Depression and Cannabis

SEND IN THE MINIONS:
Bugs in your garden do not have to be a bad thing. We explain how predatory insects are used as organic pest control.

OUTDOOR GROWING

BREAKING THE TABOO:
This compelling documentary reveals how we have all been caught in the crossfire of the global War on Drugs — at tremendous human and financial cost.

Numbers are flying across the airwaves as of late, and while firearm statistics currently dominate the headlines, Cannabis arrests are also, thankfully, becoming a topic of mainstream conversation. The human cost of the War on Drugs in America has reached epidemic proportions, with families experiencing devastating separation, lost wages, frozen assets and ruined reputations due to Cannabis convictions. With recreational pot legal in two states, how is this still happening? Why does such a disparity between the almost nonchalant attitude towards pot in some states, and the harsh sentences imposed in others, remain?

The Marijuana Policy Project (www.mpp.org) points out that while Americans account for about 5% of the planet’s population, our inmates constitute nearly 25% of the world’s prisoners. In a recent ‘webisode’ of American Savage (‘42 Seconds: Pot Legalization and Marijuana Reform’; www.takepart.com), Dan Savage reminded viewers that the United States government forgoes $40 - $100 billion in annual tax revenue by continuing the drug war — not to mention the tens of billions spent per year on the arrest, booking/processing, incarceration, trying and punishment/rehabilitation of non-violent Cannabis offenders.

According to FBI statistics, simple possession charges accounted for roughly 49.5% of all drug arrests in America in 2011, with 757,969 arrested just for having weed on them. What follows are perhaps the most striking revelations of the FBI Uniform Crime Reporting Program for 2011, the most recent year with accurate statistics available (UCR; www.fbi.gov):

• The highest number of arrests were for drug abuse violations (estimated at 1,531,251 arrests), larceny-theft (estimated at 1,264,986) and driving under the influence (estimated at 1,215,077).

The estimated arrest rate for the United States in 2011 was 3,991.1 arrests per 100,000 inhabitants.

This means that in America someone is arrested for drugs every twenty-one seconds, and for Cannabis every forty-two seconds. (In total, nearly 12.5 million people were arrested across the country in 2011.)

According to the Times, “Almost one in five inmates in state prisons and half of those in federal prisons are serving time for drug offenses.” Esquire notes that “Federal and state prisons hold 1.6 million prisoners at an average cost of $25,000 a year per prisoner. That’s $40 billion.”

The magazine goes on to quote numbers that are now familiar to the true activists in the pro-pot movement, supplied by Harvard drug economist Jeffrey Miron. “Legalizing drugs would save roughly $41.3 billion per year in government expenditure on enforcement of prohibition. Of these savings, $25.7 billion would accrue to state and local governments, while $15.6 billion would accrue to the federal government. Approximately $8.7 billion of the savings would result from legalization of marijuana and $32.6 billion from legalization of other drugs.”

If this all sounds unfamiliar to you, be assured that these worrying totals are nothing new. That’s the point — how can we, the hard working and tax-paying American public, continue to fund this war against our own people? The solution is simple: stop arresting folks for pot possession — save money, legalize weed and collect taxes — make money.
It shall have been Jan. '97 or '96, since The First Take was an outdoor
ing. April it grew fully, fresh, green. spring was fantastic for being a plant. Sometimes the water that comes down can be a
little much so she was planted with this in mind, on a small hill. When summer came she was ready for it. A meter tall. A meter wide.

Yeah.

A Dutch summer can be alright with very nice temperatures in the day, not too cold at all in the night. Until the end of September the
whole procce goes more or less automatically. When watered enough, (with a little nutrient of course :"), and an eye is kept for bugs, its
a pretty safe ride.

From starting October on you need a bit of luck with the weather, rain and wind can really put a lot of pressure in fall.
November is late for a Dutch outdoor...
Indoor wasn't considered an option very long, to complicated to perform such a test, in such size and variety. nope, we're done out.
I knew the risk and decided to take it.

Some of her sisters are still doing well, its late November. Her stam is green/yellow, Woody, and the leaves lost freshness.
She wants a manicure, the remarkable absence of leaves on the buds make this another pleasant event.
We're 4 wks before testing. Yah.

Several variety's are smoked since the last week and there was quite some excitement over weight, looks a taste and yes, this cross
has potential. I honestly do not know why, but ever since I saw her grow she had my attention and it was like she wanted to be smoked
at that particular evening. The buds cannot be crumpled which increases the excitement. The resin left on the flowers could easily fill
another joint and must wash my hands before I can roll the paper....
What's this?

Lean back, light it until the top of the joint is a nice equal slowing ball. Take a good toke and concentrate on what happens.

The taste is fantastic and does trough the troath almost as drinking. There is the pleasant tickling in the nose.
Dont't bother the theses at all, feels a bit "heavy" maybe. When blown out, the nose catches a great musky taste.
3 seconds have past when whhooaa.

A rollercoaster-like excitement overcame's me in the mind, but clearly.
All my surroundings stay the same, but are interred more.
The high is different in everyway I know in a very, very humorous way, "cause:

In a flash I saw the summer procce until this high, and in this flash I realised the potential she had.
Yes, she likes to grow. Yes, she's strong and will reward you plenty when nursed to need. Yes, this was a thankfull job.
But this high I'm having keen on soins.
I bursting out loud and had tears in my eyes to be honest.

I knew it.

There's a new kid in town.

She will conquer the world.

For me was the honor to help her a little, by half eating her a little and put her in the right place's for the right people to enjoy.
Then from a certain point her reputation will be known, which will attract people with other ambitions and she will be a saaa, a myth.
Her true back around will be claimed, discussed... lost.

But first I had to name her.

so i did:

-amnesia-

It has been a long way from being able to breed, to being able to share her and her sisters with everybody who does not care to much
for saaa's and myth's.

As said she has sisters, many. Try us and find out why myths are born.

Information: www.SuperStrainS.biz

-superstrains-

recommend

hmpro
Advanced Seeds crosses Auto Biodiesel Mass and Auto Blueberry – two of the most recognized and all-time winning genetics, combined into a new auto-flowering strain.

It is an extraordinary heritage of aroma and flavor, keeping the citrus scent of Auto Biodiesel Mass genetics and the sweet taste of berries from the Blueberry. Auto Blue Diesel produces lots of sweet resin with high levels of CBD. Its development is very fast; she can be harvested sixty days from germination.

Genetics:  Auto Biodiesel Mass x Auto Blueberry  
Yield:  300 - 350 grams per m²  
THC:  16%  
Indoor Height:  20 - 33.5 inches (50 - 85 cm)  
Outdoor Height:  29.5 - 47 inches (75 - 120 cm)  

Photo by Advanced Seeds

Attention Dispensaries and Doctors:

With no shortage of medi-weed patients in sight, California furnishes an ever-increasing supply of customers to dispensaries and collectives, especially in towns or cities that are only zoned for a handful of such establishments (or towns adjacent to those with none at all). If you are looking for new customers or just wish to stay visible as a reminder to returning patients, exposure to readers of Soft Secrets USA is an effective means by which to do either. Promote your special offers, discounts, social gatherings and holiday functions – or simply introduce your business to those who may not be familiar with it.

Doctors who prescribe pot to those in need may not be easy to locate for some patients, especially those who are recently-prescribed. There is also heavy competition among the subset of pot-prescribing MDs to retain as many repeat annual referrals as possible; as medical Cannabis becomes more mainstream across California, prices for referrals and renewals decrease, intensifying an already competitive scene. Advertising in our publication is a great way to expand your patient reach!

For information on advertising packages, please contact DeWayne Snodgrass by emailing DeWayne@softsecrets.nl.
Do LED lights work?
Of course they work, but do they grow plants very well? Yes, they do grow plants, but nothing like the sun, or fluorescent, HPS or HID lighting. What we have found is that the color spectrum is too narrow of a wavelength. Most LED lights produce a color spectrum of about twenty-NM. However, consider that 400-NM is the start of violet light, blue light at 475-NM, green at 510-NM, yellow at 570-NM, orange at 590-NM, red at 650-NM ending with 700-NM. Each color blends into the next color spectrum: blue-green, green-yellow, yellow-orange, orange-red. Since LEDs have a very narrow spectrum, NM becomes the problem. We know that atoms are agitated by light and the energy is passed from atom to another atom; this allows the atom to go back to its normal activity. Since LEDs cannot excite an atom in the same way as other light sources, this energy will not be provided to the plant.

Should I let my water sit for a few days to allow the chlorine to evaporate out?
No, chlorine is actually one of the sixteen mineral elements that is needed for plants to grow, although there is usually enough chlorine in the fertilizers being used to make your favorite nutrient solution. The real problem with allowing the water to sit for a few days is the lack of dissolved oxygen. The more dissolved oxygen there is in the water, the better the uptake of elements that is provided to your plants. Oxygen will keep your water fresher, longer; as the oxygen comes out of your nutrient solution, pathogens will begin to get a chance to breed.

I want to grow some plants – what do I do? Should I go down to the local hydroponic garden shop and get some information from them before I buy my gardening equipment? Or can I save some big bucks by buying equipment online?
As a consumer, do you believe that anyone will spill all the knowledge they spent years accumulating, just because you want to grow something and you walked into their store? No, of course not; we are willing to teach you what you need to know for your particular growing location and level of experience. Yes, make sure that your local shop has the experience to handle all your growing needs before buying anything from them. If the amount of stores in your area is limited you may have to start off with a less knowledgeable shop, but as you learn they will also learn. The indoor growing scene has been around since the 1980s so most stores have someone who can answer your questions.

There is a never ending learning curve when growing plants; if you are talking to someone and they say they know everything about plants, not to worry, you had better start worrying. I personally have been working with, growing, writing and teaching about gardening for over forty years, and I can defiantly state to you that I now know enough about plants to say that I know nothing about plants, so I am your best source of information to solve your plant problems.

Plants are living entities and will adapt themselves to their surroundings. Their yield, taste, essential content of vitamins, etc. will be decreased by not doing the right thing at the right time. So, my friends, you have a decision to make: do you buy from a reputable store or from someone you may never see, who does not care about your purchase or garden? Someone who could perhaps be selling used equipment, or worse, poor quality equipment?

