

Cannabis Health

March/April 2004

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Journal

Volume 2 - Issue 3

Victims of Prohibition



Educators for Sensible Drug Policy - Truth in Schools

The politics of pot in Canada

John Conroy QC

Reflections on the Supreme Court of Canada appeals one month later

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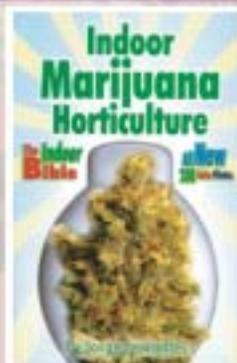
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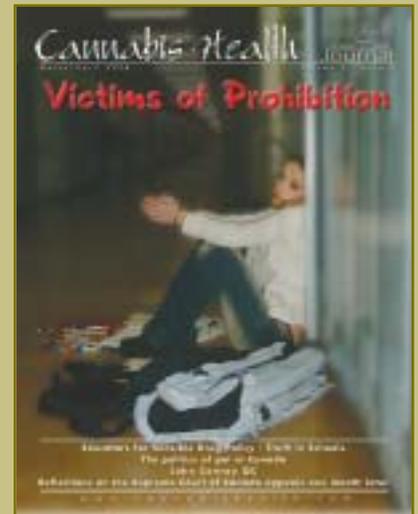
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C O V E R

Recent school incidents have shown shocking images of students as victims of prohibition, disillusioned at the hypocrisy, confused by the mixed messages and treated like criminals.



The cover picture was shot by Alyse Fowler and the girl in the photo is Whitney St. Jean both are grade 12 high school students in Grand Forks BC. They volunteered for the cover shot because they support improved drug education and cleaner safer schools. The photo was then manipulated to lengthen the hallway and blur the background to emphasize feelings of isolation that victims of prohibition feel.
Brian McAndrew

NOTES

In the “Mommy’s Funny Medicine” article in issue #8, the picture was missing names of the people involved.

From the left, Christine Lowe, Mike Foster and Russell Barth.

Our apologies for missing it.



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challenges that US schools face. Kids want schools to be safe and clean of drugs. Like a microcosm of the larger community, school safety often comes with a price, less privacy, and less respect.

Since I have on a few occasions expressed my frustration with Health Canada and the Medical Marijuana Access Program, let me give credit to some hard working front line staff. Recently I was re-applying for a production license for a new patient, and for whatever reason I messed up the paperwork. The staff that dealt with me recognized the panic in my voice and helped me out of a fix by expediting some of the process. The lesson I sometimes forget is that individuals we need to influence are ones closer to the top, the generals who place parameters on the flexibility of front line staff.

Molson is a small town down the road a few miles to the West of Grand Forks, BC on the US side of the border, actually right at the border. In the heydays of prohibition the Molson crossing was one of many routes for Canadian booze flowing south. And yes, this is the same family that has become synonymous with quality Canadian beer.

an interesting impact on the cannabis debate, it was not the 1000 lights or the fact that 50 people worked the show, or even that several other businesses shared the site, it was the 'hit you on the head' comparison to alcohol prohibition. The light went on for a new segment of the Canadian population, this was hard-working entrepreneurs taking over abandoned space and putting dozens of people to work. Today Molson's, tomorrow Maple Leaf Gardens. Could this be jobs that breathe fresh life into the stagnating Canadian economy, and maybe, maybe, fund some of Prime Minister Paul Martin's promise of a new deal for provinces. Sorry about gas tax revenues but let's see what you can do with pot.

Our next edition will once more focus on the economics of cannabis. In this annual look at the often overlooked business side of this legal and emotional issue, the journal will look at companies with progressive labor practices, new ideas and original concepts that are positioning them to be part of the cannabis boom.

BT 

The Canadian Supreme Court decision finding Canadian marijuana laws constitutional, was a psychological blow, if not a strategic set back. Rendering some speechless with indignation it seems to have challenged others to search for new paths to enlightenment. Three out of nine ain't bad, but it shows the need for education, beginning with our children and it places the responsibility squarely on the rule makers, the politicians.

The Goose Creek incident has shaken America; like a drunk waking up in the gutter, Americans saw themselves as hitting bottom. My god we are now arresting our children.

Canadian schools face many of the same

The Barrie Molson Park grow op bust had



Glenn Smith

BEHIND NED

Glenn Smith was born in Winnipeg, Manitoba in 1970. He was raised in Osoyoos, British Columbia and attended school there. Glenn's life was almost cut short in high school due to scathing cartoons drawn of the staff, but soon managed to escape to the University College of the Caribou to study arts.

Glenn spent ten years working in BC Parks, in both the Okanagan and Caribou Districts where he continued to annoy co-workers and supervisors with his never ending barrage of cartoons of park life and situations. Campers are a great source of humour! BC Parks, rather than sentence Glenn to permanent bear patrol, relented and published some of his cartoons in BC Parks magazine.

After a particularly funny cartoon about the

Minister of BC Parks, Glenn embarked on a career as a chef. He worked in many different hotels and restaurants and is now currently employed at a hotel in the South Okanagan in British Columbia where he is not allowed to touch a pen.

Glenn is a sculptor of soapstone, as well as a cartoonist, and has had works in galleries in Canada and the US. He currently lives alone in Osoyoos, B.C. with his dog Ellen. 



cartoon by Glenn Smith from Osoyoos, B.C.

LETTERS

Dear Uncle Gord

I'm writing to let you know of my first successful grow using The Grow Safe.

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from outside, they immediately stopped upward growth and bud development was spectacular!

I have a few suggestions for improving the product that I'm hoping you can pass on to the manufacturer. A smaller door, no pre-cut top air hole and they should try to make the floor flatter.

T. Hinter, California

Uncle Gord says:

Thanks for the great letter. All of the above suggestions have been incorporated into the new design.

Send me more Blueberry

Across Canada police are cracking down on marijuana growers, busting big growing operations. While this may please the supporters of prohibition to hear, it is doing nothing, not even putting a dent in the quantity or the quality of marijuana. While the American government complains and threat-

ens Canada about harmless marijuana, tons of cocaine is flowing through the United States into Canada.

I commend the brave Canadian growers for their part in supplying "me" with marijuana in the United States and the part they play in over growing their government. Marijuana would be legal in Canada if only the Canadian government was half as ingenious and successful as Canadian marijuana growers. Keep up all the good work and if I may make a suggestion, please send us down more Blueberry!

J. A. California

L.E.A.P. in Canada

Thanks for sending me the sample copies of your excellent journal. I have really enjoyed reading them, and have passed a few copies on to a relative who suffers from Multiple Sclerosis and may someday need to seek relief using cannabis. If she ever does, I

want her to be able to make informed decisions and the articles and advertisers in the journal will help her do so.

Aside from the journal's content, which is extremely well written and presented, the physical quality of the journal itself - with its glossy paper, excellent typesetting and rich colour is yet more evidence to me that the war on cannabis is in fact already over. Were the responsible use of cannabis not already sufficiently supported within a large segment of mainstream society, the journal would be an underground newsletter printed on smudged 8 1/2" x 11" photocopy paper instead of the high quality visual and intellectual delight that it is. If only our lawmakers could understand this.

Enclosed is my cheque for a two-year subscription. Please keep up the good work!

Sincerely, John A. Gayder, Founding member - Law Enforcement Against Prohibition, St. Catharines, Ontario. E-mail info@leap.cc

OFF THE WIRE

PRINCIPAL RESIGNS OVER SCHOOL DRUG RAID

MONCKS CORNER, S.C. Source: *Associated Press* Pubdate: 01/5/2004 (AP)

A high school principal announced his resignation Monday after coming under fire over a November drug sweep in which police with guns drawn ordered students to the floor. "I realized it is in the best interest of Stratford High School and of my students for me to make a change," George McCrackin said in a statement. School officials asked Goose Creek police to come into the school Nov. 5 after receiving reports of marijuana sales on campus. Police said dogs sniffed drug residue on 12 book bags but found no drugs. No one was arrested. The raid led to allegations of excessive force and racism, because many of the students were black. District Superintendent J. Chester Floyd said McCrackin will be reassigned to a still-undetermined position, but he said McCrackin will probably spend the coming weeks preparing for two lawsuits filed by students over the incident.

POLICE WARN OF 'GROW-RIPPERS'

Source: *Province*, The (CN BC)07/01/2004 Police issued a warning yesterday about a scary trend in the marijuana industry. "Grow-rippers" intent on stealing top-quality B.C. bud are targeting grow-ops — and mistakenly hitting the homes of innocent people who have moved into the site of a former grow-op. Grow-rippers have hit four homes in Richmond in the past month and two were the homes of innocent people.

BRITAIN RECLASSIFIES POT

Sources: *The Western Gazette* of 29/01/2004 The new British Cannabis Law took effect

on January 29. The drug has been downgraded to the same status as anabolic steroids and antidepressants. This means that cannabis possession will no longer lead to arrest in most cases. According to a new poll of 2,500 Britons 52 percent said they supported reclassification.

KUBBY, FEDERAL EXEMPTEE, REPORTS POLICE HARASSMENT

On Wed. February 4th Steve and Michele Kubby went for a hike on the Sunshine Coast of BC, as part of Steve's daily therapy to help burn off his excessive and toxic levels of adrenaline. When Steve went to find a discrete spot to medicate, he saw a hiker and two dogs approaching and took an alternate trail. The hiker then altered his course and came up to Steve asking if it was pot that he smelled and when Steve said it was, the hiker/undercover officer grabbed Steve's only joint and crushed it on the ground.

Michele was very disturbed that an officer would confront her husband and deprive him of medicine. The confrontation was an unwarranted and reckless threat to her husband's health.

Friday morning Corporal Meyer phoned and explained that if Steve could produce a letter from Health Canada saying that patients are specifically allowed to smoke in public he would immediately e-mail every officer on the Sunshine Coast and tell them to leave Steve and all other exemptees alone.

The Kubbys immediately tried to contact the Director General's Office but everyone was out till Monday.

This is obviously a very important issue. The patient card needs to have language that officers can easily understand and follow. Furthermore, rather than Health Canada issuing letters to all the patients so that they can carry this letter with them and educate police that exempt means exempt, the police should stay informed as to what the law is! Ignorance of the law is not an excuse for the police to use either.

Michele Kubby added that as Libertarians, we hate the idea of having to carry any kind of identification or letters, but this is war time and we've got to stop the killing before we focus on curing.

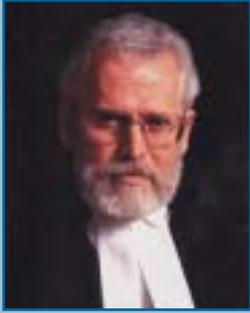
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John Conroy, Q.C.,
photo by Kim O'Leary

The Supreme Court of Canada appeals - Malmo-Levine, Caine and Clay. Reflections one month later and the implications for medical marijuana users, growers and dealers now that recreational users, growers and dealers have been relegated to the criminal classes.

As I am sure all of you are now aware, on December 23rd, 2003, just a few days before Christmas, the Supreme Court of Canada rendered, what in my opinion, is not only the most disappointing judgement of the Court that I have read in a long time, but also its most political and the most inconsistent with some of its prior decisions. Betting my money on the courts proved to be an unmitigated disaster, not only financially, but also emotionally and intellectually. We were robbed of the victory to which we were entitled!

The court ruled that our Federal Canadian Parliament can prohibit the possession of Cannabis (marijuana) to control it as a psychoactive drug that causes "alteration of mental function", under its broad 'criminal law power', because the use of cannabis clearly raises issues of public health and safety, both for the user and those in the broader society affected by the user's conduct. It held that Parliament is entitled to act, on a reasoned apprehension of harm, even if on some points "the jury is still out" on the existence of any harm at all. They can even criminalize conduct that threatens no harm or even just harm to the particular users.

In the courts opinion, Parliament is entitled to choose a public policy to advance the protection of certain vulnerable groups, constituting a small percentage within the marijuana consuming population that cannot be determined in advance, namely, chronic users, pregnant women, schizophrenics, those with pre-existing illnesses and immature youths (who among other things might become chronic users). These are the harms that the legislature has in mind to suppress as "the evil or injurious or undesirable effect" upon the public to which the criminal law, with appropriate penal sanctions, is directed.

