

# RVD420

Interview by David Bienenstock \* Photos by Danny Danko

**Most professional wrestlers know how to climb to the top rope and launch their body high in the air above a packed arena, ready to crash down upon an unwitting opponent, a concrete floor, a folding metal chair or even a well-concealed strip of barbed wire—but only Rob Van Dam can claim to do so while baked off his ass and wearing a psychedelic T-shirt with “420” emblazoned on the back.**

**Among the most accomplished athletes ever to enter the wrestling ring, Van Dam drop-kicked his way into the hearts of stoned grappling fans everywhere by proving that, while pot may bring inner peace, it doesn't prevent you from perpetrating some extreme acts of simulated violence for the roaring approval of the masses. Along the way, Van Dam has boasted individual and tag-team championship belts on both the WWE and ECW circuits, earning accolades not only for the technical skill he shows in the ring, but also the larger-than-life personality that makes him a star attraction in one of America's most popular spectator sports. No wonder fans at his earliest matches took to toking up in solidarity—right in the stands—while chanting “Rob smokes pot!”**

**Recently, Van Dam has added “marijuana activist” to his impressive list of accomplishments, which also includes action-movie actor, radio-show host and reality-TV producer. After accepting an invitation to the 2009 National NORML Conference in San Francisco last September, Van Dam took part in one of the most interesting panels of the weekend. In the wake of the furor over Michael Phelps's bong-smoking photo, RVD headlined a discussion on “Cannabis and Athleticism” that also included former NFL All-Pro lineman Mark Stepnoski and mixed martial-arts champion Toby Grear, which examined the links between marijuana use and championship-level athletic performance.**

**While all of the panelists reported that marijuana helped them in their sport careers, whether as a way to relax after competition or as a safe, effective pain reliever, only Van Dam described toking up right before entering the ring. He also recalled his no-less-confrontational turns as a pro-pot pundit, taking to the airwaves as a well-informed and no-nonsense proponent of legalization—including in a debate on MSNBC with Gen. Barry McCaffrey that left the former Clinton administration Drug Czar looking as stunned as a man who'd just had a two-by-four broken over the back of his head.**

**When the conference wrapped up, Van Dam graciously made time for a private session with his favorite magazine. Recalling the swell of new fans he earned following his first HIGH TIMES interview [March '99 HT], the highest-flying man in professional wrestling paused for a bit of medicating, then took our questions on pot, pro wrestling, and the precarious skill of combining the two.**

**Do you remember the first time you smoked marijuana?**

It was in Jamaica, on my 21st birthday, in a room full of wrestlers who were hitting this killer ganja while I literally held my head out the window to avoid breathing the smoke in. I don't know if you would call it “peer pressure” or “self-defense,” but these big Samoans were threatening to sit on my head, and they kept saying: “Hit it, pussy—everyone else is hitting it and it's not killing them! You can hit it once, you prima donna!”

So I hit the joint twice, and my first experience wasn't that great. I was staring at a wall—just could not quit staring at the fucking wall. And I got paranoid. But then I started reading about body builders who smoke to get focused before their workouts, and it made a lot of sense to me. And all these other wrestlers I knew smoked too, so it wasn't long before I discovered I could medicate and still get in the ring and wrestle.

**What made you try pot again after the first time?**

For me, it was hanging out with a friend who bounced at a bar in Tampa where I also worked. I was fresh out of wrestling school, had been wrestling for maybe a year, and I was at the stage in my career called “paying your dues,” which meant wrestling at the Exploritorium on Thursday nights for 35 bucks.

Meanwhile, I was bouncing at this bar, and the other bouncer used to say, “I'm not twisting your arm, but I'm gonna roll one and smoke one. You're welcome to sit in the car and talk with me or not.” I'd end up hitting it once or twice, and eventually I started to like the way it lifted my spirit. I was a giggly smoker—at first, I felt like I was doing



Rob Van Dam holds court during a 2009 NORML National Conference panel on "Cannabis and Athleticism."

## 'How did we get into this situation where the drug that's killing you is the one the doc prescribes, and the drug that's never killed anyone gets you locked up?'

something wrong; I used to have to lie to my girlfriend about it. Now, I look back on that and I think: "Wow, what a bunch of bullshit."

### How often do you get high? Ever been stoned during a match?

I use cannabis a few hours before wrestling to clear my mind, then do my extensive stretching routine, then I smoke again before climbing into the ring. At that point, my physical and mental distractions are no longer bothering me, and I'm ready to go out there and have fun.

Outside the ring, I'm what you call a functional 24/7 toker. I smoke around the clock—but then again, some days I don't smoke at all, and sometimes I go a few weeks without, if it's a conscious choice. It's that easy: If I choose not to smoke, I just don't. That's why I don't understand so-called marijuana "addiction." The really dangerous thing is that you can go to rehab for smoking pot and pick up a deadly cigarette habit.

### Have you ever used other, more dangerous drugs? Pain management must be a big issue for professional wrestlers ....

Back when I was eating muscle relaxers a lot, I found it somehow amusing that, at times, I couldn't even pick up a glass of water. I would literally fall asleep trying.

I quit that shit when a good friend of mine died

from eating Somas. I've lost so many wrestling friends in the past 10 years—mostly to drug overdoses. It seems silly now that I used to be amused at taking away from my own ability. I'd have fans screaming at night while I'm doing a running round-off to a back hand-spring moonsault—*BOOM! Hell, yeah!*—and then later on that night, I need people to help walk me to my room. Looking back on it, I'm like: "What an idiot!"

The big question is, how did we get into this situation where the drug that's killing you is the one the doc prescribes, and the drug that's never killed anyone gets you locked up? Most people have been brainwashed to think it's dirty to talk about marijuana, like it's pornography or something. But the people at the NORML conference, they *do* want to talk about it—and that's important, because marijuana prohibition is based entirely on lies, when, in fact, it's a wonderful, wonderful weed.

### How long have fans connected with you as a fellow cannabis enthusiast?

It all started way back in the day with the "RVD420 Means I Just Smoked Your Ass" T-shirts and the first HIGH TIMES interview. Ever since, there's always been a lot of fans who associate me with marijuana and have a high level of respect for me for being so vocal about it. That's something everyone should be genuine enough to do, but un-

fortunately, you stand out nowadays just by being genuine.

Before WWE matches when I first got there, they used to take down the 420 signs because security claimed they were "drug-related." When Ray Mysterio and I were tag-team champions, we had a move where I would pick him up and jump in the air and we would drop down with our legs landing on the opponent. We called it the 420 Leg Drop, and I remember having a conversation with Vince [McMahon] where he asked, "What does '420' mean? That's a drug reference, right?" And I said, "No, no, no ... it's '4' because there's four legs falling at once, and '20' because that's our combined shoe size—I'm a size 12, and he's a size 8—so we're dropping 420 on your ass."

### Do fans ever gift you weed?

Oh, yeah—especially back in the ECW days. Sometimes a fan would hand me a joint while I was high-fiving everyone in the front row. I'd snag it and hide it, and then hand it off to my manager and tell him to save it for later. But that was when my standards were lower. Since I moved to California, I've become a little bit of a pot snob, so I've got to travel with my own.

One thing that's really cool is, a fan blew a glass water bong with yin-yangs on the side and "RVD" on the bowl, melted into the glass—a really cool bong. I had it sitting on display in my house,

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**THE HIGH TIMES INTERVIEW**

RVD 4:20 means, "I'm about to smoke this bud!"

and my friend gave me so much shit about it. He was like: "Come on, dude, you're not even gonna use it? Do you know how bummed the guy that made it would be if he knew you had it just sitting there on the shelf?" So we pulled it off the shelf and packed it immediately.

**What do you like to smoke?**

I mostly like *sativas*, but sometimes I like *indicas* as well, and I also like to have a mixture of both. My friend owns a dispensary down in Venice Beach—a lot of times, I help him sample. He even named RVD420 Kush after me.

Usually, I select only top strains, like a Sour Diesel or a White Widow. Recently, when I was in Amsterdam, I enjoyed some Laughing Buddha, which was a 2003 Cannabis Cup award winner.

**How was your trip to Amsterdam?**

I thought I wouldn't like it that much. Since I live in California and can smoke freely at home, I figured that Amsterdam wouldn't be that big a deal for me compared to everyone else. But I loved it. Obviously, it's cool not to have to sneak in your medication before leaving the room. You can sit smoking in a café, or I even rented a bike and took a smoking tour of the city on two wheels.

And what an amazing city! I love the buildings that date back to the 13th century, and I love the canals. The fact that there's so many people, but they're not drunk and puking all over the sidewalk—Amsterdam's got

an excellent, neutral, tolerant energy. Even with the prostitutes in the windows, there's still families walking by, just looking at them saying: "Ya, that's prostitutes." It was like they didn't have as much hate, which is a cultural thing—being okay with your fellow human beings.

Plus, those European women were really pretty, too.

**What's the story behind your arrest?**

I got pulled over for speeding, and the car stunk really, *really* bad because I had a bag of some skunky weed in the center console. Cop smells it, goes through all our bags, empties everything we have out—and the whole time he's like: "I'm sorry, guys, I feel like I should know who you are, but I don't follow wrestling."

And I'm thinking: "Oh, really, motherfucker? Is that why I'm sitting in the back seat with my hands cuffed?" Anyway, when he called in the arrest, every other cop said: "Sorry, Rob, if it woulda been me .... " Just my luck to get busted by the one cop on the force that wasn't a fan—but then again, I think everything happens for a reason, and, to be honest, I needed the 30 days off from work [following my suspension].

And it also helped me make history—just like Michael Phelps. You *can* smoke cannabis and be a great athlete. I don't wanna hide the truth.

**How do you think Michael Phelps handled that incident? He certainly could have been more "genuine" about it instead of apologizing ....**

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RVD poses with NFL All-Pro lineman Mark Stepnoski and mixed martial arts champion Toby Greer.

Actually, I thought Michael Phelps handled it really well. He had millions and millions of endorsement dollars on the line. Kellogg's had already dropped him, and he was looking at Speedo and Rolex and Subway and Mazda—all the other sponsors he could have lost if he came out and said, "Fuck yeah, it was pot!"

So, instead, what he said was: "It was stupid." And it was—the whole thing was stupid. I really admire him for handling it that way. He said it was stupid and apologized, but he's never added any detail.

As a public figure with many young fans, what do you think parents should be telling their kids about marijuana?

I'm always an advocate for honesty. I don't have kids of my own, but if I did, I don't think I'd tell them there's a Santa Claus. I don't understand that.

I'm not judging other parents, but I think I'd be honest about smoking pot, and ultimately it would be nice to live in a world that supports that position. In the meantime, I would tell kids what to expect from other kids and parents, and I would firmly make a point that I do not believe *kids* should smoke cannabis. Their brains are like wet cement ....

What were your impressions of former Drug Czar Barry McCaffrey and

your televised debate?

It's surprising—Barry McCaffrey, who was someone in a position to make changes, said on the air that "If you're 40 years old and you're living in Oregon and you have 12 giant pot plants in the back of your log cabin, knock yourself out, but we've got to protect our kids" .... Of course, that's exactly why you regulate marijuana—so you can control it, tax it and keep it *out* of the hands of kids.

Meanwhile, I have never, ever heard one sensible reason why marijuana should be prohibited.

