

GET THE BEST, BUY ORIGINAL





# sensiseeds.com

Sensi Seeds takes great pride in the fact that The Dutch Bureau of Medicinal Cannabis (national supplier of legal medicinal marijuana to pharmacies) uses Sensi Seed Bank genes and strains.

### **COMICS**





IVANAUT.NET

### .Contact .

DOLCE VITA INTERNATIONAL

POSTBUS 10608 1001 EP AMSTERDAM HOLLAND

EMAIL: info@dolcevitaonline.net WEB: www.dolcevitaonline.net MYSPACE: www.myspace.com FACEBOOK: Dolce Vita International

Matteo 'Ecko', Jorge Cervantes, CONTRIBUTORS: Maurizio 'OldGoblin', Ivan Art, Giorgio Samorini, SD&M, Rubbershin, Franco Casalone, Jack, Andrea Carrara, ENJOINTeam

COVER: Heavy Duty Fruity from T.H.Seeds

ART DIRECTION & LAYOUT: Giacomo Feltri



AZIENDA PRODACTION NETWORK

### . Index Of ADS .

Canna - p.48

Dutch Quality Seeds - p.24/25

Eva Seeds – p.13

GHE - p.7

Greenlife Malaga - p.16

Marihuana Orticulture - p.36

MrNice Seedbank - p.34

Paradise Seeds – p.47

Sensi Seeds – p.2

Spannabis - p.42

TH Seeds - p.10

The Flying Dutchmen – p.21

Treating Yourself - p.36



issue 03 - **SUMMER 2009** 

# Edito.

After a long break, finally Dolce Vita INTERNATIONAL is back. The last issue (number 2) of our publication in English language came out in the winter of 2007. Afterwards we voluntarily interrupted the publication to solve few issues due mostly to the distribution of the magazine through Europe. We work trying always to give our best to our publicity advertisers and our readers, and when we realized that the distribution of magazine wasn't working as we planned, we preferred to stop and think.

Today we are ready to start again, with new ideas and new solutions. with a special attention to the web and new kinds of comunication.

Dolce Vita INTERNATIONAL will be published 3 times a year, 10.000 free copies for issue, available also in free pdf on-line. It has a new format, easy to keep in the fairs and with cheapest advertisements.

We hope that you will love it!

### .Contents .

- **06** Looking at the stars
- **08** News and curiosity from the world
- 11 Events
- 12 DV People
- 14 High Times
- 15 Sweet Photos
- 17 Promo T.H. Seeds
- 18 The school of Cervantes
- 22 Shantibaba's Bag of Dreams
- 26 Promo Dutch Passion
- 28 Medical Cannabis
- 29 We Love It
- **31** Hemp at 360°
- 32 Psychonautics
- 35 Different View
- **37** Nature
- 38 Reggae Vibrations
- **39** Input
- 40 Travel & Adventure
- 43 New Art
- **44** Flash
- 45 Tecnologies
- 46 Info Next Issue



ICMAG.com photo of the year 2008



Dolce Vita International magazine assume no responsability for any claims or representations contained in this magazine or in any advertisement nor do they encourage the illegal use of any of the products advertised within. Certain substances or products advertised in it may not be legal in all of the countries this magazine is distributed in, we hereby ask all readers to check their countries laws before ordering certain products. All information within this magazine is for educational purposes and is not intended to promote or incite the use of illegal substances. The publisher does not necessarily agree with everything that appears in articles and advertisements. No portion of this magazine may be reproduced without the written consent of the publisher. Dolce Vita International reminds readers to be aware that the sale, possession and transport of cannabis is ILLEGAL. By section 6 of the Misuse of Drugs Act 1971 it is an offense to cultivate any plant of the genus Cannabis in the United Kingdom without a license from the Secretary of State. Anyone committing an offense contrary to this section may be imprisoned of fined, or both. Readers are advised against breaking the law. It is important to note that the cultivation of Cannabis in the UK without a license is ILLEGAL.

### www.dolcevitaonline.net

### **LOOKING AT THE STARS**

(1) 3 minutes

On the turning away - Pink Floyd

Tonight I'm not sleeping. Tonight I'm writing...

About me, about us, about the world. And for once I leave the computer turned off and I write with an old pencil on simple paper sheets and I feel alive, more human. I write a letter to my parents and I have a hard time finding the words to thank them for everything they have taught me and passed on to me since I was born. I write to my best friend, who can't stop doing hard drugs... And once again I try to tell him that he is making a mistake, that there is only one life and it's the most precious thing we have and that he is throwing it down the toilet. Then I write to my princess, a few words, wrapped in a flower: she is a special being and I will take care of her. I write to a friend, I tell her that I will always be there when and if she will need me and to don't get discouraged in front of anything; she is clever and with a little good will she will succeed in everything. I also write to a stranger... Yes, a letter that I will send to a

I also write to a stranger... Yes, a letter that I will send to a person at random and that I don't know. I simply wish him a wonderful day, actually I wish him a wonderful life. Finally I write to you. To be exact I have been writing to you since the beginning... Many words, many letters, many thoughts to tell you a simple thing... To tell you that it's worthwhile to fight, to always get back up after falling down... To defend our freedom, our passions and above all our right and responsibility to live and not simply exist.

After all, there is so much beauty in this world...

Matteo "Ecko"





BIOPOLE - 32500 FLEURANCE TEL: +33 (0)5 62 06 08 30 E-mail: info@eurohydro.com

# The Panda Systems



**BRINGING NATURE AND TECHNOLOGY TOGETHER** 

### **NEWS AND CURIOSITY FROM THE WORLD**

### BRASIL - SAO PAULO: PIGEONS SMUGGLE CELL PHONES IN PRISON

Police say inmates are using carrier pigeons to smuggle cell phones onto a prison farm in southeastern Brazil. Police inspector Celso Soramiglio says that guards at a prison near the city of Sorocaba caught a pigeon last Wednesday with components of a small cell phone inside a bag tied to one of its legs. A day later, another pigeon was found with a bag containing a cell phone charger. The birds apparently were bred and raised inside the prison, smuggled out, outfitted with the cell phone parts and then released to fly back. Soramiglio noted that pigeons "instinctively fly back home - always."

### USA: MICHAEL JACKSON HAS MAD COW DESEASE

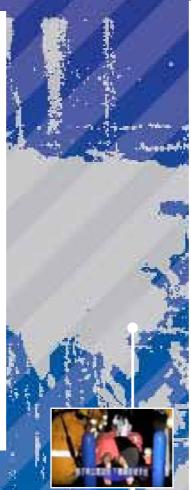
What many people always thought, was yesterday confirmed by a large team of doctors. According to doctor Thomas H Johnson (head of the team). Michael Jackson suffers from the Bovine Spongiform Encephalopathy (BSE), widely known as the Mad Cow Disease. A few weeks ago they came to the conclusion that Jackson appeared to have all the symptoms of this severe disease and the medical team immediately took a blood proof and came to this awful conclusion. The exact cause of BSE is not known but it is generally accepted by the scientific community that the likely cause of BSE is cannibalism. which resulted in infectious forms of a type of protein, prions, normally found in animals. Some rumors say that cannibalism is the real cause in this case. According to these rumors Michael Jackson ate the foremost parts of his nose. This would have caused the formation of the malicious prions, and the beginning of the Mad Cow Disease



### from WORLD (wild) WIDE WEB

### ZADAR – CROATIA: LIGHTNING EXITS WOMAN'S BOTTOM

A WOMAN has suffered severe burning to her anus after being struck by lightning which hit her in the mouth and passed right through her body. Natasha Timarovic, 27, was cleaning her teeth at in her home in the Croatian city of Zadar when lightning struck the building. She said she had just put her mouth under the tap to rinse away the toothpaste when the lightning must have struck the building. She doesn't remember much after that, but she was later told that the lightning had travelled down the water pipe and struck her on the mouth, passing through her body. It was incredibly painful, she felt it pass through her torso and then she doesn't remember much at all. Doctors at the city hospital where she was treated for burns to the mouth and rear said: "The accident is bizarre but not impossible." She was wearing rubber bathroom shoes at the time and so instead of earthing through her feet it appears the electricity shot out of her backside. If she had not been wearing the shoes she would probably have been killed by the blast. The young woman was released from the hospital after being kept in overnight and is expected to make a full recovery.



### HONG KONG - CHINA: MAN GETS PENIS STUCK IN BENCH

Police and medical personnel were called to Lan Tian park in Hong Kong after the man, named as 41-year-old local Le Xing, got into difficulty after he put his penis through a hole in the bench and got stuck when he became aroused. Mr Xing, described in reports as "lonely and disturbed", told police that he thought it would be fun to have sex with the bench. When officers and doctors arrived at the scene they tried to release some of the pressure by removing some of his blood. But their efforts proved unsuccessful, forcing them to cut the bench from the ground and take it, with Xing attached, to a city hospital. It took doctors four hours to cut him free. They later said that if he had been stuck for just an hour longer they may have been forced to amputate his penis.

### EAST ANTARTIC: SCIENTIST DISCOVER ANCIENT BACTERIAS UNDER ICE

Beneath an Antarctic glacier in a cold, airless pool that never sees the sun seems like an unusual place to search for life. But under the Taylor Glacier on the East Antarctic Ice Sheet, near a place called Blood Falls, scientists have discovered a time capsule of bacterial activity. At chilling temperatures, with no oxygen or sunlight, these newly found microbes have survived for the past 1.5 million vears using an "iron-breathing" technique, which may show how life could exist on other planets. For years the reddish waterfalllike feature on the side of Taylor Glacier captured the attention of explorers and scientists. Earlier research indicates the color of Blood Falls is due to oxidized iron, but how the iron got to the surface of the glacier remained a mystery. Obtaining samples of the bacteria, however, was not an easy task. After years of attempts, Mikucki, a geomicrobiologist at Dartmouth College in Hanover, New Hampshire and her colleagues finally obtained an uncontaminated, clear sample of marine brine that was trapped about 400 meters underneath the glacier and about 4 kilometers from its snout, or lowest end. After analyzing the chemical composition of the salty liquid, isolating the microbes and analyzing their DNA fragments, Mikucki and her colleagues found several different kinds of microorganisms. Scientists believe they could be remnants of microbes from an open sea millions of years ago.





### INTERNATIONAL

### **EVENTS**





Show must go on - Queen



On March 1st 2009 ended the 3 day long Spannabis, event which now reached the sixth edition of the convention on marijuana growing. In Barcellona, more specifically in Cornellà (a little town 10 minutes from there), 18.000 people in 3 days found themselves among the stands of more than 150 exhibits, seeds, products for cultivating purposes, smoker's articles, etc...

