



Vol. 1 Issue 12

FREE

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a good joint ...*

*"... polite conversation
is rarely either."*

Fran Lebowitz



Fighting Cancer with
CBD

The History of
4:20

POW
IRMA ALRED

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Submissions/Articles

Letters to the Editor

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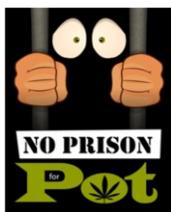
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Editorial... At Graham

Time 4 FourTwenty

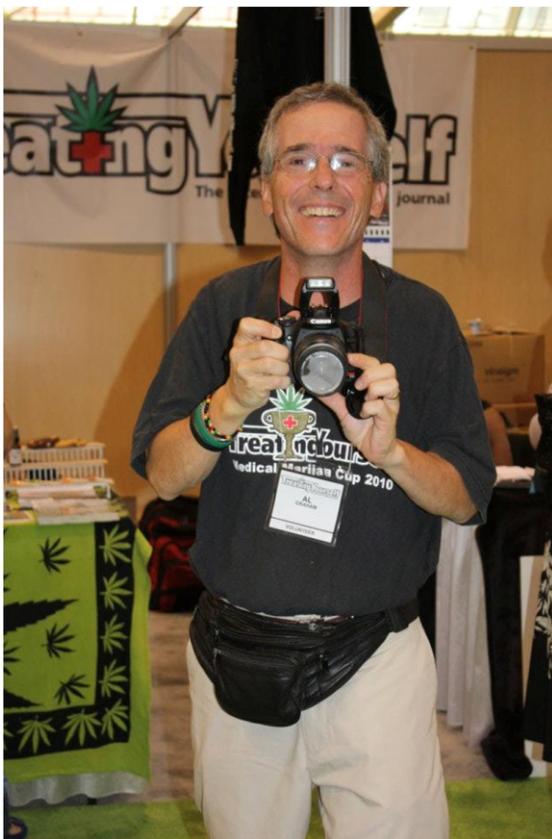
What's a statue doing on the front cover of a cannabis publication? Yes I agree it seems odd until you know the history behind it, especially if its cannabis related. This statue was erected for Louis Pasteur who was a French chemist and microbiologist. He is best known to the general public for a process named after him for treating milk and wine to stop bacterial contamination, a process we know as pasteurization. What's pasteurization and Louis have to do with cannabis and can this process even be used with cannabis? Was Louis a cannabis consumer?



Al Graham & Casper Leitch

I'm not aware of any pasteurization for cannabis and I have no clue if Louis was a consumer but I do know that Louis, as a statue had many cannabis consuming visitors. You see Louis, the statue is on record as being the original meeting spot of the Waldo's, the brothers behind the phrase and the code word for cannabis, known today as 420. This month I have picked an article for my Ed's pick that outlines the origin of the 420. It's a history lesson that talks about where it all started to what it has become today with its global celebrations.

This issue also marks a celebration for us here at JC. While we haven't called in the party brigade it is our twelve month of being bringing cannabis legalization, health and hemp news to our readership. We've also shared the stories of many people, whether they were patients or people serving long jail sentences for cannabis crimes. We've connected you to many some delicious cannabis infused foods and drinks to sharing with you as well as some much needed medical information. Amongst all of that we also made changes a little at a time.



This month we have made more changes as we keep playing with things in order to make JC better for our readers. Last month we added Ed's Med Pick to JC which has allowed us to create sections within our covers. This change will break up our news in order to keep things together in categories. How will all lay out now? The front section will cover legalization news and the POW information. The second section will be health news, cannabis researcher, medical article and recipes. Section three will have our Hemp news along with Ed's pick. The final section will include everything from the cartoon of the month, to our T4H Spotlight, and vape giveaway. We hope you like these changes and all the little ones we do as time goes along.

Talking about time, I see its getting late in the day and it's getting close to that time. So I better head to the post office to get the mail. Afterwards I'll stop by Fourtwenty Deb's to say high and you guessed it, do as the Waldo's did, gather around for our daily ritual because by the time I get there it will be Time 4 FourTwenty. 🌿

Legalization

In Debate Over Legalizing Marijuana, Disagreement Over Drug's Dangers



Pew Research Center

APRIL 14, 2015

<http://www.people-press.org>

Public opinion about legalizing marijuana, while little changed in the past few years, has undergone a dramatic long-term shift. A new survey finds that 53% favor the legal use of marijuana, while 44% are opposed. As recently as 2006, just 32% supported marijuana legalization, while nearly twice as many (60%) were opposed.



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House Oversight Committee issues "No Confidence" statement in Drug Enforcement Administrator Michele Leonhart

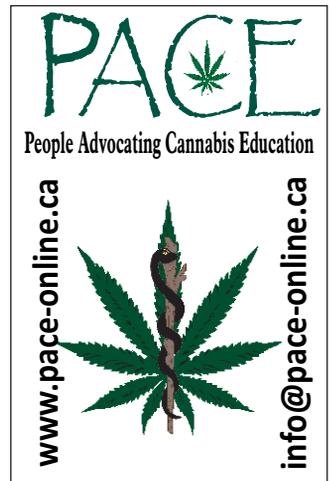


Drug Policy Alliance

04/15/2015

<http://www.drugpolicy.org>

The unprecedented move by a group of over twenty bipartisan lawmakers comes a day after her shambolic performance in Congress during a hearing focused on DEA agents who paid for sex workers and sex parties using taxpayer dollars. Leonhart was widely panned and her answers deemed inadequate during testimony on her agency's handling of sexual harassment and misconduct allegations.