Know Before You Grow
First of all, it is time that you learned some of the rules. Rule number one is: do not ever talk about your grow room, or your friends’ gardens (or their names). Rule number two: do not buy from the Internet, then go into a grow shop expecting them to teach you how to grow, for free. Each store has its own debt-to-sales ratio to worry about – if they don’t make enough sales, they will go into debt. Yes, you might save some money purchasing online, but the learning curve is great. There is a lot of good and bad information on the Internet, and how do you know whether or not the person bragging about how well they did with this or that crop was not just a lucky first-time grower (thus, they may know very little and have no basis for comparison)?
Do you know:
What size area you want to utilize?
How many plants you wish to grow?
Which strain would you like to try?
If you want one combined space, or two rooms (one for flowering, the other for growing)?
How to place your lights?
How much light to use?
Whether you want horizontal or vertical lighting, and which one is better than the other for your application?
What color spectrum of light to use and when?
What temperature to keep your room, at what level of humidity?
What size exhaust fan to use? Does your ducting have bends to it?
Anything about plant nutrition? What type of nutrients do you want to use? At what pH to set your nutrient solution, or how much plant food to use?
When to apply additives?
How tall to grow your plants before flowering?
What to look for before harvesting?
People want to save money. I personally have found that if I pay someone to teach me throughout my purchases – or by signing up for classes and paying for lessons after I bought my equipment – I usually get better results. Be prepared, and good luck!

Cheers!
Mr. Bill
Share your grow room grievances with Mr. Bill – he can help! E-mail questions and photos to the editor at Kristie@softsecrets.nl.

Our Need to Feed

Hunger pangs are a natural instinct that we sometimes take for granted. Not everyone feels hunger – or is able to respond to it – due to illness, developmental disorders and even age. The notorious sensation of having ‘the munchies’ is the result of a controlled, predictable physiological reaction inside the body. What’s important about that is that it mirrors a biological process that occurs naturally within us, involving our endogenous cannabinoids and their related receptors.

Sativa Diva

Cannabinoids are the active and non-active chemical substances within the resin glands or ‘trichomes’ produced by the female Cannabis flowers that we consume. These substances are responsible for the ‘high’, euphoric feelings or ‘stoned’, relaxed and sleepy effect imparted by various strains. There are three types of cannabinoids: herbal, synthetic and endogenous. Endogenous (or endo-) cannabinoids are the body’s natural version of these drugs – more commonly known in their herbal/plant form – and modern research is only beginning to uncover their important role in our growth, development and evolution.

Although this may strike some readers as counter-intuitive, human breast milk contains endocannabinoids. These substances are essential in regulating neural development, reacting with growth hormones to control development, acting as a neuroprotectant and helping to prevent or ward off cancer, bacterial infections, viruses, etc. However, perhaps the most important effect they have in infants is “in the initiation of suckling in the newborn (where activation of the CB1 receptor in the forebrain is critical for survival).” Endocannabinoids effectively teach infants how to be hungry and how to respond to that desire.

Anorexia and Bulimia: Quite the opposite to treating obesity, Cannabis is also an effective treatment for eating disorders such as bulimia and anorexia. Cannabinoids react with substances in the body to trigger hunger, and advanced patients with serious physical damage may find similar relief to AIDS wasting sufferers, in that the painful swallowing and inability to hold down food are assuaged. It may sound odd that Cannabis can help overweight patients, considering the prevalence of the ‘munchies’ for some users. Others do not seem to be affected by this appetite stimulation; rather, some consumers experience an appetite suppressant effect and lose weight during periods of heavy use. The medical community is working on identifying and isolating the exact cannabinoid(s) that control appetite suppression.


Endocannabinoids effectively teach infants how to be hungry and how to respond to that desire.
Higher States of Consciousness

Colorado and Washington face difficulties in establishing a fair and effective regulatory system for Cannabis

It’s only been a few short weeks since the historic votes legalizing Cannabis in two American states were cast, yet the scramble to bring the laws into reality in Washington and Colorado has been frantic, and not without its critics. Despite the New Year crowds of happy smokers in both states, legal pot sales will not begin until 2014 in either state; until then, cultivation and sale will remain illegal. Even after state legislative systems have been put into place, it is not clear whether federal authorities will continue to pursue state-licensed outlets. So, just how will these systems be implemented?

Medi-Weed in CO and WA
Colorado has found itself even more in the spotlight than Washington, as its medical industry is somewhat larger. The differences are superficial at first glance: for example, Colorado has almost 110,000 card-holding patients to Washington’s 100,000 (roughly 2.1% versus 1.5% of total population). However, the Denver area alone leases over a million square feet of land to pot growers, and each site may house up to 10,000 plants. In Washington, dispensaries are technically illegal, far fewer and subject to ‘designated provider’ laws, whereby dispensaries must only serve one patient each and hold just sixty days’ supply. In Colorado, the recreational industry is to be even stricter than the already-strict medical market. Currently, potential pot purveyors must provide bank statements stretching back years, as well as full criminal background checks and up to $500,000 in fees and deposits. On top of this, each individual plant grown must be bar-coded, and premises must be under twenty-four-hour surveillance, with footage accessible over the internet by police. All employees must also be vetted and licensed, and details of all shipments leaving the production point must be recorded. It is likely that Washington policies will broadly follow those outlined for Colorado.

In Washington, medical Cannabis has been legal since 1999, but the industry has never gained the proportions seen in Colorado. The State Liquor Control Board has little ability to work with and must make difficult decisions, such as whether individuals previously convicted of felony Cannabis sales would be automatically barred from seeking licenses. The opposition to I-502 was strong, and with its passing has become even stronger – Patrick Kennedy, son of the late Sen. Ted Kennedy, is one prominent and vocal member of this group, which is in favor of improving rehabilitation programs for Cannabis users, without actually legalizing the drug. The pressure to avoid making Cannabis overly-accessible may lead policymakers to increase restrictions on growers even more.

In Colorado, that level of detail and stringent regulation was intentionally imposed by the authors of Amendment 64, in the knowledge that the bill would almost certainly have failed without it – as evidenced by the failure of California’s Proposition 19, which was rejected by the voters of that state in 2010. As well as securing its fate, the tight regulation surrounding the fledgling industry is expected to reduce any criminal element that would otherwise permeate such a traditionally appealing profession. Hopefully, it will also ensure that those who make it through the vetting process will have far higher incentive to stay on the right side of the law, and will not sell to underage individuals or supply the illicit industry in other states.

Creating Competition
Another factor increasing the difficulty of running a legal business is the problem of competition. In the illegal world, such matters are often dealt with in a decisive, if ruthless (and often violent) manner; furthermore, the number of potential competitors is usually far lower with illegal business than with legal. The illicit industry is appealing for precisely this reason: profits are high, prices can be set almost at will and the market is awash in supply. In the legal world, the far greater level of competition means that even the most well-intentioned small grower may find themselves pushed out of the market as it expands – an undesirable end result, but one that may well be necessary to ensure the health of the industry as a whole.

In Colorado, the ease of access to Cannabis has already sharply increased in the years since the medical industry was first established. In fact, it could be argued that this final stage of recreational legalization is purely nominal, as police have turned a blind eye to cases of misdemeanor possession for years (as is also the case in Seattle and many other parts of Washington). As a result, the price of Cannabis for the end-user is among the lowest in the nation, at around $7.50 per gram.

Although it is unfortunate that the imple-
Cannabis culture is strong in Colorado, with festivals held every year. Environmental-friendly techniques will be higher, and the level of monopoly gained will return to smaller and more environmentally-friendly techniques will be higher.

Arguably, the rate at which the industry will begin returning to smaller and more environmentally-friendly techniques will be higher. The legality has come so late has potential to prove either a blessing or a curse.

By now, Western culture is beginning to comprehend the problems inherent in allowing monopolization of agriculture, such that attention must be paid to the expansion of any new crop of significance and its impact on the environment. However, although organics and other small and eco-friendly types of farming are increasingly important, they are hardly making a dent on the market share of Big Agribusiness.

Environmental Impact and Potential for Monopolization

The environmental arguments made against Cannabis are far more applicable to other, larger crop industries, yet as Cannabis is such a scrutinized market, the pressure is greater for Cannabis growers to adapt to environmental standards. Thus we have a situation where it is likely that a trend towards monopoly will happen in the Cannabis industry – as with any other – one that may yet be more strongly mitigated by the need to conform to environmental ‘best practice’.

Arguably, the rate at which the industry will begin returning to smaller and more environmentally-friendly techniques will be higher, and the level of monopoly gained in other industries (such as that currently enjoyed by Monsanto, which controls more than 93% of soybeans and 80% of corn grown in America) will not be as total. With reduced need to compete on price, growers could concentrate upon quality and best practice, including use of organic nutrients and pest management schemes.

Indeed, Colorado has several measures in place to prevent the growth of monopolies in the alcohol industry, including the total separation of production and sales along each step of the supply chain. However, although Amendment 64 was called The Regulate Marijuana Like Alcohol Act, many existing medical suppliers espouse their preferred model, which involves far greater vertical integration. In Colorado, medical centers must themselves grow at least 70% of the Cannabis they sell, ostensibly to protect against any allegation that their pot is smuggled or otherwise illegal.

While this model has its advantages, it leaves the door open for monopolization by big producers to become established further down the line. It is not yet clear precisely what route the lawmakers in either state will choose to follow, as dialog is still ongoing, but it seems likely that a system that ties in as closely as possible with the existing medical industry would be most advantageous, to avoid overwhelming already-confused local licensing authorities.

In Washington, the steps taken to ensure that no Cannabis grower becomes too large may be even more extreme: in the city of Longview, the newly legalized collective medical gardens (adopted in July, 2011) must be no more than 150 square feet, and contain no more than 45 plants.

The city is struggling to find areas it deems suitable for zoning Cannabis production and retail sites, and has been warned that it may not seek to effectively prohibit such sites by creating too-strict zoning laws (as several cities have attempted to do with the adult entertainment industry). Generally, the attitude towards Cannabis cultivation in Washington seems to be ‘keep it small’.

Up until July of last year, alcohol sales in Washington were entirely controlled by the state, and the shift to private retailing is still ongoing. One point of contention is the fact that retailers can now buy in bulk directly from the distillery, cutting out the distributor, increasing the possibility of vertically-integrated monopolies coming into existence. If this translates to Cannabis, the potential for investment by large agribusinesses could become ever higher, and the risk of one’s local hippie grower going out of business will increase as this trend becomes established.

Whatever is decided over the coming weeks and months, all Cannabis enthusiasts worldwide should pay close attention to events as they unfold. Residents of the newly-legal states should be highly discerning with regards to where pot is purchased, and favor small, local and organic wherever possible – once legal weed finally becomes available. If this preference can become the dominant one, the industry will adapt where necessary to meet this demand for high quality, honestly-grown produce.