Just because Parliament has chosen this policy with respect to Cannabis does not mean that it has to choose the same policy in order to protect vulnerable groups affected by the consumption of alcohol, tobacco or users of other psychoactive drugs that alter mental

function. Indeed in their prior decision in RJR MacDonald (the tobacco advertising case) the Court held that Parliament could criminalize the consumption and sale of tobacco (remember the evidence supports that tobacco kills) but had chosen not to do so because it would be impractical. The message that some will draw from this will be, it's now a purely a political matter and the way to win is to make the law impractical to enforce. In other words a policy of continuing to "over-grow the government" would appear to be the likely appropriate activist's response - make it impractical! It seems to me that we are already quite close to that now if we haven't already passed that milepost.

While, very disappointingly, the court rejected the "harm principle" as a "principle of fundamental justice" under s. 7 of the Charter and a limiting factor on Parliament's 'criminal law power', it seized upon "the avoidance of harm to those subject to the law" as being a state interest which would justify Parliamentary action. Once it is established that there is a reasoned apprehension of harm from the conduct in issue that is not "deminimis" or "not insignificant or trivial", the precise weighing of the nature and extent of the harm is for Parliament. As long as Parliament's response is not "grossly disproportionate" to the state interest it seeks to protect, it can do so within its constitutional powers. In other words, if the use of the criminal law is shown to be grossly disproportionate to its effects on accused persons, when considered in light of the objective of protecting them from the harm caused by marijuana use, the prohibition would be contrary to fundamental justice and s. 7 of the Charter.

The problem with this of course is that until this decision, the test under s. 7 was one of "disproportionately" and not the higher standard of "grossly disproportionately" that is used under s. 12 of the Charter to establish that one has been subjected to "cruel and unusual treatment or punishment". Now the citizen, to establish a s. 7 violation has to establish that Parliament's response is not simply "disproportionate" but that it is "grossly disproportionate", before the onus of proof shifts to the government under s. 1, where, among other things, in an attempt to justify the law as a reasonable limit on constitutional rights, the government only has to show that its response was "proportionate". Presumably we are now back to the situation that if a s. 7 violation is made out then, absent a war or national emergency, the government could never meet the test under s. 1.

Never mind that in all of the court's prior interpretations of s. 7 and its relationship to s.1, the test has been enunciated to be one of "proportionality". This time the Court decided that threshold would be too low, when the onus is on the citizen with few resources, and when the government is the party in possession of the evidence upon which it relies to assert potential harm and justify restricting

our liberties. In effect, they 'changed the goal posts', on us by raising the standard to the degree of 'gross disproportionality'. Implicit in the decision of the majority is that they too found the law to be "disproportionate" like the minority, but decided that the test was now higher 6 to 3. Under the law that existed at the time the case was started in 1993, and at the time of argument in the Supreme Court of Canada in 2003, some ten years later, it should have been 9 to 0 for the free citizens. As I said above, we were robbed!

The court did say that, except in very exceptional circumstances, imprisonment for simple possession of marijuana would constitute a demonstrably unfit sentence and, if such a sentence was imposed, would rightly be set aside on appeal. It said that imprisonment is generally reserved for situations that also involve recidivists, trafficking or hard drugs. Just because the Controlled Drugs and Substances Act (the CDSA) makes imprisonment available when it deals with a variety of prohibited drugs, doesn't make the criminalization of possession of a psychoactive drug like marijuana contrary to the principles of fundamental justice. The availability of imprisonment in such a statute is not unconstitutional and its rare imposition for marijuana offences should be dealt with under ordinary sentencing principles.

While the court goes on to say that it is not unconstitutional for the state to attempt to deter vulnerable people from self harm by criminalization of the harmful conduct backed up, where appropriate, by the "threat" of imprisonment, they nevertheless say that the vulnerable groups that are the target of the deterrent approach, are not (presumably in reality), in fact threatened with imprisonment nor would the imposition of a prison term, in the circumstances, be upheld as a fit sentence or a constitutional sentence for such persons.

Let's see if we can make sense out of that! It's okay to threaten simple possessors and those in the vulnerable groups with imprisonment but don't worry, because judges don't have to sentence such persons to imprisonment and because of a well developed sentencing system, judges, in their discretion, won't impose unfit sentences and if they do, it is simply a matter of appealing to a higher court. No question about the cost of doing this is mentioned of course nor their prior decisions in which they have made it very difficult to win sentence appeals because of the general principle of deference to the trial judges imposing sentences and a need to show an error in principle or that a sentence is outside the range. Something that is very difficult to do given the broad sentencing ranges that have been set both by Parliament and the courts.

Further, it looks like this might encourage a person to become a member of one of those vulnerable groups as soon as possible so as to avoid imprisonment because it looks like it's all the others who might go to prison for a

second offence. I guess the “chronic user” category is the best bet for those who are older, aren’t or can’t become pregnant, and not yet insane. Once again this would appear to result in exactly the opposite occurring to the message the Court says Parliament is trying to achieve by the so called deterrent aspect of the law itself.

On the sentencing issue, let’s take for example the recent decision of the BC Court of Appeal in the case of Paul Hornby (it’s on my webpage in the library under medical marijuana) who was growing, at no more than cost, special strains at the request of the BC Compassion Club Society that its members said were specifically working for them. He was also testing the marijuana for molds and metals to ensure that it was safe for their consumption. He received an 18 month conditional sentence order with house arrest etc. at trial, primarily because he displayed some hope for future financial reward from his work if he found the magic bullet that would enable the production of the medicine without the intoxicating aspect.

The BC Court of Appeal upheld the sentence as fit. This was notwithstanding the recent decision of the Ontario Court of Appeal in Hitzig, which affirmed the need for medical users to access the black market as a result of the government’s inadequate program. While Dr. Hornby was helping fill the exact void left by the government and identified by the Ontario Court of Appeal, he received a sentence as if he was a commercial grower. The past decision of the Court of Appeal in BC in similar circumstances was that of Bill Small, who received an absolute discharge for his first offence from Mr. Justice Wong, in BC Supreme Court and then a conditional discharge from the Court of Appeal for his second offence of growing for the BC Club. Suddenly the range of sentence for growing and dealing for and with a compassion club has gone from an absolute discharge to an 18 month conditional sentence of imprisonment. So much for the principle of similar sentences for similar conduct and what does it tell us about the subjective nature of this concept of “proportionality”. If anybody out there has \$50,000 USD to fund an appeal to the Supreme Court of Canada, or at least an application for leave to appeal so we can throw these lines back at them, please let me know as soon as possible.

The other problem is that this resort to discretion to avoid a constitutional violation based on a reasonable hypothetical that - because imprisonment is available for simple possession, a court could impose a sentence of imprisonment on a simple possessor, including one belonging to one of the vulnerable groups, is inconsistent with the Courts prior analysis in such a situation in R.v.Smith, where it held that the exercise of a discretion could not avoid the provisions of s. 52 of the Charter which says that if the law is inconsistent with the provisions of the

Constitution it is, to the extent of its inconsistency, of no force and effect.

In Smith, the accused was charged with importing cocaine and subject to the mandatory minimum seven-year sentence of imprisonment. The mandatory minimum was challenged as being unconstitutional as contrary s.12 of the Charter in that it could result in the imposition of cruel and unusual treatment or punishment. In analyzing the situation the court said it was appropriate to look at reasonable hypothetical circumstances such as the possibility that a person could be given a sentence of seven years imprisonment for bringing one joint of marijuana across the border. The government argued that Crown prosecutorial discretion would ensure that would not happen and that the person would only be charged with simple possession and not importing. The Court said that resort to such discretion could not avoid the hypothetical constitutional violation and struck down the mandatory minimum. Smith got more than seven years in the circumstances because the court felt that his conduct warranted a greater sentence though the mandatory minimum was struck. For some unexplained reason it is now acceptable to resort to judicial discretion to avoid the potential constitutional violation here when it was not acceptable to resort to prosecutorial discretion to avoid such a potential violation in Smith.

So the situation for medical growers and dealers in this province is between the decisions in Small and Hornby, anywhere from an absolute discharge to a conditional sentence order of imprisonment. Medical possessors, who do not have a government exemption, are not likely to go to prison except in exceptional circumstances, if they have a past record and are trafficking as well or dealing in hard drugs. In my opinion medical users are likely to be categorized in the same or better fashion than those in the “vulnerable groups” category. Medical users have the best chance of establishing that criminalizing their conduct is

“grossly disproportionate” under the new s.7 test and that to prosecute them is unconstitutional. While one apparently brings the weight of the criminal law power, and all of its consequences down upon oneself if use is recreational, the element of choice is removed if use is medical. As the Supreme Court said at paragraph 88 of Malmo-Levine, and Caine:

‘However, if the marijuana was required for medical purposes, a very different issue would arise.’

This paragraph also hints that if the drug in question is addictive then different considerations might apply. Consequently a test case challenging the entire CDSA should be taken using heroin and crack cocaine statistics to establish the ineffectiveness of prohibition generally and how this policy approach has resulted in approximately 5,500 deaths in BC alone in the last 8 years and is continuing on an almost daily basis. I wonder if that would be sufficiently “grossly disproportionate” for them? Again, anybody out there with at least a half million USD to fund a test case from scratch all the way to the Supreme Court of Canada over the next five years, I’d like to hear from you as soon as possible. Please don’t ask me to do it again pro - bono or even partly so. I’m all tapped out literally and figuratively and I have to be paid properly if I’m to go back there and possibly hear them say

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LEGAL EAGLE: ON THE SUPREME COURT DECISION

the test has been elevated to “very gross disproportionality”!

Hopefully, the Hitzig appeal will be won and we will be back to the old pre - Parker regulation 53 but with the Parker established constitutional right of access so as to avoid your having to choose between your liberty and your health. Hopefully medical access will be from a regular market and not some government monopoly.

Gonthier J. has now gone from the court and Major J. is next to retire. That will knock the six down to four. Morris Fish J. replaced Gonthier J. and from all accounts is most likely to side with the rest of the minority from Quebec making it a 4-4 split with Major’s replacement holding the swing vote. Binnie, Bastarache, Iacobucci and McLachlin C.J. are for the government. Arbour, LeBel, Deschamps and likely Fish are with the people.

I am exploring the possibility of a motion for re - hearing under s.76 of the Supreme Court Act with my Ottawa agents. It is obviously a long shot. However I am told that such re- hearings are granted sometimes when:

1. An entirely new issue or argument has arisen in the course of the internal discussions among members of the Court after argument and the Court feels that it is only

fair and appropriate to hear from counsel before issuing the final judgment;

2. The case is decided but on a point which was never argued by the parties and the parties apply for a re-hearing.

It seems to me that we fit into both of these categories and that there is also some internal inconsistency in the courts reasoning. The transcript of the hearing in December 2002 (on my webpage in the Caine archive) when they adjourned us to the spring seems to make it clear that certainly Major J. in his interchange with me and, more importantly, Binnie J. in his several exchanges with the Crown, David Frankel, thought the test was one of “proportionality” consistent with the courts prior decisions. That they were considering a new test was not made known to us and, in fairness, it should have been.

However, such applications are rarely successful and only granted in unusual cases. The question is whether or not there is evidence we could have adduced in light of the new standard so that we can persuade the Court that perhaps a different order disposing of the case should

have been made. Can we establish that there was unfairness to the Appellants in that they could have put forward additional evidence which might have affected the result? If the consequences of the criminal law from arrest to conviction and record are discounted by the Court is being self-induced, the question is what other evidence could we have brought forward to meet the higher test of “gross disproportionality” now? Are we precluded from establishing gross disproportionality now because Cannabis is non-toxic and nobody dies? Would police corruption, as alleged in Toronto, or taking the law into their own hands, as admitted in Vancouver, bring us up to and over the line? I think I’d settle for a direction to have a new hearing in one or two years, giving us

that time to collect a sufficient number of horror stories across the country in an effort to tip the balance in our favour. By then we will know who has replaced Justice Major and we will be in a better position to assess whether the time and money spent would be worth the effort. Any thoughts or funds to carry on would be appreciated.

Finally, what implications arise from these decisions for the new Cannabis Bill (C-38)?

In my opinion there are three, as follows:

If the government truly “decriminalizes” by legislating regulations under a different head of power such as the POGG clause, their jurisdiction is tenuous as they will have to establish that the subject matter “goes beyond local or provincial concern and must,

from its inherent nature, be the concern of the Dominion as a whole” (see paragraphs 69 – 70). This is probably why the government has stopped using the ‘decrim’ term and now calls it alternative measures.