You can imagine yourselves what kind of air was breathed in and for the lucky ones that were in the Spanish city, the experience was more than a positive one: a lot of them will be dedicated to grow the nice little seeds they bought, avoiding this way to finance the illegal market, cultivating natural substances with no additives and especially helping our Mother Nature, which lacks of green. Compliments to the more and more active Spanish people able to offer these type of events, which are always getting better and better.



**CannaTrade** - Basel (Swiss) 1/3 May '09 - cannatrade.ch

**Cannabis Tipo Forte** - Faenza (Italy) 30, 31 May, 1 June '09 - cannabistipoforte.com

**Feira do Canhamo** – Alfandega do Porto (Portugal) 19/21 June '09 - feiradocanhamo.com

**Expo Cannabis** - Madrid (Spain) 30, 31 October, 1 November '09 - expocannabis.com

**The Uk Hemp Expo** - London (Inghilterra) 13/15 November '09 - ukhempexpo.com

**Million Marijuana March** - 200 cities in all the world 9 May '09 - millionmarijuanamarch.info

**Hanfparade** - Berlin (Germany) 1 August '09 - hanfparade.de

**Seattle Hempfest** - Seattle (U.S.A.) 15/16 August '09 - hempfest.org

**HighTimes Cannabis Cup** - Amsterdam (Holland) 22/26 November '09 - cannabiscup.com



### **DOLCE VITA PEOPLE**







### **HIGH TIMES**

### USA: WISCONSIN PARENTS GIVEMARIJUANATOCHILDREN

Last October a father and a stepmother from Wisconsin were accused of teaching their children to smoke marijuana. The couple was charged with child neglect because they provided marijuana to the son, 9-year-old, and the daughter, 3-year-old. Also, there have been rumors that they were blowing smoke in the 1-year-old boy's face and they let him lick on a marijuana pipe. During the investigation, according to the oldest son, he smoked at least 30 times between the first and the fourth grades. After the court order, shortly after, the parents were not allowed to have any contact with all three children.

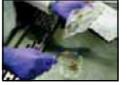


# SPY ON FARMERS WITH GOOGLE EARTH

Swiss police last January found a large marijuana plantation while using Google Earth, a popular satellite mapping software. The discover happened during a bigger investigation that led to the arrest of 16 people and seizure of 1.2 tons (1.1 metric tons) of marijuana as well as cash and valuables worth 900,000 Swiss francs (€ 600,000). Norbert Klossner, head of Zurich police's specialist narcotics unit, said the hemp field was found in the northeastern canton (state) of Thurgau while investigating an alleged drug ring. The field was almost 7,500 square meters and it's believed the gang has sold marijuana between 2004 and 2008 for a profit of 3-10 million francs. (Source: www.abcnews.go.com)

## ITALY: MARIJUANA EGGS FOR ESTER!

On April 7th the Italian Guardia di Finanza has intercepted, in Ascoli di Piceno, a wide load of marijuana destined to reach the local market. Considering the imminent festivity of Easter and to possibly avoid any police inspection, the traffickers decided to hide the drug inside of containers made out of spices in the shape of Easter eggs. The material used for the molding, which the dealers though should have deviated the smell for the drug detection dogs, was a concentrated mix of spices pressed together to reach the necessary consistency. Police thinks that this "egg traffic" is on a much larger scale and is therefore continuing the investigation. (Source:www.qdf.it)

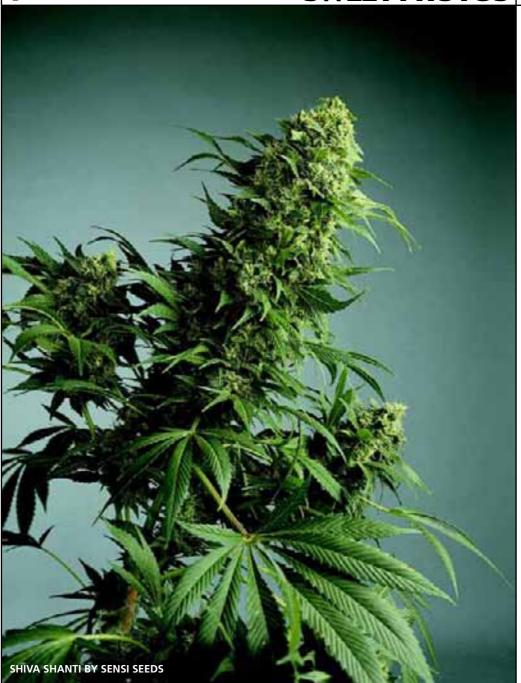




### GOBI DESERT - CHINA: THE OLDEST MARIJUANA IN THE WORLD

In a grave dated 2,700 years ago in the Gobi Desert, researchers say they have found the world's oldest stash of marijuana. The nearly 800 grams of dried cannabis was still green when found, thanks to the dry conditions, even if it lost its odor. After analyzing it, the researchers discovered a very high content of THC, but couldn't get a precise percentage due to the age of the samples. One thing that comes to mind, according to a paper in the Journal of Experimental Botany, is that obviously hemp was cultivated not just as fibre for clothing or as food but also for psychoactive purposes. The findings tell us the tomb belongs to a 45 year old Caucasian man with blue eyes, which for sure was a high social standing man, maybe a shaman, but researchers could not determine whether the cannabis was smoked or ingested, as there were no pipes or other clues in the tomb. Also it's unknown if the main purpose of cultivating cannabis was spiritual or medical, but one sure thing is that the shaman was buried with guite a stash. (Source: msnbc.msn.com)

### **SWEET PHOTOS**





### GREENLIFE MALAGA

TFNO+34 952 52 41 21 greenlifemalaga@hotmail.com



### PROBABLY THE BEST TRICOMA COLD WATER TRICOMA EXTRACTION BAGS.

- · HAND MADE
- WATER PROOF NYLON SI-DES
- SUSPENSION SYSTEMS PERFECT FIT ALL THE BAGS ARE COLOUR
  - CODED, LABELED AND NUMBERED

WASHERS FOR USE WITH

- THE MOST ROBUST FILTER . HIGH QUALITY IN ALL FILTERS









AVAILABLES 19 Liters & 121 Liters



225 €

KITS: 220u. 90u. 73u v 25u

480 €

430 €

KITS: 220u, 190u, 160u, 120u, 100u. 90u. 73u. 45u y 25u

GENUINE OF BRITISH COLUMBIA









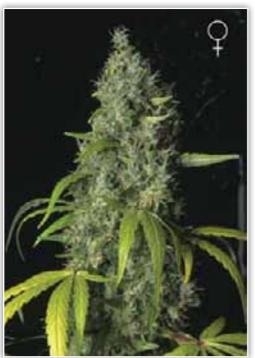
### **CANNABIS**

### **PROMO**



### FEMINIZED STRAINS: "GIVE THE PEOPLE WHAT THEY WANT!

"Serving Mankind With Award Winning Genetics For 16 Years!"



AMSTERDAM News Flash from the T.H.SEEDS™ Headquarter!

By popular demand T.H.SEEDS™ is now offering; MK-Ultra™, S.A.G.E. ™, Burmese Kush™, and A-Train™ as feminized seeds. T.H.SEEDS™ has always known that the strongest possible genetics possible are achieved through the natural process of isolating female plants. If you are an experience grower and you want the best possible genetics for: pro-duction, quality, cuttings, and breeding you should choose traditional seeds. However, if you are just starting out or do not have the time to isolate the females, then you can now choose from our new range of feminized seeds!

It has taken us over a year trying different techniques such as silver nitrate and sts method, light/nute/water/ stress and even aspirin, to perfect the all-female seed line that we now can offer to the public. But there is more to it, cause we are also the 1st seed company to bring the all-female range in for 20% lower in price. Why is this? All-female seeds allow first time growers a chance to experience the T.H.SEEDS<sup>TM</sup> genetics without the possibility of seeding their first crop at a cheaper price. This, so more people from all levels of skill can enjoy the magic of growing their own!

Changing the world one seed at a time...

Yours truly, Adam from T.H.Seeds



### THE SCHOOL OF CERVANTES

# **GROW ROOMS**

### **About Grow Rooms Basement**

The best location for a grow room is in an obscure corner of a basement, where the temperature is easy to keep constant year round. Basements are well insulated by concrete walls and soil. A basement room can be enclosed and camouflaged with junk, a double wall, workbench, or shelving. Added security is afforded by installing a false door in a closet. The grow room is located behind the secret door. Another good secret location, except for the possible heat build-up, is the attic. Few people venture to an attic that is difficult to access. Some growers locate their gardens below a trapdoor covered with a rug. Law enforcement cannot use the electricity bill as sole grounds for a search warrant. But, they can use it along with other "evidence" such as remnants of indoor growing visible outdoors, thermal image heat signatures, snitch testimony, etc., to secure a search warrant. As long as the marijuana grown is not sold or shown to a snitch, there should be no reason for any suspicion. Thermal image technology is easy to outwit. Just keep the lights on during daylight hours to confuse the technology. Or, cool exhaust air and expel it under the wellinsulated grow house so it does not leave a heat trail. Outbuildings, garages, and barns not attached to homes are some of the worst places to grow cannabis. Thieves and law enforcement often do not regard entering a barn or garage as a crime, though they would not consider entering a home. Security is much better when the garden is within the home. Although less common, there are even grow rooms on wheels! Some innovative growers have remodeled trailer houses and buses into grow rooms. One of my favorite grow rooms was in a tricked-out trailer. Another was in a 60-foot (18 m) sailing yacht!

The grow room's size determines the size and the number of lamps. High intensity discharge (HID) lamps that work well to grow marijuana are available in wattages of 150, 175, 250, 400, 600, 1000, and 1100. Smaller wattages from 150-400, work well in closets or spaces with 9-21 square feet (0.8-2 m2) of floor space. Use 600-watt and larger bulbs for larger areas.

This excerpt is from Marijuana Horticulture: the Indoor/Outdoor Medical Grower's Bible, 512 color pages, 1,120 color photos. Also available in English: Jorge Cervantes' Ultimate Grow DVD #1 and #2, Indoor Marijuana Horticulture: The Indoor Bible, Marijuana Indoors: Five Easy Gardens, Marijuana Outdoors: Guerrilla Growing and Jorge's Rx.

Cervantes writes for 12 magazines in 6 languages. Jorge's books are published in Dutch, English, French, German and Spanish. Hit www.marijuanagrowing.com



This cutaway basement grow room shows a real scenario. Plants on tables stay warmer and are easy to maintain.



