

The HIGH TIMES Interview with Allen St. Pierre, executive director of NORML.

BY RICK CUSICK

Allen St. Pierre was born on July 1, 1945, in Belfast, ME, to an upper-middle-class blue-collar commercial fishing family. He had a cinematic upbringing on scenic Cape Cod, where his family continues to own a variety of waterborne businesses. To this day, he says, "my father doesn't know where the front-door key is."

Ironically, he studied wildlife at the University of Massachusetts at Amherst, and he graduated in 1989 with a degree in legal studies. While working at a Washington, DC-based law firm, St. Pierre was asked to do some volunteer legal work for NORML; he accepted, he says, "because I was a stakeholder with marijuana use back then, as I am today."

Following an employee purge, St. Pierre was asked if he'd accept a consolidated position at the organization—for 70 percent less than his law-firm salary. He said yes, thinking he would be there for "six or seven months, to help NORML through a rough gap." Twenty years later, he's now the longest-serving, continuously employed marijuana-law reformer ... ever. St. Pierre claims he's a preppie who's forced to wear a suit and tie and is often mistaken for a lawyer: "In fact," he jokes, "I play one on TV."

HIGH TIMES sat down to speak with NORML's executive director just four weeks before California voters cast their ballots on a historic measure to legalize marijuana in the Golden State, on the occasion of NORML's 40th anniversary.

If California legalizes marijuana in November, what will happen?

It's the end of prohibition in North America— Canada and the United States, most notably— Central and South America, and the Caribbean ... most of it will be pretty much on its heels.

That's a bold statement.

Yeah. I really do believe it. California is a nation state. It has one out of eight Americans, it has an economy that is sixth or seventh in the world, between France and Italy. It wouldn't be too hyperbolic to say that so goes California, so largely goes the United States—and so goes the United States, so goes a good chunk of our hemisphere. People don't realize how much of our anti-marijuana-ism is exported all around the world. To put it in K Street parlance, "We just need a Big Dog"—we just need a bellwether state. California? Check! What would be the next one? Well, Pennsylvania, Florida, Ohio and Texas make up our other bellwethers. We just have to flip one of those and, I think, honestly, it's probably over.

Okay ... if California *doesn't* legalize marijuana, what happens?

If [legalization] doesn't prevail, as my friends in Britain would say, it's a wobbler—it's either going to win by 1 or 2 percent, or it's going to lose by 1 or 2 percent. If it loses by a small percentage, it will absolutely establish a baseline, politically speaking, of 50 percent. We've already told everybody and their brother that we are coming right back in 2012. It's already a fait accompli. California will continue to be in the vanguard of legalization—not only for the country, but also for the world.

So is the War on Marijuana winding down?

Well, it's funny: You've got troops in the field, and they're out there fighting and dying at just a horrific pace, but the generals back in Washington are talking peace.

Clearly, one can see that decrim and medical marijuana are the bridges to legalization; that is all absolutely underway and really can't be contested. However, at the same time, one would not be wrong to whistle by the graveyard and must ac-

knowledge that the data still points to massive arrests, massive incarceration, massive drug testing, massive forfeiture of people's homes and properties, record amounts of children being taken away from their parents, people being denied organ transplants if they're medical consumers All of those terrible ills of a 74-year War on Marijuana—marijuana prohibition—are still terribly present.

Is marijuana still the third rail of American politicians: Touch it and you die?

It's definitely no longer the third rail, there's no doubt about that. In the 1980s, there was a period I call the "marijuana mea culpa," after Judge [Douglas H.] Ginsburg was denied his ability to get to the Supreme Court because he admitted to having smoked marijuana with his law students. And you had many senators and congressmen who wanted to run for president—the Jesse Jacksons, the Al Gores, even Sam Nunn; I mean, God, I could go back—

Newt Gingrich.

Newt Gingrich! All these folks immediately came out and tried to vet the fact that they had used marijuana. And then Obama pushed the level further here with "Of course I did and I used cocaine"

Should marijuana stakeholders be pissed off or happy with Obama?

They should, in toto, be happy with him. He was transparent about his own use; his answers are pretty candid and culture-enhancing. The other politicians have tried to give a culturally relevant answer while still being damning of the behavior, whereas Obama turned it around and said, "No, I thought the point was to inhale." And he notably said that to a group of students.

No president has taken an abeyance like he has from the Drug War; from Richard Nixon forward, every single president except Jimmy





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Carter has rung that Drug War bell very loud.

Obama coming up with the Department of Justice memo basically saying that the states have autonomy is stark. But then we saw that the arrest rates haven't really abated at all; they've actually picked up a bit. There are still federal raids in California—but clearly we can see a large reduction in the number of people arrested for medical marijuana during these raids. Prosecution is incredibly subjective.

Has medical marijuana been an impediment to legalization?

No, it hasn't. It could be in time if those who profit and sell or cultivate medical cannabis put money up to oppose the legalization of marijuana. Under the guise of "medical cannabis only," we will find that the legalization of marijuana will largely stall out for any number of reasons.

I think "medical cannabis only" is a very dangerous boxed canyon to pursue as a strategy. You can be a medical-marijuana consumer and still be denied your Second Amendment right to own a gun, you can be denied an organ transplant, you can be denied the custody of your child, you can be denied the ability to get on an airplane or get health benefits from the federal government, including Section 8 housing. That's a huge tradeoff. You can walk into a place that has about 200 strains of marijuana, but if you go home and use it, you're about half a citizen. So I would ask a med-

ical-marijuana consumer: "Why?" In some ways, a sub rosa illegal marijuana user maintains more rights and privileges than a medical-marijuana consumer.

In the end, we want good, legal cannabis at the most affordable cost. Prohibition is anathema to that. Medical marijuana clearly is not serving that end, and only the end of prohibition will get us to that point.

There are quite a number of marijuana and druglaw reform organizations, and the balkanization among these groups is a well-known— Hindrance.

Has that factionalization been an impediment to legalization?

It would be better if they worked together in a greater degree of concert. Another component of this—a vexing thing about this balkanized group of folks—is that they've been so reliant on such a small, almost incestuous pool of donors. The reliance on such narrow funding conduits has made it much harder than not to get all the groups to work together in a cohesive way.

Where does NORML get its funding?

About 95 percent of NORML's budget comes from people who donate, on average, \$53 per year. People project onto NORML that we must be supported by celebrities, that people like Willie,

Woody and Bill Maher write us massive checks. Almost none of our money comes from that.

Among the national organizations, NORML has the greatest brand recognition but traditionally has had the smallest budget. Those with larger budgets would say that NORML is doing something wrong there.

Is this regard, NORML is: It made a mistake in hiring me as its director—I'm not a fundraiser. I will do it, of course, because you cannot run a nonprofit organization that is in the public interest unless you ask people for money. But when I was offered the job, I told the board that I hoped that, during my tenure as director, you never measure me against how much money NORML has raised juxtaposed necessarily against other organizations, if we're still doing all of our mission-stated goals of advancing the laws, educating the public, working with the media and policymakers" ... and to do it with credible, verifiable information. That's what I said before 14 of them voted to make me director and three of them voted not to. I am a policy wonk.

You became executive director of NORML in what year?
In 2005.

What's the difference between NORML in the 20th century and NORML in the 21st century?

It's got to be pre- and post-Internet. The Internet totally changed the ability of the organization to reach people, to cast a narrative. We have currently about 1.3 million people in our opt-in network—people on our Facebook page, Twitter feeds and list-serves. If we had to mail just one ounce of first-class mail tomorrow to 1.3 million people, the organization would be completely bankrupt. The ability to communicate through the Internet has changed everything.

Also, NORML has been around long enough to see the baby boomers come into institutional power. The boomers have such a different experience with marijuana than the World War II generation. For the first 17 years I worked at NORML, I spent a lot of time talking to the media about the "gateway effect" of marijuana, does it cause amotivational syndrome, does it affect your sexual reproduction Today, we answer almost no questions like that anymore. The questions we're getting are much more fundamental ones like: Where will marijuana be sold? Who will sell it? What will the taxation rates be?

That was an institutional answer. How is NORML different in the 21st century under Allen St. Pierre?

Oh, personally? If I had to put this on a chart, it's very simple: The more responsibility and work one shoulders at NORML, the more there is a clear one-to-one reduction in how fun the job is.

I suspect the personal toll has increased with the responsibility. Is it difficult to juggle your personal life with your professional life?

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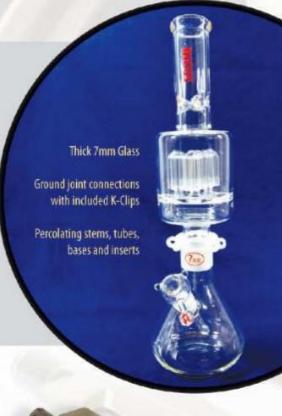
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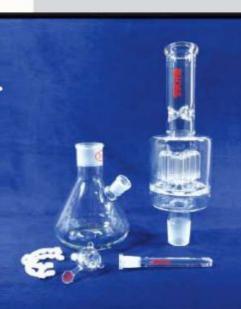
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the high times interview



'In the end we want good legal cannabis at the most affordable cost... Only the end of prohibition will get us to that point.'

[The question prompts a long pause as Allen decides how to answer it. Finally, he says so haltingly.] Yeah, it's really hard ... and something that I never really publicly talk about However, that is the opportunity of this occasion, the opportunity of our friendship, so

I've never been arrested. I've never pissed in a bottle ... I've never been ill-affected by marijuana prohibition per se And I'm not a complainer—I feel blessed to have been able to work at NORML in any capacity. But having said that ... the amount of personal sacrifice, at this juncture in my life, is becoming ... less tenable, mainly because I have other people in my life—most notably, my partner Sara. On the occasion that I spend time with my larger family, principally on Cape Cod, it's so ... self-evident ... how aberrational my life is When I'm not really exposed to my family, I can probably better ignore all these conventionalities [smiles weakly]—but that's not an argument to stay away from my family.