The message that some will draw from this will be, it’s now a purely a political matter and the way to win is to make the law impractical to enforce.

The new Bill should not contain threats to liberty by way of imprisonment for a first offence of simple possession. This seems to be a political given.

The government should be careful if it decides to include mandatory minimum sentences for any offences as they may be found to be “grossly disproportionate” under s.7 or 12 of the Charter.

I am told that a great big cheer went up from BC’s growers and dealers when we lost. No doubt similar but perhaps more discreet cheers also went up from the Defense Bar, and all the ad hoc drug prosecutors. The police? Well that’s a given isn’t it.

Remember what Doris Lessing said in her book ‘African Laughter’- “There is no one more furiously cynical than an idealist betrayed”.

John W. Conroy QC, Counsel to the Appellant Caine.

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LEARN FROM HISTORY: PROHIBITION CAUSES CORRUPTION



Kirk Tousaw

Recent developments across Canada remind me of an old adage about history 'if we do not learn from it, we are doomed to repeat it.'

The developments also highlight one of the many

evils caused by our current drug policies – official corruption reaching to the highest levels. Because of prohibition, the drug business is extremely profitable. Marijuana (a plant that grows like a weed, pardon the pun) is a multi-billion dollar industry in British

Columbia alone, with further billions in profit generated in every other province in Canada. And that is just marijuana; the cocaine, heroin and other drug markets reap major profits each and every day across this nation.

With that kind of money at stake, it should come as no surprise to learn of corruption of police and government officials. From the allegations of massive corruption in the Toronto drug enforcement squad to the suspected links between organized crime and British Columbia bureaucrats (and prominent Paul Martin supporters), we see indications that prohibition-related drug profits are corrupting those in whom we repose our highest trust.

And, let us be candid, these allegations may be just the tip of the iceberg. It is not unreasonable to assume that instances of police and official corruption often go undetected. Or, if detected, unreported because the very persons charged with investigating illegal activity are those that may be participating in it.

But this should not be a surprise, advocates for drug policy reform have pointed out for years that official corruption is an unavoidable by-product of prohibition. And, make no mistake, prohibition is the culprit. Without prohibition, the massively inflated profits from the drug markets disappear. Moreover, in a legal, regulated environment, corruption is drastically reduced or eliminated. Starbucks is not bribing police to stay away from its operations, nor are the provincial liquor stores.

And the corruption is not going to go away. Nor will harsher penalties solve the problem. If anything, increased enforcement will make things worse. With increased risks to the participants come increased incentives to corrupt. Bottom line: prohibition causes corruption.

How do we know this? History teaches us. Alcohol prohibition created all the same harms that drug prohibition currently causes. For example, Mackenzie King and other members of government were touched by, or directly implicated in, the Customs Scandal of 1926 – a situation involving alcohol smug-

gling to and from the “dry” United States and official corruption by customs officials at the highest levels. Why? Because alcohol was tremendously profitable to smuggle into the prohibitionist United States.

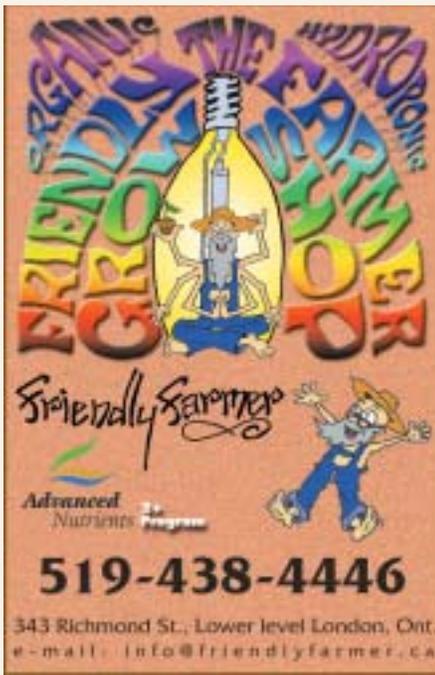
The parallels between the 1926 case and the recent allegations in BC are informative. Then, high-placed officials with ties to the Prime Minister were implicated in wrongdoing. Now, high-placed officials with ties to the Prime Minister may be implicated in wrongdoing.

Then, alcohol would be smuggled into the US and, in exchange, drugs and cigarettes would be smuggled back into Canada. Now, marijuana goes to the US and guns and cocaine come back. Then, police made enormous efforts to curtail the smuggling, to no avail. Police efforts are similarly ineffective today.

How did we put an end to this corruption? Not with increased enforcement and harsher penalties. The corruption ended when prohibition ended. Faced with increasing corruption, the rise of organized crime and the widespread violation of anti-alcohol laws, the US finally ended prohibition in 1933. It was the most rational solution to the problem of official corruption and the other social ills created by prohibition.

Unfortunately, those ills have been reborn under drug prohibition. History teaches us that prohibition causes corruption. The question now is whether we will learn from it.

Kirk is the Policy Director of the British Columbia Civil Liberties Association. He has held this position since April, 2003. Previously, Kirk was an LL.M. student at the UBC Faculty of Law, where he researched cannabis prohibition. He is an articling student with the Law Society of B.C. and is admitted to practice in the state of Michigan and the United States 6th Circuit Court of Appeal. Prior to coming to B.C., Kirk practiced commercial and criminal litigation at Jaffe, Raitt, Heuer & Weiss, P.C., one of the largest firms in Detroit, Michigan. Kirk holds a Juris Doctor degree, cum laude, from Wayne State University School of Law and is a member of the Order of the Coif. In addition, Kirk obtained his Bachelor of Arts from James Madison College, part of Michigan State University, where he majored in political philosophy.



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Jody Pressman

Hello, my name is Jody Pressman. I am writing today to ask you to be a part of a concerted, organized, and united effort by the marijuana community to

stage a historic political demonstration on Parliament Hill on Saturday June 5, 2004. It is important to capitalize on the growing media interest and public awareness of the need for an honest debate on the issues important to our community. I have admired the actions of other activists in the community for a long time but only recently decided to become more active in doing my share to help change the marijuana laws. I have done this because I realized that if I wasn't prepared to make an effort why should I expect anyone else to?

I am a student at Carleton University in Ottawa studying Law and Political Science, and have had an avid interest in politics for as long as I can remember. I can remember seeing a CBC documentary featuring Alan Young who reminisced that his interest in the law was sparked by his rambunctious youth and his curiosity as to why seemingly benign behaviour would be so harshly target-

ed by the full force of the legal system. Alan's constant questioning of the status quo and desire to better understand how the political and legal system work, played an important role in sparking my own interest in politics and the law.

Prior to prorogation of parliament in the fall, I attended all of the public hearings on Bill C-38 (the so-called 'decriminalization bill'). I saw first hand what most had feared all along, most elected MP's aren't really listening to the marijuana community. They don't feel public opinion is on our side, and they don't feel pressured to act for change. In the wake of the callous disregard that the federal government has shown medical users, and the disappointing Supreme Court decision, 2003 was a disappointing year. Both medical and recreational users looked forward to the Supreme Court decision as a day of liberation; unfortunately it turned out to be a black day with crushed dreams, hopes, and expectations.

With five solid months of pre-planning and organization, we will orchestrate a very powerful expression of our strength and organization as a marijuana community – and we



need your help and support to do it! This event will be an esteem boost, providing empowerment and a newfound sense of dignity for all marijuana users across Canada. Far too long have politicians, police, and other prohibitionists dominated the debate on what Canada should do with marijuana. With the Supreme Court ruling making it clear that drug reform must come from parliament, it is imperative that we bring our voice to Ottawa and put a new face on the marijuana debate.

The Fill the Hill: Freedom March on Parliament Hill event is an important opportunity for national expression by all Canadians who are tired of continued contempt for cannabis users demonstrated by our federal government. Please help the movement for change and be there in Ottawa, Saturday June 5th, 2004.

For more information, visit www.fillthehill.ca

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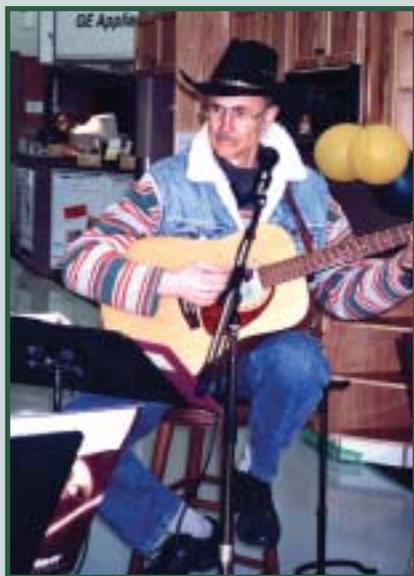
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NDP CANDIDATES - ALEX T ATAMANENKO



Alex T. Atamanenko

I have decided to run in the next federal election because I feel that the NDP presents the only viable alternative to a Paul Martin led Liberal government.

We as Canadians seem to be under more and more pressure to conform to the American corporate agenda. A direct example of this is our province where social services, health care and education find themselves under assault as a result of the provincial Liberals' ideology. In addition, our foreign policy is under pressure to conform to American led initiatives such as the war in Iraq and the proposed Ballistic Missile Defense Program (BMD).

It is time to stand up for those Canadian values that we believe in, such as a publicly funded healthcare system, working through

the United Nations to promote peace, and fighting poverty by closing the gap between the rich and the poor.

A New Democratic government will work with Canadians to promote social justice and will ensure that we have a good economic relationship with the U.S. based on mutual respect and understanding. We realize that 87% of our trade is with the U.S., but this does not mean that we have to become subservient to American protectionist trade measures whether it be in softwood lumber or beef.

The NDP remains faithful to the 1999 convention resolution calling for the decriminalization of cannabis. We want Canada to take steps that reflect a more intelligent and compassionate direction for marijuana use. This, together with our support of same sex marriage, is one area that differentiates us from right-wing American policies.

The time has come for all progressive thinking people to come together, to put aside their differences and to unite against this wave of neo-conservative ideology that is undermining the social fabric of our nation. The NDP, under Jack Layton, is the party best positioned to unite the left and to offer a sane alternative with a social conscience. We owe it to future generations of Canadians to elect an NDP government. This is why, in my third year of retirement from teaching, I have decided to become involved.

For those who do not know me, I live near Castlegar where I taught French Immersion at Stanley Humphries Secondary and Russian at Selkirk College. I was born, however, in New Westminster, B.C. in 1945 to a working class family. I had the opportunity as a young person, to work at the lumber mill where my father spent 38 years of his life. Career-wise I have worked in the area of Sport, Recreation and Culture in the Canadian Armed Forces, as well as for the Govt. of Yukon. For example, I coordinated Yukon's involvement in Canada Games in 1977 and 1979.

I am also a qualified Russian interpreter with the federal government and have taken part in diplomatic missions including the Prime Minister's visit to the USSR in 1989.

It has been my privilege to live in every major region of Canada and I am fluent in English, French and Russian.

My task between now and the election, which will most likely take place in May, is to become familiar with the many diverse issues that affect people in our huge riding. To that end, I will be making regular visits to all of our communities where I hope to meet with as many people as possible to discuss their concerns.

Alex T. Atamanenko NDP Federal Candidate
B.C. Southern Interior

E-mail: aatamanenko@netidea.com



Alison Myrden Picture courtesy of the Medical Marijuana Mission and Tim Meehan.

