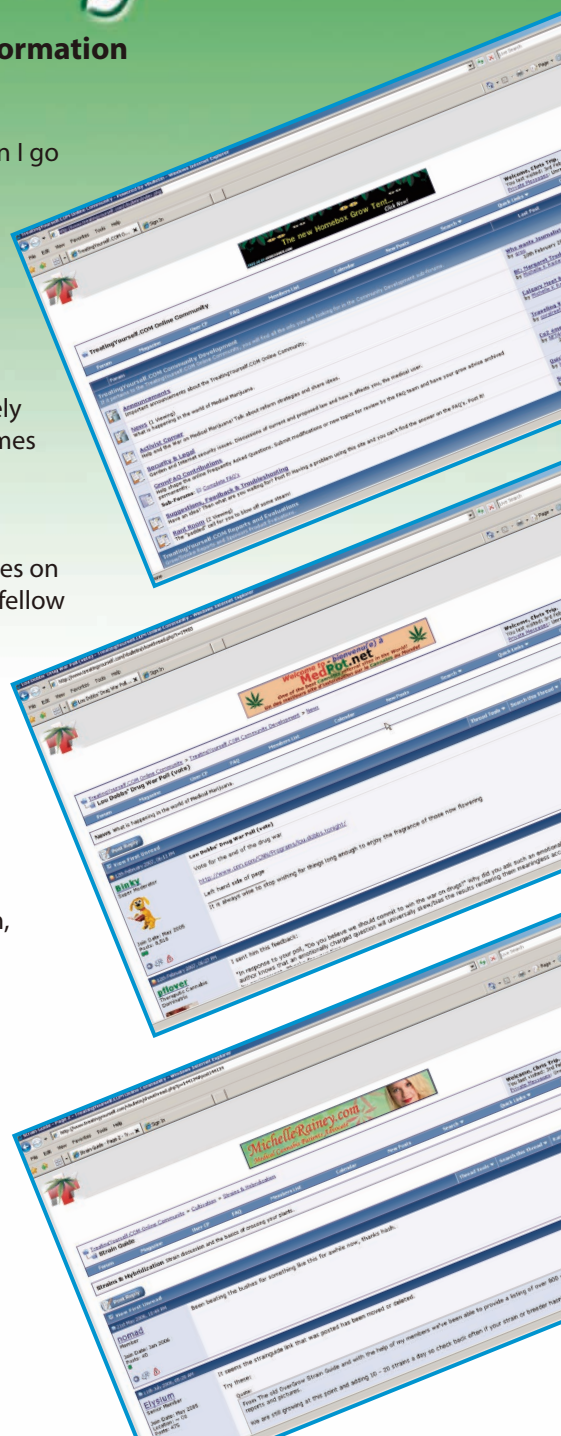
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A place with a community...

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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 Zardo. 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 [chefuni@treatingyourself.com](mailto:chefuni@treatingyourself.com).

**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)





## 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.





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.)

## 2 Bite Canna Cranberry Lemon Muffins

By Chef Uni

### Ingredients:

2 cups all purpose flour  
½ cup sugar  
3 tsp baking powder  
½ teaspoon salt  
¾ cup milk  
½ cup melted canna butter  
1 egg, beaten  
1 tbsp grated lemon rind  
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.

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

## 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)  
¾ cup whipping cream





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)  
 ¼ teaspoon salt  
 1 egg  
 1 teaspoon baking soda  
 ½ teaspoon vanilla  
 1 2/3 cup sifted flour  
 ½ teaspoon water  
 grated Hershey bar (the small one, I think it's 4oz)  
 ½ cup sugar  
 ½ 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 & 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 perlite 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 floras 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 tbs folic acid, and hygrozyme 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



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 perlite 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 hygrozyme 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 necrosis 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 perlite 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 hygrozyme 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.

**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 - 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

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 BC I 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.