You're an incredibly active guy, both in the ring and out of it. Do you think the stereotype of the "lazy stoner" is starting to fade?

I definitely think so. Overall, more and more professional people are coming out, and that's changing the perception for everyone. I also hope people have started to use their brains more—and something called "common sense"—instead of just taking what they're told at face value.

Eventually, when all of the successful people who smoke marijuana come out for it, and everyone knows that it's safer than cigarettes or alcohol and that it's not addictive, then I think eventually people will start to finally respect their fellow citizens' personal choices. 🌿

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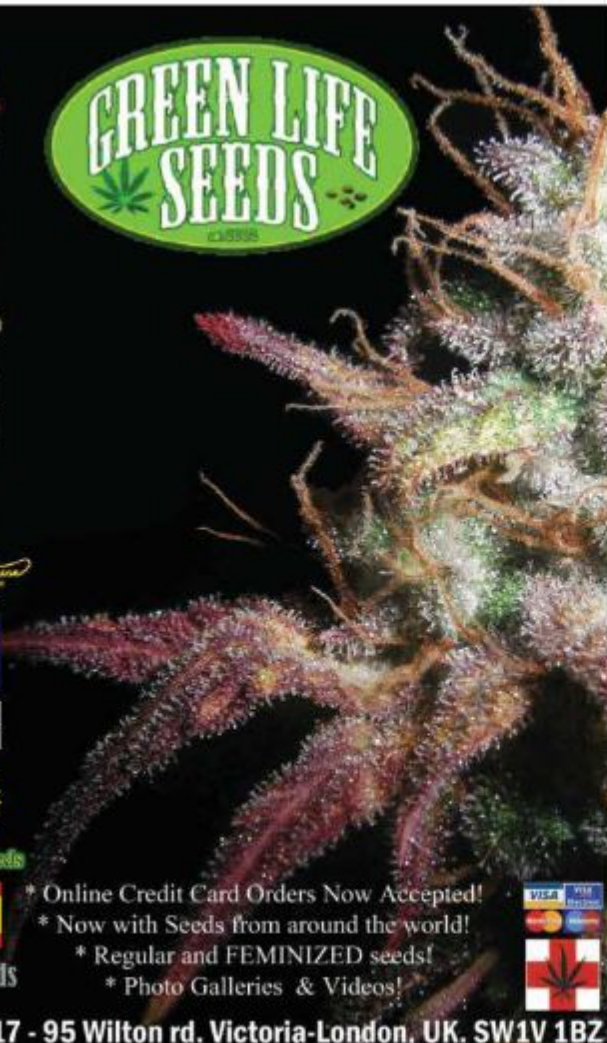
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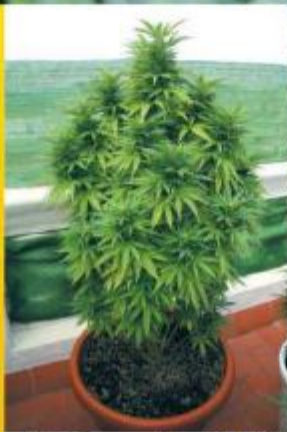
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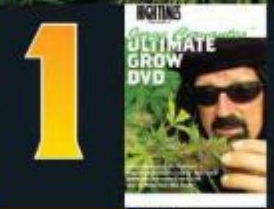
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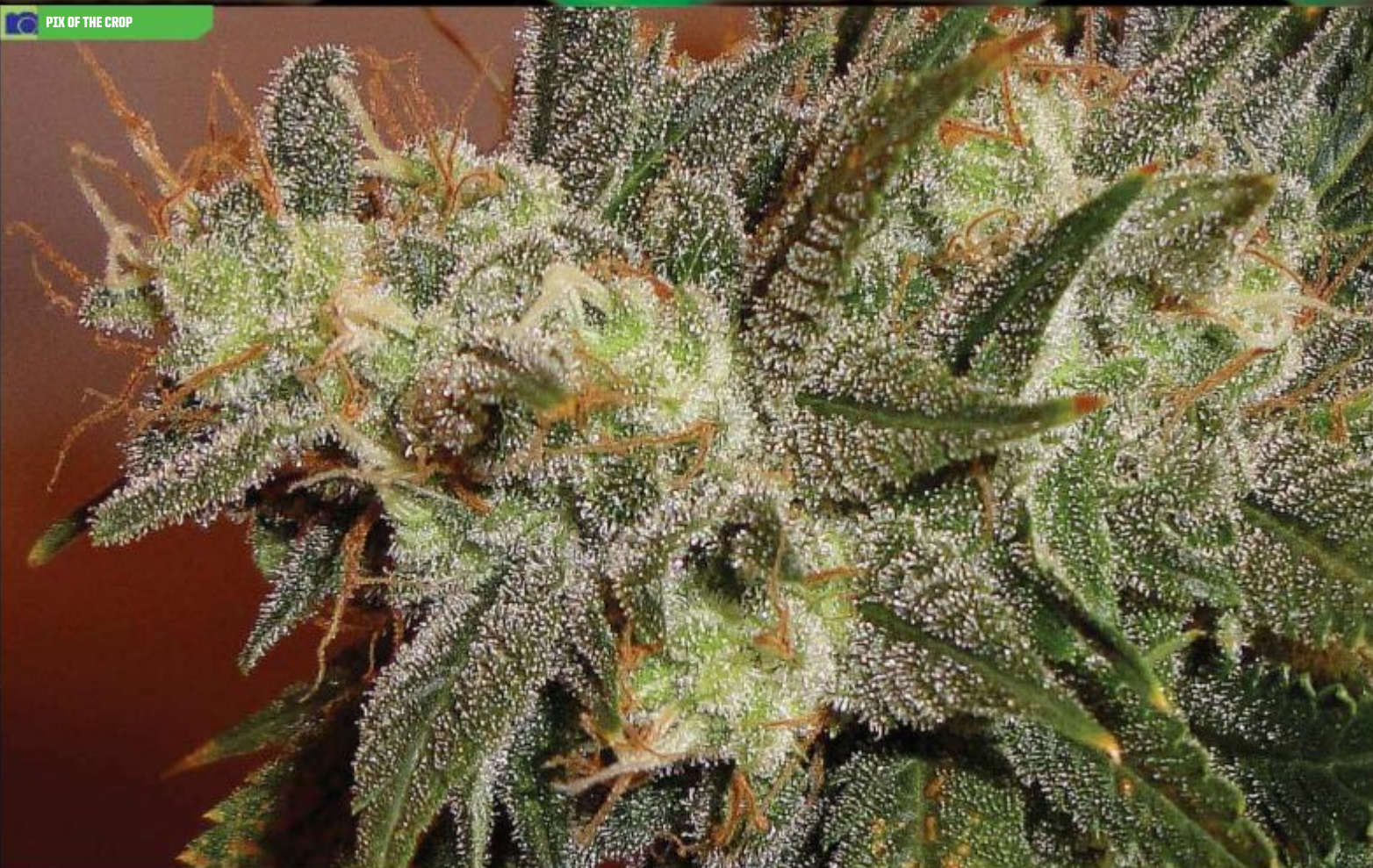
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**LAST KNOWN SURVIVOR (left)**

This one is the only one out of five that made it as a beautiful female. —Savior88

## **RISING UP**

Here's a pic of my set-up. I'd love to see it in the magazine. I'll be watching for it and have tons more I can send if you like. Thanx!—McDank





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BY NICO ESCONDIDO

# EVERYTHING MEDICAL & MORE

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!*

## Good Signs, Bad Signs?

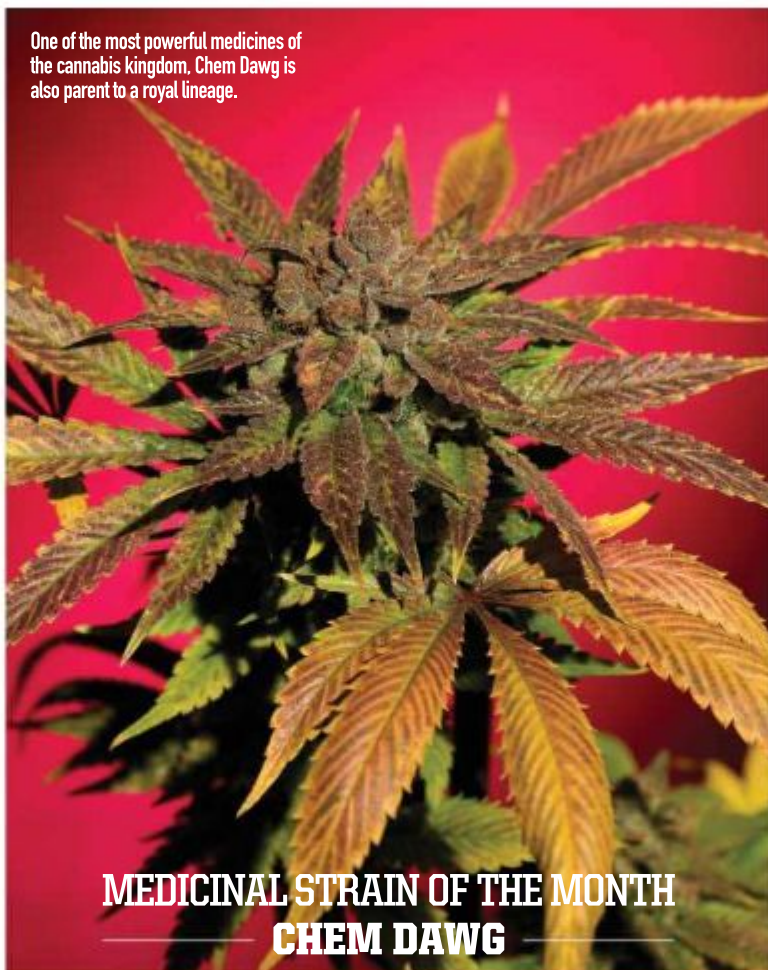
Perhaps the most intriguing news item to come out in recent months has been the discovery and subsequent isolation of the genes responsible for THC production within the cannabis plant by scientists at the University of Minnesota. Finding these genes opens a pathway to creating either entirely THC-free hemp plants for industrial purposes or plants with a *much* higher concentration of the psychotropic chemical. It's kind of like asking "Is the glass half-full or half-empty?"

While some proponents of the industrial-hemp movement may view this as a landmark discovery—enabling them to grow legal hemp without even the slightest trace of THC—others fear a virtual genocide of marijuana genetics, as governments around the world could conceivably begin implementing cleansing programs whereby manipulated genetics are injected into the world-wide cannabis gene pool, beginning a slow eradication of the sacred herb as we know it.

Of course, the latter notion is extreme, since it would be long, costly and ultimately impossible to accomplish—especially considering the safeguards put into place by millions of growers and breeders around the globe to protect their favorite ganja strains. Still, this development could have important consequences for both the medicinal and industrial use of cannabis. On the industrial side, for example, places like North Dakota have been looking to change state law in order to allow their citizens to raise hemp as a cash crop. The ability to create hemp that doesn't contain even the slightest amounts of any banned substance would thus allow North Dakotans to sow the crop without any change in the law.

On the opposite end of the spectrum, precise control of the THC

One of the most powerful medicines of the cannabis kingdom, Chem Dawg is also parent to a royal lineage.