At first glance, you wouldn't know that Alison Myrden has multiple sclerosis. Her sunny disposition hides the severe nerve pain that ravages her face. When she's up and about, bounding around at events, court dates, or even at the local Tim Horton's, you wouldn't know that her wheelchair isn't a prop. "I have to ration my energy very carefully. One of the most common misconceptions about chronic progressive multiple sclerosis is that patients always look well to the uninformed," Alison told me over coffee at her south Burlington maisonette. "Look at *Continued pg. 14*

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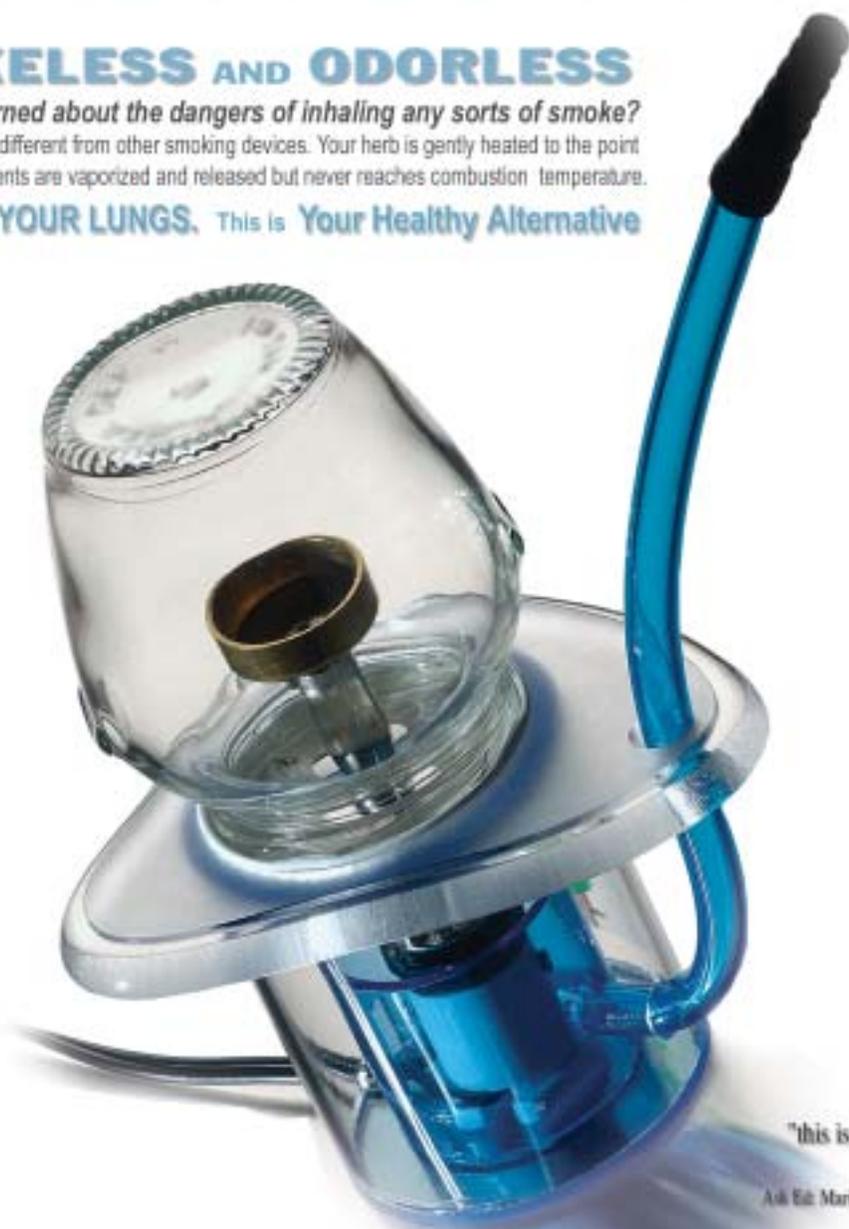
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NDP CANDIDATES - ALISON MYRDEN

Continued from pg. 12 Montel Williams. No one knew he had MS until the National Enquirer threatened to 'expose' him, and he beat them to it."

While Montel only came out as a medical marijuana patient in January, Alison has been battling this issue for almost 10 years, when she was first diagnosed as an MS patient. "I was moonlighting as a medical secretary, and so when I first found out that I had been ill from MS since the age of 13, I began to use the resources around me to learn as much as I could about my condition."

By day, Alison was a youth correctional officer and as part of her job spent a lot of time in court. It was here where she first noticed law professor Alan Young of York University's Osgoode Hall Law School. "I had to sit through a lot of cases and wade through tons of paperwork. I noticed one name coming up over and over again. I also noticed that a lot of kids were in trouble simply because of marijuana possession."

By this time Alison had been introduced by a friend to cannabis as medicine. "I felt strange witnessing all this commotion and court time being used to prosecute young offenders for simply smoking a joint, while at the same time I was doing the same thing away from work for health reasons." However, even with cannabis, MS began to eat away Alison's health. "I hated to leave

my job, but with my energy levels getting lower, I felt it was time."

After her retirement, Alison dedicated herself to researching the best ways to promote health. One of the things she discovered was Omega 3 and 6 essential fatty acids. "Efamol evening primrose oil and salmon oil, taken together in a 3:1 ratio, does wonders for me. It works to help rebuild myelin in my nervous system. Along with certain strains of cannabis used to control my nerve pain (William's Wonder helps her tic douloureux tremendously) and good nutrition, I have been able to get out of my wheelchair and have improved the quality of my life."

It's even given her political aspirations. Alison is currently seeking the NDP nomination in Burlington, Ontario for the next federal election, expected in May. "When I saw Jack Layton on Pot-TV, talking to Marc Emery about legalization, cafes, and the fact that he is a social user of cannabis himself, I began to think about other needs that people in my position have. Affordable housing. A disability pension geared to the cost of living. Wheelchair access. Health care waiting times. The list goes on and on."

Alison explains that not everyone pays attention to these issues in society until it's too late. "When you're ill, most of your energy is devoted to making yourself well again.

It shouldn't have to be used to worry about what you're going to eat, if you're going to be able to see a doctor, or if you're going to have a roof over your head next month. Stress is the number one factor in the deterioration of health in chronically ill people. This makes me even more upset at Health Canada and their treatment of the sick and dying as a political football."

As one of a group of people who sued the federal government for not implementing a workable medicinal cannabis program, Alison is also not taking the fight for patient's rights lying down. "Alan Rock, once he saw the enormous benefits of medical marijuana, bent over backwards to help people like me. However, once Anne McLellan took over, she did everything she could to stammer and stall the program, forcing us to sue. I suppose we shall see how Pierre Pettigrew measures up. Of course, if every Canadian who is angry at the treatment of people like us support Jack Layton and Canada's NDP at the polls, this would be a moot issue."

"Cannabis should be legalized across the board for medical and social purposes, and remember, this is a former corrections officer saying this. It's the only way to get rid of the criminal element. And it's the only way I can make sure that I have a consistent supply of the medicine I need." 🌿



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NDP CANDIDATES - LIBBY DAVIES



Libby Davies

Libby Davies has been an outspoken advocate for drug policy reforms to stop the criminalization of drug users and the harm caused by Canada's prohibitionist policies.

Cannabis Health: What are your personal opinions?

Libby Davies: We need to start by recognizing that what we are doing is simply not working. I believe in relation to the responsible adult users of cannabis, we should be taking a non-punitive, regulatory approach - like tobacco and liquor.

CH: What are your thoughts on the medic-

inal marijuana access program?

LD: Health Canada's record on the medical access program is appalling.

They have had to be dragged, kicking and screaming, towards a more rational and accessible program. Compassion clubs and other groups who know what is happening on the front line are not being consulted or listened to. I deal personally with chronically ill citizens who do not need the added burden of this on top of the stress of coping with their illness. All they are asking for is a clean quality and affordable supply.

Having cannabis legalized would address much of the medical issue, but until then, this program must be improved and I am glad to hear that a new planned consultation with stakeholders is taking place.

CH: Where is Bill C-38?

LD: We are now at the "report stage". We have not been successful in amending the bill to include an amnesty provision for the 600,000 Canadians with criminal records. We tried, without success, to have included a

"5 plant limit at home" for personal use, without a fine or penalty. They did include a 3-plant limit, but you would still receive a fine.

We are looking for some substantial improvements and we have not yet made a final decision on supporting the bill.

CH: How will you be dealing with the marijuana question in your own riding?

LD: I have raised this question in my riding and will continue to do so. In a recent poll of my East Vancouver constituents through my Householder mail out, many people supported decriminalization.

CH: Where is the NDP going with developing a policy and a plan to address this intolerable situation?

LD: We are attempting to improve these deeply flawed programs and propose changes to the law, however, at the same time the party is looking beyond decriminalization to the development of a progressive long term strategy and a vision for the future. 

CHOOSING CANNABIS FOR CHILDREN

by Lisa A Kirkman

Lisa A. Kirkman attended the universities of Lethbridge, Calgary & Poona, India majoring

in Religious Studies. She was Assistant to the Editor of Cannabis Culture Magazine, Founder & Director of the Sunshine Coast Compassion Club, campaign manager for the Federal Marijuana Party and ran for the BC Marijuana Party in 2001. She is a member of Canadian Cannabis Coalition and Executive Publisher of CannaGuide, North America's first cannabis directory & events guide.

dark and handsome (not a mother's bias — really!). He's very strong and active; some might even call him hyper sometimes, but not all the time; sometimes he's extremely focused. Issac is really into cars and skateboarding and anything really physical. He's very intelligent and has been gifted with some pretty smooth verbal skills. In fact sometimes, you'd swear he's the most polite, charming and winning soul you've ever met.

Then you wait a while, usually for some kind of transition in the day like leaving the house or eating dinner and then the change happens. Just like that — I'm having to physically restrain someone who is trying to bite, punch, claw, kick me and/or destroy the room around him and/or get at anyone else unfortunate enough to wander by like the dog, or his 19 month old sister. Issac has put holes in the walls of every house we have lived in, left scars on my body from altercations and gets sent away from school on a regular basis because of his out of control behaviour. Why not kick him out and teach him a lesson about respecting the rules? Because Issac is only five years old and he, like millions of other children in North America and throughout the world, suffers from juvenile-onset mental illness.

Since the dawn of modern science, medicine has focused almost completely on adult mental health issues. Even with the focus on the adult, there are stigmas attached to mental illness to this day. One need only look to the streets or to our prison system to find out what happens to too many sick peo-

The complexity of issues surrounding medical marijuana use are staggering and the pain of knowing you can do little to help ease the suffering of your sick child is immeasurable. So why do parents choose to or choose not to risk absolutely everything to offer cannabis as a medicine for their children?

In case there are those prohibitionists out there who still believe that medical marijuana is simply an excuse for stoners to get stoned, let me tell you about my son.

Issac (not his real name) is tall for his age,

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ple who cannot find proper treatment. Attach the mental health stigma to a child, and you exponentially increase the complexity of the issues and raise the stakes.

Once you decide to turn to the community or the medical profession for help, your parenting skills will come into question. Perhaps you created a bad child? Perhaps you are a bad parent? If I walked into the hospital and said, there's something wrong with my child's heart, the whole hospital, even the whole community in some cases, would rally behind my family. But when there's something wrong with the way his brain works, sorry, we can't have a telethon for a bunch of crazy kids! Not cute enough.

Issac's problems began when he was about 18 months old, when he would get so violent he would literally scare all the other children at the daycare under the table. I would regularly have to have "team" meetings with daycare staff, various government agencies and medical professionals in order to plan out how to take care of and educate Issac in the safest possible way for him, the other children and staff. He was kicked out of one daycare where he apparently bit the cat.

Aside from every parenting program known to mankind, Issac has been to naturopaths, Chinese herbalists, chiropractors, homeopaths, has had allopathic and naturopathic allergy testing done, reiki, healing touch, LED light therapy and traditional native sweat lodges. He's had an obsession about not eating sweets since he was three, so he eats very little sugar. We have no junk food whatsoever in the house; little white flour and even that's organic. My family are not vegetarians or health food fanatics, but we try to at least eat more good than bad and we put hemp hearts and hemp oil onto and into absolutely everything.

Yet, like a sizable and quickly growing group of children, Issac continues to suffer horribly, unable to control his impulsive and violent outbursts and obsessions. Unfortunately, he seems to be getting worse. What makes creating an action plan so difficult with Issac, so we can begin the healing process, is that, along with many other children battling the same issues, he has yet to have a firm diagnosis. The list of his possible, co-morbid conditions include: depression, conduct disorder (CD), oppositional-defiant disorder (ODD), attention-deficit disorder with hyperactivity (ADHD), panic disorder, generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), Tourette's syndrome (TS), intermittent explosive disorder (IED), bipolar disorder (BPD).

Another problem parents that have children with mental health issues face is that many of the doctors themselves do not believe that some of the diagnosis even exist in children, and are actually other disorders

altogether, as in the case of bipolar disorder. It is estimated that 90% of bipolar children are misdiagnosed, usually with ADHD (you can be bipolar and have ADHD, too). The result is that there is much in-fighting between paediatric specialists and some of the children are given the wrong medications that can actually worsen their condition.