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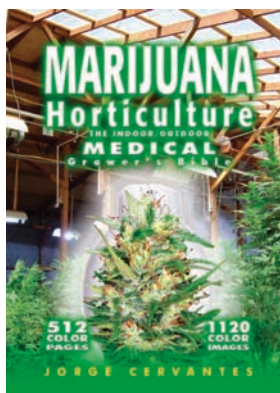


**The Patients Simple Guide to Growing Medical Marijuana** is a short but sweet 31 page booklet written by Vermont Medical Patient Mark Tucci. Published by Tucci Press in Manchester Vermont, this 2006 booklet contains fourteen chapters that

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.

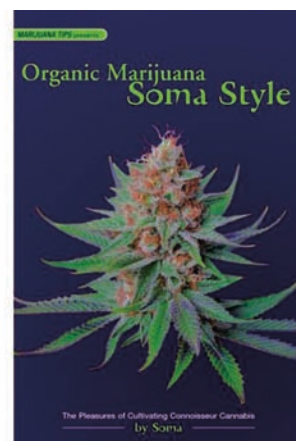
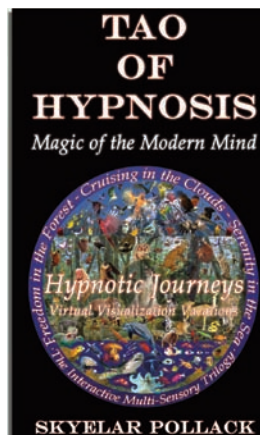
In a world where we have to deal with multi-tasking, job instability, complicated domestic situations and the pressure to succeed, I feel that the level of stress is on the increase. Anti-depression medication is easily accessible and the world is becoming a more unstable place to live in. Skyelar Pollock 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 pas-

sionate 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](http://www.hypnoticjourneys.ca) or [www.balladeer.ca](http://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.



## THE HASH MAN DVD REVIEW

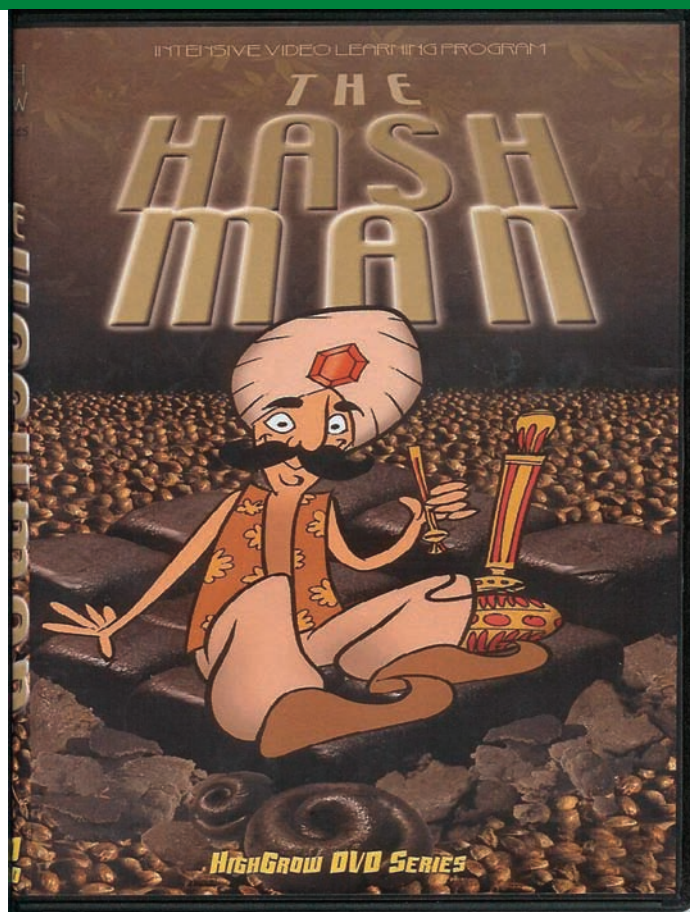
By FA

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 about 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 hash 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.