## MEDICINAL STRAIN OF THE MONTH CHEM DAWG

It's about time that one of America's most popular cannabis strains graced the page of our medical column. Chem Dawg, arguably one of the most potent strains on Earth, has become a patient favorite—and for exactly that reason.

While numerous phenotypes of the strain exist—most notably on opposite sides of the country—the unmistakably raw aroma and flavor of Chem Dawg, combined with its powerful stone, keep it a very consistent medicine for treating various types of ailments. A member of the fabled East Coast lineage that also spawned the Kush and Diesel strains, Chem Dawg is easily cultivated on either coast, both indoors and out—and when it's grown in precisely controlled settings, such as beefy hydro systems with added nutrients, the THC count can be staggering, reportedly reaching the 30% level.

Chem Dawg's true roots begin in the Colorado Mountains, before it surfaced in a mysterious pot deal during a Grateful Dead tour. According to this scenario, a pound of weed was bought that contained exactly eight seeds. These were the legendary "Eight Magic Beans" that gave us the Chem Dawg, Kush and Diesel lines, among others. Whether or not the story's completely true, tons of research by various writers has found that the herb in that deal was from an area in Colorado where a primarily *indica* Chem line had been produced steadily for years, confirming that Chem Dawg (and related siblings) are indeed of predominantly *indica* genetics.

Chem Dawg has some of that sour-candy-like aftertaste that makes her super-sweet to smoke. Her stone is intense, and she serves well as a painkiller and sedative. However, Chem Dawg is not for the faint-hearted or the beginning smoker. So give fair warning to patients experimenting with her for the first time, as she might leave a bad first impression of pot to someone who would otherwise enjoy the experience of building up, incrementally, to something with the Chem Dawg's potency.

level found in pot could greatly enhance the medical-marijuana industry. Publishing in the *Journal of Experimental Botany*, the researchers note that they specifically targeted the genes responsible for generating the plant's

drug-filled hairs. By impairing or encouraging the growth of these hairs, scientists could conceivably gain precise control over the THC level in a crop.

Currently, this level is controlled through breeding and selec-

tion techniques, which makes marijuana less precise than most other medications when it comes to measuring doses. It should also be noted that THC is not the only psychoactive compound found in the plant. As we know, there are many other compounds in the plant—cannabinoids, flavonoids and alkaloids, as well as various oils and terpenes—that all contribute to the psychoactive effects of marijuana. Thus, much more research is needed before scientists could completely control the potency of a cannabis crop.

## A Last Word

With all the recent coverage, serious and frivolous, regarding medical marijuana and the need for regulations, restrictions and added scrutiny, one has to wonder just where, exactly, such sentiments are originating. Keeping in mind that it definitely is in the interests of every media outlet to keep all the debate and drama alive [it sure does sell], we, the mass populace, need to apply more of that scrutiny in reverse.

We need to ask, for example, who—aside from those who *benefit* from busting medical dispensaries (i.e., law-enforcement agencies and conservative politicians)—is really concerned with pot being legalized as medicine, or even as a recreational substance? As concerned and active citizens, it is the responsibility of each and every one of us to speak up more clearly to those who claim to serve public interest via fair and unbiased journalism.

For example, when we see a news report headlined "D.A. and Towns Call for Sanctions on Medical Marijuana," we must actively challenge—by phone call or letter—those news organizations reporting that misleading information: "Um, hello, news editor, when you printed 'D.A. and Towns Call for Sanctions', were you referring to all of the people in those towns? If so, which *accredited poll* were you specifically using to determine their views on medical marijuana?"

Calling news stations or writing editors asking them to cite their sources—or even publish an opposing view—is activism in its truest and most righteous form. Never be afraid to stand up and be heard: After all, it's your right and responsibility to defend justice and liberty, and this strikes to the very heart of those ideals! 🌿

Got medical questions? Pass 'em over to Nico at [nico@hightimes.com](mailto:nico@hightimes.com).

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Melissa.milam@state.nm.us  
(505) 827-2321

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[http://egov.oregon.gov/DHS/  
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## RHODE ISLAND

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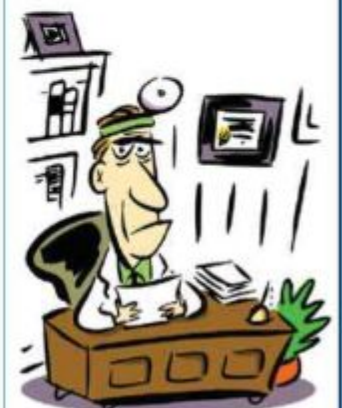
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# COOKING WITH TERPENES

What do you get when you mix weed and molecular gastronomy? **By Ashley Boudreaux**

I was horrified to learn recently that a friend of mine was regularly reusing the same cooking cannabis in two consecutive rounds of butter. This is bad. *BAD!* What's even worse is that people were convinced they were high after ingesting his ass-end batches of edibles. How can this be? It's not as if finely chopped marijuana jealously guards big, fat THC molecules in weird nooks and crannies, waiting for a second round of heat and butter to release them to the world. It just doesn't work like that. So what the hell is going on here?

Ganja is much more than just a delivery mechanism for delta-9 tetrahydrocannabinol (THC). There are hundreds of other molecular compounds in weed, and they work together in ways we're just beginning to understand. Take terpenes, for example: These are what makes weed stink—especially the *sativa* strains. Arjan's Green House Seed Company out of Amsterdam has done a major amount of research on terpenes, including charting the levels in different strains with head-space gas-chromatography equipment. (Hey, HIGH TIMES, I want a gas chromatographer, too—especially if they make them pocket-sized or pink.)

Anyway, weed contains a number of terpenes, and they all have different olfactory and biochemical properties. For example, limonene is responsible for the pine/citrus/eucalyptus notes in ganja; it's also present in citrus peel. Myrcene lends a rich, sweet, woody, fruity signature to herb; it's also found in mangoes and lemongrass. Alpha and beta pinene bring pine notes to the table; they also occur naturally in rosemary. Sabinene, which is also found in tea-tree oil, is the culprit behind peppery weed, while alpha-phellandrene has a minty taste.

Clearly, there's a world of possibilities when it comes to pairing cannabis strains with food for an

Pairing chocolate with weed is a delicious science.



enhanced taste and high—i.e., Haze strains would be much better than Trainwreck in a Vietnamese-style fish soup with mango and lemongrass due to their higher levels of sabinene and myrcene. Ganja with high levels of alpha-phellandrene or limonene would complement dark chocolate really well. Marijuana heavy on the pinene would work best with savory dishes. Hell, I could spend the rest of my life experimenting with this (and probably will).

The bottom line is that olfactory memory alone can trigger funky reactions in the brain—and, yes, some terpenes do bind to cannabinoid receptors. After all, cannabinoids are terpene-phenolic compounds in the first place, so it makes sense that certain smells and/or tastes would trigger mental expectations or responses in a person. It's a strong placebo effect, basically: People eat something that tastes like weed due to the terpenes, and some of their receptors light up like a pinball machine in anticipation, with or without the THC ...

**WHICH STILL DOESN'T MAKE IT OKAY TO COOK YOUR WEED TWICE!**

Now that *that's* settled:

## CHOCOLATE-COVERED NUT CARAMELS

14 grams weed, finely chopped  
2 sticks unsalted butter  
2¼ cups brown sugar  
1 cup Karo Lite syrup  
14 oz sweetened condensed milk  
1 tsp real vanilla extract

2 cups chopped walnuts or pecans  
12 oz chocolate chips  
Pastry brush  
Parchment paper  
Non-stick cooking spray  
Candy thermometer

First, combine the weed and butter in a double-boiler and simmer for one hour. Strain the vegetative matter out completely, squeezing to remove as much butter as possible. **DISCARD THE FUCKING WEED.** Lay out a long sheet of parchment paper (wax paper sucks, trust me), spray it with non-stick cooking spray, and put piles of nuts on the paper, at least two inches apart; the closer to the end of the sugar-cooking process you can do this, the better. In a heavy pot (preferably cast-iron), combine the butter, sugar, syrup, vanilla and milk. Stir constantly over medium-low heat, periodically brushing the sugar from the sides of the pot with a pastry brush dipped in water to prevent crystallization, until the temperature reaches 248°F. Remove from heat. Now spoon the caramel over the piles of nuts. Let cool completely.

Temper the chocolate in a double-boiler: You basically take two-thirds of the chocolate, heat it to 110°F, then remove it from the heat and stir in the remaining chips, taking the temperature down to about 88°F. The chocolate should have a nice gloss to it. Then carefully dip the caramel patties in the chocolate and cool them completely on parchment paper.

Stones the hell out of 14 people. Enjoy.

# Support for legalization is **growing**.



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# SITUATION NORML IN SAN FRAN

Grassroots say "Yes We Cannabis!" at the 2009 NORML National Conference. By Allen St. Pierre

Over 600 dedicated cannabis-law reform activists, medical-marijuana patients and legalization advocates packed the Grand Hyatt in downtown San Francisco this past September—along with every major drug-policy reform group and dozens of vendors and sponsors from all over the US and Canada—to make the 38th annual NORML conference the best-attended and most media-covered event in the organization's storied history.

Dubbed the "Yes We Cannabis" conference, NORML's annual confab took on a three-pronged focus: determining the best legal and business practices for cannabis businesses; promoting taxation and regulation in a post-prohibition world; and coordinating political strategies for the marijuana-law reform movement in 2010.

One sign of the movement's growing political maturity was the spirited debate among erstwhile allies of cannabis legalization in California, who were vetting three competing legalization initiatives and seeking support from the high-level activists and grassroots supporters at the NORML conference. Unlike prior cannabis-law reform initiatives, which have largely been bankrolled by billionaires, this next crucial round of advocacy in America appears to be funded by individuals directly affiliated with cannabis business.

Further, cannabis wellness centers appear to be leading the way to regulated cannabis distribution by complying with current California laws and focusing on the responsible, localized distribution of cannabis products. According to Harborside Health Center's



Rick Steeves speaks at the 2009 NORML Conference.

Stephen DeAngelo, this approach is currently making slow but steady progress toward the day when local law enforcement, elected officials, the media and the general public come to understand that cannabis distribution by, for and to responsible adults is commerce that should be embraced, not prohibited.

The conference also featured a keynote address by Harvard professor and *Marijuana Reconsidered* author Dr. Lester Grinspoon, plus forward-looking panel discussions on subjects like "Pot, Parents and Prohibition," "Putting the Mexican Cartels Out of Business," "Will Use Increase After Legalization?" and "Cannabis and Athleticism," which brought together current and former professional athletes who endorse cannabis, including mixed-martial artist Toby Grear, pro wrestler Rob Van Dam and NFL All-Pro lineman Mark Stepnoski.

Also in the vanguard (and never to be outdone), HIGH TIMES convened a very well-attended cultivation seminar featuring Senior Cultivation Editor Danny Danko's advice on growing monster-sized plants in the era of plant limits, as well as former Cultivation Editor Kyle Kushman's take on growing "veganic" pot indoors.

