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| <p style="text-align: right;">117</p> <p>1 because there's, like, a lot of negative stuff. 2 When you burn it, you get, like, a bunch of nasty 3 stuff with it too. 4 And then there's a newer method which 5 says vaporizing, which basically heats the 6 marijuana to between 130 to 230 degrees Celsius, 7 which is about, like, 350 degrees Fahrenheit, the 8 average, and then anything above 250 degrees 9 Celsius will burn it and actually cause ash and 10 everything. That's 482 degrees Fahrenheit. This 11 is just off -- all this stuff is Web-based 12 searching. So I just tried to get trusted sources, 13 and I didn't prepare -- like, if I could have an 14 e-mail, I can give you some of the sites. I'd be 15 glad to because I spent a lot of time looking into 16 this thing. 17 So anyway, but smoked versus 18 vaporizer, the vaporizer basically, in a study they 19 did by, I guess, a school in California, they 20 showed a significant increase in the THC blood 21 concentrations after 30 minutes after use over just 22 smoked, so vaporizing just increased the amount 23 you're getting via smoked, and they showed a 24 significant decrease in carbon monoxide and other 25 harmful constituents. They listed about a hundred,</p> | <p style="text-align: right;">119</p> <p>1 help, I guess. 2 But one thing you can do with 3 ingesting it is you can get better consistency out 4 of it because if you take the same consistency of 5 marijuana, like, you grow a plant, you make clones 6 of that plant and you take the buds from that plant 7 and if you grow the seedlings or the trimmings in, 8 like, the same soil that you can expect the same 9 result of quality of marijuana given the same 10 growing conditions, water -- like you would in, 11 like, a hydroponics setup or aeroponics or even 12 ground in a greenhouse-type thing, so you can get 13 very consistent results, which is good if you're 14 going to try and prescribe it. 15 And you can then cook it into the same 16 amount into -- like, bake it with -- well, you can 17 bake it with -- like, you can use butter, honey, 18 tea, olive oil. You basically infuse it, just heat 19 it up, leave it in there, strain out the leftover 20 flower matter, whatever, the plant matter, and then 21 you've infused or whatever, and then you cook it, 22 and that's generally how it's done. 23 And so --- but by doing that, you can 24 get, like -- you can control everything so you can 25 get a consistent amount, which would be useful for</p> |
| <p style="text-align: right;">118</p> <p>1 including all of the carcinogens and everything, so 2 basically gives you, like, a cleaner -- because 3 it's not burning it. It's just heating it like 4 baking it. Then it gives you a cleaner vapor and 5 less carbons. It's better for you. 6 So -- and the reason this should be 7 addressed is because it's one of the -- when you're 8 a doctor, like, you can give patients something, 9 smoking is not ideal so -- and they've tried, like, 10 vaporizers with synthetics, but that doesn't quite 11 work the same because -- I guess something about 12 smaller particles or it doesn't have all the 13 constituents that marijuana does. You probably 14 understand that better than I.</p> | <p style="text-align: right;">120</p> <p>1 prescribing. 2 And so okay. Ingested versus pill 3 form, you get all the constituents with THC. 4 There's over 400 cannabinoids that I guess would 5 bind into your body. Sorry. This isn't how I 6 planned it. But it's not just -- tea is the 7 primary, but it's not the only one, and so with the 8 actual plant, you get all of them. 9 Can be used to treat nausea, brings 10 sense of well-being, chronic pain, depression, 11 glaucoma, insomnia. One instance I found, like, 12 where it's not always appropriate for everybody. 13 Like, my aunt has this -- a case similar to 14 glaucoma but isn't glaucoma where she has excess</p> |
| <p>15 But it can also be eaten. You've 16 probably heard you can eat it. You can -- the 17 reason you might not want to eat this, you would 18 vaporize over eating, is because -- oh, it's with 19 the vaporizing, it's more of an instant benefit 20 with shorter-term effects, but with ingesting, you 21 can get longer durations. And I don't know if it's 22 any stronger or not, but you get a longer duration, 23 and you're not going through the lungs. I don't 24 know if there's any scientific evidence that shows 25 its use through ingestion, but I really couldn't</p> | <p>15 eye pressure in one of her eyes, and it's -- I was, 16 like, "Well, did you ever -- like, why don't you 17 smoke weed because if it works for glaucoma," blah, 18 blah, just kind of jokingly, and she was, like, she 19 didn't want to get high or whatever, and then she 20 also has arrhythmia, just problems with her heart, 21 so she has to watch her caffeine. She has to 22 watch, like, her sugars and her blood, whatever. 23 So -- and marijuana does affect your heart rate, so 24 that would not be recommended for someone like 25 that.</p> |

