

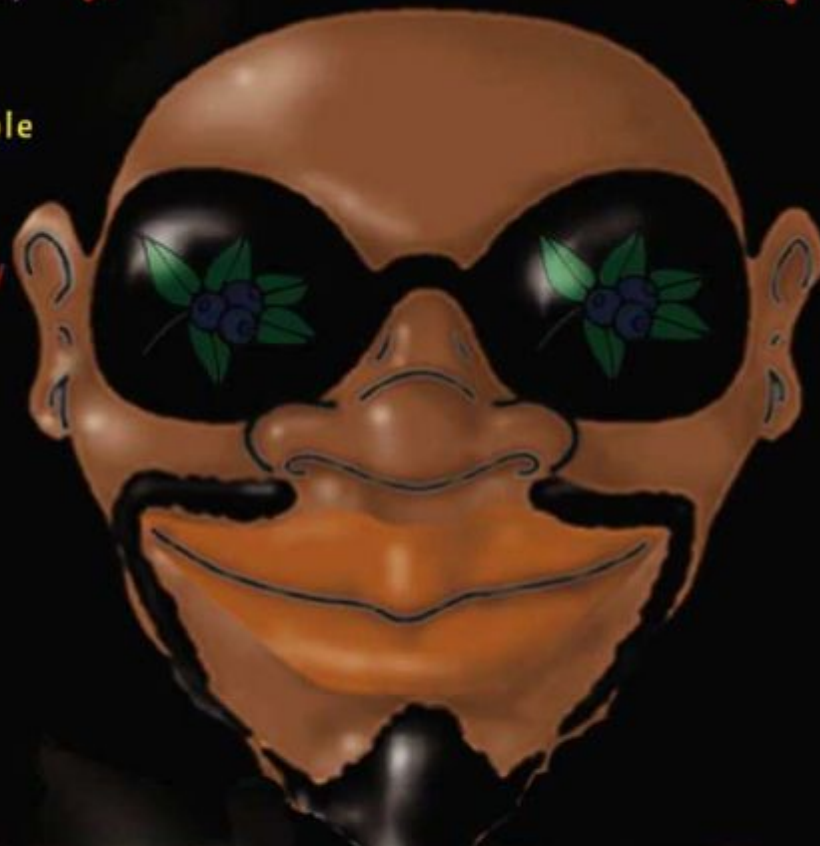
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PATENT PENDING

After a five-year hiatus, Faith Evans' artistry is soaring higher than ever.



COURTESY OF PROLIFIC MUSIC GROUP

# UNSHAKEABLE FAITH

INTERVIEW BY DAN SKYE

She's only 37 but has lived a lifetime. In fact, Faith Evans has already published her memoirs, *Keepin' the Faith* (Grand Central Publishing, 2008). She began her career as a back-up singer and became the first female artist signed to Sean "Diddy" Combs's record label, Bad Boy Entertainment. She's got four kids, has five top-selling albums behind her, and was dubbed "rap's most famous widow" following the murder of her husband, the Notorious B.I.G. Her tribute to him, "I'll Be Missing You," touched millions.

Now, after a five-year break from recording, she's back with a new album, *Something About Faith*. She's also filming a new reality show, *The First Ladies*, with Misa Hylton-Brim, the mother of Combs's oldest son, Justin. Evans has also been tapped to play Flo Ballard—one of the founding members of the Supremes, who died in 1976—in an upcoming film bio that starts shooting in a few weeks.

"It's just me going into businesswoman/entrepreneur mode," she laughs. "Just trying to make a dollar out of 15 cents."

She's nonstop busy, with kids between the ages of three and 17. But Faith still found time to sit down with HIGH TIMES and talk about church singing, the hip-hop world and her support for cannabis.

**You grew up in a foster home. We often hear about the difficulty of living in foster homes, but you had a fairly positive upbringing.**

I wasn't a foster child, like "in the system"—my grandparents raised me, but I was the first child they raised that wasn't theirs. Shortly thereafter, they started taking in foster children. What I mean is, I grew up, I guess, as a de facto foster child—but it was definitely a *family*; we all call each other "brothers" and "sisters" and "cousins" to this day. That's still my family. Definitely, it had its share of dysfunction, in terms of the things that you see with people coming from all different types of homes and situations. But my grandparents had a very strong faith and kept us in church and tried to go the right way and—the *love*. I think I got the things that I was supposed to get from it. I understand the bad side; I understand how it could be. It just gives me more of an appreciation as I grow older. It's helped me to understand people and to deal with them with compassion.

**Why have so many great singers come out of church choirs? Is there a powerful vocal connection made in that setting?**

Certainly so—I guess growing up in church, you make a certain spiritual connection with God. You're in a different place.

It's funny, because when I first started makin'

records, a lot of people who knew me from church when I was younger were like, "You're not singin' like you do in church." And I'm like, "I'm not in church—I'm makin' a record."

Some people in church choose to just kinda wail. But you have to have highs and lows. In church, mostly you're more in the spirit, and so is everyone else who is listenin'. It's a little bit different than trying to make a recording.

**You were singing in church at the age of four. Did you make a spiritual connection at that age?**

Initially, before I actually felt the spirit, I had a recognition of what my singing was doin' to the people that were listenin' in church. At that age, it's like—*wow!*

I knew that there was something special, but it took a couple of years for me to get over my fear, to actually feel okay when I'm singin', to feel the spirit and actually know what that feelin' was.

**The atheism movement is growing in America. How do you view that?**

To each his own—and, to be honest, my spirituality helps me to understand that. I continue to touch people, and that's only through the gift that God gave me, and the spirit He's given me beyond my musical talent.

I mean, I definitely grew up in the Christian

church, but over the years I learned that you don't even have to be in those four walls of the church. I learned more when I haven't been able to go to church every Sunday. If you believe in a higher power—and even if you don't, if you're consciously livin' and tryin' to do things the right way ... like I said in one of my songs: "If you're coming from the right place, you can't go wrong"—regardless of your religious preference or lack thereof.

**Once you decided to sing professionally, what do you think made you stand out as a singer?**

My personality is definitely good [laughing]. I mean, I have a real great sense of humor, and a lot of friends say I should be a comedian. I was shy for a very long time—even as an adult, in terms of how to infuse my singing with my personality. Now I'm at the point that, when I get onstage, I feel a lot more comfortable.

**Can you account for your durability as a top-selling recording artist?**

I don't really have a theory. Number one, I'm certainly blessed—I know that it's a blessing to have a gift and be able to touch people. You never know how or who you touch; I'm constantly reminded of that. I don't take for granted that people know who I am or know my music or like my music. I just try and be the same me all the time.



**'Medicinal use should be regarded as very important. There are plenty of people out there with different sicknesses that can be helped by using it.'**

**Do you get tired of being asked about the death of B.I.G.?**

Oh, no, that's inevitable. I was so close to him. But at the same time, there was a time when it seemed like it was overshadowing my talent. There was a short period where I used to feel: "Are they talking to me because of him or because they like my music?"

But I understand, and I'm proud to have been a part of his life and to have known the force that was known as the Notorious B.I.G. He was a great guy, and his music—it's really good to see the legacy that he's left. Not only in his music, but, you know ... I'm raising his son.

**How accurate were the descriptions of your part in the so-called "rap war" that killed B.I.G.?**

I think what started was that people had personal gripes with one another, and it just kinda played out in the media. And as people started to gain more success, it became a lot *more* than just that.

The situation was perpetuated by even calling it a "rap war." But the part I played in it was minimal at best. First of all, I didn't see it as a rap war. That all came from the media—East Coast, West Coast. I was in a situation where I was actually just trying to get away from the drama that I was going through with B.I.G.

I had decided not to go on tour with the Bad Boy family. I came to California to get some money writin' songs—and I met Tupac Shakur at a club, and he wanted to do a song with me. Prior to this, I had never met Tupac. I knew that he and my ex-husband were good friends, so I called B.I.G. and told him I had met him. So if I was up to something, I definitely wouldn't have called him and told him

that [Tupac] wants me to do a song with him. Nobody told me "Don't do it!" either, mind you.

But after the studio, I knew that something felt strange in my spirit. Then, the next week, there you go: It was headlines that I'm having an affair with Tupac, when all I did was go and do a record and get some money—which I never did collect.

Take it as a lesson learned. I like to say I took a left jab on the chin in the name of hip-hop [laughing]. That's exactly what it is.

**Tell us about the rap scene now. Some observers have said that it's dying.**

I haven't been in the marketplace with music in five years, but I don't have a problem with the current state of music or hip-hop. As an artist, I have respect for anybody's creative interpretation. If you find an audience for it, then hats off! It's up to the audience to say what they like and don't like—and, obviously, a lot of people like this current crop of music. People are takin' advantage of different technological advances and fusing that with their artistic interpretation. Technology opened the window for people to get their stuff out there. I guess it seems like the market's flooded with a new sensation every other day—but, you know, I can't tell you that if I didn't have a record deal and I was a new artist, I wouldn't be trying to use those outlets, too [laughter].

**You released your new album, *Something About Faith*, independently. How was that?**

The album actually was released in October—unfortunately, that's one of the downsides of doing an entertainment deal without the extra marketing machine. It's my first album on my own; that's es-

entially what is most special about it—to be completely in the driver's seat, to own my masters, to have the right to do what I want to do with it. If the relationship with the people out in the business doesn't work out—or even if it does—I still can do what I like, as opposed to someone else making money off of what I put my heart and soul into.

**There's an old saying: "If you work for yourself, you've got the toughest boss of all." Is there a lot of pressure as an independent artist?**

Not really. I've always been pretty hands-on, especially creatively, in the studio—trying to make sure everyone's splits are correct. The only thing is that, administratively, on the label's side, I've learned over the years that they don't always turn in what you thought in terms of your splits.

So now it's a win-win situation: If anything is wrong, it's very few people that you have to look at to find who the problem is. It's just made for a better process creatively without the middlemen and all the extra stuff and 50 other opinions.

**Did you have any reaction to Prop. 19's failure to pass in California?**

I voted and I did vote "yes," because I feel if you're of age, you should have that option. Obviously, the government hasn't quite got it together, but I'm sure it will be coming soon. Medicinal use should be regarded as very important. There are plenty of people out there with different sicknesses that can be helped by using it. Why shouldn't they be able to acquire it? They're selling all these new drugs, but they're gonna mess up your liver and your heart. This is probably the closest to a natural remedy, you know, that you're going to find.

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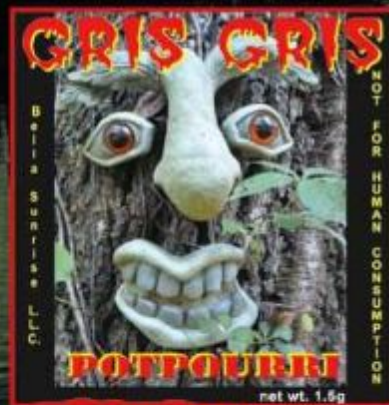
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the high times interview



Faith Evans and El DeBarge arrive at the 2nd Annual Soul Train Awards in Atlanta.

**As a vocal artist, does cannabis bother your voice?**  
 I've never liked to smoke right before I sing. I usually gargle with salt and hot water. Smoking, period, dries out your voice—smoking *anything* dries your vocal cords.

I have definitely smoked recreationally. I never even tried it until I was an adult, after my first child was born. A friend of mine used to smoke, and I would be sittin' in the car with him goin' to wherever we were goin'. He asked me to try it, and I didn't feel anything. After that, it probably wasn't until I moved to California [laughter]. I didn't even know what I was supposed to feel, but then I started choking and—*wow, okay*. That's when I knew how it was supposed to feel.

When I was heavily into working out a few years back, I'd smoke before I worked out. To be honest, I would go and work out for two hours, sometimes twice a day, because it made me feel like I wasn't really focused on anything else.

