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1 virtually free and will benefit even one person's
2 life. This plant isn't the problem. If you think
3 about it, the human body rejects any poison,
4 anything bad, tries to get rid of it like alcohol,
5 pharmaceuticals. They're all out of your system in
6 72 hours. Why do you think pot, the only plant
7 that does stay in your system 30 days? Because
8 it's a natural part of your body. It is part of
9 your -- what's the word I'm looking for?

10 That's another thing. Because I can't
11 smoke pot, they got me on these darn pills that are
12 morphine, 30 milligrams, and I keep forgetting
13 things at times. I never had that problem when I
14 was smoking pot. The immune system is what I was
15 trying to say. Marijuana is part of your natural
16 immune -- and they had it in our past. In the
17 1800s, most all the medicines that were for pain
18 was made out of marijuana. And it's been helping
19 people for years.

20 That's about all I got to say. It's
21 foolish to keep this plant the way it is when it
22 helps people, and it's virtually free.

23 DEBBIE JORGENSON: We are up to
24 No. 13, I believe. No. 13.

25 UNIDENTIFIED MALE: 15, 1-5?

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1 TERRY WITKOWSKI: 1-3.
2 UNIDENTIFIED MALE: Excuse me.
3 RAY LAKERS: Hello, ladies. Thanks
4 for holding these sessions today and giving us all
5 a chance to have a rational discussion and people
6 present their cases very -- very tearfully for me.
7 I just wanted to let anybody know --
8 TERRY WITKOWSKI: Please, can you give
9 your first name, please?
10 RAY LAKERS: Oh, my name is Ray. I
11 thought you guys knew me from my last testimony.
12 TERRY WITKOWSKI: No.
13 RAY LAKERS: No? Okay. I'm Ray
14 Lakers. I smoke medical marijuana. I have
15 multiple sclerosis. I was diagnosed in 2004.
16 Just to let anybody know, if they're
17 looking for marijuana, I found some today. It was
18 right there on the walk to the crash site. It's
19 growing right there on fields right on the walk to
20 the Buddy Holly crash site. It's grown right here
21 in Iowa.
22 Now, much of the medical marijuana
23 discussion is focused on safety of marijuana
24 compared to the safety of FDA-approved drugs. On
25 January 24, 2005, Freedom of Information Act was

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1 sent to the U.S. FDA to find the number of deaths
2 caused by marijuana compared to the number of
3 deaths caused by 17 FDA-approved drugs. Twelve of
4 these FDA-approved drugs were chosen because they
5 were commonly prescribed in place of medical
6 marijuana while the remaining five FDA-approved
7 drugs were randomly selected because they are
8 widely used and recognized by the general public.

9 Starting on January 1 of '97, the
10 beginning of the first year of November 1996 was
11 the approval of the first state medical marijuana
12 law, California Proposition 215. The FDA reports
13 we read from September 13 to 2005 included drug
14 deaths to present which was the date each report
15 was compiled for our request. We cut off counting
16 as of June 30, 2005, to provide uniform and to date
17 of various reports.

18 Now, a review of the FDA adverse
19 effects reports also revealed some deaths where
20 marijuana was at least a concomitant drug, a drug
21 also used at the time of death in some cases.

22 Now, we also requested a copy of the
23 adverse events reported deaths from marijuana,
24 cannabis, and received those reports, and these
25 three findings stated that in the FDA-approved

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1 drugs in place of medical marijuana, also known as
2 antiemetics, No. 1 was Compazine. It contributed
3 in 15 primary deaths. And these are FDA-approved
4 drugs in place of medical marijuana.

5 Next on the list is a drug that Jeff
6 was prescribed by his doctor known as Reglan. And
7 that resulted in 37 deaths as a result of drug use.
8 Also listed is Zofran, Anzemet, Kytril, Tigan, and
9 zero for marijuana for patients who were not using
10 FDA-approved drugs, and they were strictly using
11 medical marijuana. Of course, there was no death
12 reported.