Federal banking official meets with Colorado pot shops



By Kristen Wyatt AP

April 9 2015

<http://www.washingtonpost.com>

DENVER — A federal banking official took the unprecedented step Thursday of meeting with marijuana business owners. But Kansas City Federal Reserve President Esther George gave no indication that the industry is any closer to getting more access to banking services.

Cannabis and Organ Transplants: Who is Worthy?

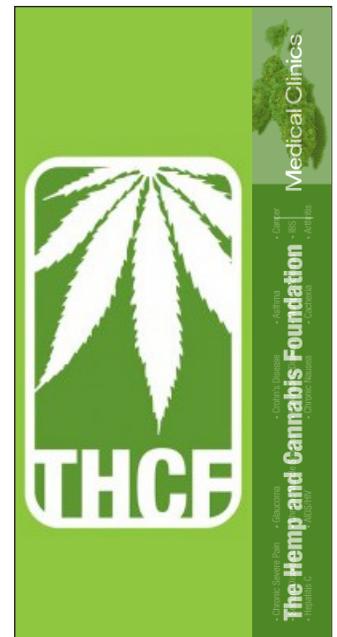


Raylan Campbell

April/15

<http://www.weedist.com>

Not long ago, I wrote a piece about a California man who is in dire need of an organ transplant but was denied admission to the program because he is a registered medical cannabis patient. California, for its part, has since introduced a bill that would end transplant denials for medical cannabis patients. That's something, at least.



Michigan Voters Could Legalize Recreational Marijuana Use In 2016 Election



CBC Detroit

April 9, 2015

<http://detroit.cbslocal.com>

LANSING (WWJ) – Michigan is one step closer to having a state-wide vote to legalize marijuana for recreational use. If the board approves the language, organizers would need to obtain 300,000 voter signatures for the issue to appear on the ballot.

The Cannabis Times
 (@cannabis_times) 
 April 14/15
 In Turkmenistan,
 #cannabis pollen and
 residuals of psychoactive
 substances were found in
 ritualized cups dated to
 2nd millenium BCE.

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Casper@Time4Hemp.com
1-317-489-9257



U.S. Legalization of Marijuana Has Hit Mexican Cartels' Cross-Border Trade

By Ioan Grillo April 8, 2015 <http://time.com>
 U.S. Border Patrol has been seizing steadily smaller quantities of the drug, from 2.5 million pounds in 2011 to 1.9 million pounds in 2014. Mexico's army has noted an even steeper decline, confiscating 664 tons of cannabis in 2014, a drop of 32% compared to year before. This fall appears to have little to do with law enforcement, however, and all to do with the wave of U.S. marijuana legalization.



In Colorado, Marijuana Taxes May Have to Be Passed Back

By Jack Healy April 1, 2015 <http://www.nytimes.com/>
 A year after Colorado became the first state to allow recreational marijuana sales, millions of tax dollars are rolling in, dedicated to funding school construction, marijuana education campaigns and armies of marijuana inspectors and regulators. But a legal snarl may force the state to hand that money back to marijuana consumers, growers and the public — and lawmakers do not want to.



Women's marijuana event 'a Tupperware party for cannabis'

By Joe Garofoli March 30, 2015 <http://www.sfgate.com>
 In a Russian Hill apartment, 17 women passed around cannabis-infused gluten-free vegan blueberry almond granola and rubbed marijuana-based topical cream into their shoulders. The attendees — lawyers and chefs and nurses and tech executives among them — inhaled from vaporizers.... For Amanda Conley, the host, it was “a Tupperware party for cannabis.”



Meet the Cannibuster, the latest breathalyzer for marijuana

By Molly Brown April 30, 2015 <http://www.geekwire.com>
 So, weed is legal here. But driving under the influence certainly is not. A pair of University of Akron students are working on a mobile device, much like a breathalyzer, that will “test the level of marijuana” in a person’s system, according to the Akron Beacon Journal. They’re calling it the “Cannibuster” and are hoping that it can become a roadside tool for law enforcement.



Federal Bill Could End Prohibition Across the United States in 2015

By Mike Adams Apr 24, 2015 <http://www.hightimes.com>
 If a state passes a law deeming marijuana a legal substance, the federal government should have no authority over the prosecution of individuals for crimes associated with the substance. This is the battle cry of a recent piece of legislation, which swept through Capitol Hill this week on bipartisan wings.



4/20: 10,000 Defy British Pot Laws to Fire Up in London's Hyde Park



By Damien Gayle April 19, 2015 <http://www.alternet.org>
 On a cool spring afternoon, on the edge of a crowd numbering several thousand in a London park, Derek Stratts, 27, shared bags of cannabis from a jar with his two friends. "Personally, I come here to smoke," said Stratts, a trained accountant who asked for his real name not to be used. "I'm not, I'll be real with you, really here for the movement, I'm more for being able to actually come out and to Hyde Park, of all places, and smoke a spliff with no aggravation."

Marijuana enthusiasts continue 'High Holiday' celebration on 4/20 in Denver



By Anica Padilla, Russell Haythorn Apr 20, 2015
<http://www.thedenverchannel.com>
 DENVER - Marijuana celebrations continued Monday in Denver, where thousands gathered at festivals and concerts over the weekend. One of the biggest festivals concluded Sunday in downtown Denver's Civic Center Park, however protesters encouraged people to gather in front of the Capitol building Monday at 4:20p.m

The 9 states where marijuana will be legalized last



By Phillip Smith Apr 16/15 <http://www.salon.com>
 Marijuana prohibition in the US is dying, but it isn't going to vanish in one fell swoop. Even if Congress were to repeal federal pot prohibition, state laws criminalizing the plant and its users would still be in effect—at least in some states. And it's probably a pretty safe bet that Congress isn't going to act until a good number of states, maybe more than half, have already legalized it.

