

Campaign for the Restoration and Regulation of Hemp Restore Newsletter

**Legalize.
Regulate.
Educate.**

“MARIJUANA PROHIBITION ISN'T REALLY ABOUT DRUGS, IT'S ABOUT THE CONTINUED CENTRALIZATION OF ECONOMIC AND POLITICAL CONTROL.”

VISIT US ONLINE:

If you like what you see here and want to learn more about Hemp and Cannabis, check us out online, and find links to every story in The Restore Newsletter, and many more! You can also view our T.V. show Cannabis Common Sense!

Learn More:

WWW.CRRH.ORG
WWW.HEMP.ORG/NEWS

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**CANNABIS COMMON SENSE
STREAMING LIVE ONLINE**

Cannabis Common Sense, the show that tells truth about marijuana and the politics behind its prohibition, airs live in Portland, Oregon every Friday night at 8pm. CCS is a live call in show, that aims to educate the public on the uses of cannabis and hemp in our society.

We are proud to have Cannabis Common Sense streaming live to the world online, every Friday from 8 to 9pm, Pacific Time.

In the beginning, the viewing audience was limited to the Portland Metro Area.

As time passed, the taped shows began crossing state lines. Recordings are sent to stations in Oregon, Washington, Colorado and Michigan. As the interest in and acceptance



Paul Stanford and his guests Madeline Martinez of Oregon NORML and Keith Stroup of NORML on a recent episode of Cannabis Common Sense.

of medical cannabis and industrial hemp spreads, the

popularity of CCS grows.

While 13 states have legalized medical marijuana, the future hints that New Jersey, Minnesota, Wisconsin and Illinois may soon follow, and industrial hemp is showing enormous economic potential for the United States.

Join us online every Friday night to discuss these topics and learn more about the potential of Cannabis and Hemp.

Watch Live: <http://www.ustream.tv/channel/cannabis-common-sense>

LEGALIZE. REGULATE. EDUCATE.

The Campaign for the Restoration and Regulation of Hemp (CRRH) goal is to educate people about the medicinal and industrial uses for cannabis in our global society in order to restore hemp cultivation and end adult cannabis prohibition.

CALIFORNIA: MARIJUANA PROVEN EFFECTIVE IN TREATING DIFFERENT TYPES OF CANCERS

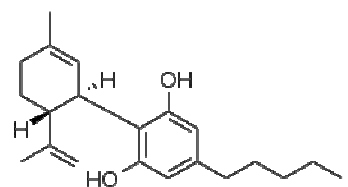
By Dave Stancliff, Times-Standard

Marijuana opponents in the federal government are up against the wall and the wall is crumbling. The feds have fought marijuana use for decades, disregarding its medicinal applications, in a sense-

less war against the herb.

The demonized killer weed is turning out to be anything but that. As myths about this ancient herb are dispelled, scientists are using it to treat everything from chemotherapy-induced nausea to different cancers.

Read More: http://www.times-standard.com/ci_13588713
IADID



The Cannabidiol Molecule

UNITED STATES: AMA CALLS FOR FEDS TO REVIEW MARIJUANA RESTRICTIONS

By Stephanie Condon, CBS News

The American Medical Association on Tuesday adopted a resolution calling for the government to review its classification of marijuana, in order to ease the way for more research into the use of medical marijuana.

While the AMA, the largest physician's organization in the U.S., explicitly states it does not endorse any current state-based medical marijuana programs or the legalization of

marijuana, the move is a significant shift that continues a trend toward support for easing restrictions against the drug.

"Our American Medical Association (AMA) urges that marijuana's status as a federal Schedule I controlled substance be reviewed with the goal of facilitating the conduct of clinical research and development of cannabinoid-based medicines," the AMA's statement (PDF) reads. "This should not be viewed as an endorsement of state-based medical cannabis programs,



The AMA is the largest physician's organization in the United States.

the legalization of marijuana, or that scientific evidence on the therapeutic use of cannabis meets the current standards for a prescription drug

product."