**Back in 2004, you were busted for pot and went to rehab. Tell us about that experience.**

That actually was widely misreported, because I certainly didn't go to rehab. It was not that serious: They found a half-joint in a cigarette case in my husband's luggage. We actually went to what was called a "spiritual diversion program," where you go a few times and get different religious literature or have to watch a video. You basically write what you got from it. I grew up in church, so I already knew what I was gonna write—I already knew the answer before they asked me the question [laughter]. We only really ended up doing that two or three times before they actually threw the whole thing away.

**It was also reported that the cops found a crack pipe.**

No, just a half-joint. It's funny, because my kids the other day found something online: "Faith Evans looks great. She must be off the crack, right?" So when I got home, they were like, "Mom, congratulations!"

I say, "For what?"  
 "You're off the crack!"

Then they started laughing, and Michael and CJ were like, "It's so funny, because if you weren't our mom, we would think that's so sad."

They know me. Sometimes I'm asked how does it affect my kids when things happen and it's in the news. And I'm like, "They know their mother." They know exactly who I am—I can take pride in that, if nothing else. What other people think of me is none of my business, especially if they don't know me. What can I do?

I was actually very well prepared for that part of life way before the music business. My mom is very no-nonsense—great, sweet lady, but she's like, "Bump them! If you didn't do it, then don't worry about it. What the hell are you worried about? Did you do it? Well, *bump them!*"

Luckily, I've always had that in my mind. I never really worry about what people say, because if you don't know me, there's no way you're going to ever know all the details. I cannot really let that affect me.

**How do you talk about pot with your kids?**

I think that my husband and I do a pretty good job of kind of givin' them the real; they're not super-sheltered children at all. I think that when they're of age, I would certainly hope they've taken all the information that we've given them. All I can really do is hope that they're doing things responsibly.

More than anything, I want to teach them to treat people the way they want to be treated. I think my kids are pretty grounded, pretty well rounded considering that their mom is in the business and was a part of Puff's life and B.I.G.'s life. They see how I operate, so I think they have a pretty good example. Number one, if you achieve a certain level of success in whatever walk of life, in whatever career path, stay humble and you will continue to get your blessings. You can't just be reckless and be someone who doesn't have a heart. ✨

For more on Faith go to:

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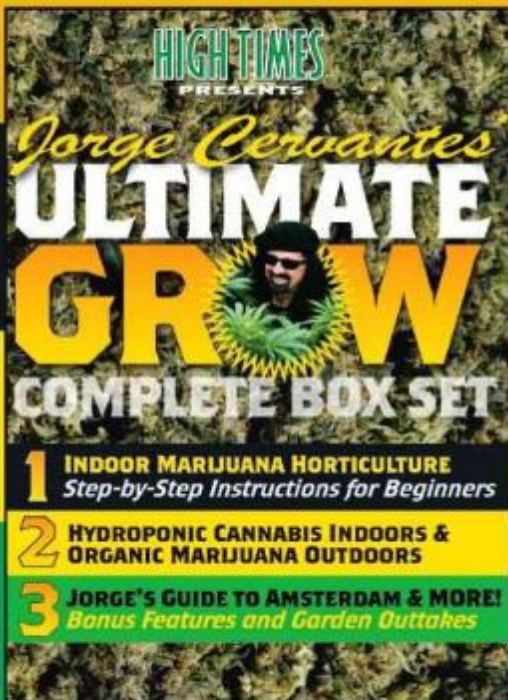
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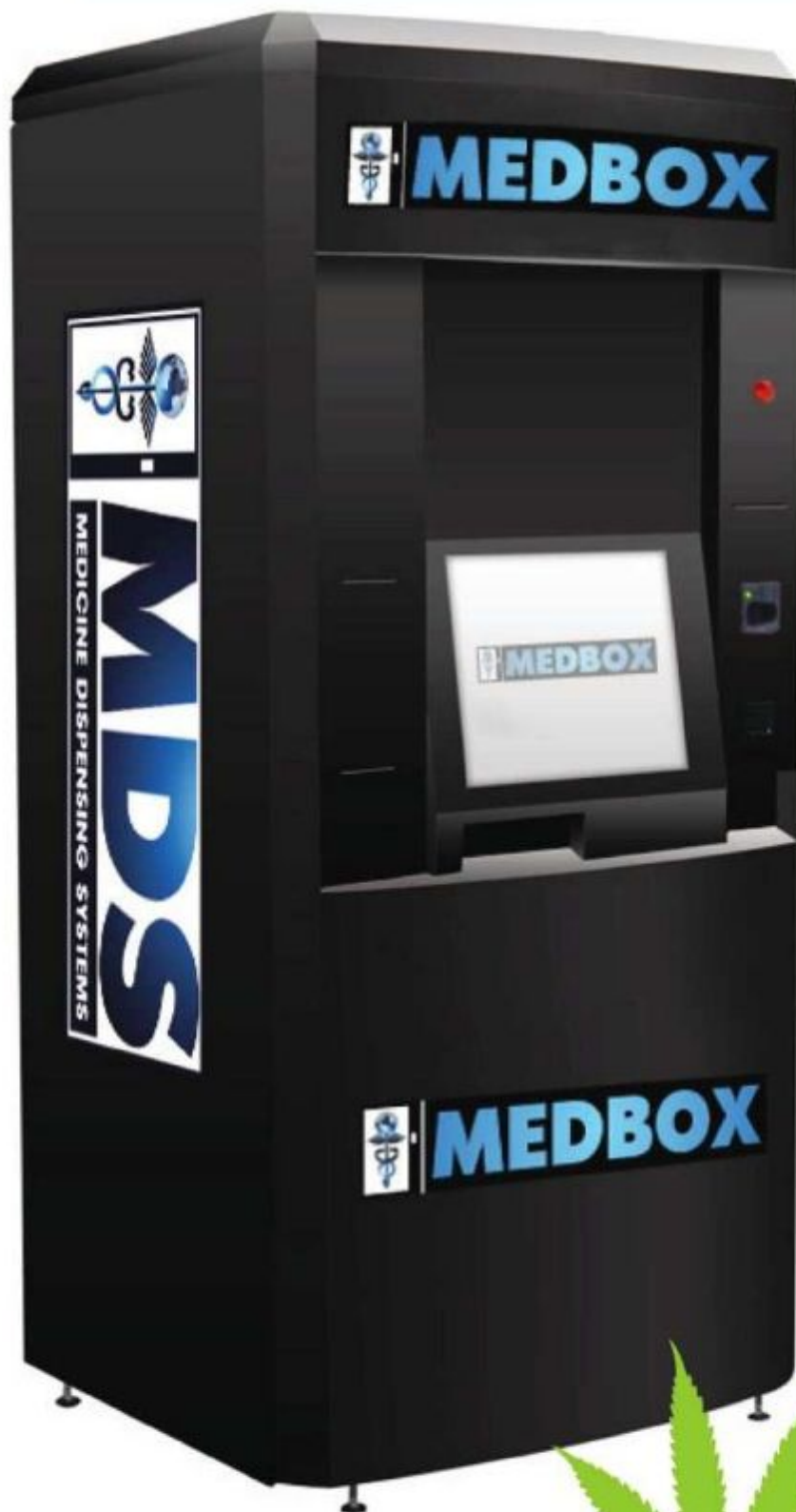
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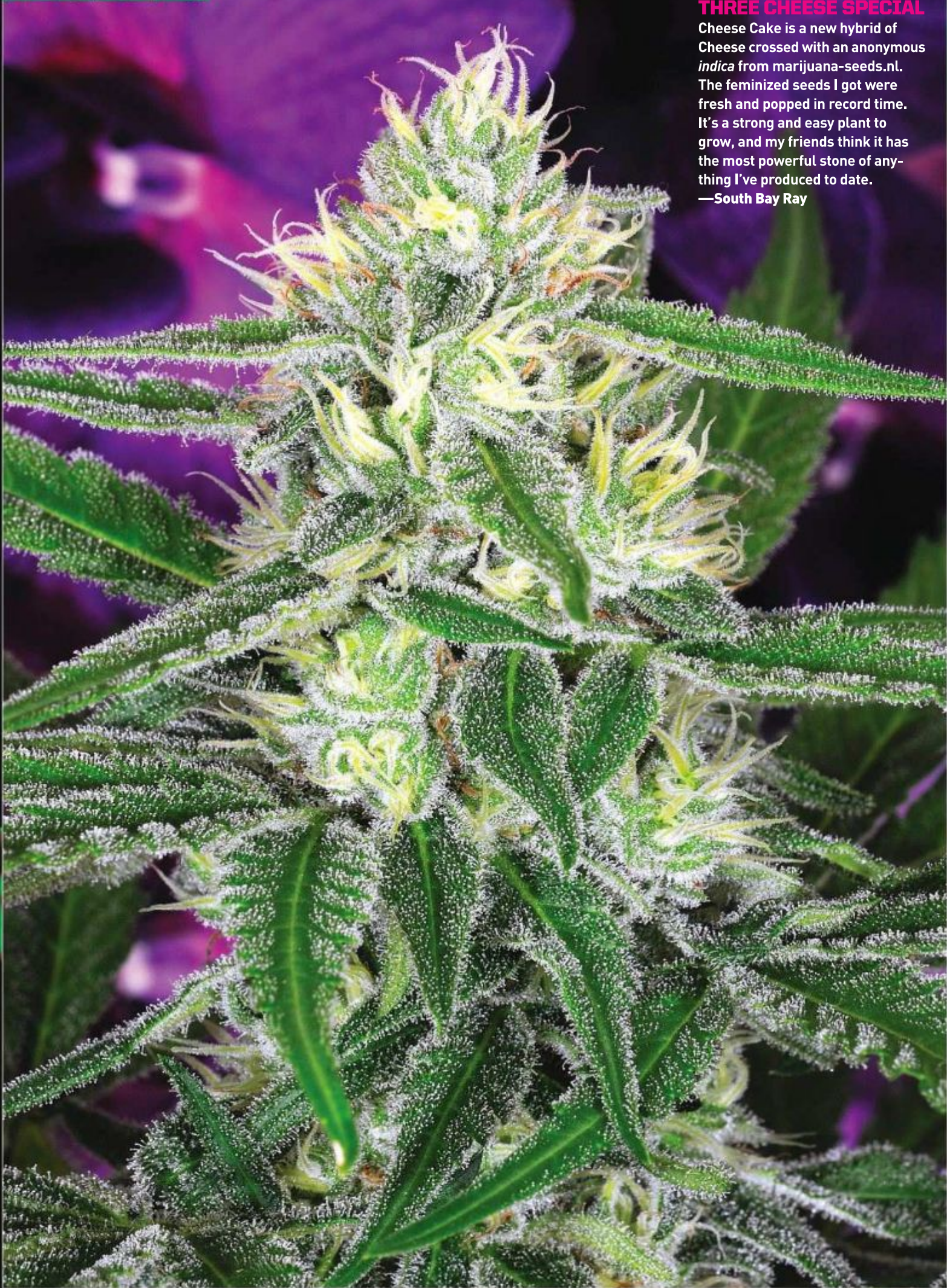