Marijuana legalization clashes with drug testing in the workplace



By Timothy Pratt 19 April 2015 www.theguardian.com
 At a Society for Human Resource Management conference in Washington DC last month, a session on drug testing in the workplace was so heavily attended that organizers had to switch rooms to accommodate the audience. Even then, it was standing room only. And the hour set aside for the talk wasn't enough: outside the hall, employment attorney James Reidy, the presenter, answered questions for 40 minutes afterward.

How new blood in Washington, DC could impact the marijuana industry



By Tom Huddleston, Jr April 24, 2015 <https://fortune.com>
 Newly-confirmed U.S. Attorney General Loretta Lynch is known to be opposed to marijuana legalization, while another pot opponent is set to exit the DEA. Comings and goings by two top federal officials this week could have big repercussions for the burgeoning marijuana industry.



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Arlin Troutt
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 @cure_yourself Dr. Gupta has proved that Marijuana stops seizures in infants but how do we stop the DEA seizures?

Garden Wine

PHOTOGRAPHY

& GRAPHIC DESIGN

garden.wine@yahoo.ca



Irma Alred

Age: 58

DOB: 10/17/1956

Children: 2 children – 1 grandchild

Charge: Conspiracy to Possess with Intent to Distribute Marijuana

Sentenced: 1994

Sentence: 30 years

Served: 21 years

Priors: 1 minor prior for marijuana

Health Issues: Brain Aneurysms – requiring major surgery

Prison Conduct: Exemplary – role model inmate.

Accomplishments: Worked in UNICOR for 18 years; paid off her fine of \$25,000; endless list of accomplishments listed below.

Clemency: Filled out the survey for Clemency Project 2014

Institution: Tallahassee, FCI

Irma's Case History:

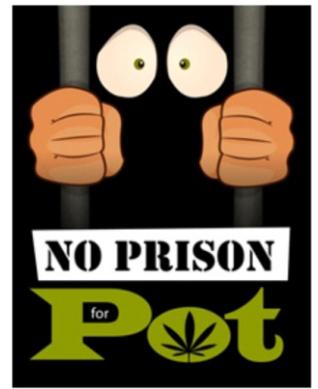
Irma has served 21 years on a 30 year sentence for Conspiracy to Distribute Marijuana. 1 prior for pot that required probation only, on a state case. Everyone involved in this case is home except for Irma, including people who were admittedly more culpable than she. Numerous co-defendants had long criminal records but got no time or drastic reductions for testimony against Irma. This case grew out of a lot of people who were already in prison who wanted a sentence reduction and agreed to testify against Irma and her husband for leniency. That's not to say that Irma claims to be completely innocent, but she is not guilty for everything she was accused of.

From Irma: I have 2 beautiful kids, Tania is 33 and Antonio is now 31. They have grown up without me and I am so proud of them, and yet, so sad for all I've missed.

I am bilingual and have worked in UNICOR for the past 18 years, including overtime, which allowed me to pay ALL my fine off that was \$25,000. I have learned skills such as electrical, plumbing, carpentry, tiling, networking, punching down lines of communications, painting, even landscaping. I have an apprenticeship in electrical that took me 4 years to earn. I have also learned how to be a medical assistant and was able to teach it along with hemodialysis in English and in Spanish. I love working with leather and have taught leather classes for the past 19 years to students in the beginners and advance stages, in both English and Spanish. I am a volunteer for the inmate suicide program and also go out to speak to troubled teen with the Choices Program. Only a few select inmates are allowed to go and I am only five who were chosen.

I have donated to several causes in the past years like raising \$\$ for the breast cancer; I have donated leather to help The Human Solution, and other causes like the pre-release program in Pensacola Florida, Toys for Tots and several others.

I have a serious health issue (brain tumor) that required surgery. I just came back from the hospital with 16 coils placed on the last aneurysm. I have a total of 36 coils on the right side and 7 on the left side. The coils are wires that feed into the artery that the aneurysm is on. I will have to go back to have another angiogram to see what and how everything is doing in the brain so in 30 days I will be back in the hospital to see how the coils and stents are doing. I am still having some double vision but not as bad. These procedures are all new



I am allowed to work in the prison administration building as an orderly to see if i am well enough to work my previous job, which I enjoy. This is an opportunity that was given to me and I don't take it lightly because only 5 inmates are selected to work in the administrative building. I thank the staff for allowing me this opportunity but I also would like to go back to doing what I know best which is maintenance, fixing everything that is broken on the 250 acre prison grounds. That requires a gate pass for both jobs and I have earned one, which says a lot about my credibility. I try to learn as much as possible so that when I do go home I will not have a problem finding employment.



I stay positive and do positive things. When I was sick and had double vision, I took up a class that teaches drawing, painting, sketching, so I could chalange myself to get better and learn another hobby craft. that in



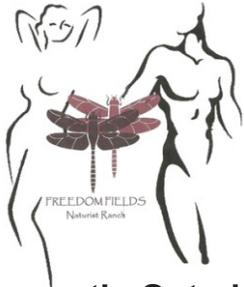
itself forced me to not give up on my vision. That was very scary but I never gave up. I still have a bit of a problem with my vision but I am getting better. I feel I have earned the right to go home and get to know my kids and grandkids along with the rest of my family. I was too far away for them to afford visits for a long time and even with constant phone calls, I know I was not there when they grew up and needed me. My daughter is going to have a baby boy in November and, once again, I will not be there for such an important moment in her life. I have a great family and thank God for them. I have been in prison for the past 21 years and would like a second chance at life. I have a lot more self-confidence that I did not have before and I want to use the skills I have developed in prison to to create a new life for myself and to be an asset to my family and society.