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| <p style="text-align: right;">121</p> <p>1 TERRY WITKOWSKI: Excuse me, Benjamin. 2 Are you getting close to summing up your 3 presentation? We have been limiting people in the 4 amount of time that they spend. 5 BENJAMIN: Okay. 6 TERRY WITKOWSKI: Just to make sure 7 that everybody else has an opportunity. I don't 8 know how -- you know, if there is anybody else out 9 there yet that is waiting to speak. We have at 10 least one person that is waiting to speak so -- 11 BENJAMIN: Is there any points that 12 anyone hasn't hit on that you would like to hear 13 about? 14 TERRY WITKOWSKI: Well, we can provide 15 you with our e-mail address if you would like to 16 submit something in writing. Would that be 17 acceptable to you or helpful to you? 18 BENJAMIN: Yes. Is there any way I 19 could actually get -- like, would you be able to, 20 like, tell me some issues I could address or 21 something? Because I know you've heard from so 22 many people, and you've heard about all these 23 things, and like, there's -- I don't know if people 24 have covered things like -- well, like, the 25 addiction or the history of -- or, like, how much</p> | <p style="text-align: right;">123</p> <p>1 them, then it's like -- and tell them of the 2 dangers just like people do with, like, alcohol or 3 tobacco and educate them, I don't think it will 4 really be a problem because it's not physically 5 addictive. 6 Okay. Tobacco with no medical 7 benefits and a high -- it's highly addictive and 8 difficult to quit is perfectly legal, but marijuana 9 with all its benefit is not, and that's just, like, 10 baffling to me. 11 So I don't really know why we even 12 need a meeting to be, like, well, we have to find 13 out if it's -- because it is. There's no question, 14 so I don't know what you need for that. 15 TERRY WITKOWSKI: I can't tell you 16 that. I mean I don't know what's needed. Right 17 now we have -- you know, people have submitted 18 information to us. Neither I nor the board or 19 anybody else on the board has had an opportunity to 20 go through all of that evidence. 21 So I don't know for sure what's there. 22 I don't know what may be missing. But I do know 23 that we have received a lot of information from a 24 lot of different people. I'm not telling you that 25 your information is bad or is not wanted.</p> |
| <p style="text-align: right;">122</p> <p>1 depth you've got on any of that and how much more 2 you really need because to me -- Okay. To me the 3 question, is there medical use to marijuana? 4 Absolutely yes. 5 Okay. Anecdotal evidence is empirical 6 evidence and is scientifically acceptable, so if 7 that's not good enough, I really don't know what 8 would be. I don't know how many numbers you need. 9 The other problem is that if it's 10 illegal, it's very hard to get research done. It 11 is possible -- I know the University of Iowa -- or 12 Iowa University does that. 13 They get it all from one source in 14 Missouri, which isn't very scientific evidence. 15 Like, that doesn't make a lot of sense to me 16 because you'd want to try different strains and all 17 that. I don't know how that goes, but if you're 18 going to get from one source, it can't be very 19 scientific. 20 And it's not incredibly addictive, and 21 while it does have some potential for abuse, which 22 I know is a big, big problem because people are 23 wondering about driving and the -- like, it being 24 used irresponsibly and recreationally, not 25 medically, but if you educate people, if you treat</p> | <p style="text-align: right;">124</p> <p>1 BENJAMIN: Oh, no. 2 TERRY WITKOWSKI: It is. 3 BENJAMIN: You're probably looking for 4 more specifics. 5 TERRY WITKOWSKI: It's just that we 6 need to make sure everybody has an opportunity to 7 speak, and we need to be fair to those that have 8 already spoken and limited their time to the ten 9 minutes that was allotted, and we can't allow you 10 to go over that time allotment because that's not 11 fair to those people as far as your verbal 12 presentation today. 13 If you have additional comments that 14 you want to make, if you want to provide us with 15 websites, any of that information, we would be 16 happy to have you -- 17 BENJAMIN: You would prefer written. 18 TERRY WITKOWSKI: Yeah. 19 BENJAMIN: Okay, okay. And then if I 20 could just make one more point, one issue is, like, 21 if it was de -- okay. There's one quick point. 22 The question of, is it a gateway drug? If I have 23 to go to a drug dealer to get it and he can sell me 24 anything from ecstasy to coke to heroin to blah, 25 blah, blah, then yeah, it's a gateway drug because</p> |