So, it is acute in my mind today, this very day, that I, uh ... that I don't have a child ... and that's of my wont While not married to, I have otherwise found myself divorced from ... some amazing women ... who could not, and should not have had to, put up with as much selfishness on my part—in essence, showing total devotion to NORML and to marijuana-law reform. And so, at this time in my life, there is a greater impetus to try and strike some sort of balance between ma familia and this social cause.

Describe the workload.

It's just strange beyond belief—you work pretty much 70 to 80 hours a week no matter what you think or do. You take little to no personal holiday time. People question not only your sanity, but rightly question what kind of health pattern one is *endaring*. I mean, it's not just me: There are a lot of people around me who could use some more average living conditions—but we all chose to do this. It's impossible to find any mode of me to complain about it, even though there's a natural propensity to stop and throw your arms up and say, "Holy moly! This is crushing!"

There really is a terrific overkill of how much stuff comes in—and again, going back to our bittersweet friend, the Internet, you can be besieged by five to seven hundred communications a day from third parties about what's going on in the world of marijuana. I myself get, every single day, seven to nine hundred emails from people who actually want me to reply to that email—and who rightly deserve a reply.

You don't have somebody to take care of that? Actually, I do—my assistant, Sabrina Fendrick—but I still have 800 to 900 emails a day! We have 155 chapters, 600 lawyers, 16 board members, and we work in a coalition of 35 other drug-law reform organizations. I do 2,000 to 3,000 media interviews every single year.

Is it worth it?

Well, it's worth it in the sense—and I have to answer this now on an almost monthly basis to my better half and my family members, for sure ... but I can point to something that even they recognize as incremental improvement. They acknowledge, when I ask them to think about our conversations 10 or 15 years ago—they acknowledge that some remarkable progress has been made. It's been an amazing trip, and I have a hard time wondering what I'll be doing post-NORML.

Is there life after NORML?

Many people in drug-policy reform are being headhunted by the medical-cannabis community. They can pay wages, offer a lot less stress—and you can access hash anytime you like. At some point, there might be one of those proverbial offers one cannot refuse. I certainly have been offered a doubling and tripling of my salary to leave the organization and jump with both feet into a big, large, moneymaking medical-cannabis endeavor. Who knows where that chapter is going—but my inclination is, I'm just too much of a policy wonk. There are other things in my life that I really care about that have nothing to do with mari-





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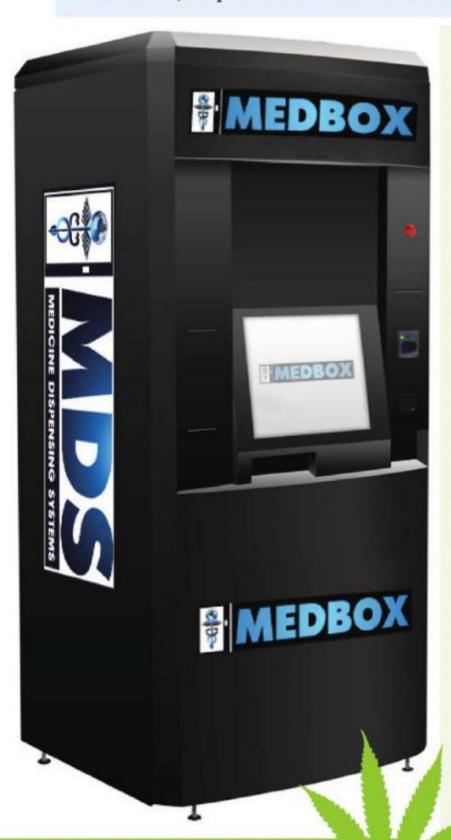
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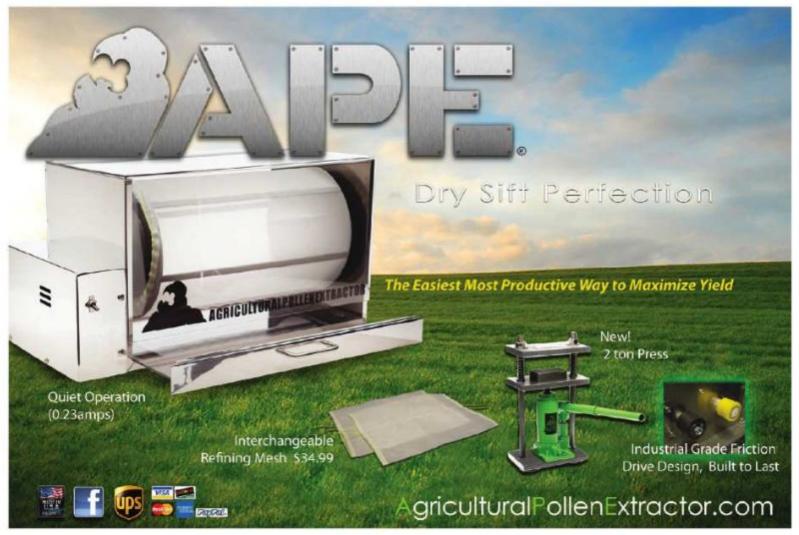
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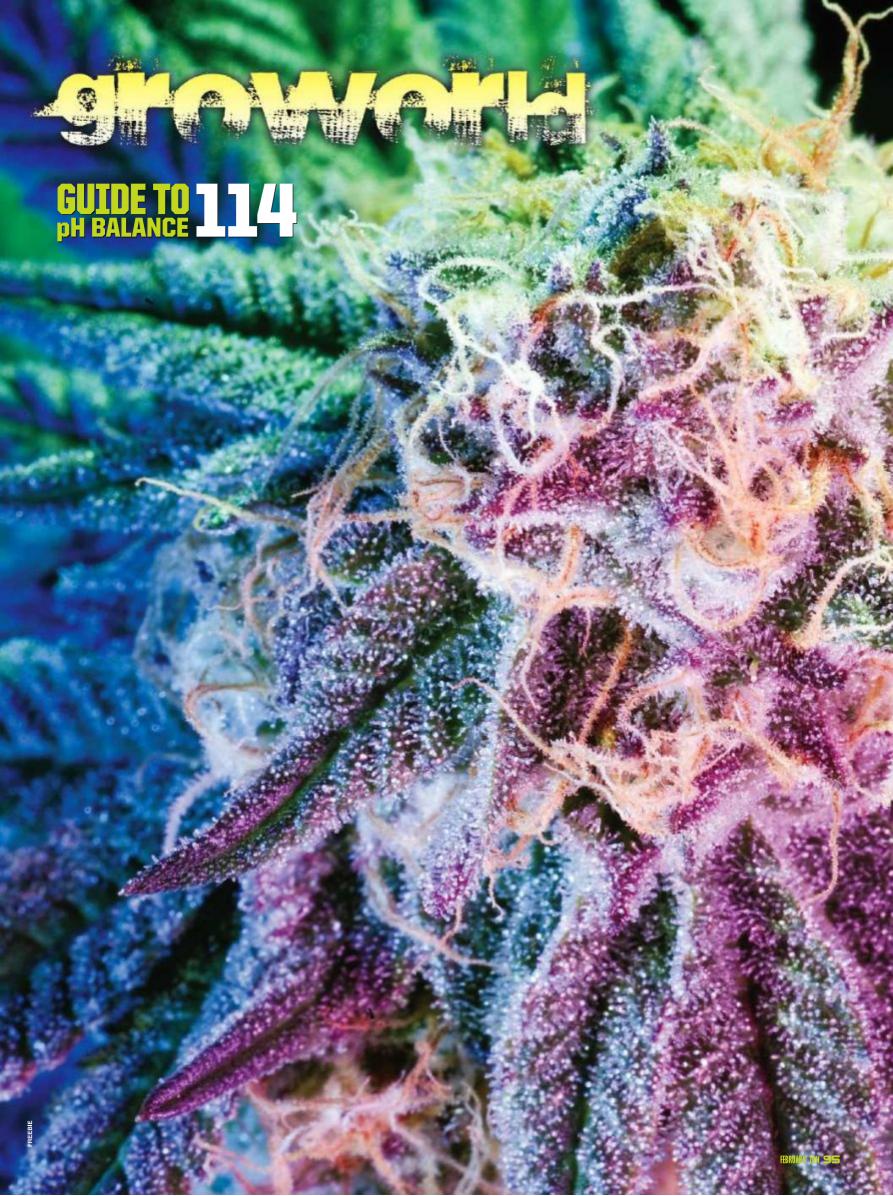