This barrel full of water shows that cannabis will grow only as fast as its most limiting factor. Light is most often the factor that limits growth indoors.



Chart: Light, air, nutrients, water, growing medium



This indoor setup has a big flowering room, a vegetative room, and a clone chamber.

The drawings show several grow room floor plans. As the floor plans demonstrate, there are several basic approaches to grow room design and production. Most growers start out with a crop grown in a single room. After they harvest the crop, they introduce a new batch of clones. The photoperiod is switched back to 18 hours, and the cycle continues.

The most productive setups utilize two rooms. The first room is for vegetative growth, mother plants, and rooting clones. This room should be about one-quarter the size of the flowering room. When the flowering room crop is harvested, plants from the vegetative room are moved into the flowering room.

Super productivity is achieved with a perpetual crop. Several clones are taken every day or every week. Every day a few plants are harvested. For every plant harvested, a new cutting takes its place.

### Setting Up the Grow Room - Step-by-Step

Set up the grow room before introducing plants. Construction requires space and planning. A grow room under construction offers a terrible environment for plants. Once the grow room is set up and totally operational, it will be ready for plants.

**Step One:** Choose an out-of-the-way space with little or no traffic. A corner of the basement or a spare bedroom are perfect. A 1000-watt HID, properly set up, will efficiently illuminate up to a 6 × 6-foot (1.8 x 1.8 m) room. The ceiling should be at least five feet (1.5 m) high. Keep in mind that plants in containers are set up at least one foot (30 cm) off the ground, and the lamp needs about a foot (30 cm) of space to hang from the ceiling. This leaves only three feet (90 cm) of space for plants to grow. If forced to grow in an attic or basement with a low fourfoot (120 cm) ceiling, much can be done to compensate for the loss of height, including cloning, bending, pruning, and using smaller wattage lamps.

**Step Two:** Enclose the room, if not already enclosed. Remove everything that does not pertain to the garden. Furniture, drapes, and curtains may harbor fungi. An enclosed room allows easy, precise control of everything and everyone that enters or exits, as well as who and what goes on inside. For most growers, enclosing the grow room is simply a matter of tacking up some plywood or fabricating plastic walls in the basement or attic and painting the room flat white. Make sure no light is visible from outside. If covering a window, do so discreetly-it should not look boarded up. Insulate windows and walls so a telltale heat signature does not escape. Basement windows often are painted to look like the foundation. Place some stuff-books, personal effects, household goods, etc.in front of the window, and build a box around the things so a natural scene is visible from the outside. At night, bright light leaking through a crack in an





A single 1000-watt metal halide can grow enough mothers, clones, and vegetative plants to support 4000 watts of flowering HID light. This design allows pungent odors to waft upward before being evacuated via roof fans. A third area in the attic is used as a heat buffer in hot climates.



This closet grow room has everything necessary to grow a crop–lights, fans, and cannabis! A 400-watt HID lights the 3 × 4- foot (90 ×120 cm) flowering room above, and two 55-watt CFLs in one reflector illuminate mothers and clones in this perpetual harvest setup.



This attic grow room has access via a retractable ladder. The grower uses the dead airspace above the room for his ozone generator to exchange air before expelling.

uncovered window is like a beacon to curious neighbors or bandits.

**Step Three:** Cover walls, ceiling, floor–everything—with a highly reflective material like flat white paint or Mylar. The more reflection, the more light energy available to plants. Good reflective light will allow effective coverage of an HID lamp to increase from 10 to 20 percent, just by putting a few dollars worth of paint on the walls. Reflective white Visqueen® plastic is inexpensive and protects walls and floors.

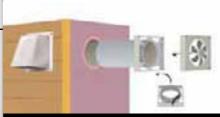
**Step Four:** See "Setting Up the Vent Fan" in Chapter Thirteen. Constant air circulation and a supply of fresh air are essential but often inadequate. There should be at least one fresh-air vent in every grow room. Vents can be an open door, window, or duct vented to the outside. An exhaust fan vented outdoors or pulling new air through an open door usually creates an adequate flow of air. An oscillating fan works well to circulate air. When installing such a fan, make sure it is not set in a fixed position and blowing too hard on tender plants. It could cause windburn and dry out plants, especially seedlings and clones. If the room contains a heat vent, it may be opened to supply extra heat or air circulation.

**Step Five:** The larger your garden becomes, the more water it will need. A 10 × 10-foot (3 x 3 m) garden could use more than 50 gallons (190 L) per week. Carrying water is hard, regular work. One gallon (3.8 L) of water weighs eight pounds (3.6 kg);  $50 \times 8 = 400$  pounds (180 kg) of water a week! It is much easier to run in a hose with an on/off valve or install a hose bib in the room than to schlep water. A three-foot (90 cm) watering wand attached to the hose on/off valve makes watering easier and saves branches from being broken when watering in dense foliage. Hook up the hose to a hot and cold water source so the temperature is easy to regulate.

**Step Six:** Ideally, the floor should be concrete or a smooth surface that can be swept and washed down. A floor drain is very handy. In grow rooms with carpet or wood floors, a large, white painter's drop cloth or thick, white Visqueen plastic, will protect floors from moisture. Trays placed beneath each container add protection and convenience.

**Step Seven:** Mount a hook strong enough to support 30 pounds (14 kg) for each lamp. Attach an adjustable chain or cord and pulley between the ceiling hook and the lamp fixture. The adjustable connection makes it easy to keep the lamp at the proper distance from plants and up out of the way during maintenance.

**Step Eight:** There are some tools an indoor gardener must have and a few extra tools that make indo-



This drawing shows how to install a vent fan. Adding rubber feet or padding around the fan will dampen noise.



Keeping heat inside the room is as important as keeping it out! Insulation will keep heat out, and the heat generated inside the room will be easy to control.

or horticulture much more precise and cost effective. The extra tools help make the garden so efficient that they pay for themselves in a few weeks. Procure all the tools before bringing plants into the room. If the tools are there when needed, chances are they will be put to use. A hygrometer is a good example. If plants show signs of slow, sickly growth due to high humidity, most growers will not identify the exact cause right away. They will wait and guess, wait and guess, and maybe figure it out before a fungus attacks and the plant dies. When a hygrometer is installed before plants are brought into the grow room, the horticulturist will know from the start when the humidity is too high and causing sickly growth.

**Step Nine:** Read and complete: "Setting Up the HID Lamp" at the end of Chapter Two.

**Step Ten:** Move seedlings and rooted clones into the room. Huddle them closely together under the lamp. Make sure the HID is not so close to small plants that it burns their leaves. Position 400-watt lamps 18 inches (45 cm) above seedlings and clones. Place a 600-watt lamp 24 inches (60 cm) away and a 1000-watt lamp 30 inches (75 cm) away. Check the distance daily. Hang a precut string from the hood to measure distance.

JORGE CERVANTES

# **Pioneers of Dutch Cannabis Seeds**

# 

# WWW.FLYINGDUTCHMEN.COM







**Feminised** 













7(x @) 7





















White Widow

Temple Haze



The Original Haze and The Pure Skunk since the beginning allows us to offer From experience and innovation comes excellence! Preserving classics like a fantastic new range of feminised seeds.

### **CANNABIS**

### **BAG OF DREAMS**

By SHANTIBABA

Breeder of Mr Nice Seedbank. Amongst the top world experts in cannabis genetics and

Father of many famous strains such as White Widow and Super Silver Haze.



### Do you ever get confused by a strain name? Do you know the origin of the strain you buy? How do you know if it is the real deal?

In the early years of Cannabis breeding (1960- 1980s) strains gained fame and recognition in the sub-culture of growing due to their selective breeding. That usually meant some travelers spent time in Asia or South America or Africa and collected their favorite land race seeds from plants they enjoyed. Those seeds were taken back to their home areas say America, Australia and Europe, planted and allowed to inbreed for many generations usually by allowing all the female plants to flourish and to select only one male plant. Therefore the following season each female that seeded again had those seeds planted and again allowed the females to be pollinated to a single male. growing seasons, so one crop a year outdoors, until this hobby gardening/breeding began to use developments in the plant/agriculture world like the use of artificial lights to keep plants in a growing ering phase(12 hours light to 12 hours

From the time cloning began in Cannabis there was a marked change in the concept of growing. Cloned plants allowed a continuous and consistent stable product time and time again...not to mention the competency of the average grower increased hyperbolically as technical information enlightened the growing world...a revolution was unfolding. Most early growers who had access to land races planted those seeds and selected the pollinated plants from their favorite female due to strength or flavor or effect or yield or quickness to flower etc...Over time the seed being cultivated began taking on the characteristics it was selected

for and usually reflected the breeders' personal choices in a plant. Since this work was not for everyone, it was easier to know a friend who did this work or had a reliable seed from which other growers simply grew out a female plant, cultivated it till the end of its life and use the dried flower till the next years harvest time. So even identical seed that originated in say Afghanistan and was dispersed to 10 different growers soon took on different traits as individuals selected for different aspects of the same general plant. That is how originally one could never get the same Afghan expression as say another grower of Afghan, since each harvest of seed plants expressed slightly different traits to each particular grower/breeder.

I recall one of my early Kush grows has a plant that went reddish purple very early into flowering, while one of my good friends plants from the same original batch of seed from the same area always remained dark green till the end of its cycle. When we compared flavors and yields etc...there were similarities like sisters in a family. So as we worked with our own personal favorite female plants we slowly diverged away from sister plants until say after 5 generations of selective breeding we had two very uniquely different Kush females with the same origins, but not looking anything alike. This is why a lot of Seed companies today can claim that the origins of the seed sold may be from Afghanistan, but explains why different seed companies have very different looking Afghani plants.

As clones began to play a bigger role in cannabis growing, so too did the hybridization of various land races, and breeding began to change into a multiplicity of colors and designs. Breeders who used Thai sativa plants fathers and began crossing them to Afghan female indica dominant plants and selectively reared the consecutive generations of seed by either inbreeding brother and sister plants of the same generation or via other methods of breeding, soon began to find special plants that combined both positive aspects of both parent lines . With continuous inbreeding of these hybrids emerge. Soon combinations both simple and complex began producing very different plants to what had previously existed. What was actually occurring was humans were playing the role of the bumble bee, allowing plants of different continents to be crossed to plants of other continents. A bumble bee could not fly all the way to do this long distance pollination, so humans did it by collecting land races, taking them to their homes and allow both continents plants to grow and cross pollinate This gave rise to the new sub strains of today and the multi-hybrids currently in popularity in different parts of the world.

