

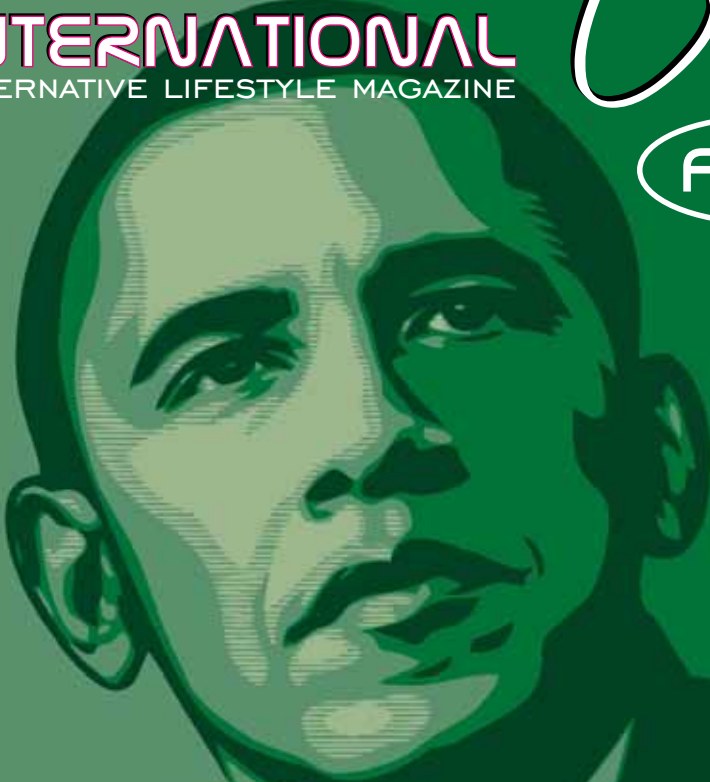
.ISSUE 4. .SPRING 2010.

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Dolce Vita

INTERNATIONAL
ALTERNATIVE LIFESTYLE MAGAZINE

FREE



YES WE
CAN(NABIS)

PURPLE JEMS

A beautifully coloured new auto-flowering variety developed by underground breeder Mossy. Purple JEMS buds display a broad colour palette, ending with a stunning royal purple. A real pleasure to watch grow, these small plants produce large purple nuggets covered in a sticky layer of resin. The reward is a well-balanced stone that satisfies the palate and relaxes the body. Flavour is on the floral side with a hint of sweetness. Low ambient odour!



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Why?



Why not?



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The French Revolution happened ten years earlier in America; the European Protests of 1968 were born four years earlier in California. The U.S. is born under a violent break with the aristocratic Ancient Regime that imprisoned Europe: and it is on this democratic fracture that the U.S. builds its national identity. **America is the place where everyone can try their own fate, trusting their own capabilities**, just because it is alternating to the classes and castes, kinships and recommendations of Europe: in the Seventeenth Century like nowadays.

We Europeans are accustomed to consider democracy like the articulation of consensus and collective protection; for an American, democracy overlaps individual freedom, and the less a rule concerns me the more democratic it is. **This is why America is always a step ahead of us.** As much as reactionary countermovement can develop, with censorship, with moral control (like it often happened in the American history), sooner or later the original principle comes out again, **the ineradicable root of that country and that culture: individualism.**

The American individualism is based on one principle and consideration. The principle is the one written by Thomas Jefferson in the Declaration of Independence: **among men's unalienable rights there is also the pursuit of happiness.**

The consideration that derives from it is simple: in order to pursue happiness, which is by definition individual and personal, it is right for me to be able to do anything I want, as long as I don't damage or limit the equal right of everyone else to pursue their own happiness. **Eg. I can grow and smoke my weed without bothering anyone, without running over society's moral principles, and without being considered sick or subversive because of it.**

We don't need to be surprised then if **the most promising signals regarding the theme of prohibitionism are coming today from Obama's America** (as, indeed, on gay rights and freedom of scientific research). Moreover, it is not an absolute novelty: therapeutic marijuana is a known and accepted reality in many states, and the success of tv series like "Weeds" shows a good level of social tolerance. The Karst River of these years could finally come to light, with important consequences on Europe, which is instead prohibitionist undertow. **Happy 2010, Mister President!**

FABRIZIO RONDOLINO

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www.dolcevitaonline.net

LOOKING AT THE STARS

It is the spring, baby.
It's sliding under the door,
it's slipping silently into
our lives, light as a feath-
er. Mornings are becom-
ing thinner, days infinite.
I find myself looking at
the sky, thinking that it's
2 o'clock in the afternoon
and then I find out from
my watch that it's almost
dinner time. This makes
me cheerful and I don't
know why, but it doesn't
matter much.

People goes around in the
city, with the car windows
down, sun glasses and
fresh music, the right one,
the one that...if you were
in a movie, it would be
the perfect soundtrack.
Girls in short pants walk
tall, I-Pod in the hand and
lips that follow the words
of the song they are
listening to. You see them
cheerful and you don't
know why, but it doesn't
matter much.

At home windows are
wide open and orange
juice is in the fridge,
making your mouth water
just thinking about it. The
desire to go home late,
to stay out till sunrise.
The desire to leave,
with whom and where
it doesn't matter much.
The desire to get lost,
among the streets of
Pamplona, in a sunny and
windy day. The desire of
sea, of friends around a
fire on the beach, with
some joints, a guitar and
thousand dreams. And
it might even be a cliché
but it's still a pleasant
vision that makes us very
cheerful. Therefore, it



***We were young, we were reckless,
arrogant, silly, headstrong and we
were right.***

(Abbie Hoffman)

⌚ 2 minutes

🎧 The Jam - Town Called Malice



doesn't matter much.
The desire for a camper,
to do a coast-to-coast
hitchhiking, crazy nights
in Mykonos. The desire
to run, jump, dance like
Billy Elliot as a child and
to feel like "electricity".
The desire to fall in love,
madly, but not forever.

You think about the sum-
mer that is going to come
and to the ones that are
gone, and then a thread
of melancholy rises be-
cause you are convinced
that... "I will never have a
summer like that". How-
ever, you don't like the
thought, so you react and
you convince yourself that
the one coming is going
to be even better.

Among your desires and
your thoughts you feel
messed up, confused,
odd, different. But it
doesn't matter much. You
are happy.
And this is spring, baby.

MATTEO "ECKO"

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Diamond Nectar



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APPLICATIONS

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BM : 10 g / 100 L - 6 to 8 weeks

BRINGING NATURE AND TECHNOLOGY TOGETHER



GERMANY: LIKE ROBIN HOOD, A BANK DIRECTOR WAS STEALING FROM THE RICH AND DEPOSITING THE MONEY ON POOR PEOPLE'S ACCOUNTS

She was stealing from the rich giving it to the poor, like Robin Hood; but as it is known, crime doesn't pay, not even when it's for good purposes: 22 months of jail with probation is the sentence for a real German Robin Hood in Bonn, a bank director that was withdrawing money from the accounts of rich people to restore the ones of poor people. It happened in Boreheim, a small center near Bonn. To avoid drawing attention, when she was close to an inspection, she would transfer big sums from the savings of wealthy clients into the ones of the poorest. Once the inspection was over, she would return the transferred sums to the original owners. But this wasn't always possible, since some clients with accounts deep down in the red were able to spend the money before she could get it back. At the end, the damage caused to the bank by Erika B. was of 1.1 million Euros.



UNITED STATES: VEGETATIVE BRAINS SHOW SIGNS OF AWARENESS

Scientists have detected glimmers of awareness in some vegetative brain-injury patients and have even communicated with one of them, findings that push the boundaries of how to assess and care for such people. The new research suggests that standard tests may overlook patients who have some consciousness, and that someday some kind of communication may be possible. In the strongest example, a 29-year-old patient was able to answer yes-or-no questions by visualizing specific scenes the doctors asked him to imagine. The two visualizations sparked different brain activity viewed through a scanning machine. "We were stunned when this happened" said one study author, Martin Monti of Medical Research Council Cognitive and Brain Sciences Unit in Cambridge, England. "I find it literally amazing. This was a patient who was believed to be vegetative for five years".



CANADA: WINTER OLYMPICS TO DEMO LIGHTING CONTROLLED BY THOUGHTS

Along with the figure skating, ice hockey and snowboarding, another event will compete for attention at the Winter Olympics in Canada this month. A Canadian company has created what it calls the "largest thought-controlled computing installation." It's an experiment that lets visitors to the Olympics use their brainwaves to control the lights at three major landmarks in Canada, including Niagara Falls. "When people put on the headsets and find themselves increasing the brightness of the lights by just thinking about it, you can almost see their brains explode" says Trevor Coleman, chief operating officer for InteraXon, the company that has created this installation.



INDIA: THE INHABITANTS OF A VILLAGE BUILD THEMSELVES THE TRAIN STATION

After the railways repeatedly said no, due to budget problems, the inhabitants of a small Indian village decided to actualize on their own the connection with New Dehli. "We were patient and waited for almost 30 years before deciding to take destiny into our own hands", states Hukum Chand, one of the promoting committee members. Tired of waiting, the citizens of Taznagar, mostly farmers and merchants, decided to tax themselves to build a new train station. In a few months they were able to collect 2.100.000 rupees (31.000 Euros) with which they made, within a year time, the two shelters and a ticket office, complete with water plumbing and an electrical unit.



UNITED STATES: THE FIRST BAWDY HOUSES FOR WOMEN WILL SOON OPEN THEIR DOORS

The first legal brothel of the United States destined to female or gay customers could open in Nevada within a month. Bobbi Davis announced it, owner of the Shady Lady Ranch, a notorious brothel house located in the middle of the desert, two hours from Las Vegas. *"The world is ready, claims Davis, so that women and also gays can legally pay to have sex. Especially during this moment of serious crisis, this new initiative could be a good thing for business"*. The opportunity to open these new kinds of brothels is offered by a new state law that for the first time provides a prevention and control program for STD's, even for males. Until today men were forbidden to do the oldest job in the world, just because for them there wasn't any kind of medical screening provided.



