

Mid-Month
May/June, 2006
Vol. I, No. 2

greenkind

The Medical Cannabis Community Magazine by Patients for Patients

Free

50,000 Copies
Statewide

magazine

**Cannabis
Etiquette 101**

*From the
Community*

**Stories •
Articles •
Poetry •**



**MEDIA, MERCHANDISE AND ALL
ISSUES FULLY ON LINE AT WWW.GREENKIND.NET**



greenkind magazine

The Medical Cannabis Community Magazine *by Patients for Patients*

Melrose Sanchez, EXECUTIVE EDITOR

Lee Sanchez, PRODUCTION SUPERVISOR

Marcella Sanchez, CREATIVE DIRECTOR/PHOTOGRAPHY

Steve Davenport, DESIGN COORDINATOR

GotDragon.com, WEB DESIGN

Michelle Gonzalez, EDITORIAL CONSULTANT

MELISSA ATHENS, MARKETING LIAISON — (619) 321-8263



SUBSCRIPTIONS:

\$39 /YR — see page 21

please send check or money order to:

Greenkind Magazine Subscriptions

4061 E. Castro Valley, Blvd., Suite 267,
Castro Valley, CA 94552

Greenkind Magazine

4061 E. Castro Valley, Blvd., Suite 267,
Castro Valley, CA 94552

Call us at:



(510) 728-4779

or fax us at:

(510) 728-4772



or email:

greenkind@earthlink.net



visit our web page:

www.greenkind.net

for online ad information and rates, entire
publication on-line, entertainment,
merchandise, and more

©2006 Greenkind Magazine • All rights reserved. Reproduction in whole or part without permission is prohibited
All contents ©2006 by Greenkind Magazine assume no responsibility for any claims or representations contained in this publication
or in any advertisement nor do they encourage the illegal use of any of the products advertised within.

Canna Shop

CANNABIS STRAIN GUIDE
OPINIONS AND EVALUATIONS



Doctors referral Guide



Dispensary Guide



Cannabis Photo Gallery

WWW.CANNASHOP.US

It's Your Right!

Paul Scott's Inglewood Wellness Center

A Thriving Oasis for HIV/AIDS Patients

by Melrose Sanchez
photos by Marcella Sanchez



Paul Scott

The broad and elegant tree-lined streets of downtown Inglewood is home to the Inglewood Wellness Center. Located just off the 405 Freeway and not far from Hollywood Park Racetrack, the appropriately named Wellness Center radiates health and well-being. It is noticeable as soon as the door is opened to a newly arrived patient.

The butter-yellow walls of the reception area continue into a welcoming and comfortable room, with deep sofas and plush carpet. It is more like entering a home than a dispensary. The decor, rich in color and comfort, only sets the tone that fills the rooms.

It is an intangible quality, a subtle undercurrent of well-being, best described as an air of thriving. Each staff member has a joy about them and moves with an easy air. It seems everyone is happy in their work as if they might have a special secret or perhaps they have found the key to living and loving life.

As it turns out, there is a lot of sharing going on at the Wellness Center, and it is about living with HIV/AIDS. Every staff member is dealing with a diagnosis of HIV/AIDS. Many have been living with the disease for as long as 20 years. The amazing thing is these folks are so joyful, healthy and physically fit. I asked Paul Scott, the Executive Director, of the Wellness Center, "How is it possible with the entire staff battling AIDS and HIV that so much thriving is going on at the center?"

Paul laughed mentioning that the lesson of living with AIDS is also the fact of dying of AIDS. He said that for him, his staff and the hundreds of patients that the Wellness Center supports, simply waking up each day is appreciated. Being diagnosed with HIV/AIDS is in-and-of-itself a life lesson. Paul said that every day is a gift to HIV/AIDS patients, and that being diagnosed with AIDS puts life in perspective very quickly.

Paul began caring for others early on in his life. Born in Rhode Island, Paul moved to Los Angeles during his grade-school years. His father, a U.S. Naval officer and his mother worked for the Los Angeles School District. After high school, Paul joined the Navy and became a medical corpsman during his 6-year naval career.

After the Navy, Paul went to work at the Long Beach Veterans Hospital in the spinal cord injury unit. "This experience was a wake-up call." The veterans Paul worked with were a marvel of the human spirit. Paul said it was inspirational to see these men with no legs pulling themselves up with only upper body strength.



Inglewood Wellness Center

continued next page



Inglewood Wellness Center. Arlene, receptionist

Inglewood, continued from previous page

Next, Paul attended and graduated from San Jose State while he held various nursing jobs in Northern California. This was his first exposure to AIDS patients. In 1990, many were dying of the disease. Paul said, "I saw people lined up to buy cannabis to ease their symptoms: waste syndrome, neuropathy, sleep deprivation and loss of appetite. San Francisco was ahead of the whole country in addressing the needs of these people."

The Oakland Compassionate Center was Paul's first introduction to medical cannabis and where he served on the first board of directors. The Compassionate Center was the model Scott used to create the Inglewood Wellness Center to provide a place where AIDS patients can find information, support, comfort, and compassion as they deal with their severe health issues.

After almost 20 years of the AIDS epidemic, it is the black population that is most adversely affected by the disease.

Paul says that when a black man gets AIDS his entire life changes. They take pills that don't work, lose weight, and lose appetite. Using medical cannabis helps these patients feel better. The nausea leaves and appetite returns.

There is always a disparity for black men, but Paul says when they get AIDS, they experience despair and the disparity becomes greater. In 2000, Paul founded the Inglewood Wellness Center with a sense of mission and located it in Inglewood because the city was willing to work with Paul and address the need in the community for the Wellness Center's services.

With the opening of the door, people flocked to the center for help and relief. It was impossible to turn any of them away, so Paul didn't and to this day, that sense of mission and purpose fills not only the rooms of the center, but the people as well.

Paul's dream for the future involves more than the tremendous work the center is doing today. He is working toward the Wellness Center becoming a black man's health center with a doctor, to screen and treat Prostate Cancer, Diabetes and Hypertension, the number one diseases of the black male population.

Paul is contributing in a huge way to the quality of life issues facing the patients of the Wellness Center. Within those butter-yellow walls is a knowingness of the value of life, how to live each moment as a gift, and how to ease the suffering of those in the greatest need.

When a man is on a mission, it shows in the light of his eyes and the easiness of his step. He is a man who has found peace in his own skin and has discovered the willingness to extend his hand to his brothers and sisters.

This is the Inglewood Wellness Center. It is a place of thriving and well-being that outshines anything I have witnessed. Like the golden walls, the hearts of these special caregivers lighten and brighten all who enter this special oasis.

To contact the *Inglewood Wellness Center* call (310) 674-4444; or email *InglewoodMCC@aol.com*





March 29, 2006 — Medical Cannabis Dispensaries Victory!

LOS ANGELES — The Los Angeles County Board of Supervisors voted in favor of an ordinance to regulate medical cannabis dispensing collectives to the relief of at least 80 patients and advocates in attendance at the hearing, including medical cannabis activist **Richard Eastman**.



1326 Grove St., San Francisco
(415) 409.1002

(corner or Divisadero) free parking • 11-9 daily



Pacific

SUPPORT SERVICES, INC.

ASSISTING CALIFORNIANS IN NEED WITH
 MEDICAL MARIJUANA EVALUATIONS

JAMES W. EISENBERG M.D.
 9157 W. SUNSET BLVD, STE #215
 WEST HOLLYWOOD CA, 90069
 (310) 858-8602



On the cover:

"Tea Time" by Marcella Sanchez, May, 2006

At the **1876 Centennial Exposition in Philadelphia**, American's first 100-yr birthday bash, fairgoers visited the **Turkish Hashish Exposition** and lighted-up in order "to enhance the fair experience."





From SFPC Writer's Group

On Being a Medical Cannabis Patient

by Ed B

Pain, when your world is defined by pain you, after a while, find relief. People say that my cure is wrong or criminal, or that I'm a bad person. People should get to know me as a person and respect my individuality and my right and my choice and right to choose.

Our Writer's Workshop

by Kitty

Here we are another week; we gather ourselves in the mood more information on important matters we seek; to be a people working with each other to be understood. Could it possibly make a difference? Do we care? Of course we do, to show the wonderness; This piece of art we call our magazine we strive, our meaning to pour forth our efforts; and now and forever we stand, fighting for our revolution!

Too Bad

by Rosie

Too bad the government thinks its wrong; to use a medicine that makes us well and strong. Too bad about this administration, let's change it, so we can have a free nation

—San Francisco Patients Cooperative Writer's Group—

Did you know?

by Steve Davenport



Henry Ford tries out his first "plastic car" circa 1941. What was it made from? Plant-based materials, including hemp. "...the axe bounced, and there was no dent..."

Henry Ford, inventory of the Ford automobile, recognized the utility of the hemp plant. He constructed a car of resin-stiffened hemp fiber, and even ran the car on ethanol made from hemp.



"A WAR on Ignorance"

by Chris Lung

Ask yourself; "just how much does it cost?"
When symptoms are the focus & the origin gets lost?

Mass-Media saturated with False Portrayals,
One Example of many of how Society Fails...

What if we all knew how to be our own boss?
Would our life Improve as rich & poor cross?

Understanding is the key to common ground,
Informing completely allowing lost to be found...

Imagine if everyone felt right, satisfied, happy & well?
Would there be any more wars, crime, or a need for a jail?

Should we forget those living a cancerous hell?
Or forsake research to grow "NEW" Brain Cells?

Should anyone suffer through pain or stress?
With lives on the line, will you do what's best?

If we all learned how every single thing is made,
Would Wide-Spread Littering, Pollution & Wasting Fade?

Materials, Food, & Fuel... all growing in expense,
We could grow it all... at a cost less than a 1/10th!

Responsibility of self is a must as I get a medicated high...
Because the more you learn, the less need for a lie!

Everyone is different, & so be as many a Strain,
Pending Indica or Sativa, the Effects are not the Same!

For Instant Relief of All Ailments, are All-Natural meds,
Proven time and again, yet still wars ensue by the feds!

Ignorance is a "WAR" each individual can win EASILY...
GreenKind.net helping GotDragon.com Speak FREELY

All said & done... perhaps new eyes will see;
Just how "hooked on chronic worked for me!"



PCH COLLECTIVE

OPENING IN MAY!

Phone: (310) 456-0666

Fax: (310) 456-7975

22333 Pacific Coast Highway #102 A, Malibu, CA 90265



Kali Shanti
Personal Advisor

Healing Readings
by Native Brazilian

readings done in person
and via telephone

510.860.3214
om — shantiom@hotmail.com



– Only individuals with legally recognized medical cannabis identification cards –

SANCTUARY
on earth as it is in heaven

415.885.4420
669 o'farrell at hyde
open daily 12–8

O'Shaughnessy' The Journal of Cannabis
email: journal@ccrmg.org in Clinical Practice
p.o. box 9143, Berkeley, CA 94709

— KEEP TAHOE GREEN —

Fine Clothing
Jewelry
Hats
Bath & Body
Backpacks



TAHOE HEMP COMPANY
3117 Harrison Ave
(530) 544-HEMP
Ecologically Hip
TahoeHemp.Com

Hemp Seed Oil
Nutritional Snacks
Twine & Yarn
Soaps & Lotions
Lip Balm

THE OUTER LIMITS GIFT AND SMOKE SHOP

Compassionate & Knowledgeable Staff
offering a complete selection of **ALL** smoking
accessory needs!

Best Prices on Glass in
Sacramento, Guaranteed!

2554 Cottage Way
Sacramento, CA 95825

916 486-1499
916 486-1699

10% OFF w/ VALID MEDICAL CANNABIS CARD

Going into our 9th Year serving Sacramento!
Books by: Ed Rosenthal, Jack Herer, Jason King and More!

SUBSCRIBE TO
Greenkind Magazine,
only \$39 see page 21

THE TWILIGHT ZONE GIFT & SMOKE SHOP

24058 Mission Blvd.
Hayward, CA 94544
(510) 538-7945

1630 El Camino Real
San Bruno, CA 94066
(650) 952-1670

10% OFF w/ANY PROPER MEDICAL ID CARD



Axis of Love SF Mission Objectives:

1. To protect and further cannabis patient's rights on a local level according to an agenda created by the patients themselves.
2. To improve the relationships between our city's medical cannabis dispensaries and the neighborhood that host them.
3. To promote healthy relationships between patient advocacy groups, political organizations, dispensaries, and city officials by maintaining clear and effective lines of communication.

Please come share with us and show your support for the community! Now accepting donations towards the patient's "Green Fund" which provides scholarships for low income, veteran, or terminally ill patients to purchase their state medical cannabis ID card.

Meetings every first and third Tuesday,
7 pm at the LGBT Center,
1800 Market @ Laguna. Childcare available.

For more information contact
Shona @ 415.240.5247

Always remember the magic words—

"I do not consent to a search.

I choose to remain silent.

I want to speak to my lawyer."

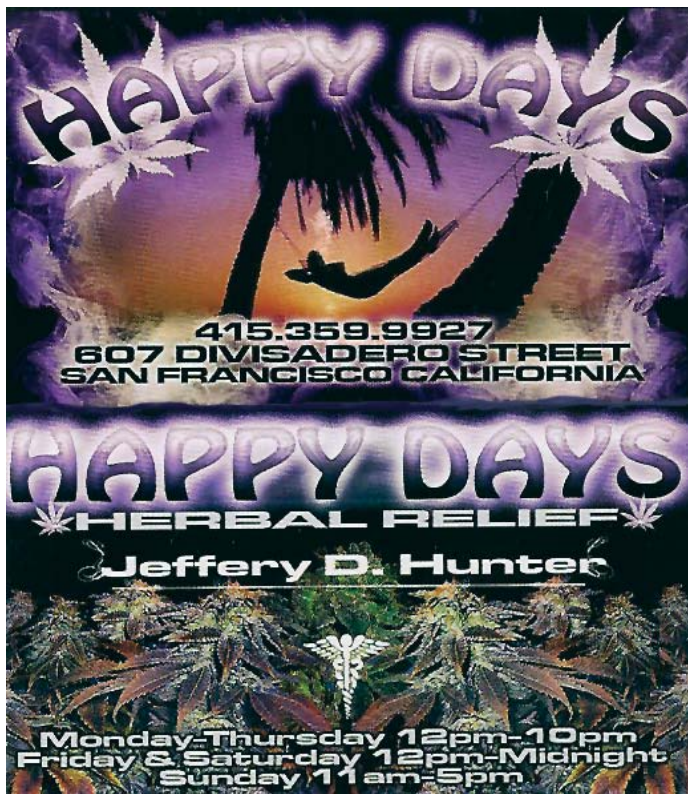
Stay educated! Stay safe!

Axis of Love SF

is a newly founded local medical cannabis patient's rights and political action organization. It is imperative that we, as a community, assure continued safe and equal access to medical cannabis for all patients, and that we remain vigilant throughout the process of the creation and implementation of medical cannabis laws.

Axis of Love SF Compassion + Action = Life

Patients Rise!



Be sure to check out our Medical Cannabis Doctor and Attorney support listing, page 27

Where Does the Smoke Go?

by Scooby D*

Ah, where does all the smoke go? The day is almost gone.
Only hours ago we had an overflowing bowl full in our bong.

Brand new lighter and papers for days.
However, I prefer the pipe for this pretty Purple Haze

Smokin' it, choken' it; smoke all day and night
Oh, where does the smoke go? — It's gone it's out-a-site!

Oh my god! I feel much better. Relief goes to my brain,
Oh Mary Jane, Mary Jane, You're more than just a name.

Oh we're down to scrapin's. Better check the stash.
Oh, times are tough, but somehow, let's get together all our cash.

Do we have enough for a rollie? Or just a little bag of shake.
I'll tell you right now, It's forever, wake and bake

I hope you like this poem, It took forever and ever to write
No, not really just kidding, It was easier than flying a kite.