There is no doubt that some form of medication may be necessary to manage these medical conditions that take the lives of 10% to 18% of sufferers. The erroneous idea that someone may control their mental illness with sheer willpower is ludicrous. Would you tell your diabetic child to "will" her insulin levels up? The problem is that very few studies have been conducted on the efficacy, let alone the safety of many children's medications.

Medications can include mood stabilizers like the familiar Lithium and the anti-convulsants used as mood stabilizers such as Divalproex Sodium or Valproic Acid (Depakote), Carbamazepine (Tegretol), Gabapentin (Neurontin), Topiramate (Topamax) and Tiagabine (Gabitril). Then there are antipsychotics like Risperdal, Zyprexa and Seroquel. Calcium channel blockers (Verapamil, Nimodipine, Isradipine) have recently received attention as potential mood stabilizers for treating acute mania, ultra-ultra-rapid cycling and recurrent depression which are markers of juvenile-onset bipolar disorder. For anxiety, we have Klonopin, Xanax, Buspar, and Ativan.

The side effects of the above run the gamut from sleepiness to insomnia, nausea to neuralgia, liver and kidney damage, rashes, loss of appetite, stunted growth, tardive dyskinesia (very serious, sometimes permanent slowed and halted movement), severe mood swings amongst others and, all of them can cause death.

The most controversial pharmacological medications used in child psychiatry today are stimulants and anti-depressants. Even the National Institute of Mental Health in the United States put out a paper cautioning that per-

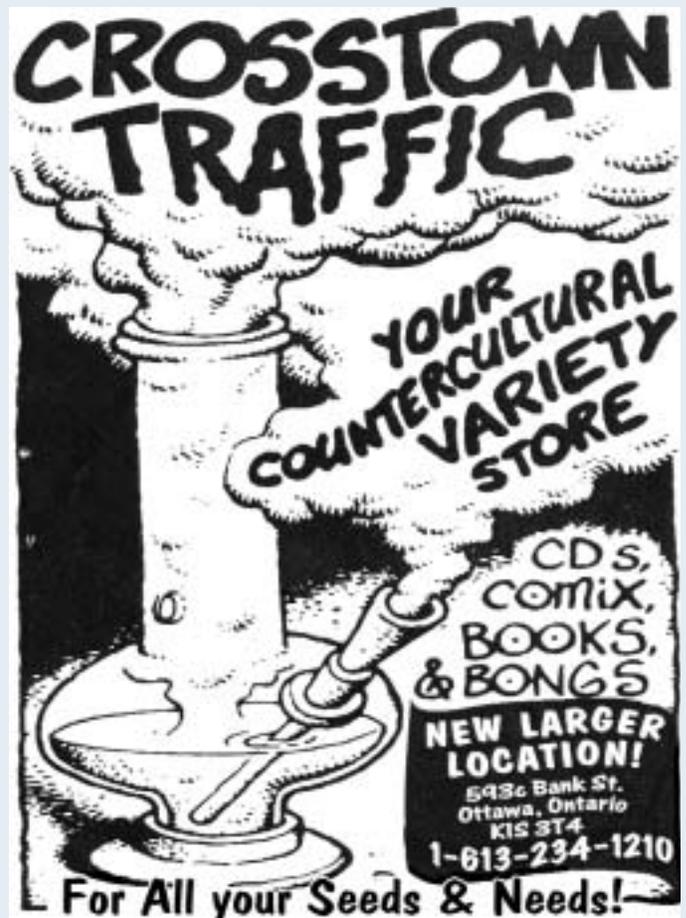
haps we might be over-using stimulants such as Ritalin, Dexedrine, Concerta and Adderall.

Health Canada put out a warning in 2003 that children under 16 should not be given any anti-depressant in the SSRI (selective serotonin re uptake inhibitor) family such as Prozac or Paxil, because studies have proven a high risk for suicidal thoughts in children, even where there were none before.

The book "Jeffrey's Journey" by Jeffrey's mother, Debbie Jeffries paints a very similar picture to my family's experience with juvenile mental illness.

From Debbie's website www.laraynes-place.net: "At seven years old, he had been asked to leave over eight day care/preschools, had been banned from the county day care system, had been treated by over 16 different doctors and had been on at least 16 psychotropic drugs (alone or in combination), had been admitted on three separate occasions to a psychiatric hospital, and had spent a year in a highly supervised and therapeutic residential care program.

After having exhausted absolutely every treatment known for Jeffrey, Debbie Jeffries looked to cannabis. It worked very well, though soon after her son began using it, the state accused Debbie of child endangerment and threatened to take Jeffrey away.



CHOOSING CANNABIS FOR CHILDREN

Keep in mind that where it would be devastating for any typical child to be removed from his or her parent, for a child with mental health issues it would be tantamount to destroying his world and could send them into an even deeper crisis. Thankfully, Debbie eventually won her case and her family's story has been profiled in mainstream American media, on 48 Hrs. Investigates and Sally Jesse Raphael.

Debbie Jeffries is correct in her assertion that cannabis is acting as a mood stabilizer for her child. In the *Journal of Psychoactive Drugs*, Volume 30 (2), April/June 1998, Harvard Psychiatry professor Dr. Lester Grinspoon and James B. Bakalar present several anecdotal stories of bipolar men and women using cannabis to immediately curb both manic and depressive states and also to mitigate the serious side effects of the pharmaceuticals they had been prescribed. One woman claims that it curbed her manic rages and conversely helps her get out of bed to deal with the day when she finds herself in too much of a depressed state to do so.

For years scientists have been aware of the human endogenous cannabinoid system, though exactly what role it plays in our mental health is still relatively unclear. One thing that we all can agree on is that humans have been affecting their mental state with cannabis since time immemorial.

The beauty of cannabis as a medicine for children is that it has no known toxic levels and relatively manageable side effects. While never a panacea and usually to be used in conjunction with the pharmaceuticals that are required, cannabis can greatly reduce the number of medications a child is on, therefore reducing the complexity of his or her situation. The problem with many of the medicines used for mental health is that the side effects sometimes mimic the symptoms that we are trying to suppress.

It was obvious, I needed to give Issac pot!

Believe me, I've thought about it. I've even handed "Jeffrey's Journey" out to some of the staff who work with Issac, who have been

working with special needs children for over thirty years and they think he should try cannabis. They know that the drugs they usually prescribe for children like Issac do harm, physically and emotionally; not just to the child, but to the entire family.

The major irony of my life is that from October of 2001 until August of 2002, I had founded and operated the Sunshine Coast Compassion Club, a non-profit medical cannabis dispensary and resource center in



Lisa and Issac

the small coastal community of Gibsons, BC. When the club was shut down in August and I was arrested for trafficking, we had 70 members, two of whom were minors. Eleven months later the Department of Justice dropped my charges. I guess something about my situation angered the RCMP because prior to dropping

all the charges they decided to cause my family and I more legal and financial grief by sending ten officers over to our house to cut off our electricity for a week. They called the Ministry of Children & Families and falsely claimed that there was a closet grow-op in my son's closetless bedroom.

My husband is a long-time medical marijuana user. Both he and I have been outspoken activists regarding not only medical use, but the end to prohibition as a whole. I've worked at Cannabis Culture Magazine and have written articles for them, was campaign manager for Federal Marijuana Party candidate Dana Larsen and ran for the BC Marijuana Party myself in the Columbia River-Revelstoke riding. I have appeared in media from the CBC to the Miami Herald. I have starting my own cannabis-based business, CannaGuide Publishing, and have established a good reputation already in the local community through my involvement with Community Futures. In other words, people and the establishment know me, though they associate me with pot.

The RCMP already believe that I am giv-

ing Issac cannabis. They said so in their police report from our home raid. Issac's medical records will prove otherwise and that's why they haven't tried very hard to take him away from us. If Issac were to begin using cannabis and the wrong person found out, not only would they immediately take him away, they would take our daughter away as well.

Next they would go after my husband who is an American citizen applying for permanent resident status. They would jail him for child endangerment, which because of his severe neurological condition would threaten his life, and they would kick him out of the country. As strong as my belief that cannabis will help, choosing to try cannabis for Issac could further damage my fragile and vulnerable child and surely destroy our family.

While I ran the club, and long after it closed, I received many emotional emails from parents. They described many chillingly similar situations to Jeffery and Issac's. One mother was so desperate to treat her son with cannabis, she was willing to take a four day round trip once a month, just to use the services of a Canadian compassion club and then smuggle the medicine back over the border. Another mother, while her child is legally allowed to use cannabis to treat his illness, has to go to his school everyday and physically remove him from school property just so he can take his encapsulated cannabis at the proper time.

There is one notable exception where cannabis could actually worsen a mental health condition if there is any psychosis present, or if there is a family history of schizophrenia. Formal studies, as well as anecdotal evidence suggest that both adults and children who experience these symptoms should stay away from cannabis strains that contain particularly high THC levels in relation to CBD levels, as is the case with most pure Sativa strains such as those found in equatorial regions.

I love my children in such a way that any pain they feel, whether physical or emotional, I feel tenfold. As an adult, I have benefited from the glorious healing powers of cannabis to ease both my physical and emotional pain. Prohibition is the evil and not being able to help my suffering child is like a knife in my heart 🌿

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TRUTH IN SCHOOLS

cated about drugs, and we are aware from feedback and numerous studies that D.A.R.E. and other abstinence-focused programs do not work.

Dr. Marsha Rosenbaum directs the Safety First project of the Drug Policy Alliance in San Francisco. A medical sociologist, she has written books and scholarly articles on drug use, addiction, drug treatment, and drug-using women. Dr. Rosenbaum's Safety First is a program that gives parents information on how to honestly and effectively talk to their children about drugs.

"School officials should develop honest, science-based drug education programs that put the safety of students first. This kind of approach recognizes that teenagers experiment with drugs, and that it is important to provide them with credible information about drug use. It also recognizes that abstinence-only curricula, such as D.A.R.E., have shown not to work". www.safety1st.org

In reality, the D.A.R.E. program has been shown to be a colossal failure and has been written about in more than 16 highly-respected, independent studies. Included in these studies is a 1999 West Vancouver Police report which concluded that "In the majority of studies where drug use was examined, researchers concluded that the D.A.R.E. program either had little or no effect on drug

E Judith Renaud, M.A. Canadian Chair, Board of Directors

We are an organization made up of teachers openly committed to drug policy reform. We want to encourage open debate between educators, parents, law makers, enforcers and students. Our organization provides an important foundation for reform in drug education.

"Canada has enormous potential to influence drug reform" says Adam Jones, a 21 year old education major at Montana State University in Billings and founder of (TAP) Teachers Against Prohibition, now renamed EFSDP Educators for Sensible Drug Policy. <http://EFSDP.org>

"When intelligent drug policy is implemented in Canada we cannot ignore the facts because it is so close to home. My point is that Canada deserves an enormous amount of attention, here and now." Jones looked at the education profession and with the help of other activists in the drug reform movement, brought this struggle, through Educators for Sensible Drug Policy, into the ranks of our nation's educators.

Organizationally modeled to a large degree after LEAP (Law Enforcement Against Prohibition) <http://www.leap.cc>, both groups have much in common. EFSDP and LEAP are both trying to appeal to professions whose members witness the end results of the drug war on a daily basis.

The reality is that some students will take drugs and come to school high; smoking weed is not a new thing. Marijuana use and its related studies have been going on for years. It is the most widely used illicit drug in North America. The National Institute on Drug Abuse (NIDA) in the US claims that over 38% of the total population between the ages 12 and 17 have tried marijuana at least once in their lifetime and approximately 8% are using marijuana on a regular basis.

A Canadian national survey of 1,250 12-19 year olds revealed that getting high is 'mainstream'. Teen marijuana smokers appear to be imitating their baby-boom parents says Richard Garlick, a spokesman for the Canadian Centre for Substance Abuse.

"Youth rates are going up and are at levels that we haven't seen since the late '70's when rates reached their peak." Linda Dabros, special adviser to Health Canada's Director General of Drug Strategy comments, "Research we have conducted on 12 to 19 year olds show us that marijuana has gone mainstream and is well integrated into teen lifestyle" The last national survey in Canada

involving youth and drugs in 1994 showed that one-third of 15-24 year olds smoke pot.

Drugs are everywhere, though just how pervasive they truly are is unclear. It seems wherever we turn there is yet another issue that causes us to fear for our children's safety, health and well-being. Parents are worried about their children and they have every right to be. As a community, we know these issues are not isolated to the bigger urban centers of Vancouver, Toronto or Montreal. We know small towns have their fair share of substance abuse problems as well.