If, on the other hand, it becomes clear that low prices are what incentivizes the pot-buying public, we can expect the market to favor the big producers at the expense of the small guys. In such a small yet rapidly growing industry, consumers have a unique opportunity to vote with their money and make their preference known – let’s make sure it is the right one!
Breaking the Taboo

Sativa Diva

“A $2.5 trillion war… forty-four million Americans arrested… a $320 billion black market” – these are the crushing figures that greet viewers of the latest documentary about the War on Drugs, Breaking the Taboo. Produced by Sam Branson’s Sundog and Brazilian Spray Films, the documentary presents a polished yet urgent portrayal of the devastating cost of the global battle against drugs, and narration by Morgan Freeman adds its usual gravitas. This film thrusts the truths about the toll of the international drug war into the mainstream and onto the people – all people, everywhere.

While the pursuit of the drug industry by law enforcement seems ages-old, the film reminds us that it was President Richard Nixon who started the whole mess back in 1971. That era of American prohibition was to be a defining one: the president was dealing with the Vietnam War, as well as the civil rights movement at home. Peaceful protests were rife with pot-smoking hippies, and heroin-addicted veterans were returning to American soil. Nixon responded with a harsh crackdown, the effects of which are still felt today.

In the 1970s, the American appetite for drugs fueled trafficking efforts between Central and South America and the northern continent. From Brazil, Peru, Ecuador and other northward through Mexico, the States and Canada, smuggling lanes were being established or even more heavily-traveled. As techniques became more involved, quantities increased and the street supply of certain drugs began to terrify the authorities. Peaceful protests were rife with pot-smoking hippies, and heroin-addicted veterans were returning to American soil. Nixon responded with a harsh crackdown, the effects of which are still felt today.

The United Nations Conventions on Drugs delineated the pressure to which the United States government was subjecting other ruling powers. All possession, transportation, selling or production of illicit drugs was outlawed – on a global scale – due to American moral objection and persuasion. The government decided to wage the war, and recruited United Nations members to help them enforce it. These policies crystallized the ‘zero tolerance’ approach that has caused so many social problems around the world.

Once the DEA became involved the fight spilled across borders, draining law enforcement, military and legal resources in other countries and creating generations of habitual offenders and drug addicts. Crop spraying is defoliating and poisoning the land, rendering it useless to already struggling families and robbing them of their industry. To make matters worse, the cartels, smugglers and dealers exploded with creative approaches to their illegal activities in an attempt to evade authorities from any country who might imprison them. Prices increased exponentially with the prison population, in some cases, and the violent crime rates have surpassed 47,000 since 2006, when Calderón first waged Mexico’s War on Drugs. Jorge Castañeda, Mexico’s Secretary of Foreign Affairs (2000 – 2003), suggests that military force has exacerbated the situation: “The war has created the situation – the situation did not create the war.”

Most cannabis offenders in America are arrested for simple possession and overcrowd prisons with a harmless, hassle-free work force. Prisoners are also exposed to far more drugs and criminality while locked up than when out on the street, preparing them for even more criminality (if they choose) upon release. In Breaking the Taboo, former prisoner and author Anthony Papa asks, “If you can’t control drug use in a maximum-security prison, how could you control drugs in a free society?”

Arrest, incarceration, familial separation, corruption, poverty, kidnappings, asset seizure, violence and death are all common fallout of the drug war. Such atrocities are the unfortunate ties that bind us all together – regardless of your occupation, view towards Cannabis, religious affiliation, etc. This documentary forces the plight of drug war victims into the public consciousness, as the human toll alone could classify the War on Drugs as having reached epidemic proportions. In addition, if the government’s battle against illicit substances is draining our resources and overcrowding our prisons, why do we still have national issues with drugs? What about the heroin crowds in the 1970s? Or the crack and cocaine epidemics of the 1980s? Designer drugs, chemical cocktails of questionable origin, plagued the 1990s and meth has been rotting suburbs in America for decades.
Every good remedy contains a base – I will be using a Cannabis drinking tincture. Depending upon the potency required, the medicinal dosage should be between one and three teaspoons (for most patients).

40 ounces alcohol (190 proof)
1 quart honey
1 ounce Cannabis
2 tablespoons vanilla

Grind the medicinal Cannabis almost to a powder and cover with alcohol, then put it somewhere dark for two to three weeks. Strain the alcohol from the herb, usually done with cheesecloth. Discard the used herb (alternately: many people save the green material and use it as a topical balm bag for painful joints).

Place the tincture in a double boiler and heat the tincture until the liquid is reduced by half. Let it cool; bottle the tincture in a dark bottle and store it in the refrigerator or at room temperature.

Ethyl alcohol is the form of alcohol that can be safely consumed by humans. The proof listed on commercial alcohol refers to the percentage of ethanol that the beverage contains. The proof is twice the percentage, so ‘eighty proof’ means that the mixture contains 40% ethanol. The higher the alcohol content used, the better the extraction will work. This basic recipe can be used to create an elixir from any tincture and the basic Cannabis tincture can be modified for specific ailments. For example, if you add elderberry syrup you can make an effective treatment for influenza. Combine with kava for greater pain relief and sedation. When using vodka, different flavor extracts can be used. Be mindful to use only a few drops of any flavor extract.

Thyme is a wonderful germ killer and great for sore throats and coughs; it is also a natural expectorant.

1½ teaspoons thyme (dried)
1 teaspoon mint (fresh)
1 cup water
4 drops Cannabis tincture

Pour boiling water over thyme and mint. Let steep for about three minutes; stir in Cannabis tincture. Serve hot. Gargle with the tea for relief from sore throats and coughs.

Halitosis can be caused by medication combinations, indigestion or constipation; tooth decay can also contribute to bad breath.

½ medium-sized lemon
1 cup warm water

Squeeze the juice of half a lemon into a warm cup of water. Drink warm water and lemon juice in the morning when you wake up.

½ cup (4 ounces) spinach
½ cup (5 ounces) beets
¼ cup (6 ounces) cucumber
1 clove garlic (chopped)
½ cup (1 ounce) parsley
3 drops Cannabis tincture

Blend all vegetables together in juicer, drop Cannabis tincture in juice. Mix thoroughly and drink healing juice immediately.

This tonic reduces fever, night sweats and hot flashes.

1 cup water
1 teaspoon sage (fresh)
1 teaspoon mint (fresh)
2 drops Cannabis tincture

Pour boiling water over sage and mint; let steep for about two or three minutes. Stir in Cannabis tincture. Drink tea three times a day.

Great aromatic! Enjoy with a medicinal muffin and feel better in no time.

1 cup water
1 tablespoon mint (fresh)
1½ teaspoons cinnamon
4 drops Cannabis tincture

Make a strong tea by pouring boiling water over the cinnamon and mint. Stir in Cannabis tincture; let steep for a few minutes, and then drink. This will ease diarrhea – and also helps with the sniffles!
Seeds and Needs

Imagine that you were going to pack up a Cannabis plant and transport it through space and time – there are some changes that could be made to an average plant that would help. For ease of transportation, and reduced shipping costs, it would be nice to minimize the size of the package. Limiting the number of roots would also help. As anyone who has root cuttings knows, one root is the sign that the clone is going to ‘take’ and all should be well. A single root is enough with which to get a plant started.

Considerably more space in the package could be saved by reducing the size of the stalk, and so would only having just two basic leaves. Cannabis plants are called ‘dicotyledons’ because they begin life with two embryonic seed leaves or ‘cotyledons.’ For good measure, imagine taking this small, simple plant – with one root and one stalk, wrapped in the two leaves – and miniaturizing it.

Plants grow and get larger in the presence of light and moisture, so it would be nice to slow their metabolism down and put them in ‘stasis’ for transit. Slowing them down to the point where they do not need light or moisture would be ideal. In fact, since sitting water will release its oxygen and become stagnant over time, getting rid of most of the moisture in the package would be an excellent idea.

This tiny theoretical plant – able to do without light, water or much space – would be very fragile and need protection, so it is encased in an armored shell.

In addition, there may not be nutrients within reach of the tiny plant at its destination, so pack in a bit of food with which to get it started.

The above description, gentle readers, is what a seed is. Seeds are simply tiny plants packed for travel through space and time. Cannabis seeds are best used within the year following their harvest; however, as long as they are packaged properly and kept in a constantly cool, dry and dark environment – such as a refrigerator – they can stay viable for several years.

Germination is the process of ‘unpacking’ these little stored plants. To start the process, moisture is applied to the armored shell (called a ‘seed coat’) around the Cannabis plant has a few small holes to allow this moisture to slowly work its way through to the tiny, dehydrated plant inside. The small holes (‘micropyle’) on some Cannabis seeds are deformed or blocked.

One method to allow such seeds to sprout is to make a small nick in the seed coat. A small cut on the pointed end – as opposed to the flatter end, where the ‘hinge’ is – can be made to allow mois-

Blending the seeds

Blend together in juicer and add Cannabis tincture, drink immediately. This combination of healing juices is very effective in cleansing kidneys and the gall bladder.

**HEADACHES:**

The shelf life of this herbal remedy is only a few weeks; it will break down rapidly. Therefore you should use within two weeks of grinding.

- 3 drops Cannabis tincture
- 3 medium carrots
- 2 stalks celery
- 2 medium beets
- 4 stalks asparagus
- 1 medium coconut
- 3 drops Cannabis tincture

Grind all herbs in a coffee grinder or food processor until powdered. Blend with enough Cannabis tincture and honey to bind. Break off small, pill-sized pieces. Roll into a ball, then flatten slightly and dry. Store tabs in a tightly-sealed container. Use one or two pieces to relieve tension headaches.

**GALL BLADDER AND KIDNEY CLEANSING:**

This juice contains mega doses of alkaline with iron, calcium, potassium, sodium and magnesium properties. This juice is a great body builder and strengthener!

- 3 medium carrots
- 2 stalks celery
- 2 medium beets
- 4 stalks asparagus
- 1 medium coconut
- 3 drops Cannabis tincture

**ARTHITIS AND BACK PAIN:**

1 cup boiling water
2 grams devil’s claw (dried and powdered)
1 teaspoon honey
3 drops Cannabis tincture

Pour boiling water over the powdered devil’s claw root – also known as cat’s claw or grap-

Grubbycup

Pour boiling water over the powdered devil’s claw root and devil’s claw extract, which significantly reduces the production of joint destructive enzymes called matrix metalloproteinases (MMPs). This helps reduce joint cartilage destruction, enabling your joints to rebuild faster.