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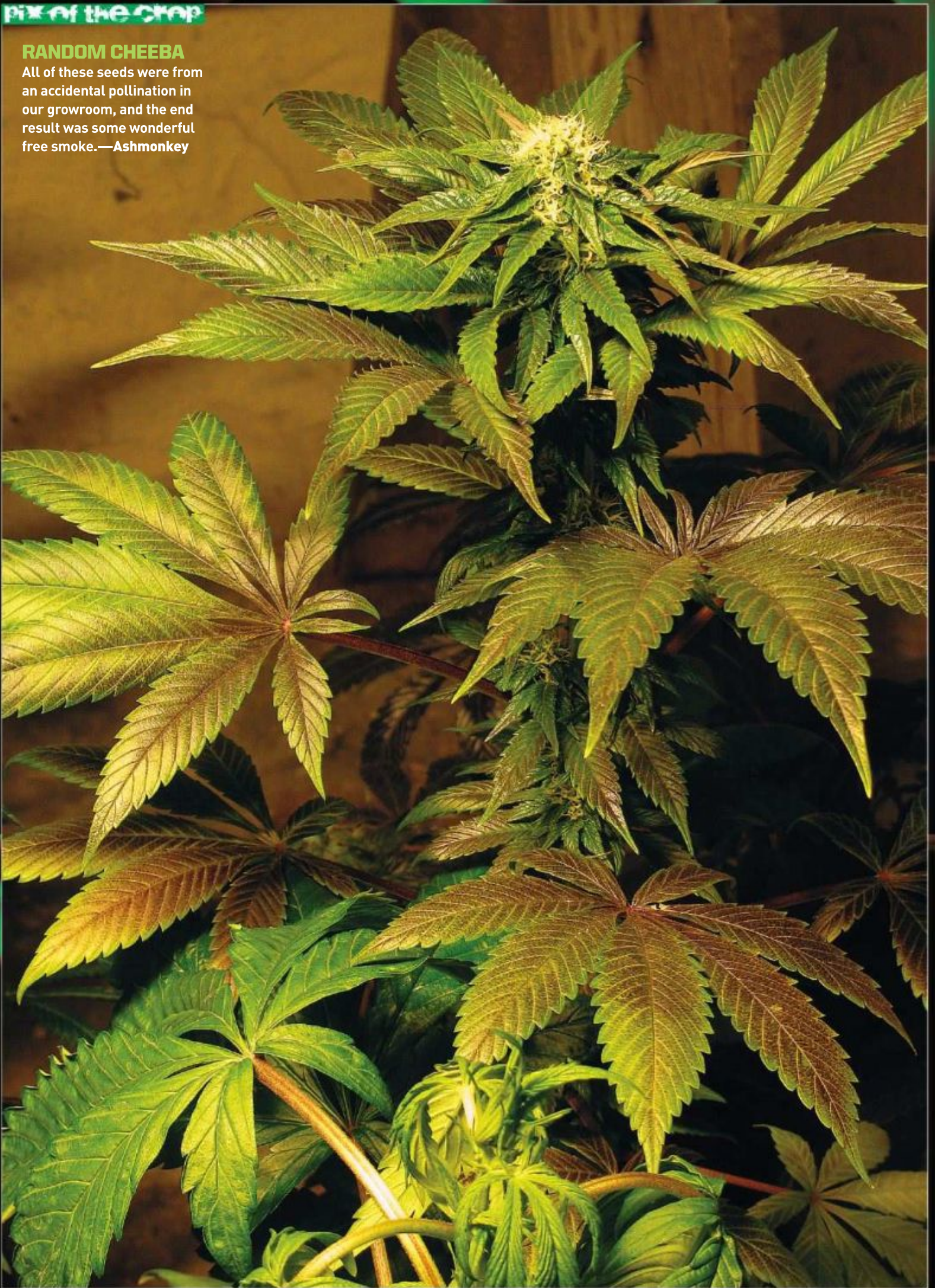
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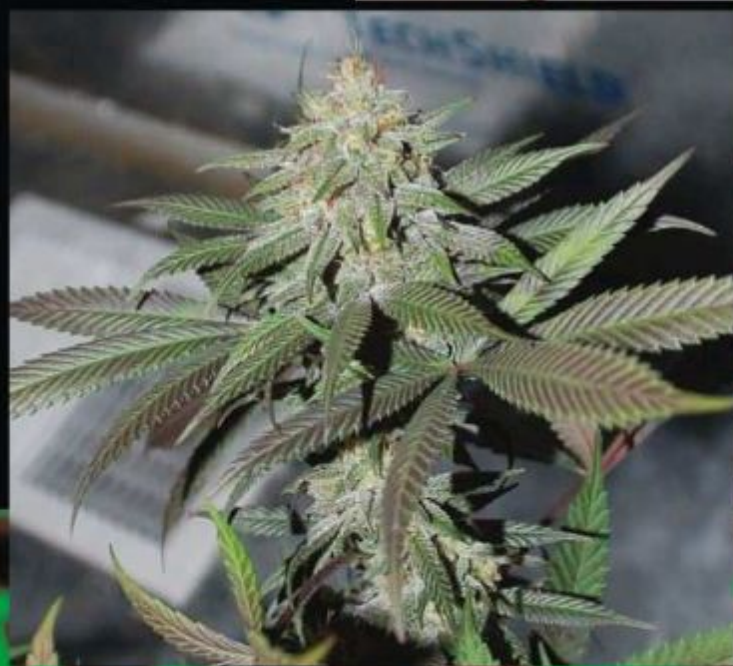
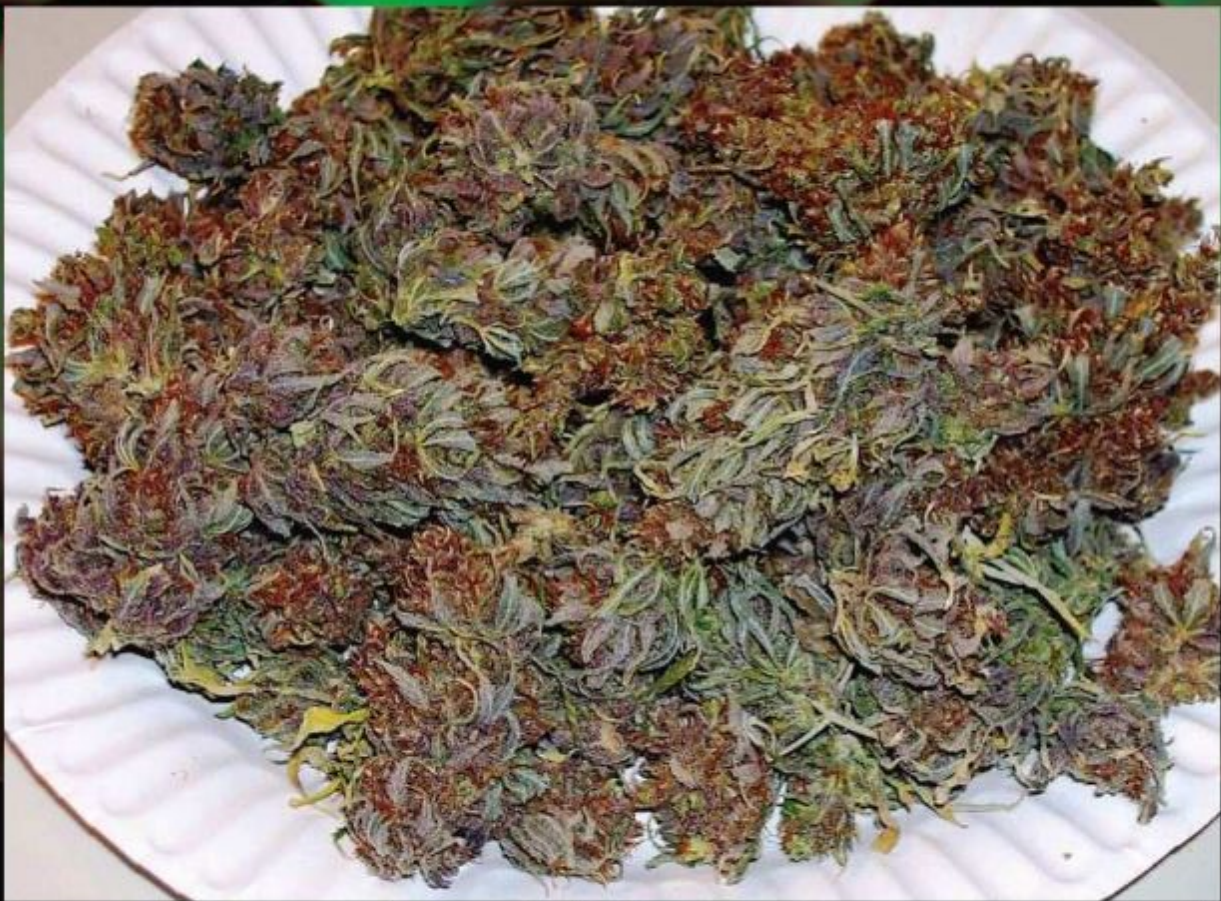
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**DIRT FARMER (above and left)**

Here are some pics of my medical grow with Purple Urkel and Blue Dream. Organic in soil is the best way to grow!—Travis Morgan



**THE USUAL SUSPECTS (left)**

I've had a lot of people I know tell me to submit my nug shots to you guys. I love HIGH TIMES—to this day it's the only magazine I still read. I've gathered five strains and shot them for you guys; if you do print them, I will forever be grateful, and that's coming from one stoner to another. The nugs, from left to right, are Jack Herer, OG Kush, Blue Dream, Fireball OG and Purple Kush. Enjoy!—Texas-Doja

Pix of the Crop is reader-driven. Your submissions make all the stoners of the world dream of kind nugs. Send pictures (no Polaroids), tips, questions and stories to: HIGH TIMES, 419 Park Avenue South, 16th floor, New York, NY 10016. Digital photos can be e-mailed to mailbag@hightimes.com and must be hi-res for publication. Remember, by submitting photograph(s) you thereby grant permission to the publisher to reprint photograph(s) in HIGH TIMES, as well as in any other Trans-High Corp. publication.





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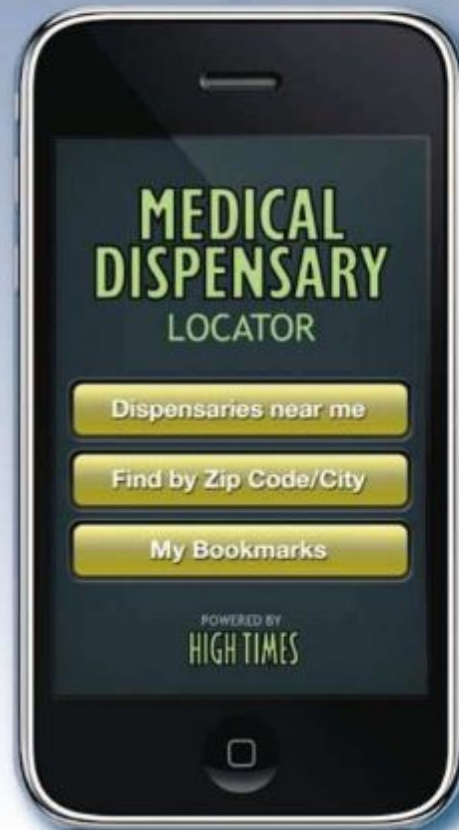
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# RESTORING DRUG POLICY SANITY

**In the thick of the Rally to Restore Sanity and/or Fear in Washington, DC. By Joe Morris**

"We're not getting on this train," I predicted for the third Metro train in a row. It was impossible to board any of the trains heading for the National Mall on the morning of Jon Stewart and Stephen Colbert's event. The rally's organizers had reached out to Students for Sensible Drug Policy as a group with a message "in line with the theme of sanity" and offered us 50 "special guest" tickets for our members.

Thankfully, when we finally did manage to get there, we found that only a few thousand people were in the special-guest area, so in comparison to the rest of the Mall, it was luxuriously wide open. We could see the stage and even had room to breathe and move around, while all those people without special-guest status were pressed up against the fences all around us. I'm so grateful that we had a chance to enjoy the rally from such a standpoint.

We had coordinated with the Drug Policy Alliance and other groups to form a "Rally to Restore (Drug-Policy) Sanity" contingent, which showed up in full force with hundreds of "Legalize Pot" signs that depicted Jon Stewart holding just such a sign during his announcement of the rally. Signs and stickers proclaiming "Yes on 19" in blue and green sprouted up like mushrooms throughout the crowd.

As a student at American University this past fall, I've been privileged to serve the drug-policy reform



Joe Morris

movement in some small capacity as an intern with SSDP. Although I'm hardly the most important cog in this grassroots machine, I'm delighted to have helped point the world towards a freer and more peaceful future.