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](http://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 up-to-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 [www.parapublishing.com](http://www.parapublishing.com) 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 [www.verneandru.com](http://www.verneandru.com)

The series can be purchased at [www.okee.com](http://www.okee.com) or [www.amazon.com](http://www.amazon.com)

**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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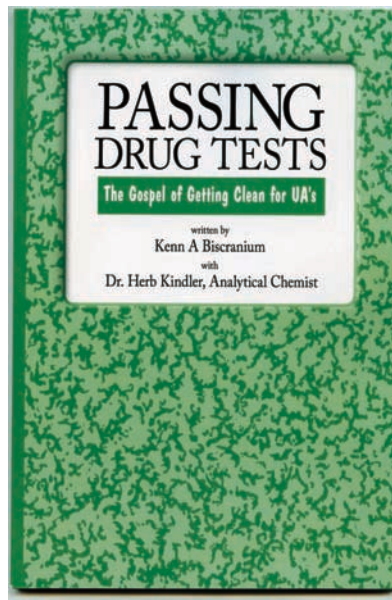
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## Book Reviews



### 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 <http://www.uadetox.com>



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## **TAO OF HYPNOSIS**

*Magic of the Modern Mind*

**The Official Guidebook & Instruction Manual**

**By Author, Narrator and Hypnotherapist,  
Skyelar Pollack**

## **TAO OF HYPNOSIS**

*Magic of the Modern Mind*



**SKYELAR POLLACK**

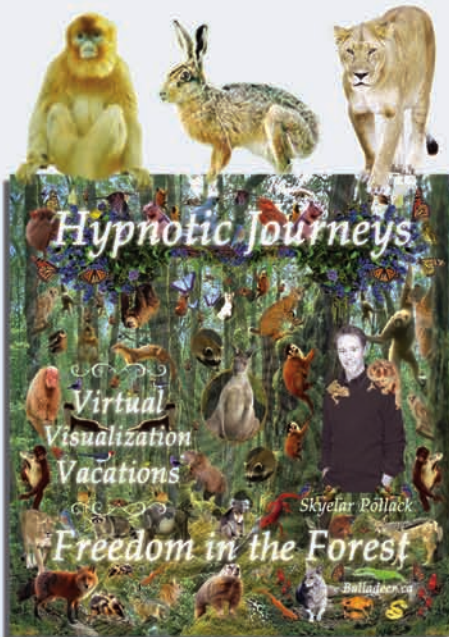
### **TAO OF HYPNOSIS**

*Guidebook: \$19.95*

**Guidebook + 3 CD Trilogy**

*Full Package: \$69.95*

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 self-hypnotic 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.