"I find a lack of education is one of the main reasons that the drug epidemic is as bad as it is. In my opinion," says one 14 year old, "there should be a class all about drugs. It should start in the second grade, that way kids start getting educated about the harm of drugs from a very young age"

Educators for Sensible Drug Policy has several goals:

We seek to educate the public, the media and policymakers about the failures of current drug policy.

We are working to create a Speakers Bureau of knowledgeable and articulate educators who can describe the impact of our failed drug policies on issues like teacher safety, teacher / community relations, and the financial and human cost.

We want to restore student respect for teachers, respect that has been diminished by the teacher's role in imposing and implementing drug prohibition, by participating in programs such as D.A.R.E (Drug Abuse Resistance Education).

Our ultimate goal is to reduce drug war harms by ending drug prohibition.

The war on drugs is heating up. D.A.R.E.'s spread across Canada needs to be stopped and most importantly, an alternative program must be offered. Young people need to be edu-



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TRUTH IN SCHOOLS

use.” Some studies even found an increase in drug use among those students taking the program.

The BC Provincial Government currently spends millions on this ineffective American-based program that essentially encourages children to do drugs while misinforming them about the dangers. D.A.R.E. founder, California Police Chief Daryl Gates, saw no difference between marijuana and crack cocaine and believed that all drug users should be ‘rounded up and shot’. These harsh words obviously aren’t coming from a place of prevention and harm reduction.

Prohibition is fueling police officers to come into our schools and search students and their lockers. Teachers need to be a part of the liberalization of marijuana laws and along with their students, implement the changes that need to occur. Aggressive police action in our schools is the wrong message to be giving our students. Our schools need to

be clean of drugs and alcohol, but also safe, healthy, communicative environments; places for debate and progressive change. Recent incidents in Canadian and US schools have created anxiety and mistrust.

Educators for Sensible Drug Policy will be looking closely at drug policy and reform and we will focus on how educators can become more informed, open and truthful. We need teachers to understand how prohibition is anti-child and anti-family. Students need to ask questions and be encouraged to openly debate drug issues. Programs need to be developed for younger children because they are the most vulnerable to indoctrination.

Drug abuse is a serious health issue; we are hopeful that Health Canada will help us lead the way. Our intentions are to work closely with federal departments, notably the Department of Justice and the Office of the Solicitor General of Canada. Part of our strategy involves changes to the law. This is why

Educators for Sensible Drug Policy will stay committed to providing the most accurate and up to date information for our educators. We hope our actions will make Canada’s schools safer places in which to teach and learn.

If you are an educator and want to renew your commitment to end prohibition and help bring drug reform into our schools, please contact us at the address below.

“No movement for social change can hope to succeed unless it makes the most advanced intellectual and technical achievements its own, and unless it is rooted in those strata of the population that are productive and creative in every domain” Noam Chomsky

Judith Renaud, *Educators for Sensible Drug Policy*, <http://EFSDP.org>, Gibsons, British Columbia, Canada (604) 886-8665 jude@EFSDP.org



Dear Editor

You have erroneously given your readers the impression that *High Times* is gone. Get with the program, they have evolved!!

I will always be indebted to HT for the May 1976 edition (pictured above). The Spring Home Growers Planting Guide (pg. 48) got

CHANGING TIMES FOR HIGH TIMES

me into trouble, while the article in the Health Section “Marijuana Gets a Clean Bill of Health”, convinced my parents that not only was it OK, but they wanted in on the action. Our multi-ethnic crime co-op remains alive and well.

Always a fan!!

EDITORS REPLY

Sorry for any confusion we may have caused. I still have my copy (dog-eared as it is). That was my first peek at the “other” world. I can see why it rocked your world! Glad your calling was marijuana! Good luck with the co-op!

CHANGING TIMES FOR HIGH TIMES

by Tilo, *Methods of Mayhem* and *GotVape.com*

My first encounter with *High Times* was at the age of eleven, smoking Florida brown haired sensi (a.k.a. schwag); we stole this from my friend’s older brother. After we accomplished getting stoned we decided to go back through his drawers to see what we could find. We didn’t find any more weed but what we did find was a *Playboy* and a *High Times* mag. From that day on his brother set the standard of cool. In the weirdest way, that moment gave me my first real taste of

freedom of speech. For an eleven year old break dancing stoner, this was a bitch deal. And me, being from Ohio at that time, land of the “more seeds than weed.” In *High Times* I was able to explore colorful buds I never thought existed, see people who I never thought smoked, and even buy seeds and drugs through mail order. At that age I thought that was the rugged bible. Not until later in life did I really understand the underlying meaning and causes *High Times* was representing in how it was kicking down doors for freedom of speech. I never thought that years later I would be involved with the *High Times* organization, not only on the business side but also on the friendship side. Not only am I involved in the industry by owning *Inspector Vapors Vaporizers* A.K.A. gotvape.com. I am the singer and co-founder of “*Methods of Mayhem*” with Tommy Lee, Stephen Perkins, drummer of *Janes Addiction*, *Mix Master Mike* from the *Beastie Boys*, and I have been one of the main acts on *Ozzfest*. I have toured with many stoner bands including *Pantera*, *Incubus*, *Korn*, *Deftones*, *Cypress Hill*, *Lincoln Park*, *Kid Rock*, (r.i.p. Joe C.), *Hed P. E.* *Bone Thugs and Harmony*. I have recorded with smokers like *Wu-Tang Clan*, *Lil’ Kim*, *George Clinton*, and of course, with the almighty *Snoop Dogg*, who is by far my stoniest friend. To confirm that, let me tell you about just one of our trips down to *Freaknik Weekend* in *Atlanta Georgia*. First of all *Tommy*, *Snoop* and I exit first class instead of walking down the tarmac. *Snoop’s* bodyguards had arranged for us to walk out the side door and enter into a limo that was basically parked underneath the plane. Once entering the limo, *Snoop* pulled out two huge blunts, which held

The advertisement for True North Hemp Company Ltd. features a prominent green cannabis leaf logo in the center, set against a white background with a red border. Above the logo, the company name 'TRUE NORTH HEMP COMPANY LTD.' is written in a bold, red, sans-serif font. Below the logo, the company name 'TRUE NORTH HEMP COMPANY' is written in a green, sans-serif font. To the right of the logo, the company's address is listed: '10760 WHYTE (82) AVE EDMONTON ALBERTA, CANADA T6E 2A8'. Below the address, the phone number '780-437-HEMP (43671)' and fax number 'FAX-780-433-0095' are provided. The website 'WWW.TRUENORTHHEMP.COM' and email 'STORE@TRUENORTHHEMP.COM' are also listed. At the bottom of the advertisement, the text 'ALBERTA'S PREMIER CANNABIS STORE - ADVOCATE, LOBBYIST, AND RETAILER' is written in a red, sans-serif font.

CHANGING TIMES FOR HIGH TIMES

Snoop and I over, (sorry Tommy you're on probation), until we got to a store where Snoop bought a box of fifty. The next morning there were only 6 left, we had smoked like a broken stove. What I thought was really cool, was that Snoop believes it should be against the law for medical patients to be arrested. Some people physically need mari-

juana to eat, sleep and relieve pain. Snoop thought *High Times* was one of the only magazines strong enough to help others and supported their efforts in the battle to legalize marijuana. I have also been fortunate enough to be involved with and play shows for *High Times*, invite-only connoisseur events. By knowing lots of insiders at *High Times* I was

aware of the format change months ahead, and to tell you the truth, when the first issue was released, show casing their new style, I was very disappointed. At first glance, I was turned off because it seemed so serious and was lacking, in my opinion, the youthfulness. So I went back to do a little research on *High Times* and who started it. I found that Tom Forcade was the original founder of *High Times*. His inspiration for creating *High Times* originated in 1970 through his constant battling with the United States Commission on Obscenity and Pornography.



Tilo, from *Methods of Mayhem* & Sen Dog from *CypressHill* enjoying their Got Vape vaporizer

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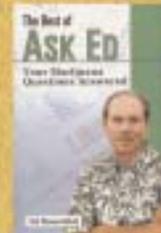


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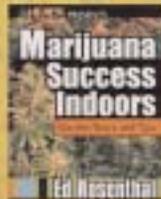
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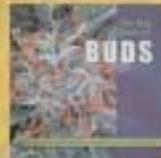
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CHANGING TIMES FOR HIGH TIMES

September of 1974 was the birth of *High Times* and in November of 1978 was the death of its founder. Forcade died of suicide due to paranoia. In 1979 "Ratso", who has been involved in numerous successful projects from then up to now, saved it. His involvement ranged from National Lampoons Reefer Madness and Howard Sterns, "Private Parts". At that point in time, America was changing their drug preference to cocaine along with other designer drugs, which were showcased in *High Times*. In 1988 Steven Hager took over as Editor and decided to do away with Cocaine and its buddies. He changed the magazine to be more about cannabis cultivation and activism. Steven also started the Freedom Fighters which waved hemp flags and spoke of George Washington and Thomas Jefferson on how they grew hemp. *High Times* also started numerous marijuana based events, ranging from the Stony Movies awards, the doobies music award, and everyone's most favorite award show, the Cannabis Cup, in Amsterdam. Now with its 30th anniversary here, *High Times* thought it was time for the magazine to go back to being more about awareness and activism, than stoner and bong of the month. So when I saw the first issue of the new *High Times* I was devastated because I always wanted to be the stoner of

the month. The new layout of the magazine seemed so serious, I used to be able to read it as an escape and now it's filled with reality. I have to admit, reality is good but I have to be prepared. When you expect to see what new celebrity is smoking and a picture of some guy with too much time on his hands and his ten foot double chamber gravity bong, you get disappointed when you see articles only about politics and science. I guess I have ADD because I like politics and science, but my attention span bounces from serious articles to lifestyle articles and pictures. Now, it's all political, it seems.

Then I found out that *High Times* now offers two magazines, *High Times* and *High Times Grow*. *High Times* being more political and *High Times Grow* being more lifestyle. I have to admit, now knowing that the fun is still there, I just have to go to *Grow*, to get it. I am realizing that by having *High Times* offering two different kinds of magazines they can appeal to a much larger base, therefore promoting more awareness and eventually creating even more freedoms for the masses that they need and enjoy, hemp, marijuana, and their bi-products. That's just my opinion and in this world you should never trust just one opinion on such a large subject. I showed a few of my friends a copy of the new *High Times* magazine, nick named

"Classic Coke" style and a copy of the *High Times Grow* and this is what they had to say.

"I like the more political edge. On tour we have a lot of down time so I like more content in the mag. I feel like I'm getting my moneys worth. I never cared for bong of the month". - Kat: dancer for Brittany Spears.

"My store will carry both, because for years I have always heard complaints from my older clientele, that they wanted more articles and less advertisement, which they didn't care about. They smoke out of papers and wood pipes and have no need for the fancy stuff. My young clientele want more pictures and ads and many don't even read the text. Now all my customers will be happy" - Big John: alternative gifts store owner.

"High Times has been family from day one for us and I can't say I have always agreed with everything they do, but by traveling around the world meeting all types of fans, I feel two mags from the same company geared towards one cause, can only help the fight. - Sen Dog: rapper/singer of Cypress Hill.

Overall survey says; the split of *High Times* magazine will bring more awareness to the masses and will appeal to new demographics. The only downfall is that now I have to buy two magazines, which means one less toke for me. 🌿

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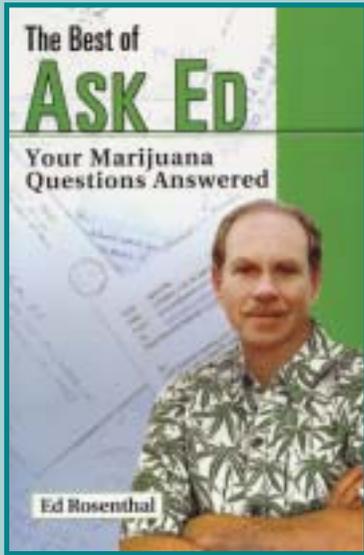
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by Rip Ready

Before most people start something, the smart thing to do is ask advice from someone who's knowledgeable, with enough experience that even other so-called experts go to him for advice. Someone with enough experience to be able to answer all of your questions, no matter how obscure they may seem to be.