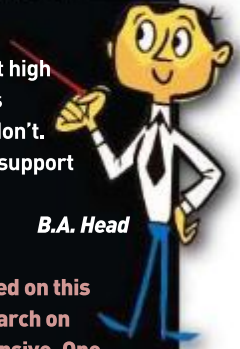
SSDP had a lot of work to do organizing the "Phonebank for Sanity" event that was scheduled in our DC office immediately after the rally. I hate talking on phones, so my goal—like Tom Sawyer and the whitewashed fence—is to get other people to do it instead. Taping boxes shut, rearranging various electronics and tables, taking out the trash—it was all in the day's work. Finally, we had dozens of

motivated individuals my age spread across the office couch and betwixt various computers calling voters just days before the California elections and reciting their outreach script: "Hi, my name is \_\_\_\_, I'm calling about Proposition 19, the initiative to tax and regulate marijuana, have you heard about it?" And even though Prop. 19 went down to defeat, our efforts have laid the groundwork for next time.

So if you ever have an opportunity to intern for SSDP or another drug-policy reform organization, I highly recommend it. It's been a great experience for me, and the chance to attend this historic rally as part of the drug-policy reform movement was just the icing on the (space) cake. ✨

*Joe Morris is an intern at SSDP's DC headquarters.*

ask dr. mitch



Dr. Mitch,  
I feel like people who get high together become friends faster than people who don't. Is there any research to support this idea?

**B.A. Head**

Hi B.A.,  
There's nothing published on this exact topic, but the research on friendship is pretty extensive. One related finding shows that two people who laugh a lot together when they first meet claim to feel closer afterwards. Perhaps the plant facilitates friendship via laughter. I also think that we tend to pick people we already like when it comes time to share the stash.

I've heard that President Nixon blamed all of the legalization efforts back then on the Jews. Are Jews arrested more for marijuana than other people?

**H.H.**

Hi Double H,  
Most arrest records don't report an arrestee's religion, so we don't know. But I do think that Ethan Nadelmann and Marsha Rosenbaum of the Drug Policy Alliance, medical patient Irvin Rosenfeld, outspoken activist Brett Stone and my own humble self would have found an interesting place in Nixon's paranoia.

I'm up against prohibitionists who say, "More crazy people smoke pot, so pot must make them crazy." I know this is wrong, but I need some examples to help explain it.

**Free C.**

Hi Free,  
People confuse correlations for causes all the time. As the number of churches in a city goes up, so does the crime rate—but that doesn't mean churches cause crime. Mentally ill people are more likely to smoke cigarettes; do your prohibitionist opponents think that cigarettes cause mental illness? Finally, college-educated people are more likely to have tried marijuana than their same-age peers who never finished high school. Does that mean that marijuana is the key to a college education? Obviously, just because two things happen in a particular sequence doesn't mean that one caused the other.

*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.*

COURTESY OF SSDP

## freedom fighter

### BLOGGING FOR BUDS

Jane Hamsher tells progressives to Just Say Now!

California's Proposition 19 to legalize marijuana didn't pass last November, but it *did* succeed in advancing the cause of legalization. And one of the most important victories of that campaign was the forging of a broad new coalition to end prohibition, one that now includes civil rights groups like the California NAACP, the Latino Voters League, and the Progressive Jewish Alliance; law enforcement groups like the Black Police Association and the Latino Officers Association; and labor unions like SEIU and UFCW.

These important new allies might not have joined our cause if not for the work of this month's Freedom Fighter, Jane Hamsher, founder of the influential progressive blog firedoglake.com. Legalization has long been a popular topic in the progressive blogosphere, but one that had been largely taken for granted, rarely meriting the "serious" attention afforded issues like health care, the economy, and immigration. Hamsher, however, recognized that the drug war impacts nearly every issue her progressive readers found important. So in April 2010 she took a poll, and found 92 to 97 percent of her readers wanted firedoglake.com actively involved in legalization efforts.

By April 20, also known as "cannabis day," the "Just Say Now" project officially launched. Teaming up with Students for Sensible Drug Policy, firedoglake.com was instrumental not only in gaining endorsements and generating positive media coverage, but also in get-out-the-vote activities that elevated the legalization discussion from the pipe dreams of college students and aging hippies to a mainstream political issue.—Russ Belville

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**munchies**

# HIPPIE SPEEDBALL DELUXE

For the stoner on the go. By Ashley Boudreaux

Something's wrong with my heart and my front passenger wheel. Both have been rattling in an alarming fashion of late, and I'm starting to wonder if I'm driving myself a little too hard. I have three super-cool jobs, believe strongly in real butter, drink coffee at ungodly hours of the night, and spend far too much time careening wildly down Third World roads. So if the wheels fall off, I guess I only have myself to blame.

My mechanic says that it might be my bearings; my doctor swears that it's anxiety. But I haven't lost my bearings, nor am I particularly anxious about anything. Yes, I live life in fifth gear. Oh fucking well—I like adrenaline, I like being on the front lines of life, and if I could avoid sleeping altogether, I would. There's simply too much to do, and I want to cram it all in before the Great Creator turns my corporeal carriage into a pumpkin. I've been an insomniac since kindergarten; I was always afraid that I'd miss something cool if I slept through the night.

So I don't want to slow down—I just want more hours in every day. You hear me up there, Big Man? Get on that, would ya? I'm not getting any younger down here, and I have a lot to do. I have unjust drug laws to rail against, exotic countries to visit, art to savor, wine to drink, weed to smoke, and stages to build so that musicians can find those moments of harmonious perfection that make my hair stand on end. I have a teenage theatrical-lighting prodigy to rear and a demanding cat to placate (and eventually name, I suppose) and oh my God I really need a manicure, because patching audio for that rock festival last week was NOT kind to my nails. My poor neglected nails. How is a woman to be taken seriously when her nails look like this? It's just wretched, I tell you. *Wretched.*

And my husband wants another kid. Seriously? Can't we just *borrow* one every once in a while? That would free up a lot of time to do things like spelunking in Budapest and rolling around in a barge full of ganja in Jamaica—both of which I've been invited to do. But it doesn't work like that, does it? No. So either I'll eventually relinquish my husband to some young, vapid, fertile thing whose eyes I'll want to claw out, or I'll pump out another puppy soon, strap it to my chest in one of those Snugli apparatuses and drag it all over God's creation like I did the last one. And let's ask my progeny how that worked out for him ....

"Fuck off, Mom—you scarred me for life with a diet of ramen noodles, you smoke too much pot, and your friends are stinky hippies. And by the way, I'm a Republican."

Good to know.

So there it is: my hectic life. If only I could have a couple of clones. Clones would be good, I think, unless my husband tried to sleep with them—because, really, how do you draw the line there? Maybe a male personal assistant



Mota mocha.

would be more feasible. Preference would be given to hippies with experience in car repair and cardiology who are willing to work solely for marijuana and good coffee. Anyone out there fit that description? ✨

## ICED GANJACHINO

(Inspirational credit goes to Dave, who studied wood sculpture with Native Americans on the West Coast and drank way too much coffee in the process.)

1 cup coconut oil  
5 grams fine ganja shake (preferably *sativa*)  
¼ cup sugar  
2 tsp real vanilla extract  
1 package unflavored gelatin  
10 oz espresso, chilled  
½ cup chocolate syrup  
Half-and-half  
Ice  
Chocolate shavings to garnish

In a small double-boiler, heat the coconut oil to liquid form. Add the ganja shake. Simmer on low for 40 minutes. Strain, then squeeze the remaining coconut oil from the ganja. Add sugar and vanilla, then blend with a hand mixer or blender. Put the oil/sugar mixture in the fridge until it hardens again. If it doesn't harden successfully, add a package of unflavored gelatin, then mix or blend it again before returning it to the fridge.

Combine the espresso, chocolate syrup and half-and-half in a bar shaker. Shake well and pour over ice. Top with the ganja whipped cream and sprinkle with chocolate shavings.

Now you can go until the wheels fall off!

**Stones four.**

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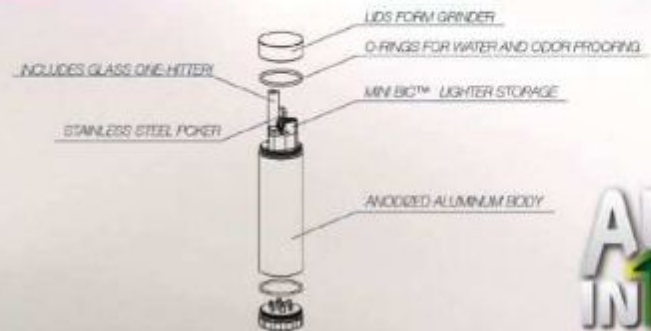
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Despite passionate activism, Prop 19 failed to pass.

## WISING UP

Learning the lessons of California's Proposition 19.

Despite falling short—54 to 46 percent—on Election Day, California's historic Regulate, Control and Tax Cannabis Act of 2010 (better known as Prop. 19) came closer than any effort in history to legalizing cannabis for all adults. It also helped push our movement forward in five distinct ways:

1) Prop. 19 helped launch a nationwide discussion and debate about legalizing cannabis that will continue when states like Colorado, Washington and Oregon launch their legalization initiatives in 2011 or 2012 (as well as when Californians vote on legalizing cannabis again in the future).

2) Law reformers made great strides in cannabis coalition building, with major unions, civil-rights groups, Democrats and former law-enforcement officials finally coming on board to support an end to prohibition.

3) Prop. 19 inspired a number of young multibillionaires to step out of their smoky closets and acknowledge their stakeholderhood in cannabis-law reform, primarily by making large financial donations and supportive public statements. Also, it was the "ganjapreneurs" and cannabis-businesses of Oakland who launched this initiative, rather than the marijuana-law reform groups that have traditionally raised the "big money" required to run pro-reform initiatives.

4) Every major newspaper in California came out against Prop. 19, but they did so while at the same time acknowledging the failure of cannabis prohibition and the need for basic reforms.

5) While opponents of Prop. 19 chiefly attacked the "how" of legalization, albeit with made-up or distorted concerns (e.g., cannabis being used in the workplace, increased incidents of driving while impaired, the use of cannabis in front of children), the great public debate in California bypassed, for the most part, the old Reefer Madness claims of cannabis being a "gateway" drug that causes amo-

tivational syndrome, criminality or addiction.

So what were NORML's top 10 lessons learned from Prop. 19?

1) Reformers need to make clear that legalization enhances, not detracts, from patient access to cannabis as a medicine.

2) People from 18 to 25 years of age make up the biggest group of stakeholders in this struggle, and we can't overpenalize them to appease our opponents.

3) We must find ways to integrate current illegal growers into a new legalized market.

4) We won't win until people are more scared of cannabis prohibition than they are of legalization.

5) We must stop painting cannabis as a bad thing that needs to be highly controlled.

6) We have to be realistic about what legalization can and cannot accomplish.

7) We need to legalize cannabis first and then deal with secondary issues like drug testing later.

8) We can't treat cannabis like alcohol unless we have roadside tests like we have for alcohol.

9) We can't commercialize cannabis cultivation and sales without consistent statewide regulations.

10) We must recognize that medical cannabis has reached its political peak and is now inextricably linked to the overall legalization effort.

—Allen St. Pierre and Russ Belville

*Allen St. Pierre is the executive director of NORML, and Russ Belville is NORML's national outreach coordinator. The above was adopted from a more comprehensive NORML blog post available at [blog.norml.org/prop19lessons/](http://blog.norml.org/prop19lessons/).*



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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!*

## New Links Discovered Between Cannabis and Treating Breast Cancer

Mary Jane Borden of DrugSense/MAP recently published one of the most compelling arguments not only for the medicinal use of cannabis, but also for its legalization as a whole. Citing scientific evidence of the links between cannabinoids, human endocannabinoids and the CB receptors in our bodies, Borden highlights the therapeutic properties of this miracle plant in the fight against breast cancer—one of the commonest forms of cancer, and also one of the deadliest. Each year, one in eight women will be diagnosed with breast cancer, and nearly 40,000 women will die from it—a staggering number that points up the urgent need to have all options explored in our search for a cure.

Before we deal with the biology behind these links, it's important to understand that, although we've made great strides in treating breast cancer, the treatments themselves are severely toxic and can cause horrendous side effects—not to mention also possibly kill the patients themselves. It's for these reasons that the scientific studies involving cannabis, and especially the cannabinoid known as cannabidiol (CBD), are so important.