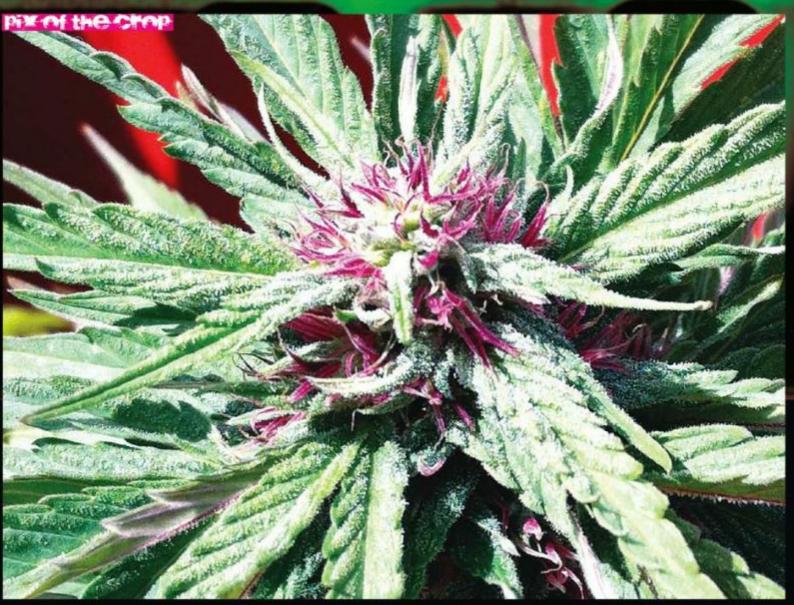
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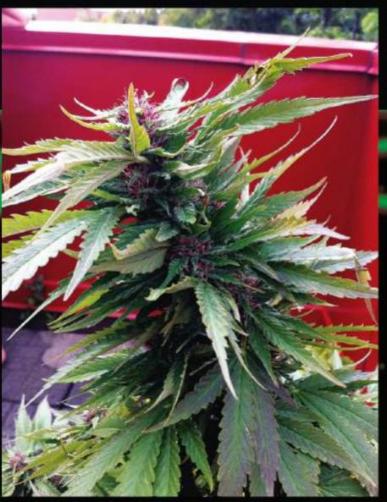
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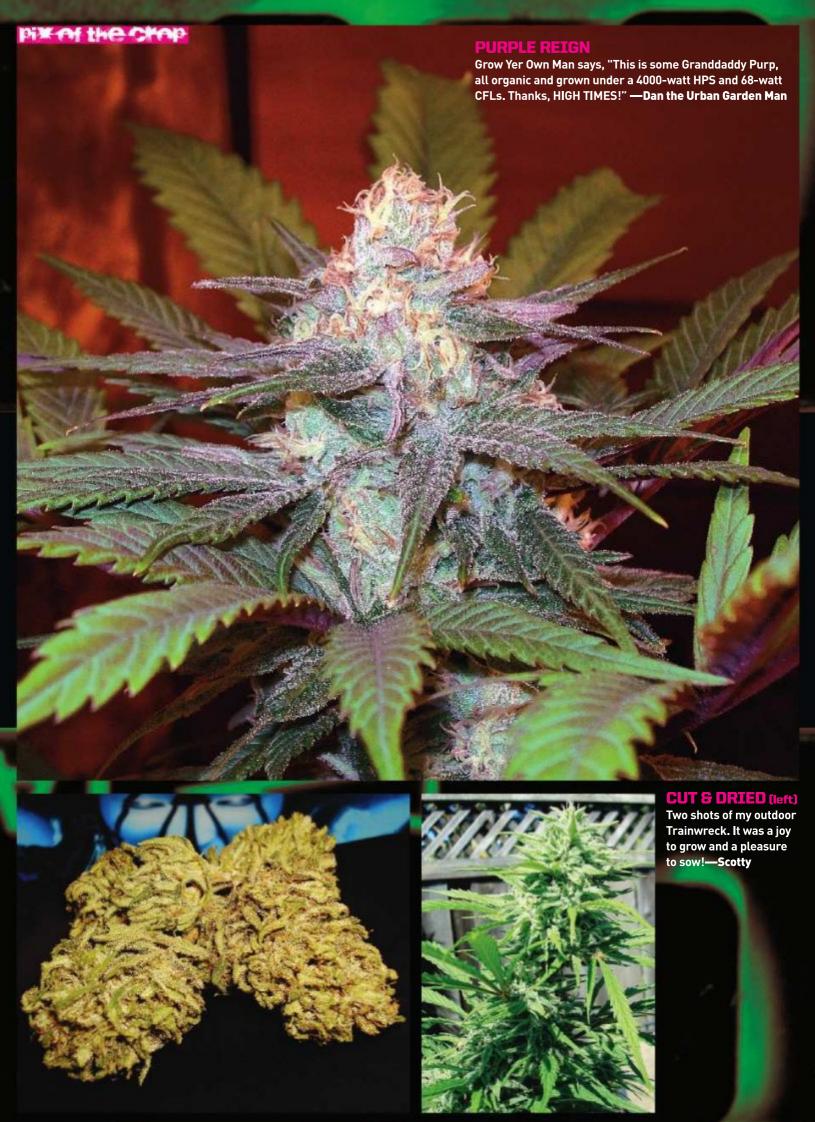
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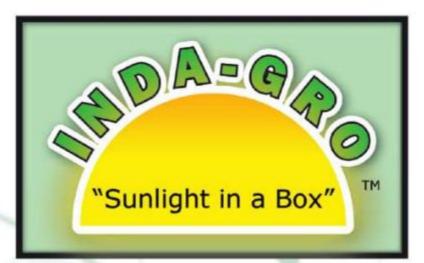
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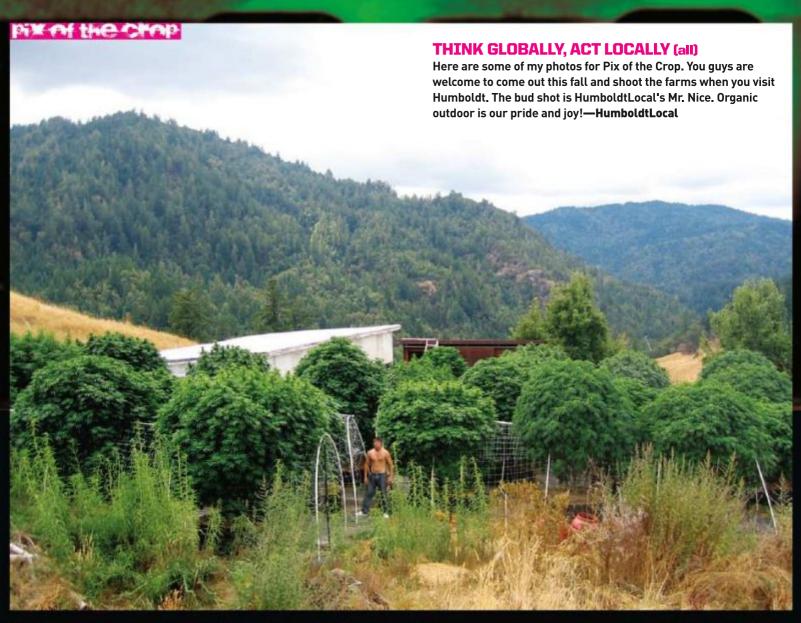
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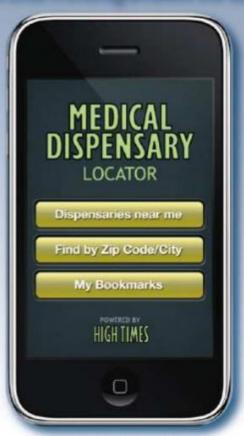
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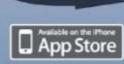


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REACHING CRITICAL WASS

Boston is fertile ground for students seeking cannabis reform. By Matt Hausman

A haze crept over the Boston Common for MassCann/NORML's 21st annual Boston Freedom Rally last September. Cannabis activists smoked out the park at high noon, demonstrating their love for their favored herb. This was no wispy cirrus cloud, but a proud thunderhead of 60,000 strong rolling in to demand legalization—and Students for Sensible Drug Policy was a rider on that storm.



SSPDers rock the Boston Freedom Rally.

In such a densely educated city, SSDP chapters have a singular opportunity to work together, and the Freedom Rally was the perfect moment. Members from Boston University, Northeastern University, Emerson College, Williams College, Middlesex Community College, the Massachusetts College of Liberal Arts, and even the University of Maryland got together to set up an SSDP table on the Common as a joint force.

But surrounded by booths festooned with colorful tapestries and leafy imagery, our table seemed small and grim; even SSDPers initially had some trouble finding it. As we started calling out to the passing crowd, however, they came to us in droves. Our "Just Say Now" petition to end the War on Cannabis received hundreds of signatures from concerned Bostonians. Even better were the students at the rally who developed a taste for social justice and decided to form chapters at their own schools.

New SSDP chapters are great for the legalization movement. You don't have to be a large, established group to speak with a loud voice. The Emerson College SSDP—not even a year old and still officially unrecognized as a student organization—is proof of that. Last year we marched for Boston in the Global Marijuana March, demonstrating our commitment to a supportive public with nearly 100 other activists. We also marched for civil rights in the Boston Gay Pride Parade, proudly carrying our pro-legalization banners. Within just two meetings this year, we've already arranged for attorney John E. Dvorak

and Rick Cusick, the associate publisher of this lovely magazine, to come speak at Emerson.

Plus we can all contribute within our fields of study. Our writers write and our marketers advertise, but our filmmakers really impress. Last year our chapter president, Andrew Hutchenson, began work on Truth or D.A.R.E., a feature-length documentary on the DARE generation. We're now collaborating with former NORML board member Dick Evans on the project.

The US is approaching a momentous turning point, and the next few years should prove very exciting for the movement. With so many states decriminalizing—and some even pushing their legislatures to legalize cannabis—there has never been a better time to take action. Student activism has been a key part of most successful progressive movements in the 20th century, and SSDP is on the front lines for the first big victory of the 21st. **

Matt Hausman is a member of the Emerson College SSDP chapter.

ask de mitch

Dr. Mitch,
My girlfriend claims that
smoking the same weed
feels different at different
times in her cycle. Could this be
possible?

Shaggy

Hi Shaggy,

Lots of drugs—particularly stimulants—create effects that vary with the phases of the menstrual cycle. Two studies performed over 20 years ago showed no differences in response to marijuana at different phases, but the samples were so small that the differences would have had to be enormous to detect them. Many women swear that the plant is superb for menstrual cramps and PMS—and it's bound to be easier on the stomach than ibuprofen. After 12 years of marriage, I've learned that if a woman tells you something about her menstrual cycle, it's best to believe her.

I have a friend who's tried marijuana four times but has never gotten any effects from it. Are some people "immune" to pot?