I feel it is worth noting that the attitude toward marijuana has changed drastically. Many people are now earning a lot of money growing and selling marijuana in states where it has been legalized, so I think it should be a consideration as to whether I am considered worthy of this great privilege of clemency. Even if i was guilty of everything I was accused of doing, I don't think a 30 year sentence is a necessary punishment, especially since everyone involved is now free.

Original article posted at
<http://www.candoclemency.com/irma-alred/>

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Ottawa warns against plan to regulate Vancouver pot dispensaries

By Andrea Woo

Apr. 23 2015

<http://www.theglobeandmail.com>

The federal Health Minister is warning Vancouver's mayor not to regulate the city's illegal medical marijuana dispensaries, which she says would encourage drug use and increase addiction. Health Minister Rona Ambrose made her remarks in a strongly worded letter to Mayor Gregor Robertson on Thursday, one day after the city announced details of a proposed licensing system for marijuana-related businesses.



No pot for anyone under 25 among B.C. doctors' new rules for medicinal marijuana

By Travis Lupick April 22, 2015 <http://www.straight.com/>

The professional organization that regulates the conduct of B.C. doctors is cracking down on how patients access medicinal marijuana, and some MDs in the province are not happy about it. "This is very restrictive and a big change from the past," Dr. Ian Mitchell, a Kamloops-based physician and clinical associate professor at UBC told the Georgia Straight.



Federal Government Unwittingly Admits Cannabis Kills Cancer

BY Mike Adams APR 07, 2015 www.hightimes.com

Although, at first glimpse, the latest claim appears to be a cruel April Fools' prank from Nora D. Volkow, director of the National Institute on Drug Abuse (NIDA), but after careful inspection, it seems that the federal government is actually supporting a recent study which has determined that marijuana has the power to eliminate cancer cells.



Washington Legislature Approves Ban on Medical Marijuana Dispensaries

By Jacob Sullum Apr. 15, 2015 <http://reason.com>

A bill has been introduced that abolishes medical marijuana dispensaries and calls upon state-licensed retailers to serve patients as well as recreational consumers. The "collective gardens" that currently supply medical marijuana have to shut down by July 2016. After that patients will have to buy their medicine from stores overseen by the Washington State Liquor Control Board.



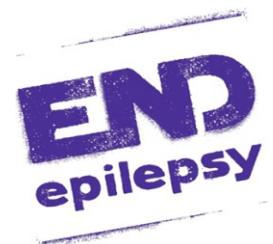
Epilepsy Foundation Lobbying for Medical Cannabis

By William Dolphin

April 13, 2015

<http://www.safeaccessnow.org>

Today, almost 14 months since the Epilepsy Foundation issued a call to action on medical marijuana, 15 states have passed new legislation allowing medical use of cannabis or specialized extracts of the plant, specifying epilepsy or other seizure disorders as the reason for the law and frequently the only qualifying condition.



Cannabidiol (CBD): Fighting Inflammation & Aggressive Forms of Cancer

By Zach Reichard (Originally posted at medicaljane.com)



Cannabis contains at least 60 known chemicals called cannabinoids, which activate naturally occurring cannabinoid receptors in your body.

Tetrahydrocannabinol, or THC, is the main component responsible for the psychoactive effects, or “high,” cannabis is known for. While THC is known to have some medicinal value, there has been recent investigation into a new cannabinoid that is rumored to have more medicinal benefits than any single pharmaceutical drug on the market.

What is Cannabidiol (CBD)?

This cannabinoid is known as Cannabidiol (CBD), and is the second most abundant cannabinoid in cannabis. Research done by G.W. Pharmaceuticals suggests that CBD could be used for treating symptoms of rheumatoid arthritis and other autoimmune diseases, diabetes, nausea, bowel disorders, and many other hard-to-control side effects. According to an article from Projectcbd.com, CBD has even demonstrated neuroprotective effects, and its anti-cancer potential is currently being explored.

While it was originally believed that THC is a breakdown product of CBD, it is now known that both THC and CBD are actually metabolites of their decarboxylated acidic forms, THCa and CBDA. These acidic precursors are decarboxylated (essentially dried) by heat or extraction to produce THC and CBD; only then do they become psychoactive. The compound has medicinal benefits without the “high” that some patients do not desire. This makes CBD appealing to patients who are looking for an alternative to their current meds, which often have opiate-like effects.

“After years of growers aiming to boost THC percentages in their crops, many growers have switched to focusing on producing CBD-rich strains because of the increasing demand by medical users.”

Cannabidiol is even known to counteract some of the effects of THC like the “munchies.” Just as THC increases our appetite, CBD suppresses it, which could be ideal for patients watching their figure. CBD just might be a key ingredient in a future weight loss drug, who knows?

There is one exception to the theory that CBD suppresses appetite, but it is a blessing as well. Many people who have difficulty eating due to their stress or anxiety can use CBD to get rid of that sick feeling in their chest or stomach, allowing them to eat again once their anxiety subsides.

A recent study published in *The International Journal of Neuropharmacology* points to Cannabidiol (CBD) as a cause of Neurogenesis in the brain; specifically in the Hippocampus, an area typically associated with conscious memory and navigation. However, the researchers believe that CBD's anxiety relief may be due to this neurogenesis in the brain. You can read our full article on the study [here](#).