13 Now, I wanted to thank the gentleman
14 that was here earlier, the war veteran from 'Nam.
15 He's right on target and the person that suffers
16 from some type of post-traumatic stress disorder
17 that there are countries in the world that are
18 recognizing medical marijuana to treat PTSD
19 disorders. We got thousands of boys and girls
20 coming home from these wars, and they're going to
21 need help, and you know, a lot of them combat it
22 with alcohol and pills, you know. What's the end
23 result of that? Death. You know, either a slow
24 death or immediate.
25 So you know, we need to really look at

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1 this science and know that it truly benefits people
 2 and not just the people that showed up today, and
 3 as this person -- this lady brought out earlier,
 4 the social issues prevent, you know, any forward
 5 research into our right to choose this medicine,
 6 and I would just like to say that medical marijuana
 7 or botanical cannabis is not a drug. It's a
 8 natural plant, and I saw it with my own two eyes,
 9 grown right here in Iowa, a half hour ago.

10 TERRY WITKOWSKI: Speaker No. 14? Are
 11 you ready?

12 DEBBIE JORGENSON: Do you want me to
 13 bring the microphone to you?

14 BARRY: Please. Hello. My name is
 15 Barry. I have MS which I've had since -- diagnosed
 16 in '97. And I don't know where to start here, but
 17 you know, I can go to my neurologist and ask him
 18 for any -- any kind of drug to help with pain, but
 19 I'm so tired of being a zombie and don't know where
 20 the hell I'm going.

21 What Mother Nature put on this earth
 22 is the best drug I have ever used as far as
 23 causing -- taking care of my pain. I can function
 24 in life instead of sitting in a chair drooling on
 25 yourself because you don't know what the hell

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1 you're doing. I just -- it's just something that
 2 should be medically used.

3 I don't see Mother Nature getting sued
 4 because of all the ill side effects. I don't know
 5 what else to say except it is definitely something
 6 that should be looked on. It's proven that it
 7 helps. If it helps one person or a thousand, what
 8 is the difference? I mean because nobody is making
 9 money off of it? That is why it is not happening?
 10 That's the only thing I can see.

11 That's all I've got to say. Please,
 12 please do this because it does really, really help.

13 TERRY WITKOWSKI: Speaker No. 15.

14 JIM KLEVEN: Hello. I'm Jim Kleven

15 from Mason City, Iowa. I've been using marijuana
 16 on and off for 20-plus years. I'm a combat
 17 veteran. I came home with PTSD and recently found
 18 out that I was ADHD. They prescribed Ritalin,
 19 which I have been using marijuana medicinally for
 20 20 years, on and off.

21 I found the Ritalin to keep me
 22 focused, as did the marijuana, focused and brought
 23 my thinking -- I was erratic prior to the use of
 24 marijuana. It's helped me.

25 I came home from the service an

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1 alcoholic and an adrenaline junkie and kind of out
 2 of control. But if I just stuck to my marijuana,
 3 the general public is safe around me. You know, if
 4 I got loaded, whole north Iowa was in trouble, you
 5 know, drinking and driving, bar fights. Marijuana
 6 has basically kept me in order, in line. Now
 7 they're trying to treat it pharmaceutical,
 8 pharmaceutically or whatever.

9 And this is totally off the -- I just
 10 feel when they declared the war on drugs, they
 11 declared war on their own people, and what is war
 12 all about? Profiting and freedom most of the time.
 13 Well, who's profiting now is the pharmaceutical
 14 industry and the oil barons.

15 I just feel there's a strong need in
 16 the nation. There's already 13 states in the union
 17 that have it pharmaceutically approved, and I
 18 personally have tried the pharmaceutical-grade
 19 marijuana from California pharmacy, and I felt
 20 weightless. I felt great, to be quite honest. And
 21 I'm all for it.

22 And I think the social stigma is a
 23 hurdle that we've tried to beat. I mean I feel
 24 like an outlaw. I was a 20-year smoker of Marlboro
 25 reds. I've tried to cut back. I've quit pretty

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1 much. Socially I'll have a cigarette when I'm
 2 designated driver. I've quit the alcohol. I've
 3 beat the alcohol. I'm in the process of beating
 4 the nicotine.

5 I feel like an outlaw outside of the
 6 bar, thanks to Chet Culver, smoking a damn
 7 cigarette. I feel worse having a cigarette than if
 8 I were to have marijuana, one hitter, or a
 9 marijuana cigarette out in front of that bar
 10 because actually there, I'm treating myself where
 11 I'm not just poisoning myself with the damn
 12 tobacco.

13 That's my opinion, and that's all I
 14 got to say about that.

15 DEBBIE JORGENSON: Thank you.

16 JIM KLEVEN: Thank you.

17 TERRY WITKOWSKI: Do we have a
 18 Speaker 16? Is there anyone else that would like
 19 to speak at this time? If so, please just check in
 20 with Roger to get a number.