1 if that's the only place I can go to get it, then
2 that's going to open doors for me that I normally
3 wouldn't get if I went to go see a doctor who's
4 going to tell me "This is how you use it. This is
5 how much you can use. Be careful," whatever. So
6 that's just kind of my two cents on that.

7 But thank you again for your time.

8 TERRY WITKOWSKI: Appreciate you
9 coming.

10 Did we have someone else that wanted
11 to speak?

12 JASON: I won't talk so fast this
13 time, I promise.

14 DEBBIE JORGENSON: Okay.

15 JASON: Again, my name is Jason. I
16 had -- I talked way too fast last time, and I was
17 pretty nervous. Now I'm just intellectually and
18 emotionally exhausted from all this stuff, so I'll
19 go a little bit slower.

20 I wanted to talk about a couple
21 things. First off, this is a pamphlet I picked up
22 from Broadlawn Medical Center in Des Moines as a
23 part of my court-issued rehab. It says something,
24 negative effects of marijuana, and I'm looking for
25 these negative effects. There's been no negative

1 effects presented today.

2 I'd love to see them because if I
3 could be convinced that this drug is bad, it would
4 solve a lot of my problems. I wouldn't feel that
5 it's unjustified. I'd be able to say, okay. Based
6 on this scientific evidence, I'm not going to
7 smoke, and I'm not going to have any legal issues
8 anymore.

9 As far as anecdotal evidence, this is
10 just chock-full of it, just like the antidrug
11 commercials. They present us right here with three
12 different people and three different viewpoints.
13 One girl, age 16, says she started smoking pot
14 "because I was curious, and I thought it would help

15 me cope. I forgot about school all right. My
16 grades dropped to Cs and Ds in two months."

17 And that's great. That does happen to
18 some people. I understand that. Me, my grades
19 went up because I was able, like I said, to take
20 care of my anxiety, take care of my health, be able
21 to sleep and eat on a regular schedule. I don't
22 have something like what George McMahon or Herbert
23 Rosenfeld had where I have a life-threatening
24 debilitating condition. I just have anxiety. I
25 can deal with that.

1 And this breaks my heart watching
2 these people get up here and try and fight for this
3 when they have so many people stacked against them
4 with much more power, much more money, much more
5 influence in Washington and all the other
6 politicians.

7 They do have one person in here that
8 they show throughout the pamphlet is a
9 pro-marijuana smoker despite having gotten in
10 trouble. He talks about how it relaxes him. He
11 puts on music and it's real intense. Pot puts you
12 in a different place and smoothes out the rough
13 edges.

14 Okay. Toward the back, he says all
15 through this that he is for marijuana. It doesn't
16 hurt anything. Then on the back the last thing
17 they say about him is "I used to play with this
18 band, but they got another sax player. I missed a
19 few rehearsals. What's the big deal? They were
20 fools to dis me. Who needs them?"

21 Really, that's not going to convince
22 kids of anything. This is the Internet age. This
23 is not 1940. This isn't Reefer Madness where we're
24 watching white women jump out of windows after
25 smoking marijuana with black people. You're not

1 going to fool anybody.