E-mail me at thehempiechef@gmail.com; I would love to hear from you!

**CANNABIS PLANTS ARE CALLED ‘DICOTYLEDONS’ BECAUSE THEY BEGIN LIFE WITH TWO EMBRYONIC SEED LEAVES OR ‘COTYLEDONS’**

The single starting root or ‘taproot’ has sent out branching filaments.
ture to be absorbed. Only a tiny nick is needed, as normal micropyles are very small. Another method is to rub the seed against a bit of sandpaper or emery board. As the dried plant takes up the water, it starts to grow. Since the tiny plant is no longer in stasis, it begins to need warmth, moisture and air; it in fact becomes dependent upon them. This is why one way to reduce the number of weeds (the not smoke-able kind) in a garden plot is to water an area in the spring so they sprout, and then dry out the area to kill them off. Once seeds have started to absorb water, they must either grow or perish.

The tiny sprout will burst through the seed coat as it grows. The sprout will send out its ‘taproot’ and begin to develop others. The two seedling leaves will unfurl, drop off the surrounding shell and act as leaves until the first set of ‘true’ leaves can be grown.

With the use of a soldering iron, plastic cups can be quickly converted into seedling pots. The hot tip of the iron can be used to make neat, round drainage holes near the bottom. Writing the name of the variety and its start date on the cup can make record keeping easier. If the seedlings are not ‘direct-sown’ in their final containers, they will need to be transplanted as they grow large enough. This is commonly done for a few reasons: to reduce the amount of space that the sprouts take up, for ease of moisture management and to encourage the personal attention of the gardener. Cannabis plants, much like tomato plants, like to be set in deep when transplanting. Additional stalk that is buried will develop roots and become part of the root system.

Normal Cannabis seeds will produce both male and female plants in roughly equal amounts. To account for this, germinate twice the number of seeds as female plants desired. The chance of getting a female plant with one seed is fifty-fifty. There are only two possible outcomes: M or F—half the time it will be male, the other half of the time, female. To increase the chances of getting a female plant, more seeds can be started. The chances of getting a female plant with two seeds is dramatically better. There are four possible outcomes: MM, MF, FM and FF. Thus three out of four times (75%) at least one plant will be female.

Once a female plant has been grown and identified, cuttings can be taken and rooted in a process known as ‘vegetative propagation’, or more commonly, ‘cloning’. Cuttings taken from a female plant will also be female. A common practice is to take cuttings from un-sexed plants and root them. Then, either the original ‘mother’ plant or the cutting is given flowering lighting to determine sex. Once the gender of one is known, the gender of the other will be the same.

Peace, love and puka shells,
Grubbycup

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**IF THE SEEDLINGS ARE NOT ‘DIRECT-SOWN’ IN THEIR FINAL CONTAINERS, THEY WILL NEED TO BE TRANSPLANTED AS THEY GROW LARGE ENOUGH**

With a little love and care, seeds will develop into strong, full-sized plants.
Dispensary Dangers

“This is a constitutional battle, and we’re going to defend our rights.” – Aaron Sandusky

The conflict continues between Californian dispensary owners and the federal government; in spite of recent pro-pot victories in Washington state and Colorado – and the fact that medi-weed is legal in seventeen states plus Washington, D.C. – people are still going to jail. One such example is Aaron Sandusky, a proprietor of three medi-weed collectives known as G3 Holistic. In October of 2011 a letter from the United States Attorney’s Office dictated that he terminate his businesses due to violation of federal law; he responded by closing down his locations in Moreno Valley and Colton.

Sandusky, of Rancho Cucamonga, was arrested with five others after his remaining dispensary in Upland was gutted by federal agents in two raids, during which they seized nearly $12,000 in cash from a safe and an ATM on the premises and removed security camera equipment. Plants, at least twenty-five pounds of Cannabis and nearly ninety pounds of dispensary customers, that is. If a Californian dispensary owner grows and sells his own stock on the premises, he would be breaking state law and effectively running a point-of-sale pot shop where customers come in just to buy.

In spite of the state’s recognition of legal medical Cannabis since 1996 – including ‘medibles’ were also confiscated, according to the DEA. These seizures forced the closure of the location; Sandusky and the others faced federal charges of possession with intent to distribute, federal drug trafficking and conspiracy to manufacture – charges that result in sentences ranging from ten years to life in prison.

It should be noted that a medi-weed ‘collective’ is designed to present an opportunity for medicine to be produced and dispersed in a co-op setting, where the business owner is responsible for maintaining the legality of the sale and distribution of Cannabis grown by its members. This means that multiple licensed growers are required in the production of medi-weed for patients unwilling or unable to produce their own – typical dispensary situations. Sandusky cooperated with the FBI’s investigation of Pomierski. Multiple local businesses either gave evidence or otherwise assisted the investigation, while others pressed charges against the former mayor and the city officials involved.

Back in 2008, President Obama claimed that his administration would ignore dispensaries operating within the medi-weed laws of their home states, and Attorney General Eric Holder issued a public memorandum in support of this idea. The dispensary was operating in full accordance with California law and doing nothing illegal, according to personal discussions between the defendant and an FBI agent from the earlier corruption case – and the statements made by President Obama and the Attorney General. Federal Judge Percy Anderson prevented the defense from supporting their client with this information, which incensed the pro-pot movement.

A blog for Reason.com Zach Weissmueller elaborates, “The federal government was successful in quelling any discussion of medical marijuana laws, federalism or jury nullification – all of which were specters looming over the case when they discussed in open court, while jurors were not present. In closing statements, the federal prosecutors were sure to emphasize to jurors that personal feelings, political beliefs and morals do not matter. The law is the law.”

Ultimately, Sandusky was found guilty on two counts – intent to distribute and conspiracy to manufacture – and each count was judged to represent over 1,000 plants. Evidence included his 40,000 ft2 cultivation warehouse, an indoor grow-op that raised some eyebrows among licensed medical growers. The other counts pertaining to operating a drug-related location were dropped and declared a mistrial by the judge. After being held in custody for several months Sandusky was handed a ten-year sentence, on January 7th of this year.
year. To learn more about this case or contribute to Sandusky’s appeal, check out www.aaronsanduskylegalfund.com.

Another example of the senseless struggle between federal laws and states’ rights is the legal debacle involving Harborside Health Center (subject of Weed Wars on the Discovery Channel) and its co-founder, Stephen DeAngelo. However, while Harborside was plagued with as much intervention from the authorities as G3 Holistic, DeAngelo has experienced a slightly more positive outcome. Open since 2006, Harborside’s large shop in Oakland and smaller location in San Jose serve a combined total of around 108,000 patients – making it the largest dispensary in America. DeAngelo estimates the brand to be worth as much as $30 million per year ($22 million in Oakland and $8 million in San Jose).

While United States Attorney Melinda Haag would normally complain of the offending dispensary’s proximity to schools and the illegality of the drug under federal law, it is no secret that the massive customer list and high tax bills paid by successful dispensaries also work against them, creating a superficial appearance of wrongdoing by Cannabis “superstores such as Harborside.” Some officials argue that there is simply no way that a business profiting so highly is able to operate legally – especially where drugs that are illegal under federal law are concerned. Haag filed a federal complaint against the massive dispensary in July of 2012, stating, “The larger the operation, the greater the likelihood that there will be abuse of the state’s medical marijuana law, and marijuana in the hands of individuals who do not have a demonstrated medical need.”

A short time later, a federal Complaint down to the heavy-handed approach of the Feds and the disruption to the area. By the time winter began, she and the San

Jose landlord, Concord Business Center, had succumbed to government pressure and began to fear the impending civil forfeiture. They went to court in December to ask that Harborside be evicted for participating in illegal business.

In spite of this, many locals support Harborside, as they medicate such a large swathe of the population, some of whom spoke on behalf of the defendant. Even if a small minority of people are using Harborside as their local dealer for recreational pot – and few industries are flawless – the vast majority of visitors to dispensaries are legitimate patients who truly need help.

In addition to the services provided to their surrounding communities, Harborside pays millions of dollars in taxes per year and accounts for around 150 jobs. The jobs are obviously crucial, considering the global economy as of late, but the tax dollars are perhaps even more of a loss to the city. Local infrastructure and social programs could benefit from the tax revenue garnered by the lucrative medi-weed dispensary industry. The government crackdown on Harborside has been vocally opposed by city officials, in addition to the local activists and those in the area who see nothing wrong with the dispensary and do not mind having the shops in their neighborhoods.

After the complaint was filed against the company last July, City Councilwoman Rebecca Kaplan implored, “We cannot afford the money, we cannot afford the waste of law enforcement resources and we cannot afford the loss of jobs that this would entail” according to the Los Angeles Times. The newspaper revealed that Harborside paid around $3.5 million in taxes in 2011, of which $1.1 million went to the City of Oakland as a business tax – accounting for nearly all of the combined business tax revenue of $1.4 million from Oakland’s four sanctioned dispensaries for that year. So, not only are Harborside’s products are legal under state law yet prohibited under federal law (Photo: SFWeekly)

IT IS POSSIBLE THAT A NEW GENERATION OF DISPENSARY OWNERS COULD FACE DIFFICULTIES IN FINDING SOMEONE WILLING TO RENT TO THEM

Jose judge decided that the landlord could evict Harborside from that location. United States Magistrate Judge Maria-Elena James ruled on the seventh of January (the date of Sandusky’s sentencing, coincidentally) that neither landlord had the authority to enforce the Controlled Substances Act, thus Harborside could not be evicted.

To follow the case, check out www.harborsidehealthcenter.com for more information.
Depression and Cannabis: TREATMENT OR TRIGGER, DEPENDING UPON DOSAGE?

The complicated relationship between Cannabis and depression has caused a great deal of controversy since it was first noted. Prior to any credible medical studies being done, there was a strong anecdotal link; however, even now that various studies have been undertaken, there is no definite consensus on whether Cannabis is in fact a trigger or a treatment.

Despite several studies determining a link, it is not clear if it is causal – that is, if Cannabis is the cause of the illness, or merely a substance that sufferers seek out for the relief it provides. Adult users of Cannabis may be more at risk of experiencing depression after prolonged use; however, infrequent Cannabis use is not associated with an increase in depression. Heavy use in young adults and teenagers may increase the likelihood of depression later in life, particularly if a variation in the 5-HTT (serotonin transporter) gene linked to depression is present. Conversely, non-using sufferers of depression are no more likely to begin using Cannabis than the general population, which may contradict the theory that sufferers are seeking to self-medicate.