Cannabidiol (CBD) Treats A Number of Symptoms

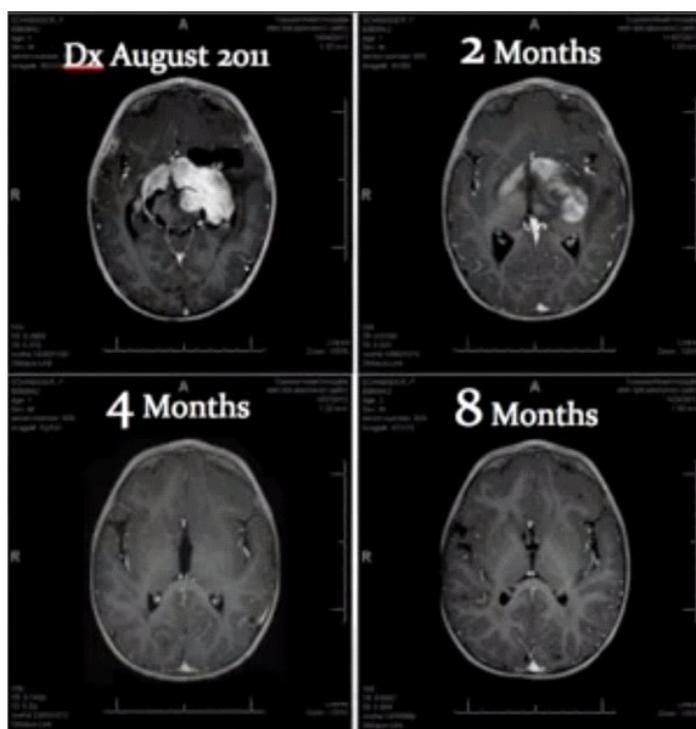
Cannabidiol is what gives cannabis its sedative effect, and has been known to ease a number of symptoms from difficult conditions. There has actually been a substantial amount of experiments done on cannabidiol that has proved its healing powers.

Dr. Sean McAllister, a scientist from the Pacific Medical Center in San Francisco, made an astounding discovery about CBD. McAllister has been studying cannabinoid compounds for 10 years now in search of

new therapeutic interventions for various cancers. He discovered that cannabidiol is a potent inhibitor of cancer cell proliferation, metastasis, and tumor growth.

Results of his experiments on breast cancer show that the number of cancer cells diminished as more CBD was applied. Essentially, CBD may be a generally effective way to switch off the cancer-causing gene, providing patients with a non-toxic therapy to treat aggressive forms of cancer.

“CBD could be used for treating symptoms of rheumatoid arthritis and other autoimmune diseases, diabetes, nausea, bowel disorders, and many other hard-to-control side effects.” Raphael Mechoulam of the Hebrew University, Jerusalem, and Faculty of Medicine has been studying cannabinoids for almost 50 years. Mechoulam gave a talk on cannabidiol on the 45th year of involvement in the field in which he spoke about a number of experiments being done on cannabidiol.



Brain scan of 8 month old Cannabis patient. Oil on pacifier twice daily = cured inoperable cancerous tumor, returned brain to normal.

He described an experiment that was done in Brazil in which a 200mg/day dosage of CBD was added to the anticonvulsants epilepsy patients were currently taking. Over the course of several months only 1 of the 7 patients showed no improvement; three became seizure-free; one experienced only one or two seizures, and two experienced reduced severity and occurrence of seizures.

Cannabidiol (CBD) Is Anti-Inflammatory & Prevents Diabetes

A colleague of Mechoulam's, Marc Feldman at Imperial College, London, tested CBD on mice that had a version of rheumatoid arthritis. He found that CBD reduced the mice's inflammation by 50% at the right dosage. Cardiologists working with the mice at Hebrew University have found that a dosage of CBD immediately following a heart attack can reduce infarct size by about 66%.

“CBD did not just prevent onset, it blocked the development of diabetes.” – Raphael Mechoulam

Another notable study conducted by Mechoulam was done on mice bred to have a version of type-1 diabetes. The diabetes was designed to manifest right around 14 weeks, so the mice were treated with CBD for the first 7 weeks of their life and then again in another 7 weeks. He concluded that only 30% had developed diabetes compared to the 90-100% given the placebo.

He then repeated the experiment where the CBD wasn't introduced until 14 weeks when the diabetes first developed. They were then tested at 24 weeks of age and again only 30% of the treated mice were found to have diabetes. “CBD did not just prevent onset,” said Mechoulam, “it blocked the development of diabetes.”

CBD-Rich Strains Are Making A Comeback

Unfortunately most commercially available indica strains have been selected and bred for their high levels of THC for the past 20-30 years. This has resulted in CBD being nearly bred out of the plant — most strains contain less than 1% CBD.



Since CBD typically shows up under 1% in most strains, it is sometimes hard to find a plant with equally as low THC percentages as to avoid the 'high' patients experience from THC. However, that doesn't mean that these CBD-rich strains don't exist!

Thanks to the many growers who are now focusing on CBD-rich strains for their medicinal benefits rather than seeking a high from sticky THC-covered strains, CBD-rich strains are making a comeback. "Cannatonic" is one known popular CBD-rich strain which is known to contain 6.5% CBD by weight, and the same amount of THC, making for one of the most

medicinal strains out there. Sour Tsunami, Ghost Rider, Harlequin, Jamaican Lion and Omrita Rx3 have been tested several times by several labs as high as 18% CBD with equal or lower percentages of THC (3:2 ratio of CBD to THC in most cases).