Did you miss out on this once-a-year extravaganja? Check out the conference audio, videos, photos and even purchase NORML 2009 "Yes We Cannabis!" apparel at [norml.org/conference](http://norml.org/conference). ✨

*Allen St. Pierre is the executive director of NORML in Washington, DC. You can reach him at 888-67-NORML.*

## Ask Dr. Mitch



Dr. Mitch, If I cross strains of cannabis in new ways, can I make a new species?

Carlos L.

Hi Carlos, The "species problem" has kept biologists busy since before Darwin's time. Generally, if you cross two living things and their offspring can't reproduce, they're two different species. (The mule, a horse crossed with a donkey, is almost always infertile.) Most cannabis is some combination of *sativa*, *indica* or *ruderalis*. Because these crosses are often fertile, some assert that they should be called *strains*. Individual differences among plants are delightful, but they don't lead to a new species.

Why is all primo weed called "kind" or "chronic" or "the dank" when, obviously, you never get the same stuff twice?

Miami Ed

Hi Ed, Alas, the underground market has no protection for trademarks. The trendiest names provide little information about subjective or medical effects. "Buzz words" are no guarantee of genetics. After legalization, products can be accurately identified.

Where'd the term "bogart" come from?

Peter Griffin

Hi Peter, Humphrey Bogart was famous for holding a cigarette in his mouth between drags. Inattentive, talkative folks who let valuable cannabis go up in smoke as they pontificate are prime examples of "bogarters."

Did ancient Africans smoke marijuana out of a hole in the ground?

Bo

Hi Bo, The plant hadn't reached Africa in ancient times, but by 1700 the Hot-tentots were supposedly smoking it. Some tribes made a dirt pile with a bowl in the center and a hole in the side to smoke from. I think the vaporizer is a clear sign of progress. By the way, the earth pipe you speak of is called a *jordhuga* and can also be created with snow. Check out the July '09 HT for a diagram.

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](mailto:420research@gmail.com).

## FREEDOM FIGHTER

### NORML @ UCF By Russ Belville

College has always been a place for budding activists (pun intended) to get their start, and there's no better example of college activism than the NORML chapter at the University of Central Florida in Orlando.

By systematically utilizing their university's funding for student organizations, these young adults have built one of the strongest college chapters in the NORML network, including an annual educational retreat at the NORML National Conference that's brought a large contingent of college activists over the past several years (pictured here at this year's conference with Madeline Martinez at the far left and Keith Stroup at the far right). And it wasn't just a "road trip" for these young activists, since the UCF students could be found eagerly attending every plenary and breakout session at the conference.

They've also secured funding to bring in guest speakers from NORML (including Madeline Martinez, Allen St. Pierre and myself), as well as speakers from Law Enforcement Against Prohibition and other notables like *Never Get Busted Again* creator Barry Cooper. The speakers are featured at regular Wednesday meetings that have been well attended by fellow students.

But NORML @ UCF's mission extends beyond the networking at conferences and the presentation of speakers. Every Monday through Thursday, they host an information table in front of the Student Union building. The group is also working on alcohol/cannabis equalization measures on campus and a "Good Samaritan 911" policy that will protect students from arrest and punishment for calling an ambulance for a drug- or alcohol-overdose victim. They are also joining the statewide effort to place medical marijuana on the ballot in Florida in 2010.

NORML @ UCF strives to make changes from within, and we're happy to note the recent election of the university's newest senator, Tyler Smith, the current president of the NORML chapter. Russ Belville hosts NORML's Daily Audio Stash podcast at [stash.norml.org](http://stash.norml.org).



UCF's contingent at the 2009 NORML Conference.

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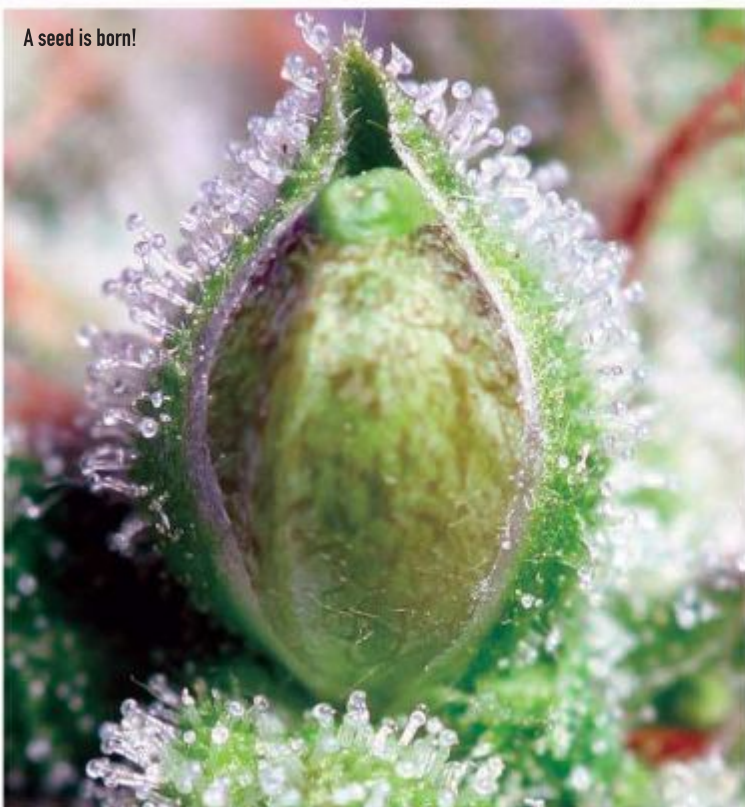
NORML.ORG

Meet Medicine Man, a ganja grower and med-pot patient who's creating cannabis strains chosen for their pain-relieving properties and tailored to lessen or even cure specific ailments.

Story by Danny Danko

Moisture is necessary for germination of cannabis seeds.

# Canadian Medical-Marijuana



A seed is born!

## Medical-Grade Seeds

After being injured in two separate horrific accidents, Medicine Man lost his job as a stonemason and almost lost his life. He continued to suffer from severe pain and headaches due to double post-concussion syndrome—until he read about cannabis and its possible benefits for people with certain serious brain or bodily injuries. Like many Canadians, Medicine Man had partaken in pot while young and had even grown some in the past, so he decided to give it a try.

He got a bit emotional as he recounted his discovery to me: “That was the day I turned from a victim into a medicine man. Now I show others how to make small adjustments in their lives to feel better and live more productively. I even run a nonprofit clone, seed and medicine shop via the Internet.”

Over the years, Medicine Man has become a proficient grower. “It took me three years of indoor growing to be able to achieve over a gram per watt per cycle,” he said, “and now I routinely grow 10- to 12-ounce plants inside. I grow all my indoor plants in 5-gallon buckets set up with individual drippers in order to get the biggest root systems. Each plant is tended to with the utmost care, love and good intentions; medicinal-grade cannabis must be treated properly in order to perform at peak levels for treating illnesses. I’m busy with the growing, breeding, and even mentoring several apprentices at a time, but it feels great to be able to help myself and others treat their ailments with truly healing cannabis.

“Because of this, all the strains I work with are chosen for their medicinal properties. My *indicas* are chosen to work for headaches, body pains and ocular pressure from glaucoma, while my *sativas* treat depression, nausea, and the inability to consume foods and fluids. It’s very important to know which ailments are being treated when deciding upon a cannabis variety—too many people give up after trying the wrong strain for their malady.”



A male plant will provide the pollen to create seeds within the female buds.



The strain called Concussion really packs a punch.

### Breeding Seeds

Medicine Man isolates a particular male—in this instance, MK-Ultra from TH Seeds—and uses it to pollinate a variety of females to make his first batch of seeds. These are grown out, and then a careful selection process determines which females he'll pollinate again using the same male. This procedure, referred to as "backcrossing," encourages favorable traits while ensuring that unfavorable ones are bred out. Hundreds of plants are sacrificed in order to find the special "keepers" for future breeding.

After the male has pollinated the females, the buds begin to fill up with seeds. Once mature, these buds will be dried and sifted to collect the ripe bud beans. Then they're labeled and ready for testing to determine their viability. High germination rates ensure healthy sprouts, and Medicine Man tries out all of his strains rigorously before releasing them to the market.

All of Medicine Man's seeds are intended to fill specific medical needs. With strain names like Painkiller and Concussion, he hopes to lead patients out of the dark and help them find the particular medicine they're looking for to soothe or heal their ailments. On his website, he even sells rooted clones of his strains and medicinal cannabis for qualified patients.

As we sat in his backyard smoking some spliffs of his BC Diesel (a.k.a. Ricky Simpson, nicknamed for the Canadian man who's curing cancer with cannabis, as detailed in the January 2010 issue of HIGH TIMES), Medicine Man became incredulous. "Canadians don't know this info!" he said. "We are the only country in the world with a federal medical-cannabis law, and yet only a small number of people are registered—less than 500 licenses! My advice to all Canadians in need is to get certified, get *growing!*"

# Seed Breeding

## Choosing Strains

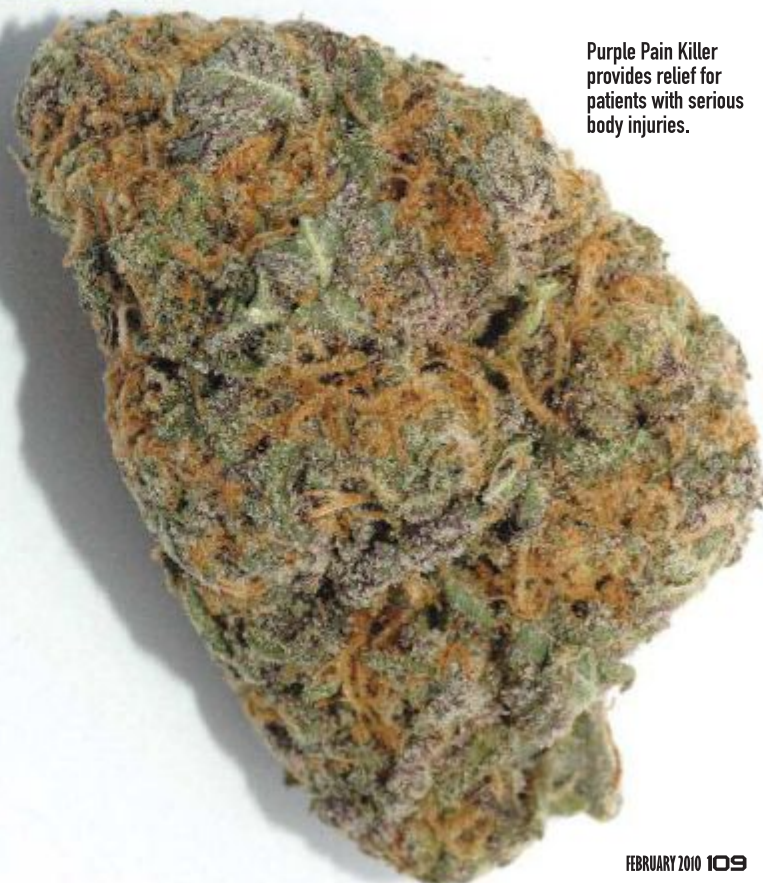
All serious cannabis breeders must select their parent stock carefully and pay scrupulous attention to details. As a pot-using patient himself, Medicine Man chooses his strains based upon his own personal experience and expertise. His company, Medical Grade Marijuana Seeds, will be releasing five to 10 varieties and is planning on some limited-edition F-1 hybrids every month as well.