2 This is from ETR Associates, which is
3 a nonprofit organization based in Massachusetts.
4 On the back they have a disclaimer. "This brochure
5 is not intended as a substitute for your health
6 professional's opinion or care." They're saying
7 right here that they don't have anything that they
8 can say that a doctor would agree with. Okay?

9 This is what I was given in court.
10 There is no evidence in here whatsoever that says
11 marijuana is actually bad. They try and debunk
12 some myths about the safety of marijuana. It says
13 "Myth, marijuana is safe because it comes from a
14 plant, so it's natural." It's not a myth. That's
15 a fact, but here's what they try to say to dispel
16 it.

17 "Marijuana contains THC, a drug that
18 changes how the mind and body work. This makes it
19 dangerous to drive, ride a bike or motorcycle,
20 roller blade, or skateboard." We know this. We've
21 always known this. Alcohol does the same thing.
22 That's why there's laws against driving. Don't
23 smoke weed and drive. Hello.

24 Second. Sorry. I'm not trying to be
25 funny. I'm -- I'm very serious about this. "Myth,

1 you can't get addicted to marijuana. People get
2 hooked on the feelings they have when they're
3 stoned. Some people may feel nervous and have
4 trouble sleeping when they try to stop using."
5 Well, yeah. You use Ambien, you're going to get
6 hooked on that. You try and stop using Ambien, you
7 can't fall asleep. Same thing but that's legal.

8 You can get addicted to marijuana but
9 not physically. There is no other drug that is as
10 little -- that have the least rate of addiction as
11 marijuana. The stats that are out there that I
12 have read is 15 percent of people throughout their
13 lifetime get addicted to marijuana for the
14 psychological addiction.

15 There's 32 percent of people who get
16 addicted to alcohol when they use alcohol
17 throughout their life, and the withdrawal symptoms
18 from it put you in detox. They can kill you. You
19 can get in a drunk driving accident. That never
20 happens with marijuana.

21 Myth, everybody is doing it. It says
22 "Most young people have never tried marijuana."
23 Well, that is true. About -- people under the age
24 of 18, not the majority of them, according to
25 surveys, have tried marijuana. But if 80 million

1 to fully legalize it, especially considering the
2 effects of alcohol or tobacco and the fact that
3 they're legal.

4 If this man who's never smoked
5 marijuana who is in his 70s or 80s, has a Ph.D.,
6 who spent 30 years studying it says that we should
7 legalize it fully, there's no reason not to, how
8 can we deny patients the benefits that this plant
9 offers?

10 Another thing it says, it's like
11 alcohol, marijuana impairs judgment. Again, we
12 have laws with alcohol. Don't drive.

13 Then a point that is actually true,
14 marijuana is not regulated, so you cannot know
15 exactly what you're getting. It could be laced
16 with PCP or cocaine. Well, this is rare that this
17 happens. You expect a patient to go on the street
18 like one of them said earlier, you don't know what
19 you're getting. It's dangerous, and if you have a
20 medical necessity that this plant can help fix, why
21 would you want to risk ingesting PCP or cocaine?
22 We've seen what that does. That's dangerous. Why
23 are we putting it in the hands of the drug cartel
24 rather than doctors and growers who are regulated
25 by the government and able to give patients exactly

1 Americans have tried marijuana, are we going to
2 lock up 80 million Americans for their use of this
3 drug? No, that can't happen. We're trying to
4 build enough prisons to do it, but it's just not
5 getting there yet.

6 Another myth, marijuana is not as bad
7 as alcohol or tobacco. Again, that's not a myth.
8 It is a fact. But what they say to support that
9 this myth is wrong is that it contains more than
10 400 chemicals. Some are the same chemicals in
11 tobacco that cause cancer.

12 Again, we've seen that through some
13 studies that I'm sure have been submitted so far,
14 marijuana may actually have a proactive effect.