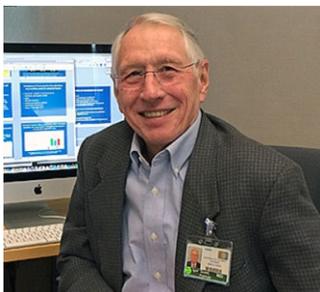


We have only begun to scratch the surface of understanding this miraculous cannabinoid. While significant discoveries have been made about the medicinal benefits of Cannabidiol, there is much left to reveal about this cannabinoid. You can read about recent developments in ProjectCBD.org's CBDiary, a catch-all column for news generated by patients, doctors, dispensaries, growers, plant breeders, pharmacologists, the industry, the government—all the players—as the CBD story unfolds. 🌿

Article can be found at

<http://www.medicaljane.com/2012/12/20/cannabidiol-cbd-medicine-of-the-future/>

Therapeutic Cannabis Researcher



Igor Grant M.D., F.R.C.P.

Professor and Chair, Dept. of Psychiatry -University of California, San Diego
 Director, Center for Medicinal Cannabis Research -University of California San Diego.

Igor Grant, M.D., is Distinguished Professor and Chair of the Department of Psychiatry at the University of California, San Diego School of Medicine. He directs the UCSD HIV Neurobehavioral Research Program, a multidisciplinary

and interdepartmental program that focuses on the effects of HIV on the brain and behavior. As Director of the University of California Center for Medicinal Cannabis Research, Dr. Grant oversees clinical trials exploring the possible utility of cannabis compounds in the amelioration of certain severe manifestations of disease. Dr. Grant's research has been supported by multiple NIH and VA awards, and has resulted in over 600 publications.

Video - <http://secondopinion-tv.org/episode/medical-marijuana>

Recipes



CannaMilkor Cannabis Almond Milk – eatyourcannabis.com

There are a variety of CannaMilk recipes that call for anywhere from ½ ounce to 3 ounces of cannabis per 1 gallon of whole milk. The

potency of the recipes on this site depends on the concentration of cannabis in your essential ingredient. The amount of cannabis in the recipe below is just a suggestion and can be modified according to your personal dosage.

Time Required: 1 hour

What You Need:

large saucepan, gallon whole milk, 1 ounce cannabis (finely ground), cheesecloth, spoon, Tupperware container with lid, rubber band (one that will stretch around the rim of your Tupperware.)

Steps:

Heat the milk in the sauce pan on a medium setting. Do not let the milk boil.

Add your cannabis to the hot milk and stir gently. Simmer the mixture for at least one hour. Stir occasionally.

Prepare your Tupperware container by taking 2 sheets of the cheese cloth and securing it over the lid of the bowl using the rubber band.

Pour the Cannamilk mix slowly over the top of the cheesecloth and into the container. Repeat this step as necessary to strain all of the milk from the plant.

Cover the container with a lid and place in the refrigerator.

For Original Recipe Visit

<http://thejointblog.com/recipes-cannabis-butter-oil-milk/>



French Toast Canna-Stix eatyourcannabis.com

Time Required: 25 minutes

Yield: 6 Servings

What You Need:

Skillet, 4 large eggs, ⅓ cup CannaMilk (or Cannabis Almond Milk), teaspoon vanilla extract, ¼ teaspoon ground cinnamon, 10 slices bread (your choice), 2 tablespoons butter

Steps:

In a medium bowl, whisk together eggs, CannaMilk, vanilla extract and cinnamon. Set aside.

Cut bread into strips or bites.

Heat the butter in skillet over medium heat.

Dip the bread pieces in the egg mixture until they are covered completely and soaked well.

Add the soaked bread pieces to the skillet.

Cook for 3 minutes, or until brown. Flip the bread over and cook opposite side the same way.

Repeat until all bread is cooked.

Serve French toast with powdered sugar, maple syrup, sliced fruit, nuts and/or whipped cream.

Hemp

Here's Why Hemp Should be Your New Favorite Plant

By Andrea Bertoli April 30, 2015 www.care2.com
Hemp is a controversial crop, but just how valuable can this little plant be? How about \$620 million (about \$200M of which was food products alone), as estimated by the Hemp Industries Association (HIA), a non-profit trade group representing hemp companies, researchers and supporters.



Washington hemp bill grows in scope, cost

By Don Jenkins April 28, 2015
<http://www.capitalpress.com>

OLYMPIA — The once-promising campaign to legalize hemp cultivation in Washington may be withering. In one of the first bills passed this year, the Senate in February unanimously approved no-frills legislation declaring hemp an agricultural crop.



Do You Really Know The Differences Between Hemp and Weed?

By Phil Lempert April 20/15 <http://www.forbes.com>

It is on trend these days to support the growing marijuana business model. There are two parts of the discussion – medical marijuana that is now legalized in twenty-three states and the District of Columbia; as well as the legalization of marijuana for recreational use in four states. On CNN's Weed 3: The Marijuana Revolution hosted by Sanjay Gupta M.D., President Obama reiterated that, "I'm on record as saying not only do I think carefully prescribed medical use of marijuana may in fact be appropriate and we should follow the science as opposed to ideology."



Farmers lobby to grow industrial-grade hemp

By John Finnerty April 23, 2015
<http://www.ncnewsonline.com>

HARRISBURG — An image makeover for cannabis isn't limited to convincing lawmakers that the drug can help children with seizures and veterans with post-traumatic stress disorder. As a proposal to allow use of medical marijuana makes headway, a growing segment of the farming community is pushing for relaxed bans on hemp production, as well.



5 Benefits of Hemp Seed Oil

By Tiffany White April 20, 2015
<https://www.truthinaging.com>

Gone are the days when the topic of cannabis in skin care was met with apprehension or, even worse, snickering. These days everyone's aware of the tremendous health benefits of hemp seed oil, from treating acne to fighting cardiovascular diseases. Contrary to popular belief, hemp is not marijuana. Hemp is more like a close cousin, derived from the same Cannabis genus plant family.