"The first hybrid I worked on is called West Coast Super Sour Bubble Haze," he said. "The lineage is Afghani, Northern Lights, South American, Skunk, Haze and Indian. She smells like bubblegum and cures up to a nice sour-fruit taste. This one is extremely mite- and mold-resistant, but still a heavy yielder."

As for his current projects, Medicine Man provided the following list: "The *indicas* I'm working on include Painkiller and Purple Painkiller (both F-1 hybrids of pure Kushes—Pakistani and Afghani), Ultra Violet (MK Ultra x Purple Kush), LA's Finest (pure LA Kush), BC's Finest (Maple Ridge Medical cut x Lanley's OG Kush cut), Concussion (LA's Finest x BC's Finest x Purple Kush), Purple Nurple (Purple Kush x West Coast Super Sour Bubble Haze) and Bud Capital Kush.

"My more *sativa* varieties are Pineapple Express (the isolated and cubed Pineapple C-99 pheno), BC-99 (Pineapple Express x Afghoey), BC Sour Bubble Haze (BC-99 x West Coast Super Sour Bubble Haze) and Princess Shiva (BC-99 x Shiva Skunk)."

As for his preferred nutrient regimen: "I use only Advanced Nutrients for all my growing, because they are the only company that designs cannabis-specific plant foods. Plus they support the medical-marijuana movement, unlike some companies that profit from the growers but give nothing back and don't even acknowledge the cause."



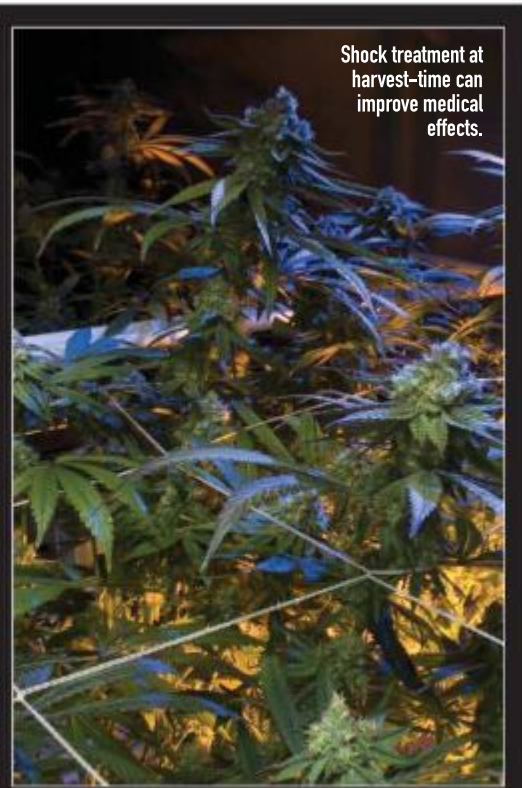
Purple Pain Killer provides relief for patients with serious body injuries.

# Canadian Medical-Marijuana Seed Breeding

The taproot extends from the seed. This sprout should be planted as soon as possible.



Medical marijuana dried, cured and ready to heal.



Shock treatment at harvest-time can improve medical effects.

## MEDICINE MAN'S SECRET GROW TIP: Shock Ripening

Add weight, density, resin, flavor and aroma to your garden by simply turning off the lights and giving your plants cold water and full darkness for the last three to five days before harvest. You'll be amazed at the amount of essential oils created in that short period.

You can follow Medicine Man's progress at [growyourownmedicine.blogspot.com](http://growyourownmedicine.blogspot.com). If you have questions, email him at [growyourownmedicine@hotmail.com](mailto:growyourownmedicine@hotmail.com). You can also contact the following: Vancouver Seed Bank, 778-329-1930, [vancouverseedbank.ca](http://vancouverseedbank.ca); the Medicinal Cannabis Dispensary, 604-255-1844, [cannabisdispensary.ca](http://cannabisdispensary.ca); Pro-Grow Hydro, 604-945-0174, [progrowhydro.com](http://progrowhydro.com).

### Where to Find Medical Seeds

After touring Medicine Man's growing and breeding facilities, we took a ride to Canada's premier seed retailer, Vancouver Seed Bank, now with two locations serving the needs of marijuana growers and users. We visited the original location on East Hastings; it's an amazing place, with a huge selection of seeds available for purchase as well as a toker-friendly lounge and a lovely outdoor garden.

On the same block, former Vancouver Seed Bank owner Dana Larsen has opened the Medicinal Cannabis Dispensary, a nonprofit organization that provides high-quality med-pot products to legitimate patients with a valid medical need. They've been open for over a year with only minimal police harassment, and they even offer a nationwide mail-order service for Canadians with medical-marijuana cards.

Dana joined us for a toké and explained his philosophy. "We celebrated our one-year anniversary in October, and we expect to have over 1,000 members soon," he said. "We're working on another location as well—but to be honest, I wish others would open more dispensaries here. There is a vast need—much more than we can handle on our own." The line of patients



Canadian cannabis crusader Dana Larsen at his Vancouver dispensary.

waiting inside the dispensary emphasized his point. I asked Dana what was typically available at the club. "We always have at least 10 strains of pot and hash, as well as many edible food products made with THC," he said. "There's also tinctures, oils, capsules and elixirs—I'm particularly excited about our cannabis-infused hemp oil, which we've seen working for sores, eczema, muscle pains and even severe headaches. No other clubs in Canada do mail-order, and I feel it's important that patients in the smaller towns and more remote regions get quality medicine as well. To that end, we're also going to start selling our clones by mail-order soon."

I took the opportunity to ask Medicine Man if he had anything else he wanted to mention, and he insisted on shouting out a local horticulture-supply shop called Pro-Grow Hydro in Port Coquitlam. "The owner, Karen, has a license to treat the symptoms of her multiple sclerosis with cannabis, and she's very compassionate to medical growers, providing consultations to help navigate the forms and regulations required for caregivers in Canada." Then he added: "We have a human right to cheaper, natural and more effective medicine. Corporations are a cult. Cannabis is the cure!" 🌿

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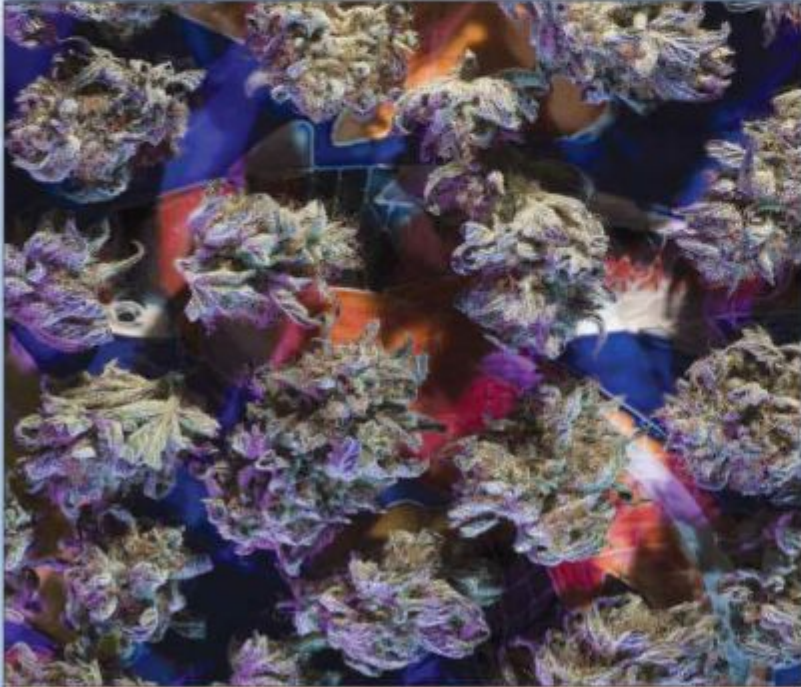
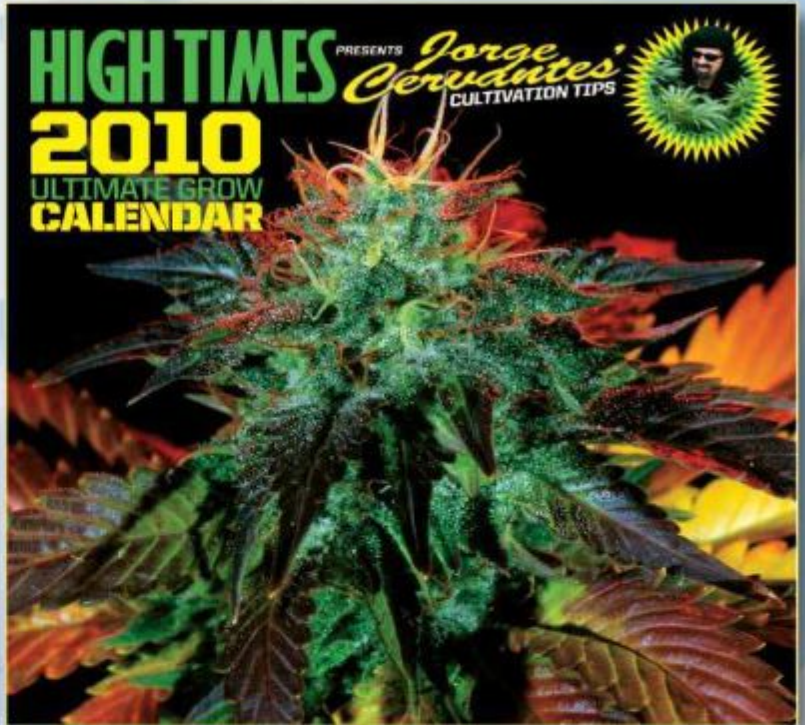
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# 2010 ULTIMATE GROW CALENDAR



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**OCTOBER 2010**

**INDOORS:** Harvest and seed collection are critical to your success. It's also a good idea to take notes and maintain a log throughout the month. After all, plants need to be monitored and watered and fed when outdoor weather isn't ideal. Changes could be abrupt or gradual. Tracking these factors and making timely adjustments will help you reach harvest by.

**OUTDOORS:** Harvest and seed collection are critical to your success. It's also a good idea to take notes and maintain a log throughout the month. After all, plants need to be monitored and watered and fed when outdoor weather isn't ideal. Changes could be abrupt or gradual. Tracking these factors and making timely adjustments will help you reach harvest by.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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### OUTDOOR GROW TIP

**Stop applying fertilizer 10-14 days before harvest and put your flowering plants on a diet of plain water.** This will give them enough time to use up the bulk of the fertilizers already available within the plants and soil. Stop watering three to four days before harvest.