UNITED STATES: \$2,000 WORTH OF "WEED" IN HIS TRUNK

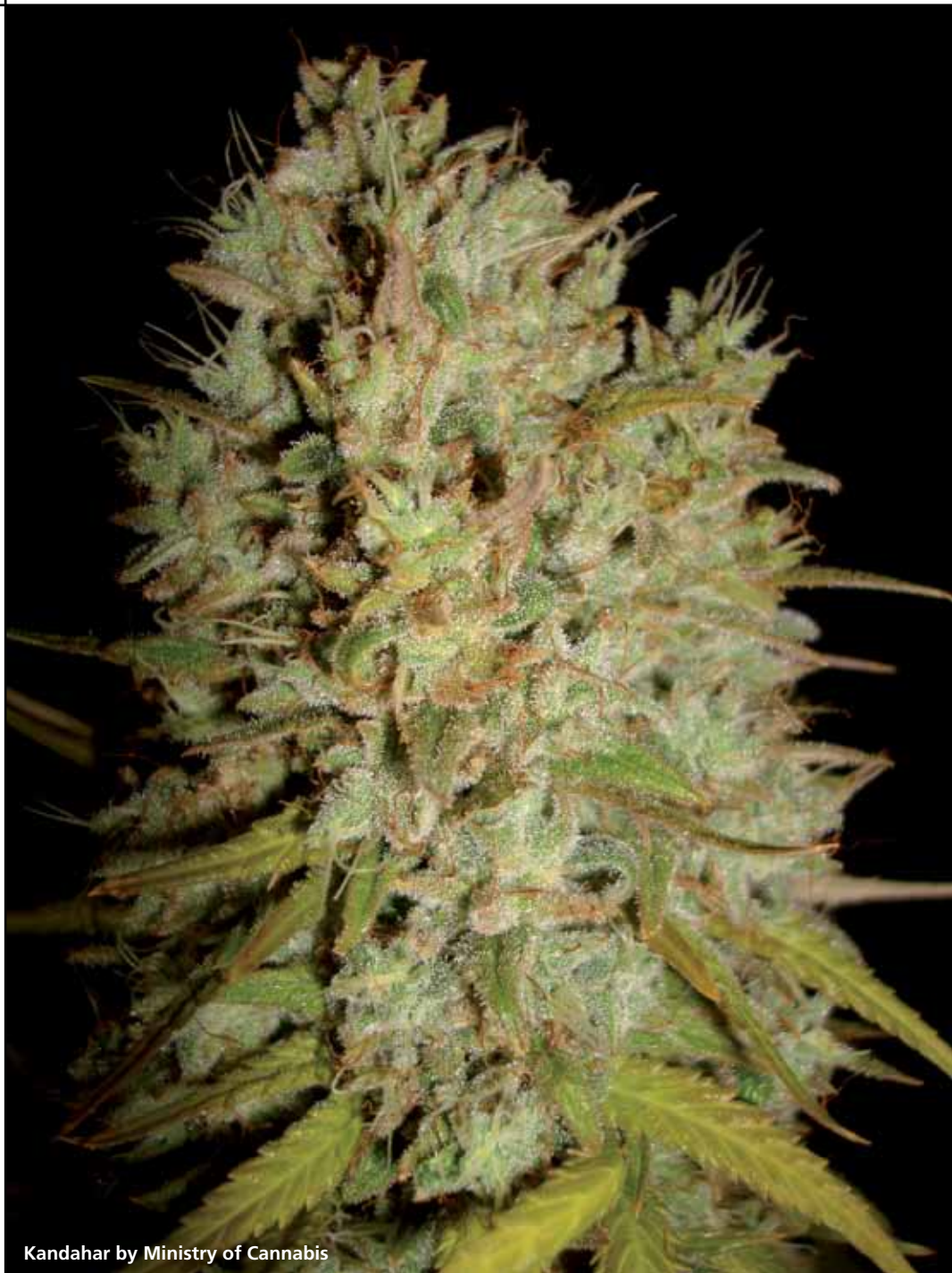
The 25-year-old Crestview man was stopped Jan. 22 after a Crestview Police Department officer noticed him speeding on James Lee Blvd. The driver, Jason Miles, appeared nervous and there was a strong odor of marijuana coming from inside the truck, the officer noted. When the officer asked him if there was anything illegal in the truck, Miles said, "I got \$2,000 worth of weed in the truck!" During a search, police found 110 grams of marijuana, two digital scales and a package of peach-flavored cigars. He was charged with possession of marijuana with intent to distribute and possession of paraphernalia. After being read his rights, Miles told police he only sold the marijuana on weekends because he was a full-time student during the week. He also said he sold some and kept some. *"Man, you don't know how much weed I smoke" he told the officer.*



UNITED STATES: MYSTERIOUS FRUITS REVERSE AGING, IMPROVE HEALTH

A team of nutritional researchers from southern California have completed a five year study that shows people who consume more antioxidants appear to age at a 47 percent slower rate than those who don't. *"Antioxidants slow the rate at which cells divide"* says nutrition expert and director of Allmera Nutraceuticals Ron Slavick. *"The faster your cells divide due to diet, stress or pollution, the faster you will age"*. This is why Slavick has kept his team focused on a product called Proleva. Proleva is a capsule formulated by a team of scientists in Seattle Washington that you take once a day to give your body the extra antioxidants you need to restore your health, vitality and youthful appearance. A single dose of Proleva contains the antioxidants found in eight of the most powerful superfruits, antioxidants that have been shown to increase eye sight, improve your immune system, support your cardiovascular health, boost short term memory, increase brain function and return the youthful glow to your skin and hair

ANDREA CARRARA



Kandahar by Ministry of Cannabis



INTERNATIONAL EVENTS

CANNATRADE.CH 2009

BASEL (SWISS) - 1/3 OF MAY 2009

CannaTrade.ch is the international hemp fair which takes place every year in Swiss. After eight years in which the fair was held in Berne, the CannaTrade.ch 2009 has moved into the fair of Basle due to the Ice Hockey World Championship planned in the same period in Berne. The central Theme this year was "Hemp as a Medicine" and you could count the presence of the most important companies in the field, Hesi Paradise Seeds, Canna, ROOR, Advanced Nutrients, Atami, Hy-Pro, Sensi Seed, BioNova and many others. Same as every year, the range of products exposed was very large, fertilizers, lamps for growing as well as many product and food made out of hemp. But the real protagonists of the fair have been the growboxes and the vaporizers, which was really possible to find them in every form and dimension. What was missing in this fair was the "partying". In fact the swiss laws recently approved have made illegal the consumption, the cultivation, the sale and the possession of hemp. This had a big repercussion on the fair, in which the very few brave one who exposed seeds were strongly fined by the police. Naturally this was not enough to spoil the moral of the fair which, thanks to many celebrities in the field such as Jorge Cervantes and Scott Blakey "Shantibaba" and the irreducible spirit of rebellion of the participants, anyhow has allowed everyone to spend 3 wonderful days dedicated to our dear and unfortunately more and more condemned Maria.

🕒 3 minutes

👤 Bring The Pain - Method Man

CULTIVA 2009

WIEN (AUSTRIA) - 27/29 OF NOVEMBER 2009

The location was just spectacular. It is worth to waste a few words about it. A Mediterranean-Caribbean scenery was recreated inside a giant glass pyramid, that truly creates a better atmosphere than the Austrian one, complete with palm trees at will, white little houses and bungalows. The map of the fair was definitely irregular, on different levels and with not so visible spaces, therefore, to be able to see all the stands, one had to literally search for them, armed with patience and spirit of adventure. Speaking of plants, thanks to an Austrian law quibble (that considers Cannabis plants legal up to the point they begin to flower), the fair was full of "little ones" in a vegetative state, thing that influenced heavily the mood of the participants. There were as many as 150 exhibitors and even more participants. According to the organizers we reached 6.500 presences. I was very impressed by the clear atmosphere that could be felt. At first I didn't accept the news very well that inside of the fair we were not allowed to smoke (not even tobacco), but then I saw the big tolerance the surveillance had in the open areas, let's say that it was all balanced. Naturally, the Saturday evening took place in a very particular and suggestive corner of the pyramid, also the official fair party. The Music level was great (trance), the environment in high demand and the international anti-prohibitionist public were the ingredients of the excellent evening.

NEXT HEMP EVENTZ

CannaTrade.ch - Bern (Swiss) - 16/18 of April
www.cannatrade.ch

THC Expo - Los Angeles (USA) - 23/25 of April
www.thcexpo.com

9th Annual Black Hills Hemp Hoe Down
Elk View Campground - Sturgis (UK) - 13/15 of May
www.hemphoedown.com

Expo Cannabis Sur - Malaga (Spain) - 21/23 of May
www.expocannabisur.com

Medical Marijuana & Hemp Expo
Toronto (Canada) - 16/18 of July
www.medicalmarijuana-hempexpo.com

Hanfparrade - Berlin (Germany) - 7 of August
www.hanfparrade.de

Expo Cannabis - Madrid (Spain) - 1/3 of October
www.expocannabis.com

Cultiva - Wien (Austria) - 29/31 of October
www.cultiva.at

23th High Times Cannabis Cup
Amsterdam (Holland) - 21/25 of November
www.hightimes.com







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CANNABIS

HIGH TIMES

🕒 7 minutes

🎧 The times they are a changin' - Tracy Chapman



THE FIRST CANNABIS CAFÉ OPENS IN AMERICA

Therapeutic marijuana is being sold in Portland. The responsible: "These clubs recognize freedom". The first coffee shop authorized to sell marijuana for therapeutic purposes was opened in Oregon in the United States, which is going to test the recent changes in route, concerning this matter, wanted by the President Barack Obama. The Cannabis Café is the first place where people authorized to smoke marijuana for medical reasons will have the substance available and will be able to smoke it on the site. "This club recognizes the personal freedom of his members", states Madeline Martinez, responsible for Norml, a group that fights for the legalization of marijuana. "The project goes beyond serving food and marijuana – she explained – hopefully we will be able to organize lessons and seminars to become a point of reference so we can help people learn more about growing and other uses of cannabis. The Cannabis Café is in a two-storey building and technically it's a private club, but it's open to all Oregon residents who are members of the Norml or that are in possession of the required medical prescription for therapeutic use. The café is accessible with a monthly card for the price of 25\$, but once inside the substance is freely distributed at the counter, and on the side, it's possible to eat breakfast, lunch and dinner but no alcoholics. This is practically a test for the Obama Administration that only last month decided not to prosecute those who use marijuana for therapeutic purposes. Just in the state of Oregon, the patients authorized to use marijuana to cure illnesses such as Alzheimer, diabetes or MS are 21.000.

IN THE US, GOING TO MARIJUANA-SCHOOL

After the approval in Michigan of a law that authorizes the use of cannabis for therapeutic purposes, a "college" was born in Detroit that, for 316 Euros, teaches students how to become marijuana "suppliers". In Michigan, on the wake of a state law that authorizes the use of "joints" for therapeutic purposes, the U.S. launches a new job: in Detroit a reality is born that forms "marijuana growers and sellers for therapeutic purposes". The evening school is the Med Grow Cannabis College, founded by Nick Tennant, son of a General Motors employee, and it offers six weeks of classes at the price of 316 Euros per person including: botany, horticulture, history of cannabis and even cooking, to learn how to prepare "marijuana dishes" like sushi. So far, the state counts 5.800 registered patients and 2.400 authorized "suppliers" who grow and sell the product (ready for a potential turnover of millions of dollars). In order to become one of them it's required to be 21 years old and have a clean criminal record with no drug related crimes. Each "supplier" can sell to a maximum of 5 patients.