Is there someone like that? When you talk about growing cannabis, the expert of experts is Ed Rosenthal, and what bet-

THE BEST OF ASK ED

ter, than to have "The Best of Ask Ed" to guide you through all of your cannabis growing concerns. The book is over 400 pages and includes a handy glossary of terms and an excellent index.

As long as I can remember, Ed has been writing the "Ask Ed" advice column. Actually, it's been over 20 years since his start in August of 1983. Things have changed since then with new products and science in the cultivation of cannabis and Ed keeps up on it all, revising and updating where needed for this edition.

Ed's reputation carries so much weight that he was deputized by the City of Oakland to legally grow marijuana for medicinal use by sick and dying patients. Shortly after he was arrested by the DEA for growing the 3,000 cannabis plants that were needed by those medical patients.

If you are an inexperienced grower who has never grown a pot plant, Ed will take you through the very basics to get you started. As you gain experience from your crops, and your questions need more detailed answers, Ed will be there.

Whether you would like to know the difference between a male and female flower, how to control pests, clone your plants or even when to add CO₂ to supercharge your system, Ed has 'been there done that' and will walk you through it with helpful advice.

The book is well organized with navigational tools to guide you directly to the information you need. It's black and white with lots of illustrative photos. In the center are 8 glossy color pages of photos sent in over the years that gained the immortal honor of "Bud of the Month", "Plant of the Month", and "Garden of the Month". If you've mailed your photos to Ed, yours might be here.

"The Best of Ask Ed" contains information on legal and health matters, pot for pets, as well as a chapter on paraphernalia. What is best for you, a pipe, joint, bong or vaporizer? All are discussed so the only thing left is for you to try it.

There is not enough room in this review to cover all the topics in the book, but I will say that "The Best of Ask Ed" will have a place on my reference shelf.



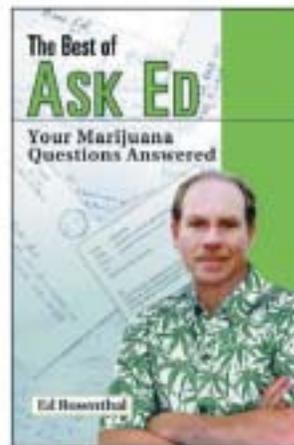
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ED ALSO ANSWERS QUESTIONS on health and legal matters, and shares his scrapbook of memorable contest photos sent in by readers of his long-running column.



"Mr. Rosenthal is the pothead's answer to Ann Landers, Judge Judy, Martha Stewart and the Burpee Garden Wizard all in one." —*The New York Times*

- set up a garden
- spot the male plants
- germinate seeds
- grow hydroponically
- optimize lighting
- fertilize with the right nutrients
- supplement with CO₂
- recognize ripeness
- identify and control pests
- diagnose plant problems
- stop molds
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In soil, a plant's roots push their way along in search of the nutrients they need to grow. Growth can be hindered by competing organisms such as bacteria, and a by a lack of oxygen, which the roots also need. Hydroponics is an advanced form of soilless gardening that uses an airy, sponge-like growing medium called rock wool. Rock wool blocks of various sizes are usually housed in plastic net pots which can be set in tubes, trays, tubs, etc. The rock wool is soaked with liquid nutrients that are a perfect blend of everything a plant needs: Nitrogen, Phosphorus, and Potassium (the macro nutrients, N - P - K), and Iron, Boron, Magnesium, Zinc, Manganese, Molybdenum, and Sulfur (the micro nutrients). A reservoir is used to hold the liquid nutes and a submersible pump is used to pump the nutes to the rock wool. Plants grown in hydroponics grow faster, healthier, and produce larger yields. There are several kinds of hydroponic techniques used. In a drip system, the liquid nutes are pumped through small micro tubing and drip over the rock wool and then back into the reservoir. In an ebb and flow (aka flood and drain) system, the nutes are pumped periodically into a tray that fills up for a short period, soaking the rock wool, and then drains completely back into the reservoir. Aeroponics uses a very powerful pump and mister jets to produce a constant fine mist that sprays onto the roots. And NFT or Nutrient Film Technique consists of a shallow grow tray with net pots sitting along the bottom. The nutrients form a thin film that runs along the bottom of the tray, feeding the roots of the plants.

As in soil growing, artificial lighting is used to grow hydro indoors. There are two major types of lighting used: HID (High

Intensity Discharge) and fluorescents. HID's are powerful lights that produce a lot of light. They also produce a lot of heat and can suck up electricity. HID's consist of 2 types, MH (Metal Halide) and HPS (High Pressure Sodium). MH bulbs produce a blue spectrum of light similar to full sun in late spring/early summer. HPS produce a more reddish light similar to the sun in late summer/fall. Fluorescents cost less to buy and use than HID's and put off far less heat, but they produce less light. A new type of bulb, high intensity compact fluorescents (CF's) are gaining popularity in hydroponics. They put out far more light than normal fluoros and cost less to run. CF bulbs are self ballasted and put off almost no heat, allowing them to be placed within one inch of the plants for max effectiveness. CF's also come in both red and blue specs. As in nature, indoor plants go through two major stages of growth, vegetative and flowering. During vegetative growth, the plant receives 16 hours of light and 8 hours of darkness each day. Using a blue spectrum bulb will be most effective in imitating nature but the hours of light per day is the most important factor. Often veg growth lasts about 2 - 4 weeks.

When available light is cut back to 12 hrs on and 12 hrs off, the plant will sense that winter is nearing and it will automatically start to flower. Red spec bulbs are most effective for flowering, which lasts 8-12 weeks. Because you flower longer than you veg, if you only use one light then use red.

If you want to start growing your own hydroponics plants without stressing out your brain, your back, or your bank account, than EzHydroKit has some great products for you. Each kit comes with everything you're going to need to grow your own hydro, including nutrients, supplies, a grow light, and an EzGrow-Guide with step by step instructions.

EzHydroKit manufactures their own

brand of CF lights under the EzHydroLite brand in sizes of 30w, 65w, and 125w. Just about anyone can begin growing their own hydro with an EzHydroKit for as little as US\$69.95 (about \$89 CAN). That gets you a one plant drip system loaded with all supplies and a 30w grow light. You can drop a clone in this kit and pull about 15 grams in 8 wks. For a one plant kit with higher yield, try the EzFlow Ultra, which comes with a 125w light for US\$149.95 (\$190 CAN). The Ultra will yield about 65g in 8 weeks from clone. For larger yields, EzHydroKit has just released the EzNFT. This system utilizes the NFT method. The EzNFT sells for US\$299 (\$380 CAN). It holds 6 plants and features a 400w HPS light with digital timer that will yield 1kg or more of premium harvest in 8 weeks from clones.

EzHydroKit is a small, friendly company in Tucson, Arizona. All their products are available at www.EzHydroKit.com, phone toll free: 1-866-394-9376, or snail mail: EzHydroKit, 1101 W Grant Rd, Suite 204, Tucson, AZ 85705. Being in the U.S., they are bound by the ludicrous federal laws against marijuana, so they are unable to discuss it on the phone, even in medical or religious situations. 🌱

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Michael Straumietis

by Michael Straumietis, Co-owner of Advanced Nutrients

Micro and Macronutrient Deficiencies

Calcium (Ca) (immobile in plant, immobile in soil)

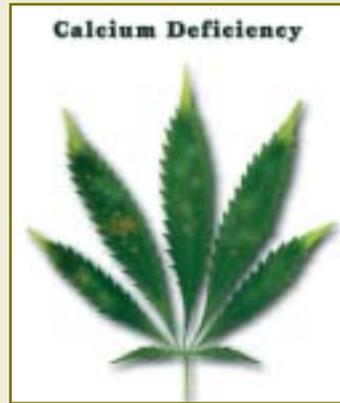
Deficiencies in cannabis will show first in new growth. Calcium moves slowly within the plant and tends to concentrate in roots and older growth. Consequently, young growth shows deficiency signs first. Deficient leaf tips, edges and new growth will turn brown and die back. Chlorosis, necrosis, distorted leaf margins. Leaf tips hooked, new leaf tips can be hooked brown or black scorching and die back of growing points. The scorched and died back portion of tissue is very slow to dry and does not crumble easily. Boron deficiency also causes scorching of new leaf tips and die back of growing points, but calcium deficiency does not promote the growth of lateral shoots and short internodes as in boron deficiency. If too much calcium is applied early in life, it will stunt growth as well. Calcium is transported with water to plant tissues, but if levels in the substrate are too low, calcium deficiency can occur. Because calcium is immobile, it cannot be translocated to the region of active growth in the shoot tip, therefore new growth is severely reduced. Although calcium may be adequate in the

lowest most leaves, levels in the meristematic region can be too low, causing poor leaf expansion followed by necrotic patches in the young leaves. Complete necrosis of the shoot in the advanced stage causing the inability of the reproductive structures to form. If flowers were present when calcium levels become devastatingly low in the substrate, bud abortion occurs. Moderate deficiency results in bends or twisting of the leaf, white streaks or white margins in new growth. Roots are stubby and twisted. Roots may die. In severe deficiency new growth can turn almost entirely white and leaves are tiny deformed stunts. Growing points for both shoot and roots die. Excessive calcium will cause a deficiency in magnesium and potassium.

Cannabis uses calcium for cell elongation and is an important component in cell walls; structurally it acts as cement between cells and enhances uptake of negatively charged

ions such as nitrate, sulfate, borate and molybdate. It balances the ion charge produced through metabolism by the plant. Some enzymes are regulated by Calcium calmodulin. Calcium is important for the uptake of macro and micro nutrients. Calcium is responsible for strong growth and important in bud set and water uptake. A major constituent of cell walls, also involved in root and leaf development, seed production, enhances

pollen germination and growth, activates a number of enzymes for cell mitosis, cell division and maturity.



Terms & Definitions

Mottling: Appearances of patches of green and non green areas on leaves

Firing: Yellowing, followed by rapid death of lower leaves, moving up the plant and giving the same appearance as if someone touched the bottom of the plants

Necrosis: Severe deficiencies result in the death of the entire plant or parts of the plant first affected by the deficiency. The plant tissue browns and dies. The tissue which has already died on a still living plant is called necrotic.

Necrotic: dead spots

Chlorosis: General yellowing of the leaf tissue. A common leaf deficiency symptom, since many nutrients affect the photosynthesis process directly or indirectly.

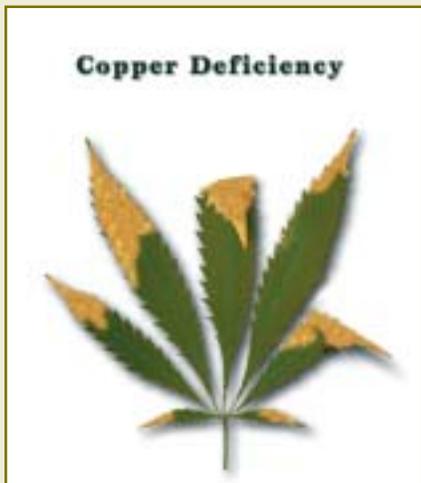
Interveinal Chlorosis: Yellowing in between leaf veins, but with the veins themselves remaining green. In grasses, this is called striping.

Rosetting: very short inter nodding

Stippling: spotting and dotting on plants leaf.

Chlorine (CL) (immobile in plants, mobile in soil)

In Cannabis chlorine is an essential element for plant growth. It is required for photosynthesis where it acts as an enzyme activator during production of oxygen from water and in water regulation. Plants use chlorine as chloride ion. Chlorine is useful as a charge balancing ion and for turgidity regulation, keeping plant cells more free of infection by disease organisms. It also helps open and close stomata by increasing osmotic pressure in cells. Excess chlorine will cause young leaves to develop burnt leaf tips and margins. (bronze coloration) If chlorine is to



Copper (Cu)

(immobile in plants, mobile in soil)

Deficiencies in cannabis will show up on the youngest leaves first, young tips, buds and shoots. Older leaves develop chlorosis, growing tips die and bud development is small. Copper deficiencies cause irregular growth and pale green leaves that wither easily at the leaf margins. Leaves at top of the plant wilt easily followed by chlorotic and necrotic areas in the leaves and necrosis of the apical meristem (the center stem of the plant). Leaves on top half of plant may show unusual puckering with veinal chlorosis. Absences may show on the leaf where the petiole joins the main stem of the plant beginning about 10 or more leaves below the growing point. Copper is very seldom deficient in cannabis, excess

copper in cannabis is extremely dangerous to plants. Plants can develop iron chlorosis, stunted growth as well as stunted root development. Toxic buildup occurs quicker in acidic soils.