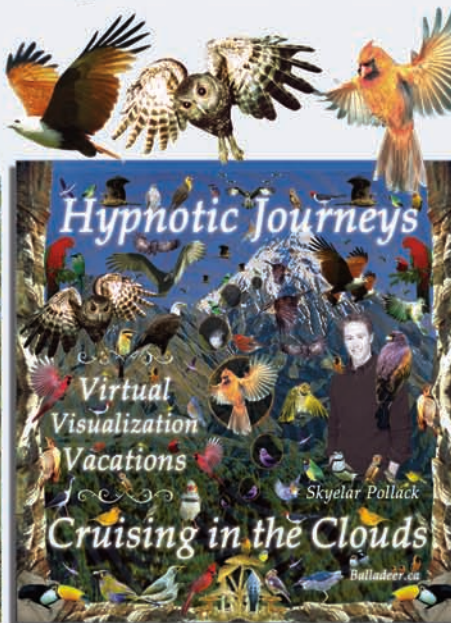


### **Freedom in the Forest**

*74 min. CD: \$29.95*

**Guidebook + Single CD**

*Earth Package: \$39.95*

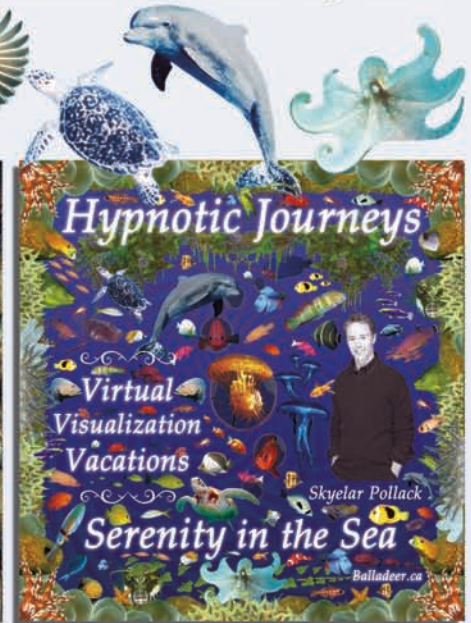


### **Cruising in the Clouds**

*74 min. CD: \$29.95*

**Guidebook + Single CD**

*Air Package: \$39.95*



### **Serenity in the Sea**

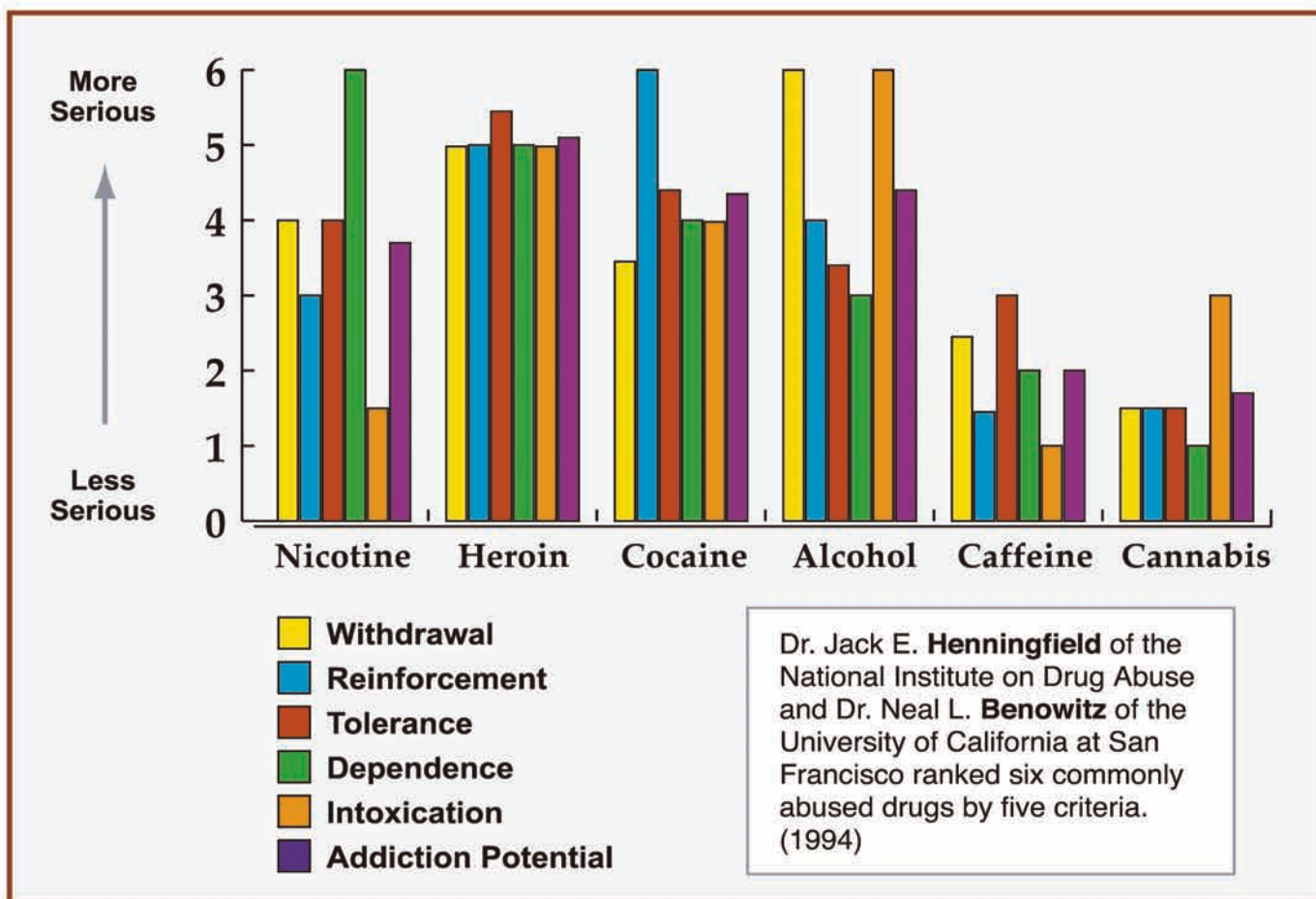
*74 min. CD: \$29.95*

**Guidebook + Single CD**

*Water Package: \$39.95*



# 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](http://SenateReport.ca) • [CannabisFacts.ca](http://CannabisFacts.ca) • [LEAP.cc](http://LEAP.cc) • [CannabisLink.ca](http://CannabisLink.ca) • [CFDP.ca](http://CFDP.ca)

Cannabis information handouts available from: [FrankDiscussion.net](http://FrankDiscussion.net)



## 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 Alvarez 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](http://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 amazingly funny Black Caspar.



The host, Ricky Harris



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 Gooley, 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 Gooley and properly welcome him to Northern Cali, we head home.

The following day is full, as many friends come to meet Gooley. Friday 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 year 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-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



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 [SandMIindustries@hotmail.com](mailto:SandMIindustries@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](http://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](http://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 vaping. 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](http://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,





# Lepptomania



comedy night, bingo, and of course the church services. world where we all believe it can be better than it is. We can and will do it if everyone will help.

Craig X has run for President, is a stand up comic and father to seven. He has starred on Weeds the Showtime hit series about what else, "WEED". It was a thrill for me as a minister to stand there and see people buying sacrament to further their connection to the creator.