In her article, Borden explains that the research into treating cancer with cannabis begins with the human body's own internal systems. The body creates neurotransmitters called endocannabinoids that are very similar in structure to the cannabinoids found in marijuana. The body also creates cannabinoid receptors to receive these transmitters; these so-called CB receptors are located in cell membranes throughout the body and can be activated by our own endocannabinoids as well as those that come from the cannabis plant, such as THC, CBD and CBN. Endocannabinoids have been produced in humans since the dawn of our species, and they've been found to regulate numerous essential processes such as appetite, pain and even the creation of new brain cells.

The latest research shows that these cannabinoids can play a mitigating role in breast cancer as well. Based on a study published in *Molecular Cancer Therapeutics*, Borden states that CB receptors can be used to



Cannabis Cup winner, Lavender, from Soma Sacred Seeds.

## Medicinal Strain of the Month: Lavender

*This month we bring you an exclusive excerpt from Danny Danko's new book, The Official HIGH TIMES Field Guide to Marijuana Strains. In it, Danny covers over 125 varieties with detailed reports such as the one below on Lavender, featured as this month's medicinal strain. The Official HIGH TIMES Field Guide to Marijuana Strains is due in bookstores in January 2011.*

### Lavender - Soma Sacred Seeds

1st Place HIGH TIMES Cannabis Cup *Indica*, 2005

Lavender is one of the all-time-best mellow, violet-colored, *indica*-dominant strains available to the public today. By the time she's finished flowering, the leaves will have turned a super-dark purple bordering on black, with bright orange veins running throughout. Dense, waxy nuggets of Lavender are a photographer's dream, and she exhibits beautiful fall foliage when ripe. The taste is of plum and pomegranate, well balanced by the hashy afternotes. A dry toke will also reveal hints of an anise or licorice backend.

Lavender plants stretch a bit more than the average *indica*, so be prepared. Her relaxing and sedative high can be a bit much for the unsuspecting toker, but Soma says it's a perfect nighttime or rainy-day smoke, though not recommended for use at parties or prior to activities. For this reason, medical patients looking for help with insomnia should try some Lavender for evening relief.

*Lineage: Super Skunk x Big Skunk Korean x Afghani/Hawaiian*

*Flowering time: 8 to 9 weeks*

*Contact: Soma Sacred Seeds, somaseeds.nl*

develop new therapeutic solutions against breast-cancer growth and metastasis (the spread of cancer cells to other parts of the body). An article in the journal *Molecular Cancer* supports this claim, stating: "These results provide strong preclinical evidence for the use of cannabinoid-based therapies for the management of ErbB2-positive breast cancer." And remember: This is with *zero* negative side effects, especially compared with heavy radiation and chemotherapy.

Borden also makes an excellent point about the absurd stigma that cannabis still carries with it today, which might be preventing extra funding for research on what has always been one of the world's most miraculous, medicinal

and healing plants. Borden pointedly asks what would happen if a scientist or doctor discovered cannabis today: Would the world's governments react in the same way? It's an excellent question, and one that really forces every one of us to question how, why and where we went wrong—and, more importantly, what we can do to correct it now. ✨

*Special thanks to Mary Jane Borden for her excellent report. To read her complete article, go to [alternet.org](http://alternet.org). Check out [pubmed.gov](http://pubmed.gov) as well.*

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

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Growing strong cannabis plants requires understanding the various mediums that hold roots in place, allowing air and food to reach the vital root zone.

Story and photos by Herb Spadowski, Ph.D.

Healthy plants at harvesttime require proper conditions in the medium, and strong roots.

# pHIGURING OUT pH

## Part 2, Soil Components

### Substrates

In Part 1 of “pHiguring Out pH,” we discussed all the problems that can occur when soil pH is too high or too low. Part 2 of this series will discuss most of your options for growing substrates and how each of the ingredients affects pH. Remember that pH is the inverse relationship between the concentration of H<sup>+</sup> (acid) and the pH value. When the pH is below 7, there’s more acid in the system; when the pH is above 7, the system is more alkaline or basic.

### Outdoor Soils

Soil is defined as the finely textured material on the surface of the Earth that is composed of minerals, organic matter, liquids and gases, and which has the ability to support plant roots. Thus, the material that you buy in a bag at your local garden center or grow shop is *not* soil; it’s actually a soilless substrate or growing medium. While soil can be a component of substrate, this is typically not the case. Soil needs to be pasteurized with heat or steam to kill noxious weed seeds and pathogens before it can be safely added to substrate. Also, soil is very dense and compacts tightly when in a container, which reduces aeration and water movement. Additionally, soil adds excess weight to substrates, making them costly to ship. For all of these reasons, soil is rarely a component in store-bought substrate mixes. However, if pasteurized soil is available, using it as a component of your substrate can increase its nutrient-holding and pH-buffering capacities.

When you’re growing a crop outdoors, using the native ground soil is cheap, convenient and likely the best option. Only in rare cases when the soil

is in very poor condition would a grower bring in his or her own substrate. In order to determine if your soil is in good condition and has the proper pH, a soil test must be performed. To do this, several samples should be taken from the growing area. It’s best to take them in a zigzag pattern across the entire area from the soil surface to a depth of 6 inches. Collect at least 15 samples from your growing area and then combine them into one sample. After the sample is thoroughly mixed, take a subsample of about a pint and deliver or mail it to a local soil lab.

The test results should indicate what problems (if any) you have with your soil, and you should make your amendments based on these results. For example, if the soil pH is too low, limestone should be applied. Table 1 lists the amount of lime to apply to different soil types to reach a pH of 6.0, the optimum value for cannabis production in field soils. Lime should be incorporated into the soil to a depth of 6 inches; it may take a few months to increase the pH to the target value, so it’s best to take a soil test several months before planting your crop.

Table 1. Pounds of limestone required per 1,000 square feet to raise three types of field soils to the optimal pH of 6.0

Measured pH	Clay Soil	Loam Soil	Sandy Soil
4.0	19	13	5
4.5	15	11	4
5.0	11	8	3
5.5	6	4	1

A compost pile breaks down leaves, food scraps and other organic materials into a useful soil amendment.



Humic additives improve plant strength and add essential minerals to your medium.



Figure 1. Six commonly used substrate ingredients.

**Table 2.**  
**Dr. Spadowski's Custom Cannabis Substrate Mix**

Ingredient	Percent
Peat moss	60%
Perlite or rice hulls	20%
Compost	10%
Vermiculite	10%

\*4 to 8 lbs of limestone per cubic yard of substrate will need to be added to achieve a pH of 5.8 to 6.4.

## Soiless Substrates

As mentioned earlier, nearly all commercial and store-bought substrates contain zero soil. These substrates typically include several of the following ingredients: peat moss, pine bark, coconut coir, compost, vermiculite, perlite and, more recently, rice hulls (Figure 1). Each of these ingredients has different chemical properties and needs to be treated differently to adjust the pH and prepare for the production of high-quality cannabis.

All of these products—with the exception of perlite—have some amount of negative charges along their surface, which attract and hold positively charged ions such as ammonium ( $\text{NH}_4^+$ ), potassium ( $\text{K}^+$ ), calcium ( $\text{Ca}^{2+}$ ), magnesium ( $\text{Mg}^{2+}$ ) and the acid ion, hydrogen ( $\text{H}^+$ ). The negatively charged surface sites are always occupied by positive ions, and the proportion of these that are acid or  $\text{H}^+$  ions dictates the pH and, thus, the amount of lime required to adjust the pH to a suitable level for cannabis production (Figure 2). This is why understanding the chemical differences between substrate ingredients can help cannabis growers decide which mixes will work best for them and which ingredients they may want to use to amend their substrate or soil.

### Peat Moss

Peat is the most commonly used substrate ingredient. Most of the peat sold in the US is harvested from peat bogs in Canada. Peat is very popular because it decays slowly, is very porous and has a high water-holding capacity; it's also a consistent and reliable product. The inherent pH of peat moss is 3.0 to 4.0, which is the lowest pH of the common substrate ingredients. For this reason, peat requires 5 to 10 pounds of lime per cubic yard. The addition of lime will increase the substrate pH to the ideal range for cannabis production: 5.8 to 6.4. If the pH of your field soil is too high, amending it with pure unlimed peat moss can be a good way to lower the soil's pH.

### Pine Bark

This product is the second-most-popular ingredient for soiless substrates and is a byproduct of the timber industry. Chemically, pine bark is very similar to peat moss, with a low inherent pH of 4.0 to 5.0. As a result, pine bark also requires 5 to 10 pounds of lime per cubic yard to raise the pH to an acceptable level.

### Coconut Coir

Sometimes referred to as coir, coco or coco peat, this is a byproduct of the coconut industry and comes from the coconut's outer layer. Since most coconuts are produced near the ocean, coconut coir is washed to remove unwanted salts before it is packaged. The inherent pH of coconut coir is 5.0 to 6.5, so it may not need lime to adjust the pH to an acceptable level.

### Compost

Chemically speaking, compost is much different from the three substrate ingredients discussed above. Compost generally has a much heavier nutrient load, and its inherent pH normally ranges from 6.0 to 8.0. For these reasons, pure compost should never be used to produce cannabis (Figure 3). As a rule of thumb, compost shouldn't exceed 30% in soiless substrates; if it does, the pH and nutrient load can both be too high. Using compost with another acidic substrate ingredient, such as peat, will help increase the pH of the mixture to an acceptable level and provide nutrients to your plants (not enough nutrients to get you through the entire crop, but it will offset some of your fertilizer needs). An added bonus of using compost is beneficial microorganisms: High-quality compost that was aerobically produced contains a plethora of desirable bacteria and fungi. These microbes protect your plants' roots from diseases by preventing unwanted microbes from becoming established.

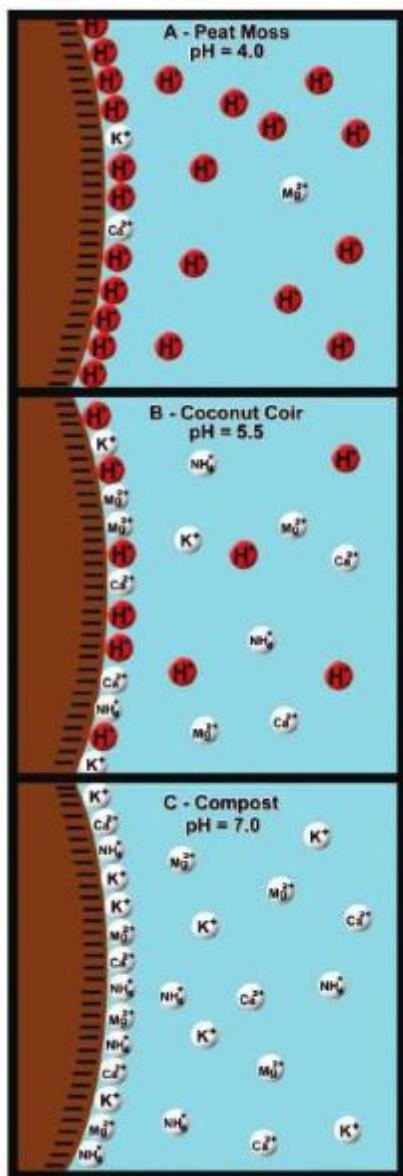


Figure 2. Box A represents unlimed peat moss with a pH of 4.0. Here, most of the negative charges on the surface of the peat are occupied by acidic  $\text{H}^+$  ions, with a few sites occupied by nutrient ions ( $\text{Ca}^{2+}$ ,  $\text{Mg}^{2+}$ ,  $\text{K}^+$  or  $\text{NH}_4^+$ ). There is also a large number of acidic  $\text{H}^+$  ions in the solution surrounding the substrate particles. Most of this acid needs to be neutralized by limestone in order to make the peat suitable for cannabis production.