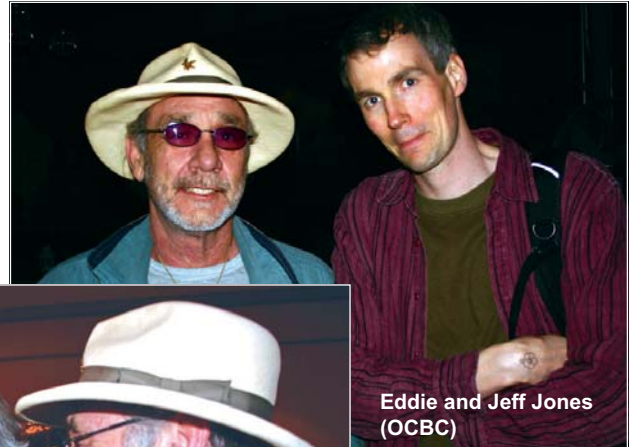
2006 **NORML** Conference, San Francisco Highlights

by Eddy Lepp

The 2006 NORML conference has come to a close. What an interesting time it was. Cobb's Comedy Club joined by hosting five comedy shows for Hightimes and NORML over the 3 day event. The event was held at The Holiday Inn Hotel in San Francisco. The 3 days were covered with meetings, panels, lectures, and talks, all covering our favorite subject, Cannabis. The Rev. Tom Brown was there anointing those seeking enlightenment. This was refreshing as the spiritual and religious use of the sacred plant has been to long overlooked. Thank you very much to Chris Conrad and Micki Norris for the panel at the NORML conference, discussing this issue. The Rev. Roger Christy flew in from Hawaii representing the THC Ministry a group of over 30 cannabis churches world wide. It was a great chance to see many old friends and make some new ones. Dr. Todd Mikuriya was honored for a lifetime of devotion to this sacred plant. We can not say enough flattering or nice or good things to honor this brave old warrior, our hearts and prayers are with you Todd, Thanks so much.

Of course the highlight of the event was Mr. Tommy Chong's appearance. He received a lifetime achievement award for his activism and premiered his new movie detailing his arrest and the events surrounding it. After Tommy had us rolling on the floor and received his award they turned down the lights to premier his movie. I slipped out to have a smoke only to return to an empty room. It seems that as I left the whole room started to lite up to show Tommy how much they love him and the hotel shut it all down and threatened to call the police. I was about to get very upset until we spoke to the hotel people and they explained it wasn't the marijuana just the smoke. San Francisco has some of the hardest no smoking laws in California. Understanding the problem helped but we still never got to see the movie.

The shows at Cobb's Comedy Club, produced by Nagio Beulam, who was the MC, were awesome. All the comics that participated were fabulous, never have so few made so many laugh so hard for so long. Hope you enjoy the pictures. Please join us here next year.



Eddie and Jeff Jones
(OCBC)

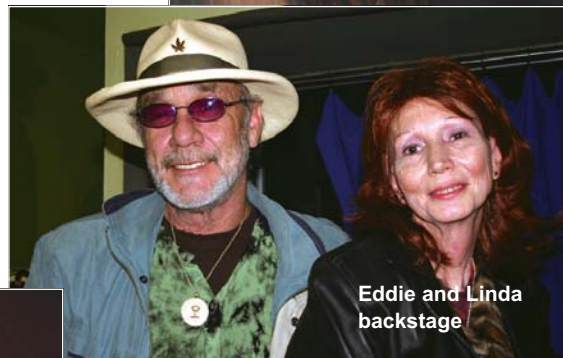


Eddie and
Tommy
Chong

Photos by: Craig Lemire
of Hello Jazz Productions



Nagio at
Comedy
Show

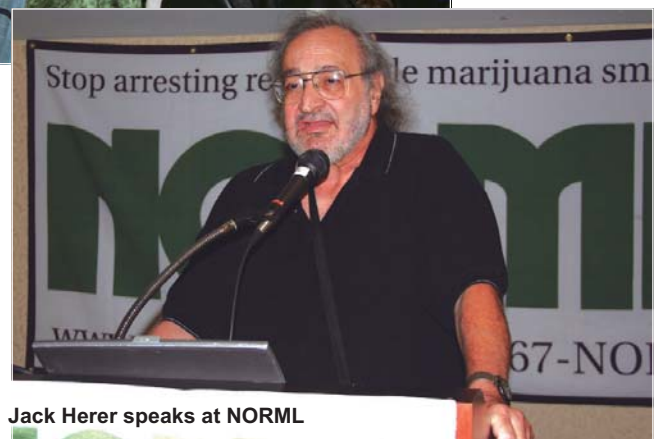


Eddie and Linda
backstage

Respect All, Hurt
None, Love One
Another.
*Leaving You In
One Love*
Eddy



Eddie and Vivian McPeak

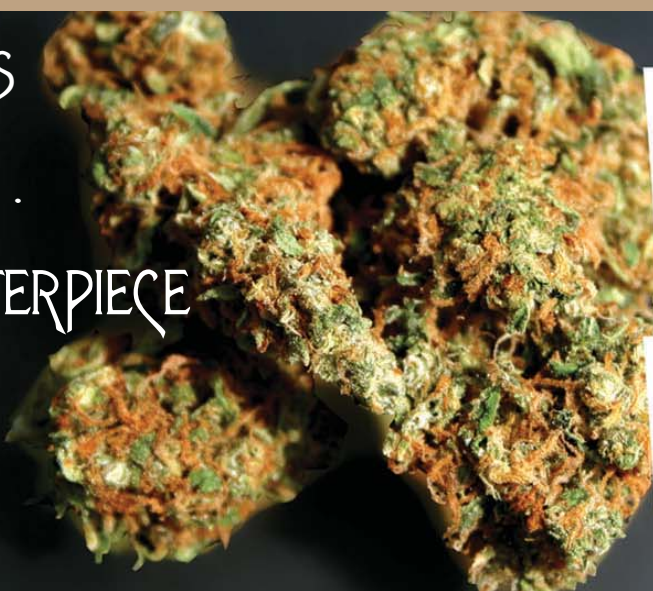


Jack Herer speaks at NORML



MISTRESS
WHITE
WIDOW...

A MASTERPIECE



white
widow

Photo and text by Marcella Sanchez


In the mid 1990s a legend in hybrid cannabis was born. The energetic and social qualities of a Brazilian sativa were crossed with a powerful Indian indica. The result is one of the most desirable medical cannabis strains available, *White Widow*.

The White Widow female plant is named, they say, for the white webs of THC* that spread over the flowering buds, and fans the leaves. Finished buds are tight, hard, and have an extra high amount of THC,* tipping the scales with estimates as high as 20%.

The bud is dense and green, covered with sticky orange hair. The amazingly strong smell is of skunk and sweet citrus, similar to peeling an orange in a forest of Douglas Fir. Tasting fresh and fruity with a potent 60% sativa 40% indica ratio, White Widow is known for her strength.

This strain, when grown properly, is truly a cut above the rest. It's excellent medicine for the daytime or before going out for the evening. It is best for patients that need to medicate every couple of hours while staying alert and active in their daily lives.

*THC *n.* Tetrahydrocannabinol; a compound that is obtained from cannabis or is made synthetically; it is the primary intoxicant in marijuana and hashish.

Source: *The American Heritage Stedman's Medical Dictionary*. Copyright 2002, 2001, 1995 by Houghton-Mifflin Co. 

VINTAGE HOLLYWOOD

GIFTS OF YESTERDAY'S HOLLYWOOD GLAMOUR



MOVIE POSTERS
LOBBY CARDS
STILLS
SHEET MUSIC
AUTOGRAPHS
BOOKS MAGAZINES
DVD CLASSICS
NOTE CARDS
CUSTOM T-SHIRTS
WIDE FORMAT
POSTER PRINTING



7115 SANTA MONICA BLVD. WEST HOLLYWOOD @ LA BREA BLVD.
(323) 876-7548 (323) 934-1484 HOURS 11 AM - 8 PM or by appointment only



669 O'FARRELL SANCTUARY ON EARTH AS IT IS IN HEAVEN

"Rocketing into the Future of CANNABIS FREEDOM"



Being involved in the medical cannabis movement is exciting for so many reasons. It is amazing to see so many brilliant people banding together to change American history by correcting mistakes in our legislation that infringe on our civil rights. So many people are taking so many bold risks, and I feel honored to be a part of it all. If you are even reading this now you are part of the fight, so pat yourself on the back and recognize that people for generations to come will benefit from your efforts right now!

What truly makes the movement revolutionary goes beyond fighting for our right to use medical cannabis if we choose. It extends all the way to the struggle to reclaim the power of the patient. For too long now the role of patients in western cultures has been passive. In most situations, the patient is treated essentially as a victim. The medical practitioner enters the patient's dilemma and imposes their professional decision. Thus the patient is "treated".

In the situation of medical cannabis, there is no doctor who can tell the patient all the facts about how to benefit from its medicinal qualities. There isn't even a doctor who could name all of the symptoms or illnesses that this medicine could be used to treat. Because of prohibition, the only substantial knowledge about the plant is passed down in its underground subculture, but even that knowledge is insufficient. Even now as mainstream science begins to delve into the mysteries of the herb, its sprawling physiological effects present an even more confused puzzle while generating endless promises of hope. But why can neither cultural history nor medical science explain to us what we medical cannabis patients already instinctually know?

The reason why I believe this is a patient's revolution is that the unknown nature of cannabis requires each patient to take responsibility for his or her own methods for successful medication. It becomes not only the patient's right, but also the patient's duty to play a proactive role in the creation and maintenance of a state of health. This is not a pill that we take three times a day to keep us too sedated to

care, this is a natural herb that we all use in different ways to reach a state that we feel comfortable living with. Whatever your ailment is, you are the only one who understands the struggle of your body to overcome its obstacles. Only you understand where your pain is coming from and how to treat it. Therefore it is up to you to medicate intelligently and introspectively, always searching for more knowledge as to how you can better use medical cannabis to increase your quality of living.

"So many people are taking so many bold risks, and I feel honored to be a part of it all."

I also believe that as medical cannabis spreads in legitimacy across America, more and more patients from all walks of life will suddenly find themselves taking proactive roles in their health care. Hopefully this attitude will spread to other areas of living, and people will no longer value the complacent victim-role that we have become so comfortable with. Who knows? Maybe one day because of medical cannabis our country's majority will no longer be silent, but all the brilliant ideas that we contain will come spilling forth, enriching American culture with the power of many and the passions of all.

In all respects,
Johnny Freedom
Sanctuary Dispensary
669 O'Farrell @ Hyde
San Francisco, CA
(415) 885-4420

The Sanctuary is a compassionate dispensary that upholds the values of community healing, political consciousness, and personal enlightenment. Please visit us and experience the kind of love that can only be found in the Tenderloin, San Francisco.



Greenkind Travels ■■■■■

With 50,000 copies of the first issue of *Greenkind* printed, boxed, labeled, and shipped, we climb into our Suburban and head down Highway 5 toward the greater Los Angeles area. Our mission is to introduce ourselves and say thanks for distributing *Greenkind*. Our goal is to visit as many dispensaries as we could manage within the next few days.

Never mind that it is the coldest, wettest March on record. The Grapevine is snow and ice, and the familiar rolling landscape is white. Every now and then there is an upturned car, highway patrolmen waving flares and even the truck drivers look nervous. We stalled at an out-sized truck stop nursing hot cocoa while working up the courage to drive over the summit.

Finally, we reached our first destination, *Cancer Help Center*, in Long Beach. Here we discovered a very attentive staff. The patients frequenting this location are most often dealing with the effects of Cancer and its treatments. Patients have an excellent selection of high quality extracts, edibles, and many strains of cannabis from which to choose. Compassion medication is provided free of charge to Cancer patients in need. The entire staff takes time to answer questions and discuss what might best suit the patient.

Next, we headed up north on the 405 to Lawndale's *The Lomita Vapor Lounge* where the facility is new, fresh and clean. The staff is friendly and very helpful. They took time to explain not only strains, but the expected effects of edibles and extracts. This is a newer dispensary and staff are willing to take all the time a patient needs to select the appropriate medication.

A high point at *The Lomita Vapor Lounge* is the lounge itself. Calming white walls and decor stand out in this bright, futuristic vapor lounge. Patients are invited to relax, socialize and use one of the facility's vaporizers for a small donation. Going northeast to Santa Monica and West Hollywood, we find the West Hollywood area is more like Oakland and San Francisco. It seems more relaxed, with a healthy mix of society filling the cafés and shops.

Dotted among the businesses on Santa Monica Boulevard are several dispensaries. *The Alternative Herbal Health Services* is one dispensary that certainly stands out. An accommodating and welcoming environment greets you at this So-Cal dispensary with a Nor-Cal feel. This Santa Monica location is their second, the first located in San Francisco's Lower Haight.

It is typical of what we found in Southern California. The dispensary is secure, but not overwhelming. We did see security people but they were acting as staff rather than protectors or guards. For patients, it seems welcoming. Los Angeles County has recently passed new legislation and this might change an overriding feeling in the south that the authorities are not tolerant of medical cannabis patients. There is an adversarial feel that is a little disconcerting, compared to a more relaxed feel throughout most of the Bay Area.

There is no carding system in place in the south that we found. As we went to each dispensary our recommendations were verified by our Doctor's office, and we were enrolled in the dispensaries membership program. Medi-Cann provides a 24-hour verification service so the call and verification went quickly. If the recommendation is from a doctor not providing a verification service there could be a delay to enter the dispensary until approval is obtained.

In the north, a current Oakland Cannabis Buyers Cooperative (OCBC) card usually allows entry, however, every dispensary north and south checks and double checks identification and recommendation papers. All paper work and identification MUST be current and verifiable.

Every dispensary we have visited is unique unto its self. They reflect the founder's idea as to how best serve the medical cannabis community. As a result, there is a place where every patient can feel comfortable, find the medication they need, and find fellowship and support.

Look for future issues of *Greenkind* for reviews of the West Hollywood, San Francisco, the East Bay and San Diego areas.





This is my story

by Marie Matlock

On November 2, 1999, just 16 days before my 46th birthday, I had a major isochemic stroke. With this type of stroke 2% of populace live, and 1% gain back some type of assisted movement, like drinking a glass of water. When I woke up at 4:45 in the morning to take my husband to work, I felt alright; that was before I went to the bathroom to ready myself. Upon looking in the mirror I told myself, "You better wake up." What I saw in the mirror was my eyes, they were blank, missing the spark, the energy that one has after resting. It just wasn't there.

When I turned off the bathroom light, I walked again through the kitchen and when I did, I new something was up. The kitchen was too bright, as if every light in the house was in the kitchen and turned on. I shut and opened my eyes to see if the light disappeared, and it had. Then I made my way into the living room, which was just a mere 15 steps away.

When I broke the corner of the living room I noticed or what I thought at the time was the living room seemed to be in slow-motion. That's right, when I viewed the livingroom I had looked toward the right, at the window and I saw that it was gaining light outside. But the movement of my eyes seemed to be looking at everything in slow-motion. When I rounded the stereo's speaker, that was when I really new something was wrong with me. I had to hold on to the speaker because my balance was getting bad, I looked over at the clock it was 4:55. So there I was standing holding on to the speaker then I thought I had better sit down, so I felt as if I was "floating" my way to the couch and I plopped down.

When my husband came in to get me to take him to work at 4:57, I knew the time, because I was looking at the clock wondering what I was doing up. He said, "Let's go." I was still in a sitting position so I placed my hands on my knees and tried to get up. My hands just slipped of my knees. I repositioned them, and for a second time I tried to get up, and my hands dropped by my side once again. Then with determination, I placed my hands on my knees and this time I got off the couch. I took a step and began to fall forward. My husband caught me before I fell into the cabinets, and sat me down onto the floor.

The next thing I remember was a pair of yellow-rubber pants asking me what my name was. Although I didn't answer his question verbally, I was screaming out my responses to his question, but no sound was being emitted.

When I woke up 14 days later from a coma, I found I was paralyzed on the entire right half of my body. Needless to say, I had a conniption fit. Two days later, I was moved to my own room. My husband came to see me. But, I did not know who he was, or that he was my husband, or for that matter what a husband was!

He had taken me for a ride in a wheelchair around the hospital's small pond. He brought out a joint to smoke, to calm himself down. I asked him if I smoked and he said yes. Then I

asked him for a drag off the joint. He hesitated at first, then he passed the joint over to me and I hit it several times. That night, around 3:00 a.m., I woke up with my arm outstretched and my hand unfurled. When I recognized it was my arm and hand which took about 25 seconds, my arm collapsed and my hand went into its drawn-up-furled position once again.