UPDATE: After I wrote this article the local authorities raided The Temple 420 arresting Craig X and two others. Craig X has since then re-opened The Temple 420 and is currently involved in legal battles that are looking very promising in Craig X's favor. We wish you all the luck with your fight and know that you are just and right in your actions and will be 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 [www.420temple.org](http://www.420temple.org)

S a d I y though, too few understand the history of the plant. For its medicinal is only a small part of its uses by man since it was first discovered and used. This was of course before 1188 when it was given the kiss of death by the Pope.

Craig X, myself and many others are returning to a 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

Respect All, Hurt None, Love One Another.  
Eddy

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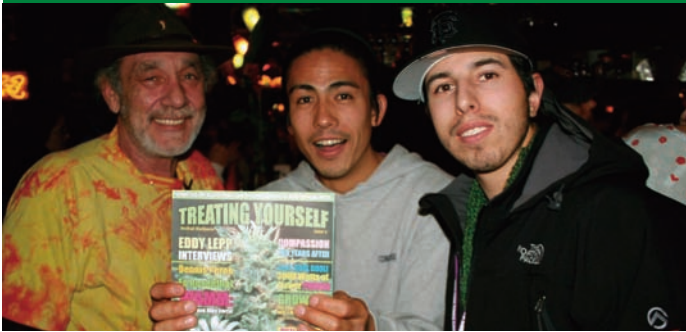
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## Ridin' with the Kings - Cannabis Cup '06



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 dad's 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 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 where we

have rooms and an apartment. Living quarters in Europe are much smaller than 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



Left to right Bottom, Cesar, Pauline, Nichole and Brandon. Top, left to right, Steve, Erika, and 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 wine 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 were 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 quench 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 disqualify 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 show is over and we go back to the Greenhouse with Max one



Franco, Arjan and family. celebrating.



Richard Lee from Oaksterdam, the High Times Freedom Fighter of the Year 2006. Eddy's hero.



# Lepptomania



of our drivers Mike being the other. They had us everywhere on time as well as moving hundreds of judges daily back and forth to the Expo. Barney's had a vapoboat ride to get you to 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

The old ganja man checking out the goods and the young king looking on.

Below: Crazy White Boy Shwan doing his thing.