As these new plants were created a breeder would give the plant a common name like Haze or Skunk or Kush etc...soon that was not enough to distinguish between and growers/breeders began to create new common names like Widow Haze, or Orange Skunk or Lemon Kush, and slowly these plants got mixed to other hybrids and the complexities to trace the parental lines began. Considering most people do not go specifically to certain remote countries to collect Cannabis land races they relied on friends or friends of

friends, and thus origins may not be as reliable as if you went there yourself. People who sell seed are not cheating or lying about the plants origins, unless they really do not know the parental origins and say they do. But considering the differences in personal selection the plants evolve to be quite different. Basic Mendellian genetics and sex linked genetics can compare indicas and sativas and respective dominances, but considering most people inherit seed from other people's work over time it is an approximate science rather than a specific science.

Of course since the beginning of commercial breeding of Cannabis Seed which began in the Netherlands by Nevil Schoenmakers with The Seedbank (in the mid 1980's)...most varieties were inbreed lines specific to particular areas. For example Mullumbimby Madness was a strain made from old Thai/Colombian land races in the 70s in Australia, and depending upon which source you obtained the stock seed from affected the type of plant you acquired, but the growers were all within a 50km radius of one another.

The Seedbank produced such strains as Northern lights, Big Bud, Hawaiian Haze, NL5 Haze, Super Skunk, Ultra Skunk and many others. These we bought by growers world wide and again taken back to the areas they lived and over time crossed with other selected plants, giving rise to the multi-hybrids most all seed companies and growers use to this day.

The most common or frequently asked questions I get on my helpdesks are from growers who after their first few grows should look like based on fellow growers reports. Usually they are motivated due to the fact that their grows did not look anything like what the respective Seed company photo portrait the plant to be, conothers who grew similar or the same strains. With a little research they usually grew was not looking or did not give

growers to hear their experiences with the same strain from the same company selling it.

Taking in to consideration that the cannabis seed industry is not a regulated body without a regulated set of guidelines to work by, nor do a lot offer any back up service or online helpdesk it is not so surprising that so many strains have the same names but are nothing alike! If it was possible to speak to the breeder directly, post photos of the strains in question, and compare your own photos to other independent growers of the same seed type it may make the Seed industry a little more honest. The internet will be the best way in the future for world wide growers to stay connected and with time will expose the frauds and the untruths.

The biggest problem that growers should be aware of today is that if a plant makes notoriety in an area and is called Nevil's Haze for example, then another Seed company may decide to call a similar plant or their version of the plant by the same name. It acts only to confuse a grower and to try and increase sales based on a common name for the Seed companies. Nowadays certain Seed companies are even producing non-bred seeds, labeling them with a popular common name taken from other growers in other countries and claiming it is their creation, this is the state of the market and there are a lot of first time growers who believe anything if the price is right!

It makes sense to do a little bit of reading like you would for buying a TV or a new stereo. Make sure you can contact the company you wish to buy from directly. ask if they have specific policies on ungerminating seed, or seed damaged in transit. See if you can talk to the actual breeders or responsible parties not just workers of a company who have set parameters to work within. Talk to other growers and try to ask as many questions before you purchase to be secure with your seeds, as it is easy to call a seed anything since it you can tell if the company was pulling the wool over your eyes or not, as it takes seed companies know this and take advantage of this. Do not forget that 'the customer is always right' and if you do not feel this with a company before you pur-



A macro shot of resin can help identify the origins sometimes.



An F1 seed of Black Widow originating from Brazil x South India



Mr Nice Seedbank original BW mother plant



A version of a flowering pure Lebanese land race





### DUTCH QUALITY SEEDS

# MAIN GOAL IS TO SATISFY THOSE GROWERS LOOKING FOR HIGH QUALITY AND RESULT.

### **DUTCH QUALITY SEEDS**

PRODUCES FIRST CHOICE FEMINIZED SEEDS AT AN AFFORDABLE PRICE.

OUR CATALOG HAS THE BEST QUALITY/PRICE ON THE MARKET.

### **CLASSIC LINE**

**STARTING FROM € 12.00** 

**GOLD LINE** 

**STARTING FROM € 17.00** 

PLATINIIM LINE

STARTING FROM € 22.00

DIAMOND LINE

STARTING FROM € 29.00













WWW.DUTCHQUALITYSEEDS.COM

SKUNK#1 BLACK LIGHT KATYUSHA MAZARI SKUNK STRAWBERRY-SMILE WHITE WEED DARK WIDOW **POWA PLANT** WHITE SHARK JACK HERER NEW YORK DIESEL

### **CANNABIS**

### **PROMO**



# 10 YEARS FEMINIZED SEEDS BY DUTCH PASSION NOW THE STANDARD FOR ALL SEED COMPANIES WORLDWIDE

When I founded Dutch Passion (DP) in 1987, the company was one of the pioneers of the Dutch seed bank business. Today Dutch Passion is considered the leading seed company worldwide. Apart from very strong releases to the market like, Power Plant, Blueberry, Orange Bud, Mazar, Euforia, Strawberry Cough, Passion #1 (formerly Amstel Gold) and many others, Dutch Passion is even more famous for the development 34 feminized seed strains nowadays. Starting the development of the technique to produce feminized seeds in 1995, it took two years to find a way to produce enough female pollen for the production of big quantities of feminized seeds. So in 1997 Dutch Passion started releasing 6 feminized varieties to the market, which were a major success from the very beginning.

#### A SMALL HISTORY

In the year of 1972, I started growing cannabis outdoors in the Netherlands, for covering my own needs. The seeds required for this I took from imported Thai and Nigerian grass. In the course of the seventies, I managed to lay my hands on other native land races, crossing them with my other varieties. My breeding activities, though still on a small scale level back then, benefited from the fact that I had lot of professional background knowledge. I studied biology at the Free University of Amsterdam from 1970 till 1976.

One of the chosen subsidiary subjects during my study was pharmacology and along the way, I studied psychedelics and other drugs.

Simultaneously I enhanced my cannabis breeding knowledge and skills by reading specific literature on the topic. Three books aroused my attention: Mel Frank/Ed Rosenthal's "Marijuana Grower's Guide" (1978) and Robert Connell Clark's "Marijuana Botany"





(1981) and Jorge Cervantes "Indoor Marijuana Horticulture" (1883). The part on "Producing Female Seeds" in the "Marijuana Grower's Guide" in these days attracted my attention. It would be wonderful if from seeds only female cannabis plants would see the light.

In these years I started my basic seed collection and started to sell seeds to other growers on a small scale level in 1982. My seed strains were highly appreciated, and the respective end products clearly outmatched the imported grass available at the coffee shops, due to a considerably higher THC content. Passion #1 (called "Amstel Gold" back then) for example led the way with 18% THC. Passion #1 then could be compared with the best smoke from Pakistan in these days, the infamous Chitral from the Pakistani Himalayas. But it was not before 1987 that I officially founded the seed bank Dutch Passion. The very first Dutch Passion, seed catalogue listed Amstel Gold, Night Queen, Purple#1, Purple Star, Outdoor Mix, Skunk #1, Skunk Passion, Four Way/Skunk and Indoor Mix.

#### **FEMINIZED SEEDS**

It was not until the beginning of the 90's that I recalled the part on "Female Seeds" written by Ed Rosenthal in his Grow Guide.

I started experiments with different varieties, growing female plants, flowering them and letting them flower, as long till male sex organs would develop on the female plants and some pollen were released. It occurred that sooner or later almost all female plants would produce some male pollen. This process is a natural way for the genus Cannabis to survive. If female plants are not pollinated by a male plant, the female plant itself will produce male pollen. After self-

pollination the female plant will bear seeds and have her offspring. By collecting the pollen produced by the female plants and fertilizing female flowers on other females, I managed to produce the first female seeds. Sowing the first 50 feminized seeds and seeing them turn into all female plants was a wonderful experience. I started selling feminized seeds produced in this way in 1994/1995 to the German market, an action that was legal in these years. The results we got were extremely successful. Soon we were sold out. Because the production of feminized seeds according to the process written above, only produced a small amount of female pollen, our feminized seed production was very limited. It took a lot of effort to produce a few thousand seeds. So far we got with the info from the "Marijuana Growers Guide". The guestion now was: How to produce abundant "female" pollen? What do we have to find out to produce as many feminized seeds as the market demands?

The answer I found at the Agricultural University at Wageningen. Research has been done in this field on different other species, for instance for the cucumber. It seemed that plant hormones and less complex agents, could change a lot in a plants physiology and morphology. It then took us about two years to check the hormones and other agents on their ability to enhance pollen production on female plants, without disordering the normal growth pattern of female plants. Nowadays we are able to produce as many feminized seeds as we want, without stressing the female plants that produce the female pollen.

Checking Cannabis internet sites provides a lot of information on feminized seeds in the genus Cannabis these days. Also many Cannabis Magazines publish info on the "feminizing procedure" regularly. Even companies selling the "feminizing solution" are not hard to find for the ones interested in the subject.

### ADVANTAGES OF FEMINIZED SEEDS

Growing from feminized seeds will give you more advantage than having to deal with female plants only. You can use these tremendous advantages under artificial lights, in a greenhouse and outdoors.

Feminized varieties are more uniform (homogeneous) than "regular" seeds. This means that plants from feminized seeds tend to look more like each other than plants grown from regular seeds. Your harvest will be more uniform. The quality (taste, flavour and potency) of marijuana produced by feminized seed plants is better than marijuana produced by regular seed plants . The quality of marijuana produced by feminized seed plants is even better than the quality of marijuana produced by clones. Clones are mature plants and exhibit dwarf growth. Older plants, like people, are more susceptible to pests diseases. Young

seed-grown plants are strong and resistant to pests and diseases. This lack of strong growth also effects the overall quality (THC %, flavour and taste) of the clone. Young seed-grown plants reach the full genetic potential and the smoke is stronger and more flavourful. Please, note that there is a chance that hermaphrodites or even males occur among feminized seeds. Chances are very little, but you have to watch the plants. Remove male flowers on hermaphrodites or remove them. Do the same with males. Most important to prevent male flowers to occur is stabilizing the grow conditions. Any kind of stress (light, fertilizing, pruning) will create a chance for females to produce pollen. We are lucky to have very little complaints from customers. Now and again we get the feedback that from up to 1000 seeds sown all plants turned out to be females.

### **REGULAR SEEDS**

Leaves us the question: When to use regular seeds? In my opinion regular seeds will always stay. Not as a source for marijuana production, here feminized seeds are a far better choice. As a breeding stock however regular seeds will keep their place in the cannabis seed business and will continue to do so forever.