15 That's why Donald Tashkin who is one of the leading
16 experts on the study of marijuana, he studied
17 marijuana for the National Institute of Drug
18 Awareness for the past 30 years.

19 In February of this year, he came out
20 and said "Based on my 30 years of research, when I
21 went into this" -- what he said, that when he went
22 into this, "I thought that it was going to show
23 that it causes cancer, it's addicting, that it's
24 debilitating, and that it's ruining society." He
25 came out this year and said there's no reason not

1 what they say they're giving patients.

2 Another myth, marijuana relieves
3 stress and makes people feel relaxed and happy.
4 Again, not a myth but a fact. However, what they
5 say to debunk this, using marijuana may help people
6 forget their problems for a while, but the problems
7 don't go away. Yeah, that's fine, but
8 antidepressants don't make your problems go away,
9 and that's legal.

10 Marijuana impairs the ability to learn
11 and make good decisions. It can make other things
12 seem less and less important. What it should say
13 is marijuana can impair the ability. When I was
14 taking it on a daily basis for medicinal reasons,
15 my grades went from Cs to A's and Bs. If I'd been
16 smoking myself stupid or taking Marinol, which same
17 effect in the long run, that would have happened.
18 My grades would have been suffering. It was the
19 reverse effect for me. That's anecdotal but I'm
20 not the only one.

21 I want to submit this pamphlet just
22 because I want to show how drug awareness has
23 failed. We went from Reefer Madness, which is
24 crazy, and not one politician supports that anymore
25 unless they're off their rocker. We went from

1 Reefer Madness to antidrug commercials where it
2 shows people melting on a couch and their friends
3 sitting there watching them melt and saying "This
4 is no fun. They used to be so cool." Well, if
5 that's the fact, then that person can leave, but
6 some people may get to that point. Most don't.
7 And again, it needs to be rehabilitation, not
8 criminal prosecution.

9 In 2001 Portugal had one of the
10 highest rates of drug abuse. It had the highest
11 rate of drug abuse in the world, but they tried
12 something radical. They decriminalized all drugs.
13 What has happened since then is instead of
14 arresting people for simple possession, they give
15 them rehabilitation, and they offer the same drug
16 that they are addicted to, whether it be heroin,
17 methamphetamine, or marijuana, as long as they
18 continue to go to court or to government-sponsored
19 rehab. If they don't want to do it, they say
20 "Fine. Go on your merry way. We're going to keep
21 your drugs."

22 What has happened from that, there
23 was -- I can't -- because I wasn't prepared to say
24 this because I only had ten minutes, there was --
25 in 2006 there was an organization here in America

1 that reviewed what happened. And they said in
2 all -- based on everything that's happened, it was
3 a complete success. Their rate of marijuana use is
4 now lower among teenagers than in the United
5 States.

6 As we've seen with alcohol and
7 prohibition back in the 1930s, giving power to
8 people like Al Capone to push the drugs onto
9 people -- to push the drugs onto people makes it
10 more fun. It's something to go, you know, fight
11 the system, man, and all sorts of stuff. Alcohol
12 use went way through the roof. There was a ton of
13 crime, and we had to repeal that because it was the
14 right thing to do for the good of society.

15 I'm not saying to legalize marijuana
16 here today. While I do support that, we need to
17 get medical marijuana patients what they need.
18 That is very important. And if we continue to keep
19 this up, we're just going to be talking here,
20 wasting more of the board's time, wasting my time
21 and not getting anywhere.

22 But if you think that -- if you guys
23 don't recommend this to the legislature, if you
24 think we're just going to sit down and be quiet,
25 we're not. Like, the kid who was just up here,

1 please come back. Bring a friend. I'm trying to
2 get my friends involved, but they're so afraid of
3 getting prosecuted and not getting up here. If we
4 can bring one person back every time and have the
5 majority of Americans' voices heard rather than
6 looking at it totally anonymously and say that the
7 majority supports it, just look what we can do, and
8 we can quit screwing around and get around to
9 solving the real problems society has.