U.S.A.: THE SALE OF CANNABIS WILL BE TAXED FOR THE FIRST TIME IN ONE OF THE STATES

The Attorney General in the state of Colorado, John Suthers, has given the green light to the taxation of cannabis. "The cannabis for therapeutic use is a material asset, therefore subject to sales tax", explained the republican Suthers. The Attorney General has also repeated that the dealers of therapeutic marijuana must obtain a state license to be able to operate in the state of Colorado, same as any other shop. It would be the first time that a public institution of the U.S. charges taxes on cannabis. "The Colorado voters had asked for the cannabis to be legal for therapeutic purposes", explained the spokesman of the Governor, referring to a referendum in 2000. "But now it's chaos". The opinion came right at a time when the Obama Administration said they no longer want to pursue the distributors and consumers of medical cannabis for violation of federal laws in those states where there are laws that regulate the substance.



OBAMA'S COMMENDABLE CHANGE IN FEDERAL DRUG ENFORCEMENT POLICY

This is one of those rare instances of unadulterated good news from Washington: the Obama administration will not seek to arrest medical marijuana users and suppliers as long as they conform to state laws, under new policy guidelines to be sent to federal prosecutors Monday. Two Justice Department officials described the new policy to The Associated Press, saying prosecutors will be told it is not a good use of their time to arrest people who use or provide medical marijuana in strict compliance with state laws. The new policy is a significant departure from the Bush administration, which insisted it would continue to enforce federal anti-pot laws regardless of state codes.

Criminalizing cancer and AIDS patients for using a substance that is (a) prescribed by their doctors and (b) legal under the laws of their state has always been abominable. The Obama administration deserves major credit not only for ceasing this practice, but for memorializing it formally in writing. Just as is true for Jim Webb's brave crusade to radically revise the nation's criminal justice and drug laws, there is little political gain - and some political risk - in adopting a policy that can be depicted as "soft on drugs" or even "pro-marijuana." It's a change that has concrete benefits for many people who are sick and for those who provide them with treatments that benefit them. So credit where it's due to the Obama DOJ, for fulfilling a long-standing commitment on this issue. Beyond the tangible benefits to patients and providers, there is the issue of states' rights. Fourteen states have legalized medical marijuana, many by referendum.

The Bush administration's refusal to honor or even recognize those states' decisions - by arresting people for doing things which are perfectly legal under state law - was one of many examples giving the lie to the conservative movement's alleged belief in federalism and limited federal power (see here, for instance, how John Ashcroft and GOP Senators tried deceitfully and undemocratically to exploit the aftermath of 9/11 to prevent Oregon from implementing its assisted suicide law). Constitutionally and otherwise, what possible justification is there for federalizing decisions about whether individuals can use marijuana for medical purposes? Ironically (given the "socialism" and "fascism" rhetoric spewed at it by the Fox News faction), the Obama administration's decision is a major advancement for the rights of states to have their laws respected by the federal government.

The failure of the drug war and criminalization schemes is so glaring that, despite its previously taboo nature (taboos enforced by the U.S. in various ways), it is being rapidly acknowledged around the world. Even though the paper I wrote for the Cato Institute on Portugal's success with decriminalization was published almost six months ago, I now receive more invitations than ever to present the paper, especially at meetings of government officials and policy makers in Latin America, because almost every country in the region is now actively re-considering its criminalization approach to drug policy. Even a modest willingness on the part of the U.S. government to pursue or even tolerate alternative approaches could play a major role in accelerating that process, as countries in virtually every region of the world have long been coerced by Washington to maintain strict criminalization approaches and to embrace the destructive Drug War model. (Glenn Greenwald - Source: salon.com)

SEEDS

SEMILLAS



FERTILIZERS & SUBSTRATES

FERTILIZANTES & SUSTRATOS



GRINDERS & POLLINATORS

POLINIZADORES



HIDROPONICS & AEROPONICS

HIDROPÓNICOS & AEROPÓNICOS



PARAPHERNALIA

PARAFERNALIA



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- FLASH AUTO
- LA REINA DE ÁFRICA
- DR JEKILL
- BIG BAND
- POWER SKUNK
- WHITE DOMINA
- SMILE
- CITRUS
- MATARÓ BLUE



⌚ 6 minutes

🎧 Haven't Met You Yet - Michael Bublé



HEMP HOODLAMB A NEW STYLE OF ECO FASHION

Hoodlamb, nice name, how did you choose it?

A Hemp HoodLamb is the ultimate winter jacket. Made from "Hemp" with a "Hood" and with a vegan "Lamb" fur lining. The Lamb fur is a word joke of course, as the lining is made from hemp and recycled plastic and acrylic and not Lamb fur. But because the Satifur is so soft and feels so nice, you would almost think it is Lamb fur.

What's your "Industrial Organic" design philosophy?

"Industrial Organic" means that the clothes are made out of an Organic material, Hemp. But they are made for everyday, Industrial use. Hemp is the strongest natural fiber, so hemp HoodLamb clothes are very strong and can be worn everyday during everyday activities and will stay in perfect condition.

Why did you choose to produce clothing made by hemp?

We choose to make clothes out of Hemp, because it is what people have been doing for thousands of years, except for the last 70 years or so, when Industrial hemp became illegal in many places in the world. Why not make clothes out of an easy to grow, easy to process plant which doesn't cause any harm to the environment, but actually enriches the soil it grows in? All other possible fabrics have more negative impacts on the environment and are less suitable to make clothes from, so hemp is the logic way to go.

Have you ever had any problems for it? No, never any real problems. It sometimes takes longer for shipment from a company called 'Hemp' HoodLamb to go through customs, but when they check it and see it is all good, they always let the shipment go through, like it should.

I've read that all your clothes are made in eco-fabrics, how they works? We make all our clothes out

of hemp and organic cotton. Organic cotton is better for the environment than regular cotton, because no fertilizer and pesticides are used, making the cotton grow slower, but a lot more eco-friendly.

How do you provide your primary working material?

Around 90% of all industrial hemp is grown in China. In China industrial hemp was never forbidden and they have been using it for centuries for many different purposes. So we buy our fabrics straight from a hemp textile factory in China. We visit the hempfields ourselves from time to time to see how the fabric is made and how the factories work. You can see a video on youtube about this, here is the link: <http://www.youtube.com/watch?v=2ljFCGPdYRU>

Any plan for the future? Our plan for the future is to increase the amount of HoodLamb jackets we sell each year, as they are our main product and what we are known best for. Each year we also try to make small improvements to the jackets, so they keep evolving and turn into an even better winter jacket. A big introduction for winter 10-11 is our collaboration with Sea Shepherd, known from the popular tv-show Whale Wars. Sea Shepherd actively protects whales and dolphins from being illegally hunted down and killed. Sea Shepherd has a small fleet of boats who seek Japanese whaling ships and try to disturb their operations so they cannot kill the whales. Hemp HoodLamb will be producing several custom Sea Shepherd items of clothing, like Sea Shepherd HoodLamb jackets, Ruderalis Hats, t-shirts and hoodies.

A percentage of each Sea Shepherd garment will go to Sea Shepherd to found their operations.

ANDREA CARRARA

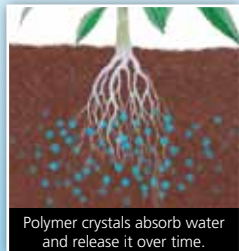
THE SCHOOL OF CERVANTES

START CLONES OR SEEDLINGS INDOORS

Get a jump on the season by starting clones and seedlings under lights indoors. Move small containerized plants into heated greenhouses to start hardening-off. Transplant to a backyard or secure guerilla patch once they have become hardened-off and are more resistant to environmental stress. Beat the cold; start seedlings and cuttings indoors and move them into a heated greenhouse in March or April. A 400-watt HP sodium lamp on a timer can augment the less intense natural light of early spring. Seedlings and clones will need at least 14 hours of artificial and natural light per day until plants are transplanted outdoors.



Guerilla-grown buds from the mountains taste great!



Polymer crystals absorb water and release it over time.



Rain and wind coupled with heavy buds broke this plant.

Amendments improve soil, root penetration, soil water retention, etc. See Chapter Ten, "Soil," for a complete discussion of amendments. Maintain a compost pile. See "Compost" in Chapter Ten for more information. Worms work wonders with soil. Grow your own crop of worms in a worm bin. Worms grow and reproduce in layers of food scraps, soil, and manure. They produce worm castings, an excellent fertilizer/amendment or compost tea ingredient. For more information about worms, check out the classic book, *Worms Eat My Garbage: How to Set Up & Maintain a Worm Composting System*, by Mary Appelhof, Flower Press. Soil and water pH levels are exceptionally important. Cannabis does best with a soil pH of about 6.5. Soil pH is easy to change. See Chapter Ten for a complete discussion of pH. Lime amendments will raise pH and lower acidity, but too much lime can burn roots and make nutrients unavailable. If you need more than one full point of pH adjustment, check with local farmers, nurseries, or agricultural agencies for recommendations on lime application. Lime application differs based on soil type. Some guidelines are:

35 pounds/300 square yards

(16 kg/251 m²) very sandy soil

50 pounds/300 square yards

(23 kg/251 m²) sandy soil

70 pounds 300 square yards

(32 kg/251 m²) loam

80 pounds/ 300 square yards

(36 kg/251 m²) heavy clay soil

*1 cubic yard = 27 cubic feet = 0.765 m³

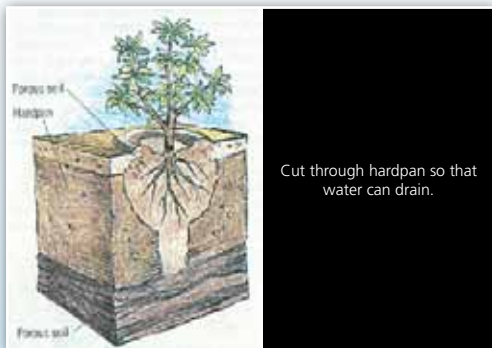
* rule of thumb: add 1–2 pounds (0.5–0.9 kg) of dolomite lime to each cubic foot (0.03 cm³) of soil

Raising alkaline levels is somewhat easier than raising the acid level. If your soil is too alkaline, 1.2 oz (34 gm) of finely ground rock sulfur per square yard (90 cm²) of sandy soil will reduce soil pH by one point. Other types of soil will need 3.6 oz (100 gm) per square yard (90 cm²). Well-decomposed sawdust, composted leaves, and peat moss also help to acidify soil and lower pH.