## Ridin' with the Kings - Cannabis Cup '06

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 Tuesday dawns. Once we are awake and cleaned up it is off to Barney's for a vapoboat ride. Darry greets us and threatens 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](http://www.happychief.com) check them out they are great couple

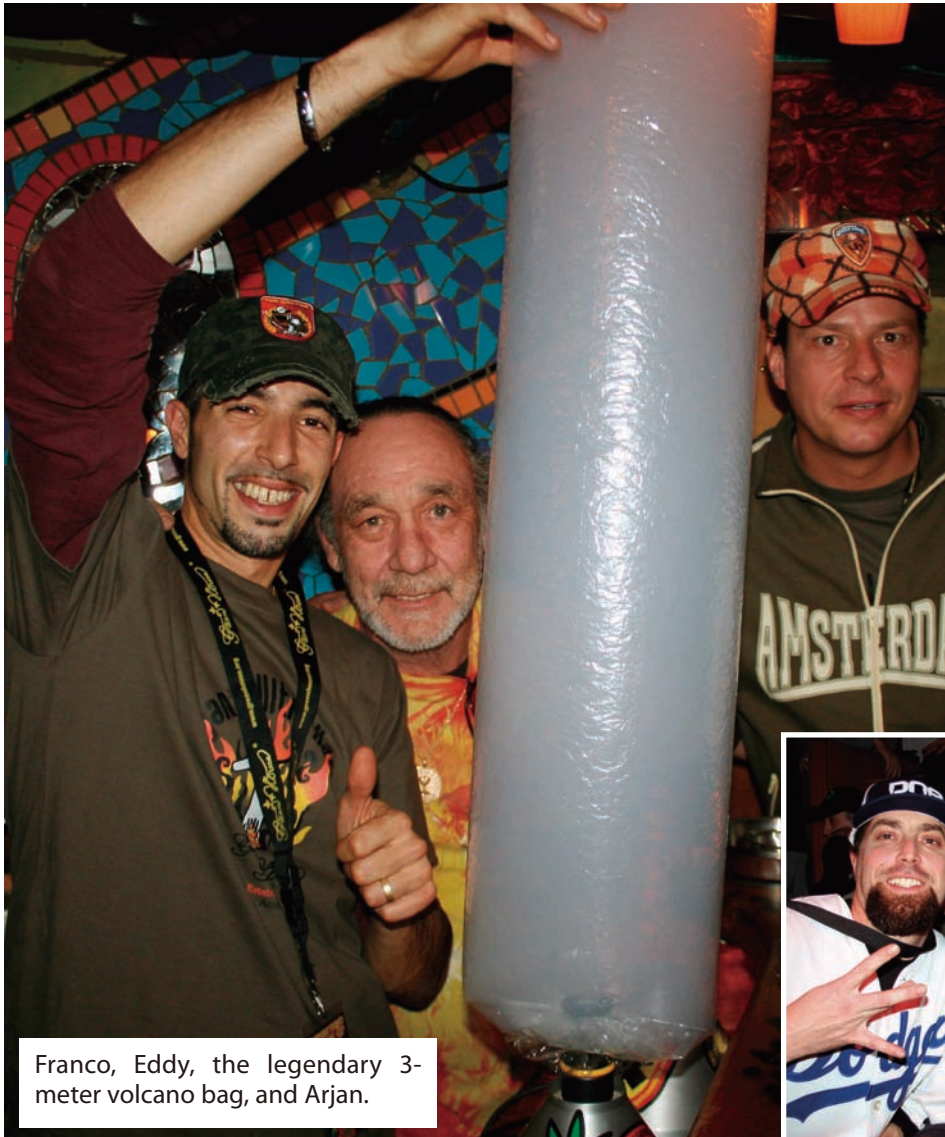


Master breeder, master of the tea ceremony, and guru of genetics, Soma.



The scene on the floor at the vendor's hall.

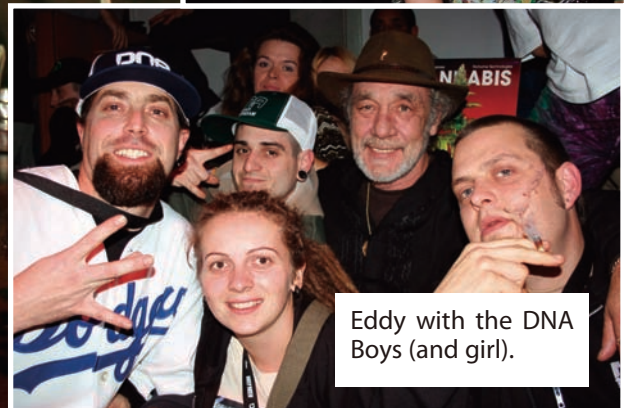




Franco, Eddy, the legendary 3-meter volcano bag, and Arjan.