10 So that's all I have to say. Thank
11 you very much.

12 GENE: Can anybody else come up?

13 TERRY WITKOWSKI: Yes.

14 GENE: Is there a turn or a number
15 or --

16 DEBBIE JORGENSON: Well --

17 TERRY WITKOWSKI: I don't think we
18 have any.

19 ROGER ZOBEL: I'm taking them off as
20 they come up.

21 TERRY WITKOWSKI: You're welcome, sir.
22 You're welcome to come up. If you would just state
23 your name, at least your first name, please.

24 GENE: My name is Gene. It's on
25 rollers. I was a firm believer against marijuana.

1 I thought it was a dangerous drug. I thought -- I
2 was just totally against it. And I was president
3 of the Young Democrats at NIACC, and that split the
4 group. They formed a group called YES. I can't
5 remember what it stands for anymore.

6 But it wasn't until I went to the
7 Democratic county convention that I seen all the
8 things I thought the Democrats were supposed to
9 stand for was going down the tubes to the
10 conservatives.

11 So we had a vote at the end, and
12 people that promised to vote one way voted the
13 other, and so we went home. We were all veterans
14 of Vietnam, and we went home to a friend's house,

15 and we ate, and they passed a joint around, and I
16 inhaled. And it kind of busted a myth for me.

17 And I won't say like our former
18 president, Bill Clinton, that he smoked it, but he
19 didn't inhale. I've been inhaling it for several
20 years. And then when I was in college and I got
21 out and I didn't really have anybody around and I'd
22 get it occasionally.

23 But about two years ago, I got hooked
24 up with a person, and I have a supply, No. 1. My
25 main thing is I started it to use because I have

1 glaucoma and cataracts. And since I've been
2 smoking and using -- not using the eye drops, my
3 doctor has noticed a radical change in my vision,
4 from 10s and 11s to 8s and 9s, which is very good
5 for glaucoma. And he says "God, them drops are
6 finally working."

7 I said "No, Doc. I'm using a natural
8 medicine." And I could talk about this for a long
9 time, but right now I've been in the hospital three
10 times in three Mondays. First Monday was we didn't
11 know what was going on. The second Monday, I got a
12 new pacemaker/defibrillator.

13 And then this last Monday they
14 couldn't figure out what's going on again. But I
15 ran into a very smart doctor named Dr. David Clark,
16 and he had me do a sitting blood pressure, a
17 standing blood pressure, and a three-minute
18 standing blood pressure. And they each improved a
19 little bit, but the third one was 104 over 80, and
20 that's very good for me because I only have a
21 10 percent injection fraction of my heart. I'm
22 getting a VAD and maybe someday donated heart. But
23 that's kind of awesome for me.

24 But he said -- he said "I watched you
25 walk down the hall this morning, drop your phone,

1 bent over -- stopped, bent over, picked it up,
2 stood back up, and kept right on walking." He said
3 "That's the best test I could have given anybody,"
4 and he said "You passed 100 percent."

5 And I said "Well, what's going on?"

6 And he says "I'll tell you. We're
7 going to stop your glyburide" for my diabetes. I
8 only take five milligrams a day. "And then we're
9 also going to stop another heart and water pill
10 that you're taking," hydralazine if you need to
11 know the name of it. And he said "We're just going
12 to let you coast for a week," and then we're going
13 to start me on some kind of -- I take five ccs a
14 day insulin glargine or insulin glargine. It's a

15 form of insulin, but it's -- I guess it's
16 long-lasting. But that's just the change that, you
17 know, that happens in your life if you can get --
18 or even if you can't get medicinal marijuana is you
19 can just get it. It's good for your health, not
20 bad for your health.

21 And as a PS, I have a psychiatric
22 disability, and it wasn't until they took me off
23 pills that I started getting better because I had a
24 little medicinal marijuana too.

25 DEBBIE JORGENSON: Do we have anybody

1 else wanting to speak?