THE SCHOOL OF CERVANTES

Hardpan

Hardpan is a condition whereby a layer of soil beneath the soil surface is hard and impermeable to both water and roots. Caliche is a hardpan common in the southwest USA. It consists of a layer of calcium carbonate (lime) located below the topsoil. The texture of caliche varies from granular to solid cement-like rock and can be from a few inches to many feet thick.



To plant in any hardpan area, you must bore through it to provide drainage. An auger will work to bore a hole, but a pick and shovel are practical, too. All other planting techniques remain the same. Discard the hardpan bored out of the hole and replace with compost or high-quality garden soil.

Prepare Soil

Help reduce the stress by growing seedlings in tall containers (three-inch square by six inches tall) (8 cm2 × 15 cm) which will produce a strong root system and a plant that has a better chance of surviving in tough conditions. Adding water-absorbing polymers in the plant mix is an excellent defense against desiccation, too. The crystals expand up to 15 times when watered, making moisture available to the roots for longer periods of time. Slow-release crystals will allow an extended period between watering. This is very helpful if your patch is in a remote location that you cannot visit often. Mountain areas can have poor soil and will need to be improved before planting for best results. Dig holes at least 18 inches (46 cm) wide by 18 inches (46 cm) deep for each plant. Place a handful of blood meal (see warnings in Chapter Eleven) on the bottom and three to four inches (8–10 cm) of soil on top of it before transplanting the cuttings or seedlings, then water heavily. A little effort preparing the planting holes will result in healthier plants and a heavier harvest.

On an incline, planting holes must be terraced into the hillside and be large enough to catch runoff water. Dig extra gullies to channel runoff to growing plants, and make a “dish” around the plants to hold water. Plants remain smaller in rocky terrain but often go unseen because they are grown where no one expects to see them. Clay forms an excellent underground planting container. After a good rain, dig large planting holes. Fill holes with lots of good dirt and compost. Backfill in layers; for example, fill a three-foot (90 cm) deep hole with an eight-inch (20 cm) layer of steamed bone-meal (see warnings in Chapter Eleven) and soil. The balance is made up of a thin layer of topsoil mixed with a rich compost-manure-straw mixture, rock phosphate, and seaweed meal. Mound compost and soil about a foot above ground level. It will settle during growing season. See “Organic Fertilizers” in Chapter Eleven for more information.



Digging hole and planting

Prepare to plant by digging a big hole and placing boards at the bottom to stop downward water flow. Add compost, peat moss, coco peat, good soil, organic nutrients, polymers, and dolomite lime, all will help soil hold water, then top with a concave bowl of soil that will catch rain and irrigation water.

Raised beds

Raised beds are wonderful for growing in the backyard. Cultivation and weed control are easier, and soil quality is simpler to maintain. Build a raised bed on top of clay soils. Planting in a bed raised six to eight inches (15–20 cm) eliminates the necessity of trying to dig in clay while providing the early warmth and good drainage clay lacks. Plants can be put into the ground two weeks to a month early and may even produce an early spring crop. One friend plants on top of the compost pile. He plants six, 12-inch-tall (15–30 cm) clones into three to four inches (8–10 cm) of good soil

CANNABIS

THE SCHOOL OF CERVANTES

that is on top of a two- to three- foot (61–91 cm) high compost heap. By the time the roots penetrate into the compost, it has cooled enough that the roots are safe from burning. He places a portable greenhouse over the plants. The compost keeps plants warm while the structure protects foliage. This works exceptionally well to coax a spring harvest.



Make raised beds up to 3-feet (90 cm) tall. Layers of fresh plant debris below decompose and release heat as a by-product.

Another grower prepares a vegetable garden by dumping three cubic yards (90 cm³) of finished compost and manure with a dose of dolomite lime into a raised bed, then he roto-tills and plants. When the vegetables are growing well, he transplants hardened-off clones to blend in alongside vegetables.

Mulch

Mulch attracts and retains soil moisture and smothers weeds. Mulch is a layer of decomposing foliage, straw, grass clippings, weeds, etc. and/or paper, rocks, plastic, etc. laid around plants. Native foliage is an excellent and convenient mulch. My favorite mulch is dry grass clippings, which are free. Fill your backpack with lightweight grass clippings before every trip to the patch. Always pile the mulch as high as you can (6–12+ inches (15–30+ cm), because it biodegrades over time. Biodegradable plastic breaks down into frayed strips that flap in the wind after continued exposure to sunlight. Plan to use it one year only and remove it before it shreds into unsightly pieces of long plastic. Rock or rock dust makes excellent mulch. Use rock mulches where they are readily available. They become hot to touch on sunny days, but they still protect the soil from evaporative moisture loss. Newspaper or brown paper shopping bags make excellent mulch. Slightly wet paper is easier to work with and less like-

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 for more information.



Planting a thick layer of mulch is a good way to conserve moisture.

ly to blow around. Inexpensive and readily available, newspaper layers should be at least six pages thick (preferably a dozen or more), before adding a soil or mulch covering to hold it in place. Woven weed barriers or strips of scrap carpet let water drain but will not let the weeds grow through. Cover these barriers with rock or bark chips. Cover the entire garden bed with black plastic and cut holes through which seedlings are planted. A soaker hose can be laid underneath the plastic to irrigate. Make sure to cut large enough holes so that plant stems do not touch the plastic. Black plastic gets very hot during the day but actually warms the soil very little. When a young, tender plant stem touches the hot, black plastic it will literally cook it at the soil line.

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BAG OF DREAMS

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like White Widow and Super Silver Haze.



'ALIVE AND KICKING'

**The importance of a strains' health and long term fitness...
Even after 10 years! Learn how!**

Gardeners and growers alike, who are familiar with cloning from stock plants, know how important it is to have optimum health in a mother or father plant. Clones made from healthy parent plants will have clearly a better chance to perform well as production plants. Keeping stock plants alive and kicking, year after year, is a great scenario and establishes consistency, popularity and recognition of a plant and its effects. In fact most plants you buy at a garden center like geraniums and lavender etc... Are all cloned from established mother plants... That is why we can guarantee genetic replicas time after time, and it will always be consistent, thus making it a stable and reliable product to sell, as people know what they are getting. Garden centers usually have stock plants growing outside for years to ensure this to be the case and to clone in the right season. Since Cannabis is actually a dioecious (A plant species in which male and female organs appear on separate individuals). Annual herb and relies on propagating from seed each year, it was not until we worked out the critical photo fluctuations like 18hr or more of daylight it vegetates and grows and 12 hours or less it flowers and dies. Different plants are activated with different photo periods and that is the reason they flower at different times. To achieve keeping a plant alive for years, that would normally seed and die annually, you will need a well constructed and well planned grow room (more than 18hours light per day), this is essential! In this grow or vegetative room, mothers, fathers and clones can all root, grow and be cloned, making this room a big asset and the center of all operations to do with the production of a consistent strain. But management of any strain grown under artificial indoor conditions is a must if you wish to keep the same plant and a library of genetics alive and in production for the future. If this is something that interests you then read on... Let's just say cloning revolutionized the Cannabis industry in the same way it

did for the traditional Plant nurseries. Controlled pedigree breeding through the principles of selection along with a mother room changed the look and possible hybrids that would not have been able to occur in Nature. This all began with The Seed Bank originally set up by Neville in Holland in the 80s' and from that single Seed Bank grew all the multi-hybrids and true breeds which are the basis for all other seed companies that followed. Beginning with a seed that comes from a reliable source of genetics will mean some level of selection has gone into the strain/hybrid, which in turn means the starting point should be a better place to begin than with bag seed or land races or unrefined wild sown seed. Once you have selected your strain, grown the males and females, made a choice of the plants according to your criteria for selection, you are ready to begin the production side of growing for this strain. In other words initial seed work is only needed for the first stage as once you have found the plant you want; cloning makes it a stable, reliable and consistent industry, where the end product will only vary according to the climatic fluctuations it is grown in, but not genetically. All male and female parent plants need to be kept in an indoor 18hr grow room to preserve the strain as a living plant form, otherwise we keep it as seed in a fridge. The advantage of clones is as soon as they are cut and rooted... 2-3 weeks they are in production... While seed plants vary and take between 6-8 weeks to be at the same state of maturity for production. So clone mothers are valuable in the respect that many people can grow off a single 18hr mother/ clone setup... If they work together. One clone room for 20 flowering rooms or more, illustrates the importance of an 18hr vegetative room. If you want to be professional.

The single most important aspect of the mother room is air movement, in my opinion. Air movement both within the room and incoming and outgoing air exchange



An example of using fluoro lights to grow mothers on the bottom shelf and clones



Mr Nice controls a rooted clone



Aa example of MNS mother rooms kept at 18hr light and well ventilated

should be made adjustable. That way one can move large volumes of air or small volumes of air depending upon the environmental influences, and therefore allows us to play god by controlling all aspects of climate which in turn allows us to grow plants to their full potential indoors instead of being at the mercy of Mother Nature and the seasonal fluctuations. Considering a mother room goes year round, making it the laboratory type of setup is something to consider. The better the facility, without it being too large the better chances of good clone production, stable and healthy mothers and fathers, and general good plant health is easier to maintain. Circulating air below the plants and above them will reduce the likelihood of molds settling and colonizing or laying eggs, in fact it makes it tough for all pests to settle in as the currents of air flowing between the plants do not allow for stagnation. Less plagues, infestations and disease come from rooms with large air movement... So keep the air moving! Flowering rooms (12hours light per day or less) that are set up for rotational crops every 2-3 months, rely on a source of pest free clones, infection free and healthy clones coming from a healthy home. So it is imperative the source of the clones for these flowering setups come fit and healthy, otherwise a lot of rooms and different growers will suffer. Hygienic, clean and clear of decomposing organic matter is a must for any good mother room. Foot baths are easy to setup before entering the room and greatly reduce the chances of spreading pests or foreign bodies once inside. Simple detergent or Chlorine with water, enough for the soles of your shoes to be washed as you walk through will do the job. Weekly spraying of all working areas with Hydrogen Peroxide (H_2O_2 30%... Mixed with water) including the walls and floor will be the best form of prevention if done on a regular basis.

However the most essential part of keeping a strain(s) going for many years in great health will be this single feature. Mother and father plants used to clone from and to maintain the genetics from are usually grown under artificial lights. To manage the fitness and health of the strain it is essential to cut a clone from the old mother/fathers, root them and grow them under natural sunlight for a period of about 1-2 months then bring them or a clone of them back inside to take over from the old parents as new mother/father plants. This single

aspect of growing the plant outside for part of the year will ensure the new parent plants that the clones come from will be virile and strong, instilling a certain level of fitness in the strain. Repeat this year after year and the strain will out live you! My plant library exists since decades this way and they show no sign of deterioration, nor does a single clone coming from them!