When my husband returned the next day I told him about my arm and hand. Although he had a hard time understanding me because I had gained a "Foreign Accent Syndrome." I talked as if I came from the deep, deep south. He had me moved to another hospital where they worked with stroke victims. When he came to see me the next day after the move, he brought a marijuana joint with him to smoke. I again asked him if I could have a

drag and once again he hesitated but gave in. That night at around 3:00 a.m., once again my arm was outstretched and my hand was unfurled, but this time my right leg was up as if I was doing leg lifts.

I told the physical therapist about the marijuana use and the movements in my body, she in turn talked to her boss, and the whole crew was very interested in me. After just a few weeks of physical therapy, I was up and pushing my self in a wheel chair, then I started to walk again, then I had movement of my right arm, all the while I was gaining back my mental cognition. Today, I can walk, talk, reach for something and then hold on to it, without assistance. It has taken over 7 years, but I am happy with my recovery.

All in all, I am a grateful person for the abilities I have regained. If it were not for medical marijuana, I would just be another statistic. Not that I'm not a statistic now. When I and my working brain returned, and when I felt I had recovered enough, a group of medical marijuana patients, including myself, got together and formed our club, the *Siskiyou County Medical Cannabis Co-op/Research & Registration Center*. Some years later I applied to the State of California for a nonprofit license and received a Non-Profit Public Benefit Incorporated Origination certificate.

REGISTRATION

Registration is not a complicated thing to do. You are only a Qualified Medical Marijuana patient when you get your Medical Marijuana Certificate however, you are not registered. If you are a medical marijuana patient you can register yourself, by yourself. All you have to do is send your Medical Marijuana Certificate, along with your name and physical address, into your County Sheriff Department, stating that you want to register yourself as a Medical Marijuana Patient in your county. Or, you can make an appointment to come into SCMCC/R&RC and we will register

continued next page





continued from previous page

you. We will put your name along with many others, so you do not feel singled-out. It's all confidential.

Getting medical marijuana patients to register is difficult. They do not want law enforcement to know about them smoking medical marijuana, or they are afraid of losing their jobs of many years. What they need to know is that numbers count. When you register, you in essence are coming out of the closet, and you get counted, or added to the government's list of ever-increasing medical marijuana patients in California. Remember, it takes coming out of the proverbial closet, to make a change. Just look at the gay movement across the United States.

CARDS

I devised an identification card which informs law enforcement that they have a registered medical marijuana patient with real medical problems in order to make law enforcement's job a lot easier. Thus far, the identification card has come into use for several medical marijuana patients in Siskiyou County.

Along with the identification card, law enforcement has the ability to run a background check on the individual in question. I use their driver's license number as their personal registered identification number. Also listed on the card is the patient's date of birth, eye coloring, and their height is also included. If that isn't enough, I added other features.

The county and city in which the patient lives can be identified by their County Identification Number. In this identification process, I used the Telephone Directory Grid, using the area codes to identify the city in which a patient lives; and the Post Office Zip Code Grid, to identify the county. The card further identifies the patient's physical address. We do not use post office box addresses. Most importantly, the card lists the patient's physical condition requiring medical marijuana. This feature is to protect the law official from contracting any communicable diseases, as well as protecting the patient against any potential rough treatment from some officers.

But by no means is it a proper identification card. I only came up with this identification card, to provide medical marijuana patients with identification. Because Siskiyou County Medical Cannabis Co-op/ Research & Registration does not possess a California State Seal or a County Seal (not that I have not asked about one, I have), the identification card that we offer medical marijuana patients is an aid to help law enforcement identify medical marijuana patients. It is up to law enforcement not to arrest the patient or to seize their medical marijuana and equipment.

What is important to medical marijuana patients is that they carry proper documentation on them at all times. What is proper documentation? It is a copy of your Medical Marijuana Certificate, your driver's license, and your Siskiyou County Medical Cannabis Co-op/ Research & Registration card; even if it is not a sanctioned or proper identification card, carry it. At least by carrying the identification card you are informing law enforcement (if you get into trouble with the law) of your registration with law enforcement.

I have offered this card in the past to the health department, as well as the Sheriff's department; and have written the President of the United States, Senators Barbara Boxer and Dianne Feinstein, Congressman Wally Herger, Attorney General Bill Lockyer, as well as past Governor Gray, and our newly appointed Governor Schwarzenegger, with the concept of SCMCC/R&RC identification card.

ABOUT MEDICAL MARIJUANA PATIENTS

Ask any Medical Marijuana patient who is suffering from some condition or another, and they will tell you medical marijuana is here to stay. It helps them deal with their pain by aiding their prescribed medication. Or, it helps patients live with the same

medication, but the patient does not have to take as much medicine as when they are taking prescription medication alone. Most of the medical marijuana patients we have registered thus far have been on some type of supplemented income, they are not wealthy.

WHAT'S NEW?

I have also proposed to the City of Weed and to Siskiyou County, in January 2005, for letting SCMCC/R&RC to open a dispensary. Then patients in Siskiyou County, who need medical marijuana, would not have to travel the long drive to Oakland or San Francisco to purchase their medical marijuana needs weekly, nor are they taking the risk of traveling with a large purchase of marijuana to get them by for a few weeks. Not all of us who need medical marijuana can grow it. Due to location, patients may not be able to grow, or they do not have a green thumb.

It's about time we have true compassion for those who suffer from chronic pain (it could be you), and allow SCMCC/R&RC to become the dispensary for our County. People are not getting any better, they still have or have just found out they have, Cancers, MS, CP, AIDS, Hepatitis, PTSD, Migraine Headaches, Depression, Insomnia, Back Sprains, Arthritis, Alcohol Abuse, Diabetes, Endometriosis, Vaginal Pain, Whiplash, Bipolar Disorder, or have suffered a Stroke, etc., or are impaired where they must wear a prosthesis. What ever the condition treated with cannabis, it has to be on the recognized International Classification of Disease 9-CM, and you must possess a valid medical marijuana certificate.


Siskiyou County Medical Cannabis Co-op/ Research & Registration Center has been open for 7 years, we have NOT been in trouble with law enforcement, we instead believe we work well with law enforcement. It was for these reasons (club business) we felt it was about time to make a dispensary proposal. I based the Siskiyou County Medical Cannabis Co-op/ Research & Registration Center's proposal, after Oakland's very own Measure Z Proposal. I might note that the dispensary in Oakland has been awarded many awards for assisting their community in various good deeds.

WHAT SCMCC/OR&RC DOES

We are a club that teaches the laws. Regarding the 215 and its amendment SB-420, you will have to sign a statement that you have read and understand the laws as they pertain to you. We also send your name and your physical address, along with your medical marijuana certificate, into the County Sheriff Department, for registration purposes.

We give you the proper documentation you must have in your home, as well as your growing area. We will teach you how to grow your Medical Marijuana outdoors or indoors, either in soil or using hydroponics. We will also teach you how to clone off your own medical marijuana plants for your next season's crop or harvest; and finally after your harvest we will teach you how to glean everything you can off your medical marijuana plants, but we do not dispense.

We also provide a State approved non-profit public benefit Medical Marijuana News Report, where you will read about issues with medical marijuana from around the world, as well as other articles of interest. The club has a pot luck dinner once a year to exchange growing information and to meet other medical marijuana patients.

The reason why haven't you heard about Siskiyou County Medical Marijuana Co-op/Research & Registration Center is because we do not advertise. I feel that advertising the location of SCMCC/R&RC would not benefit us or the community. This is why I do not advertise or promote unless the person has made an appointment, and is willing to listen to a two-and-half hour seminar, become registered, and fill out a handful papers. If you are a Medical Marijuana patient you will find us. You may use the internet, word-of-mouth, or your medical marijuana doctor, but you will find us. 

Dorn & Associates

Consulting and Counseling Services

DOMESTIC VIOLENCE - ANGER MANAGEMENT - ALCOHOL/DRUG COUNSELING
- EMPLOYEE ASSISTANCE SERVICES -

WILLIAM D. DORN, MPH, CEAP, S.A.P.

GATEHOUSE PLAZA
1290 "B" Street #307
Hayward, CA 94541

Phone: (510) 889-6091
Fax: (510) 889-6248
Cell: (510) 209-4453

email: billdorn8@aol.com

CANNABIS IS NOT FOR CHILDREN.
ADULTS, PLEASE MEDICATE RESPONSIBLY.



www.skunkmagazine.com

Americans for Safe Access

(510) 251-1856

(888) 929-4367

* LEGAL INFO * POLITICAL ACTIVISM *

**DEFEND
MEDICAL MARIJUANA!**



Americans for Safe

Access is the largest national grassroots coalition working to protect the rights of patients and doctors to legally use marijuana for medical purposes.

GET INVOLVED TODAY!
info@safeaccessnow.org

www.safeaccessnow.org

* LEGAL INFORMATION
POLITICAL ACTIVISM *

— Entrepreneurs —

Advertise your
Services and Wares
with **GREENKIND!**

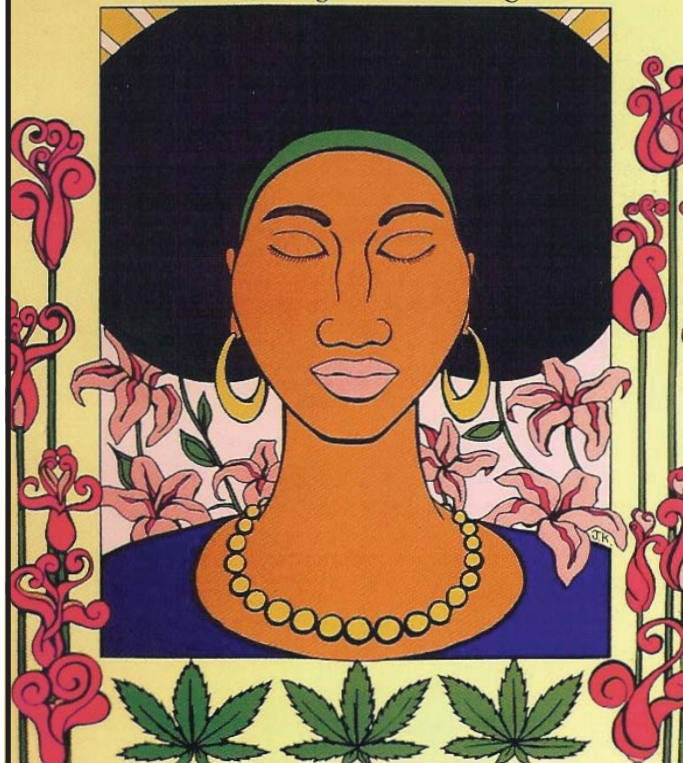
- ▶ Reach your TARGET AUDIENCE
- ▶ STATEWIDE circulation & beyond
- ▶ SPECIAL INTRODUCTORY RATES
- ▶ FLEXIBLE Advertising plans
- ▶ CALL AND LET'S TALK MARKETING

For **DISPLAY AD RATES** see our web page at:

www.greenkind@earthlink.net
or email: greenkind@earthlink.net
or phone: **(510) 728-4779**

LADY COMPASSION

IMCC • inglewoodmcc.org



The Original Compassion Club in Los Angeles
Fast, Friendly Service



Richard Eastman — MEDICAL CANNABIS ACTIVIST

by Melrose Sanchez

Richard Eastman could easily be called one of the founding fathers of the medical cannabis movement. He has been active in the movement from the earliest days. He produced the Millenium Medical Marijuana March in Washington, DC in 2000. He has a personal history with many of the men and women considered the heroes who brought medical cannabis to the forefront as a humanitarian and political issue.

Many of Richard's friends and fellow activists did not survive to see the laws changing and to experience the ever-growing number of patients and supporters taking a stand for the right to use medical cannabis. Richard amazingly has survived, but at least 4 times he has been close to death. It is only through the use of a new research medicine protease inhibitor called TMC-114, phase II study (an AIDS medication) that Richard is alive today. Johnson & Johnson, AIDS Health Care Foundation (AHF) and Dr. Charles Farthing's research make this drug available to Richard and his reaction to the drug is carefully monitored.

Richard became involved with AHF and AIDS research doctor, Charles Farthing, in 1995. Richard had almost died in 1994. He introduced me to Dr. Farthing as part of this

Doctor Charles Farthing and Richard Eastman

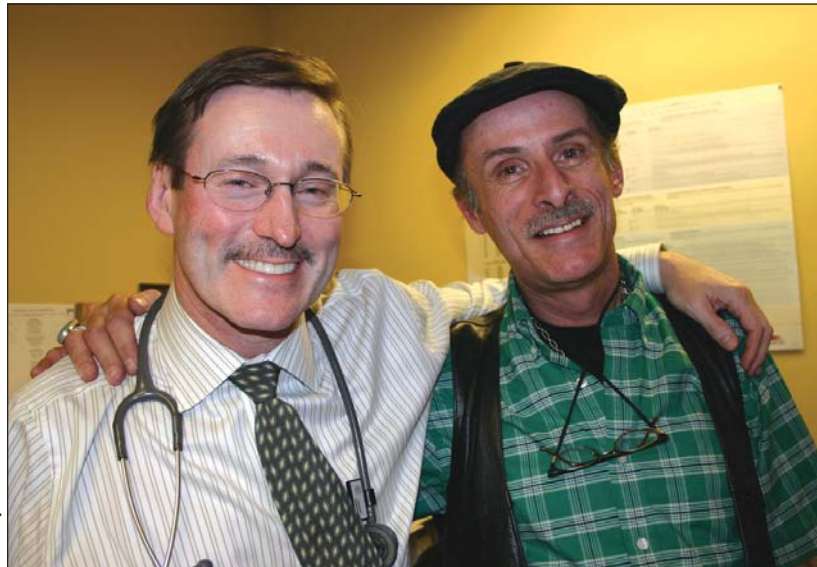


Photo by Marcella Sanchez

interview. There I saw Richard's medical chart in graph form. I asked Dr. Farthing, "What would happen if Richard couldn't take the research medicine?" The doctor looked me straight in the eye and replied, "He would...die."

Everything and everyone I was seeing in Dr. Farthing's office took on a different intensity. I am looking at Richard's health chart on the doctor's computer. Richard weighed 120 pounds at the earliest notation. His t-cell count is barely

"...The doctor looked me straight in the eye and replied, 'He would...die.'"

detectible. The latest t-cell count is 300 and Richard's weight is on the healthy side of normal. I asked what role cannabis is playing in Richard's current, seemingly robust condition.

"His appetite," the doctor answered. "Speaking of appetite, Richard," the doctor continued turning to Richard. "Maybe it is time to think about signing-up for the gym!" Everyone laughed because for Richard to be thinking about burning calories is a glorious thing. He takes a fist-full of pills daily; each with different side effects. He takes his medications as if he were eating a handful of popcorn. Calling it, "a magic cocktail," he downs another handful of pills with a few swallows of bottled water. These pills are not only saving Richard's life, but will help countless more. At this moment, Richard turned into a hero for me.

Cannabis makes it possible for Richard to eat, and in general feel better about his overall condition and situation not only physically, but in other less tangible but equally as valuable ways. It helps him to live a more normal life and to continue his work. Richard is convicted to the value of cannabis for AIDS patients and their right to use it.

continued next page




Photo contributed by Richard Eastman

Left to right: Hazel Rogers, deceased; Dennis Peron; Richard Eastman; and Mary Rathburn (Brownie Mary) deceased

Richard helped to save the Hollywood sign as well. He has run for public office, and is thinking of running again. He has been featured in *Newsweek* magazine with 8 other patients involved with drug research, attended the World AIDS Conference in Geneva, Switzerland, and met President Clinton.

The most noticeable trait about Richard is his helpfulness and his seemingly tireless pursuit of human rights, gay rights, medical cannabis rights, and any injustice that inhibits individual rights as guaranteed under the Constitution and Bill of Rights. Many, many others would have given up long ago, but Richard, with his energetic personality, spontaneous nature and winning ways, quietly goes about his business of changing the world.