Drew

Hi Drew,

Marijuana tolerance varies, but the odds are high that your friend isn't good at inhaling. Many novice users can't master the art of holding a hit. Lab data suggests that experienced users are more efficient at judging how much smoke or vapor they can hold in their lungs. If your friend is really interested, perhaps a small dose of edibles would be the way to go.

Was Groucho Marx named after a type of marijuana?

Sharpy

Hi Sharpy,

Chico Marx stated in a 1959 interview on a BBC-TV show that the brothers used to keep "grouch bags" around their necks that contained lots of trinkets and a little marijuana. He claims that Groucho took his name from the bag. He got a big laugh when he mentioned marijuana, so I'm not sure how seriously to take it.

Dr. Mitch Earleywine, Ph.D., is an associate professor of psychology at SUNY
Albany. He is the author of Understanding Marijuana and The Parents' Guide to Marijuana. Got a question for Dr. Mitch?
Email him at 420research@gmail.com.

ree-inm fighter

HIGHEST RANKING

Gary Johnson called for the legalization of marijuana while still a sitting governor. And he hasn't changed his mind.

Marijuana legalization has long been considered a "third rail" in politics. No politician would touch it for fear of being labeled "soft on drugs," and a pro-legalization stance

would bring howls of ridicule and countless pot-pun headlines from the establishment media. But those days are ending. With four statewide marijuana initiatives on last November's ballot and 19 legislatures hearing medical-marijuana bills, political strategists are finding that few issues resonate with younger voters more than ending the prohibition of cannabis.

Enter Gary Johnson, former two-term Republican Governor of New Mexico. While in office in 1999, Johnson became the highest-ranking politician at the time to call for marijuana legalization. He has remained consistent on the issue, appearing on cable news stations and talk shows to appeal for an end to cannabis prohibition.

In 2010, Gov. Johnson reached out to the cannabis community. Reforming drug policy is a major plank of his 501(c)(4) advocacy group, *Our America Initiative*, which states in part, "Marijuana should be regulated and taxed by the federal government (just like tobacco is currently), which would lead to a lower price for the product and eliminate the criminal element from its distribution, much like the repeal of the prohibition of alcohol many decades back." Gov. Johnson brought that message to the 2010 NORML National Conference, as well as other pro-marijuana events like the Seattle Hempfest and the Cannabis Revival in Joplin, Missouri, and even the pages of this very magazine in a feature interview (Nov.'10 HT).

Gov. Johnson does not partake of cannabis or any other recreational substance (including caffeine and sugar), but he's also honest about his past use. He advocates a "don't do drugs" policy, but understands that the War on Drugs "cure" is worse than the "disease". We hope other politicians take heed. —Russ Belville Listen to NORML's daily audio podcast at stash.norml.org.



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BABYLON ON THE ROPES

Hoping that the bell soon tolls for prohibition. By Ashley Boudreaux

The marijuana subculture, having rushed along the shores of medical legitimacy in California and 13 other states, now sits on the precipice of an important vote—Prop 19. If recreational use wins voter approval in California, the tower of cannabis oppression will permanently tilt, if not fall completely.

I've waited my whole life for this. The advocacy of it has been my *raison d'être*. Whatever shall I do without a windmill to quixotically fight? Retire?

Now don't get me wrong; I realize that any number of scenarios is possible if Prop 19 passes. There could be an immediate federal backlash and crackdown on California, or Obama might signal for full federal legalization and commence taking big bong rips while sitting lotus-style in Golden Gate Park. Most likely neither will happen. The reaction from Washington, DC will be somewhere between the two extremes, and the issue will probably land in the lap of the Supreme Court eventually. So if it passes, enjoy your newly-won freedom while it lasts, Cali, because there's no guarantee against a litigious reversal of fortune.

Public sentiment, however, will be permanently affected. The vote will perpetuate endless discussions about rights, state versus federal power, the efficacy of marijuana in medical applications and the innocuousness of its enjoyment by responsible adults nationwide. In the 1980s I could hardly imagine such a change in the drugswill-fry-your-brain-like-an-egg-paradigm. It's pretty awesome to see.

I used to feel so passionately about drug policy reform that my chest would tighten when I defended the therapeutic use of marijuana. But as time has passed, I've had fewer and fewer of those heated conversations—not because I've changed my beliefs on the subject, but because the numbers of adversaries I've encountered have steadily dwindled. Everybody knows somebody with cancer these days—and it doesn't take long to realize that compassionate care trumps painful palliation every time. And when people see that cannabis works in these applications, it generally shifts their views on the recreational use of it as well.

We stand today on the periphery of a change so potentially fundamental in nature that I don't think we can ever, as a society, regress to the days of allowing our government to justify the incarceration of sick people who try to medicate themselves with cannabis, or the vilification of those adults who partake in the occasional toke. We're there now, aren't we? All those folks that went before us and laid the foundation for marijuana activists today—the folks that threw themselves into the legal and ethical fray, and then died without ever seeing their dreams fully realized—those people may finally be vindicated. If Prop 19 passes this fall, Jack Herer, Ken



Kesey, Tom Crosslin, Irwin Ravin, Mae Nutt, "Brownie Mary" Rathbun, Robert Randall, Ken Gorman, Steve McWilliams, and of course, our own Tom Forçade are going to look down on us from that big hookah room in the sky, and they're going to say—

"Well, it's about damn time." ⊭

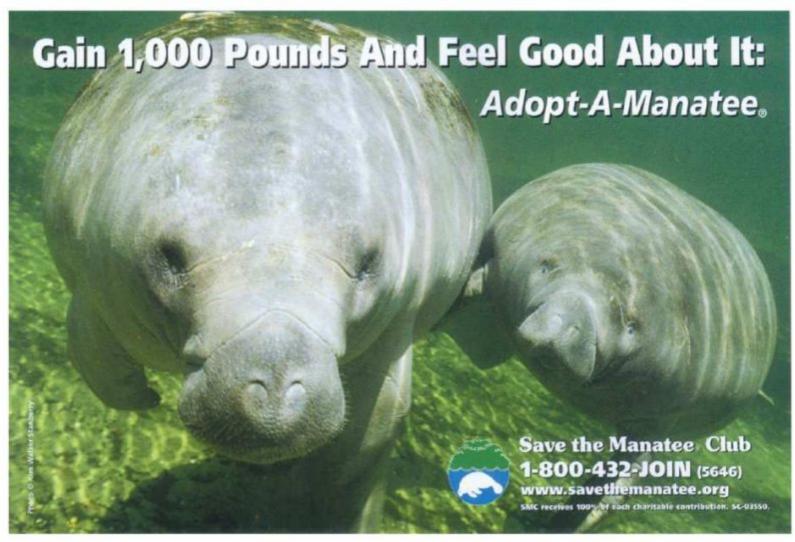
PROP 19 SOUP

4 grams of cleaned cannabis shake
3 tablespoons of butter
2 cups of finely diced sweet yellow onions
3 cups of chicken stock
2 cups of half & half
3 large heads of garlic
Olive oil
One medium Russet or baking potato
2 sprigs of fresh thyme
Parsley for garnish

Cut about $\frac{1}{1}$ - $\frac{1}{2}$ inch of the garlic heads off so that they're flat on top, and put them in a baking dish. Drizzle the exposed cloves with olive oil. Cover the pan with foil. Wash the potato, puncture the top with a fork several times, and then wrap it with foil as well. Bake both at 400 degrees for 35 minutes or until they're soft. They may not be done at the same time—it really depends on the size of the potato—but pay careful attention to the garlic. Burnt garlic is terrible, and you'll have to throw it out.

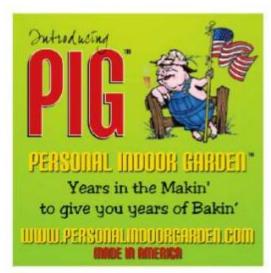
After they've cooled enough to handle, pop the garlic cloves out of their skins, and remove the skin of the potato. Dice both, and then set aside. In a heavy pot, sauté the onions with a tablespoon of olive oil and the butter. When the onions begin to look slightly translucent, add the ganja shake and sauté for three more minutes. Add the remaining ingredients, and simmer on low for 30 minutes. Either use an immersion blender, or very carefully, blend the soup in small batches in a regular blender. Try not to burn yourself. Strain the mixture back into the pot. Serve topped with croutons, parmesan or cheddar cheese, and enjoy. **Stones 4.**











SATIVAS, SENIORS & SQUARE GROUPERS

The NORML Senior Alliance will prove that reefer, retirement, and re-legalization go wonderfully together. By Allen St. Pierre

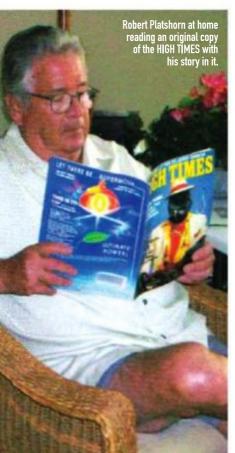
In the marijuana law reform movement, women, minorities and senior citizens are woefully underrepresented both at public events and on organizations' membership rolls. NORML is deeply committed to reaching out to these vital but underserved cannabis constituencies. That's why, last year, the NORML Women's Alliance was launched to help address the unique concerns of female cannabis consumers and fully engage them in the marijuana movement. And we're already seeing results, both within our own organization and in the culture at large, as the rise of "stiletto stoners" and "moms for legalization" has redefined the cannabis consumer stereotype irrevocably.

And now, this year, we're announcing the NORML Senior Alliance!