### **BESTSELLERS AND MY FAVORITES**

My favorite smokes I divide in indoor and outdoor strains. From the indoor White Family varieties my favorite smoke lies with Power Plant and Euforia. Both varieties have a very smooth smoke and a pleasant up high. Even favorite to me are the Blue Family varieties Blue Moonshine and Blueberry. They both have a very unique taste compared to all other varieties and are also uplifting in their high. Not to forget our newly released very fruity tasting Jorge's Diamonds #1, my current favorite. From our outdoor collection I still like our first ever outdoor variety Passion#1 for it's outstanding "citruslike" flavour and perfect high for a Dutch grown outdoor variety. Frisian Dew, our new purple outdoor flagship also scores high.

### SEED COMPANIES

Feminized seeds are the standard now. Seed Companies not caring feminized seeds will see their sales drop dramatically now and in the future. Recently founded third generation seedcompanies produce nothing but feminized seed varieties. I am happy with this development. It tells that feminized seeds work, which was doubted by many, professional and not, in the past. It boosts our sales, being the initiators of the "feminized seed process".

HENK VAN DALEN

### Legalize it - Peter Tosh

### **MEDICAL CANNABIS**

# SCIENCE: DRONABINOL EFFECTIVE AGAINST A HYPERKINETIC MOVEMENT DISORDER DUE TO A RARE CELL DYSFUNCTION IN A CASE REPORT

A researcher at the Department of Neurology at Michigan State University, USA, presented a case report of a 24-year-old woman with a complex hyperkinetic movement disorder due to a rare cell dysfunction (mitochondrial cytopathy), who responded well to a treatment with cannabis products. Both self-medication with smoked cannabis and a treatment with oral dronabinol (5 mg three times a day) were effective. She presented with tremor, generalized dystonia, and hyperkinetic movement disorder. She had difficulty maintaining her body weight of 36 kg, most likely due to the increased caloric demands of her hyperkinetic movements in combination with mild appetite loss. At the age of 26 years she became pregnant. Dronabinol (THC) was employed as a strategy to control her hyperkinetic involuntary movements and promote weight gain during her pregnancy. Other drugs that can be used to control hyperkinetic movements may be contraindicated in pregnancy. She continued to experience an improvement of her hyperkinetic movement disorder with the regular use of dronabinol with no signs of tolerance or requirement for dose escalation. Dronabinol stimulated her appetite and assisted with weight gain. She gained a total of 20 kg weight during her pregnancy and ultimately delivered a healthy appearing baby with no complications.

(Source: Farooq MU, Ducommun E, Goudreau J. Treatment of a hyperkinetic movement disorder during pregnancy with dronabinol. Parkinsonism Relat Disord. 2008 Aug 7.)

# SCIENCE: NABILONE EFFECTIVE IN THE TREATMENT OF NIGHT SWEATS OF FOUR PATIENTS WITH ADVANCED CANCER

A researcher at a Division of Palliative Medicine of the University of Toronto, Canada, presented four cases of successful treatment of night sweats in advanced cancer with nabilone. a synthetic derivative of dronabinol. The four patients had been referred to the hospital and identified night sweats as one of their most significant symptomatic concerns. On an 11-point scale with 0 indicating absence of night sweats and 10 indicating worst possible severity, mean baseline score was 7.75. Two patients received 1 mg nabilone daily taken at bedtime and two patients, who also suffered from severe pain, nausea and appetite loss received 1 mg nabilone twice daily. All patients reported improvement within 48 hours. Two days after treatment onset night sweat scores decreased to a mean of 2.75 and after 14 days to a mean of 2.00. No relevant side effects occurred. Night sweats are one of many symptoms experienced by patients with advanced cancer. Persistent night sweats tend to decrease quality of life through interference with sleep. A recent study has demonstrated that night sweats occur as part of a symptom pattern, and are associated with appetite and weight loss. In addition, night sweats represent one of the symptoms that displays a tendency not to improve as patients with advanced cancer approach end of life. Other available medications are often ineffective.

(Source: Maida V. Nabilone for the treatment of paraneoplastic night sweats: a report of four cases. J Palliat Med 2008;11(6):929-34.)

### SCIENCE: CANNABIS EXTRACT EFFECTIVE AGAINST NEUROPATHIC PAIN OF MS PATIENTS IN LONG-TERM STUDY

According to a press release by the British company GW Pharmaceuticals, Sativex was effective in 42 patients with multiple sclerosis and central neuropathic pain who had previously been in a phase III study and who continued to take Sativex for 12 weeks.

They were then randomised to a treatment with Sativex or placebo for a further 4 weeks in a double-blinded manner. Sativex is a cannabis extract containing equal amounts of dronabinol (THC) and cannabidiol (CBD),

which is administered as a spray into the mouth. During this four-week period, patients were not permitted to adjust their dose. In the patients who were randomised to cannabis, pain scores remained stable. In the patients randomised

to placebo, pain and sleep scores deteriorated. There was a significant difference between the pain scores in the Sativex and the placebo group, and sleep quality was also significantly better with the cannabis extract. During this four-week period, there were 2 patients with adverse events on Sativex, and 5 on placebo. One patient on placebo withdrew from the study. There was no evidence of any withdrawal syndrome.

Dr. Śtephen Wright of GW Pharmaceuticals said: "This is the first placebo-controlled study showing that Sativex provides long term efficacy for MS patients with neuropathic pain and supplements previously published open-label studies."

> More at: www.gwpharm.com/ (Source: Press release by GW Pharmaceuticals of 8 September 2008)

### **CANNABIS**

WE LOVE IT

### THE FLAVORS OF CANNABIS

I was asked for an opinion on the flavors and smells, sometimes unpleasant, of certain samples of cannabis. First I would like to remind people of the difference of genetic inheritance in Cannabis and the incredible richness of flavors and perfumes that different plants could have, even from the same variety. Specifically telling about flavours, there are varieties of Cannabis with flavors that go from the one of the sweetest fruit to the most repulsing of spoiled meat, from the one like a pine scented cleaning product to the one like chocolate, and again to the one like children's vitamins

There are varieties of bud that can be tasted with flavors that remind you of every existing fruit, including strawberries, grapes, peaches, lemons, limes, raspberries, blueberries, mulberries, mangos, cherries, oranges, bananas, melons, tangerines, eggs, and flavors used to cook with like mint, basil, sage, rosemary and thyme. In Cannabis there are approximately 120 terpenes, 60 terpenoids and 20 flavonoids, flying substances responsible for the flavours and the psycho active effects that, interacting with each other in different concentrated amounts, determine the different flavours.

The statement "You are what you eat..." works also with plants. If these are nourished with substances directly assimilated, without the need to be be transformed in different compounds from the enzymes and the other micro-organisms in the soil and in the roots, the same flavours will transfer to our plants. This fertilizing substances will surely be useful for a quicker growth, since they are immediately available; but if used for the whole life of the plant they will surely have an influence on the final flavour.

This factor is particularly visible in the case of hydroponic cultivations (where plants have to be nourished with directly assimilated fertilizers) with plants that get to the point where they don't have that distinctive flavour of that particular variety anymore, but the flavour of that particular brand of fertilizers. To avoid that inconvenience from happening, a good thing to do is to use different kinds of brands and different forms of mixed nourishments, this way you won't have flavors that are too "branded", and you will avoid a pile up of single toxic substances.

The use of organic nourishments is definitely preferred as supposed to synthesis fertilizers: tests

made from "biological" firms comparing fertilizers exclusively "bio" with others of synthesis, resulted in having plants grown "bio" that were definitely richer with terpenes and therefore with more marked flavours, even if the quantity of production was as a result lightly inferior to the plants chemically grown.

In a work of 1976 (Marshmann et al.) Jamaican plants cultivated with organic fertilizers and some others cultivated in a non-organic way were analyzed. The plants organically cultivated contained 79% more THC of the ones non-organically cultivated.

The organic crops cause less

The organic crops cause less laryngitis for smokers than the crops chemically fertilized (Clarke, 1996).

The Cannabis cultivated in a hydroponic way, chemically fertilized, has a higher concentration of molybdenum

























than the crops coming directly from the soil (Watling, 1998). Not all organic fertilizers are non-risks... practically all liquid fertilizers from leaves, including fish emulsions, contain nitrates. Cannabis leaves convert nitrates into cancer-producing nitrosamines (Famsworth & Cordell, 1976), from Hemp Diseases and Pests, written by McPartland, Klark and Watson, ed CABI, 2004)

The most experienced growers realized that the use of synthesis fertilizers often creates unwanted flavours; also that the use of any fertilizer (also bio) in the last phases of development changes heavily the flavour. In this stage a washing of the plants with plenty water mixed to a fertilizer for flowering with ¼ of the recommended dosage will drive away, for the most part, the unwanted toxic salts from the roots. Specially if the plants are in a vase, a washing done 15 days prior to harvest time, followed with irrigations of just water is extremely important to "clean" the plant from weird flavours.

Other expert growers suggest the use of enzymes to degrade the organic substances added as fertilizers. Enzymes are necessary for "life" in the ground, some of them are necessary for the different fermentations, others degrade the organic substances in chelate minerals, that can possibly be immediately absorbed from the roots of the plants. The use of enzymes on "poor" grounds, or on loams, where the most of organic substance has still to degrade, allows to reduce drastically the use of fertilizers, because a lot of substances are available to plants that otherwise would remain in a non-assimilated form. Then of course there has to be enough nitrogen to allow enzymes and bacterias to reproduce themselves. If a soil is in good conditions for fertility it will be full of enzymes, bacterias, microscopic fungi, all microorganisms that contribute to the creation of useful material for plants.

The answer of plants to all the substances that they come in contact with is a large field of research, that still has to be fully explored: the mycorrhizae (fungi that live in symbiosis with roots) increase the possibility of absorption for the roots. There are proteins that simulate attacks of parasites and stimulate the plant to grow quicker to fight them. The presence or not of these particular insects leads the plant to have different flavours and to emit some terpenes or some alkaloids; likewise the closeness of roots from other vegetable species, will make the plant produce substances that otherwise they would not produce.

It's not true that a sample of Cannabis containing more THC gives a better or greater effect: sometimes there are herbs with 20% THC, but with unpleasant flavours, that have less effect than others with only 5-6% THC, but with winning flavours and aromas... Personally I'm convinced that the synergy of effect between some terpenes and cannabinoid is as much important as the quantity of just the substances considered curative (or simply psycho active). A pleasant flavour and smell will surely contribute to a better effect, also because the inhalations will be deeper and we will try to keep longer a pleasant aroma as supposed to a flavour that does not satisfy us. Do not ruin your plants with an over-fertilization (the main cause of unpleasant flavours), keep them healthy and parasites-free: the goal is not to have "monsters", but some living being with whom we have to live in symbiosis; the better we make our plants feel, the better they will make us feel. Specially when we will be able to put a stop to the crazy prohibition.