Heavy use as a possible contributing factor for depression should not be ruled out. However, there are certain features common to both sufferers of depression and long-term, heavy Cannabis users – generally, at least where Cannabis is illegal or socially unacceptable, heavy use is associated with lower socioeconomic status, poorer educational levels and diminished self-image. Depression is clearly linked to these factors (although as there are countless possible causes including stress, bereavement and serious underlying conditions. In practice, isolating a single trigger is often an impossible task. However, as our knowledge of the biochemistry of the brain becomes ever greater, we can begin to form a clearer picture of the actions of cannabinoids within the various signaling mechanisms at work inside this highly complex organ.

Many sufferers of secondary depression (comorbid with another illness such as multiple sclerosis) report relief from their depressive symptoms, and increase in overall well-being, when medicating with Cannabis. While not directly analogous, this may give some credence to the idea that primary sufferers of depression seek relief from other factors causing their depression by medicating with Cannabis. In one study, 90.6% of 112 respondents reported relief from MS-associated depression while taking one milligram of Nabilone (a synthetic THC analog) every second day; interestingly, a study in which dosage of THC was stated at five to fifteen milligrams every six hours was found to be ineffective at improving the symptoms of MS, including feelings of well-being. It has been known for some years that depression is linked to low serotonin levels; however, depending upon location within the central nervous system, high concentrations of serotonin are also linked to depression, as such instances can indicate a breakdown in its normal rate of reuptake. Recently, it has been determined that THC also has an effect upon serotonin levels, and may either increase its production or inhibit its metabolism within the brain, depending upon dosage.

Recent research performed upon mice at McGill University, Montreal noted that, when administered in low doses, the synthetic cannabinoid WIN55, 212-2 (which has effects similar to THC, despite being very dissimilar in structure) increased serotonin levels in the hypothalamus, compared with low-dose mice (0.5mg/kg). Dosage should be kept to a minimum, and if symptoms worsen, use should be discontinued immediately. In rats, chronic (long-term) treatment with THC increased serotonin levels in the prefrontal cortex, with levels of 5-hydroxytryptophic acid (SHIAA) remaining steady. As SHIAA is metabolized from serotonin, this suggests that long-term administration of THC inhibits the re-uptake of serotonin – at least in rats. The same studies will have to be replicated in humans to determine their relevance. It should be noted that the similarities between the human serotonin signaling system to that of the rat, although not total, imply the likelihood of equivalent processes occurring in both species.

Research into human subjects has also determined that THC can inhibit serotonin release from the platelets of the blood plasma in migraine sufferers during attacks, but that during attack-free periods, THC has no effect on serotonin release. Other factors to consider when ascertaining the effect of Cannabis upon depressive symptoms are gender and the use of other psychoactive substances. A United States government study performed in 2007 determined that women who used MDMA along with Cannabis for prolonged periods were more at risk of major lifetime depression than males, although use of MDMA alone did not present an increased risk for either gender. However, a small sample size of just 226 respondents was used; for more accurate results, far greater sample sizes would be more appropriate.

Until further studies are conducted, the precise relationship between depression and Cannabis will remain unclear. However, if diagnosed with clinical depression, use of Cannabis should be undertaken with great care. Dosage should be kept to a minimum, and if symptoms worsen, use should be discontinued immediately. It may be the case that any worsening of symptoms could be a result of an inappropriate cannabinoid ratio contained within the batch in question; if so, experimentation with alternative varieties or methods of ingestion may yield more beneficial results.
Send in the Minions

HOW YOU CAN FIGHT PESTS THE NATURAL WAY, WITHOUT ENCOURAGING RESISTANT BREEDS

This spider mite infestation will kill the plant if left untreated.

Gentle reader, to illustrate that I am not overstating, in my neck of the woods there exists a common spider, *Pholcus phalangioides* also known as a ‘daddy longlegs’ – not to be confused with other critters, such as the crane fly, which are also sometimes called daddy longlegs. In my area this spindly, small-bodied spider is very common to garages and the corners of rooms. Harmless to humans and pets, it is perhaps best known for leaving behind cobwebs. It is often ignored, and when it is thought of at all it is generally treated as a nuisance to housecleaning. Beeman clear up cobwebs if you must, but give credit where credit is due; they are also wards against getting bitten by something worse.

While there are some small critters that are unwelcome in a garden, there are others that deserve to be not only welcomed, but encouraged. These helpful minions can protect and defend you, your garden and your plants.

Ants may be no fun at a picnic, but they also tend to attack and destroy termite nests with a frightening ferocity, often ending in localized genocide for the termites. Using naturally occurring relationships, it is often possible to control the population of one critter through the introduction of another. This is the basic premise of using ‘biological controls’. These minions meticulously pick through the leaves and canopy, hunting the ‘bad guys’.

Spider mites are a marauding horde of destruction to a Cannabis plant, but to the predator mites *Neoseiulus californicus* and *Neoseiulus longipes*, they are tasty treats. Select a predator mite that matches the level of urgency and environment in the garden. *P. persimilis* is a hearty eater and good choice for an infestation in progress; *N. californicus* is less food-dependent and so is a better choice for preventative measures or small spider mite populations. *M. longipes* does well in low humidity. In addition to these, there are several varieties to choose from, such as *Galeridromus occidentalis* or *Nesicus fallaci*. Look up the specific traits of each and select the one best suited to your needs and environment. Predator mites look similar to (and are related to) spider mites, but are usually an orange-ish color, have longer legs and are more active. They will walk over to a spider mite, open it like a can of soda and empty it.

Ladybugs (Coccinellidae) are a type of beetle that is often used as a general predator for unwelcome insects. There is even a type of ladybug called *Stethorus picipes*, which gobbles down so many spider mites it is known as the ‘spider mite destroyer’. Often applied as a biological bug bomb; packs of ladybugs can be purchased at many garden centers. Green lacewing or Chrysopidae (Chrysoperla rufilabris) larvae are commonly known as ‘aphid lions’, but they will also happily snack on the eggs and juveniles of thrips, whiteflies and spider mites.

Finally, a very slow moving critter to add to your ranks of prospective minions: neem. I keep a small neem tree or two in my garden. Neem oil is processed for use as a commercial insecticide, and the tree itself appears to be more attractive – and deadly – to whiteflies than Cannabis. When placed in close proximity to a whitely infestation, I was surprised to see how many whiteflies attacked the plant, which appeared to respond by excreting a sap-like substance (neem oil is usually extracted from the seeds for commercial use). The whitefly population diminished dramatically over a period of a few weeks, until disappearing altogether.

Chemical pesticides are fast-acting: many kill upon or shortly after contact. Biological controls tend to take days or weeks longer to show results, but while many pests are developing resistances to chemical pesticides, there are not many that can withstand being eaten by a gardener’s predatory minion.

While not ideal as a biological control, the praying mantis is still a very cool critter.
Blue Mistic
War Dispatches: Part III

The trial was a joke. It lasted twenty minutes, and one of the three judges fell asleep. The lawyer was impressive, but more for my benefit – with so many clients in the prison, the judges saw this show on a regular basis and were not impressed. Three days later, I received ten years (fourteen with hacienda) – a high price for a few kilos of dope. The lawyer reckoned he had done a great job; after all, they had been asking twelve. With sentences resembling telephone numbers, prison life became a little Kafka-esque. Fourteen years and a toothache brought a real sense of urgency to the situation. Escape had become a serious option; it was on everybody’s minds. Aside from the lunatics down in solitary, there were a few groups busy with a plan, but the guards were suspicious. They couldn’t understand what we talked about, so they watched. Escape from Cadiz was no piece of cake.

It was Julio and the Sadistics; the guards from hell, who discovered the first escape plan. Julio was carrying out a bar check and we could hear the ring of metal as his boys moved from cell to cell. Then there was a ‘clunk’ and a bar fell and hit the patio. There was a moment of silence as the implications of what just happened sank in, then all hell broke loose. Within minutes they had located the cell’s occupants – three young Germans – and immediately started beating them. This continued as they were dragged down to solitary. The rest of us were locked up so the guards could really get into it. We became concerned enough to send a message to the German consul, but it was weeks before they were allowed access (time enough for wounds to heal). We never saw the Germans again as they were shipped to Porto Santa Maria, a hellhole of a prison that Columbus took his crew from when he set off to discover America.

Life became tougher for those remaining, but it was not only Cadiz where foreigners were getting the ‘special treatment’ – an American died in prison in Alicante. The system was heating up, massively overcrowded, and prisons were bursting at the seams. ETA was causing trouble in the north and we heard of riots in other prisons. General Franco was sick, so they all knew it was only a matter of time...

Prison transport was canceled and rumors began circulating that foreigners were to be classified as Grade I, the most dangerous category. A Grade I prison was a shit-hole with a high mortality rate, and I was awaiting transport. Then there was a moment of hope: Franco had a stroke. If he died, they would grant a pardon. Suddenly everybody was packing, but for nothing – he hung on for another two years.

Despite the heightened security, escape plans continued and tunnels were being dug, although morale was low and there were suicide attempts. It was months before the next prison transport, but when it came I was on the list. A trustee from the office told me I was going to a place he had never heard of before. My heart sank. Then he said the name: El Dueso... for a moment, I heard a choir of angels. This was unbelievable! I was going to place nobody believed existed, the Shangri-La of the penal system, and I would be traveling there with an altar boy (actually an Italian hit-man). It seems attending church paid off. The next day I was saying goodbye to Cadiz, just two weeks before a big, fat, juicy escape.

The next part of the story I heard later, in another prison, but I shall repeat it now with relish.

A tunnel had been dug from the basement dormitory by a group of Dutchmen. They had broken through a wall and tunneled from an unused room; it had taken...
We arrived just in time for the riot.

Months, digging only at night. Each morning the hole was re-covered, and had passed numerous searches by guards.

One morning, reveille sounded and everyone lined up for the count, but we were eight short. The guards counted six times, each time more desperately. They would be punished if a prisoner escaped on their shift – and eight were missing!

As it was Julio and the Sadistics, their panic and confusion must have been very satisfying to the prisoners. An hour later, in a ‘Shawshank moment’ they discovered the hole behind the poster – and Julio made it to the psychiatric hospital, the one with the three-foot wall and a bus stop outside. Two weeks after that, he was home in the United States.

Unfortunately, my penal experience was far from over. Handcuffed to an ‘altar boy’, with God on my side, I was shipped north. The first night was spent at Porto Santa Maria, a prison hundreds of years old, realizing his career was over. Demotion, fines, another prison... it was delicious. I would have done six months more, just to have been there to witness it.