As the baby boom one over 30-years-old' swagger—comes of age (old age!), a majority of

them have already tried marijuana, and the vast majority will be open to employing the erstwhile counterculture sacrament as a remarkably safe, non-toxic, versatile and cheap medicine. Quite simply, cannabis works as a treatment for many of the maladies associated with aging—everything from arthritis to aches and pains—and with less side effects and expense than the pharmaceutical alternatives

In exchange, seniors—once among the staunchest opponents of cannabis law reform will provide a powerful new front in the war to end the War on Marijuana. Senior citizens are the most respected and politically active group of Americans, and the legalization of marijuana will not be possible without greater support from this important voting bloc. And so, in conjunction with HIGH TIMES Medical Marijuana magazine, Robert 'Black Tuna' Platshorn and Rakontur Productions, the NORML Senior Alliance will create



Quite simply, cannabis works as a treatment generation—with their 'hope I die before I get old' and 'don't trust anyold' and 'don't trust anymaladies associated with aging.

webpages, podcasts, blogs, public events and media campaigns to help inform senior citizens about marijuana and to get them involved in reforming our misguided prohibition laws.

Many HIGH TIMES readers know Robert Platshorn as one of the biggest marijuana smugglers in US history, who got busted and served an unbelievable 29 years in federal prison for a first-time, non-violent offense. In addition to helping lead the NORML Senior Alliance, Platshorn has seen his life story captured in an upcoming documentary called Square Grouper (smuggler slang for a floating bale of pot) by Rakontur Productions, an innovative film company dedicated to helping the cause of marijuana reform. The film shows both the devastating effects of America's illogical and counterproductive marijuana prohibition, and the inspiring story of one senior who's still fighting back.

With so many states these days breaking

away from the feds regarding cannabis, and society at large beginning to come to its senses about this beneficial plant, there has never-everbeen a better time for America's senior citizens to come out of their smoky closets and stand to be counted as loud and proud marijuana consumers.

The NORML Senior Alliance aims to give those over the age of 60 a unified voice in marijuana law reform, as well as deliver medical marijuanarelated services and products. Check norml.org for links to 'NORML Senior Alliance' projects nationwide this winter and spring, including film screenings, lectures and debates. *

Allen St. Pierre is the executive director of NORML in Washington, D.C.

Learn more about the NORML Senior Alliance at norml.org/seniors and about Rakontur's 'Square Grouper' movie at squaregroupermovie.com.

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BY NICO ESCONDIDO

Welcome to our mini-section devoted wholly to medicinal strains, news, uses, developments, activism, politics ... everything and anything, really, that is medically related to marijuana. This is your Cannabis Clinic!

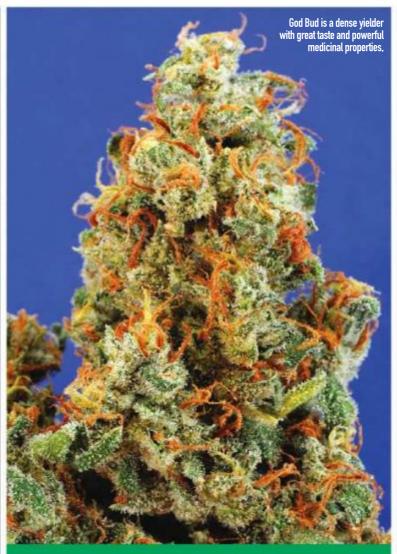
More Positive Findings on CBD

A lot of people, including us here at HIGH TIMES, have been talking more and more about a certain active cannabinoid called cannabidiol, or CBD. CBD is becoming increasingly known for its useful medicinal properties. However, CBD is usually found in very low amounts in most cannabis strains, generally less than 1 percent. Yet laboratory testing has recently found three or four different strains whose CBD levels range from 5.5 to 8 percent, making these strains more sought-after by both patients and testing facilities looking to run more clinical trials on this potentially miraculous cannabinoid.

One such testing facility, at University College in London, has made a new discovery about CBD—one that both medicinal and recreational users might find a huge plus. The study's findings suggest that CBD could help mitigate the short-term memory loss sometimes associated with smoking high amounts of THC. That's good news for patients especially, who often need to be functional while using cannabis as a medication for various ailments.

The study was spawned out of a suspicion that the ratio of THC to CBD, and the increasing distance between their levels, could be affecting the mental health of regular cannabis users. An increasing number of studies have been correlating high amounts of THC with negative side effects dealing with mental conditions and mood stability. Researchers have noted that as cannahis becomes more and more potent, the level of THC has risen, but not the level of CBD. Thus, the study was started to see if higher amounts of CBD helped to counteract certain effects of THC.

The study, which involved 134 adult subjects, found that CBD did help in alleviating one common problem that cannabis users face: short-term memory loss. The analy-



Medicinal Strain of the Month: God Bud

A 2004 HIGH TIMES Cannabis Cup winner (1st Place Indica), God Bud (a.k.a. BC God Bud) is an indica-dominant (75/25 indica/sativa ratio), fully medicinal herb. Originally a Canadian strain from British Columbia (BC), she made her way down the west coast of North America and has become a staple within the cannabis community.

A triple cross of God x Hawaiian x Purple Skunk, God Bud has an unmistakable appearance and taste, with deep purple tones and a doughy grape flavor as her signature traits. The great thing about God Bud is that, coming from up north near Vancouver Island, she was bred to be a hardy, resistant plant that grows extremely well both outdoors and inside. She also yields heavy, just like her stone.

Medicinally, she's a mellowing herb that can be used as a sedative or sleep aid; she's also excellent for muscle relaxation and relieving mild aches and pain. A consistent winner in cannabis competitions, God Bud is used in breeding projects worldwide, making her a popular product in medical dispensaries around the globe.

sis of the testing showed that participants who smoked cannabis with CBD levels below 1 percent were siqnificantly worse at recalling memorized text than they were before they smoked; however, participants who smoked cannabis with higher levels of CBD showed no such impairment. The findings have been published in the British Journal of Psychiatry, and new studies are now underway to further analyze the effects of CBDrich strains and their combined effects with THC.

Shameful in San Diego

It seems that San Diego County—at least its district attorney and Sheriff's Department—haven't heard the news about medical marijuana. And if they have, it appears they don't want to be part of the great state of California or abide by its laws. When Proposition 215 was passed in 1996, it provided for each county to implement the law as it saw fit. As a result—and despite the passage of the California attorney general's guidelines in 2008, which

reiterated that Prop. 215 is now the law of the land—San Diego County has, for the most part, ignored the legislation and made it nearly impossible for patients, caregivers and medical cannabis producers to live their lives peacefully. And in doing so, they not only disrespect all Californians who voted for it, but prevent sick and dying patients from getting their medicine. But wait, it gets worse.

On a warm mid-October morning in San Diego, a Narcotics Task Force (NTF) executed a search warrant at a local San Diego dispensary after arresting the owner at his home earlier that same day. After entering the dispensary, the NTF members hijacked the entire operation, pulling on orange Helping Hand Wellness shirts and opening the dispensary as if they were ordinary employees! As patients came into the dispensary, the officers, posing as dispensary workers, began to subtly question them. When one patient said that he grew his own medicine at home, the officers revealed their badges and detained and interrogated the patient for nearly two hours.

You would think there'd be a better use for law-enforcement personnel, as well as the provincialminded politicians (such as San Diego DA Bonnie Dumanis, who is ultimately responsible for these actions) who only fear the wrath of their conservative constituents. Maybe rounding up these gung-ho detectives and shipping them off to find, oh, say Osama bin Laden, a quy who actually attacked the United States, might be a better use of their testosterone-laden ener-

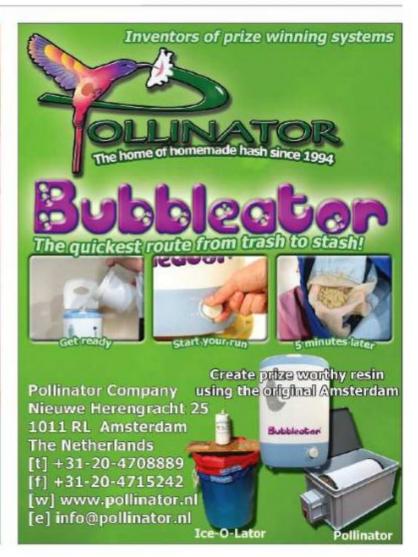
This is, hands down, one of the grossest police-misconduct (and outright illegal) cases ever seen before in the fight for medicinal marijuana. Still, with these actions, the case against medicinal cannabis has taken a huge hit, wherein its own proponents have stooped to such unheard-of levels, breaking the very laws that they're supposed to be upholding. If only our Founding Fathers could see us now. *

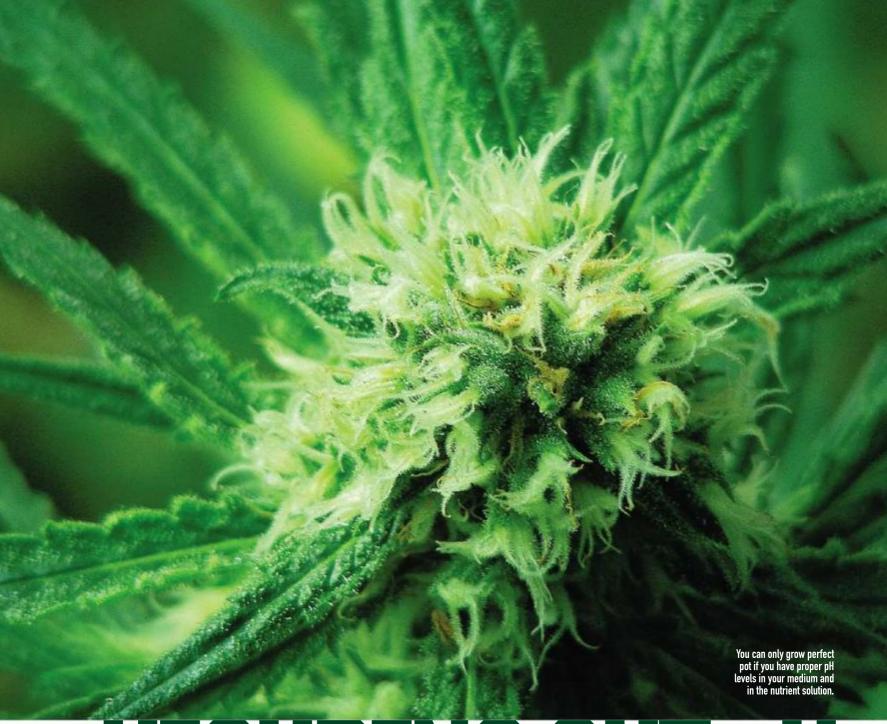
Thanks to Eugene Davidovich of the San Diego chapter of Americans for Safe Access, who reported on the aforementioned events as a firsthand witness.