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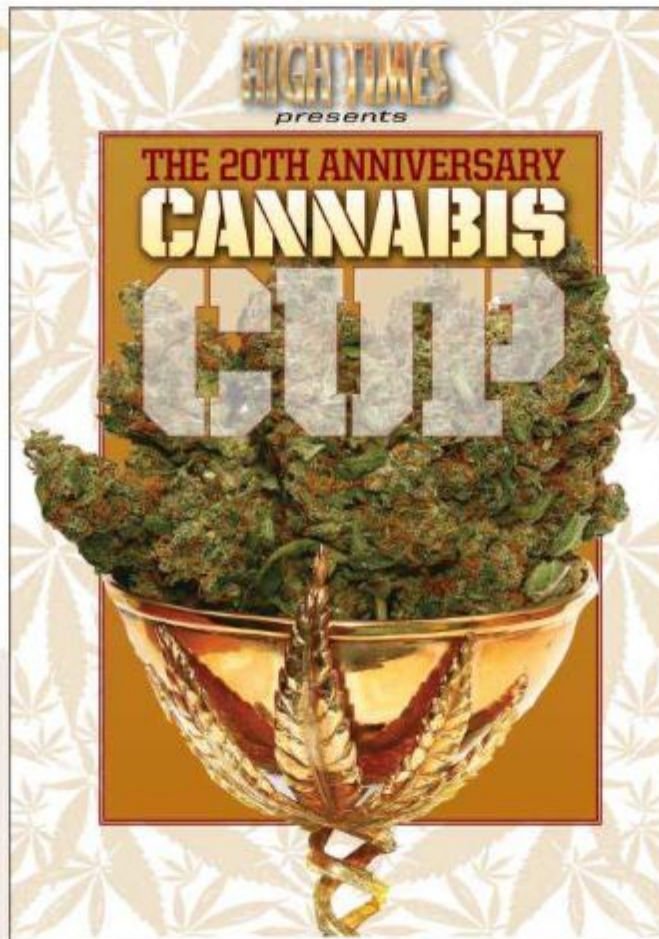
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BY DANNY DANKO



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*Contact: Volo Trading, volotrading.com, 877-603-2035; 1 Percent, 1percent.com, 800-930-hemp; Capt'n Ed's Smoke Shoppe, Van Nuys, CA; or Third Eye Pipe Shoppe, 503-449-4040*

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### ROOT JUICE

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*Contact: Advanced Nutrients, 604-854-6793, advancednutrients.com*



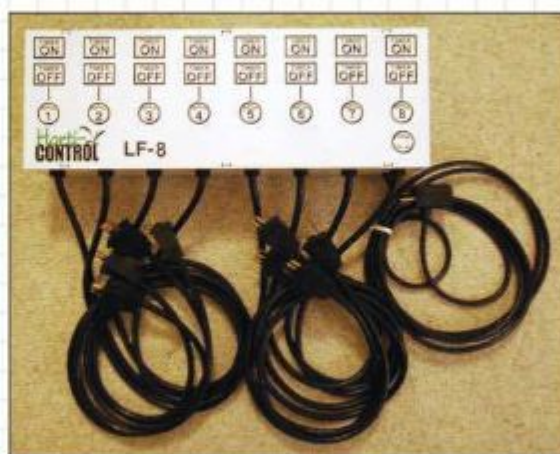
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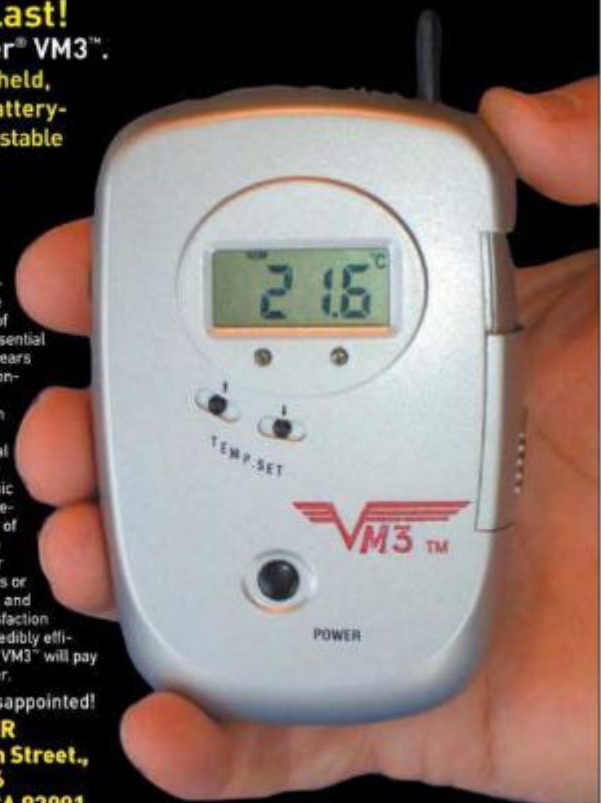
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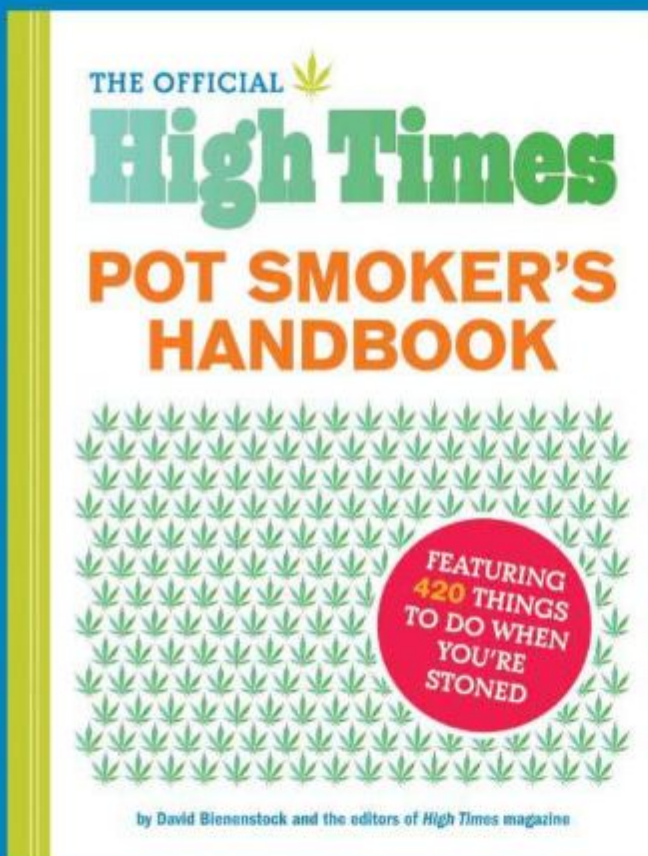
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These buds are laid out for the photo but will be dried and cured in a dark place, away from sunlight.



## DEAR DANKO

ANSWERS BY DANNY DANKO

### WHAT'S THE CURE?

What's the best way to properly cure my harvest after chopping it down?

*Outdo' in Idaho*

Dear Outdo',  
Farmers who overlook the curing process do a great injustice to their pot produce. Curing slowly "sweats" moisture from the inside of buds that may appear dry on the surface. Removing this moisture—along with the excess chlorophyll that gives fresh pot its unpleasantly harsh "green" flavor—makes for better-tasting and better-burning buds.

Several important factors determine the perfect cure. Chopped branches should be hung to dry for at least four days, depending on the humidity at harvest time, and preferably for more than a week. When the trimmed buds feel popcorn-dry on the outside and the stems crack when bent, it's time to jar up the colas. Use sealable glass jars and check on them often at first. It's amazing how much moisture is still deep within your buds; within hours of jarring "dry" nugs, they will feel moist again.

The best cure is always a slow cure. The most important thing to avoid is letting the buds mold due to too much moisture in the jars. Jars left in a cool, dark place for several months will

provide a smoke with all of the hallmarks of properly cured pot: a smooth, earthy and pleasant taste and a light white ash. You never need to keep relighting joints of well-cured weed—they burn clean, without the coal-like properties so often found in commercial crops.

Remember, growers: Don't give up so close to the finish line. Be sure to cure!

### NEW BREED

I'd like to start by saying that I've been a fan of HIGH TIMES for about two years now. I recently completed my first grow with the help of your magazine and especially Jorge Cervantes, who I'd say is a pioneer in the cannabis world. My work and education paid off, and I got some good smoke—for the "Show Me" State, anyway.

I'm ready to try round two now. I have a plan, but I'd like to hear from the professionals before I get started. The strains I've chosen are Lowryder #2 (feminized), Easy Ryder (feminized), Maui Wowie and Blackberry. I want to cross the Maui and Blackberry with both auto-flowering strains, and my question is: Will two regular strains crossed with auto-flowering strains produce a stable new strain? I have Jorge's "medical-grow bible" and about 25 issues of HT, but I haven't experimented with crossing strains yet. I'm defi-

nately an amateur, but working towards having the best I can produce with my very own hands. I'm forever grateful for any advice you guys may have for me and will always be a true fan. Thanks!

*Curtis in Missouri*

Dear Curtis,  
Breeding cannabis requires knowledge and practice as well as a keen eye for favorable traits. Your proposed crossing of auto-flowering and feminized strains with regular ones will most likely result in only muddying the cannabis gene pool. Some of the progeny from this cross will behave like one of the parents, while others will show a wide variety of traits, making for a confusing set of children that will probably be quite unstable and not result in the kind of genetics you're looking for. It would take several generations of backcrossing to stabilize these varieties, so I suggest that you leave that to professional breeders and choose the strains you want to grow from the wide selection of available seeds and clones already in existence.

### BUD MOLD

I'm having a problem that I hope you can help me with, and that problem is mold. We've had



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DEAR DANKO

This growbox, displayed at the Vancouver Seed Bank, supports a variety of cacti.

six straight days of rain here, and my girls are starting to develop rot in some of their buds. Is there anything I can do to stop it? I was hoping for three more weeks before harvesting. Help!

*P-Brown*

Dear P-Brown, Unfortunately, if the weather conditions that you describe persist, your only real option is an early harvest. Consistent rain will only encourage more mold, and your buds will continue to rot—worse, at an accelerated pace now that the fungus has a foothold.

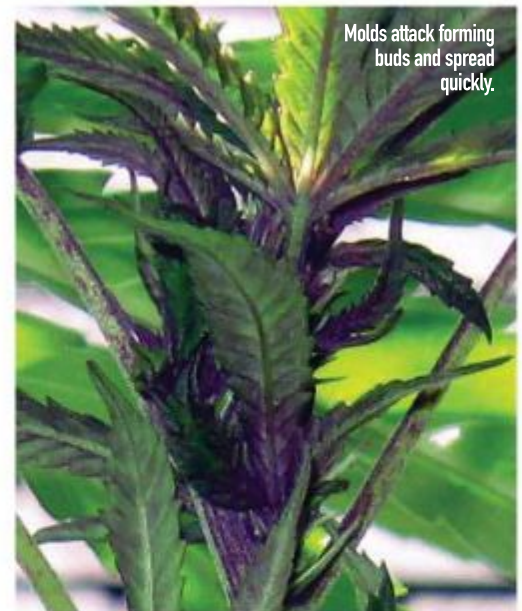
Cut down your plants immediately and take care to prune out any moldy patches before drying. Use a dehumidifier in your drying chamber to discourage any remaining mold from spreading, and consider yourself lucky that the damage was minimal—many farmers have lost whole cannabis crops due to excessive moist weather in the fall. Also, remember that you should never smoke or distribute buds that you suspect of being moldy.

### GUANO KNOW?

I have a question about the article "Subcool's Super Soil" in the March '09 HIGH TIMES: Does he use Peruvian bat guano, which is high in nitrogen and phosphorus, or a bat guano that is rich in phosphorus alone?

*Hockey Carl*

Dear Hockey Carl, I contacted Subcool, who was still grinning from getting his first HT cover with his incredible



Molds attack forming buds and spread quickly.