The evening meal came and I stepped out of the cell. Next door, out stepped a friend I had not seen for six months. We passed the barricaded wing and entered and beat the shit out of those still standing at the window.

Some limping, we were marched off to the cantina. At the end of a spiral staircase we entered a strange room. It was octagonal and covered in bright yellow tiles; high above, a glass cupola opened to the sky. I asked a Spaniard about it – he told me it was the old execution room, and pointed out the floor bolts where the garrote had broken ranks to say hello, but a stick came down between us. I apologized in my best Spanish and asked to switch cells. The guard raised his stick again, but then laughed and told our cellmates to pack their stuff. ‘Muy cordial’ sometimes paid off.

My friend had come from Zamora, a prison in the northwest. As the only foreigner he got the special treatment, and had the scars to prove it. Zamora was also home to the renegade ETA priests Franco had locked up. They had sworn to kill him and had already killed a couple of guards to get his attention – all this in subzero temperatures – but we were our way to El Dueso.

We left the next morning. Later that day the siege ended; many died, including the hostages. A week later, we reached Burgos and I touched grass for the first time in two years. The prison front had been shot to pieces by ETA some months before, but now flowers covered the bullet holes. There were just three of us on this last leg to El Dueso. Setting off one sunny morning in a toy-town prison bus, we were all excited – it had to be better than Cadiz!

The bus followed an old Roman road north, up to a snowy pass. At the top, in the distance, we could see the sea. We drove down through alpine forests and followed rushing rivers until we came to a causeway leading to an island. At its center was El Dueso, a cathedral-sized palace of a prison, perched high above the sea and surrounded by nearly three miles of walls. Huge gates parted and we drove up a winding road to the main building. Waiting there to greet us were old friends from Cadiz. They gave us each a welcoming beer – and the guards just stood there while we drank it. We had reached paradise!

To be continued...
DUTCH LUXURY CAR OWNERS FALL VICTIM TO HARD-UP DOPE GROWERS LOOKING FOR A FREE LIGHTING SOLUTION FOR THEIR GROW ROOM...

Porsche Power!

Porsche-owning residents of Amsterdam were left scratching their heads when they woke up and found that their pride and joy had been the victim of theft. However, rather than stealing the expensive alloy wheels or even the whole car, thieves had taken just two items – the headlights.

According to Dutch newspaper De Telegraaf, around twenty Porsche owners in the Dutch capital have been targeted by rogue growers who – rather than sell the lights as spares to put into other cars – take the parts to rig up over their precious plants.

It seems a rumor has spread among a certain community of growers that the high-intensity discharge (HID) lamps that Porsche utilize in their Panamera and Cayenne models are great for growing weed. The idea is that they produce huge quantities of usable light and use far less power than conventional grow lamps.

As any of you out there lucky enough to own one may know, to replace a headlight bulb in a Porsche, the entire light unit must be removed. Porsche – being the masters of German engineering that they are – have made this process quick and simple. A couple of turns of a single locking mechanism will release the light fixture in seconds. Unfortunately, this dedication to driver efficiency also means that any enterprising grower who happens to be short on cash can liberate the lights with a few turns of a screwdriver and a bit of brute force.

Prizing the lights from their sockets results in several-thousand dollars of damage to the surrounding body work and electrics, on top of the hefty bill of replacing the stolen headlights themselves. Clearly, the car owners in question are not too happy about this.

The thieves target the Panamera and the Cayenne ranges in particular, so you may want to watch your car if you own one of these two models! As we live in a modern age – and Porsche owners are likely to have a few valuable possessions worth guarding – one of the incidents has been recorded by a home surveillance camera, giving us a perfect view of how it all happens. Late at night, a guy walks onto the well-lit drive of a nice looking house and makes his way to the ‘business end’ of the owner’s Porsche Panamera.

Crouching down to the headlights, he uses a screwdriver to break the clip mechanism that holds the light fixtures in place. Once the clips on both of the lights are dealt with, he gives the first one a couple of hard pulls to release it – setting off the car’s alarm system in the process. He then moves on to the second headlight and quickly pulls it free, before casually making his escape into the night. The whole thing is over in less than a minute!

We know what you are all thinking: do the lights work? Well, as it stands at the moment, we don’t have any grow reports – and we aren’t expecting any!

Some of you old-school growers may remember pilfering security lamps to light your rooms back in the day. They did not perform half as well as some of the budget, modern grow lights that are available in your local grow shop. Obviously, Soft Secrets does NOT condone the theft of other people’s property, so we do not recommend you try this one at home!
Outdoor Growing

At Dutch Passion we get to speak with lots of successful outdoor growers. What follows is a collection of their best tips, which will give you a good chance of outdoor success in 2013. Just a few mature female Cannabis plants can be enough to provide a grower with a year’s supply of recreational or medicinal stash. Even if you have never grown outdoors before, with a little bit of planning and a pack of decent seeds, you may be able to become self-sufficient in your Cannabis supply – and never need to buy weed again.

Tony, Dutch Passion

Including the growing number of countries where cultivation is legal or decriminalized, the grower often has to find a location where the Cannabis plants will be safe from thieves. Winter is a great time of year to go walking to look for future plots. The leaves have fallen from the trees and many smaller plants and weeds have died back. This allows a unique view of the countryside and may allow you to spot a suitable growing location.

The dedicated outdoor grower often has several grow locations, so even if some plants are lost, there are still enough backup plants. The best plots are often used for many years and can be developed and improved by the grower. The earth can be dug over winter and spring, fertilizers can be added and the quality of the soil can be steadily improved. Weeds and undesired plants can be removed. Sometimes the grower will deliberately add extra plants nearby, such as brambles, to deter people and animals from getting too close. The hardest part of outdoor growing is finding and preparing the plot.

Online mapping programs such as Bing and Google Maps are a good way for outdoor growers to look for potential growing locations. The best places are south-facing plots with a minimal amount of shade. Especially for growers in northern Europe, where summers are already short, Cannabis plants need a sheltered and sunny spot where they have the best possible chance of success. Always look for spots that cannot be easily found by other people (farmers, dog-walkers, etc.) The determined grower will create his own private plot by crawling into the undergrowth, perhaps in the center of brambles, and hacking down a suitably sized area. Then comes the hard job of ‘turning’ or digging manure, fertilizers and nutrients into the soil. Always leave enough foliage around the outside of your plot to keep the center hidden.

Keeping the plot entrance hidden is just as important as keeping the crop hidden. For this reason many growers create a tunnel that must be crawled through. The entrance to this tunnel is often next to a tree or riverbank to minimize the chances of accidental discovery. Although it is helpful to look for suitable spots with online maps, there is no substitute for visiting the spot yourself. The first question to ask yourself is whether it is safe and private enough to grow on without anyone noticing it. Sometimes the ideal grow spot takes many hours to
find and is very remote. At other times the grower will find the perfect grow spot that is nearby, yet stealthy.

If you don't yet have a pair of walking boots, then it is worth investing in some. Many outdoor growers find that guerrilla growing gives them a good excuse to spend more time outdoors. Get to know the local public footpaths in the areas that you are considering for growing; you will find these ‘rights of way’ online or on printed maps. Ideally you do not want to be growing on anyone else's land. You do not want to be questioned by farmers who have found you walking on their land that you are considering for growing; you will find these ‘rights of way’ online or on printed maps. Ideally you do not want to be growing on anyone else's land. You do not want to be questioned by farmers who have such spaces often prefer not to cultivate Cannabis there.

Even when growing in the middle of a hidden bramble plot, it is important to protect the Cannabis plants with wire- or plastic mesh to stop rabbits or other animals from feeding on them. You can use tent pegs to keep a wire mesh tube in place around a plant. You will also need to guard against slugs and may want to use either slug pellets or slug-repelling copper wire around the base of your plants. If you are able to visit your plants periodically, it may be necessary to re-apply slug pellets around the base of the plants. Some growers protect plants against deer by surrounding the grow area with a perimeter fence of fishing line. This doesn't harm the deer but it often persuades them to graze elsewhere.

Rather than planting seeds outdoors, you will have more success by planting out small seedlings that are a few weeks old. Many growers start their plants indoors and will try to 'harden' their plants to outdoor conditions by putting them outside for a few hours each day. When the weather is warm enough, it is time to transport your plants to your outdoor conditions. The trip should be planned carefully for a time that will offer the most privacy. The plant is trimmed and the buds put into an airtight container, such as seal-able plastic kitchen containers. Any remaining plant waste at the plot is dug back into the soil, so no evidence remains. The wire mesh tubes used to protect the small seedlings should also be removed to keep the site clean for the following year. Any other items (plastic bags, shovels, etc.) should also be removed to make sure the site looks natural when you have left it.

One key piece of advice is to use a proven outdoor variety from a seed bank that you trust. These days there are many seed banks that only offer Cannabis seeds for indoor growing. Growing varieties that were bred for indoor growing is rarely a recipe for success, unless you are growing in a good climate; it’s better to choose a proven outdoor variety. Dutch Passion has a number of outdoor varieties, such as Frisian Dew, Durban Poison, Passion #1, Holland’s Hope and others that were bred selectively over many years, with offspring chosen for their robustness outdoors. Choose good outdoor genetics and prepare your plot well and you should have a very good chance of success. Some outdoor varieties will reach seven to ten feet in height and yield several hundred grams of good quality Cannabis from each plant – if they are given plenty of sun and a well prepared plot with good quality soil. If you have never before considered growing outdoors, perhaps you will want to give it a try in 2013. Once you have found a good plot and grown some great outdoor weed, you will find you have a new hobby that you will enjoy for many years. Good luck!

**Frisian Dew** is a popular outdoor strain, for obvious reasons.

**Holland’s Hope** will thrive in most outdoor conditions.

**Don’t leave evidence behind when tending your plants (Strain: Purple #1).**

**Although it is helpful to look for suitable spots with online maps, there is no substitute for visiting the spot yourself.**
The True Origin of ‘420’  PART II: THE INTERVIEWS

THE BEBE IS THE THOMAS EDISON OF ‘420’...

In the final issue of 2012, we shared the Bebes’ official account of the birth of ‘four-twenty’ as told by Rob Griffin from 420 Magazine. What follows is the conclusion to this tale, now part of Cannabis history.

420 Interviews
To verify credibility, I began contacting all of the Bebes, gathering information on the story. I confirmed all of their full names and identities, some of which they asked to keep secret for personal and/or professional reasons. After interviewing ten Bebes and hearing all of their stories, it was easy to conclude that there was definitely a hidden truth that needed to be revealed. Everyone told the exact same story!