Box B represents coconut coir, which is less acid than peat moss and has more nutrient ions. Thus, this substrate component requires less lime than peat moss to neutralize most of its acidity. Box C is compost, which has the highest inherent pH of the three substrate components shown here. There is zero acidity, and the compost is heavily loaded with nutrient ions. Thus, the opposite needs to occur here in order to optimize pH: The compost should be mixed with an acidic ingredient, such as peat moss or pine bark, to reduce the pH and dilute the nutrient concentration.



Figure 3. Chlorosis and necrosis on cannabis leaves caused by high salts, which can occur when using too much compost.



Mixing together your ingredients in a large kiddie pool makes it easier and less messy than smaller containers.

### A Side Note on Compost

Keep in mind that all composts are *not* created equal. Compost can be produced in a number of ways and from an endless variety of organic products. Compost should never have a vinegary, sour or foul smell; this indicates that the compost may not be mature or that it was produced anaerobically and may contain harmful microorganisms and/or chemical byproducts.

When trying a compost for the first time or from a new source, test it on a few plants. You can also try a seed germination test by putting a known amount of seeds in a few pots with soilless substrate on the bottom and a half-inch layer of compost on top. Then put the same number of seeds in a wet paper towel and place that in a plastic bag. After one to two weeks, approximately the same number of seeds should have germinated in both situations. Let the ones in the pot grow out to make sure they continue to look healthy.

### Vermiculite

This is an inorganic product created by super-heating mica ore mined from the earth. The mica ore is crushed into small particles and heated so that the particles swell like an accordion being stretched out (Figure 1). The finished product is very lightweight, with expanded layers that improve the water- and nutrient-holding capacity of a soilless substrate. Vermiculite has a neutral pH of 7.0 and may even be slightly alkaline. It's normally used in small amounts in soilless substrate, so its effect on pH is minimal.

### Perlite

Perlite is another inorganic product mined from the earth and expanded through a heating process. When perlite expands, it contains numerous sealed air pockets that make it very light. The finished product is white (Figure 1) and used in substrates for drainage or as a lightweight replacement for sand. Perlite is essentially inert and has no effect on substrate pH.

### Rice Hulls

Also known as parboiled rice hulls, these are a byproduct of the rice industry (Figure 1) and relatively new as a substrate ingredient. They're used as an alternative to perlite and have an inherent pH of 7.0 to 7.5, but rice hulls are used in such small quantities that their effect on substrate pH is negligible. If you're planning to use rice hulls, however, make sure they're intact and not composted rice hulls, which have a much finer texture and are not suitable for use as a perlite replacement.

### Substrate Formulations

There seems to be an endless supply of choices when it comes to bagged substrate mixes. Many of these are excellent for growing cannabis and initially don't require any amendments to optimize pH. However, during cannabis production, fertilization, irrigation and other cultural practices can cause the substrate pH to shift; this is when an amendment may be necessary. By blending your own substrate, you can "preprogram" it to better handle the pH shifts specific to your operation. For example, if your substrate pH always seems to increase over time, you can boost the amount of peat in your substrate by 10% before you plant. The resulting peat-amended substrate will have a slightly lower pH, reducing the chances that your plants will develop the problems that come with a high pH.

By formulating your own custom-made substrates, you can cater the mix to meet your growing needs. Additionally, making custom blends gives you the opportunity to continually fine-tune your mix to optimize production, and it may also reduce costs if you buy your ingredients in bulk. Dr. Spadowski recommends starting out with the recipe in Table 2. Look for Part 3 of "pHing Out pH" (coming soon) to learn how your fertilization program affects your soil/substrate pH.

Until then, happy growing! 🌿



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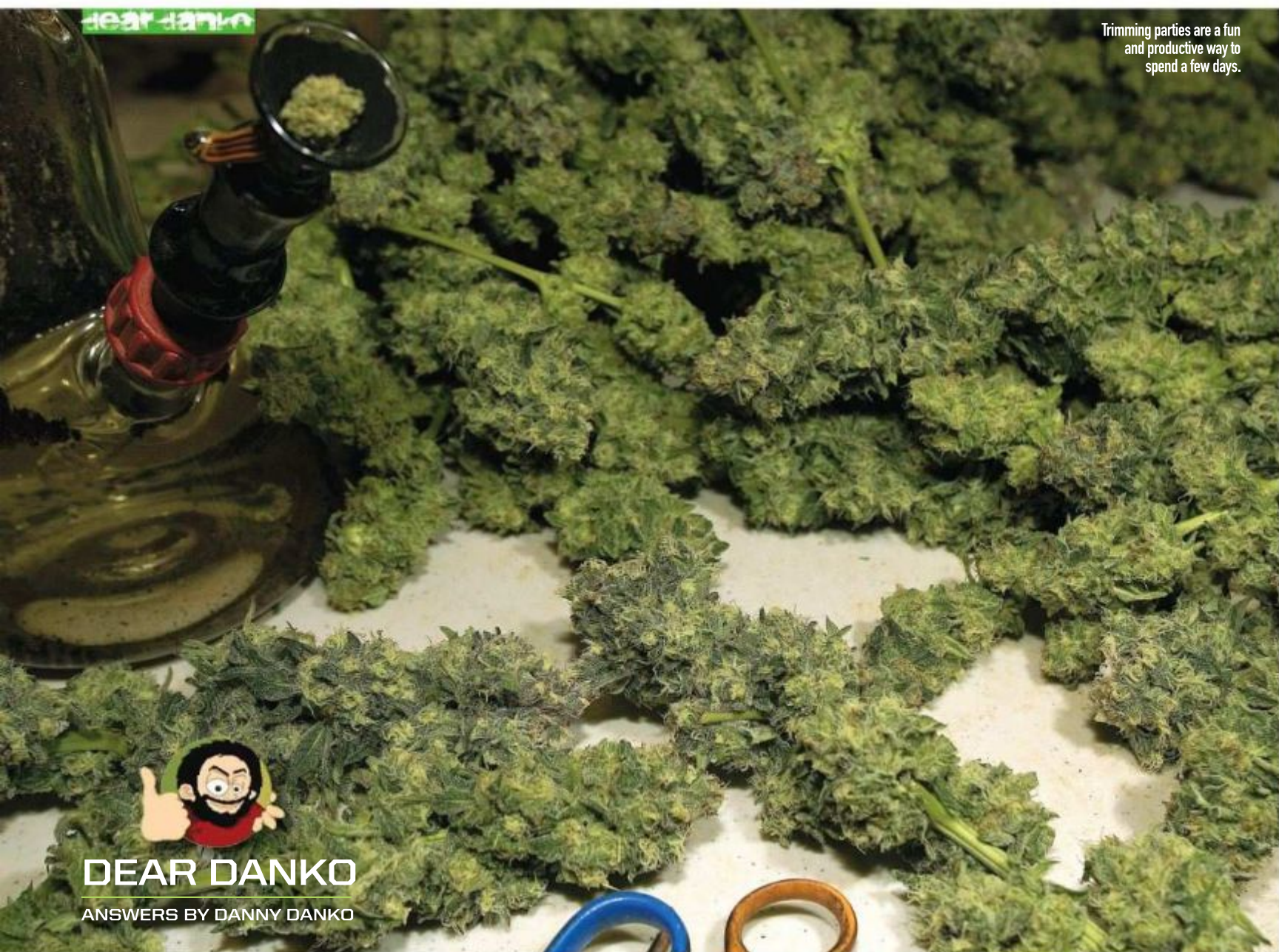
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## DEAR DANKO

ANSWERS BY DANNY DANKO

### TOPPING OFF

I have a 6' x 3' x 3' growroom, and one of my *sativas* is getting way too tall. I never topped it off because I thought I'd be okay, but clearly things are coming to a head. She's two weeks into flowering and only about 6 inches from my grow light. I'm afraid the tops will start burning any day now, but the buds are too beautiful to top off! Any suggestions? Thanks!

*JackD*

Dear Jack,

You do have alternatives to cutting off your beautiful buds while they're still forming. At only two weeks of flowering, you can carefully bend the branches below your tops to try to keep them far enough from the light so that they don't burn. The famous Amsterdam grower and breeder (and *HIGH TIMES* Seed Bank Hall of Fame inaugural inductee) Soma has a great method for this: He gently twists the stems between his fingers until he feels a light crack. Then he carefully bends the stems up to 90 degrees in order to keep them a foot or so away from the light instead of 6 inches or less. Repeat this process as necessary and your buds won't burn before they have a chance to finish. You may even increase your yield by allowing light to reach new leaves that were covered up in the vertical growing style.

### POT IN PORTUGAL

Hello, *HIGH TIMES*! I'm from the country of Portugal and have been a subscriber for almost a year now. I'm very satisfied with everything—it really is magical opening each envelope and smoking my last, best bud of the month while reading and soaking up the wonderful photos and layouts. It's like a ritual now for me, and this is the first time I've decided to write to you.

When using a single 400-watt high-pressure sodium (HPS) lamp going back and forth at a horizontal angle, how fast should the reflector move over the top of the plants, and how far away should it be? Thank you for your answers!

*Diana C.*

Dear Diana,

Thanks for the kind words about the magazine, and I'm glad you're able to receive it all the way over in Portugal. You're asking about a light mover that uses a track to move your reflector from side to side. The speed of most movers is built into the system, and they typically move quite slowly back and forth. The advantages to using a mover are that you cover more space and can place the light closer to your plant tops, because they have less of a chance of getting burned. Keep your 400-watt HPS reflector about 1 foot (approximately 30 centimeters) away from

the canopy and raise the light or lower the plants as they grow. If you find that you're not getting enough light, switch to a 600- or 1,000-watt light and continue growing under the light mover.

### TRIM TIME

When buyers look at my finished buds, they often have to give me some type of criticism as a bargaining ploy. Most of the time, it's the trimming—they say they're not trimmed very close. However, when looking at the green buds before trimming, one can see so much resin on the small leaves sticking out of the buds. These buyers expect me to trim all that off? They say that's what consumers want nowadays; I say that's a waste of about 10 percent to 15 percent of the crop. Besides, when they are dried, the leaves protect the buds.

I worked as a professional trimmer for large growers for 13 years, and my way was the way they wanted it. How can I convince my buyers that this is the correct way buds should be trimmed?

*Old Fashioned*

Dear OF,

How closely you trim your buds is a matter of personal preference for most growers. Some people like a close trim with very little leaf; others prefer a little leaf left on to protect the buds. Either way, you should decide how you like it and