Got medical questions? Pass 'em over to Nico at nico@hightimes.com.



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pHIGURING OUT pH

Part 1

A common misconception is that, by using the right type and amount of fertilizers, growers can prevent *all* nutritional problems. Though proper fertilization is crucial, soil pH is equally if not more important when growing cannabis.

Story and photos by Herb Spadowski, Ph.D.

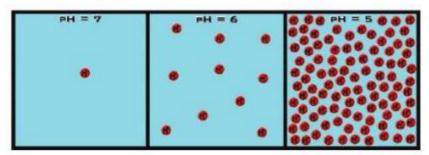


FIGURE 1: The exponential increase in the amount of acid or H+ in the soil solution as pH decreases from 7 to 5.

ACIDITY AND ALKALINITY

The pH of your growing substrate controls the availability (or unavailability) of the many essential nutrients necessary to grow high-quality marijuana. At low pH, there can be toxicities caused by iron (Fe), manganese (Mn), zinc (Zn) or copper (Cu); deficiencies of calcium (Ca) and magnesium (Mg); or a high sensitivity to ammonium (NH $_4$), which is the primary form of nitrogen released by organic fertilizers. At high pH, there can be deficiencies of iron, manganese, zinc, copper or boron (B). By maintaining the appropriate pH, these nutritional problems can be avoided, and cannabis quality and yields will be improved greatly.

If you've ever taken a chemistry class, you once learned the definition of pH: the negative log of the hydrogen ion (H^+) concentration. The "negative" part of this definition represents the inverse relationship between the concentration of acid (H^+) and the pH value, which can be anywhere from 0 to 14. Half of 14 is 7, which is a neutral pH. When pH values are below 7, there's more acid in the system; when they're above 7, the system is more alkaline or basic—hence the inverse relationship between acidity and the pH value. The "log" part of the definition indicates that as the pH value decreases by one unit, the concentration of H^+ or acid increases at an exponential rate, or by a factor of 10 (Figure 1).

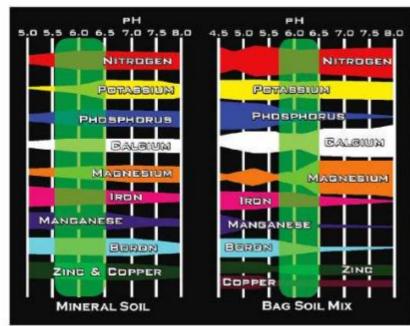


FIGURE 2: The effect of pH on nutrient availability in a mineral soil and a bagged soil mix. Mineral soil would primarily be used for outdoor production, while bagged mixes are used indoors and are typically composed of peat moss, pine bark, perlite, vermiculite and/or compost. The acceptable pH range for cannabis production in these two soil types is represented by the transparent green bars.

LOW pH

What this means to a pot-crop producer is that, once the soil pH drops below the desirable range, the acid concentration is too strong. In an acidic situation, the primary concern for plants is micronutrient toxicity. Certain elements are called micronutrients because they're required in micro amounts by plants (as compared with the macronutrients such as nitrogen, phosphorus and potassium, the famous N-P-K ratio, which are required in larger amounts). Micronutrient toxicity occurs because many of the metallic micronutrients (for example, Fe, Mn, Zn and Cu) become more soluble as soil pH decreases (Figure 2). As these micronutrients become more soluble, they're absorbed in greater quantities by the plants' roots and become toxic (Figure 3).

HIGH pH

Just the opposite occurs with your pot plants when the soil pH is too high: The solubility of many micronutrients is greatly reduced, resulting in nutrient lockup. With a high pH (i.e., very low acidity), the metals precipitate into a solid state and are unavailable to be absorbed by the roots (Figure 4). So in the case of either micronutrient toxicity or deficiency, the problem is very often not associated with over- or undersupply of the nutrient, but rather is due to the soil pH being above or below the desirable range.

Boron deficiency is another problem that can occur with high soil pH. Similar to other micronutrients, boron is less and less soluble as pH increases—and once the soil pH is too high, boron becomes unavailable to the plant. The symptoms of boron deficiency show themselves on the young leaves of plants, which will be small, distorted and brittle.



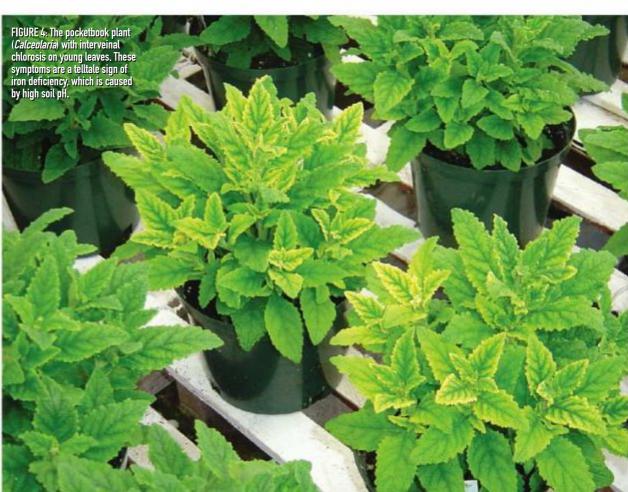
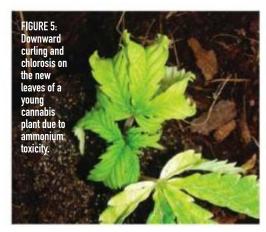


Figure 3: Necrosis and bronzing on an older cannabis leaf caused



More Problems With Low pH

An additional problem associated with low pH is high sensitivity to ammonium. Nitrogen is absorbed by plants in two main forms: nitrate (NO3) and ammonium (NH₄). Cannabis plants are able to store large amounts of nitrate when there is excess uptake by the roots. They do not have this same ability to store ammonium, however, so an excess uptake is toxic. Ammonium enters the soil directly from fertilizer applications; it can also be released from the breakdown of larger organic molecules in the fertilizers. The soil contains certain bacteria that convert potentially toxic ammonium into nitrate during a process called nitrification. These soil microorganisms are much less active at low soil pH, thereby increasing the risk of ammonium toxicity. Keep in mind that the symptoms of ammonium toxicity can vary depending on the age of the plant: On older plants, the oldest leaves become chlorotic and curl, while in younger plants, it happens to the newest leaves (Figure 5).

Cal/Mag

Calcium and magnesium deficiency can also occur at low pH. Both of these elements are divalent, which means they carry a charge of plus two. Soil particles are covered in negative charges, so they hold onto positively charged calcium, magnesium and other similar (i.e., positively charged) nutrients. However, the elements held by the soil's negative charges are not immediately available to the plant; only those in the soil solution can be absorbed by the roots. The "held" nutrients serve as a reserve pool to replenish those taken up by the plant, as well as those leached from the soil solution during watering.

When the pH is low, the soil system is overloaded with positively charged H⁺ or acid, which releases the reserve nutrients into the soil solution and eventually leads to a deficiency (Figure 6). This situation can be avoided if calcium and magnesium are supplied with every irrigation. However, maintaining the proper soil pH will also prevent this problem, as well as the other issues associated with low pH at the root level.

Tracking pH

As we have seen, there are many problems that can occur due to improper soil pH. One can easily minimize the possibility of these problems by testing and tracking soil pH on a periodic basis, which will also improve cannabis quality and yields. There are a number of techniques for testing soil pH; these include saturated paste, the two-to-one method and the pour-through technique.

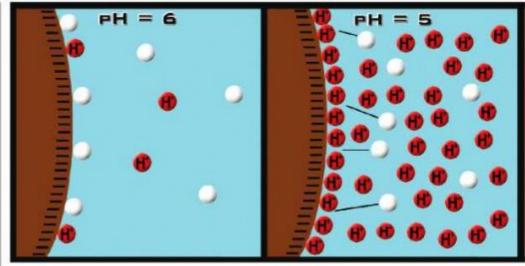
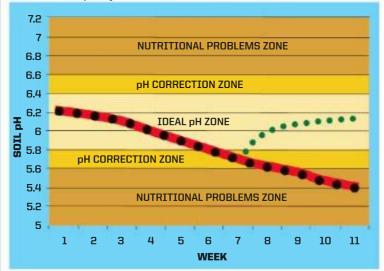


FIGURE 6: At an acceptable pH of 6, there's a small amount of acid (H+) both in the soil solution and attached to the negative charges on the soil particles. There are also calcium and magnesium in both locations (as indicated by the white circles). Once the soil pH drops out of the desirable range to a value of 5, the acid concentration increases by a factor of 10. This acid knocks calcium and magnesium off the negatively charged sites and into the soil solution, which eliminates the reserve supply of these nutrients. Once this calcium and magnesium have been absorbed by the plant and/or leached from the soil, a deficiency will soon occur.

FIGURE 7: The ideal pH range for cannabis is between 5.8 and 6.4



This graph depicts two situations. The dotted line represents a grower who is tracking the soil pH on a regular basis. In the seventh week of production, it has dropped out of the ideal pH zone and into the pH correction zone. Since the pH is too low, this grower uses limestone or another base to boost it back into the ideal pH zone, thereby avoiding nutritional problems. The solid red line represents a grower who is not monitoring soil pHthe eighth week of production, it has entered the nutritional problems zone. The unsuspecting grower will probably notice the problems only when the symptoms of micronutrient toxicity appear on the lower leaves. This toxicity will put stress on cannabis plants and reduce the quality and quantity of their yields.