Meet Dave Dixon (a.k.a. ‘Wild Du’), one of the Dixon brothers who was there when Bebe coined the term ‘420’. Bebe describes Wild Du as ‘a ‘core Bebe’, with whom I sold knife sets to businesses up and down the California Coast, just out of high school. He and I started ‘The 420 Band’ in 1972, and still play to this day.”

Wild Du says, “I first met Bebe at the neighborhood gathering when we were fifteen. We went to the brick yard to play and Bebe started throwing bricks and poking holes in the mortar with his fingers, causing a ruckus, which ended up in getting us both arrested.” He went on to say that the Waldos have admitted – to him, just not to the public – that the Bebes coined the term 420. Dave is now fifty-eight years old and still lives in San Rafael, California, grinding knives and playing guitar with Bebe.

Then there is Wild Du’s brother, Dan Dixon (a.k.a. ‘Puff’), the other Dixon brother who was there when Bebe coined the term 420. Bebe describes Puff as another core Bebe, saying, “Puff was popular with the Bebes and the Waldos; this is how all the words the Bebes made up became language that the Waldos ended up using, like 420.”

Bone Boy in 2012

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The modern version of Wild Du

audio recordings of Bebe's version of Abraham Lincoln's Gettysburg Address, 'Four Score and Twenty Years'. Thorgy says, 'Steve Capper is an opportunist who wasn't even close to making up 420. We made fun of the Waldos, a.k.a. 'Wallies'; they were the weaker link, the ones who didn't fit in. It will be nice to finally have the truth be told.' Tom is now fifty-five years old and still lives in San Rafael, California. He is a carpenter with a passion for rebuilding old cars. Dave Anderson (a.k.a. 'Hello Andy') was the main spokesman for the Bebes, who tried desperately to organize and explain Bebe behavior," says Bebe. Hello Andy recalls, "Everything Bone Boy said is true. Bebe was always making up nicknames for everyone and spent a lot of time in his bedroom making prank recordings. He was always making weird sounds and was great with voices. One time we made this recording of police calls where Bebe would say stuff like, 'One-AAdam-twelve. We have a four-twenty on Fourth Street. Send two units. Over.' He would do things like aiming rocks at a target, looking long and hard at it, then saying something like, 'Estimating angle four-twenty,' then throw it.

I lived between Bebe and Du and Puff, and took part in plenty of bong-outs at their house. It's highly likely that I could have been there at the time he first said it; however, there is no question that Bebe certainly coined the term 420, which later became our special code. To be honest with you, I never even considered Steve Capper a Waldo.' Dave is now fifty-seven, lives in Sacramento, California, and is an engineer. He likes golf, sports, music, movies and a little 420 from time to time, at a concert or special occasion, such as the Bebes' 420 reunion.

Bone Boy was the designated driver, chauffeuring the Bebes around in his blue '66 Barracuda, blasting eight-tracks of Hendrix, Zeppelin, The Who, Santana, Doobie Brothers and more. Bone Boy says, "I never allowed toking out in my car, so we would drive around Marin County looking for scenic places to take the car and get high. Some of our favorite spots were 'the wall,' 'windless,' 'Sequoia' and '360.' Bebe says, 'Bone Boy always had transportation and planned events. He was very good in sports, loved music and always had new albums. All the Bebes were good in sports and had very good communication skills. We all used 'sonics' – a loud, piercing noise that Bebes could identify and locate each other... saved our asses more than once.' Bone Boy recalls, "We would go to Baskin Robbins and Bebe would make this high pitched 'sonic' noise. People would just look around and wonder where it came from. He was always screwing with people, in an odd, fun way. 'We lived on a golf course surrounded by houses and Bebe was always doing something crazy. One day he showed up with a golf cart. When we asked where
he got it, he said, ’Don’t worry; nobody pays attention.’ I asked a teacher from San Rafael High School if they remembered the Bebe and his pranks, all of the time.” Bone Boy is now fifty-seven years old, lives in Huntington Beach, California, and is a music industry veteran. He loves film, music, writing, teaching and the great outdoors.

‘Turkey’ was from Georgia and spoke differently, with a southern twang. Bebe recalls, “He always had to go home early and would say, ’My ass is grass,’ then run home. He had a minibike that would go 42.0 miles-per-hour, some of our first transportation.”

Then there was ‘the Worm’, whom Bebe says had a prosthetic arm and used to play tackle football with them: “I love that guy, so full of life. He was a real game person... [there are so] many stories about and with him. He would love to be part of this.”

‘Blue’ and ‘the Mead’ were two anti-social brothers called Blue Boys, who were a few years younger. Bebe says, “Blue Boy was a term we gave to the younger guys who hung out with us.” Hello Andy recalls, “One time I watched (Blue Boys) Blue and ‘Scrun’ play a prank on the coach. They watched their watches and when the time came, they asked, ‘Hey coach, what time is it?’ He replied, ‘Four-twenty,’ and they all started giggling.”

And finally we come to Brad Bann, a.k.a. ‘the Bebe’. He was known as a prankster back in high school. He loves music, sports and scientific facts. He still lives in San Rafael, California, where he plays guitar and is the lead singer in a band, doing Frank Sinatra covers. When Bebe isn’t playing live gigs, you can still find him in his studio, making funny songs and recordings. At the time of this interview, he celebrated his fifty-eighth birthday. Hempy birthday, Brother Bebe!

I asked if anyone possibly still had any of the reel-to-reel prank calls and/or random audio recordings of the Bebe with 420: Bebe lost all of his, Wild Du’s were stolen and Bone Boy’s mysteriously disappeared. Unfortunately, nobody else had any recollection of having any of these recordings. However, with the release of this new truth, hopefully some of them will manifest in the future.

420 Conclusion
The Bebes were a group of athletes from San Rafael, California, who went to San Rafael High School in 1970. They lived in the same neighborhood, called Peacock Gap, which was a golf course surrounded by houses. They were well known for their prank phone calls and recordings. Brad Bann, a.k.a. the Bebe, was the leader of the group and was joined by all of his friends, whom he ordained and named as well. There was Dave Dixon (Wild Du), his brother Dan Dixon (Puff), Dave Anderson (Hello Andy), Tom Thorgersen (Thorgy), Bone Boy, Blue, the Mead, Turkey and the Worm.

The Waldos were a group of uncoordinated and goofy, which is why the Bebe nicknamed them all Waldos. There was Steve Capper and David Reddix, who have gone public with their names, Patrick, Larry, Jeff, John and Mark, who have not gone public as of yet. While these guys may have been responsible for promoting 420 across the country, there is no question that they did not coin the term and have been dishonest with the world from day one. True credit goes to the Bebe and his brotherhood of Bebes.

420 Closing
One thing is certain to me: Brad Bann, the Bebe, coined the term 420 and the Waldos carried the term across the United States on tour with the Grateful Dead. I took the torch in 1993 and promoted 420 to the world via my website(s), reaching over twenty million people a year, totaling over 420 million people worldwide. Now there are billions of us.

People have asked me the same question, 420 million times: “What is 420?” The most common reply was usually an hour-long explanation of four-hundred-twenty different things that it is, and can be. After twenty years of promoting this magical number, I have come to summarize it as: “It’s anything you want it to be.”

At the time of this revelation, it had been 42.0 years since Bebe first coined the term 420, and I am very honored and truly grateful for being chosen to send his message to the world, setting the record straight, once and for all. It all makes sense now.

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THE BEBE STILL LIVES IN SAN RAFAEL, CALIFORNIA, WHERE HE PLAYS GUITAR AND IS THE LEAD SINGER IN A BAND, DOING FRANK SINATRA COVERS
The Healing Properties of Pot

Cannabis has been used as a medicine throughout history, and modern science has been able to discover some of the reasons why. In this issue, I will begin to discuss some of the issues surrounding the medicinal use of this living and breathing organism that exists symbiotically with mankind. There will also be helpful tips for health and wellness.

Dr. Tepene

Cannabis is an amazing medicine. Most often it is cultivated for its female flowers; the oils on the flowers give them their fragrance and can be concentrated into a more potent medicine. These flowers look very pretty, and smell incredible. This fragrance has been used in the production of commercial perfumes – Robbie Van Gogh uses the fragrance in several of his perfumes. Science has only recently discovered the beneficial effects of the fragrance, and medicinal effects of odors are utilized by aroma therapists. The odors of Cannabis come from a class of chemical molecules called terpenes.

Over 120 different terpenes have been found in Cannabis, and terpenes are found throughout nature in many plants. This molecule is made of variable chains of hydrocarbon molecules that stimulate neurons in the olfactory nerves of the nose. These nerves then deliver the neurotransmitter (which is produced by stimulation from these terpenes) directly to the brain. For a scent to be detected by the olfactory nerves in the nose, 200 molecules of a sub-

The protein content of hemp seed is very high, making Cannabis seed a well-rounded nutritional substance. This protein is ‘complete’, containing all ten essential amino acids. Edestin and albumin are two naturally occurring amino acid compounds in the protein of hemp; edestin is very similar to globulin, which is present in blood plasma (globulin can be used by the immune system). Albumin, also present in the human body, helps to destroy free radicals, making Cannabis seed a free radical scavenger.

Hemp seed is sold commercially by Manitoba Harvest, based in Canada, and their seeds are not genetically modified (non-GMO). Canada is one of several countries that allows cultivation of hemp plants and seeds. The seeds are without THC or any psychoactive effect. They can be made into nut milk that is creamy in texture and nutty in flavor; hemp milk is a good dairy substitute. It can be used in place of milk in cooking or in coffee.

Cannabis or hemp seed has not been genetically altered in the laboratory, but the work of seed breeders has made a dent in the natural gene pool. We do not know the number of ‘heirloom’ strains that have been obscured by their actions to produce a commercially feasible product. This action follows the same principle as what has been done to the soy bean plant by Monsanto. The only difference is that the DNA of the plant has not been altered in the laboratory – this is significant. Selective breeding changes the gene pool but does not create an unnatural organism.

Cannabis and hemp have had a close relationship with humanity from prehistoric times. As we have nourished and continued to provide for this plant, it has continued to bless us with its fruits. As a physician who practices natural medicine, I am continually thankful for what has been given to us to help ourselves. I will continue to discuss the ways we can completely use Cannabis and hemp, and ways we can make ourselves healthier and happier people.