For all you hobby breeders, cloning companies, or seed companies keeping plants alive in grow rooms for many years, it is very important to keep fitness and health in a strain. An example of a plant that was only in clone form as a female that slowly lost fitness and eventually died without anything anyone could do was G13. This was one of Neville's creations as a seed that began a lot of hype, legends and stories of exaggeration since the early 90s' but, alas lost in a pure form and only found in hybrids, nowadays. If you find something worth to nurture for the future, make sure the mother/father/clone room is clean and hygienic, and the air is flowing well inside, exhausted well and one time of the year (preferable summer) that the plants get to grow in natural sunlight for a time... This will guarantee all you can do to preserve a strain for longevity. One strain grown and cloned in a one lamp room over many years can reach a lot of different people, growers and parts of the world that most people will never have thought possible. Not to mention it creates a consistent and reliable product that people can count on. Cannabis grown with care grows into medicine somewhere!



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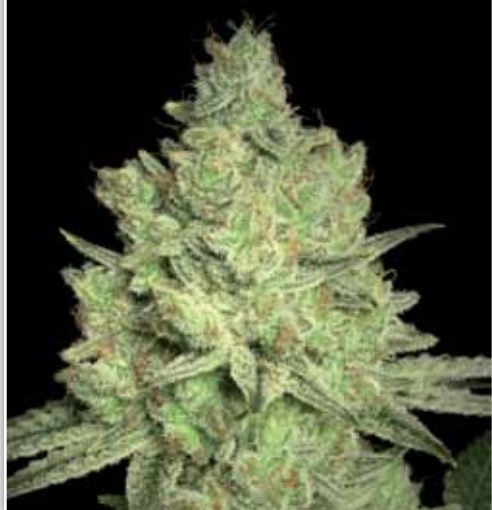
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TEST CULTIVATION REPORT: **PARADISE SEEDS JACKY WHITE (FEMINISED)** CAPTIVATED BY A FULL BLOODED LADY

Jacky White was part of the second batch of new feminised strains released to the market by Paradise Seeds in 2006, after the company had entered the feminised seed business in 2005 with feminised versions of classic Paradise strains such as Sensi Star, Dutch Dragon, Nebula or Sheherazade. It was infamous German grower Mr. Power-Planter who cultivated feminised Jacky White seeds in his test grow facility. Of course he was curious about the growth, yield, potency and aroma potential of the genetics themselves, but also wanted to get an impression of Paradise Seeds' abilities in terms of female seed breeding – he had never tried their feminised seeds before. To Mr. Power-Planter's disappointment, it proved to be impossible to worm the Jacky White pedigree secret out of Luc, the breeder of Paradise Seeds, he would reveal not even a tithe of. Mission impossible, the genetics of Jacky White are kept 100% secret. The only fact known is that Jacky White is a mostly sativa strain.

Seven Jacky White seeds were sown, all of them sprouting without any problems. The seedlings were put into 6 litre pots filled with Plagron Royalty Mix and placed under a MaxGrow 180 watts Dual Spectrum CFL, being exposed to a daily light cycle of 18 hours. They spent three weeks in the vegetative stage, growing healthy and homogeneously. Then Mr. Power-Planter induced flowering by switching the light cycle to 12 hours per day, replacing the CFL by an Osram NAV-T 600 watts lamp. Within 7-9 days, by forming small preflowers at the main stem, all of the Jacky White plants exhibited their gender – which was overall female, indeed. The plants had developed relatively strong side-branching and kept on stretching a lot in the course of flowering, a behaviour that indicated a good deal of sativa genetics. That stretching behaviour led to fairly wide internodes, but the very compact, dense and roundish structure and size of the Jacky White buds could well compensate for this.





However, Mr. Power-Planter didn't put the stretching effect down to Jacky White's genetics, but rather supposed that it was due to the fact that he was inexperienced with the new BioCanna BioVega and BioFlores fertilizers (both having low nutrient formulations of respectively 3.5-1.0-5.5 and 2.5-2-5 N-P-K) he used, because the plants also started to yellow much earlier than usual. It was obvious that Mr. Power-Planter should have used a higher concentration than stated on the fertilizer bottles. I know several other growers who have gained similar experience with the BioCanna fertilizers, with their plants exhibiting deficiency symptoms when receiving the standard BioCanna fertilizer concentration. Luc also supposed a nutrition problem, underlining that Jacky White normally forms long, uninterrupted fat buds.

The calyx-to-leaf ratio was quite high with most of the plants. They produced more and more resin in the course of flowering and in the end really lived up to the expectations raised by their strain name Jacky White, exhibiting lovely thick white layers of resin. The aroma of the Jacky White plants was quite a surprise, giving off an incredibly strong and delicious grapefruit scent that much reminded me of Soma's NYC Diesel. But Luc negated any relationship to the Diesel. The seven Jacky White strains kept the promise of reliable femaleness until the end of the cultivation cycle, not showing the slightest hint of male flowers. After 61 days of flowering, Mr. Power-Planter harvested all of the plants, although only three were fully ripe, the other four would have needed another week or so, a little bit later than stated by Paradise Seeds (60 days). But that difference was only marginal and Mr. Power-Planter had to empty his room because of a narrow time schedule. With end heights of 83, 89, 99, 101, 101, 104 and 105 cm, the uniformity of the seven Jacky White plants was very satisfying, confirming Pa-

Strain
Jacky White
Pedigree
Mostly Sativa
Vegetative stage
21 days
Flowering stage
61 days
Medium
Plagron Royalty Mix
pH
6.2 - 6.5
EC
1.2 - 1.8
Light
Vegetative: MaxGrow 8U Spectrum CFL (180 watts) Flowering: 1x600 W Osram NAV-T, 1 x MaxGrow 8U Son-T in Cool Tube

Temperature
night: 15-18 °C day: 23-27 °C
Air humidity
Max. 50 % in the flowering stage
Watering
by hand
Fertilizers
BioCanna BioVega, BioCanna BioFlores
Stimulators Additives
BioCanna Bio Boost
Height
83, 89, 99, 101, 101, 104, 105 cm
Yield
33 grams on the average

radise Seeds' description "this mostly sativa hybrid is also notable for her stability, with only slight variations between individual plants".

Five plants delivered between 33 and 38 dry grams of finest sinsemilla, the yield of the other two (the shortest plants) was just below 30 grams – on the whole, for plants grown from seed, the harvest was clearly above average. According to Paradise Seeds, under optimum conditions even 600 grams per m2 are possible with Jacky White. They also say that pruning or bending to increase yield works well with this strain.

When it came to test smoking, we were highly delighted by the strong and fresh sativa turn of the Jacky White buds. The intense citrus taste rushed into our mouth while, just as fresh and highly energising, the THC molecules took possession of our brain twists. After a while, however, that soaring sativa high changed into a more stoney high that was enjoyable, too.

Mr. Power-Planter was extremely satisfied with his fruitful Jacky White grow, being totally captivated by these full blooded ladies. He highly appreciated the fact that all of the seven plants turned out to be 100% female and was taken with the great Jacky White citrus flavour and high. Jacky White can also be grown outdoors successfully in a moderate to sunny climate, ripening by mid October.

Green Born Identity – G.B.I.

MEDICAL MARIJUANA STRAIN GUIDE

Source:
<http://ripatients.org>

RIPAC
(Rhode Island Patient
Advocacy Coalition)

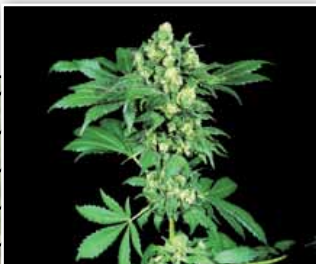
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California Orange

Lineage: Thai x [Afghani x
Acapulco Gold]
Breeder: Nirvana Seeds
Flowering period: 56-70 days
Yield: Good

California orange, when grown well, has a sweet orange taste, but the potency is definitely lacking. The high is fairly typically indica, though not overwhelmingly so. It's a pretty forgiving plant to grow, but it fails to excel in any one aspect.



Afghani #1

Lineage: Landrace
Breeder: Sensi Seeds
Flowering period: 45 days
Yield: Average to good
Afghani #1 is a classic.

Compact, easy to grow, and potent, it is exactly what you'd expect out of a landrace Afghani. Lots of resin production and a hashy, earthy taste and its couchlock indica high are great, though they don't often measure up to today's fancy hybrids. Recommended for: chronic pain, muscle spasms, anti-nausea, anti-emetic, and appetite stimulant.



Blueberry

Lineage: Juicy Fruit (highland)
Thai x Afghani male x Chocolate
Thai x Highland Oaxacan Gold
Breeder: DJ Short
Flowering period: 45-55 days
Yield: Average

Blueberry is very unique marijuana. It tends to turn from partially purple to full on blue, and if grown properly smells and tastes like blueberry muffins. The high is euphoric, uplifting, and comfortable. Blueberry can be difficult to grow, and is very sensitive to nutrients. Be sure not to overfeed. Recommended for: chronic pain, muscle spasms, anti-nausea, anti-emetic, and appetite stimulant



Cinderella 99

Lineage: ShivaSkunk x [sensi
Jack Herer x Jack Herer]
Breeder: Brothers Grimm,
several knockoffs
Flowering period: 60 days
Yield: Good

If you want a sativa high but don't have the room or the time to do it, C99 is for you. The high is all sativa heady and racy. But it flowers very quickly, and though it's stretchy, it's nothing like growing a full sativa. The taste and smell are a combination of citrus and floral, very refreshing. Recommended for: epilepsy, multiple sclerosis, and other seizure-related illnesses.



Blue Cheese

Lineage: Blueberry x Cheese
(male) X original UK Cheese
(female)

Breeder: Big Buddha
Flowering period: 56-70 days
Yield: Average

Blue Cheese is one of the better Blueberry hybrids available. It has a strong sweet, fruity, tart smell and taste with undertones of the Cheese's funky musk. The high is euphoric and functional, but still definitely of the indica variety. The plant is short and indica-like in stature, making it a good choice for indoor grows with low ceilings. Recommended for: MS, chronic pain, muscle spasms, anti-nausea, anti-emetic, and appetite stimulant.



Haze

Lineage: Thai x Columbian x Mexican x Vietnamese
Breeder: The Flying Dutchman
Flowering period: 12-16 weeks
Yield: Low to Average

Haze is an interesting plant in that it actually makes a better breeder than it does a grower. It passes on its best characteristics, but alone, it's hard to grow and not worth the trouble. It has a sweet, sandalwood, spicy taste, and a very up, sativa, energetic high. It takes forever to flower, needs a ton of headroom, and is very sensitive to nutrients, so it's not Recommended for beginners. Recommended for: Crohn's Disease, epilepsy, multiple sclerosis, and other seizure-related illnesses.