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Medical Clinics

420 History: The Story Behind April 20 Becoming 'Weed Day'



By Ryan Grim 04/19/2011

<http://www.huffingtonpost.com>

Warren Haynes, the Allman

Brothers Band guitarist, routinely plays

with the surviving members of the Grateful

Dead, now touring as The Dead. He's just

finished a Dead show in Washington, D.C. and gets a pop

quiz from the Huffington Post. **Where does 420 come from?**



He pauses and thinks, hands on his side. "I don't know the real origin. I know myths and rumors," he says. "I'm really confused about the first time I heard it. It was like a police code for smoking in progress or something. What's the real story?"

Depending on who you ask, or their state of inebriation, there are as many varieties of answers as strains of medical bud in California. It's the number of active chemicals in marijuana. It's teatime in Holland. It has something to do with Hitler's birthday. It's those numbers in that Bob Dylan song multiplied. The Huffington Post chased the term back to its roots and was able to find it in a lost patch of cannabis in a Point Reyes, California forest. Just as interesting as its origin, it turns out, is how it spread.

It starts with the Dead.

It was Christmas week in Oakland, 1990. Steven Bloom was wandering through The Lot - that timeless gathering of hippies that springs up in the parking lot before every Grateful Dead concert - when a Deadhead handed him a yellow flyer. "We are going to meet at 4:20 on 4/20 for 420-ing in Marin County at the Bolinas Ridge sunset spot on Mt. Tamalpais," reads the message, which Bloom dug up and forwarded to the Huffington Post. Bloom, then a reporter for High Times magazine and now the publisher of CelebStoner.com and co-author of Pot Culture, had never heard of "420-ing" before. The flyer came complete with a 420 back story: "420 started somewhere in San Rafael, California in the late '70s. It started as the police code for Marijuana Smoking in Progress. After local heads heard of the police call, they started using the expression 420 when referring to herb - Let's Go 420, dude!" Bloom reported his find in the May 1991 issue of High Times, which the magazine found in its archives and provided to the Huffington Post. The story, though, was only partially right.

It had nothing to do with a police code -- though the San Rafael part was dead on. Indeed, a group of five San Rafael High School friends known as the Waldos - by virtue of their chosen hang-out spot, a wall outside the school - coined the term in 1971. The Huffington Post spoke with Waldo Steve, Waldo Dave and Dave's older brother, Patrick, and confirmed their full names and identities, which they asked to keep secret for professional reasons. (Pot is still, after all, illegal.)

The Waldos never envisioned that pot smokers the world over would celebrate each April 20th as a result of their foray into the Point Reyes forest. The day has managed to become something of a national holiday in the face of official condemnation. The code often creeps into popular culture and mainstream settings. All of the clocks in Pulp Fiction, for instance, are set to 4:20. In 2003, when the California legislature codified the medical marijuana law voters had approved, the bill was named SB420.

The Waldos do have proof, however, that they used the term in the early '70s in the form of an old 420 flag and numerous letters with 420 references and early '70s post marks. They also have a story.

It goes like this: One day in the Fall of 1971 - harvest time - the Waldos got word of a Coast Guard service member who could no longer tend his plot of marijuana plants near the Point Reyes Peninsula Coast Guard station. A treasure map in hand, the Waldos decided to pluck some of this free bud.

The Waldos were all athletes and agreed to meet at the statue of Louis Pasteur outside the school at 4:20, after practice, to begin the hunt. "We would remind each other in the hallways we were supposed to meet up at 4:20. It originally started out 4:20-Louis and we eventually dropped the Louis," Waldo Steve tells the Huffington Post.

The first forays out were unsuccessful, but the group kept looking for the hidden crop. "We'd meet at 4:20 and get in my old '66 Chevy Impala and, of course, we'd smoke instantly and smoke all the way out to Pt. Reyes and smoke the entire time we were out there. We did it week after week," says Steve. "We never actually found the patch."

But they did find a useful codeword. "I could say to one of my friends, I'd go, 420, and it was telepathic. He would know if I was saying, 'Hey, do you wanna go smoke some?' Or, 'Do you have any?' Or, 'Are you stoned right now?' It was kind of telepathic just from the way you said it," Steve says. "Our teachers didn't know what we were talking about. Our parents didn't know what we were talking about."

It's one thing to identify the origin of the term. Indeed, Wikipedia and Urban Dictionary already

include references to the Waldos. The bigger question: How did 420 spread from a circle of California stoners across the globe?

As fortune would have it, the collapse of San Francisco's hippie utopia in the late '60s set the stage. As speed freaks, thugs and con artists took over The Haight, the Grateful Dead picked up and moved to the Marin County hills - just blocks from San Rafael High School.

The Waldos had more than just a geographic connection to the Dead. Mark Waldo's father took care of real estate for the Dead. And Waldo Dave's older brother, Patrick, managed a Dead sideband and was good friends with bassist Phil Lesh. Patrick tells the Huffington Post that he smoked with Lesh on numerous occasions. He couldn't recall if he used the term 420 around him, but guessed that he must have.

The Dead, recalls Waldo Steve, "had this rehearsal hall on Front Street, San Rafael, California, and they used to practice there. So we used to go hang out and listen to them play music and get high while they're practicing for gigs. But I think it's possible my brother Patrick might have spread it through Phil Lesh. And me, too, because I was hanging out with Lesh and his band when they were doing a summer tour my brother was managing."

The Waldos also had open access to Dead parties and rehearsals. "We'd go with [Mark's] dad, who was a hip dad from the '60s," says Steve. "There was a place called Winterland and we'd always be backstage running around or onstage and, of course, we're using those phrases. When somebody passes a joint or something, 'Hey, 420.' So it started spreading through that community."