Once you've decided on a technique that works for you, stick with it, since there can be some variability among methods. Then start testing and keeping track of your numbers (Figure 7). For small containers (i.e., less than 6 inches in width), it's a good idea to check the soil pH once every seven to 10 days. For pots larger than 6 inches, soil pH should be tested approximately every two weeks.

To maximize the quality and yield of your harvests, all types of plant stress should be avoided. Simply by monitoring soil pH on a periodic basis and controlling the pH as needed, one will largely avoid all of the nutrient disorders described above. Look for the second part of "pHiguring Out pH" in an upcoming issue of HT to learn about the different types of soil ingredients and their effect on soil pH.

Correcting Improper Soil pH

When the soil pH is too high, there are several things a grower can do to return it to its ideal range. One option is irrigating with a diluted acid solution. These solutions are commonly used to adjust pH in hydroponic systems, but they can also be used in soil. A second option is to use iron sulfate. This will likely be the best choice, since plants growing in high-pH soil may also be experiencing iron deficiency. Iron sulfate will not only

lower the soil pH, but also add some supplemental iron. If you purchase iron sulfate, however, be sure that it's ferrous sulfate (FeSO $_4$) and NOT ferric sulfate [Fe $_2$ (SO $_4$) $_3$]. The difference is usually easy to tell, since ferrous sulfate is a blue-colored powder and ferric sulfate a yellow one. Ferrous sulfate should be applied at the rate of 3 to 10 grams per gallon, depending on how much the soil pH needs to be adjusted.

On the other hand, if the soil pH is too low, there are several other choices for correction. Bases that are used for hydroponic systems can also be diluted and added to soil. More commonly, limestone is used to raise soil pH. The limestone comes in two different forms: The first is powdered limestone, which is sprinkled on the soil surface. This will raise the pH, but it can take some time, since the particles have to move into the soil and dissolve. For a more rapid increase in soil pH, flowable limestone can be also used. This product is a liquid suspension of limestone and should be applied at 10 to 20 ml per gallon.

Keep in mind that all pH-adjustment products are potentially phytotoxic to plants and may cause buds and foliage to burn. Whenever these products are applied to the soil, they should immediately be followed by a thorough rinse to remove any solution that may have splashed on your cannabis plants. **

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Weeded and Seeded

I've never bred plants until I did so accidentally about eight months ago. The plants that got crossed were a G-13 Lab Gigabud male and a G-13 Lab Blue Venom female. I have no clue what I've made, but buds were huge, though not potent. There was also a lot of stress six weeks into flowering. I attribute my mistake to carelessness earlier in the setup—but do I have something new and exciting, or are my newfound seeds bogus?

Dear JB,

Sounds to me like your seeds probably won't show much promise, the tip-off being that you referred to your buds as "not potent." Crossing similar strains usually results in inferior genetic material, and most breeders work with male and female breeding stock that isn't closely related in order to ensure hybrid vigor in their F1 offspring and avoid hermaphroditic tendencies. Incestuous relations muddy the gene pool and should be avoided except in cases of backcrossing with parents and grandparents in order to stabilize traits. Once in a while, amazing new strains result from random accidental crosses, but the likelihood of finding a keeper in your beans is minimal at best. It would be better to start with a strain that you know is potent and work from there.

Plant Management

Can plants be moved after being in the ground for two months? I have 10 beauties in my yard, but I've got to get them out of that particular area before they're finished growing. I have a great hidden location on my property to put them, but I need to know the best way to do that without hurting or killing them. These ladies are too cute to mess up. Any help would be greatly appreciated.

Dear Jenny,

J Bizzack

You can indeed move your plants, but you'll have to be careful to disturb their roots as little as possible throughout the process. Bushes that are two months old should have developed a large root system, so be sure to dig wide and deep around the base of the plants. Then wedge your shovel under the soil containing the roots and remove it all in one big chunk.

Next, transplant them into holes or containers bigger than the root-ball and fill in the bottom and sides with quality soil mix. Water them into their new homes and monitor their recovery from the inevitable shock caused by this process. Within a week or so, your plants should be sending out new shoots and have become acclimated to their new home. Also, make sure the new location receives plenty of sunlight to ensure proper growth.

Frozen Tundra

I'm a first-time grower living in Ontario, Canada. Today I woke up to a temperature of about 3°C. I grew two plants and one turned out to be male, so I moved it to another location. But my female looks like it wants to keep growing and is only just starting to show its full potential. It's opening up more spots to grow buds, but the weather's getting so cold at this point. I keep it in a shed with an open door to let the sun in, and I'm hoping the shed will keep it warm enough. It's a tall plant, over 6 feet, and still has less than a couple of ounces on it. The hairs on the buds are still all white. Have you got any suggestions on how I can keep this thing going, and will the bud still be good if I salvage what's on it now?

Spun Diddy

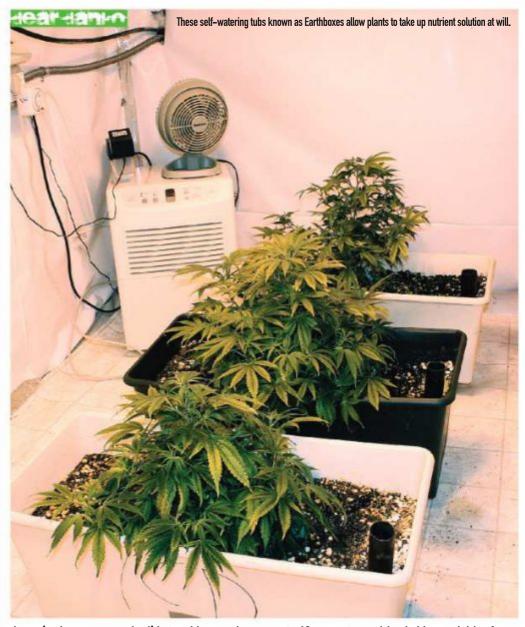
Dear Spun.

From your description of the all-white hairs, it sounds like your plant is far from finished with the flowering stage of its life. If you harvest it now, you will have premature pot that is less than ideal and surely not up to its potential quality if you allow it to ripen and finish. Rip it down only as a last resort if you cannot provide the proper environment.

Also, 3°C is around 37°F, just slightly above freezing. The only way to keep your plant out-







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doors (or in your open shed) is to add warmth to the surrounding area. A greenhouse with a heater or an attached sunroom would be ideal in helping you finish before your plant succumbs to the coming frost outside.

You should definitely consider growing strains with shorter flowering times in the future. Look for "indica-dominant" in the strain description and stay away from sativas like Haze, which won't be able to finish in time in your region.

White Light/White Heat

Danny, can you help me with a bet? My buddy thinks he knows everything about growing, and we've had a dispute over this subject for a while. Which high-intensity discharge (HID) lighting style works best: the vertical bulb upright with a parabolic reflector, or the horizontal bulb with the box-style reflector? I say it's horizontal, but he won't believe anyone but HIGH TIMES on the subject. Thanks!

Bolas Buds

Dear Bolas,

You win the bet! Bulbs hanging horizontally provide much more lumens at plant level than the less-efficient old-school vertical ones with parabolic hoods. Tell your buddy it's time for an upgrade to his lighting system. By properly hanging his grow bulb and reflector, he'll increase the amount of light his plants receive by

up to 40 percent, resulting in bigger yields of thicker buds. Then everybody wins!

L.E.D. Dos and Don'ts

What's your take on these new LED grow lamps on the market? I've seen a bunch of varieties, but they get mixed reviews online. Have you seen them working? Thanks!

Sticky Ricky

Dear Ricky,

I've seen people growing with LED lights and they do show some promise, especially for vegetative growth and as supplemental lighting indoors. But—with apologies to some of our advertisers—I have yet to see buds flowered exclusively under LEDs that compared in size or potency to ones from HID lighting such as high-pressure sodium (HPS) and metal halide (MH) bulbs.

And you are also correct that there are many varieties of LEDs out there: We've seen some crappy expensive ones and some decent, more affordable models. Choose wisely and try to see the unit you're considering in action before making a hefty purchase. As LED technology makes advances and the equipment becomes cheaper, its potential to reduce costs and electricity usage for indoor growing is limitless. We're keeping our eyes on the market to monitor any progress being made in this area.

Genetic Drifter

Aloha from Hawaii! My question is this: When I get a clone and turn it into a mother plant to take more clones from, can I repeat this process as a way of keeping a strain that I like? If I do it this way, will it eventually lose potency?

Mack

Dear Mack,

Aloha! If I understand your question correctly, you're asking whether the "clone of a clone" situation will eventually lead to a weaker strain, a controversial phenomenon known as "genetic drift." Not everyone agrees on this one, but in my opinion, reduced potency in clones can only occur if the parent strain encounters stress at some point along the way.

Rooted clones are genetically identical copies of the plants they're taken from, and therefore can only inherit the traits of the parent, including potency potential. A stressed-out mother plant (such as one that has been overfertilized) can produce inferior cuttings, but this has nothing to do with genetics and everything to do with environment.

Phone Tag

I recently called your office and asked for you because I had a few cultivation questions, but you wouldn't help me out. I needed the answer sooner than it would take to print in the magazine. What gives?

Pharmer Phil in Philly

Dear Phil,

We here at HIGH TIMES are protected by an important piece of paper called the US Constitution—especially its First Amendment, which guarantees our right to print information about growing cannabis. So I'm free to answer grow questions in print—but on the phone with a stranger or face to face with a reader, it's a completely different story. Legally, it can be construed as conspiracy if I help you personally, so that's why I must sadly decline such requests.