2 ROGER ZOBEL: We have one that will be
3 ready in just a moment.

4 DEBBIE JORGENSON: Okay.
5 (Short recess.)

6 GENE: Is this open mic yet? This is
7 Gene again. I just thought of one other little
8 thing that's happened, and I won't know for sure
9 for another two, three weeks because I have to go
10 up to University -- University of Minnesota
11 hospital, and they're going to do a stress test on
12 me, and they'll also capture all the exhale there,
13 and then they'll -- they'll be able to tell me if
14 I'm a candidate for the VAD or not.

15 But what I do think -- and this is
16 something that kind of really goes against
17 something one of you guys said about how marijuana
18 causes damage to the lungs like cigarettes. I
19 think my COPD is better because I can do more. I
20 can breathe better, and I don't get short of
21 breath.

22 And I just think it's all a bunch of
23 bunk of what these people have been telling us for
24 years because it's just like racism. It came down
25 generation to generation to generation, and we're

1 here, and it's time that we look at what's not good
2 and what is medicinal and what is good for our
3 bodies. Thank you.

4 TERRY WITKOWSKI: Would you say at
5 least your first name, please.

6 KAREN: My name is Karen, and I'm a
7 nurse, and I would not like to see marijuana
8 legalized because our bodies excrete whatever goes
9 in our bodies. If it's water soluble, we can
10 excrete it. But if it's fat soluble, which
11 marijuana is, then it can get stuck in our brain,
12 and I think -- I don't think that would be good,
13 and I would not want to take marijuana.

14 And I worked as a hospice nurse for
15 ten years, and we controlled people's nausea very,
16 very well with other drugs besides marijuana. And
17 I know it. And we also kept people very
18 comfortable, but of course, we kept them
19 comfortable with morphine. But morphine is a legal
20 drug. And I just don't think we need marijuana.

21 DEBBIE JORGENSON: Thank you.

22 GENE: Yes, what she says is true to a
23 point. This powerful drug that she recommends
24 replace, say, medicinal marijuana or something else
25 is one of the most addictive drugs there is in the

1 world, and it's caused more people with addictions
2 than anything I can think of.

3 We're talking -- basically we're
4 talking heroin; right?

5 KAREN: But if you take it for -- if
6 you take it --

7 GENE: Well, see, when we legalize
8 marijuana, we can take that just like if they want
9 to take heroin or the medical form of it, whatever
10 you want to call it.

11 KAREN: I just stated my opinion.

12 GENE: Okay. Well, I'm stating mine
13 and just saying that I haven't seen people get
14 healthy with her medicine, but I've seen them get
15 healthy with mine, and I'm an example of it. I
16 praise God for it.

17 Gene the third time. I think this is
18 in there. I haven't looked it up yet, but I think
19 it says in the book of Genesis, Verse 1, 11th verse
20 that God gave us all the seeds, and he said we were
21 to use all the plants from those seeds, and if done
22 correctly and with -- if a person has a real
23 psychological problem, yes, they can get a
24 psychological addiction to marijuana, but it isn't
25 a physical thing of the body, and I don't know.

1 That's just how I feel about it, but I
2 think something natural and something that's okayed
3 in the Bible and has been used for -- since the
4 beginning of time shouldn't be managed as a drug
5 but should be managed as a medication. Thank you.

6 TERRY WITKOWSKI: Excuse me. I would
7 just like to remind everyone that this is not a
8 forum for debate. We are asking for people's
9 presentations, their points, their opinions, their
10 research or factual information. We aren't here to
11 listen to anyone arguing back and forth or debating
12 back and forth. It's a forum for gathering of
13 information.

14 DEBBIE JORGENSEN: Roger, did somebody
15 else come in? Roger, do we have another speaker?

16 ROGER ZOBEL: We have one coming in.

17 DEBBIE JORGENSEN: Okay.

18 SARA LEWIS: Hi. My name is Sara
19 Lewis. I wasn't going to talk today, but after
20 sitting here listening to everybody, I kind of
21 thought my point of view might make a little bit of
22 a difference.

23 When I was 13 years old, I went to the
24 hospital. I had never recreationally used before
25 then. I was 13 years old, and I went to the

1 hospital with anorexia, and my heart rate was
2 36 beats per minute. I was pretty much told that
3 if it had been, like, another week, I probably
4 would have died.