Richard has this quote attached to his biography: "Movements are carried by strong leaders, who stand up and openly defy history and tradition in the name of freedom and justice." This is Richard Eastman. 

Happy Birthday



ASA!



info@safeaccessnow.org

greenkind magazine
The Medical Cannabis Community Magazine by Patients for Patients

Tell a good story . . .

Poetry, fiction, photography submissions welcomed.

Share your experience and knowledge. Articles and photo-essays welcomed.

By-line. Call, fax or email for guidelines.



PH: (510) 728-4779 • FAX: (510) 728-4772
EMAIL: greenkind@earthlink.net



by Staff

The term *four-twenty* came into use sometime during the 1970s. How it came to be associated with marijuana is up for grabs. The most popular story is that 4:20 p.m. was the appointed time for school friends to meet and self-medicate. Perhaps, after school activities ended, students considered 4:20 as “free-time”.

Now, the origin of the term is urban folklore and how it actually came to be is more myth than fact. Some might claim they know the origin and association with cannabis. And they each could be correct, as the term came to have slightly different meanings as it spread through urban and rural areas alike. The social environment of the 1960s and 70s seemingly required code-words regarding self-medicating with cannabis for whatever reason.

Now firmly established, four-twenty is recognized internationally. When it is used in the mainstream, patients and self-medicators alike can readily pickup on the meaning while others won't readily realize the connection.

The second most popular story is that 420 is the police code for marijuana use in progress. There are several other notions as to the origin of the term but none actually pan-out to be very believable. For example, there are no known police codes involving the number 420. The California Penal Code has a 420 about public land use but nothing to do with cannabis whatsoever.


Because the letter “D” is the fourth letter of the alphabet and “T” is the twentieth, it is said that “DT” stands for “doobie” time. It is noted as well, that the hands of the clock at 4:20 looks as if the face of the clock is smoking. Some say 420 came from

the number of active chemicals in cannabis, but in fact there are 315 active chemicals found in cannabis.

So far, there is no official cannabis day anywhere, so April 20th is not officially cannabis day. However, within the medical cannabis community April 20th may be somewhat recognized as a significant symbol. A scarlet cross with a cannabis leaf center or a green cross is seemingly more symbolic to the medical cannabis patient.

“The second most popular story is that 420 is the police code for marijuana use in progress.”

There have been references to the term in music since the 1960s. *Bob Dylan*, the *Beatles*, *The Doors*, and more recently *Nirvana*, *Sonic Youth*, *Green Day* list songs lasting 4 minutes and 20 seconds to silently signify a link, support or knowledge of cannabis.

The term is used in Amsterdam and incorporated into cafénames advertising it as a “smoking” coffee house. The term is incorporated internationally into telephone, pin and password numbers as well as email addresses and websites. It seems any public use of 4, 2, and 0 will eventually end-up as “420” graffiti. Currently the term is, without a doubt, related to cannabis and is most likely entering the mainstream with that relationship firmly established. 



greenkind magazine

The Medical Cannabis Community Magazine by Patients for Patients

HELP WANTED

Greenkind is seeking
Ad salespersons

(patients preferred)

Generous commissions.

Need email/DSL/FAX

— serious inquiries only —

Selling ad space for *Greenkind Magazine* with some professionally related experience preferred

(510) 728-4779

Alternative Patient Caregivers



We stock a great selection of high grade organic soil grown medicine at affordable prices in a friendly, safe atmosphere.

A.P.C. has been providing superior medical cannabis to patients in the SOMA district since 2002.

Open Monday - Saturday 9:30 AM - 8 PM 415 618 0680

953 Mission St Suite 108 San Francisco

Located in the Mint Mall near 5th St 1 1/2 blocks from Powell St BART

Cannabis STRAIN NAME Search

ALASKAN THUNDER
BLUE DOT
CHAMPAGNE
DURBAN POISON
GOO
GRANDDADDY PURPLE
HAWAIIAN SATIVA
JACK HERER
MANGO INDICA
NORTHERN LIGHTS
SENSI STAR
SOUR APPLE
TRAINWRECK
WHITE RHINO
YUMBOLDT
(hints on pg. 30)

T	Y	A	L	A	S	K	A	N	T	H	U	N	D	E	R	B	V	N	A
V	Y	V	K	F	Z	T	H	U	W	X	D	C	L	A	M	K	V	K	O
A	Y	I	O	G	K	N	H	T	Y	X	U	P	R	U	V	M	M	A	L
W	V	T	P	Y	Y	F	Z	G	N	I	R	S	Q	F	J	K	G	S	G
X	S	A	R	H	E	Y	E	S	I	U	B	R	K	G	M	Q	E	D	J
Q	E	S	M	L	L	O	W	D	P	L	A	C	S	I	I	T	F	N	P
V	F	N	J	T	K	L	S	Y	U	V	N	B	C	Q	V	R	Y	A	Z
P	M	A	G	K	M	R	D	E	G	W	P	R	O	W	N	A	X	J	A
G	L	I	Y	H	W	D	D	P	S	M	O	N	E	Z	I	I	M	N	Y
K	M	I	K	H	A	O	D	P	Y	V	I	N	T	H	Y	N	R	M	K
I	O	A	A	D	T	Q	G	W	W	H	S	W	Q	T	W	J	B	I	
N	J	W	N	N	K	B	P	Z	R	E	O	R	V	X	W	R	J	Y	K
G	W	A	Q	G	Y	X	G	E	N	U	N	T	V	T	U	E	O	P	G
Y	R	H	C	Z	O	B	T	S	X	B	R	G	E	I	S	C	B	N	B
G	S	U	R	K	A	I	I	R	M	W	T	S	A	V	S	K	X	L	F
A	O	V	K	J	H	S	N	R	P	Z	L	J	F	P	P	L	B	F	F
U	N	O	L	W	T	E	T	D	L	O	B	M	U	Y	M	A	J	I	Y
H	M	M	I	A	T	I	R	J	I	I	X	T	U	K	U	A	W	G	Y
S	O	U	R	A	P	P	L	E	Z	C	L	M	J	O	G	K	H	T	Z
O	E	P	I	F	L	S	P	P	R	X	A	S	T	E	H	G	E	C	C



– Chris Lung – www.GotDragon.com

by Melrose Sanchez

Chris Lung

Patient Profile

Once in a while someone extraordinary comes along. It is something one senses rather than having hard proof. There is a talent and a potential yet untapped, but beginning to bubble to the surface. These thoughts are crossing my mind as I sit with Chris in a car outfitted as a computerized media-center to augment his home-office. I am listening as Chris tells his amazing story.

The man knows computers like the rest of us know where to put the quarter in the laundromat dryer. He is at home in cyberspace and needs no roadmap or instruction book.

Growing up in Hawai'i, Chris began suffering from acute chronic depression, making his already dysfunctional childhood and teen-aged-life even more difficult. Not realizing the nature of Chris' situation, adults labeled him a "troublemaker" and "uncooperative." He was sent to various doctors and behavioral professionals. At age 13, he was prescribed an anti-depressant that left him feeling uncontrollably disconnected and paranoid. Slowly, as he experienced the harshness of nonconformity, Chris realized his prescription drugs made him feel anxious and unsettled. He was unable to do anything for very long.

Growing older, he discovered cannabis at age 19 years, and began to self-medicate. Eventually, he weaned himself off the heavy dosages of mood-altering drugs he had been taking most of his youth. As his mind and body began to clear and to function more normally, he began discovering his yet untapped abilities and talents. He discovered his uncanny ability with computers.

It is from his youthful experiences that Chris became not only a medical cannabis patient, but spends much of his free time researching the topic and studying historical studies that are ignored by the authorities. He searches for information hidden in other medical studies and is discov-




Photo by Marcella Sanchez

ering new sources of information. For example, Chris has found interesting support for the importance of proper nutrition, hydration, rest, medication, and moderation in getting the most benefit from medical cannabis. He has also disputed the myths devaluing cannabis as one of the most useful medicines available. Chris' personal experience is that cannabis allows him to pursue his interests and to develop his talents as *GotDragon.com*, a webmaster capable of performing amazing feats on the World Wide Web.

Chris is not only involved in cannabis research and the compilation of information concerning medical cannabis, he is a very creative and knowledgeable webmaster, as well as a poet/song-writer.

Meeting this energetic, extremely creative patient and realizing the positive effect cannabis is having upon his personal and business life was a solidifying experience. It only reaffirmed the mission of a patient's right to use medical cannabis safely and freely.

If your website is looking weary, lacking in hits and has been lagging since 1997, now is the time to spiff it up with those interesting technological advances that attract "hits." Chris is the man to contact. He is excited to do the work and is excellent on his follow-up and follow-through. Most importantly, he works with you while his fees are reasonable. Go to www.GotDragon.com to see just what Chris is up to these days, and go to www.GreenKind.net to see just how he helped our website become a useful and easy tool for our on-line readership. *Patients supporting patients* is always a good idea. 



HempEvolution.org
Your link to the growing world of cannabis.

Serving the public relations needs of marijuana activists since 1999.

Subscribe to
greenkind **magazine**
The Medical Cannabis Community Magazine by Patients for Patients

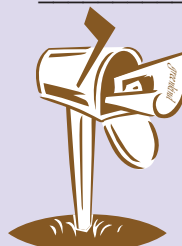
From our door to yours
Yearly subscriptions

ONLY \$39

Name _____

Address _____

City/State/Zip _____



Greenkind Subscriptions

4061 E. Castro Valley Blvd., #267
Castro Valley, CA 94552

510.728.4779 PH

510.728.4772 FX

STUDY: SMOKE~FREE MEDICAL MARIJUANA IS HERE NOW

Refutes Misleading FDA Claims About "Smoked Marijuana"

CONTACT: **Bruce Mirken**, MPP director of communications, **415-668-6403** or **202-215-4205**

WASHINGTON, D.C. — A new study just published in the *Journal of Pharmaceutical Sciences* demonstrates that a safe, efficient, non-smoked means of using whole marijuana for medical purposes exists now. Officials of the Marijuana Policy Project (MPP) in Washington, D.C. noted that this new research answers disingenuous statements by the Food and Drug Administration and Drug Czar's office about risks of "smoked marijuana," and fulfills the requirements laid out in the 1999 Institute of Medicine report for use of marijuana as medicine.

In the new study, researchers from Leiden University in the Netherlands tested the Volcano vaporizer with both natural marijuana and liquid THC dissolved in alcohol. The researchers concluded that the device can safely and reliably deliver THC and other cannabinoids (marijuana's unique, active components) for inhalation without the tars and other potentially harmful contaminants contained in smoke.

In its 1999 White House-commissioned study of medical marijuana, the Institute of Medicine acknowledged that marijuana's active components can relieve nausea, vomiting, pain, and other symptoms. The report also recognized that inhalation is preferable to orally administered cannabinoids such as the THC pill Marinol, because inhalation allows easier and more reliable dose adjustment and much faster action than the pill. But the Institute expressed concern about the hazards of smoking, calling for development of "a nonsmoked, rapid-onset cannabinoid delivery system," such as an inhaler.

The new vaporizer study concludes, "What is currently needed for optimal use of medicinal cannabinoids is a feasible, nonsmoked rapid-onset delivery system. With the Volcano, a safe and effective delivery system appears to be available to patients."

The researchers also noted that whole marijuana provides medical benefits not seen with pure THC: "In several medical studies, the effect of THC or dronabinol alone could not match the effect of a total cannabis preparation."

"This landmark study cuts the legs out from under the misleading claims about medical marijuana regularly made by Drug Czar John Walters and joined last week by the FDA," said MPP Executive Director Rob Kampia. "For years the federal government has pretended that medical marijuana can only be smoked, in an effort to tarnish medical marijuana with smoking's bad reputation. But smoking was always a red herring, and it's time for government officials to acknowledge what science has now proven: Medical marijuana in its natural form can be used safely and effectively without smoking."

The FDA's April 20 statement condemning medical marijuana, which received worldwide news coverage, echoed the emphasis on smoking used by Walters and other political opponents of medical marijuana, using the phrase "smoked marijuana" seven times in just 486 words. In response to the statement, Dr. John Benson, one of three lead authors of the Institute of Medicine report, told the New York Times that the government "loves to ignore our report. ... They would rather it never happened."

With more than 20,000 members and 100,000 e-mail subscribers nationwide, the Marijuana Policy Project is the largest marijuana policy reform organization in the United States. MPP believes that the best way to minimize the harm associated with marijuana is to regulate marijuana in a manner similar to alcohol. For more information, please visit <http://MarijuanaPolicy.org>.

REFERENCE: Hazenkamp A, Ruhaak R, Zuurman L, Van Gerven J and Verpoorte R. Evaluation of a Vaporizing Device (Volcano(r)) for the Pulmonary Administration of Tetrahydrocannabinol. *Journal of Pharmaceutical Sciences*. Vol. 95, 1308-1317 (June 2006).



Indoor Growing Tips

Your green-thumb guide to growing great cannabis

Growing Techniques

If you happen to be working with a small room or you just want to maximize your yield in a small space, you have a few options beyond the simple “one plant per square foot” guideline. Beyond the basics of growing indoors with lights, some growers have taken their technique to the next level because of security concerns or to maximize production in small areas. While there are many variations on how to grow indoors, the Sea of Green (SOG) and Screen of Green (ScrOG) techniques have emerged as the most popular.

Although these techniques diverge from the usual methods of indoor growing, most of the information in this book can be applied to either one. Just make sure that the strain you grow is appropriate for these “short growth” techniques. Some strains have even been bred to thrive specifically under SOG and ScrOG growing techniques.

The type of hydroponics system you build or buy can limit the success of these techniques. If you are buying a commercial system, use internet discussion boards to see if anyone else has had success using the system with SOG or ScrOG. Some systems place plants too far apart for these techniques to be worthwhile or effective, while others have been specifically designed for them. Make sure you know *before* you buy.

Sea of Green

The Sea of Green method was developed to maximize the number of harvests grown in limited height situations. In a typical SOG setup, clones are planted at densities as high as four plants per square foot. Strains have been developed specifically for this environment, so they grow bushier, rather than fight upward for the light.

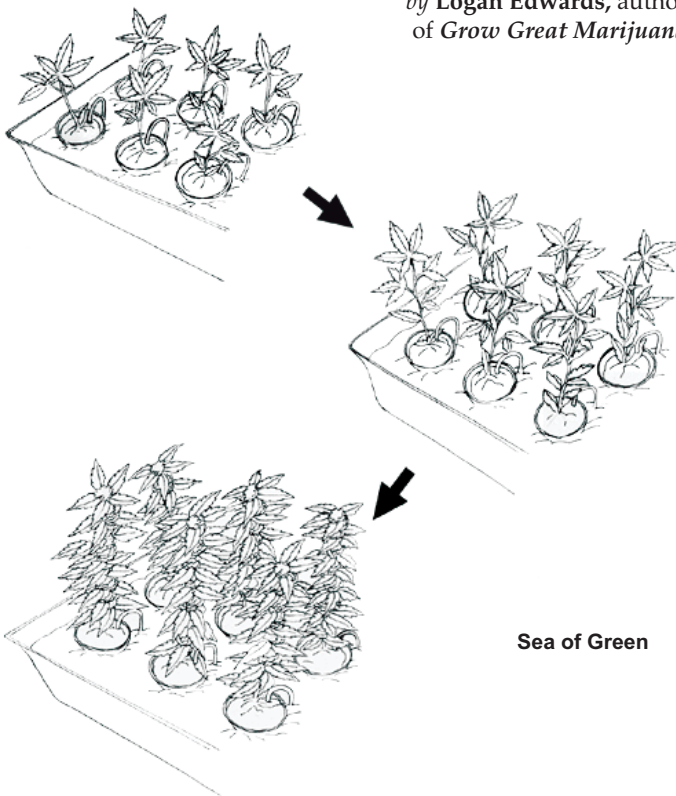
Within a short time after being established, the lights are switched to a twelve hour dark period to flower them. Typically, the clones have a growth spurt, forming a woody main stem and several branches. If the plant is suitable for SOG growing, it will stop short of the lights and fully bud. Most Indica strains are ideal for this method because their growth levels off after two weeks of flowering, followed by harvest six weeks later. The quick turnover from vegetative growth to flowering is the heart of the SOG method, as it results in the shortest possible plant flowering in the quickest possible time.