The irony is that I can try to help thousands of people grow with my column, but I can't help one specific individual at any given moment. Hopefully, the time will soon come when I can freely share all of my grow tips and tricks one-on-one—but unfortunately, we're not there yet. Please don't take offense, and feel free to send more questions for the benefit of all HIGH TIMES readers.

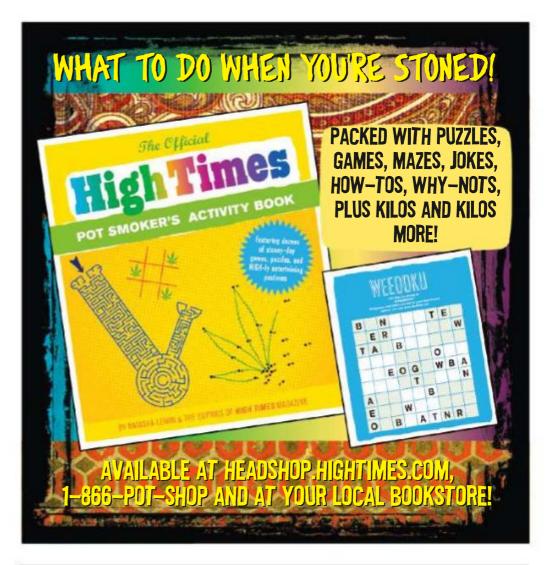
Outdoor Feminized

I'm a first-timer, growing for personal use only. I want to keep it simple, with as little fuss as possible. I have a very private outdoor space in West Florida. Should I buy feminized seeds to grow? Can I plant now, or is it too late in the season? Thanks!

Beverly

Dear Beverly,

I got your message in mid-September, which is not an ideal time to plant seeds in your area. Wait until the spring to plant if you want the most out of your seeds. The benefit of growing with feminized seeds is that you don't have to waste time with any males that you'd need to discard after they show their sex. On the other hand, feminized seeds have

















more potential to show hermaphroditic traits, and some growers avoid them because they don't want to accidentally seed their crop.

Breeding With Auto-flowering Strains

If you decide to breed two of the same autoflowering strains, will the offspring carry the auto-flowering gene or not? What is done genetically to make these seeds auto-flowering, and how are they feminized as well? I'm not interested in genetically altering any seeds, but I am curious as to how it's done. Thank you very much for your hard work and research. Hope to hear from you, and much love from Utah!

Dear Josh,

Auto-flowering strains begin blooming once they reach a certain height regardless of photoperiod. Breeders create them using *ruderalis*-based genetics with little to no potency. The tricky part is to cross them with strong strains and ensure that they retain some of the power of the potent parent. The most successful breeder of these so far has been the Joint Doctor with his Lowryder, Diesel Ryder, Blue Ryder and Easy Ryder strains (available at lowryder.co.uk/en/). Other companies have joined the fray as well, such as Dinafem with their Haze Automatic (dinafem-seeds.com).

I'm not sure about crossing auto-flowering

plants with each other, as I have yet to see a male auto-flowering cannabis plant. In theory, it should be quite possible to accomplish the cross, but I'm not sure what the benefit would be. There are now several choices of feminized auto-flowering seeds on the market, leading me to wonder if people will continue to pop regular beans in order to find more new, unique and interesting varieties.

As for feminized seeds, they're typically made by stressing female plants, forcing them to produce "male" flowers with no actual male genetic makeup. The results of pollinating a female with those grains are seeds that only contain feminine traits, although some will inevitably produce hermaphrodites as well without the proper stabilization efforts.

Storing Seeds

Hi there! I have a quick question about seed dormancy: How long and at what temperature should seeds be stored before attempting germination?

Ken

Dear Ken.

Josh

Seeds stored in a cool, dark place will last several years, but the refrigerator is ideal for longer-term storage. Make sure the seeds are fully dry, then place them in an envelope inside a jar with a desiccant (some people use uncooked rice) and put them in the vegetable

crisper if you're trying to extend their viability and germination rate. Avoid freezing them, as this can damage their cell structure, rendering them useless.

Feed and Water

How do I know when to feed my plants? They're in the flowering stage, and they always take about five days between waterings. Once the mix is about an inch dry on top, I usually soak them. Can I water a little bit every other day instead (one quart for each 3-gallon pot)? They feel heavy and full when I lift them two to three days after watering, so I'm worried about overdoing it. Will my plants get enough nutrients this way? Will I get more or less yield with more frequent watering? Any advice you can give me would help! I've been growing for three years now, but it's my first time with coco/perlite. Thanks!

El Dedo Verde

Dear EDV,

Watering and feeding plants is a tricky process, but once you get the hang of it, it can be rendered quite simple. The biggest rule is not to overdo it: Always err on the side of caution to avoid overwatering and overfeeding, and make any additions to your regimen in small increments.

If the plants feel heavy, leave them alone. If your containers feel light, it's time to water again. Cannabis plants appreciate both a wet and a dry period in order to achieve their highest potential, so giving them less water more frequently is better than soaking the root zone with long periods of time between waterings.

As for feeding, nutrients should be added with every other watering throughout most stages of growth. Your plants' needs during the vegetative stage are different than those during flowering. If their leaves are going slightly yellow, it's a sign that you're underfeeding them. Burnt tips mean that you went too far with the nutrients and need to ease up and flush out your medium with plain water.

Indoor Transplant

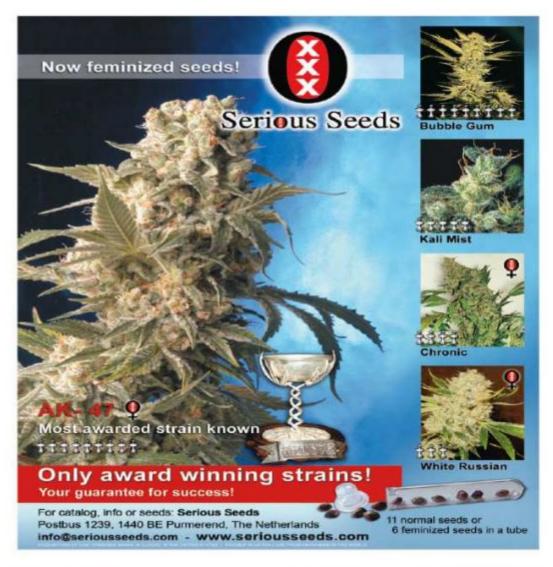
My flowering plants are obviously root-bound in their 1-gallon pots. How can I get them out of these and into bigger containers without hurting the roots and damaging the plants? Please advise!

Oregon Grown

Dear OG,

The best way to transplant your indoor plants is to water them thoroughly first, making sure to soak all of the soil mix in the root-bound plant's container. This keeps the mix from crumbling during the transplantation process and damaging fragile roots exposed to the elements.

Next, carefully turn the bucket over holding the main stem of the plant at its base, and gently coax the entire contents loose from the sides and bottom of the container. (Avoid banging in favor of light pressure to release the roots.) Add soil mix to the larger container to the level you need and center your wet rootball on top. Fill in the sides with mix, water it in, and then get the plant under your lights. **





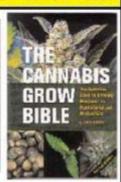


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There's a lot to understand when it comes to deciding on the correct lightbulb and ballast combination for your garden. New electronic and digital ballasts are competing with the traditional coir and coil (magnetic) ballasts when it comes to lighting setups. What is less known is that not every bulb is compatible with the new technology these electronic and digital ballasts boast. Cultivation editor Nico Escondido details the various options and the compatibility issues that both bulb manufacturers and consumers are facing.

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POT POLITICS

With Prop 19 on the ballot in California, and voters deciding on medical marijuana measures in Arizona, South Dakota, and Oregon, cannabis reform played a historic role in November's election. We examine the results nationwide and discuss the impact they will have on the marijuana movement as it moves forward.

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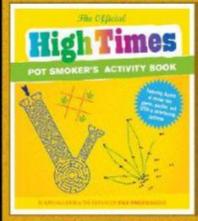






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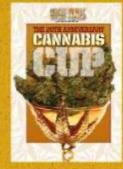


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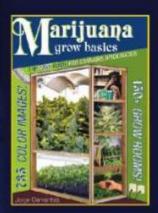
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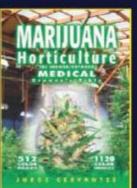
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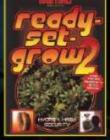
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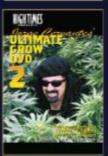
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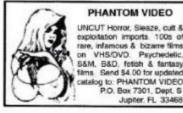
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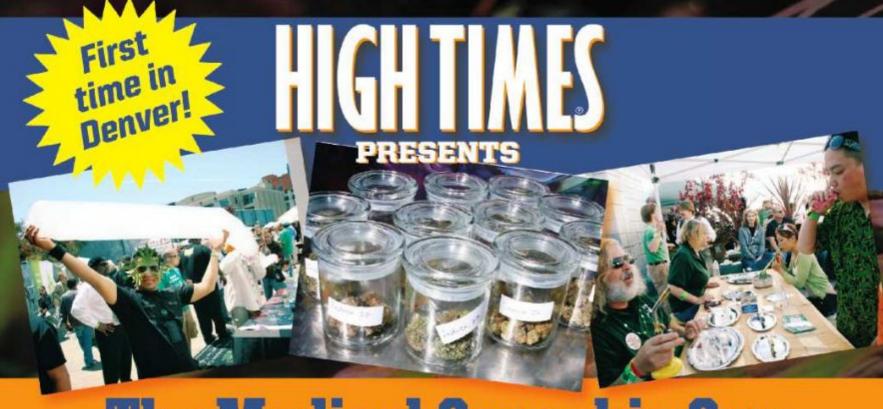
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