Space Bomb strain, and this is how he responded: "I use Peace of Mind Guano geared to blooming with a higher phosphorus count (0-4-0). I get my nitrogen from the worm castings and blood meal that we add at the beginning of our soil-making process." Thanks, Subby!

### GOOD TIMER

Hey, I'm a big fan of HIGH TIMES and I just had a question. I've grown outdoors before and had a very successful crop. Now, I'm just starting my own crop indoors, and I was wondering how soon it will be before I need a timer. I don't have one

yet, but my plants are quite young. Still, I don't want to screw up the growth process by not giving them the proper lighting.

Aiden

Dear Aiden,

You don't need a timer immediately—your plants are still in their vegetative-growth stage, and anywhere from 18 to 24 hours of light is acceptable during this period. However, as soon as you're ready to begin flowering them, you will need a timer to ensure that the plants receive the 12 hours of light and 12 hours of uninterrupted darkness necessary to induce fruiting or "budding." So be sure to invest in a reliable timer before you induce flowering.

### MALE ENHANCEMENT

Love your website, hightimes.com! I have three male plants in my indoor garden. Can I cut the male stigmas (with pollen balls) from them to keep them from pollinating my females? If so, when should I cut them off? Right now, everything is two weeks into flowering.

Jim

Dear Jim,

I'm not sure why you would want any male plants in your garden. It doesn't sound like you're experimenting with breeding, so my only advice is to get rid of the males as quickly as possible. Male cannabis plants are no good for smoking, cooking or hash-making, and their only excuse for being in the growroom is if you're planning on pollinating your females during a seed-breeding project. Otherwise, kill them as soon as you can, with extreme prejudice, and hope that no pollen sacs released their genetics to seed and spoil your crop.

### GROW BOX

I'm a new grower with a question. Because I have an 8-year-old son, I want to use a lockable grow cabinet in a separate section of my house. I'd prefer to grow some *sativas*, as I like them better. Is it possible to grow them efficiently in a cabinet that's 3.5 feet in height, or should I get a taller unit?

Mark

Dear Mark,

*Sativas* can be grown out in cabinets, but there are several factors to consider. First, you should induce the flowering process earlier in order to keep the plant from stretching too tall. Second, be sure to purchase a taller unit to ensure that you have enough room to grow out a longer-flowering and lankier variety. Third, look into pruning techniques to keep the canopy at a manageable level.

But there's one more thing that you should absolutely consider, and that's the risk of growing pot with an 8-year-old child in the house. Unless you're protected by a medical-marijuana law in your state, you're risking not only your freedom, but also the custody of your son. Unfortunately, we live in an age when allegedly well-meaning authorities take it upon themselves to tell us how we can and can't raise our children. I've heard too many horrifying tales of Child Protective Services taking farmers' children away from them after a bust not to inform you of the possibility. Good luck!

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**HALOGENS**

Hi! It's my first time growing, and I started by germinating two seeds. I'm using a 500-watt halogen bulb, but when I put my hand near the light, it's really hot. How far should I keep the light away from my pot? And is this light good for growing?

*Smokey*

Dear Smokey,  
Halogen bulbs are *not* good for growing marijuana: As you've already noticed, they give off too much heat and not enough of the lumens necessary to properly flower plants. I highly recommend either high-intensity discharge lighting, such as high-pressure sodium (HPS) or metal halide (MH) lamps, or the newer compact fluorescent lights available specifically for growing plants. LED's are also showing some promise in terms of efficiency, but the technology is expensive and still developing.

**MUM'S THE WORD**

Danny, I was wondering if growing a few Dalmatian chrysanthemums in my garden would act as a natural insecticide? The pyrethrum sprays, though effective, also burn my plants every time I use them. Thanks!

*Will*

Dear Will,  
"Companion plants" have been used for centuries by farmers who understand their unique benefits in the garden. Some of these plants repel insects, while others provide available nitrogen as cover crops. Diversity is important in all gardens in order to keep pests or diseases from gaining a foothold, as they do in the typical monoculture environment.

Dalmatian chrysanthemums contain natural pyrethrums that repel and even kill many of the insects that prey upon our prized plants. Growing them among your cannabis will definitely help deter pest activity, but remember that pest control is a multilayered process. Some other companion plants helpful around cannabis are marigolds, chamomiles and cabbages.

Try diluting the pyrethrum sprays if you continue to use them. Also, rinse them off your plants with plain water within an hour of application to keep from burning the leaves.

**I NEED A MIRACLE**

I have a plant that's two and a half weeks old. When it first came up, I put some Miracle-Gro

on it, and now the leaves are curling up on the outer edges. What happened?

Jnos45

Dear Jnos45,

You have overfertilized your plant. Miracle-Gro and similar chemical-nutrient brands are sold in a concentrated form and must be diluted before applying to young plants. I wouldn't recommend these products for cannabis, as they are not organic and are very easy to overapply.

First, flush the plant with plain water and make sure that plenty of it runs out the bottom of your container. (Some people like to do this in the shower, since it's easy to drain and keeps things from getting too messy.) Next, get yourself some organic nutrients—or, better yet, learn to brew your own compost tea—and you'll be well on your way to healthier plants and better-quality marijuana.

### CHOOSING MOMS

First off, I just want to say how awesome you guys are—I could only dream of doing the kind of good work that you do. Okay, so I just finished reading "Selecting the Perfect Clone Mother" (HT July '08). The article states that you're going to tell me how to perform an experiment to get a kick-ass mother plant. Then it goes on to say that you plant from seed in soil, use a fluorescent light for 25 to 30 days (till they show pre-flowers), dump the males and move to a 12/12-hour light schedule using an HPS lamp. Then you flower for 55 to 65 days, chop the plants down, and smoke them to get a feeling for what kind of nugs you'll be expecting to grow. Okay, simple enough; and the plant that has the traits you like, you want to clone—nothing new here. But how do I clone a plant that I just chopped down after weeks of flowering? I'm not trying to put you guys down, but I bought that issue of HIGH TIMES because I have some Purps coming in from BC Bud Depot and I want to get the best phenotype. So I actually want to know: How can I clone a plant that I have already harvested and smoked?

Thanks for your time,

C. Cuz

Dear C. Cuz,

Sorry for any confusion, but the article—written by HT contributor Mr. Hades—refers to testing the clones grown out from mother plants, not the mother plants themselves. In other words, seeds are planted and grown out, and then cuttings are taken of these vegetating plants. It's the cuttings that are flowered out for testing, but the original seed plants remain in their vegetative state in order to keep them producing clones.

You can also flower the seedling and keep a clone of it as the mother plant, but it's very important to label the moms and clones properly so that you know which ones correspond to each other. That way, you can test out the buds before you decide which ones to hold onto for your future projects. And always keep a cutting or two from your seedlings just in case you happen to find an incredible phenotype that you'd like to continue growing and smoking. \*

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**GROW QUIZ**

# HIGH TIMES MONTHLY GROW QUIZ

Calculate your cultivation HIGH-Q with our monthly grow quiz, featuring highly educational questions for beginners and experts alike.

- 1) Maximizing overall yield in a marijuana garden requires \_\_\_\_\_.
  - a) growing top-quality cannabis genetics
  - b) using fertilizer in the proper amounts
  - c) carefully regulating temperature and water
  - d) all of the above
- 2) Washing your hands and clothes before entering an indoor growroom helps prevent \_\_\_\_ from infecting your plants.
  - a) spider mites
  - b) nitrogen burn
  - c) light deprivation
  - d) seasonal depression
- 3) High-intensity lights require a \_\_\_\_\_ to regulate the flow of energy to the bulbs and prevent burnouts.
  - a) hood
  - b) power booster
  - c) ballast
  - d) toggle switch
- 4) After a rainstorm, gently shake your outdoor plants to remove drops of water that can cause \_\_\_\_\_.
  - a) root decay
  - b) bud mold
  - c) hermaphrodites
  - d) stunted growth
- 5) A strain's "flowering time" refers to how long it typically takes to \_\_\_\_\_.
  - a) grow from seed to harvest
  - b) vegetate before the buds can form
  - c) grow buds to maturity
  - d) turn from buds to seeds



**BONUS QUESTIONS**

- 6) Identify this strain.
- a) Trainwreck
  - b) Purple Kush
  - c) White Rhino
  - d) Grape Ape



- 7) These plants are ready for \_\_\_\_\_.
  - a) cloning
  - b) harvest
  - c) vegetative growth
  - d) smoking



- 8) This device measures \_\_\_\_\_.
  - a) pH
  - b) fertilizer in parts per million
  - c) light intensity
  - d) THC content

Correct answers: 1. D, 2. A, 3. C, 4. B, 5. C, 6. C, 7. C, 8. A

**JANUARY GARDEN CALENDAR INDOORS**

Regulating humidity in the winter requires constant monitoring both day and night—particularly in homes with heating systems that go off and on. Electric furnaces will lower humidity while they run, but gas and oil furnaces raise humidity. Also, check all vent openings to make sure that cold air from the outside isn't leaking back into the growroom, and spend extra time examining the undersides of leaves for pests and diseases, which find your warm, humid garden an oasis during the winter.

Also, keep in mind that any aromas leaking from the growroom will also be most noticeable in the winter months, so perhaps it's time to replace that old charcoal filter?

Winter is the best time to grow indoors.



**OUTDOORS**

The short, frigid final days of winter provide an ideal opportunity to fertilize your mind with some new grow information. Head to the library, bookstore or Internet, or pull out that old stack of HIGH TIMES from the back of your closet; odds are that you'll learn something invaluable that can be applied to next season's gardening endeavors. Most cultivation information—but not all!—applies to any kind of plant you're growing, so don't be afraid to read a book on general organic outdoor gardens and see what you can find

to use in your own efforts.

Remember, the only true cultivation expert is the one who knows that there's *always* something new to learn!

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When it comes to growroom security, a cannabis-protecting canine can't be beat. Whether indoors or out, the presence of a large but obedient dog acts as a powerful deterrent to anyone who may consider entering your private areas with ill intent. Also, should some uninvited guest stumble upon your precious secret, a barking dog will simultaneously chase them from the scene and alert you to the intrusion. Plus, a dog isn't considered a weapon, can't be compelled to testify against you in court, and will provide the kind of faithful companionship that growers require while watching the grass grow. 🌿



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## OUR SMASHING GLASS EXTRAVAGANZA!

Come graze in the glass as we celebrate the outstanding smokeware of 2010. This year, we've assembled the glass world's finest artists to dazzle your eyes with pot-smoking finery commissioned exclusively for HIGH TIMES. Read about what drives the top glass artists to greatness. Also, a star glassblower offers up an inside look at the modern glass-smokeware renaissance.

## OUTDOOR HARVEST DREAMS

HIGH TIMES climbs deep into the Northern California hills to bring you eye-witness reports on this year's bountiful outdoor harvest. When you see strains like Blue Dream, NYC Diesel, Trainwreck and OG Kush grown out to the size of Christmas trees, you'll understand why they call this place the Emerald Triangle. Senior Editor Chris Simunek reports from the field—actually, from many fields.