5 It was about a year and a half after
6 that of doing nutrition classes, measuring out
7 constantly everything I was eating, being nervous
8 about it, that I actually had smoked pot for the
9 first time. And it was honestly in the medicinal
10 sense. It made me feel better. It calmed my
11 nerves. I didn't worry. I didn't get that anxious
12 feeling when I was done. It kind of -- it was
13 recreational. That was, you know, 12 years ago.
14 And I kind of -- it made me feel better.

15 It didn't make me -- you know, it
16 wasn't something that I used to fit in with people
17 or, you know, socialize. It was really to make me
18 feel calm.

19 I've also been diagnosed with ADHD.
20 I also went to the extreme of -- you know, it was
21 an eating disorder. It goes from one to the other,
22 bulimia, anorexia, and I had the ADHD which causes,
23 you know, the rapid thoughts and, you know,
24 constant, you know, out of controlness, and I -- so
25 with bulimia, you know, even just -- I can take one

1 hit of pot a day after I eat something, and I feel
2 nervous, and it honestly -- it calms my nerves. I
3 don't have the eating disorder issue. I don't feel
4 nervous.

5 I had a strong argument with, you
6 know, I have ADHD, and I have an eating disorder,
7 which is anorexia, and the doctors are willing to
8 give me something with Adderall which is a
9 meth-based substance, which causes people to not
10 want to eat, but I can sit down and, you know, be
11 prescribed something if it was ever, you know, for
12 medicinal use and actually makes me feel
13 comfortable with eating.

14 It's not something that even just the
15 tiniest -- you know, the Adderall helps, but it
16 causes that much more stress in my life because
17 it's, like, I have to remember and remind myself to
18 eat, which is hard enough for me to do to begin
19 with and just -- I think, you know, on the safe
20 aspect and natural aspect with marijuana, it's --
21 it's just more you weigh the two out, and if I feel
22 comfortable with eating and I can eat healthy and
23 actually feel good about myself without having to
24 think about it and it actually slows my, you know,
25 thoughts down and everything at the same time, why

1 would you prescribe me something that, you know,
 2 everybody battles with that it's an illegal
 3 substance with as well? I don't know. Just --
 4 TERRY WITKOWSKI: Thank you.
 5 GENE: Ma'am.
 6 TERRY WITKOWSKI: Yes.
 7 GENE: Can we amend? I don't want to
 8 belabor here. I just want to amend something about
 9 my physical record.
 10 TERRY WITKOWSKI: If you have
 11 additional comments that you want to make, you can
 12 submit those to us in writing.
 13 GENE: Okay.
 14 DEBBIE JORGENSON: I can give you my
 15 address.
 16 GENE: Can I get an address?
 17 DEBBIE JORGENSON: Yes.
 18 GENE: Okay. That's fine.
 19 JESSE: Can I get one of those cards
 20 too?
 21 DEBBIE JORGENSON: Excuse me?
 22 JESSE: Can I get one of those cards
 23 too?
 24 DEBBIE JORGENSON: Sure. I think I
 25 have one left. Here you go.

1 TERRY WITKOWSKI: Is there anyone else
 2 who hasn't spoken who would like to speak? We will
 3 be here for another 25 minutes if there is anyone
 4 that you know that wants to speak.
 5 (Short recess.)
 6 (Public Meeting concluded at
 7 7:00 p.m.)
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C E R T I F I C A T E

1 I, SueAnn Jones, Certified Shorthand
 2 Reporter and Notary Public in and for the State of
 3 Iowa, do hereby certify that the foregoing is a
 4 true and accurate computer-aided transcription of
 5 the public meeting as taken stenographically by and
 6 before me at the time and place indicated on the
 7 title page;
 8
 9 That I am neither a relative nor employee
 10 nor attorney nor counsel of any of the parties to
 11 this action, and that I am not financially
 12 interested in the action.
 13
 14 Dated this 5th day of October, 2009.

 SUEANN JONES, CSR, RPR