Copper is required for the activation of several enzymes, needed for photosynthesis, involved in the metabolism of carbohydrates and proteins. It intensifies color and flavor. Essential in several enzyme systems, particularly in new tissues connected with respiration.

high cuttings will not root as well as seedlings not germinating. Leaves take on a yellowish bronze color and are slow to develop. Chlorine is commonly used to treat drinking water, if you notice toxic symptoms let water stand overnight and agitate periodically to dissipate chlorine.

Cobalt (Co)

(immobile in plant, immobile in soil)

Deficiencies in cannabis is extremely rare, chlorosis of younger leaves is common in sandy, leached soils.

Cobalt is used in cannabis as a chelation "bridge" like other metals and nitrogen fixation; it is used in conjunction with enzymes to manufacture aromatic compounds. It is also required for a few bacteria and algae. Cobalt in solution can be toxic in quantities greater than 0.1 ppm.

Silicon (Si)

(immobile in plant)

Silicon is absorbed by cannabis and helps to strengthen the epidermal cell walls, and helps fight off diseases and viruses and some insects. The most common form for silicon to give plants is potassium silicate.

Sodium (Na)

Sodium can partially replace potassium as a plant nutrient. It is not normally called an essential element though it can promote healthy growth, it may possibly enable some plants to withstand drought conditions. Sodium can accumulate in leaves of hydroponic plants.

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by KlozitKing

Plant Characteristics (taxonomy, lifespan)

Cannabis is an annual heterozygous (male pollen, female ovule) seed-bearing plant, now native to many countries, but originating in Asia and India. Ranging in height depending upon the species from 3 feet (Northern Indica) to 16 feet or more with the equatorial Sativa types. (Central America, Africa, Thailand)

Sativa, Indica and how they are different from one another:

Although all cannabis plants are short-day bloomers, the sativa spends most of its growing life in a tropical environment of intense heat and direct overhead light with an average 12/12 light/dark period, and only begins to flower after a long vegetative stage and with a very slight lessening of light period, to 11 hours of light, and 13 dark. A sativa will also enjoy nearly 6 months of flowering time, allowing for incredible buildup of THC resins. The smoke from a sativa is racy, and very creative and imaginative, highly useful for treating the symptoms of depression, and to concentrate the mind as in Jamaica, where it is often used as an integral part of the cultural work ethic.

Indica plants, (while growing in the northern climates of Nepal for example) do not experience the same extremes in the temperature. These shorter plants spend the same summer growing season enjoying 18 hours of light and only 6 hours of darkness, and will begin a long flowering season following the drop in

light after the summer equinox in order to finish before the winter frost. Their short seasoned nature makes the herb coming from these plants heavy and nearly narcotic in nature. This makes it a good remedy for pain and spasticity, and a good remedy for

insomnia, and the symptoms of MS to name only a few.

Light (Fluorescent, Metal Halide, and High pressure sodium)

All three types of artificial lighting all have their place when being used for growing medical cannabis.

Florescent lighting is useful for starting seedlings, sexing and making clones, and as additional side lighting during all phases of growth. Normal tubes are the best, often sold as shop lighting in 4 foot tubes

Metal Halide lighting is absolutely essential, and may also be used in all phases of growth because of its extremely intense and penetrating light. May be bought in several wattages, 250, 400, 1000w. Usually sold in a kit, with a hood, and an enclosed ballast box for safe usage. (recommended)

High Pressure Sodium lighting is an addendum to your lighting system, normally used for additional intensity and to simulate the slanting yellow rays of the autumn season. This light also has incredible intensity, and adds a great deal to the end weight and potency of the buds you grow. It may be bought in several wattages, 400, 600, 1000w and is usually sold in a kit, and an enclosed ballast box for safe usage. (recommended)

Soil (make-up, making it drainable, and providing a full seasons' growth)

Soil mixture is quite important, so that your plants will never run out of the natural foods they need to complete their growing cycle. Improper mixing can result in undernourished, weak and sickly plants, which need to be corrected at a later time, delaying your harvest and upsetting your schedule.

Recipe For Soil

1 part Perlite, 2 parts black rich potting soil, 2 parts compost, Dolomite lime (one cup for every 5 gallons of mixed soil), Hardwood ash (one cup for every 5 gallons of mixed soil)

Mix soil well, and in a large batch if possible, to make sure the mix is consistent with all your plants.

Temperatures (Ideal growing temps, and using vents to prevent heat buildup)

Seedling stage (from 0 to 3 weeks) The temp should ideally be between 70-75 degrees F, and the seedlings growing under 18 to 24 hours of fluorescent light.

Vegetative stage (from 4 to 10 weeks) Temps can be a little higher, simulating the summer season with 75 to 85 degrees, and growing under 18 to 24 hours of Metal Halide light. (higher temps can be realized using advanced techniques)

Flowering Stage (from 10 weeks to finish at 18 to 20 weeks) The Dog Days of Summer can find some hot and dry conditions in nature, settling at around 80 degrees for the remainder of the grow, and crashing the light down to a mere 12 hours on and off.

Air Circulation:

Wind must be simulated at all phases of growth, to help the plant pass gases through the leaves and roots, strengthen stems and encourage growth and cell reproduction, and to release toxic build up through the roots and leaf stomata. Plants without adequate air circulation will be weak, and often die before reaching the middle, or vegetative stage of growth. Continuous air circulation 24/7 is essential to the healthy growth of ALL plants

Watering Your Cannabis (frequency, pitfalls you can avoid)

Seedling stage (from 0 to 3 weeks) Make sure that the seedling, while kept moist, does not get overly soaked, as this can cause severe and life threatening problems through root suffocation. Watering should only be done when the top-soil has become dry looking, and care must be shown that it is not over-done.

Vegetative stage (from 4 to 10 weeks) In the weeks during the active growing phase, cannabis will drink a great deal of water. Once the plant has been put in its vegging container, water on a regular schedule, allowing the pots to sufficiently dry out, and letting the water to leak out the bottom to avoid the buildup of fertilizers and other deposits in the pot.

Flowering Stage (from 10 weeks to finish at 18 to 20 weeks)

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We were fortunate enough to try the INAVAP, and were very pleased with the price and the simple, sleek look. The INAVAP has a large screened chamber and the vapors are released only when air is drawn through the token hole. This vaporizer may be left in "operational" mode almost indefinitely. The Inavap is efficient and discreet with little or no odor.

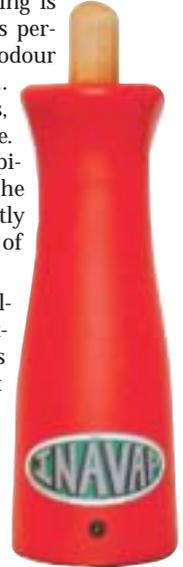
When you are done, the healthy green bud you placed in the chamber, looks like uncharred, brown tobacco. All the green goodness has been vaporized out of the plant material. We were surprised to find that even bad schwagg (bad flavour, dry) tasted great!!

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Montel Williams

On Tuesday, January 13, 2004 Montel Williams did a courageous show about his battle with Multiple Sclerosis. For a famous talk show host it had to have been one of the hardest shows he has ever done. He was upset and crying and that made me cry. Montel Williams shared that the pain was so bad he contemplated suicide, but because of his love for his children he couldn't take his own life. His book is titled *Climbing Higher* and he is climbing higher in my book. He said he had tried all the addictive pain med-

ications but Cannabis is what worked. Montel said, "One truth is that marijuana has been made illegal and not by any test that has ever validated that it should be. I could be addicted to anything on the planet and none of those drugs work for me. Now, I can eat and consume another thing that grows out of the ground and it does me good." My opinion is that Montel Williams stepped out in an honest and straight forward way and told it like it is. I can't recall any celebrity doing the same thing. I am upset because I do news and so far there hasn't even been one Associated Press article about the show. Usually an AP article hits the Internet within one or two hours but all we are getting is the sounds of silence. That could mean many things but what I think it means is, what Montel said is true and they don't want this news to be circulated. That makes me very sad and shows how much the government wants to stop medicinal cannabis from ever taking hold in society. It's upsetting because it's an

herb. It isn't toxic to a person's liver and doesn't have negative side effects like Oxycontin or other hard legal prescription drugs. I continue to wonder why they won't let this news circulate.

Martha, owner and operator of Cannabisnews.com

Climbing Higher by Montel Williams with Lawrence Grobel includes a chapter on Medical Marijuana, "In the Eyes of the Law, I'm a Criminal".

"Boy do I love a good rant." Montel delivers. You can feel the passion jumping off the page. Like a Southern Baptist Minister, he tells it like it is with fire in his belly and consumed with a belief in a higher moral and ethical ground. In my mind, if every naysayer had a loved one in need and listened to or read Montel on Medical Marijuana, they would join the choir. If you want to save a lot of time researching the topic of Medical Marijuana, read the book. Montel touches on most of the tipping points around medical

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POT CRUSADER DIES FROM MS - IN THE NEWS

Marijuana. After reading these short sixteen-pages you will come away amazed that anyone in either the Government or the Medical community can defend the denial of access, much less incarceration for the individuals taking the high ground and engaging in the use and distribution of Medical Marijuana. To quote Montel, "So if I were president I would (1) test, (2) grow, (3) distribute it for medicinal purposes with a prescription, (4) decriminalize small quantities. I would put the sale and distribution of it in the same category as alcohol to keep it away from minors.

And (5) I would change its status from Schedule 1 to Schedule 4 or 5. It would remain a prescription medicine and the insurance companies would have to kick in a subsidy, so those patients who couldn't otherwise afford it could benefit from it.

The answer is clear, we should elect Montel Williams president of the United States. 🌿

Crusader for Pot Dies after MS Fight Monday, December 29, 2003 by PATRICK MALONEY London Free Press

Londoner Lynn Harichy, whose efforts helped to legalize medicinal marijuana use in Canada, died Christmas Day after a lengthy battle with Multiple Sclerosis. She was 42. As part of a national network of lobbyists, Harichy was a longtime crusader for the legalization of pot for medicinal uses. She once lit up a joint on the steps of London police station, an act that led to her arrest.

Two years ago, following the efforts of pot crusaders like Harichy across Canada, the Federal Government eased the law on pot use for those suffering from serious illnesses. The Office of Cannabis Medical Access was established to regulate use of medicinal marijuana in cases where it would have some medical benefit.

Harichy's efforts to that end leave a proud legacy, says her brother, Wayne Fortnum. "A lot of people when they go, don't leave

anything behind. She has something. I'm proud that she did what she thought she needed to do."

Harichy ran the Cannabis Compassion Club, which supplied pot to sick people. She served more than 600 people who suffered from such diseases as MS, AIDS, cancer, epilepsy and chronic pain. As the rules began loosening around marijuana use for the seriously ill, Harichy told The Free Press why she started the club.

"The people who bought from us just couldn't go out on the street," she said. "It would have been too dangerous for them." Despite the criminal charges it caused her, and the social embarrassment she once admitted to feeling, Harichy continued pushing the cause until her MS began to take its harsh toll over the past year, her brother noted.

"She was dedicated to her cause," Fortnum said. "When she got her mind set to do something, she did it." 🌿

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The Vancouver Compassion Club Society - <http://www.thecompassionclub.org/>

<http://www.medpot.net/>

Assembly of the Church/ University of the Universe <http://www.iamm.com/>

International Association for Cannabis as a Medicine (IACM) <http://www.cannabis-med.org/>

Marijuana the Forbidden Medicine - <http://www.rxmarijuana.com/>

Uses of Marijuana - <http://www.marijuana-uses.com>

The Office of Cannabis Medical Access - Guides and Forms - <http://www.hc-sc.gc.ca/hecs-sesc/ocma/guides.htm>

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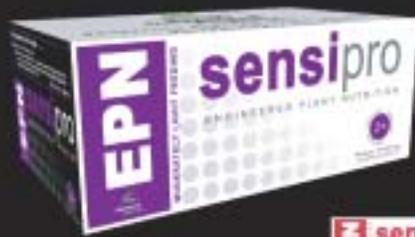
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