Eddy, Derry, and Erica.



Eddy with the DNA Boys (and girl).

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 quick 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, Alltamtont Raceway, and most of all Woodstock, the original Woodstock. Steve gifted me



## Ridin' with the Kings - Cannabis Cup '06

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](http://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

# Lepptomania

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 supporting 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





## Lepptomania



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. Gooley 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 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

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



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.



Donni AKA Fishboy from Skunk Magazine, Doc, and Eddy up to no good at the Emerald Cup.

Area 101 is truly setting the bar in Nor Cal. They are involved across 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 have been waiting for. And



# Lepptomania

your winners are,

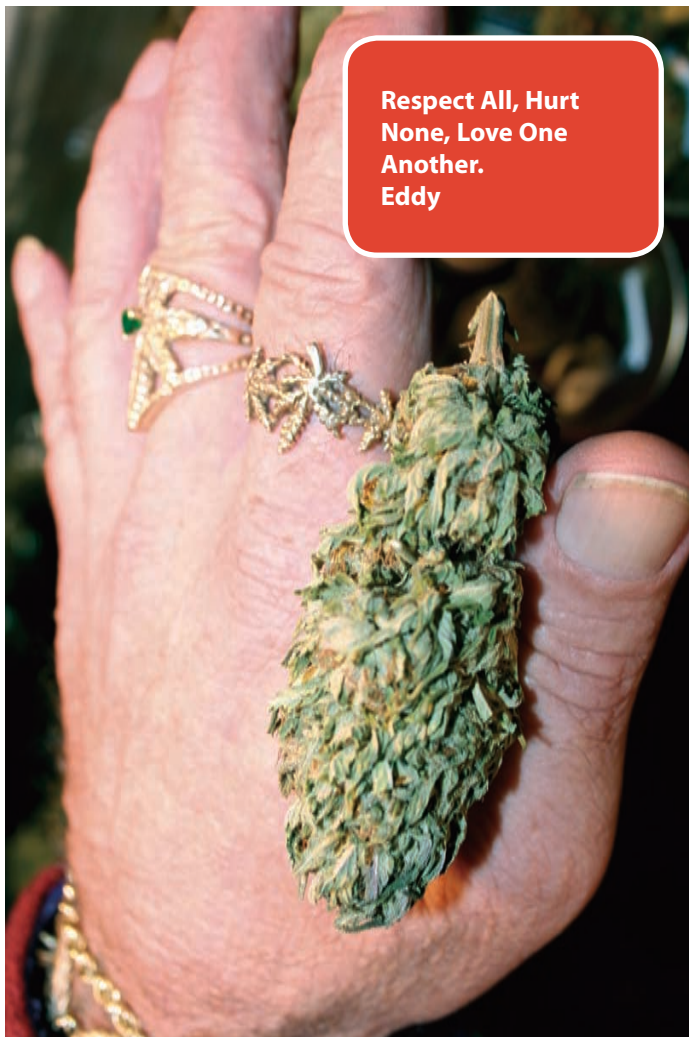
First Place: Name/Doug Strain/Almost Heaven

Second Place: Name/Gorilla Takeover Strain/Candle Libera

Third Place: Name/Holy Cow Mountain Bros Strain/Purple Nunya

(We had a tie for 10th by OGGKush 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 quick 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 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