### FRANCO CASALONE

Author of some of the main Italian publications dedicated to the culture and cultivation of cannabis, such as "Il Canapaio" and "Canapicultura Indoor"

HEMP 360°

Wii-Mote e Nunchuk... Covered by hemp. Or rather when someone thinks - and does - that hemp could also be technology.

### HEMP AND TECHNOLOGY. POSSIBLE ALTERATIONS.

Here is an unusual but realistic and possible application of hemp for technologic objects, which usually are too "plastic" or even so cold and aseptic.

The covering was made with stings composed by three different kinds of 100% natural hemp, without compromising any functioning of the internal parts. This product is in sharp contrast with the original Wii-Mote, which once was elegant, cold and of white hard plastic. It has been transformed into an object that has its own style, warm and with an undoubted look of natural hemp. It's not bland, trademarked, anonymous and boring anymore...but biting, rustic and also able (unlike rubber and plastic) to absorb sweat. Renamed Hemp-Mode, the controller is fully usable to play, all the buttons work and respond to commands, same as the infrared. The only doubt is that the thickness and the raw state of the hemp used could lead to an accentuated short term wear.

The author of all this, known in the internet as Dhreck, explains how he made the alterations to the Wii-Mote with hemp. "First of all the original had to be shrunk in order to be able to allow the coating, and to prevent the controller from becoming too big. Therefore, with the use of a knife, a file and a lot of patience the majority of the hard plastic shell was removed; around it some molds with plaster was created, and afterwards it was polished with sandpaper and painted in black. There! The basis for the coating has been created. I took a hemp rope ball and I begun with the bigger parts, securing laboriously the fine string with glue so that it wouldn't come off. The first one to be wrapped is the wire that connects the Wii-Mote to the Nunchuck, rolling continuously the hemp and refining well the buttons and the folds details, adapting the rope and shaping it to follow the forms and allowing the mechanical parts to move. Finally, with a not very orthodox trick, the extremities have been burned off and melted in the structure with extreme caution and with the help of various lighters. The front part of the battery cover is connected to the main body through the hemp string that coats and holds the cover so that it stays in place. Because the hemp string is, in the end, a little bit too sensitive to the hand's sweat and oil, and to the stress of using it, maybe it will be necessary to consider the use of latex gloves, even if this could delay the respon-











se of the game commands. At present, this "project" could probably be destined to be used occasionally."

It's an artisan and pernickety job but, as in the description of its author and from the pictures on his website, definitely doable and achievable. An example of how it is possible to combine nature and technology: if a person in his small can modify a technological accessory already existing, it shouldn't be impossible for a company to base a new project starting from simple materials. To do so they would only need the will and intention.

As a remedy for the last defect mentioned by Dhreck, in order to develop resistance to hemp wear off, theoretically the coating could be protected by a resin, also of natural origins. As you can see, we don't get tired of repeating that the possibilities of expression of this resource extend themselves to uses 360° around and sometimes, such as in this case, even further to the fantasy and inspiration of who, simply, has time to have fun.

MAURIZIO BIROCCHI

# PSYCHO-ACTIVE PLANTS AND THE HUMAN EVOLUTION

"The impact of substances that cause hallucinations in the diet was more than just psychological: plants that produce hallucination may have catalyzed in us, more or less, everything that distinguishes us from the other superior Primates, they are therefore responsible for all the mental functions that we associate with the concept of humanity". (Terence McKenna)

The use of psycho-active substances was interpreted by the psycho-pharmacologist Ronald Siegel in terms of "primary necessity" for the humanity. Drugs in fact are "adapting agents" which help individuals to face a series of existential needs. Therefore the search for exhilaration would be a "primary motivational strength". The ethno-botanic Terence McKenna goes even further: according to him psychedelic substances are one of the stimulations for the evolution of the human intelligence. Archeology has demonstrated that with the Homo Abilis there was a sudden and inexplicable- compared to the usual rhythm of biological evolution – expansion of the brain mass: this process continued, accelerating even more the development of the skull capability, with the subsequent appearance of the Homo Erectus. The actual science can't give an acceptable explanation to what caused this phenomenon to appear. McKenna's hypothesis, as much as it sounds staggering, it's in reality very simple since it's based on the food diet. In fact when the first Hominids came down from the trees and began to wander through the African steppe, they surely found during their constant search for food, plants rich with psycho-active substances: a lightning must have enlightened those archaic minds. In McKenna's opinion those inputs from the psychoactive substances were the ones to stimulate the brain activities of the Hominids till they reached the actual levels. This means that in the course of evolution, the use of psycho-active substances had an effect that went even further than just the psychological aspect. In fact, by stimulating certain specific areas of the brain, the psycho-active substances were inputting those brain area intended for the language, with all the consequences derived from it for the evolution of the knowledge process. McKenna found in the Psilocybe cubensis, a psycho-active mushroom widespread in many areas, the essence in that extraordinary stimulator of the possibility of awareness itself. The first encounter supposedly happened in some area in Africa when our remote ancestors moved from

4 minutes D Blue Jay Way - The Beatles the trees to the savannah and had more and more

often meetings with bovines and horses, whose dung is where the mushrooms in question grow. From this point on is when the age of what McKenna calls "emeogenis" or also "the age of sharing" starts, in which the ancient man, hunter and gatherer. constantly consumed psycho-active mushrooms and power plants. This age was also marked by the lack of well defined hierarchies, by an orgiastic type of sexuality, and the worship of great mother goddess. When the quantity of available mushrooms dropped drastically, probably due to climate conditions, they became an allowance just for the elite: from here the launch of the shaman figure. The shaman, also known as "the lord of the trance state", is the one who can guide with awareness and skill until he can bloom all the capabilities inside each one of us, which normally are sleepy. At this point, we want to mention that Aldous Huxley, in his essay "The doors to perception", he expounds the theory according to which the brain is a filter that limits the perceptive capabilities of the conscience. According to this theory the most part of men in order to increase their perceptive possibilities they have to act upon this filter, changing their physiological equilibrium (with the use of psycho-active substances, dances, going without food, specific physical exercises and a lot more). And regarding the effects of mescaline he writes: "Probably it interferes with the enzyme system which regulates the brain function. By doing so the brain efficiency as a focusing tool for the mind on life problems on our planet's surface is reduced. It looks like this reduction of what can be called the biological efficiency of the brain lets some categories of mental events enter the conscience which normally they are excluded since they don't have any power of survival.

In other words, the psychedelic substances, blocking or obstructing the action of some neurotransmitters, they let flow to the brain a bigger part than the infinite number of messages which are coming every moment from the interior and exterior world.

The psychedelics in theory let progressively the nervous system free revealing a multidimensional reality which is structured on more than one level. At this point we need to ask ourselves why Nature put there psychedelic substances: what are they needed for and what is their purpose in the picture of life? Science still has not found an answer for this question. But our far progenitors didn't have any doubts. They were sacred substances which were put to their disposal directly from Mother Earth, to help the human species to enter in contact with the Transcendence.

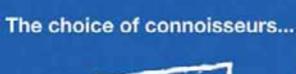
Sources: Aldous Huxley, the doors of perception; Elemire Zolla, the god of inebriation; Gipsy Eagle, Psichedelia - a bridge to infinity; High Times, sunset of drugs; Terence McKenna, foods of the gods.

SD&M www.psiconautica.tk



### YOUR ADVERTISEMENT HERE!

email: info@dolcevitaonline.net



MR.NICE





Mr. Nice Seedbank recommends Super Silver Haze. Early Queen and Mango Haze for the 2007 growing season.



WEBSITE!

www.mrnice.nl

All enquires for sales, wholesale and retail, questions about MNS products and an ordine catalogue with loads of photos plus free heighest supporting all MNS growers. I moderated by Sharsbabe and Howard Marks.





### 5 minutes Sweet Dreams - Eurythmics

### **DIFFERENT VIEW**



Very often in this country we observe an approval of all different life styles, of tastes, of tendencies and expectations. In the erotic/sexual field this approval becomes even more pronounced and often any behavior out of the ordinary is defined even as "sick". I'm writing this article with anger, anger which derived from years and years of sneaking, fears, incomprehension, psychiatric treatments, fights with parents and acquaintances. Just because I felt inside of me the desire to push myself further than what I was always shown, giving vent to the uncontrollable want to find MY path! Fetishism and sadomasochism have always been wrapped up in a shell of prejudice, especially in Italy. These are very old practices more diffused than you can imagine and I think it's absurd that the majority of the "followers" must live a second occult life because of the fear of being criticized or not accepted from the world they live in. According to psychology books the execution of these fantasies is not to be considered a pathologic behavior until an individual causes damages to his own health, his social life or worse to other people. The morbid behavior that some people can express towards these disciplines, in my opinion, doesn't derive from these practices themselves, but from experiencing them in a hidden and clandestine way because too often they are considered something not socially acceptable.

Fetish and BDSM, even if they often use common practices and objects, are two realities completely separated. Fetishism is the worship of an object or of a **body part** which has the power of release a powerful erotic charge up to the point of becoming necessary or even sufficient to reach orgasm. It is a sexual approach characterized by the erotic relevance attributed to both specific types of clothing. generally intimate underwear (stockings and corsages etc...) and to the importance given to material from which they are made, such as leather, latex, iron and so on. Therefore it is not characterized by the predilection to one or more specific sexual practices, but rather the search of determined situations in which the esthetic component is certainly centered. Another variant is the one in which the characterizing component is made by uniforms, being military or civilians; usually nurse attire, scholar, waitress or police officer and ecclesiastical outfits. BDSM.

on the other hand, is an acronym which includes more practices (Bondage, Discipline, Sadism and Masochism) featured to create pleasure in the exchange power between dominant party (master, dom. top) and a submitted one (slave. sub, bottom). The gears used are numerous from the most common whip (horsewhip, bullwhip, pads, Cato'9tails) to hot wax. From the classic ball gag to the dentist's mouth gag, from needles inserted under the skin to nipple clamps and weights to hang on genitals. Furthermore I have to mention the different practices of Bondage, which go from the simplest one of binding just hands and/or feet, to the forms of complete knotting, like "mummification" in which the sub is prevented from any movement, blocked in uncomfortable positions like hogtie or even prevent any contact with the ground (suspension).