## ON THE ROAD TO MOROCCO

Moroccan hash is loved by all; there's something about its flavor that can't be beat. So we sent Cultivation Editor Nico Escondido to Africa to take a new look at one of the world's largest hash-producing regions. What did he bring back? Tales of ganja fields, police misdeeds, bribery and heavenly tokes of hash. Follow Nico into smuggler hideaways in his quest to get inside an actual Moroccan hash den!

## MASSIVE GROW TECH NOW!

One of our top cultivation correspondents goes undercover to get the goods on the most technically advanced, fully automated and futuristic indoor marijuana-farming system he's ever seen—one that's as stealthy as it is productive. Your garden will never be the same!

## LEGALIZE IT!

The momentum to reform marijuana laws has never been greater, including big plans for a full-on legalization initiative in California in 2010. Want to get involved and help free the weed once and for all? Start with HIGH TIMES' official guide to the marijuana-legalization movement!

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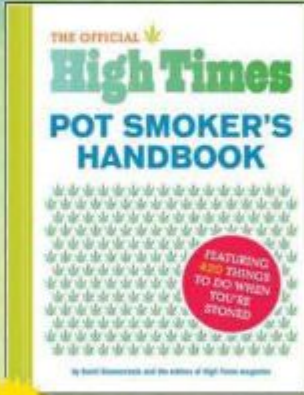
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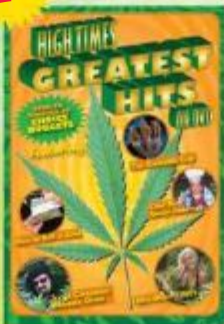
## NEW RELEASES



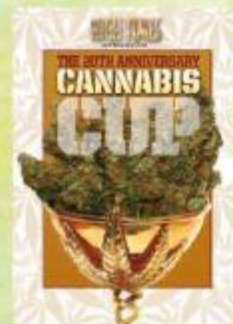
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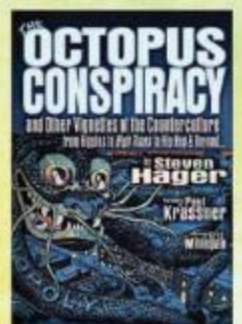
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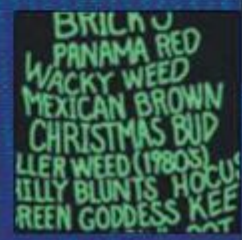


**OCTOPUS CONSPIRACY**  
*The Octopus Conspiracy and Other Vignettes of the Counterculture from Hippies to High Times to Hip Hop & Beyond.* Written by Cannabis Cup founder and editor at HIGH TIMES for almost 20 years, Steven Hager. This book takes you deep into the fomenting cultural waves that few get to experience personally. \$19.95

## POSTERS

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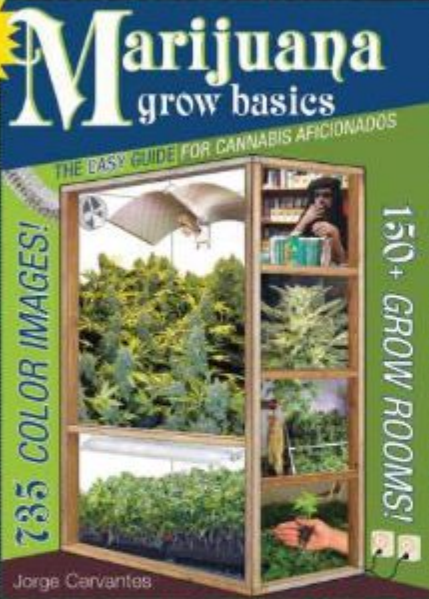
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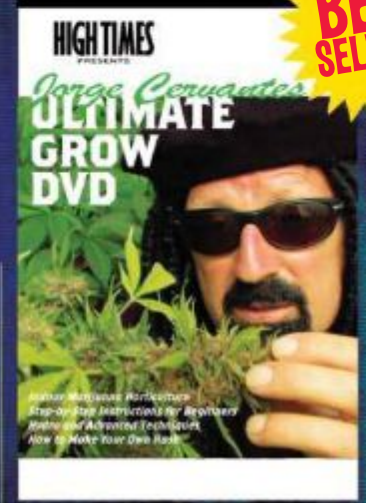
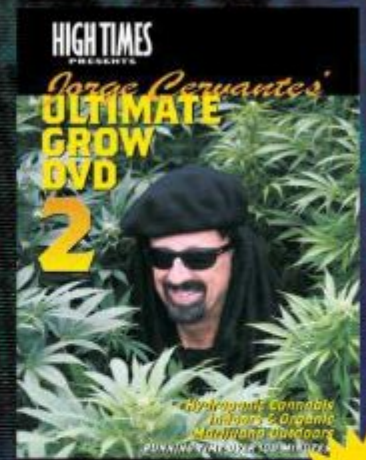
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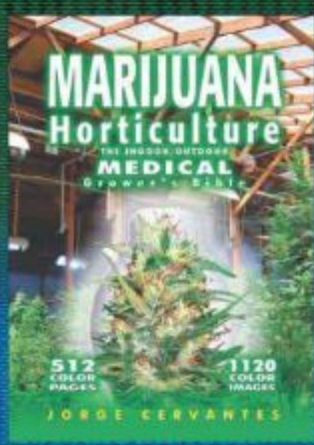
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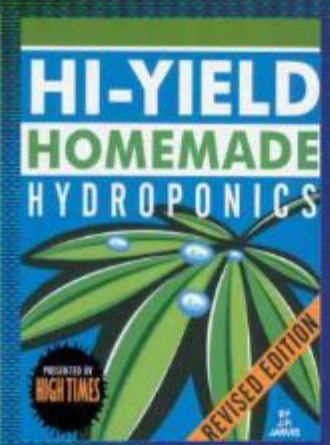
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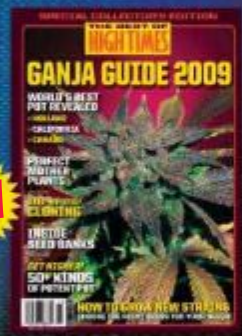
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- 20 **SWINGERS** DOUBLE YOUR PLEASURE DOUBLE YOUR FUN!
- 21 **Reefer VAMPIRES** ...in SEMO
- 22 **REX HAVOC**
- 23 **VENDETTA** IS FOR ONE HELL OF A KICKASS FILM!
- 24 **GENERAL REV.**
- 25 **PSYCHONAUTICS**
- 26 **GLOBAL MARIJUANA MUSIC AWARDS 2008 BEST FUNK SONG "LIGHT 'EM UP" FEATURING AFROMAN AND AMERICAN MARIJUANA AWARDS BEST POP SONG & SONG OF THE YEAR FOR 2009 "BROTHER CAN YOU SPARE A DIME" ARE NOW AVAILABLE FOR 99¢ ON I-TUNES & CD BABY!**
- 27 **ECRG**
- 28 **Charles Bronson**
- 29 **Headmost** POSTERS
- 30 **I WANT BUDZ**
- 31 **Chef Vin Jovi's MAGIC WEED COOKIES**
- 32 **STANKY BUDS** FROM CAROLINA
- 33 **GIRLS IN FISHNETS & GUYS IN EYELINER!!**
- 34 **BRUNCH** at Chef Vin Jovi's
- 35 **QUADZILLA**
- 36 **MYKAT!** ATE MY STASH! HAD TO FOLLOW HER AROUND WITH A BAGGIE FOR TWO DAYS 'TIL I GOT IT BACK!!
- 37 **GRASSHOPPER, YOU MUST LEARN TO SEPARATE THE PRIMO BUDS FROM THE LUMBER OF LIFE!** -Master PO
- 38 **COOL LITTLE APP ON FACEBOOK FOR PASSING JOINTS TO FRIENDS...NOT SOME CHEESY READY-MADE GIFT APP - FUN RANDOM ROLLS, ROLL PINNERS TO SCOOBY DOOBIES IF ALL YOUR FRIENDS HIT YOUR JOINT, EARN A '70'S CIRCLE BONUS POINTS.** <http://apps.facebook.com/frusaJOINT>
- 39 **Floating like a butterfly when I was stung by a bee the last toke was nothing but seed!**

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# The Attitude Seed Bank

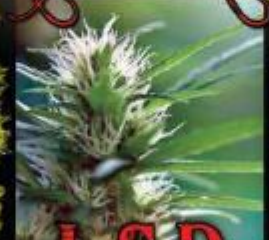
## CHECK OUT OUR LATEST AND HOTTEST STOCK!

RESERVA PRIVADA



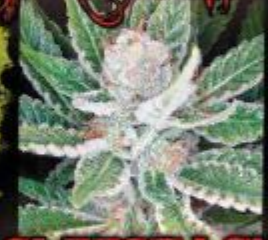
LA CHEESE

BARNEY'S FARM



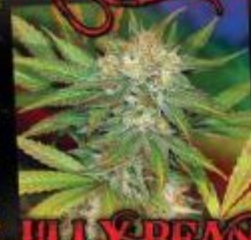
LSD

DNA GENETICS



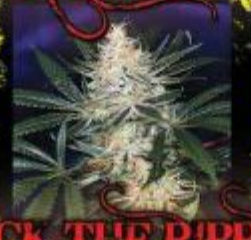
SLEESTACK

TGA SUBCOOL



JILLY BEAN

TGA SUBCOOL



JACK THE RIPPER

TGA SUBCOOL



SPACE BOMB

SERIOUS SEEDS



AK47

LOWRYDER



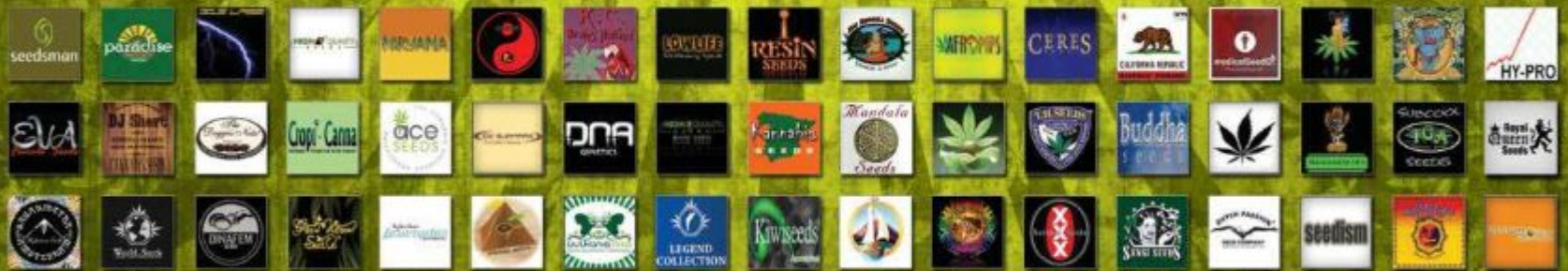
EASY RYDER

GREEN HOUSE SEEDS



SUPER LEMON HAZE

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Must follow Michigan  
Medical Marijuana act!

Classes and Lectures



Guest Speakers



Special Appearances



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Must be Michigan  
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January 30, 2010  
January 31, 2010  
10am-6pm

# Michigan Caregivers Cup

More info at:

[www.micaregiverscup.org](http://www.micaregiverscup.org)



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Booking number MMCMCA

Check-In Friday, January 29th  
Limited room availability

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