Kali Mist

Lineage: Haze x Skunk hybrid / Cambodian sativa x Silver Haze
Breeder: Serious Seeds
Flowering period: 70-90 days
Yield: Average to good
Kali Mist is a nearly pure sativa with a potent, up, energetic high and a hazy, pine taste. It stretches dramatically, so make sure you have room to grow it. It's very mold resistant. Great headstash but not for beginners. Recommended for: Crohn's Disease, epilepsy, multiple sclerosis, and other seizure-related illnesses



New York City Diesel

Lineage: Sour Diesel x (Afghani x Hawaiian)

Breeder: SOMA Seeds
Flowering period: 70 days
Yield: Good. NYC Diesel is best known for its citrus-grapefruit-lemon-fuel stench. It's not quite as potent as Sour Diesel, but it packs quite a punch. The high is powerful and sometimes overwhelming, with both sativa and indica effects. Be sure you have enough odor control when growing this. Recommended for: anti-nausea, anti-emetic, and appetite stimulant.



Mazar

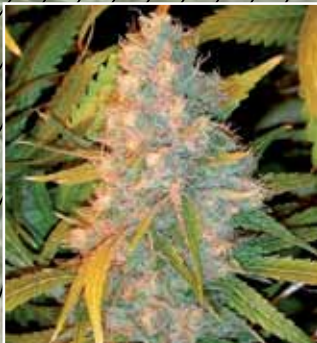
Lineage: Afghani x Skunk #1
Breeder: Dutch Passion
Flowering period: 56-63 days
Yield: Good. Mazar has a nicely balanced indica/sativa high and is an exceptionally easy, forgiving plant to grow. It is compact in stature and there is little phenotypic variation. Recommended for: anti-nausea, anti-emetic, and appetite stimulant.



HOG

Lineage: Kush x Afghani
Breeder: T.H. Seeds
Flowering period: 56-63 days
Yield: Good

Strong, skunky smell and a knockout indica high combined with being easy to grow and a good Yields make this both a grower's and a smoker's favorite. Its short stature and big, fat, greasy colas make it perfectly suited to a SOG. Recommended for: chronic pain, muscle spasms, anti-nausea, anti-emetic, and appetite stimulant.



Legends Ultimate Indica

Lineage: Ortega x Sweet Tooth #2
Breeder: Legends Seed Co.
Flowering period: 49-63 days
Yield: Great

LUI is a great indoor plant potent, good Yielding, and easy to grow. It tastes like candy, and certain specimens can even change colors. Tight, compact buds and a heavy indica stone, as the name suggests. Short, compact stature. Recommended for: chronic pain, muscle spasms, anti-nausea, anti-emetic, and appetite stimulant.

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Mr. Nice Seedbank recommends
Super Silver Haze, Early Queen
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Sadhu

Lineage: Landraces from Kashmir, North India
Breeder: Mandala Seeds
Flowering period: 60-65 days
Yield: Good

Sadhu is a short, stocky indica with a spicy-sweet bouquet, a hashy-earthly taste, and a mild, non-overpowering indica high. Beware of mold, as this plant does tend to produce dense buds, and keep the humidity low during the last two weeks before harvest. Recommended for: chronic pain, muscle spasms, anti-nausea, anti-emetic, and appetite stimulant.



Super Silver Haze

Lineage: [NL x Neville's Haze] x [Skunk x Neville's Haze]
Breeder: Mr. Nice

Flowering period: 56-70 days
Yield: Average to great

Super Silver Haze is one of the most revered strains in cannabis lore. It won the 1997, 1998 and 1999 Cannabis Cups in a row, and for good reason its soaring, euphoric high and floral, sweet taste and smell are truly unique. The more indica phenotypes have the potential to be monster Yielders, but the sativa phenotypes are generally more potent. Recommended for (sativa phenos): epilepsy, multiple sclerosis, and other seizure-related illnesses Recommended for (indica phenos): chronic pain, anti-nausea, anti-emetic, and appetite stimulant.



Sour Diesel

Lineage: [(SensiNL X MassSuper-Skunk) X Dawg/Chem] X DNL
Breeder: Reservoir Seeds
Flowering period: 75 days
Yield: Good

Sour Diesel has a stench like no other: citrus sour with ammonia, diesel fuel and skunk. It punches you in the face with an extremely powerful high and doesn't let go. Sour Diesel is very sensitive to light leaks, but if treated well it will give you some of the best smoke you've ever tasted. Expect significant stretch. Recommended for: chronic pain, anti-nausea, anti-emetic, and appetite stimulant.



Sweet Tooth #3

Lineage: Sweetpink Grapefruit x Blueberry x Grapefruit f1
Breeder: Spice of Life
Flowering period: 56 days

Yield: Great

Sweet Tooth is a favorite of commercial growers in Canada. Hearty, easy to grow and a great Yields combine with a heavy, sedative stone and an almost cloyingly sweet taste to make this a prizewinner several times over. Recommended for: chronic pain, anti-nausea, anti-emetic, and appetite stimulant.



White Rhino

Lineage: White widow x Afghani
Breeder: Greenhouse, Nirvana
Flowering period: 56-63 days
Yield: Good

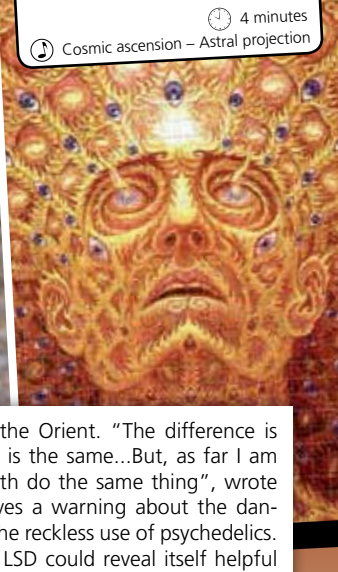
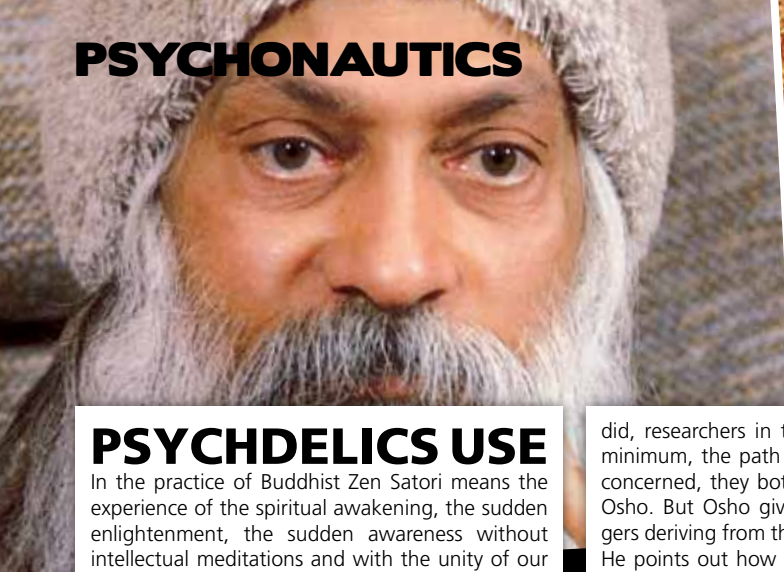
A spicy strong smell, killer resin production, and a knockout high combine to make this super-potent indica a famous one. The high can actually be too intense for some, so beware. White Rhino's particularly forgiving to grow, though it can be susceptible to mold. Recommended for: chronic pain, anti-nausea, anti-emetic, and appetite stimulant.



White Widow

Lineage: Brazilian x Indian
Breeder: Sensi Seeds
Flowering period: 50-65 days
Yield: Average

White Widow can be too potent of a smoke for some, but those who can handle the intensity of the high get to enjoy one of the most legendary plants of the 1990s. A combination of high resin production and a pale shade of green makes the buds appear "white", hence the name. Recommended for: epilepsy, multiple sclerosis, and other seizure-related illnesses.



PSYCHDELICS USE

In the practice of Buddhist Zen Satori means the experience of the spiritual awakening, the sudden enlightenment, the sudden awareness without intellectual meditations and with the unity of our whole being, mind and body, of reality's evidence. Satori is an experience livable by a large number of people, since at times it doesn't need any preparation; at times it happens by chance: the situation is created, but unconsciously. There are many who have experienced it. They may have not recognized it as such, interpreted it as such but they have experienced it. Even the passion of a great love is enough to cause it. The Indian spiritual teacher Osho (1931-1990) claims that Satori is possible also with drugs. It's possible with mescaline, LSD, marijuana, since the chemical reaction can induce the mind to expand so much to allow the experience. This is possible because our bodies are chemical compounds, mind and body are a combination of chemical substances t,herefore even a chemical intervention on us can cause a short-lived enlightening experience. Satori is an experience possible for anyone who has aesthetic direction or a poetic nature, anyone who nurtures a "sensitive" attitude, and not intellectual, towards reality. The Indian philosopher Krishnamurti says that all yoga practices, all meditations techniques are just drugs: they generate chemical changes and, as a consequence, experiences. Osho also has repeated many times that all the experiences are the result of chemical changes: "Whether you smoke marijuana or do breathing exercises, the body lives a chemical change. You start seeing things that you didn't see before. You start hearing new things, you become extremely sensitive". If it is true that all experiences are related to chemistry, a distinction needs to me made. Chemical substances can be introduced into the body, or the body can be changed by fasting, using the breathing. And that is what yoginis

did, researchers in the Orient. "The difference is minimum, the path is the same...But, as far I am concerned, they both do the same thing", wrote Osho. But Osho gives a warning about the dangers deriving from the reckless use of psychedelics. He points out how LSD could reveal itself helpful in meditation but also how it is a very dangerous help. Even with the use of a mantra it is possible to have difficulties to get rid of it, but in the case of LSD this difficulty is multiplied. While we are on a 'trip' under the influence of LSD we are not the ones that have the control, but the chemistry is the one which takes the reins. We are not the masters anymore and once we have lost the supremacy it is hard to regain it. The chemistry is not our power anymore but we are in its power. The control over the experience in not in our hands anymore!

In fact, as soon as we turn to LSD for its help we make of the real master the slave and our full body chemistry will be thrown into confusion. Osho advises to use LSD to approach meditation only if our body is properly trained for this purpose, therefore the Indian spiritual teacher advises against its use for the people in the Occident. Only in the Orient its use could be advisable and only after the body has been through a full and accurate preparation. Yoga has adopted, Tantrism has adopted it, there are yoga and tantra schools that turned to LSD for its help, but in this case they have preceded with a preliminary physical preparation. In fact, it is necessary that the body undergoes a long purification process. When the body has become extremely pure and we have become masters in controlling it, not even chemistry will be able to take us away the control. Only in this case yoga agrees on the use of acid, and even then, just in an extremely specific way.