RUBBERSHIN







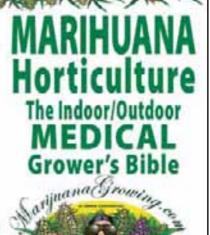
"Aurge"s filtile is snully a collector"s zero. The information given is not just outlinery unit, but it's well-researched, well-written and well-put together. It is high quality knowledge, which will definitely prove itself. A must weal for every grawned."

- CIM Cremer, International Editor, Soft Secrets magazine Europe (www.softsecretural)

The Fifth Edition of the Bloke, a Best Seller, since 1983, is expanded and completely rewritten with all new information on graw rooms, greenhouses and outdoor growing, medical cannabis, security, fighting, fertilizers, hydroponics, Sea of Green, seeds, seedlings, vegetative growth, mother planes, cloning, flowering, harvesting and curing, blokeses, peris, breeding, hash making and anything else you need to know about growing, less you need to know about growing.

15 x 21 cm, 512 full color pages, 1,126 color photos, drawings, charts and graphs, plus detailed glossary and index.

€ 29.95



JORGE CERVANTES





### VALENCIA'S COMMUNITY: PROJECTS FOR A GREENER FUTURE

Valencia was nominated "European Capitol of The Tree 2007" by the European Arboricultural Council. Here winter is a euphemism, and it almost never rains. The 31% of the Spanish territory is at risk of desertification, against the 18% of the Italian one. How did a city in such an arid zone achieve a goal like this? First of all a good urbanization plan, which has allowed Valencia to enrich it's green areas for a total of 4,300,000 square meters distributed between more than 660 parks and gardens. The Turia Garden rises on the bed of the river with the same name, which in 1957 caused a violent flood that sunk the city. Due to the damage inflicted and the deaths, it was decided to divert the river's flow outside the residential zone. Initially the city hall's project was to build a road on the already dry bed of the river, but then they thought to create a space for citizens to relax, and in 1986 the garden was inaugurated. Nowadays it's considered the biggest urban park throughout Europe. which divides Valencia in 2 sections from the "City of Arts and Science" to the "Bio-park", the recent zoological park devoted to Africa.

Besides the many xerophilous trees. which means they are suitable for the dry climate, such as pine trees, orange trees, giant ficus, palms and "bottle trees" like baobab, the green zones are rich of recreational areas for children and gymnastic tools for the less young people, free soccer fields, bicycle paths, fountains and a lot more. Also, in 2000 Valencia signed, together with other Spanish cities, the "Declaration of the Tree's Rights in the City", in which there is stated that the tree is one of the first resources of the human heritage and that management plans are to be promoted in order for it to be possible to plant in a condition of quality... and dignity! The Valencia's community has also begun a big project for reforestation, especially against the desertification that is afflicting the town. Between 2005 and 2007 three million trees were planted. with an average of 18,000 a day. able to store at least three million tons of CO2, contributing above all to the settlement of landslide areas that are subjected to erosion, to retain water during strong storms to prevent alluvial phenomena, to give shelter to the wild fauna, to retain

pollution present in the ground, in the rain and in the atmosphere. To safeguard the woods we have, first of all, to see them as a resource for what they offer and not for the quantity of obtainable cellulose or the value of the land on which they live. Finally, to give you an idea of the efforts made, in the sixteen years preceding 2007 in Valencia there were 96,700 children born, while 99,000 trees were planted! Even further than what the Italian law would impose! Only few know this, but Rutelli's law 113/92, who at the time was green, obliges all the Italian city halls to plant a tree for every child born. And furthermore, the location where the plant will be planted must be indicated on the birth certificate! This may be the best ecologic law that has ever been developed from the mind of a parliamentarian. Then, in 1993 Rutelli became mayor of Rome. and in the following 7 years he never applied it, same as the majority of big Italian city halls. The law is still in effect, but as always in our nation, good propositions are not always followed by facts! Fortunately there are initiatives with good results, such as the "Tree Fest" of Legambiente, thanks to which, in 2007 a million trees were planted and 1.5 millions on the national territory in 2008. Let's hope that this, together with other local initiatives. will make the citizens aware of the importance of the natural areas' restoration, in a state like ours where wild and almost not contaminated places are threatened every year by the eco-mafias, where cities are asphyxiated by pollution and where too many mayors confuse the word parks with parking places...



JACK

### **REGGAE VIBRATIONS**



### BURNING SPEARS WINS THE REG-GAE GRAMMY AWARDS

It's Burning Spears with his album "Jah Is Real" who won the Reggae Grammy Award. This is the second

time that the legendary artist wins the prestigious price, the first time happened in 2000 with "Calling Rastafari". A choice that we are totally happy about, because even if the price has lost representativeness and strengths among the international mass, we can finally say that this year the recognized winner is a record rich in roots, culture and tradition. But most of all, there is a message sent on how today, in a process that seems to get often out of hand, it's important not to lose sight of what reggae represents and why this music had such a strong impact on everyone in the world. This was a big satisfaction for "The roots Master", after the bitterness and the venting caused by the arrogance and the lack of respect that the record companies had towards him. To all of this, he answered with a choice for independency and, like the big Rastaman he is, he removed himself from the dirty games of power to get his life and his music back again. Therefore, we give out our compliments to "The African Teacher" for another accomplishment to add on to an already incredible artistic career.



### BANKRUPTCY FOR UB40

The story of the UB40 ends with a sad epilogue. In fact, after a series of flops, the band management has declared bankruptcy for the band, starting from the last

album and the related tour. Reflex Music was the one who officially declared the economical bankruptcy of the English group, which after a break period had gone back to work. Born in 1979, UB40 sold during these years over 70 million discs, but in the past 10 years there hasn't been any effort to go back to the moments of glory of the past and therefore, taken from total despair, the ones who dealt with the band's management have raised the white flag. Now, what needs to be understood is if to the economic dissolution will follow also the band's one, which is very likely since among the corporation's partners there were some of the band's members who in the last years have attempted the group's revival. The judicial affair in which Reflex Music and two former members of the UB40 were involved, Ali Campbell (singer) and Micheal Virtue (keyboardist), replaced in the new formation by Campbell's brother and Maxi Preist as a singer, had a fundamental role behind the debacle.



## BOB MARLEY'S TRADEMARK WILL BE RELAUN-CHED FROM THE US EQUITY FIRM WITH MILLIONALRE INVESTMENTS.

The Wall Street Journal is a paper that reports relevant news in the financial field and in this direction there is the news

regarding the star of reggae. Bob Marley's family and Hilco Consumer Capital, a private firm specialized in trademarks, are getting prepared for a big investment on the trademark bound to the legend of reggae. This includes clothing, food and videogames. Hilco is a corporation which discloses brands such as Halston and Ellen Tracy and this month they invested 20 millions of euro for half of House of Marley LLC. House of Marley LLC, which consists of Bob's family, will sell the rights for the production of products with Bob Marley's trademark, Tuff Gong, Catch A Fire and One Love. The first step will be to fight the companies which use them without permission, said James Salter, general director of Hilco Consumer Capital. The name of the King of Reggae and the merchandizing tied to it was used up till now without authorization since his death. in 1981. Hilco is separately dealing with the purchase of the Polaroid instant-film rights, and Fotunoff, a well known jewelry and silverware retailer in New York. We avoid making any personal comments so we can hear yours, hoping there will be many. Link Wall Street Journal on line:

http://online.wsj.com/article/B123422801889765831.html

### NEW AMBIGUOUS BOOK ON RASTAFARI

The controversial reverend Clinton Chisholm, Baptist pastor, has returned to Jamaica to launch his book, "Ras Tafari's Revelations". The launch happened at the Bethel Baptist Hall Church in Montego Bay, the same day in which Good Friday occurs, according to the



Baptist Religion. In this book, Chisholm challenges all the principles and dogmas of the Rastafari beliefs. Chrisholm states boldly in the book: "The Rastafari, according to the emperor Haile Selassie I, as a black man of God is spoilt by ignorance and prejudice, because the emperor was not black, and he didn't have any name or unique title". He also states that, when Bible talks about Ethiopia, it wasn't referring to the modern Ethiopia, but to Cush, which is the modern Sudan. Chisholm also claims: "the traditional idea that Emperor Haile Selassie is a direct descendant of Salomon's lacks of a historical confirmation. Every emperor of the Monarchy in the past 200 years was a blood descendant, with the exception of one, although everyone claims he derived from Salomone".



### **INPUT**

### MUSIC

### DUB SIDE OF THE MOON - EASY STAR ALL STAR PERFORMING

A very remarkable disc created by Easy Star All Star, especially for who loves low frequencies and Pink Floyd. This is, in fact, (easy to guess from the title...) a remake in Dub style of the famous album "The dark side of the moon". What really strikes, besides the cleverness of the group, is the extreme fidelity with which they were able to put their hands on a music classic without twisting the meaning and contents, but on the contrary enriching it and "making it old" with new resonances. The version of "Money" is fantastic, but also all the other tracks. Try it if you don't believe it!



MOVIES



### SICKO - MICHAEL MOORE

. Poised between documentary and film fiction, drama and irony, Michael Moore reports the way in which health is conceived in the United States, how it works (or to better say doesn't work) and how state and free health systems are pictured. Of course, as far as production goes, it's a much less enjoyable movie than others of him (for ex. Farenheit 9/11) and the problem discussed fortunately doesn't affect us, but we can't let it slip if we really want to understand how the public opinion is oriented and tricked to accept any situation that is set for them in the United States. Looking at the very low grade of self-consciousness, information and dignity in front of the situation of most of the American citizens, we are really pushed to think that this nation is on the edge of the abyss, and if we look better at it we understand that it has already been there for quite some time.

### INTO THE WILD - SEAN PENN

This movie tells about a story that will capture the spectator's attention with no doubts, but as easy as it sounds to get struck by it we don't have to forget about the deep value that this boy's adventure brings with itself. Within the theme of the journey there is also the theme of the protest against the delirious system with which we have built our society, a fight that translates into the definite refusal of everything that represents the western modernity, for a return to the natural state, to that purity so loved from Thoureau, Whitman, London (all the writers mentioned in the movie...). But the nature in which the protagonist throws himself in, Alaska, has also a wild side. In this nature the man rises with all his grace as a dreamer and once again as a free spirit but also with his weaknesses in front of the brutal strength of the forest.



### BOOKS

### GOMORRA - ROBERTO SAVIANO

The threats the author has gotten, the escort, the secret location in which he had to take shelter are maybe the best judgment on this book. A book necessary to comprehend Naples in depth, the chronic unemployment, the dead people which was killed and the crisis in which the city is in, together with the garbage emergency, makes it in a certain way close to the cities of the third country. But mostly it's is necessary to understand the 'camorra', which is not a simple criminal organization anymore, but a "business system with ramification in the whole world". Reading this book is a must.