The past have said that Cannabis acts upon the higher nerve centers in the brain. Seed production from Cannabis is usually maligned and avoided, due to the decrease in resin and the psychoactive medicinal effects of the plant. Cannabis sexual activity will shorten the resin-producing phase of plant life; however,
Colloidal Silver Bullet

I first discovered colloidal silver (a solution of pure silver particles suspended in distilled water) while traveling in America. I had a bad cold, and somebody gave me a teaspoon of the solution in some warm red wine with lemon. Not only was it delicious, but the wine and lemon apparently dissolved the coating of the virus, allowing the colloidal silver to kill it. Just a day later, I was up and about.

Totally convinced, I immediately bought a generator; since then, colloidal silver has been a part of my daily life. As a safe, chemical-free antiseptic it has healed all kinds of infections and burns. Every flu season we pass out bottles to our friends to keep viruses bay, and one of them even used it in his soil to kill bacteria that were causing a fly problem. The stuff is amazing – now there are even researchers using silver to turn cancer cells back into healthy cells.

Silver has been used as a purifier dating as far back as 4,000 BCE, in Babylonian times. In ancient Greece, Hippocrates knew of silver’s healing properties. The metal was also a status symbol, and silver use among the wealthy and powerful may have been the origin of the term ‘blue blood’, with overuse turning the skin blue.

Down through the ages silver has been a huge aid to mankind. Before refrigeration, milk was kept fresh by putting a silver coin in it; silver can also purify water. Most of the major airlines use silver water filters in their planes to eliminate bacteria. Colloidal silver is used in both the International and Russian Space Stations to purify their drinking water. It could effectively purify the third world’s drinking water, and appears to be just about the only thing that can defeat the deadly pathogen MRSA. In light of all of this, it would seem like a pretty powerful weapon in the fight against disease and illness.

So, why are the American and European governments trying to ban it? Could it be the fact that no one can patent silver, therefore it threatens Big Pharma’s profits in their search for ever-stronger antibiotics – funded by us, the taxpayers? I think everyone has woken up to the fact that illness is big business, so the last thing they would want to do is cure everyone, cheaply.

Serious money is being used to discredit colloidal silver – various false and misleading ‘blue man’ stories are widely disseminated in the media – mostly by the pharmaceutical industry, which uses lobby groups to spread scare stories about the dangers of releasing colloidal silver into the environment. The fact is, silver levels are 90% lower than back in the 1980s, when the world was pumping all its crap into the environment. Silver is a gift of nature and there has always been a background signature in the environment, unlike the antibiotics that pollute our drinking water – and Big Pharma wants to make more!

The new low is the EPA’s ban on clothing containing silver. Imagine: under- and sportswear and socks that do not ever smell bad, because they kill bacteria while you wear them. The EPA has classified them as pesticides and ordered them to be destroyed, using our tax dollars to do it. Take back the power over your bodies – get informed and stay healthy.
Deep water culture (DWC) has seen a surge in popularity in certain areas of the world, spreading via word-of-mouth among growers. More and more cannabis cultivators are moving from pots and soil onto the bubbler system. Lots of hydro retailers are putting together systems that are simple to use, cheap to set up and operate and produce impressive results.

Put simply, deep water culture is a growing method whereby the roots of the plant are constantly submerged in a highly oxygenated nutrient solution—hence the term ‘deep water’. Very little growing medium is used, other than a propagation cube and a few clay pebbles. The initial root ball of the plant is started in a net pot, suspended above a reservoir or bucket. The roots of the plant grow out of the pot and into the reservoir, where there is constant availability of water, nutrients and oxygen, delivered via an air pump.

Deep water culture is most commonly used to grow plants full-cycle, but can also produce great results when used to propagate clones. Plants that are grown in deep water culture have constant access to nutrient solution and oxygen, taking up much more water and nutrients than plants that are hand-watered. The more oxygen, water and nutrients that a plant can absorb, the more bud it will produce.

Why use deep water culture instead of pots and soil?

- **Simplicity:** Most systems are built of just four main components—a reservoir, lid, net pot and an air pump. There are no moving parts and usually no external pipework, so no possibility of leaks.
- **Bigger yields:** DWC systems offer massive exposure of the plant’s roots to water, nutrients and oxygen. The more of these three key elements that the plant can uptake, the faster it will develop, the bigger it will grow and the more it will potentially yield.
- **More crops per year:** Plants grown in DWC develop very rapidly, allowing growers to shorten the vegetative period of their growth cycle and get more harvests in per year.
- **No soil:** No heavy bags to carry in and out of the house, no messy potting-up stage and no risk of soil-borne pests and disease.

Ways ofpropagation

**Cloners:** Propagate clones rapidly using the same reservoir, so if one plant experiences root problems (e.g., pythium) you will not lose your entire crop.

**DWC Cloners:** Cloners usually consist of a tray or a bucket that is filled with water to create a small reservoir; air stones are placed in the reservoir and clones are held upright in a tray—using neoprene clone collars—that sit on top of the reservoir. The stems of the clones are suspended underneath the tray, just above the water level. When the air pump is turned on, the bubbling effect in the reservoir creates a moist, humid atmosphere in the root zone.

DIY Bubbler Systems:

For the grower who enjoys putting their own setup together, DWC provides a great option. All you need is a reservoir, lid, some net pots and an air pump with air stones. Plastic storage boxes are available from most supermarkets or DIY centers and create a ready-made reservoir and lid—just make sure that they are a dark, opaque color so that light cannot penetrate the root zone.

**DIY Bubbler System:**

Simply drill holes into the lid and file them out so that they fit the net pots. Use air stones or ‘soaker hose’ to aerate the reservoir. Soaker hose is a great option for larger tanks, as it creates a ‘wall of bubbles’ that covers a larger area than a single air stone.

The benefit of building your own bubbler system is that you can space out the plants however you want; grow one or two big plants in the system, or put lots of plants close together in one system and grow a sea-of-green.

**Hybrid Systems:**

These are becoming more and more popular among growers who have produced successful crops using bubbler systems and are now refining the technique. The hybrid system uses a drip ring to feed from above while also utilizing the DWC technique. Instead of using net pots, as in a bucket or DIY system, the plants are placed in a deep tray or planter with holes drilled into the base.

**DIY Bubbler System:**

A high quality air pump is the heart of a DWC system.
The planter sits above the reservoir. The young plant is placed in the planter, which is then filled with clay pebbles. Air stones are placed in the reservoir below. A water pump delivers nutrient solution from the reservoir out of the drip ring and over the roots of the plant.

The roots grow down throughout the clay pebbles, through the holes in the bottom of the planter and into the aerated reservoir below.

The hybrid system offers several benefits over a regular DWC system:
- The drip ring feeds the plant before the roots hit the reservoir, so there is no need to hand-water from above when the plant first goes into the system.
- Only half of the plant roots are in the reservoir; this reduces the risk of root-borne diseases that can sometimes occur in DWC.
- The plant is fed using a water pump and an air pump, giving growers extra insurance over pump failures. If one pump breaks, the roots will still receive nutrient solution.
- Faster veg time: There is no delay in the plant becoming established in the system because the plant is fed by the drip ring before the roots hit the reservoir.
- Bigger yields: The dual feeding means that the plant is receiving the optimum amount of water, nutrients, and oxygen. Hybrid systems are also known as ‘bubble-ponics’ in certain areas of the United Kingdom.

**Deep Water Culture Top Tips:**

1. Invest in some decent EC- and pH meters. There is no buffer around the roots in a DWC system, so the strength and pH of the nutrient solution must be constantly maintained.
2. Leave the pump on all day, every day. To get results in DWC the air pump must be left on constantly. A plant’s roots need constant access to water, food – and most importantly in DWC – oxygen.
3. Make sure that your starting EC is low; it is easy to overfeed plants in DWC. Remember that the nutrient solution is the growing medium – there is no buffer between the roots and the food. Any mistakes in dosage can potentially damage the plant and there is no medium to flush through. If you overdose on nutrients, you will need to change all the solution in the reservoir.
4. Only use mineral nutrients and additives. Organic feeds and supplements are not suitable for DWC – the liquids will spoil in the reservoir after a few days and can potentially damage the roots.
5. Keep your grow room temperatures in check. Any temperature fluctuations in the grow room will directly affect the roots of a plant grown in DWC. Use a heater in the winter to raise the nighttime temperatures, and increase the size of your extraction fan in the warmer months to reduce the temperature in the grow room.

“TAKE EXTRA CARE WHEN HANDLING THE ROOTS AS ANY BROKEN OR DAMAGED ROOTS ARE SUSCEPTIBLE TO ATTACK FROM PATHOGENS”

The Flo-Gro is an ideal hybrid growing system.

Remember that DWC is a bare-rooted technique and the roots are constantly submerged. Turning off the pump, even for a short period, can damage them.

What type of grower is using DWC?
- Beginners or growers who haven’t used hydro before. DWC systems are basic and easy to set up; there are no timers or feeding schedules to calculate.
- Personal stash growers looking for a large yield from one or two plants in a small grow room.
- Aeroponic propagator users, as their bare-rooted cuttings can be transplanted directly into the system and will ‘take’ almost immediately, with little risk of transplant shock.
- Growers who do not have the facility to dispose of lots of soil or cocos. The only growing media used are propagation cubes and a few clay pebbles. There are no bags of waste to throw away after you harvest, just a bucket of roots!
mum root temperature to maintain is 64° - 72° F (18° - 22° C). 6. Transfer at the right time. Growers who use an aeroponic (or DWC) cloner can transplant as soon as the roots are three or four inches long. Take the cutting out of the cloner and place it into the net pot of the DWC system, using clay pebbles to hold the young plant in place. Take extra care when handling the roots as any broken or damaged roots are susceptible to attack from pathogens. By using a cloner, and not having to wait for a cutting to root out into a propagation block, you can cut the veg period by a good few days. If the plants have been started in a propagation medium like rockwool cubes, then they are ready to transfer into the system as soon as the outside of the medium is covered in white roots. If you transfer before white roots are visible, then the roots in the cube can become saturated and starved of oxygen.

7. Only use inert growing media, such as rockwool and clay pebbles. If you transplant from soil or cocos, the medium will break down and could block the pump. You also run the risk of introducing soil-borne pathogens into a bare-rooted environment.

8. Space out your plants, taking into consideration the faster growth expected. The water within the reservoir will act as a support for the roots. Although the plant will not be as stable as it would in soil or cocos, there is no immediate need for plant supports – as there is in NFT or aeroponics. However, considering the high yields experienced in DWC, pea netting, roller hooks or yoyos may well be needed to support those monster buds!

Happy bubbling!
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