SD&M

Sources : The Book of Nothing, by Osho; Initiation of Meditation. The Wakening of Awareness by Osho; My way, The Way of The White Clouds, by Osho, Dynamic Meditation, By Osho; The First and Last Freedom, by Osho; Wikipedia.

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VOLUNTARILY VULNERABLE

LIFE

DIFFERENT VIEW

There are many teenagers who would like to experiment SM (sado masochism) in a deeper way. Some of them say that they want to be slaves, some others want to feel dominated and finally some want to feel pain. Unfortunately it doesn't work this way; first of all we need to clarify that in an SM situation we are talking about an exchange of power; one part has the power over the other one to make decisions. The dom/sub relationship works like this: The submitted part becomes voluntarily vulnerable. In order to "become" this way one needs to understand what it means to be vulnerable (physically but also psychologically). The voluntary nature of this situation is extremely important; I doubt someone can be forced into it but, with an appropriate handling (and a good dose of mutual respect), the situation can definitely be respectful. In the SM scene the bottom ones are not slaughter meat; they need and want to experience what the Masters have to offer. Many Masters respect the submitted for his will to please and to be vulnerable. The Master and the slave (Top/Bottom) can share the pleasures, especially if these are defined in the same way and if they well understood the concept of voluntary vulnerability. I would like to emphasize that this concept is not only applied to long-term relationships, in fact, this is the core of many other types of games that deal with "power exchange" which could last less than the relationship Master/slave but that could involve the partners in SM sessions in which the first element has to be the will of the bottom to become voluntarily vulnerable and for the Top to accept this as a gift that needs to be compensated and respected.

Being voluntarily vulnerable has many aspects; I will talk about two of them:

1. One becomes vulnerable when he is capable of expressing his needs to someone that can satisfy them. In our society this is seen as a weakness because it implies that we are not able to satisfy them on our own. A bottom that says: "Please,

I need..." expresses the necessity but also the desire to lose control of himself and, as a consequence, to be voluntarily vulnerable.

2. To be vulnerable in every type of relationships (love and marriage as well) you need to put yourself in a state in which you are hurt in painful ways. The wound can also be psychological, of course (this type of damage is the most painful of all). A bottom can put himself in the position to make painful physical experiences, and he does it voluntarily, trusting that his Top will understand his needs and his limits and that he will accept his vulnerability as a gift that will be returned in the pleasant experience that involves both of them. For neither the Top nor the bottom this is an easy task.

An alternative, to the sole exploitation of the bottom, could be a study in deep of his fears, his anxieties and the explanations of what other gifts the top wants from the bottom. This method of communication in both directions, in addition to prove understanding and attention, is a way to ask for more voluntary vulnerability. Many submitted would like to go over their limits, they would like that their tops lead them to the very end of their capability of being vulnerable but, at the same time, they need the certainty that they are trusting a Top that will care about them and that will lead the game with mutual satisfaction. It is not pleasant that a Top stops at the first complaint. It is not pleasant that a bottom is kept under his real limits or hurt in a way that shows lack of attention and compassion coming from the Top. This does not mean that his own Top is "the killer of the chain saw", it means that even while he is inflicting pain, pushing the bottom to go over his limits, the Top needs to proceed with love and care. In a wanted submission, accepted with love and affection, with joy and intimate complicity; without these assumptions there is only a relationship of mere abuse.

RUBBERSHIN

6 minutes

Extize - Hellekrostar



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4 minutes

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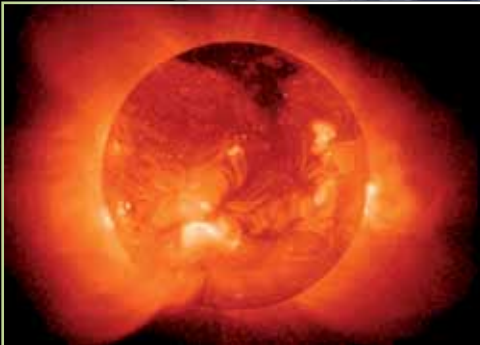
ECO-FRIENDLY

Will it be possible to feed nine billion people sustainably?

Sometime around 2050 researchers estimate that the global population will level-out at nine billion people, adding over two billion more people to the planet. Scientists are struggling with how not only to feed those who are hungry today, but also the additional two billion that will soon grace our planet. In a new paper, published in *Science*, researchers make recommendations on how the world may one day feed nine billion people sustainably. The problem appears insurmountable, but the authors say that with 'radical' changes worldwide it is possible to feed nine billion people without destroying the environment that makes such agriculture possible. First the authors say that the 'yield gap' must be closed, in other words producing the most possible food from the land already under cultivation. Increasing yield depends on *"the capacity of farmers to access and use, among other things, seeds, water, nutrients, pest management, soils, biodiversity, and knowledge,"* the authors write.

The real Avatar story: indigenous people fight to save their forest homes from corporate exploitation.

In James Cameron's newest film *Avatar* an alien tribe on a distant planet fights to save their forest home from human invaders bent on mining the planet. The mining company has brought in ex-marines for 'security' and will stop at nothing, not even genocide, to secure profits for its shareholders. This isn't so far from what's going on really on earth. For decades real indigenous tribes around the world have faced off with corporations (mining, logging, oil and gas) determined to exploit their land. These corporations, much like the company in the film, usually have support from the government and access to 'security forces', sometimes in the form of ex-military or state police. Yet unlike the film, in which the indigenous group triumphs over the corporate and military invaders, the real-life stories of indigenous tribes rarely end justly; from Peru to Malaysia to Ecuador their struggles continue.



Scientists call for research on geoengineering scheme to block sunlight

The idea goes something like this: Nations would send megatons of light-scattering aerosol particles into the globe's upper atmosphere, significantly reducing sunlight reaching the earth and thereby immediately cooling the Earth. While the idea may sound like science-fiction (or desperate, depending on your opinion) researchers writing in *Science* say that it may be one of the best ways to lower the Earth's temperature. They argue that international research and field testing of the idea, known as solar-radiation management (SRM), should begin immediately.



Post Copenhagen accord, what's going on?

The Copenhagen Accord signed in December is widely seen as a disappointment. The Accord set no binding targets for greenhouse gas emissions targets and did not even commitment to a legally binding treaty in the future. Serious work is needed to bring the process back on track. But some progress was made. Countries agreed on international monitoring of emissions (a point of conflict between China and the United States) and funding (rich countries pledged \$3 billion a year for the next three years and up to \$100 billion a year by 2020) for mitigation and adaptation in developing countries. Furthermore, there were gains for the REDD mechanism, a U.N.-backed plan to compensate developing countries for reducing emissions from deforestation and degradation.

REGGAE VIBRATIONS



TOP 10 ALBUMS CHART

- 1) **Sizzla** - Crucial times (Greensleeves)
- 2) **Lutan Fyah** - The King's Son (In The Streetz Records)
- 3) **Pressure Buss Pipe** - Coming Back For You (Rymshot Productions)
- 4) **Chuck Fenda** - Fulfillment (VP Records)
- 5) **Jungle Jim** - Slave Ship (Jungle Jimuzik)
- 6) **Sugar Minott** - Reggae Legends (Greensleeves)
- 7) **Various** - Sugar Riddim (Special Delivery Music)
- 8) **Webcam Hi-Fi** - Livly Is My Temple (Tube Dub Sound Records)
- 9) **Various** - Quintessential Techniques (VP Records)
- 10) **Lorenzo** - Movin' Ahead (Irie Ites)

source: reggae-vibes.com,
reggaenews.co.uk



GROUNDBREAKING DOCUMENTARY FILM "MADE IN JAMAICA" PRESENTS THE MOST POWERFUL COLLECTION OF REGGAE ARTISTS EVER ASSEMBLED

Reggae music sprang into life in the 70's. It was the first time that a third world country had made its voice heard on such a large scale...

Since then, a new generation of reggae artists has emerged and its fathers are still there in Jamaica. "Made in Jamaica" is a powerful portrait of the leaders of the reggae music movement and how it has become a worldwide phenomenon. It is the story of how a small island nation of only three million people took their pain and misery and turned those emotions into songs that resonate around the world. Reggae is Jamaica's blues: a music of both desperation and hope. Now a new generation of reggae artists has emerged and its fathers are still in Jamaica. The Dance Hall, emerging from reggae, is drawing large crowds across the globe.



GHANA HONORS BOB MARLEY

Reggae's greatest ambassador, Robert Nesta 'Bob' Marley, was recently honored by the Diaspora African Forum (DAF) which erected a memorial marble plaque for the Jamaican musical icon. Witnessed by dignitaries, comprising Chiefs and Elders of the community, Rastafarians, school children as well as scores of onlookers, the plaque erected on the Sankofa Wall at the DAF Mission, in Accra, Ghana, was officially unveiled by his widow Rita Marley during a civic ceremony recently. The DAF is an African Union-endorsed initiative that links Africans at home and abroad together for the development of Africa. The DAF's Sankofa Wall, located on the historic WEB Dubois land grant, is filling fast with names of Africans from the Diaspora such as Jamaica's Marcus Mosiah Garvey, Harriet Tubman and many other renowned and departed black figures.

CARIBBEAN RASTAFARI ORGANISATION

The Conference was officially declared open by the Nevis Deputy Premier, the Honourable Hensley Daniel on Thursday 20th August who issued a call to the Rastafari delegates to collaborate with the

Caribbean governments and the Nevis Island Administration particularly, in helping to remedy some of the shortcomings of Caribbean society, with a focus on youth development. The CRO Conference included delegates from Anguilla, Antigua & Barbuda, Barbados, Guadeloupe, Martinique, St. Thomas USVI, St. Lucia and Jamaica along with members of the Rastafari community of the Federation of St. Kitts and Nevis.

Outputs of the CRO Summit included:

- A Concept Note for an initiative in culture based enterprise in Nevis in 2010
- A Resolution urging the formalization and finalisation of the process to include the African Diaspora as the 6th Region of the African Union, and
- A Statement on Rastafari Profiling influenced by the death of a young Rastafarian in Barbados on 17th June 2008 following an incident involving the Royal Barbados Police Force.

MUSIC



PARANOID - BLACK SABBATH

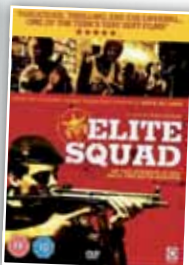
It's the second album of Black Sabbath. The songs soaked in occult references, from macabre to darkness, to Satanism, gave the band from Birmingham the fame of the hard rock dark group par excellence. Nevertheless, Paranoid is also an album full of protest, found in those years in America and in the Occident. Ozzy Osbourne's charisma, Tony Iommi's guitar and Bill Ward's drums are the substance of this album in which psychedelia and protest find a fertile ground to manifest themselves in an unforgettable way.