Since the plants were kept short, they each maintain one large bud that gets the maximum amount of light at the top. Most of the plants’ growth energy is devoted to the top instead of the lower to middle branches. Growers using this technique are most interested in getting the largest harvest, with the most potent buds, using a very small grow space in the shortest amount of time.

Originally this technique was used with small-powered (under 400-watt) lamps and a limited number of plants. Eventually growers started using very powerful lamps and large tables filled with plants. Because of this, cloning becomes a major concern.

If you plan to use the method, be prepared to learn all about cloning, because it’s vital to maintaining a perpetual harvest with so many small plants. Generally, your clones are grown vegetatively for only a week or two and then immediately sent into the SOG “flowering chamber” to keep them small.

by Logan Edwards, author
of *Grow Great Marijuana*

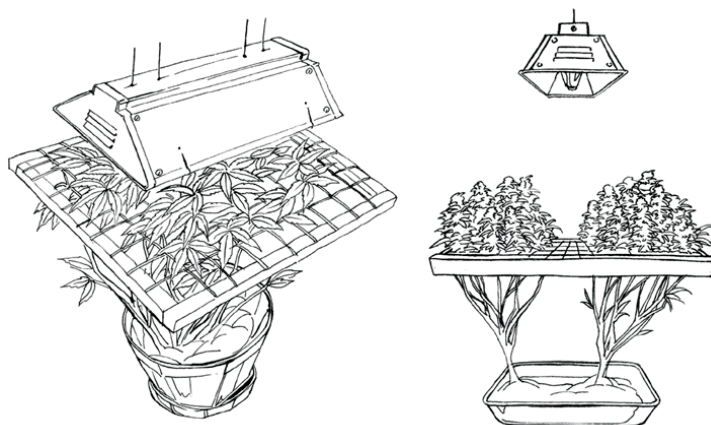


Sea of Green

Within six to eight weeks, the plants are ready to be harvested and replaced with new clones.

Screen of Green

In its most simple form, the Screen of Green technique involves using a large mesh screen, usually poultry netting, and suspending it between the growing medium and the lamp. The plants grow up to the screen and then are “trained” to grow along the length of the screen, rather than straight through. This results in a flat “table” of plant growth, a field rather than a forest.



Screen of Green

continued next page




continued from previous page

Because most of the plant shoots are grown at the same height (against the screen), your plant growth is equally exposed to the circle of light above, maximizing production from the space. Instead of having a few great buds at the top, some decent buds in the middle, and some airy, low-potency buds near the bottom, all of the buds at screen-level grow like plant tops. This method can be very effective with practice and can decrease the number of plants you have to grow, which may be desirable in your political climate.

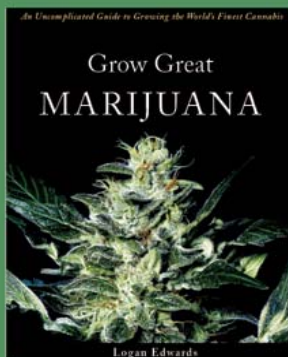
In a way, ScrOG is the opposite in approach to SOG. ScrOG effectively utilizes the available light on just a few plants. The plants are trained to blanket a given area, but these few plants take longer to grow vegetatively. On the other hand, SOG utilizes the available light on the maximum number of plants that can fit into the grow space. The plants are grown vegetatively for only a short amount of time and then flowered to keep their size small and decrease the time until harvest.

Using Advanced Techniques

You may want consider using either of these techniques depending on your goals and growing situation. However, if you're just starting out, you may want to slowly work your way up to using them. SOG requires good understanding and good practice of developing mother plants and creating a lot of clones. ScrOG requires a fundamental understanding of how a plant grows vegetatively, so that you can effectively train them to grow sideways as they reach the screen.

If you've already grown a crop or two indoors, you can easily adapt one of these techniques. They are fairly easy to implement if you've already been growing and there is a wealth of information available on the internet that covers the finer details. 

Grow Great MARIJUANA



Chapters on:

- ✦ *Grow Room Design*
- ✦ *Buying your Equipment*
- ✦ *Ordering Seeds*
- ✦ *Seed Germination*
- ✦ *Cloning*
- ✦ *Harvesting*
- ✦ *Drying and Curing*

Grow Great Marijuana includes the simplest, quickest methods for getting your grow room started and keeping it packed with buds all year round. No complicated charts, graphs, or scientific explanations. You get all the essential information you need in one easy-to-use guide.

Available now at
Amazon.com
BN.com
and bookstores everywhere!

 **sweetleaf publishing**
www.sweetleafpublishing.com

California Zero-Tolerance Drugged Driving Bill Defeated

SACRAMENTO, April 4—The Assembly Public Safety Committee rejected a "zero tolerance" drugged driving bill, AB 2673, by Assemblyman Russ Bogh (R-Riverside/San Bdn). As originally written, the bill would have made it a crime to drive with a detectable amount of any controlled substance in the bloodstream—thus criminalizing driving with a wide range of medications, including tranquilizers, codeine, Ritalin, Ambien, Xanax, etc.

Realizing this faux pas, Bogh offered to amend his bill to apply only to Schedule 1 or 2 substances—a provision that neatly includes marijuana but not other RX drugs more dear to Republican hearts (including some drugs, such as benzodiazepines, which have been found to pose a greater driving hazard than cannabis).

Assemblywoman Rebecca Cohn expressed concern about whether there existed a scientific basis for a zero tolerance standard. Displaying his ignorance, Bogh said that there wasn't any scientific evidence, and for that reason he was choosing a zero standard. He proudly boasted that he was trying to "accomplish zero tolerance."

On behalf of NORML, I testified that there was in fact a heap of evidence showing that a zero tolerance standard was unjustified; that marijuana can stay in the blood for over a day after any effects have passed; and that repeated accident studies had shown that low levels of marijuana in blood pose no risk to driving safety. I also reminded the committee that the Congress had ordered DOT and DHHS to prepare a report on standards for drugged driving, so that any action by the committee at this point would be ill-advised and premature.

Chairman Mark Leno said he opposed the bill both in light of the pending DHHS report and because of his concern that the bill would wrongly criminalize many medical marijuana users. The Dems joined Leno in voting the bill down. Republican Jay LaSuer, usually a stolid drug warrior, paused to consider his vote before joining the other members of his party on the dark side.

Calif. NORML (415) 563-5858 // canorml@igc.org
2215-R Market St. #278, San Francisco CA 94114



Daily 4:20 specials. Medicate onsite.
FREE MEDICATION FOR NEW MEMBERS!

Hours:
Tuesday - Sunday
2:15 pm - 10:00 pm
818-345-6337

**17302 Saticoy St.
Van Nuys, CA 91406**

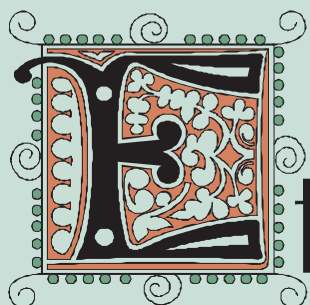
www.mothernaturesremedy.org

✎ - Highest quality medication at affordable prices -
More than 25 strains plus extracts, edibles and clones

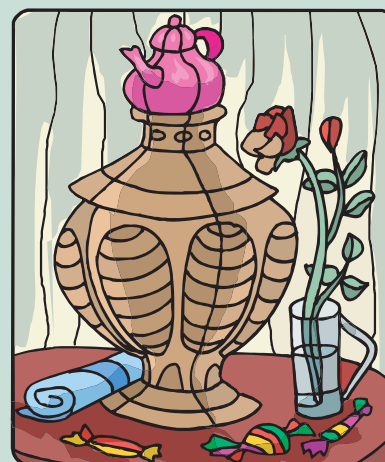
20% OFF WITH THIS COUPON. ONE COUPON PER PATIENT



Cannabis Pipe Medicating



Etiquette 101



by
Marcella
Sanchez

Most of us have had the experience of medicating with other patients. Often a pipe or bubbler (water pipe) is used when two or more medicate together. Most of us think medicating with a group is no different than medicating solo, but there are certain considerations to be observed when medicating with others.

Typically, a lighter is used and the first person to use the pipe is the one who gets the taste of green while the rest of the group is left with burnt medication tasting like charcoal. So there are a few steps to take when medicating with a group to make the experience pleasant and beneficial for everyone.

Naturally, the first step is to be sure the pipe or bubbler is clean with fresh water to ensue the quality of medication flavor and strength. The bowl needs to be large enough to give each patient ample medication, so larger bowls for larger groups works well. Fill or pack the bowl with medication by first grinding, cutting or breaking up the organic matter into small bits to ensure a smooth, even burn.

Each patient sharing with the group, needs to be prepared to fill the bowl once to ensure each group member gets the proper amount of medication. If, for whatever reason, you are going to share with a group and have no medication, it is polite to say so up-front. It is easy to gain a reputation of using other's medication without reciprocating. No one likes to feel taken advantage of when as a rule patients are so willing to share.

There is a trick to lighting the bowl. After flaming the lighter, slightly tip the flame into the bowl and burn only a small portion of medication keeping it to the left side toward the rim. It is better to burn left to right instead of up and down. As the bowl moves through the group, each patient gets the taste of green rather than previously burnt medication. Frequently, the lighter is passed with the pipe.

It is important to use the driest area of the lips to touch the mouth piece. When medicating solo putting the mouth piece deeper into the moist area of the mouth is fine. However, in groups, a clean, dry mouth piece needs to be handed to the next patient. Do not group medicate with any contagious illness. Even a tiny sniffle could complicate another patient's condition.

When the bowl is depleted, the patient to the left of the initiator is the one to refill the bowl, light-it, and pass it left. The bowl may be passed to the next patient unlighted. There is a special kindness in handing an unlit bowl to the next patient.

The shared medicating experience can be very rewarding. A way to relate with other patients, share experiences and make friends. To keep the experience pleasant, take only one hit of medication before passing it along. Holding the pipe and talking while others are waiting for medication gets wearisome. Be sure to use the pipe, pass it along then continue conversation.

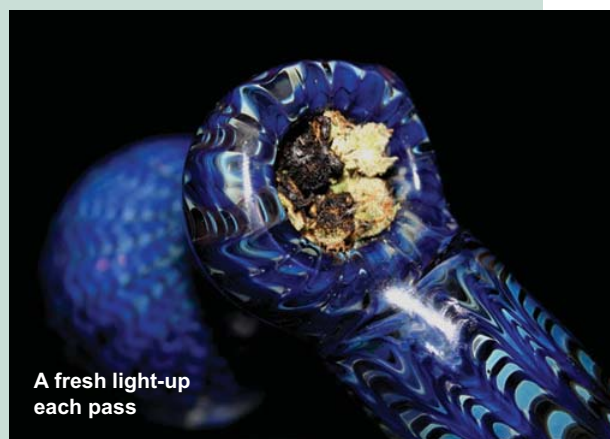
Remembering and following these few simple steps will ensure you and your fellow patients a relaxing, shared medicating experience. 



Fully packed



Tilt and edge-light



A fresh light-up
each pass



Visit Us Online at:

WWW.
greenkind
.net



Valley Co-op

"Where patients come first"

Wednesday is patient appreciation day
Sunday is "Shake Bag Sunday"

Hours of Operation:
Sun-Thurs 10am to 8pm
Fri-Sat 10am to 9pm

(818) 727-1419

8363 Reseda Blvd, Suite 203A ~ Northridge, CA 91324 ~ Second Floor

Map showing location: Nordhoff, Parthenia, Chase St., 2nd Floor, Roscoe, 8363 Reseda Blvd, North.



PATIENTS/BUSINESS OWNERS!



ADVERTISE IN GREENKIND MAGAZINE.
BEST DOLLAR-FOR-DOLLAR TARGETED MARKETING.

— patients supporting patients —

STAR ZONE STAR ZONE STAR ZONE STAR ZONE STAR



*glassware • pipes • papers •
incense • posters • gift ideas •
large assortment of all your
smoking needs & accessories*

4 LOCATIONS:

- ★ 516 East 3rd Avenue, San Mateo, CA 94401
Phone (650) 685-7851 / Fax (650) 685-7852
- ★ 7B Purity Plaza, Woodland, CA 95695
Phone (530) 661-9935 / Fax (530) 661-9945
- ★ 531 Sea Pright Ave., Santa Cruz, CA 95062
Phone (831) 420-0999

COMING SOON!

New Locations in
**Newark &
So. San Francisco**

OPEN 7 DAYS A WEEK
11 AM - 9 PM

ALL
MAJOR
CREDIT
CARDS
ACCEPTED



GRAND OPENING AT HAYWARD LOCATION!

★ 22554 Foothill Blvd., Hayward, CA
Phone: (510) 888-9471 (btwn A & B St.)



15-20% OFF w/valid patient ID





The Citizens Guide to Surviving Police Encounters

BUSTED

Created by Flex Your Rights and narrated by retired ACLU Executive Director Ira Glasser, *BUSTED* Realistically depicts the pressure and confusion of common police encounters. In an entertaining and revealing manner, *BUSTED* illustrates the right and wrong ways to handle different police encounters and pays special attention to demonstrating how you, the viewer, can courteously and confidently refuse police searches.

"Most non-violent drug offenders would have avoided my courtroom if they had seen BUSTED."

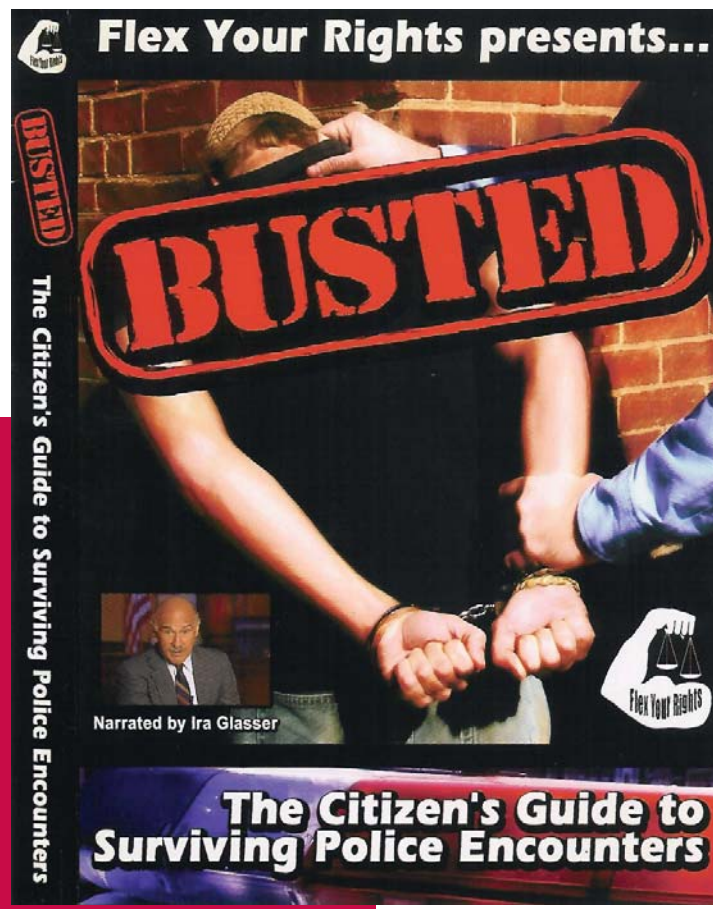
— Robert W. Sweet, US District Court Judge

"BUSTED provides effective instruction in how to benefit from basic constitutional rights. It deserves wide distribution."

— Milton Friedman, Nobel Prize-winning economist

"BUSTED teaches that people have precious inherent rights under our Constitution and should never feel guilty when exercising these rights during police encounters."

— Joseph D. McNamara, retired police chief of San Jose, CA



Make a \$19.99 contribution to Flex Your Rights today and receive your own copy of *BUSTED: The Citizen's Guide to Surviving Police Encounters*. Your support will help with our grassroots effort to promote the movie, which will teach more people how to flex their rights during police encounters.