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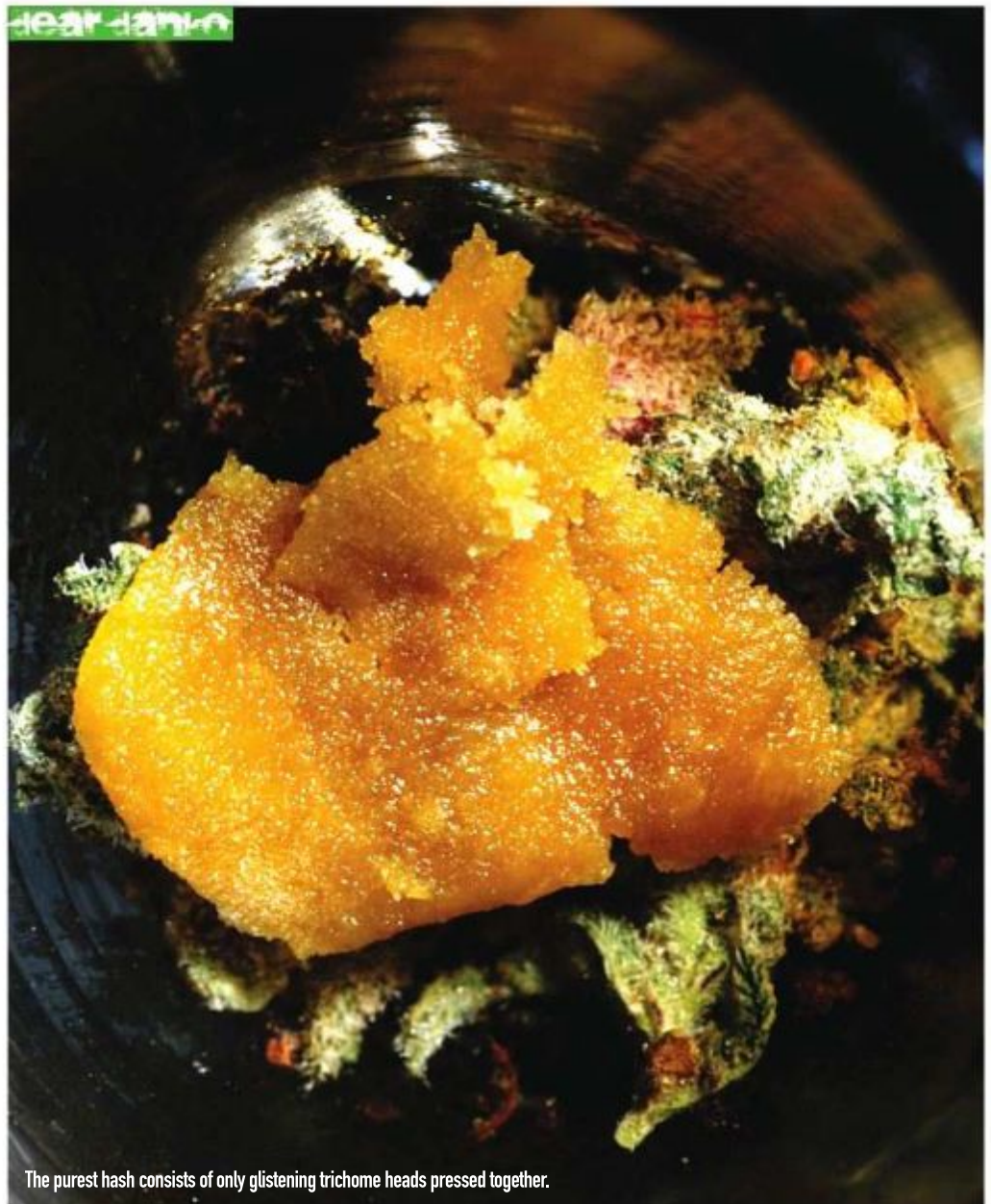
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The purest hash consists of only glistening trichome heads pressed together.

act accordingly. Don't let a buyer's bargaining ploy change the way you do things. Try it their way once and, if you don't like it, scrap it.

Personally, I would trim as closely as possible and use the leaves you cut off to make hashish. That's because I prefer smoking flowers without the leaf, which can cause a harsher smoke. Instead of convincing your buyers to appreciate more leaf, provide them with some hash made from your sugar leaves and everyone will be happy.

### NEWBIE TO NUGS

Let me say right off the bat that I haven't been a regular or devoted reader of HIGH TIMES. I've seen a few issues over the years and have looked at the centerfolds and wanted to taste the big, beautiful buds that were gracing the pages. But now I'm trying to immerse myself in the culture of the cannabis world. I have lived most of my life in the area known as the Emerald Triangle,

My question is this: Have you ever heard of anyone doing genotyping of cannabis strains, and if so, what were the results? I'm currently doing research on this very subject, and have arranged my trip to the HIGH TIMES Cannabis Cup in search of someone else that has done this to hopefully extract some DNA from the

strains they've identified. I have found several papers on this, but they've all been done by government agencies bent on the prosecution of growers, not the identification of individual strains. I have started this process myself, and I'm just waiting for lab results on the 20 strain samples I sent. I've had several debates with growers as to whether or not you can identify anything more than *indica*, *sativa*, *ruderalis* and *afghanica*.

*Emerald Triangle Buds*

Dear ETB,

I'm looking forward to meeting you in Amsterdam at the Cup. There are now several labs in the US doing testing on the genetics and potency of cannabis, including Steep Hill Labs in Oakland and Full Spectrum Labs in Denver. They use gas-chromatography technology to determine the percentage of THC, CBD, CBN, and the many other cannabinoids and terpenes. They are also able to detect powdery mildew, molds, insecticides and overfertilization. They've even begun to map the genetic makeup of the various strains in order to standardize them and certify that certain varieties are what they claim to be. These exciting discoveries have opened up many new avenues to learning more and more about cannabis. There's a wealth of information that we still don't know

about this wonderful plant, and I encourage you to learn as much as you can.

### CLONE WARS

I've been growing for some time now, and I've noticed that sometimes after I clone, there's a period of time that the clones grow leaves with only three blades. I haven't been able to figure this out. The plants are still very vigorous, but only produce three-bladed leaves. Could you please tell me why this is?

*Annoyed in Colorado*

Dear Annoyed,

The reason the plants are growing leaves with only three blades is because the process of cloning causes stress to the cuttings, which transfer their resources into growing roots to stay alive. Think about it: You're cutting a piece off a growing plant and then forcing that piece to create roots and grow on its own. This technique is bound to hurt the cutting, and its fearful reaction to pain causes it to only put out enough leaves to survive this trying time.

Eventually, once the clones have developed sufficient root systems and have been planted into a growing medium, the new shoots should have more blades per leaf jutting out from the stem. That's how you know the clones have recovered from the stress of being cut from the mother plant and that they're ready to begin the vegetative stage of life.

### HASH MADE EASY

I was wondering if you could give me a few easy tips for making hash at home.

*Buck*

Dear Buck,

The easiest way to make hash at home is by breaking up your buds over a screen and then pressing together the powder that falls through the holes. This is known as dry-sift hashish and, with a bit of practice, you can use just your fingers to warm and melt the tiny gland heads into a malleable mass.

If you're a grower, you can also use the leaf trim generated during the harvesting process to make ice-water-extracted hash. Sugar-leaf trim is tossed into a bucket filled with ice water into which bags lined with various sizes of silkscreen have been placed. After 15 minutes or more of agitation, the first (top) bag is removed, carrying with it all of the leafy material. The next several bags pull out various gradations of yellowish-brown trichome heads and stalks that resemble a slurry of wet sand. Once it's all collected, the moisture must be removed through pressing and drying to form bubble hash, an extremely potent form of hashish that can melt even when slightly warmed.

### NEWBIE BUDS

When should I start growing? Can I just throw some seeds in the dirt with sunshine and water? I'm a newbie who's sick of spending his hard-earned money on dealers, and I'd just like to have my own pot!

*War X*

Dear War X,

When you should start growing outdoors depends on the region in which you live. The optimum time in most parts of the US is after any threat of frost, but before the heat of summer. Growers in

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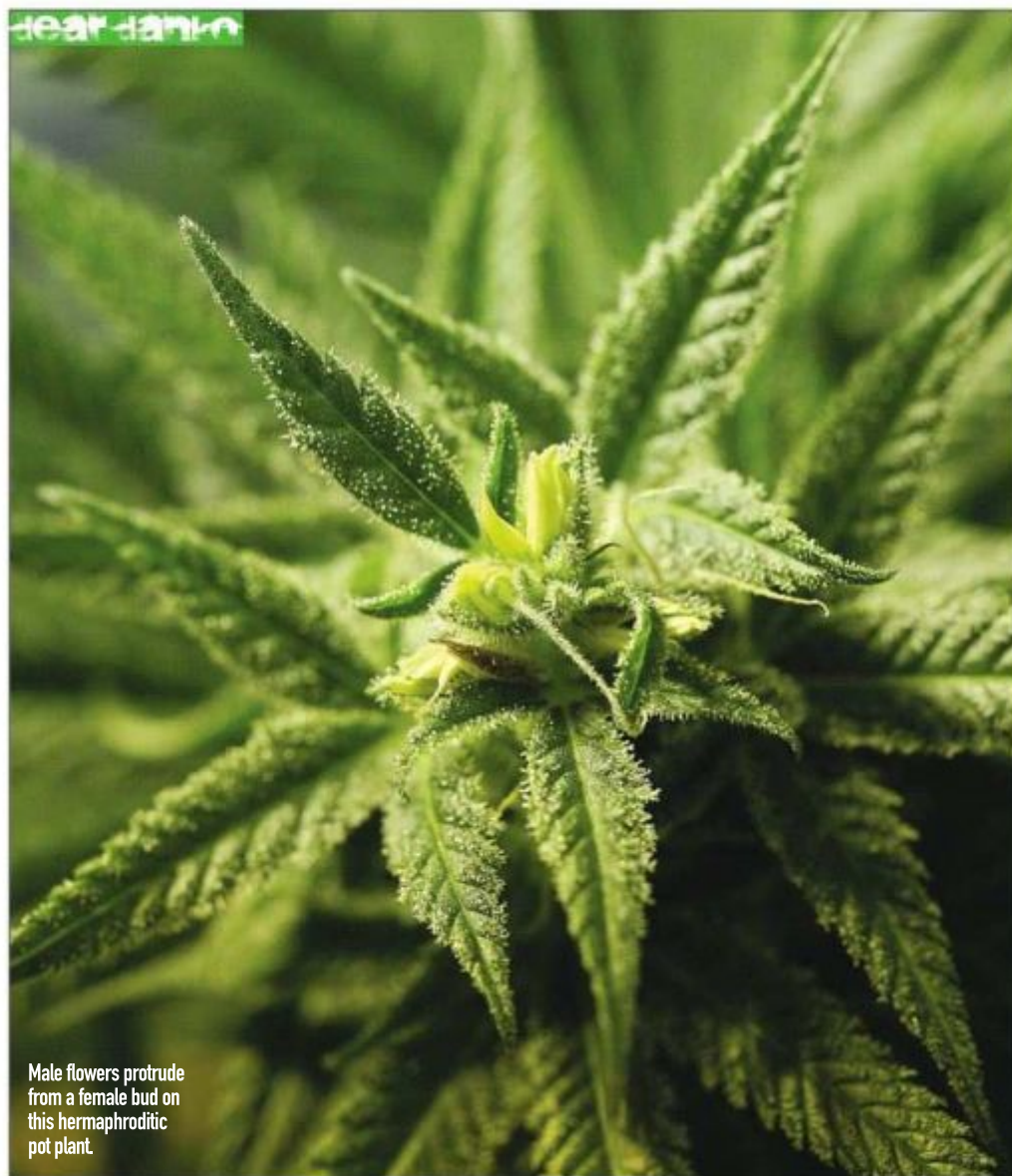
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Male flowers protrude  
from a female bud on  
this hermaphroditic  
pot plant.

warmer climates can plant early in spring (March), while farmers in colder regions should wait until late April or May to set seed.

You grow plants with dirt, sunshine and water, but in order to optimize your harvest, you'll want to put a bit more effort into the project. I applaud your desire to become dealer-free, but I don't want to mislead you into believing that growing your own is easy. You only take out what you put in, so consider it more of a part-time job than a hobby and you'll be righteously rewarded.

### SEXING MOTHER PLANTS

I plan on growing from clone, starting my mothers from regular/non-feminized seed. I'm wondering what would be the best technique for sexing the mothers: Would it be to first flower them out, then revert them back to the vegetative stage? Or would that be too much stress for a mother plant? Perhaps it might be better to take clones before flowering the moms and then determine sex from the clones. However, that option would be extremely inconvenient for those of us trying to follow state guidelines with regard to plant limits.

*Richard*

Dear Richard,  
Unfortunately, the latter solution is clearly the best one. Mother plants suffer stress when they're flowered in order to determine sex and then reverted back to vegetative growth. The confusion caused by this unnatural process can

result in slowed growth, twisted leaves and other negative symptoms.

On the other hand, determining the sex of the mother plant by taking a cutting and flowering it out will not stress the mother plant, which can continue growing in its vegetative stage throughout this process. Taking the cutting from the main stem of the mother plant will help it stay bushy as well, a very important characteristic to consider if space is a concern.

Some states with plant limits only restrict the number of flowering plants you can have—but if yours doesn't, keep in mind that the cutting only needs to tell you the sex of its mother and can be discarded shortly thereafter, limiting your potential time at risk to a couple of weeks.

### CHOPPER STOPPER

I'm a 65-year-old first-time grower. This year I harvested five plants that did well in my backyard. My concern is about the air above my home: How are plants detected from a plane or helicopter? Also, you should put "Answers by Danny" in book form—I've learned more from Dear Danko than from grow books and videos.