SOUND OF UNIVERSE - DEPECHE MODE

Twelfth studio album for Depeche Mode. In this last chapter of the long saga, Sound of the Universe loses the tendency to pander in the last songs, mainly composed by big pieces and alarming power failures. Maybe the withdraw from the most rock-like-songs and the reunion with the friendly electronic instrumentations gave the album a definite imprint that argues in favor of a sharp turn toward the group's decision to create a sort of refined chamber music.



FILMS



ELITE SQUAD - JOSÉ PADILHA

Winner of the Golden Bear Award at his 58th edition of the 2008 Berlin International Film Festival. Tropa de Elite ("The Elite Squad" in EN-US) is the most seen movie of the past year in Brazil and it impressed the public a lot by describing the situation of the civil war that was created in the favelas of Rio de Janeiro. The movie puts life in front of a hard confrontation, the exhausting training, the humiliations, the not so orthodox methods of the men of the Special Police Operation Battalion and the situation in the poorest neighborhoods of the city, in which people had to live "surviving at all cost".

CHE, PART ONE - S. SODERBERGH

Over 2 hours of film go by without giving anything too spectacular. Steven Soderbergh bends his stylistic approach with full respect for the personality of Che and the sobriety, integrity and firmness of the revolutionary is captured by a director that has no flickering, while a completely natural light has the duty to bring us back a real jungle, hostile scenario of the rebels' march towards the Cuban capital. To break this strict documentary style, a big grained black and white appears from time to time to show us the '64 Guevara, Castro's new government minister, speaking to a journalist in an exciting reconstruction of the speech to the United Nations.



BOOKS



JERRY RUBIN - DO IT!

"This book is a Molotov bomb in your hands!" Jerry Rubin wrote the manifesto of that period (the '70). "DO IT!" is a war declaration between 2 generations: it encourages kids to leave their homes, burn schools in order to create a new society from the ashes of the old one. "Do it!" is a prose poem, the saga of the revolutionary movement, a text book for the American revolutionaries. This book is an important political declaration. Eldridge Cleaver, exiled leader of the Black Panther Party, has written its introduction. The media magician Quentin Fiore has filled it with more than 100 illustrations, comics and graphic twists. "Do it" can be danced, read out loud, studied, memorized, discussed, burned, swallowed and eaten.



USA & CANADA ON THE ROAD

Further information
and the video
of the trip can
be found on
[http://usacanada2008
.wordpress.com](http://usacanada2008.wordpress.com)



I will tell you our adventure trying to pass on the emotion that this experience has given me. 1 car, 3 fellows, 5 weeks, 15 states, 19 cities, 10.000 Km. These are all the ingredients that turned what at the beginning was "A trip" into "THE trip". Other than this, some media partners (a daily paper, a radio and a periodical) have also put this adventure under big lights.

The total cost was about 3.500 euro per person (flight, rental car for the entire trip, insurance, room and board). The itinerary to go through was very impressive and studied in the smallest details: New York, Philadelphia, Washington, Pittsburgh, Cleveland, Buffalo, Toronto (Canada), Thunder Bay (Canada), Minneapolis, Chicago, St Louis, Kansas City, Oklahoma City, Dallas, El Paso, Phoenix, Las Vegas, Los Angeles, San Francisco.

During this adventure, I wanted to gather as much material as possible (pictures, videos, emotions) especially in order to keep inside me this quite spectacular experience, but also, to be able to share the stunning

emotions I felt.

Once the video of our trip is edited, I'm watching it again and my eyes are shining... If I concentrate a bit I can still hear the sound of the cars in Time Squares; the water drops on my skin at the Niagara Falls; I see the red trees of the Canadian Forests and the reflection of that lake in Ontario; I can taste the bitter flavor of the Tequila shots at the Coyote Ugly, in Chicago; the wind on my face along Route 66; I can still touch Ric's blood on my jeans, sense the tension of that night in Oklahoma City, the anger and determination of the following days, the solidarity, the humanity, the strength; and I see again the Indians that ride in the Arizona desert, I relive that fantastic hallucination; my breath is taken away, again, on the Grand Canyon; and I smile today as then, on the beach of Santa Monica, in Los Angeles, looking at the sun between the Californian palms trees and thanking I don't know what, I don't know who, for everything I had the possibility to hear, listen to, see, ...live, in this unrepeatable adventure. Before I left I knew that it would have been a great

🕒 3 minutes

🔊 Whatever you like - T.I.





trip, but not to this point; the pictures and the articles help me remember, pass on part of what we have lived, and share it... But what this has left inside us is something huge, indescribable, and it's personal, intimate.

It wasn't just a simple trip, a vacation, an experience: thinking again about those 40 days I get the impression to have lived a "small life" inside of my life. It was almost a separated existence, distinct and independent from everything else, that's how big it was. At this point, other considerations on the United States would be superfluous: I wish them (and therefore the rest of the world) to find soon the necessary solutions to solve the current and future economic and social crisis that are invading the Planet. I say this because, if many of the things we have seen are working fine and are ethically right, many others are not.



Finally, I would like to underline the importance of travelling, beyond this adventure of ours. I could talk or write about it for hours, but I prefer to leave you with a citation:

"Initially we travel to lose ourselves, then we travel to find ourselves. We travel to open our heart and our eyes and to know about the world more than what fits in the papers (...). Essentially, we travel to go back and to be some crazy young people again, to slow time down, to get fooled and fall in love again."
(Pico Iyer)

Have a good trip everyone! Peace.

MATTEO "ECKO"





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FLASH MOB

A flash mob is a large group of people who assemble suddenly in a public place, perform an unusual action for a brief time and then quickly disperse. The gathering is usually organized via internet or through cell phone communications. In many cases, the rules of action are shown to participants just before the action takes place.

In most cases, a flash mob has no reasons behind at all, they just want to brake everyday life. The participants to the action (flashmobbers or mobbers) meet in a preset point to achieve a collective action that has no sense, if not contextualized in those brief instants of the event. In these cases, the flash mob is represented as an apolitical, non-confessional action with no religious, political or social connotation, in which the total freedom of expression is uniquely encouraged. In a short time the mass phenomenon of the flash mob has spread in the whole world: the first one goes back to 2003 in New York and then it moved to Europe and other countries. The best managed mob among all of them, or rather with the most participants, is with no doubts the one held in London April 4th 2007. About 4000 people met at the Victoria station, where, with headphones in their ears, they begun to run wild for 2 hours with even dancing and trains... In the same city February 6th 2009 a similar flash mob was held at the Liverpool Street station (which on Facebook counted more than 13.000 people). Police had to end the event, which terminated with a few arrests, because of the overcrowding and also in order to allow a regular flow of travelers.

In some occasions the organization technique of the Flash Mob, was reused also for political motivations, for example to organize a quick protest or to promote a collective event: the concerts improvised by the Mexican ecologist group Sagrimento, organized in the outskirts of Mexico City in places normally excluded from artistic and musical events, they can be defined as Flash Mobs with political purposes; also in Florence different flash mobs of political "kind" were held, such as the reading all together of the 9th article of the Constitution against the 133 law. But how do you participate or organize a flash mob? The first thing would be to search on different social networks, sites and blogs until you find someone that is advertising one. If not, you can log on to

one of the many available websites. Some that definitely need to be named are www.flashmob.co.uk and www.flashmob.com. To organize a Flash Mob, there is no particular care but first you need to set a date, try to organize the Flash Mob at least 1 month in advance.

Take in consideration the time when it can be done based on the location, for example if we choose a working day, it's good to actualize the flash mob outside normal working hours in order to allow everyone to participate.

Choose a location, preferably a public place that tends to be calm and the least static possible.

Work on the idea (the more inedited and eccentric the better!), there aren't just Flash Mobs with pillow fights, even if they are fun, you can do things even more strange or theatrical... Maybe less fun but that are more of an impact on the people that is watching. Once the time is set, start advertising on the web (no flyers), forums, newsletter, sms, mail, etc...

ANDREA CARRARA





WE ARE IN THE FUTURE



OCZ NIA BRAIN-COMPUTER INTERFACE

The device is called the NIA, which is an acronym that stands for Neural Impulse Actuator, and instead of buttons, sticks, gyroscopes or motion sensors, it reads the body's natural biosignals and translates them into commands that can be used to control PC games. The NIA is able to detect three types of biosignals generated by your brain, facial muscles and eye muscles via a special headband. Predefined profiles included with the software allow the gamer to develop their own nia—memory to launch the desired behavior of their character and shoot with the “blink of an eye”, without lifting a finger.



SOLiCHARGER: SOLAR ENERGY BATTERY AND CHARGER FOR IPHONE AND IPOD

Ecological charger and spare battery are coming even for the iPhone and some of the iPod models: SOLiCharger, by SolLight, allows in fact charging with the use of USB cable (in two hours), and most important, it allows taking advantage of solar energy (total solar charge in four hours). In a situation lacking power sources there is no chance to be out of energy, even in the instance of not having the usb cable by your side: in fact the battery can be connected directly to the phone making a simultaneous use and charge of the phone possible, thanks to solar light.



FUTURISTIC ROLLABLE LAPTOP – ROLLTOP

The new laptop design concept will be using flexible OLED display on both the display panel and keyboard. The virtual keyboard will replace the conventional physical keyboard so that the 13-inch laptop can easily transform into the graphics tablet, which with its 17-inch flat screen. The utility of this laptop is wide as you can use it as a primary monitor as well. The designer of this futuristic rollable laptop is thoughtful enough to integrate the power supply and stylus into the carrying belt, and call it Rolltop! I believe this design is feasible and can be made possible with the price of OLED display getting cheaper and cheaper these days. There is no release date of such futuristic laptop yet but I think it won't be too far away.



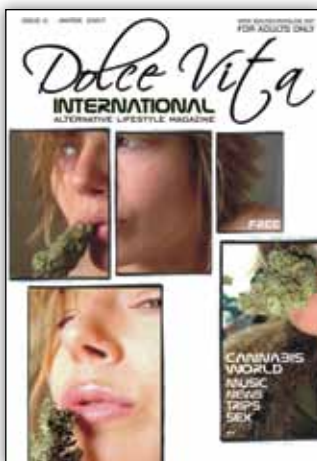
THE I-PAD DOESN'T CONVINCE

No flash. No multitasking. No webcam for Skype or similars. Sealed battery. No USB unless you buy some accessories (separately). Depends on a pc for the back up. Not compatible with softwares unauthorized by Apple. Technical features not thrilling. The I-PAD is a bag object, not a pocket object, and this limits his portability, exactly like a netbook. Only that the netbook is a true computer on which I can install what I want, not what someone else decides. Uhm, no, thanks. Especially, what is it good for? Maybe it's an alternative to the computer for those who hate the computer and have money to spend.

INFO NEXT ISSUE

THE NEXT ISSUE OF
DOLCE VITA
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