Previously, the AMA recommended marijuana remain a Schedule I controlled substance, but it now believes the substance deserves more clinical research.

Read More: <http://www.cbsnews.com/blogs/2009/11/11/politics/politicalhotsheet/entry5614233.shtml>



"American Farmers Shall Grow Hemp Again—Reefer Madness Will Be Buried."

UNITED STATES: FARMERS, HEMP INDUSTRY LEADERS ARRESTED FOR PLANTING INDUSTRIAL HEMP AT DEA

By Ryan Fletcher/Adam Eidinger, Vote Hemp

WASHINGTON, DC — At approximately 10:00 AM this morning, North Dakota farmer Wayne Hauge, Vermont farmer Will Allen, and fed up American entrepreneurs, who have dedicated their livelihoods to developing and marketing healthy, environmentally-friendly hemp products, for the first time turned to public civil disobedience with the planting of industrial hemp seed at DEA headquarters (700 Army Navy Dr Arlington, VA 22202) to protest the

ban on hemp farming in the United States. Even though the U.S. is the largest market for hemp products in the world, and industrial hemp is farmed throughout Europe, Asia and Canada, not a single American farmer has the right to grow the versatile crop which is used for food, clothing, body care, paper, building materials, auto paneling and more.

Hoping to focus the attention of the Obama Administration on halting DEA interference, the group was arrested while

digging up the DEA's lawn to plant industrial hemp seed imported from Canada.

The six protesters planted hemp seeds with ceremonial chrome shovels engraved with: Hemp Planting Oct. 2009 ~ DEA Headquarters ~ American Farmers Shall Grow Hemp Again - Reefer Madness Will Be Buried.

Read More: http://votehemp.com/PR/10-13-09_vh_DEA_hempplanting.html

UNITED STATES: OBAMA ADMINISTRATION ISSUES NEW POLICY ON MEDICAL MARIJUANA

By Carrie Johnson, Washington Post

The Obama administration delivered new guidance on medical marijuana to federal prosecutors Monday, signaling a broad policy shift that will mean fewer crackdowns against dispensaries and the people who use

them. Attorney General Eric H. Holder Jr. instructed government lawyers that in 14 states where medical marijuana use is legal, federal prosecutors should focus only on cases involving higher level drug traffickers or people who use the state laws as a cover

story. "It will not be a priority to use federal resources to prosecute patients with serious illnesses or their caregivers who are complying with state laws on medical marijuana, but we will not tolerate drug traffickers who hide behind claims of compliance with state law to mask activities

that are clearly illegal," Holder said.

Read More: <http://www.washingtonpost.com/wp-dyn/content/article/2009/10/19/AR2009101903638.html>

UNITED STATES: PATRONS TOKE MEDICAL MARIJUANA IN OREGON CAFE

By Tracy Loew, USA TODAY

PORTLAND, Ore. — At first glance, the Cannabis Cafe, in a former adult club called Rumpspankers, looks like any other coffee shop. Customers sip coffee while playing cards, working on computers, or sharing a meal.



the cafe features a vapor bar, where customers can get the benefits of cannabis without the harmful carcinogens.

The Cannabis Cafe is the nation's first medical marijuana smoking lounge. It's all perfectly legal and, for cancer patient Albert Santistevan, it's about time.

year-old former jewelry shop owner said.

The Cannabis Café is located at: 700 NE Dekum, Portland, OR 97211, and online at usacannabiscafe.com.