*P.B.*

Dear P.B.,  
Thanks for the compliment. As for your garden, I wouldn't worry too much about your five plants being discovered by choppers or planes. Law enforcement typically targets much larger gardens



for surveillance and destruction, and I sincerely hope they have better things to do than worry about a 65-year-old with a few plants in his yard. Sadly, that isn't always the case, of course, but I'd be more concerned about the neighbors or local kids discovering your plants than the fuzz from above.

### HELLISH HERMIES

I have a closet grow box, and two of my plants have turned hermaphrodite on me. I asked some people and they all told me that somehow light must have gotten into my box. I believe them, because the two plants affected were closest to the door. My question is: If such a small amount of light can do this to a closet grow, how do people keep their outdoor plants from turning hermaphrodite when there is a full moon or bright stars? I'm planning to grow a couple plants outside and would like to know if I need to cover them at night.

Jordan C.

Dear Jordan,

It's true that light leaks can cause female plants to become hermaphrodites and exhibit male flowers, potentially seeding your crop with practically useless beans instead of sinsemilla buds ("without seeds" in Spanish). If the plants receive strong light during their "night" cycle, when the lights are supposed to be turned off, they do react with shock, and the resulting stress can manifest itself in hermaphroditic tendencies. A small amount of dim light is usually insufficient to cause this reaction, however; it tends to happen more often when bright light interrupts the dark cycle for an extended period of time (i.e., 15 minutes or more).

Outdoors, the natural night cycle includes light from the moon and bright stars, which doesn't affect the plants because it's not bright or shocking enough—only a streetlight or motion-detector floodlight can really disrupt the outdoor dark cycle, since plants are attuned to withstand small, dull, distant amounts of light throughout the night. So avoid planting near artificial sources of light, but don't worry about the natural glow of the moon and stars.

### ELECTRIC COMPANY

I have an ebb and flow hydroponic system on a 4'x8' table of clay rocks. I'll be using two 1000-watt HPS lights with electronic ballasts. So my question is, with all of that electricity flowing of lights, pumps, fan, CO2, and etc., should I have a professional electrician wire it up or can I just use heavy duty surge protectors, extension cords and just use the wall outlets (120v).

C-Money

Dear C-Money,

The vast majority of the electricity you will use will be for the two 1000-watt lights and ballasts. Each one needs approximately 9 amps to run without popping your breaker. As long as you can dedicate a 15 amp or higher circuit to each light, you will be fine. It's always better to have a certified electrician do your wiring, but in your case, you can handle it yourself, as long as you don't plug both bulbs into the same outlet or have them running on the same 15 amp breaker. ✪

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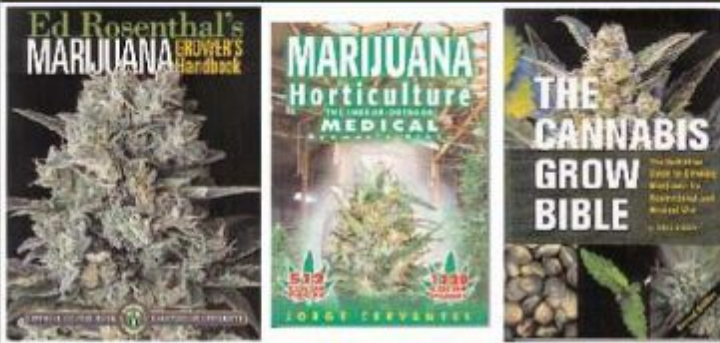
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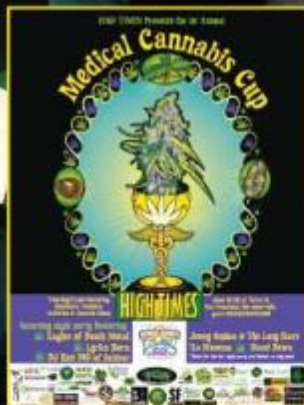


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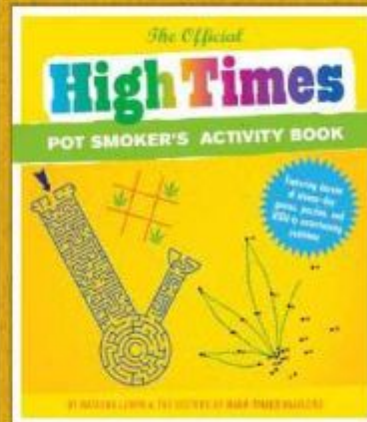


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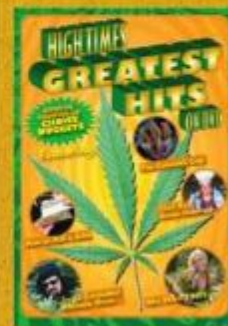
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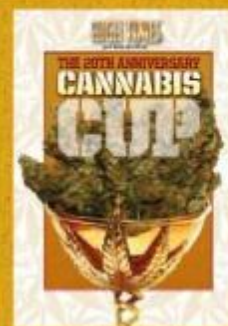
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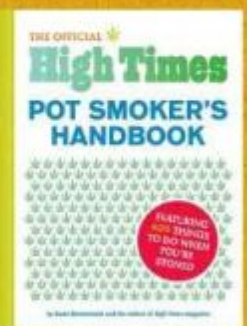
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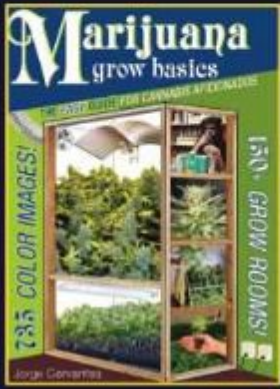
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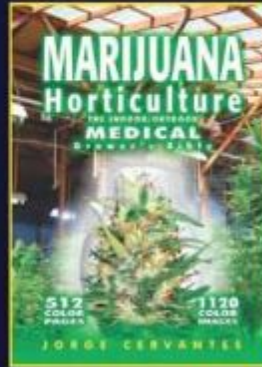
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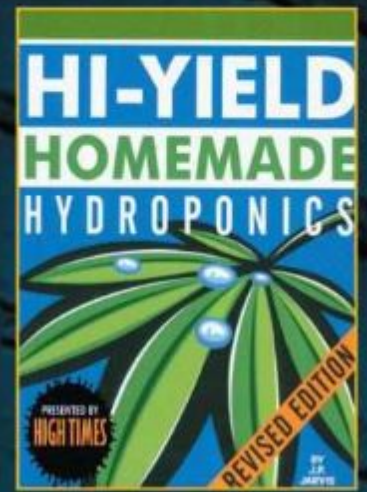
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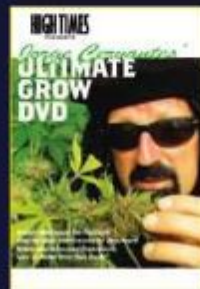
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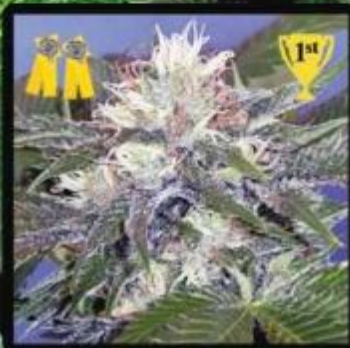
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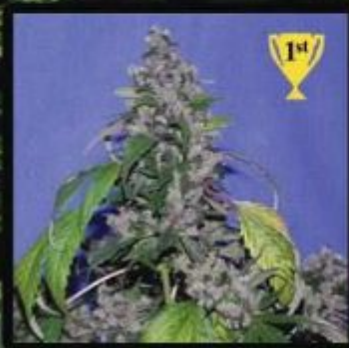
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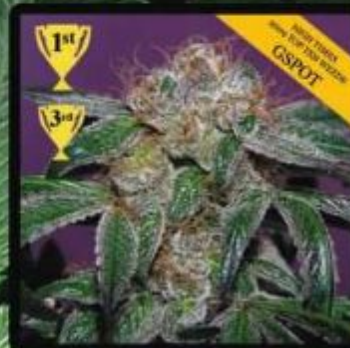
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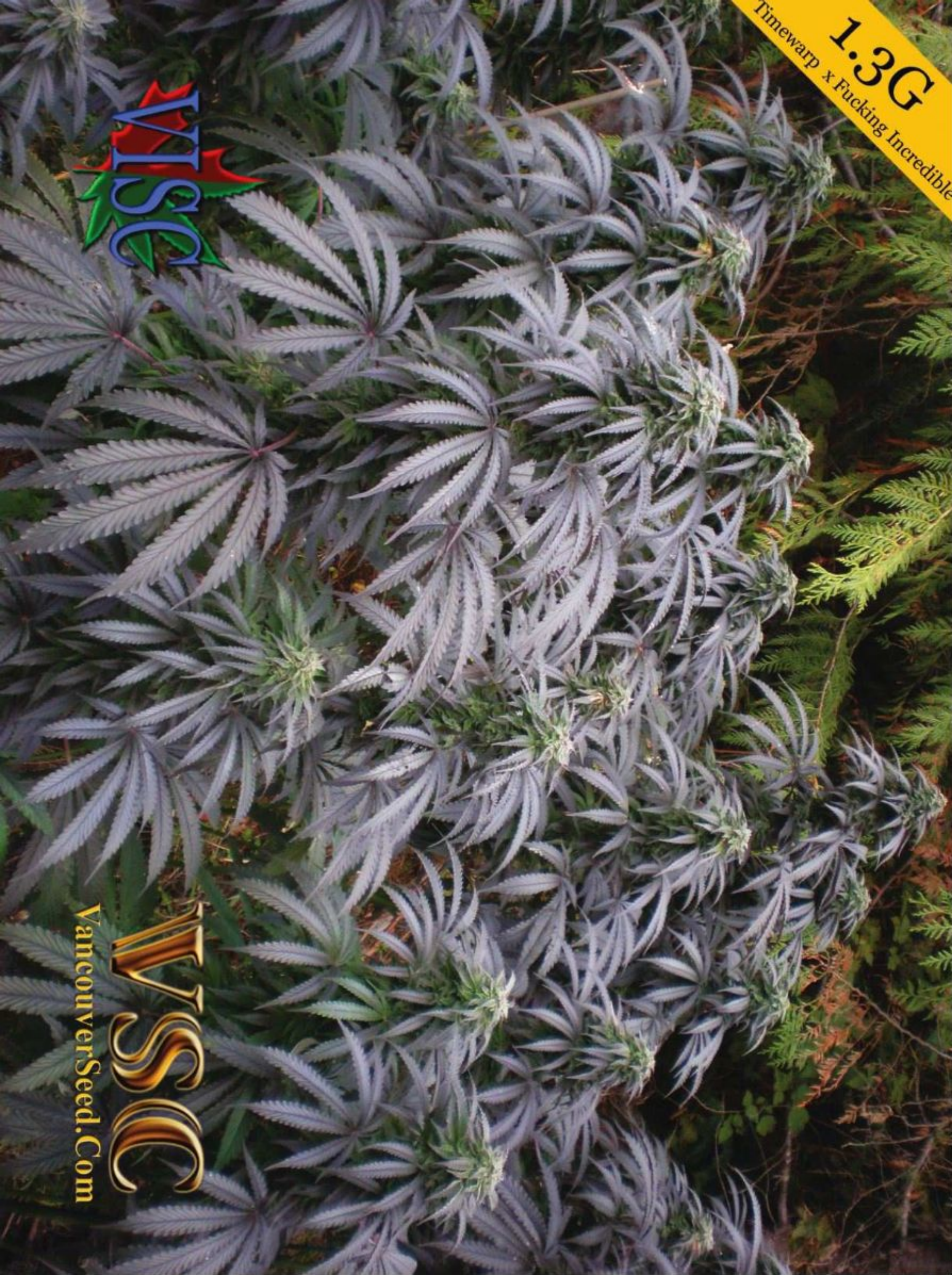
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