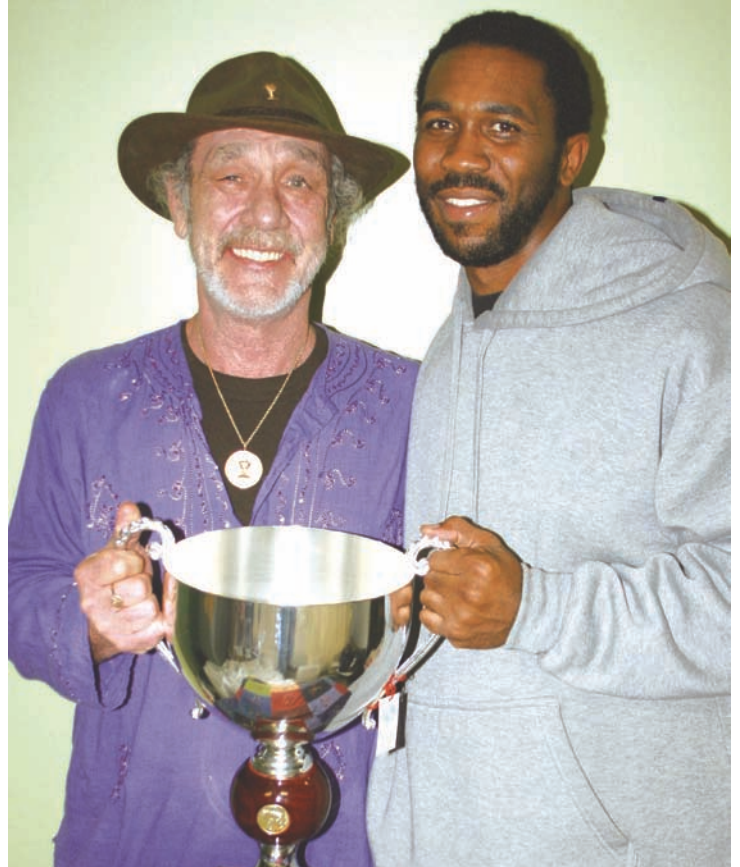
Second Place: Name/Anonymous Strain/White Hair Angel AKA Cotton Candy

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



Eddy with Dennis, founder of the Doesha Cup.







## These hearts are full of compassion... The 2nd Annual Los Angeles Medical Marijuana Cup

### 2006 Annual Medical Marijuana Cup in LA

Craig and I are off down I-5 once again. Our 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](http://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 planned 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](http://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..





# 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 through 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 Gooley 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



## Lepptomania



Eddy before and after.



Linda before and after.



Erica before and after. Jack Herrer below, photo of Jack by Jason Parker..





# Goodbye Treating Yourself

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 with Jack Herrer, photo by Jason Parker.



Linda with the Vegetation bandmembers (above).  
Abijah performs at the Caspar Inn (below).





# Goodbye Treating Yourself



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-country 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.





# Goodbye Treating Yourself



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.





## Goodbye Treating Yourself



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

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GARDENING  
GOVERNMENT

GROWING  
HEALING  
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ILLNESS  
INDICA  
JOURNAL  
LEGALIZE

LIGHTS  
MARIJUANA  
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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: \_\_\_\_\_

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Phone Number: \_\_\_\_\_

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Are you a member of TreatingYourself.com? YES! \_\_\_\_\_ NO! \_\_\_\_\_

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

What is the Hidden Message: \_\_\_\_\_

Mail entries to Treating Yourself 250 The East Mall P.O. Box 36531 Etobicoke, Ont. M9B 3Y8

Entries must be received by Midnight EST April 30, 2007

I would like to thank the following companies for making this contest possible:

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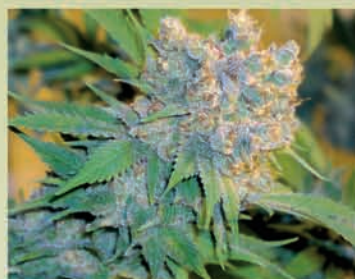
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**K.N. - Niagara Falls, Ont**

***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.
2. 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
3. Treating Yourself and contest sponsors are not responsible or liable for entries that are lost, misdirected, delayed, destroyed or lost in delivery.
4. 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.
5. 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.
8. 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.
9. Decisions of Treating Yourself and contest sponsors are final in all cases.
10. 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 cannot be awarded for any reason.
12. The Sponsors are not responsible for commencing, continuing or completing 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.
16. By entering this contest, you acknowledge that you accept and will abide by these rules and regulations.



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