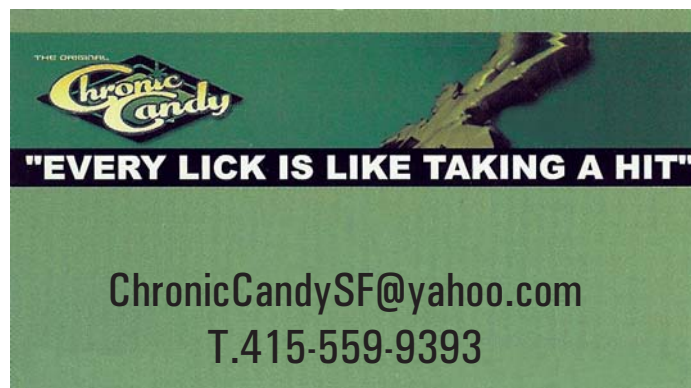
Go to www.flexyourrights.org

Greenkind Magazine 50,000 copies statewide

The first ever SOLAR powered tobacco pipe

SOLAR HIT USA

Patent. US 6,644,303 B1
BIG BEAR LAKE, CA
909.866.2323





Greenkind DIRECTORY

On Seeking Physician Recommendations



Prop. 215 patients should begin by consulting with their own physicians about the medical use of cannabis. If you don't have a medical record of treatment for serious illness, you may not be eligible for marijuana under Prop. 215.

Many physicians wrongly fear that they can be prosecuted under federal law for recommending marijuana medically. The Ninth Circuit Court of Appeals has upheld a permanent injunction by the U.S. District Court in Northern California forbidding the government from punishing California doctors for recommending marijuana under Prop. 215. The US Supreme Court has upheld the Ninth Circuit's ruling (*Conant v. Walters*: Oct. 15, 2003). Physicians are accordingly free to recommend marijuana for their patients, so long as they don't actually assist them in obtaining it (see California NORML's Medical Marijuana Guidelines for Physicians). Over 1500 California physicians have recommended medical marijuana under Prop. 215. None have been federally prosecuted for doing so.

Medicinal Cannabis Specialists

The following licensed California physicians are available for consultation as medical cannabis specialists. **Patients should have a documented medical record of diagnosis and treatment or a physician referral.**

CAUTION: Some commercial clinics have been issuing recommendations through physician's assistants rather than directly through MDs. The legality of this procedure has been challenged by law enforcement. If your recommendation has not been issued by a licensed MD in person, it may not hold up in court. Patients are advised to check and make sure they are seeing a real MD, not just an assistant.

Patients should be aware that the state medical board has investigated a number of Prop. 215 physicians on account of complaints by law enforcement that they are overly lax in issuing recommendations. Patients should not assume that a single casual recommendation will automatically guarantee them immunity from potential criminal charges. **It is important that you establish a record of regular professional care for your illness.**

Northern California

Dr. Roger Stephen Ellis, **San Francisco** CA, Phone (415) 681-0823 www.PotDoc.com
 Dr. Frank Lucido, **Berkeley** CA, Phone (510) 848-0958 www.drlucido.com, www.medboardwatch.com
 Dr. Gene Schoenfeld, **Sausalito** CA, Phone (415) 331-6832
 Dr. Tod Mikuriya, **El Cerrito/Berkeley** (psychiatrist): Phone (510) 525-1278 www.mikuriya.com.
 Dr. Hanya Barth (415) 255-1200 (**San Francisco & Santa Rosa**) www.howardstreethealthoptions.com
 Dr. Hany Assad - (510) 839-0723 (**Oakland**, 1504 Franklin St #101, lower level - walk-ins accepted) 7 days a week www.norcalhealthcare.org.
 Dr. Tom O'Connell (510) 965-1735 (**Oakland**) www.doctortom.org
 Dr. William R. Turnipseed, **Citrus Heights** - Sacto: Phone (916) 722-3433
 Dr. Marion "Mollie" P. Fry, California Medical Research Center (office in Cool, **El Dorado Co**, CA). www.cannabisdoctor.com Phone 1-866-4-DocFry
 Dr. William Toy, Grass Valley (**Nevada Co.**): Phone (530) 273-5690
 Dr. Stephen Banister, 1117 E Main St #C, **Grass Valley** (530) 274-2274
 Dr. Jeff Hergenrather, Sebastopol (**Sonoma Co.**): Phone (707) 484-7720
 Norcal Healthcare, 527 S. State St. **Ukiah** (707) 468-7400
 Dr. Raymond Rowell, **Livermore** (925) 443-3097

Dr. Philip Denney and Robert Sullivan, 1522 Charles Dr, **Redding** (530) 242-6784, and 4709 Engle Rd #5, **Carmichael** (Sacto County) (916) 978-9777
 MediCann (Dr. Jean Talleyrand) (**Modesto, Oakland, SF, Santa Cruz, Sacto, San Rafael, Santa Rosa, Ukiah**) 866-632-6627 www.medicann.com
 Dr. Armond T. Tollette, Jr., ROOTS Medical Clinic, 8419 Hannum Av, **Culver City** (310) 505-0002, attleomd@comcast.net

Southern California

Dr. Philip Denney and Robert Sullivan, 22691 Lambert St, Lake Forest, **Orange County**; (949) 855-8845
 Dr. Claudia Jensen, 8 N. Fir St **Ventura**; and 34281 Doheny Park Rd 7538 **Capistrano Beach** (805) 648-LOVE (5683).
 Dr. James Eisenberg, **Santa Monica** 877-468-5874
 Dr. Christine Paoletti, 1304-15th St #405, **Santa Monica** 310-319-6116 www.coolbreezeclinic.com
 Dr. Vivi Stafford Mathur, 6051 San Vicente, **Los Angeles** (323) 954-9162
 Dr. William Eidelman, 1654 N. Cahuenga Blvd, **Los Angeles** (323) 463-3295 www.dreidelman.com
 Dr. Dean Weiss, 46 Park Ave., **Venice**, (310) 437-3407
 Dr. Robert Sterner, **San Diego**: Phone (619) 543-1061
 Dr. Alfonso Jimenez, 420 K St #13, **San Diego**, (619) 913-2860 www.medicalmarijuanaofsandiego.com; 303 Broadway #204 Laguna Beach, **Orange County**, (714) 915.8734 www.medicalmarijuanafororangecounty.com
 Dr. Kenneth Johnson, MediMAR Clinic, 2667 Camino Del Rio, South #315, **San Diego**, (619) 297-3800 www.medicmarclinic.com
 Dr. Joseph Durante, 72205 Painters Path, **Palm Desert**, (760) 341-7777
 C & C for Wellness **San Pedro, Burbank**, (310) 872-6732 www.cc4wellness.com
 Norcal Health Care, 2808 F St. #D, **Bakersfield**, (661) 322-4258
 MediCann (Dr. Jean Talleyrand) (**Sherman Oaks, San Diego, W. Hollywood**) 866-632-6627 www.medicann.com
 Alternative Care Consultants **San Diego, Los Angeles and Long Beach** (866)-420-7215 www.accsocal.com
 Dr. Edward Alexander, M.D. and Dr. Ted Schalter, 14532 Friar St., Ste. C3, **Van Nuys**, CA 91411
 Dr. Wesley Duane Albert, M.D., 1605 West Olympic Blvd., Ste. 9090, **Los Angeles**, CA 90015, (213) 477-4186

California ATTORNEY Referral List

North State

Chris Andrian, 1100 Mendocino Ave, **Santa Rosa**, CA 95401, 707-527-9381
 Eric Alan Berg, 5000 Bechelli Lane, Suite 201, **Redding**, CA 96002, 530-223-5100 (p), 530-223-5200 (f), <http://www.bergslaw.com>
 Bob Boyd, 107 West Perkins Street, Suite 17, **Ukiah**, CA 95482, 707-468-0500 (p/f), boydlaw@calicom.net
 Gordon S. Brownell, 1241 Adams St. #1139, **St. Helena**, CA 94574, 707-942-4565 (p), 707-942-8520 (f), gsbrownell@aol.com, appellate cases
 Russell Clanton & Bryce Kenney, 791 - 8th St. #R, **Arcata**, CA 95521, 707-825-6587
 Manny Daskal, P.O. Box 593, **Eureka**, CA 95502, 707-443-9842 (p), 707-443-3654 (f), mdesq@sbcglobal.com
 Eugene Denson, POB 158, **Alderpoint**, CA 95511, 707-923-4764 (p), 707-926-5250 (f), www.marijuanadefenselawyer.com-edenson@asis.com
 Sandy Feinland, 404 Mendocino Ave, **Santa Rosa**, CA 95402, 707-421-0909
 Mark Harris, 1160 G Street, Suite B, **Arcata**, CA 95521, 707-822-9506 (p), 707-822-8175 (f), mharris@humboldt1.com
 Susan Jordan, 515 S. School St., **Ukiah**, CA 95482, 707-462-2151
 David Nelson, PO Box N, **Ukiah**, CA 95482, 707-462-1351
 Dale Rasmussen, PO Box 954, **Chico**, CA 95927, 530-342-5130
 Ronald Sinoway, PO Box 1339, **Redway**, CA 95560, 707-923-3905 (p), 707-923-2099 (f), RSINOWAY@asis.com
 Steve Spiegelman, 708 College Ave., **Santa Rosa** (707) 575-1103

Sacramento — Central Valley

David W. Dratman, 1007 7th Street, **Sacramento**, CA 95814, 916-443-2000 (p), 916-443-0989 (f), DWDratman@aol.com
 John Duree, 428 J. St., Ste. 352, **Sacramento**, CA 95814-2328, 916-441-0562 (p), 916-447-2988 (f), jduree@ms.net
 James R. Homola, 2950 Mariposa St., Suite 250, **Fresno**, CA 93721, 559-441-7111 (p), 559-441-7115 (f)
 Bill Logan, PO Box 726, **Three Rivers**, CA 93271, 559-561-4695
 William McPike, 36360 Peterson Mill Rd., **Auberry**, CA 93602, 559-841-3366 (p), 559-841-5343 (f), mcpike@psnw.com Prop 215 civil expert
 Kenneth Clark, 3245 S. Hughes, **Fresno** CA 93706, 559-276-2210
 Julie Ruiz-Sierra, Post Office Box 73381, **Davis**, CA 95617, 530-758-3180 (p), julie@omsoft.com

continued next page



Peter Tiemann, 490 Main St. #E, **Placerville**, CA 95401, 530-621-2400
Steven Cilenti, 25 Court St. #2, **Jackson**, CA 95642, 209-223-5550 steve@cilenti-law.com
Tim Warriner, 1725 Capitol Ave., **Sacramento**, CA 95814, 916-443-7141 (p), 916-448-5346 (f), twarriner@thewilsongroup.com, www.warrinerlaw.com

San Francisco Bay Area

Bruce Hall Atwater, 1440 Broadway Ste. 919, **Oakland**, CA 94612, 510-451-9800 (p), 510-451-9807 (f), bruceatwater@aol.com
Mark Arnold, 45 E. Julian St., **San Jose**, CA 95112, 408-286-6320 (p), 408-286-9155 (f), marnold@roseandarnold.com
Scot Candell - 2019 Webster St, San Francisco CA 94115 (415) 441-1776
 candell@sflgalhelp.com
James L. Clark - 506 Broadway, San Francisco CA 94113 (415) 986-5591 (p) (415) 986-5591 (f) james.clark@colorado.edu
Joseph Elford - Americans for Safe Access - 1322 Webster St. #208, **Oakland** CA 94612 (510) 251-1856. Medical marijuana specialist.
Alan Ellis, 34 Issaquah Dock, Waldo Point Harbor, **Sausalito**, CA 94965, 415-332-6464 (p), 415-332-1464 (f), AElaw1@alanellis.com, www.alanellis.com
Anthony Feldstein, 177 Post Street, Suite 600, **San Francisco**, CA 94123, 415-668-4845 (p), 415-474-4882 (f), ajfeld98@aol.com
Omar Figueroa, 506 Broadway, **San Francisco**, CA 94133, 415-986-5591 (p), 415-421-1331 (f) Yo hablo español omar@stanfordalumni.org - www.omarfigueroa.com
Jack T. Frohlich, Esq., 350 Arballo Dr., Apt. 12L, **San Francisco**, CA 94132, 415-841-9896
 Employment Law. (p), jfrohlich@pathfindermail.com
George J. Gigarian, 108 Locust Street, Ste. 13, **Santa Cruz**, CA 95060, 831-429-1440 (p), 831-427-8005 (f), gigalaw@surfnetusa.com
Mel Grimes, Jr., 706 Forest Ave., **Pacific Grove**, CA 93950, 831-373-4338 (p), 831-373-4311 (f), melgrimes@jps.net
Bill Hornaday, 802 Hillcrest Dr, **Felton** CA 95018 - (831) 835-0633
Matt Kumin, 870 Market St. #1128 **San Francisco** CA 94102 (415) 434-8454 business law (medical caregivers), civil rights
David Michael, DiMartini Historical Landmark Bldg., 294 Page St., **San Francisco**, CA 94102, 415-621-4500 (p), 415-621-4173 (f), DMMP5@aol.com
Randy Moore, 332 - 2nd St, **San Jose** CA 95112, 408-298-2000
J. David Nick, 506 Broadway., **San Francisco**, CA 94102, 415-986-5591
Thomas Nolan, 600 University Ave, **Palo Alto**, CA 94301, 650-326-2980
William L. Osterhous, 135 Belvedere St., **San Francisco**, CA 94117, 415-664-4600 (p), 415-664-4691 (f)
William G. Panzer, 370 Grand Ave., Ste. 3, **Oakland**, CA 94610, 510-834-1892 (p), 510-834-0418 (f), wgpanser@earthlink.net
Robert Raich, 1970 Broadway #1200, **Oakland** CA 94612, 510-338-0700 Medical cannabis business law & regulations.
Benjamin Rice, 331 Soquel Ave., Suite 203, **Santa Cruz**, CA 95060, 408-425-0555 (p), 831-459-9615 (f), ben@benricelaw.com
Dennis Roberts, 370 Grand Ave., **Oakland**, CA 94610, 510-465-6363 (p), 510-465-7375 (f), Roberts_dennis@sbcglobal.net
Richard Rosen, 123 Capitol Street #B, **Salinas**, CA 93901, 831-757-8200 (p), 831-757-3182 (f), rosen@redshift.com
Tony Serra, Randy Daar, Laurence J. Lichter, 506 Broadway, **San Francisco**, CA 94133, 415-986-5591 (p), 415-421-1331 (f)
Michael Stepanian, Stadtmuller House, 819 Eddy St., **San Francisco**, CA 94109, 415-771-6174 (p), 415-474-3748 (f), mikes@slip.net
Ean Vizzi - PIER 5 LAW OFFICES. 506 Broadway, San Francisco CA 94133 (415) 986-5591

Greater Los Angeles

Michael L. Becker, Law Offices of Michael L. Becker, 965 N. Vignes St. #10, **Los Angeles**, CA 90012, 213-437-0555 (p), 213-437-0880 (f), MLeeBecker@aol.com
Jeffrey H. Friedman, 4 Hutton Centre Dr., Suite 720, **Santa Ana**, CA 92707, 714-972-9100 (p), 714-505-0770 (f), friedmanlaw@cox.net (specialty: writs, appeals).
Christopher Glew, 1851 E. 1st St. #840, **Santa Ana** (714) 231-4435.
William Kroger, 8888 Olympic Blvd., **Beverly Hills**, CA 90211, 323-655-2450 (p), 323-655-7446 (f), wskroger@laattorney.com, http://www.laattorney.com (cannabis clubs & caregivers, criminal law)
Bruce M. Margolin (LA NORML), 8749 Holloway Dr., **West Hollywood**, CA 90069, 310-652-0991 (p), 310-652-1501 (f), bmargolin@aol.com
Eric Shevin, 9000 W. Sunset Blvd. #720, **West Hollywood** 90069, 310-273-1300
Davis & Mattern, 2901 W. Coast Hwy #200, **Newport Beach** 92263 (949) 258-4364.
 davis@matternlaw@aol.com
Michael Mehas, 840 County Sq. Dr #247, **Ventura**, CA 93003, 805-644-2883
Michael Nasatir, 2115 Main St, **Santa Monica**, CA 90405, 310-399-3259
Sean Tabibian, 9000 W. Sunset Blvd, **W. Hollywood** CA 90069 (310) 633-0444
Allen G. Weinberg, 9454 Wilshire Blvd., Suite 600, **Beverly Hills**, CA 90212, 310-550-7177 (p), 310-550-1558 (f), allen@completedefense.com
David Yousefeyh, 1925 Century Park East, Suite 500, **Los Angeles**, CA 90024, 800-762-8469 (p), 310-388-39007 (f)