Read More:

http://www.usatoday.com/news/nation/2009-11-23-cannibis-oregon_N.htm

But here, patrons also slip away to smoke joints and pipes in the back. And

"It's a very positive atmosphere. We could use more places like that," the 56-

OREGON: JOHN TRUDELL - CHILDREN OF THE PLANT - OREGON MEDICAL CANNABIS AWARDS

By Michael Bachara, Hemp News

In early December, Artist-Activist John Trudell spoke at the 2009 Oregon NORML Medical Cannabis Awards Dinner in Portland, Oregon. In the last few years, Trudell has spoken at several Hemp and Cannabis events around the Portland Area, and has quickly

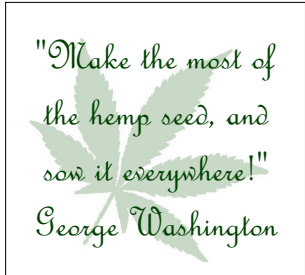


become an inspirational voice for the legalization and advancement of the Cannabis plant. Trudell's words to the Cannabis Awards audience centered around the ideas of non-cooperation, creative intelligence, and the power of energy, clarity and coherency in today's global reality. He expressed thoughtful insight on the topics of sustain-

ability, grass roots organization and the Cannabis plant as earth medicine.

Read More:

www.hemp.org/news



RECIPE: HEMP BANANA BREAD

Makes: 1 loaf
Prep Time: 10 min.
Cook Time: 45-60 min.

Ingredients:

- 2 eggs
- 1/3 cup applesauce
- 2/3 cup sugar
- 1 1/4 cups whole wheat flour
- 1/2 cup Hemp Seed Flour
- 2 3/4 tsp. baking powder
- 1/2 tsp. salt
- 1 cup mashed very ripe bananas (about 3 medium)
- 1/4 cup Shelled Hemp Seed
- 1/4 cup chocolate or carob chips

Directions:

Preheat oven to 300 degrees. Mix first 3 ingredients with mixer at medium speed until pale yellow. Add dry ingredients alternately with bananas to mixture. Mix at medium speed until well blended. Pour into greased or sprayed loaf pan (9 x 5 or 8 1/2 x 4 1/2). Bake 45-60 minutes, until cake tester comes out clean and dry. Let cool in pan 20-30 minutes before turning out onto rack.

Find More Recipes:

<http://manitobaharvest.com/recipes>

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Restore Newsletter, a compilation of news stories about hemp and marijuana, is a public service of Campaign for the Restoration and Regulation of Hemp (CRRH) and our affiliated nonprofit organization, The Hemp & Cannabis Foundation. This is intended for political and educational use on the subject of cannabis and the wide-ranging effects of drug prohibition.

**"HEMP IS THE FIRST NECESSITY TO THE WEALTH AND
PROTECTION OF THE COUNTRY."
THOMAS JEFFERSON**

NORTH CAROLINA: BUILDING WITH HEMP - ASHEVILLE ON FOREFRONT OF NEW GREEN TECHNIQUE

By John Boyle, Citizen Times

Leave it to Asheville to be the first place in the country to build not just one, but two houses largely out of hemp.

Well-established as a green building center, Asheville has two homes under construction - one in West Asheville, another off Town Mountain Road - that use hemp as a building material. The builders and Greg Flavall, the co-founder of Hemp Technologies, the Asheville

company supplying the building material, maintain that they're the first permitted

hemp homes in the country.

"This area is known to walk the talk of being green," Flavall said, adding that the Asheville area has by far the largest percentage of Leadership in Energy and Environmental Design, or LEED, builders of anywhere in the country. Hemp is derived

from the same plant that marijuana comes from. Although it contains very little of the active ingredient that gets people high and is completely impractical to smoke, it's still illegal to grow it domestically.

But builders can import industrial

hemp products like Tradical Hemcrete, the material Hemp Technologies sells. When

mixed with water and lime, it makes remarkably strong, resilient walls. Some builders generically refer to the walls as hempcrete.

Clarke Snell, of the Nauhaus Group, a collaborative of local companies building the West Asheville home at 67 Talmadge St., describes the resulting structures as "forever" walls. Should you take a wall down, the hemp inside is also reusable.

"Basically, the only thing that can tear this wall down is water," Snell said, adding that it would have to be a steady stream.

Flavall said the last study done in Europe puts the life span of hemp walls at 700-800 years.

Read More: <http://hemp.org/news/hemp-asheville-forefront-new-green-technique>



Photo by John Fletcher, Citizen Times