### LET CHRISTIANIA LIVE BEVAR CHRISTIANIA

You can choose between one of the seven ways in to enter by foot the open community of Christiania. Access it means to plunge yourself into a totally different atmosphere from the rest of the new modern cities of the west, including Copenhagen. Quiet, silence, oxygen are the first specific qualities that can be perceived. The total absence of vehicles and therefore of traffic and smog, declares the explicit will-power of the need to live in perfect alliance with the environment. You can go around by foot or with the local bicycles, since they have been invented and made on purpose for the daily needs of the lives of the citizens. Among the most appreciated there is the family version: a bicycle with a container in the front, able to accommodate children, animals and large shopping bags. In conclusion a do-it-all bicycle, wide-spread in the city. You will be surprised to see the quantity of sturdy dogs and children riding ponies running about in the streets or being acrobats with skates and bicycles. Also the local fauna seems to have found the right refuge. Surrounded by water there is an island, kept by will of the citizens as a natural reserve for birds that live on it, and you can't count how many species of plants and roses the citizens themselves have sowed and cultivated during the years. You can often come across groups of tourists of every age (more than a million a year), they come here to explore the whole area that from Pusher Street branches off into thousands of streets which skirt the river, or simply, they look for relax and entertainments. Reggae, electronic, ethnic music and jazz are the kinds of music more appreciated.

You can also eat at the great vegetarian restaurant and the initiatives that have been developed in thirty years are thousands, like the craftsman workshop run by 3 craftswomen, fair in agreement craftsman clothing shops, grocer's shop, art gallery. The inhabitants of this community have tried to also give an answer to the tourist: who wants to know more just needs to ask at the information's office. The citizens of Christiania are a community of available people, communicative, socially engaged that try through a general assembly to reach a unanimous decision for each topic taken in consideration. A community not politically marked, based on three specific laws which are: non-violence, no possession of firearms and the non assumption therefore no selling of heavy drugs. A reality wanted and accomplished in thirtyfive years of occupation with physical and psychological strength by the residents themselves, which at the beginning of the 70's settled here and transformed an abandoned military zone, independent, but first with the consent of the government, in some eclectic housing decorated by colored graffiti. There are also nursery-schools, spaces for free time for adults and young people, the postal office, steward's office, the organization for environmental and architectural development (NYT FORUM), a center with ecological operators and a group of active gardeners. A city in the city, in which like the flag confirms, they

A city in the city, in which like the flag confirms, they dot their i's in yellow!

Since 2001 in accordance with the ideology and the politic of the new Center-Right government of the liberal Anders Fogh Rasmussen (allied with the extremists of the Right of the nationalist party), Christiania gets the final hit from the politic of "normalization". But this was just the beginning: a very polite way to say "clear", which today even becomes "zero tolerance towards Christiania". It's strange that in the street where the dealing is, Pusher Street, which has been in the hands of secret organizations for the past two years, you can't see, especially at night, any police officer. It is very dangerous in fact to break the law of no pictures or no recording on this street, to the point that not even the citizens of Christiania can prevent the reactions that this person will face if caught in the middle of doing the act. And think that the lovely residents are even in agreement with the representative power of the gueen, to which every year they send her a craftsman gift to wish her Merry Christmas! From the local Beer Club to the sport one. from the support group for Tibet to the art gallery and the research center, everyone inside Christiania feels like a guest in a community based on respect and knowledge of one another. Without expectations they think that everyone is free to be without having anything to prove. The motto of Christiania in fact is "live slow, but fast" and it's represented by a snail situated near one of the entrances of the city. It means that even if actions need time to become concrete. in the mind thoughts instead can develop faster.

Even with these impositions the community has always been managed in a pretty independent way. If the new special laws was accepted this reality would be annulled: independence and self-management would not exist, even the colored and particular

buildings would be demolished; they would practice the denial of rights and of collective properties; they would be open to speculative building trade and to private property of homes; and independent systems created to organize would be dissolved. A compromise on the other side would be feasible if the government listened to the alternatives that the members of the general commission have tried to propose, with no results. The propositions brought forward were in regard of the legalization of job positions and economy through an alternative organization of society: the appraisal of architectural projects for new houses administered and financed by the community: the acceptance of a model legally valid such as an association, a foundation or co-operative society of residents, which safeguards the base structure of free democracy through the model of agreement of the world. Many are the persons that in the years have lived here and have been accepted from the community because they have been recognized as a growing strength of the basis of these values. No one in fact can sell what doesn't belong to them. Homes are passed from family to family according to the space necessity of the family group. The general assembly decides how to handle and redistribute the livable spaces. The same method is used to choose the neighbors. "Every time money is spent, think about it!", sais a founder, also regarding what happened with the clearing and the fights with the police in the main square, for the demolition of the "house of youth", Unadomshuset.

MAJA GIANNOCCARO

















### **REVERSE GRAFFITI**

Standing in front of one of the dirtiest tunnels of Leeds, England, Paul Curtis, called "Moose", saw the signs left from the shoulders of wobbly drunks and the fingers of curious children and, with just a pair of socks as a tool the "Reverse Graffiti" was born. No paint, no defacement. Moose creates his art cleaning; removing the dirt and dust of the pollution. Once the art work is done there is no type of trash left, just the traces of a masterpiece totally ecosustainable. In conclusion, graffiti are the contrary; instead of using toxic paints they are doing a favor to the environment cleaning the walls of our cities from the thin dusts, and at the same time creating an art work. The techniques are different, but they all reach the same goal. Less filth and more beauty in the city. Depending on the location and the surface to work on, the "socks" can be replaced by high pressure nozzles which, in order to conserve the total absence of environmental impact, use strictly gathered rainwater! In the past 10 years, Moose has refined and improved his technique, thanks to which he has gained more and more notoriety, up to the point to start receiving real assignments on commission. Not only, his idea was considered so brilliant that a lot of companies begun to be born, which use this method for real publicity campaigns. Considering the low making costs and the possibility of being used on any surface, many well known companies and multinationals have invested right away this phenomenon giving birth to what many advertisers call "streetbanding". In my opinion, what makes these works of art even more unique and interesting is their short life. Unlike the common graffiti these have a limited life span...in fact depending on the pollution level, the pedestrian passing, the climate and the type of surface, they can last from 1 to 5 months. Moose's passion for these types of legal graffiti is truly immense, even if at the beginning he was labeled as a vandal of the media organs. The movement of pressure "Keep Britain Tidy" opposed itself strongly to the Reverse Graffiti. In 2005 some of them appeared on the Wills Memorial Building in Bristol, to remove them £750.000 were spent (around the million euros). Curtis was accused to have broken the law on the anti-social behavior but, up till now the sentence and the real implications are still unknown. Many petitions from various authorities were moved against this phenomenon. Fortunately none of them has found legal holds to be continued. Just as Moose sais "Nobody owns the dirt"!

Thanks to: http://reversegraffitiproject.com

ANDREA CARRARA

### **EXPRESSION**

( 5 minutes

(1) Cut Killer - Nique la police

### **WRITING**







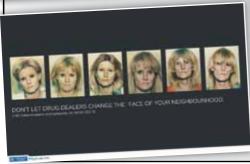


### **FLASH**

# EVERY THING HAPPENS FOR A REASON

(AMERICAN PROVERS)











### **TECNOLOGIES**

### **NEWS**

### IPOD PARTY SPEAKER JUST GET YOURSELF A DJ!!

The iPod Party Speaker is the ultimate in mobile party systems. Made from heavy duty aluminium and sitting on a two wheeled base with a retractable handle, this 22W mobile speaker system will blast out your tunes wherever you are. As well as a mains cable it also has an internal re-chargeable battery that will give you a mighty twelve hours of play. You can plug in any iPod, CD or MP3 players, musical instruments (with 6.3mm output iacks), and it comes with a jolly decent microphone, so you can DJ, croon along to your music, or just shout at people for no apparent reason. This awesome piece of kit lets you not only have a party wherever you like - anywhere in the house, garden, park, street or beach, but you can also have a mobile party, trundling it along the pavement and picking up party people as you go. It looks gorgeous and it powers out whatever sound you plug into it - brilliant

www.iwantoneofthoose.com



### FROM OLD VHS TO YOUR PC NOW!!!

Bring the past back to the future through converting your old VHS and Camcorder tapes. VHS may be just old, but that doesn't mean vou don't have a whole heap of memories piled up on those quaintly huge tapes lurking the cupboard. Now you can transform your memories into digital movies. from your old VHS tapes or camcorder, straight to your computer. Better still you can then put those same blasts from the past onto your iPod, rip them to a DVD or pop them on a compatible mobile phone. The old wedding video, that unfortunate holiday video from '86, or even that obscure movie vou bought in an old video shop that was never released as a DVD. The clothes you may have been wearing back then might be a bit dodgy, but boy is it a scream seeing them again. Hey you could even post your wedding video onto YouTube so old Aunt Hatty in New Zealand can watch again as she leaps from the top table into the unsuspecting arms of the vicar. Dust off your memories, because the past is priceless.



### BRAILLE E-BOOK CONCEPT

Due to cost and inefficiency, not many books are available in Braille version. At the same time, translating a ordinary book into braille will double the thickness of the book. Here comes the solution, the Braille E-Book concept designed by Korean designers, Seon-Keun Park, Byung-Min Woo, Sun-Hye Woo and Jin-Sun Park. Designed for visually challenged people, the Braille E-Book utilizes the EAP technology that can dynamically change the surface pattern by way of an electromagnetic signalsimulating braille text.



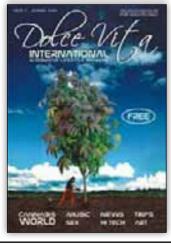
MAURIZIO BIROCCHI source: the web

### **INFO NEXT ISSUE**

## THE NEXT ISSUE OF DOLCE VITA INTERNATIONAL WILL COME OUT IN OCTOBER 2009 CHECK www.dolcevitaonline.net









### Medicinal use

used as a medicine. Medical patients around the world Cannabis has always been noticed tha the Paradise excellent to help relieve Seeds varieties are

nausea, Induce appetite and treat a range pain and suffering, reduce of other ailments for people who require medical marijuana,



T/F 0031 20 6795422 info@paradise-seeds.com 1000 AJ Amsterdam Paradise Seeds Postbox 377 Holland

info@puresativa.com **UK** distributor 020 8964 1717



catalogue from our website! Download a

www.paradise-seeds.com/index.php