San Diego and Desert

Patrick Dudley, 4153 Market St. #B-152, **San Diego** 92102, 619-233-7334.
Steven E. Feldman, Law Offices, 934 23rd St., **San Diego**, CA 92102, 619-232-8649 (p), 619-232-8271 (f), sfeldman@cts.com
William R. Fletcher, Portola Centre, 74-040 Highway 111 Ste. I-214, **Palm Desert**, CA 92260, 760-773-9922 (p), bill@fletchlaw.com
James J. Warner, 3233 Third Avenue, **San Diego**, CA 92103, 619-243-7333 (p), 619-243-7343 (f), jjwlaw@jwarnerlaw.com
David Zugman, 600 Trout St., Apt. 238, **San Diego**, CA 92101, 619-231-6292 (p), david_zugman@fd.org

California Patient Service Listing

North Coast

- **MendoHealing (Ft Bragg)** (707) 964-3677
- **Herban Legend**, 18300 Old Coast Hwy #3, **Fort Bragg** (707) 961-0113; M-Sa 11am-6pm.
- **Mendo Remedies**, 42400 Highway 101, **Laytonville** (707) 984-7101.
- **Caregiver Compassion Center - Santa Rosa** - 4349 Montgomery #D (707) 537-7303 (waiting list - limited membership).
- **North Bay Wellness Coop** - 3386 Santa Rosa Ave, **Santa Rosa** www.norbaywell.com. **Open 10-6:45 M-F; 10-4:45 Sa.**
- **Sonoma Alliance for Med MJ** (707) 522-0292 - Advocacy & education (Does not distribute).
- **Sonoma (Guerneville)**: Marvin's Gardens 707-869-1291
- **Sonoma Co. Compassionate Services Delivery** 707-972-7818
- **Cheops Herbal Apothecary Delivery (Sonoma & Napa Co.)** 707-974-9465 cheops-herbal@hotmail.com
- **Lake Co. Holistic Solutions**, 14240 Lakeshore Dr, **Clearlake** (707) 995-9000 Open 11-7 M-Sa
- **Lake Co D & M Compassion Center**, 15196 Lakeshore Blvd, **Clearlake** (707) 994-1320
- **Lake Co Alternative Caregiver Clinic, Clearlake Oaks** (707) 998-0358 lacc@mchsi.com
- **Ukiah Compassionate Caregivers**: (707) 462-0691 (INFO ONLY)
- **Ukiah Hemp Plus Ministries**, 892 N. State St. (707) 468-1478.

Central Valley & Foothills to Redding

- **Amador Co: Sierra Foothills CC** (delivery service) 209-274-6727.
- **NorCal Medical Cannabis Collective - Chico** (530) 354-1114 indicanna@gmail.com
- **Calaveras CC** (delivery service) 866-401-2228. Open 7 days, 8am-8 pm; low-income patients welcome.
- **Merced Patients' Group** (209) 726 - 5216 mercedpg@sbcglobal.net (patient support)
- **Merced County Patient Coalition** MercedCountyPC@aol.com (patient support)
- **Total Healthy Choice, 4213 McHenry Ave. #E, Modesto** (209) 521-2557 Open 9-8 everyday.
- **California Healthcare Collective** - 1009 McHenry Ave. #D, **Modesto** (209) 577-4556
- **MMJ Caregivers Association of El Dorado Co.** (Placerville) (530) 642-8258
- **Golden State Patient Care Collective**, 233 Hwy 174, **Colfax** (530) -346-2514. M-Sat 9 - 5.
- **Dale's Delivery Service (Nevada City - Roseville)** (530) 277-1810. M-F 10-6pm, Sa 11-3pm.
- **Paradise Alliance Med MJ Delivery Service** (530) 966-0981
- **Plumas Co. - Feather River Coop**: 530-283-4517 (info)
- **Roseville area deliveries** - Jim's Deliveries (916) 519-5328 Hours 10 - 6.
- **San Joaquin Medi-Caregivers delivery** (209) 456-0680
- **Shasta Patient Alliance** shapatall@hotmail.com (information only)
- **Dixon Herbs, Redding** 800-730-0772 (CLOSED by raid, 12/05)
- **Siskiyou County Medical Cannabis Co-op Research & Registration Center: Weed CA** (530) 938-1768 littleloulou@snowcrest.net
- **Stanislaus/Central Valley Co-op: Primary Caregivers & Consultants** (209) 818 - 2932 CACaregivers@aol.com
- **High Flight Deliveries - Stockton/Tri-Valley area**, (209) 346-4489 - 10% discount for cancer patients
- **Sutter Co. Patient Care Collective** (hospice caregivers info & support) (530) 671-0459
- **Yuba County CBC** (530) 749-7497

Sacramento

- **Sacramento** - River City Patients' Center (916) 649-0114
- **Sacramento** - Capitol Alternatives 2020 - 16th St. 916-497-0277 or 916- 728-1967 Open 9-7 M-F; 9-5 Sa.
- **Sacramento** - Doctor's Orders 4011 Winters St. (916) 564-2112 M-Th 10-6, Fr 10-8, Sa 10-6, Su 10-3.
- **Sacramento** - Canna Care, 320 Harris Ave #G (916) 925-1199 M-F 9-6; Sa-Su 10-3.
- **Sacramento** The Greenhouse (916) 366-0420 or (916) 868-9566 call for verification and directions; Hours 10-6 everyday.
- **Sacramento** - MedSac916: (916) 806-2314 www.medsac916.com
- **Sacramento** - End of the Rainbow deliveries: End-of-the-Rainbow@Hotmail.com 916-369-6000 or 916-698-6249.
- **Sacramento/Solano/Central Valley/San Jose/Santa Cruz deliveries**: Growth Unlimited 1-888-MED-CANN
- **Sacramento area deliveries** - Today's Holistic Caregivers (661) 946-6600 caregivers420@yahoo.com
- **Sacramento area Sam's deliveries** (916) 717-4848. Hours 10-6.



East Bay — Berkeley

- **Berkeley Cannabis Coop** (Shattuck Ave): (510) 486-1025
- **Berkeley Patients' Group** (2747 San Pablo Ave): (510) 540-6013
www.BerkeleyPatientsGroup.com
- **Berkeley Patients' Care Collective** (2590 Telegraph Ave): (510) 540-7878
medicalmarijuanainfo.com

Contra Costa Co.

- **ME Delivery** (510) 758-3269
- **Maricare** - 127 Aspen Dr., **Pacheco** (also deliveries) (925) 459-2929 11am - 7 pm
- **Natural Remedies Health Center Collective**, 3817 Macdonald Ave, **Richmond** (510) 965-1735
- **Holistic Solutions**, 2924 Hilltop Mall Rd, **Richmond** (510) 243-7575
- **Tender Holistic Care**, 5230 Pacheco Blvd, **Pacheco** (925) 798-MEDS (6337)

Alameda County - Hayward/Tri-Valley

- **Hayward Patients Resource Center** 22550 Foothill Blvd. 510-581-8640. Open 11-9 daily, also deliveries & MD clinics (888) 389-6360.
- **Local Patients' Cooperative** (22630 Foothill Blvd 2nd Floor, **Hayward**) 510-537-2405. Open 10am-10pm everyday; (wheelchair access to 9:30 pm - call in advance).
- **Garden of Eden**, 21227 Foothill Blvd **Hayward** (510) 881-2160 Open 9-9 daily.
- **Compassionate Collective of Alameda County**, 21222 Mission Blvd, **Hayward**. Open M-F 9-7, Sa-Su 11-7.
- **We Are Hemp (San Lorenzo)** 913 East Lewelling Blvd (510) 276-2628 M-Sa 11-8.
- **The Health Center** - 15998 E. 14th St, **San Leandro** (510) 278-4251. Open 11-7 Daily
- **Alameda Co. Resource Center** 16250 B E. 14th St **San Leandro** (510) 317-2150. Open M-Sa 11-9 (specializing in high grade organic).
- **Tri Valley Area**: The Greene: Easy 580/680 access. call for appointment (925) 989-0724. Open M-F 2-8pm, Sa 12-4pm.

Oakland

- **Official city ID cards & patient info** available at the Coop Store: 1733 Broadway (510)832-5346 www.rxcbb.org.

City Licensed Clubs

- **SR-71** - 377 - 17th St. (510) 251-0690. Open M-F 9 - 8; Sa 10- 8, Su 10 - 6
- **CARE** - 701 Broadway

San Francisco

- **SF Medical Cannabis Clinic #1**, 122 Tenth St (at Mission) 415-626-4781 Open M-W 11-7; Th - Sa 10-7; Su 11-6.
- **CannaMed Care Center**, 1211 Sutter St (lower) (415) 885-8007 www.cannamedcare.com Open 1-9 M-Sa, 1-6 Su.
- **Alternative Herbal Health**, 442 Haight St. (415) 864-1300. Open 11-8 M-Sa.
- **The Vapor Room**, 609A Haight St. (MD consultations available). Open M-Sa 11AM - 9PM; Su 12 - 8PM
- **The Hemp Center** (4811 Geary Blvd) 415-221-HEMP
- **Love Shack** (502 14th St. at Guerrero) (415) 552-5121 www.lssf.com
- **SF Medical Cannabis Clinic #2**, 194 Church St. (open 11- 7 M-F, 11-5 Sa-Su) (415) 626-4781
- **Ketama**, 14 Valencia St. (415) 706-2679 open 11-8 M-Sa, 12-6 Su.
- **Holistic Solutions**, 722 Columbus St. (415) 296-7614 open 11-6 everyday
- **New Remedies Cooperative** (1760 Mission at Duboce) (415) 864-0114 (open everyday 8 - 8)
- **Green Door**, 843 Howard St. (415) 541-9590 www.GreenDoorInfo.com Open 11-8 everyday
- **Alternative Patient Caregivers**, 953 Mission St. #40 (between 5th & 6th) (415) 618-0680 (11-7 M-F, 11-5 Sat).
- **Alternative Relief Co-Op** 1944 Ocean Ave.(415) 239-4766 natural herbs & tea (noon - 7 pm M-Sat). Deliveries to in-patients in SF hospitals. www.alternativerelief.org; see Ad pg. 19
- **San Francisco ACT-UP** (1884 Market St): (415) 864-6886 www.actupsf.com
- **Valencia Street Caregivers**, 208 Valencia St. (415) 621-0131 Open 8am -10pm.
- **Sweetleaf Collective** (415) 273-4663 - For low-income AIDS, cancer patients
- **San Francisco Patients' Cooperative** (350 Divisadero St): (415) 552-8653 www.sfprc.org
- **Golden Triangle** - 1334 Haight St (415) 431-67644 Open M - Sat 11 - 9 PM ; Sun. 11 - 8.
- **The Hopenet Coop**, 223 Ninth St. (415) 863-4399 Open M-F 12-7, Sa 12-5.
- **Bernal Heights Co-op Dispensary** 33 - 29th St. (415) 642-4702 Open 10-9 M-Sa, 12-7 Su
- **The Divinity Tree**, 958 Geary St. (415) 292-6052 Open 11-7 except Tues.
- **Mason St. Dispensary** (124 Mason St. downstairs) (415) 433-4420
www.masondispensary.com- 7am-9pm daily
- **Mr. Nice Guy**, 174 Valencia St.(415) 865-0990 Open 11-9 Su -Th; 11-11 F-Sa.
- **Emmalyn's** 1597 Howard St. #A 800-588-4218/415-345-8248 Daily 10-9
- **Patients Helping Patients Home Bike Delivery** (415) 240-7190
- **Good Fellowes Smoke Shop**, 473 Haight St (415) 346-4338
- **Sanctuary**, 669 O'Farrell (415) 885-4420; see Ad pg. 7
- **Purple Heart**, 1326 Grove St. (415) 409-1002. Open 11-9 daily

Marin - North Bay

- **Marin Alliance for Medical MJ**: (415) 256-9328 www.cbcmarin.com
- **Here2Help-707** - **Solano Co.** deliveries homebound patients only M - Th 9am - 7pm
here2help_707@hotmail.com

South Bay

- **Cal Medical MJ Patients Association (Belmont)** (650) 520-9971 - 24 hours;
www.myspace.com/ohiorob420.

- **Mobile Herbal Therapy (San Mateo - San Jose deliveries)** 866-240-9121
- **Kind Care Resource Center**, 5423 Central Ave. #13, **Newark** (510) 796-KIND Open 10-8 daily
- **San Jose & Santa Cruz** area deliveries: Growth Unlimited 1-888-MED-CANN
- **My Green Heaven Ministry**, **Millbrae** www.mygreenheaven.org

Santa Cruz

- **Wo/Men's Alliance for Medical MJ**: (831)425-0580 (NOT a dispensary, but a collective for seriously ill Santa Cruz patients in hospice care) www.wamm.org
- **Greenway Compassionate Relief**, 140 Dubois St #D (831) 420-1640 Open 11-6 M-F, 10-6 Sa
- **Med Ex Delivery Service**: (831) 425-3444
- **Hemporium - LLC Delivery Service** (831) 295-9381 or (831) 295-3511

Central Coast - Santa Barbara

- **Hezekiah Inc.**, 92 - 2nd St. #H, **Buellton** (805) 693-5790 - open M-F 9-6, Sa 10-4.
- **Central Coast Compassionate Caregivers**, 780 Monterey Ave #B, **Morro Bay** (805) 772-4879
- **Compassion Center of Santa Barbara County** - SBC Collective, 119 N. Milpas St #C, **Santa Barbara**, 805-963-9797 Hours 12-5 M-F, 11-3 Sa.
- **Santa Barbara Patients' Group**, 3114 State St. (805) 687-8988; for patient preverification FAX MD documentation to: 805-456-0710 - open M- SA 11am - 5pm.
- **Helping Hands Wellness Center**, 4141 State St. #F-4 **Santa Barbara** (805) 692-1419. Open 10:30-8:30 daily.
- **Santa Barbara Patient Doctor Coalition** (805) 687-2380 PDCOALITION@cox.net

Central Valley South - Bakersfield

- **Medicinal Marijuana Awareness and Defense**, 209 W. Main St #1, **Visalia** - by appointment only (559) 627-6623
- **Charity Caregivers of Tulare**, 219 N. M St. #106, **Tulare** (559) 688-2001
- **Nature's Medicinal**, 323 Roberts Ln, **Bakersfield** (661) 392-9353 Open 11-9 everyday.
- **Canna-meds**, 1450 Crestmont Dr, **Bakersfield** (661) 871-0420 Open 11-7 M-Sa.
- **Sweet Relief Compassionate Center**, 1340 Roberts Ln. #1, **Bakersfield** (661) 399-4200. Open 9 am - 10 pm M-F, 9-5 Sa.
- **American Caregivers Collective**, 5640 District Blvd #111, **Bakersfield** (661) 396-7800. Open 10 - 7 daily. Americancaregiverscollective.com

Southern CA Deliveries

- **Dr. Green's medical grade drgreen@safe-mail.net**
- **Pharmakeia (LA/Orange/Riverside/S.D./S.Barbara)** (323) 462-1516 (M-Sa 10am - 5 pm)
www.pharmakeia.org - info@pharmakeia.org