As the Grateful Dead toured the globe through the '70s and '80s, playing hundreds of shows a year - the term spread though the Dead underground.

The Waldos say that within a few years the term had spread throughout San Rafael and was cropping up elsewhere in the state. By the early '90s, it had penetrated deep enough that Dave and Steve started hearing people use it in unexpected places - Ohio, Florida, Canada - and spotted it painted on signs and etched into park benches.

In 1997, the Waldos decided to set the record straight and got in touch with High Times.

"They said, 'The fact is, there is no 420 [police] code in California. You guys ever look it up?'" Blooms recalls. He had to admit that no, he had never looked it up. Hager flew out to San Rafael, met the Waldos, examined their evidence, spoke with others in town, and concluded they were telling the truth.

Hager still believes them. "No one's ever been able to come up with any use of 420 that predates the 1971 usage, which they had established. So unless somebody can come up with something that predates them, then I don't think anybody's going to get credit for it other than them," he says.

"We never made a dime on the thing," says Dave, half boasting, half lamenting.

He does take pride in his role, though. "I still have a lot of friends who tell their friends that they know one of the guys that started the 420 thing. So it's kind of like a cult celebrity thing. Two years ago I went to the Cannabis Cup in Amsterdam. High Times magazine flew me out," says Dave.

"I never endorsed the use of marijuana. But hey, it worked for me," says Waldo Dave. "I'm sure on my headstone it'll say: 'One of the 420 guys.' 🌿"



Ed's Note: Article has been condensed to fit. Please go to

http://www.huffingtonpost.com/2011/04/19/420-history-the-story-beh_n_851136.html in order to read the completed version.

Time4Hemp Show Spotlight



THE P.A.C.E. RADIO SHOW

Every Monday at 6:00 – 7:00 p.m. (PST)

The Canadian based P.A.C.E. Radio Show broadcasts once a week with Host Al Graham, who is joined by his rotating Joint Hosts, Owen Smith, Alison Myrden and Debbie Stultz-Giffin. The show is about Canadian and International people who are advocating cannabis education and working hard to end its prohibition. We also talk about the latest Canadian cannabis news and let everyone know about the cannabis events happening in our country.

People Advocating Cannabis Education (PACE) and The P.A.C.E. Radio Show attend cannabis and non-cannabis events in Peterborough and Belleville areas of Ontario Canada. In the fall of 2010 People Advocating Cannabis Education started presenting monthly cannabis educational films in local cafes and they continue to do so today.

The P.A.C.E. Radio Show highlights Canadian cannabis musicians and have reached out to Burlington's The Killin' Time Band to allow us to use their music during the program. ***If you are a Canadian musician or organizing a cannabis event and want your cannabis music heard or event mentioned, send us an email and we'll see about promoting it during the show.***

The P.A.C.E. Radio Show is sponsored by BMA Hydroponics Belleville Ontario Canada; it's where people go to learn how to grow. BMA is a family owned and operated business, who have decades of experience and know-how to keep your garden growing.



Our Hosts



Al Graham – a Canadian cannabis advocate who has been dealing with Crohns Disease for over ten years. Since becoming ill he has been a writer for Canadian cannabis publications such Treating Yourself Magazine and Cannabis Digest. While he is no longer writing for either he is presently creating the monthly Time4Hemp webzine Joint Conversations. He is also the spokesperson for the Ontario Canada based grass roots advocacy group People Advocating Cannabis Education.



Debbie Stultz-Giffin – a wife, mother and grandmother who received a Sect. 56 exemption from the Health Minister in 2000 allowing her to grow and possess cannabis for my medicine. Debbie was also a litigant in Hitzig v. R. in 2003 when patients took the federal government to court to determine the constitutionality of the MMAR. Accomplishments: Chair of Maritimers Unite for Medical Marijuana Society; provincially registered non-profit in NS in operation for over ten years; (acting) NS rep on the board of the Medical Cannabis Patient's Alliance of Canada, East Coast Community Leader for Norml Women's Alliance of Canada, Contributing writer for Cannabis Digest, Treasurer of Women's Resource Center and President of West Dalhousie Community Hall.



Owen Smith – Owen has worked for the past 5 years as a writer and graphic designer who has focused on scientific and journalistic articles, making graphs and timelines to accompany them. He is a co-host on the internet radio channel Time4Hemp www.Time4hemp.com interviewing people from the Cannabis community every second Monday from 6-7PST. Owen helped lead a constitutional challenge to allow medical cannabis extracts that he highlights in detail. This challenge is ongoing but was successful at making extracts legal in British Columbia in 2012.



Alison Myrden – Alison suffers from multiple sclerosis, is a cannabis patient advocate who not only fights to end cannabis prohibition but also wants to see an end to the entire drug war. As a former law enforcement member she is involved with the group L.E.A.P. (Law Enforcement Against Prohibition) and is presently Canada's only female LEAP speaker. She is also the International Patient Representative for the International Association of Cannabinoid Medicines, a Global organization involving the latest research on cannabinoid medicines and is also involved with the group Lawmen Protecting Patients. Find out more about Alison by visiting her website.

Thank you, Mr. President. Can you please tell us what made you invest in this medical marijuana farm?

Well, Casper, when it comes to medical marijuana, I have more of a practical view than anything else.



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About Us ...

'Time 4 Hemp' made its debut Jan 5th 1991, with Casper Leitch as the host. Over the next 23 years this series has blossomed into a Global Broadcasting Network featuring amazing activists, radio hosts, writers, producers and litigation experts who have come together in one voice denouncing marijuana prohibition. Advertising with this team has tremendous benefits!

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