Los Angeles Area - West; W. Hollywood; Valley; East LA; So Bay/Long Beach

West LA

- **PCH Collective**, 22333 Pacific Coast Hwy, #102A, **Malibu** (310) 456-0666 (see ad pg.6)
- **The Holistic Caregivers**, 1321 E. Compton Blvd, **Compton** (310) 889-4799; for deliveries phone (310) 764-4740. Open M-Sa 9am-7pm.
- **Inglewood Wellness Center** 318 S. Market St. (310) 674-4444 www.InglewoodWC.org; see Ad pg. 15
- **Los Angeles Medical Caregivers**, 5589 Manchester Ave. **Los Angeles** (661) 466-8554. Open M-Sa 10 - 7.
- **A-1 Compassionate Collective**, 301 N Prairie Ave #512, **Inglewood** (310) 673-2122 ("A1CC"); M-Sa 11-7.
- **Arts District Healing Center**, 620 E. 1st St. **Los Angeles** (213) 687-9981 Open Tu-Sa 11-7.
- **@ Downtown Wellness Center**, 312 W. Olympic Blvd, **Los Angeles** (213) 746-3355.
- **Tahoe Medical Collective**, **LA Area** (323) 595-3841
- **United Medical Caregivers Clinic**, 1248 S. Fairfax, **Los Angeles** (310) 358-0212 Open 10-7 M-F
- **KUSH Collective**, 1111 S. La Brea Blvd, **Los Angeles** (323) 938-KUSH Open 11-11 M-Sa.
- **Quality of Life Activities (QOLA)** **Silverlake - Los Angeles** Call for info: (323)-644-1209 Hours: 10-7 M-Sa.
- **LA Compassionate Care Silverlake** 13th - 2227 Sunset Blvd (213) 484-1001; en español (213) 272-9489
- **California Patients' Group**, 6208 Santa Monica Blvd **Hollywood** (between Vine & 101) (323) 464-7052 www.CaliforniaPatientsGroup.org Free valet service M-F after 4 pm.
- **Hollywood Patients' Group**, 6115 Selma Ave #103 **Hollywood** (323) 464-6465. Open 10-10 daily
- **Earth Collective**, 5115 Sunset Blvd., **Hollywood** (323) 668-7633.
- **Hezekiah Inc.**, 6051 Hollywood Blvd #202, **Hollywood** (323) 683-80171
- **Hollywood Compassionate Collective (HCC)**, 1110 N. Western Ave #204, **Hollywood** (323) 467-7292. M-F 11-7; Sa 12 -8 pm www.hollywoodcollective.com.
- **NoHo Caregivers**, 4296 Vineland **North Hollywood** (818) 754-0834 Open 11-8 daily.
- **Alternative Caregivers Discount Dispensary** - 122 S. Lincoln Ave #204, **Venice** (877) 219-3809. Open M-Sa 12-8.
- **Marina Caregivers**, 3007 Washington Blvd. #225, **Marina Del Rey** (310) 574-4000. Open 4pm - 11pm.
- **The Lomita Vapor Lounge**, 14829 Hawthorne Blvd #203, **Lawndale** (310) 432-3262. Open 11-7 daily.
- **Westside Compassionate Caregivers**, 2355 Westwood Blvd, **West LA** (310) 474-8459 Open M-Sa 10-8, Su 10-6.
- **Comfort Care Group**, 1720 Westwood Blvd, **Westwood** (310) 441-8315 Open 7am-8 pm.
www.comfortcaregroup.net

continued next page



- Crescent Alliance for Sickle-Cell / Nigritian Kief Society (Sister Somayah) **Los Angeles** (323) 232-0935 www.hempishep.com

West Hollywood

- LA Patients and Caregivers Group - 7213 Santa Monica Blvd, **West Hollywood** (at Formosa) (323) 882-6033 www.LAMedicalMarijuana.com
- AHHS (Alternative Herbal Health Services) 7828 Santa Monica (@ Fairfax) **West Hollywood** (323) 654-8792 call for hours.
- Medical Marijuana Pharmacy 7825 Santa Monica Blvd (323) 848-7981 (**LA area** deliveries) M-Sa 10am-8pm; Su 12 pm-7pm.
- **West Hollywood** Caregivers 7901 Santa Monica Blvd #206 (323) 656-2033 open 11-8 everyday.
- California Cannabis Pharmaceuticals, 8464 Santa Monica Blvd, **W. Hollywood** (323) 656-6666
- **West Hollywood** Center for Compassionate Healing, 8921 Sunset Blvd. @ San Vicente (park across street at Hustler) (310) 626-3333 open to midnight.
- The Health Center, 8961 W. Sunset Blvd **W. Hollywood** (310) 275-0446.
- **West LA** Collective Caregivers delivery service (310) 953-2475 www.WLACC.net. Serving the west side 9:30am-10pm Daily.

San Fernando Valley

- Trichome Healing Caregivers, 7100 Van Nuys Blvd #204, **Van Nuys** (818) 373-5000. Open 10-8 daily - disabled access
- Southern California Caregivers, 15333 Sherman Way #Q, **Van Nuys** (818) 988-0699 Open 10-7 daily. Deliveries, disabled access.
- **Mother Nature's Remedy Caregivers**, 17302 Saticoy St, **Van Nuys** (818) 345-MEDS www.mothernaturesremedy.org. Hours 2:15 - 10 pm Tu-Su; see Ad pg. 23
- California Collective Center, 14532 Friar St. #A, **Van Nuys** (818) 781-8865; open 11-7 daily.
- Therapeutic Medicinal Health Resources, 14836 Burbank Blvd, **Sherman Oaks** (818) 988-9615 Hours M-F 11-7; Sa-Su 12-6.
- Valley Collective Co-op, 12500 Riverside Dr #201B, **Studio City** (818) 508-8787 Open M-Sa 11-7, Su 11-5
- Valley Independent Pharmacy, 19459 Ventura Blvd, **Tarzana** (818) 345-5477 open 10-7 daily.
- Cannamed of **Northridge**, 9349 Melvin Ave. #9 (818) 882-4849 - 10 am - 7 pm M-Sa.
- **Valley Co-Op**, 8363 Reseda Bl. #203, **Northridge** (818) 727-1419. Hours 11-7 M-Sa, 11-5 Su; see Ad pg. 25
- Compassionate Care of **Studio City** (no relation to "Compassionate Caregivers"), 11314 Ventura Blvd (818) 506-7207 www.ccscity.com (med. menu on website) Open M-Th 11-7, Fr 11-8, Sa 12-8.
- North Valley Discount Caregivers, 15600 Devonshire #203, **Granada Hills** (818) 920-3110. Open 12 - 8 daily.
- West Valley Caregivers, 23067 Ventura Blvd #102, **Woodland Hills** (818) 222-9212 Open 12 - 10 daily.
- H.I.M., 22831 Ventura Blvd, **Woodland Hills** (818) 225-2426. Open 12-8 everyday.
- RNS Caregivers United, 10545 Burbank Blvd, **North Hollywood** (818) 763-7479 M-Sa 11-7.
- Natural Relief Center, 7223 Owensmouth, **Canoga Park** (818) 703-8599 Daily 11-7.
- Chatsworth Caregivers Group, 21708 Devonshire St, **Chatsworth** (818) 998-9700, www.chatsworthcg.com
- **North Hollywood** Collective, 10929 Vanowen St. #110 (818) 763-4008.

East Los Angeles Area

- Cal Medical Caregivers Assoc., 15838 Halliburton Rd. **Hacienda Heights** (626) 336-2652 Open 11-7 daily.
- CMCA - LA, 3430 Whittier Blvd, **East LA** (323) 261-2009 www.calicaregivers.com Open 11-7 everyday.
- W. M. P. C. 11618 Washington Blvd #D, **Whittier** (562) 692-3576 Open 11 am - 7 pm.
- **Whittier** Collective 12450#A East Washington Blvd. Some free medicine given to every patient who asks. (562) 696-9696 Open M-F 11-7; Sa 11-6; Su 10-3

Long Beach and South Bay

- Green Cross of Torrance, 22926 Hawthorne Blvd, **Torrance** (310) 378-4900. Open 10-8 daily.
- Cancer Help Center Herbal Collective, 3381 Long Beach Blvd @ Wardlow. Some free medicine given to every patient who asks. **Long Beach** 562-424-HERB Open M-F 11-8, Sa-Su 11-7

- CCLB (not affiliated with other "Compassionate Caregivers") **Long Beach** (562) 621-9777 call for details.
- Nature's Way Compassion Group, 1111 S. Pacific Ave. **San Pedro** (310) 514-9665 Open M-Sa 12-7.
- The Lawndale Collective, 14829 Hawthorne Boulevard, Suite 204, **Lawndale** (310) 644-9420. Open 11-7 daily.
- Med/A/Cab delivery service - **Long Beach and mid-cities** (562) 256-5066 open 11-7 everyday.
- Low Cost Deliveries - downtown **Long Beach** & surrounding area (562) 753-3165 Hours 10-10 daily.
- Freeway Pharmacy delivery **Beach cities El Segundo to Huntington Beach** (310) 349-9135
- South Bay 420 Collective Delivery Service - **Palos Verdes and South Bay beach cities** only - (310) 908-7764; FAX (866) 619-5942 harpincsb@netscape.net
- Diamond Delivery - **Long Beach to North Orange Co.** (562) 331-5415

Orange - San Bernardino - Riverside

- 215 Patient Bakery (edibles only) and 420 Primary Caregivers delivery service 421 N. Brookhurst #130, **Anaheim** (714) 758-3500 Bakery open M-Sa 11-7. www.420primarycaregivers.com
- Legal Ease 1077 E. Main St., **Tustin** (714) 508-3633, Hours 10-8 M-F, 11-7 Sa-Su
- **OC** Collective, **Newport Beach** (949) 307-6504. Some free medicine given to every patient who asks. Open M-F 11-7, Sa-Su 11-5.
- C-3 Deliveries, **Orange Co/S. LA/N. SD**, (714) 396-6770 www.californiacc.net
- Med-Drop deliveries **Norco/Riverside/Corona** (951) 833-3668 meddropie420@yahoo.com.
- Inland Empire Herbal Caregivers delivery service **San Bernardino Co.** (951) 537-0235.
- Green Ease Collective & Delivery serving **San Bd'no/Big Bear/Hemet/Riverside** (951) 258-6712 - www.greenease.org
- C.A.P.S. (**Palm Springs**) (760) 325-1112
- CannaHelp, 73350 El Paseo #204, **Palm Desert**, 877-760-4367 Open 10-8.
- OCMC Cooperative, **Orange County** (949) 855-0310.
- Humble House deliveries to **Orange County** (949) 395-9588.
- **South Orange County** Primary Caregiver deliveries (949) 246-9395 primarycaregivers@gmail.com
- A.R.C. Collective - **Orange Co.** deliveries (714) 999-9696.
- KGB Meds (**San Bernardino - High Desert** delivery service) (760) 246-7047 Hours: 8am - 7pm kgbmeds@yahoo.com.
- Dank Meds (**San Bernardino** deliveries) (760) 246-7396 Mon-Sat. dankmeds@yahoo.com Daily 9am - 6pm.
- Freeway Pharmacy delivery **Beach cities El Segundo to Huntington Beach** (310) 349-9135
- Northern Lights Church (statewide support group) Laguna Beach (949) 222-4209 northernlightschurch.org or www.thehealingexchange.org

San Diego

- **North County** Medical Caregivers delivery service (760) 277-4059 northcountymedical@yahoo.com. Open 12 - 9 everyday.
- **San Diego** area deliveries: www.medbud4u.com
- **San Diego** Legal Ease, Inc. 3024 Meade Ave #D (North Park) 619-398-3467. legalease.us Hours: 10-8 everyday. Deliveries to members.
- **San Diego** Caregivers delivery service (760) 580-0745 (serving S.D. and south Riverside Co.)
- **San Diego** Compassion Club delivery to S.D. area (619) 417-4119 www.sandiegocompassion.com
- California Medical Center, 5544 La Jolla Blvd, **San Diego** (858) 405-9496 Open 12-7 everyday.
- P.B.R., 1165 Garnet Ave, **Pacific Beach** (858) 270-MEDS (6337). Open 11 - 9.
- **Ocean Beach** Dispensary, 4230 Voltaire Ave. #2, San Diego (619) 549-2014 obdispensary.com Open 10-10 M-Sa, 10-5 Su.
- Co-Op Mira Mesa, 11271 Camino Ruiz, **San Diego** (858) 271-8020. Hours 11-7 everyday.
- Native Sun Dispensary, 3806 Rosecrans, **San Diego** (619) 299-2837. Open 11-7 M-Th, 11-8 F, 10-6 Sa-Su.
- Co-Op SD, 7875 Convoy Ct #6, **San Diego** (858) 610-1674. Open 11-7 everyday.
- Mother Earth Co-op, 4017 Brant St. **San Diego** (619) 955-5611 Open 10 - 7 M-Sa.
- American Caregivers Co-op, **North SD County deliveries** (760) 420-0478.
- San Diego Patients Health & Caregiving Co-Op, 1806 W. Washington St, **San Diego** (619) 417-0006 info@sdphca.com Open 12-7 daily.
- The Healing Room, 4438 Vandever Ave, **San Diego** (619) 501-1970 Open 12-7 except Sun. www.thehealingroomsandiego.com
- **San Diego** Compassionate & Safe Access, 3778 - 4th Ave. (619) 795-9447 Open 11-8 everyday.
- Morena Care Group, 1231 Morena Blvd. **San Diego** (619) 276-1146 morenacaregroup@sbcglobal.net Hours: 12-8 daily.
- Farm A.C., 6070 Mt Alifan Dr #202 (behind Coco's on Balboa) **San Diego** (858) 278-5880 Hours 10-10 daily.
- Holistic Healers, 3066 University Ave, **San Diego** (619) 794-0347 Open 12-8 everyday.
- Utopia Dispensary, 4843 Voltaire St. #A, **San Diego** (619) 222-6900 utopiadispenary.com 10 - 8 M-Sa, 12-6 Su.

Hawaii

- State registration program, Dept. of Public Safety 808-837-8470
- The Hawaiian Cannabis Ministry www.THC-ministry.org
- Maui Patients Without Time www.patientswithouttime.com

(Over, Down, Direction)
e.g., 3 over, 1 down, east



**CANNABIS
PUZZLE
HINTS
FROM
PAGE 19**

ALASKANTHUNDER (3, 1, E)
BLUEDOT (12, 5, SW)
CHAMPAGNE (19, 20, NW)
DURBANPOISON (12, 2, S)
GOO (1, 15, SE)
GRANDADDYPURPLE (1, 15, NE)
HAWAIIANSATIVA (3, 14, N)
JACKHERER (2, 12, SE)
MANGOINDICA (2, 10, SE)
NORTHERNLIGHTS (19, 14, NW)
SENSISTAR (12, 11, SW)
SOURAPPLE (1, 19, E)
TRAINWRECK (17, 6, S)
WHITERHINO (5, 17, NE)
YUMBOLDT (15, 17, W)

NEED A NEW LOOK? Call, E-Mail or visit our Website for a FREE Web Page, Graphic, or Business Card SAMPLE DESIGN!

- + COMPLETE **WEB DESIGN** \$250 & UP
- + CUSTOM **WEB ANIMATION** \$175 & UP
- + **AUDIO/VIDEO PRODUCTION** \$45 & UP
- + **COLOR UV BIZ CARDS** \$100 & UP

We Specialize in Upgrading **ANY Business**, Big or Small, **Quickly & Affordably!**

Multi-Media Design Specialists

www.Gotadragon.com 310-498-7412

MENTION THIS AD FOR 10% OFF! e-mail: chromedragonx@hotmail.com

Greenkind Apparel

AVAILABLE ON
www.greenkind.net

**HATS • HOODIES
TANKS • MUGS & MORE**

Click on **MERCHANDISE** button

NEED AN AD?

For advertising information contact
GREENKIND @ (510) 728-4779
OR TO VIEW OUR ON-LINE MEDIA KIT
www.greenkind.net
OR contact Melissa @ (619)-321-8263

OAKSTERDAM NEWS

A community news quarterly

Pick up a copy at your
local dispensary

www.OaksterdamNews.com

Grand Opening!

Coffee Cup Café

Coffee, Smoothies, Pastries,
Sandwiches & More

4799 Heyer Ave, Castro Valley
(corner of Heyer Ave & Center St)

510 537-8382

Mon-Fri 6 am to 5 pm • Sat 6 am to 12 noon



**The government
arrests more people
for marijuana use
each year than for
all violent crimes
combined.**

MPP

You can help.

Visit us at www.mpp.org

**877-JOIN-MPP
(564-6677)**