21 JIM KLEVEN: On a side note it's
 22 helped me with my extreme pain other than the
 23 narcotics they tried to prescribe.

24 (Short recess.)

25 TERRY WITKOWSKI: We have a

<p style="text-align: right;">85</p> <p>1 Speaker 16. Is Speaker 16 ready to talk now? We 2 ask you to come up to the podium, the microphone, 3 and state at least your first name. 4 JESSE: Can you bring the mic out to 5 me, please? 6 TERRY WITKOWSKI: Certainly can. 7 JESSE: Hi, everybody. My name is 8 Jesse. I'm here today to voice my opinion on 9 medical marijuana, and I think it should be 10 considered by the Board of Pharmaceuticals for 11 Iowa. 12 Many a drug addict has taken 13 prescribed Celebrex all the way through. Well, 14 what started my problem, injectable steroids from 15 an anesthesiologist that guaranteed me there was 16 never anything ever harmful about injections. They 17 were going to be perfectly safe. 18 Well, eight years ago this shot out 19 from my hips. I would like the opportunity to 20 discuss with my doctor and my medical treatment on 21 the possibilities for medication. I've been 22 through the wringer in Iowa City. I listened to 23 people out here talk about being zombies. You're 24 lucky. I've been down every wall every night every 25 pill. I was on morphine up the wazoo.</p>	<p style="text-align: right;">87</p> <p>1 herbs and topical oils and take a lot of Omega 3s 2 just so I can walk. 3 The funny part is, going through the 4 University of Iowa that day for physical therapy, 5 not once did I get any physical therapy. I spent 6 two years of that time in a wheelchair. I pulled 7 my own ass up, and I made my own ass walk to get 8 back to what I can conceive is a semi-normal life 9 because it's far from what it used to be. And I 10 would like that opportunity to try marijuana to see 11 if it would help with my condition. 12 Growing up also before this even 13 happened, I was in the medical field. And I 14 watched people die, brain cancer. I watched them 15 go through chemotherapy. And there were some of my 16 patients that actually used marijuana, and 17 especially I noticed in the people with the cancer, 18 the chemotherapy, they had appetites where if 19 anybody has been around chemotherapy, that's one of 20 biggest killers. People stop eating. They're 21 sick. It helps with the nausea to control what 22 they eat so they can hold it down so they can 23 actually get better. 24 There's cases of glaucoma, you know. 25 The list goes on and on. Pain, all the way down</p>
<p style="text-align: right;">86</p> <p>1 The pain through a bunch of bad 2 surgeons, bad medicine, you know, which I'm not 3 here to dog them today on that, but because of 4 that, that has led me to my beliefs and my 5 experience that -- Well, let me take you back. 6 My last -- my last appointment with 7 the pain management center in Iowa City, University 8 Hospitals, they wanted to take me off the morphine 9 and put me on methadone. My exact statement to 10 that doctor was "Why don't you just give me the 11 heroin?" Then I got up and walked out and been on 12 my own now for over three years. 13 I would like the opportunity to be -- 14 you know, through my doctor, reasons to control 15 pain. Even when I was on the morphine, I only took 16 it as I needed it. You can go back through tons of 17 records for prescriptions, and they can tell that 18 the time -- time lapsed from the time I was 19 prescribed to the time I refilled was way past what 20 the prescription should have been. 21 I'm not going to sit here and say that 22 I don't trust the FDA, but I really don't. God put 23 a natural plant on the planet, and it goes all the 24 way back through thousands of cultures, and it's in 25 a lot of them. I treat my pain right now with home</p>	<p style="text-align: right;">88</p> <p>1 from the simplest form to the major form, and I 2 went through years. I walked on this implant. The 3 only place it was attached is up in this corner. 4 University of Iowa told me for two years there was 5 nothing wrong with this. 6 My first surgery from them, actually, 7 I woke up screaming out of -- out of surgery and 8 pain and walked on a leg and let them do range of 9 motion on me for two weeks with them telling me 10 there was nothing wrong. The pain is in my head. 11 Two weeks later, I was back down going 12 through a whole battery of X rays. Low and behold, 13 something showed up, and it was just -- just 14 medicine that got me in at that time just ahead 15 of -- my thighbone had to be replaced, and so it 16 was metal grinding cement into my pelvic bones, but 17 nothing was ever wrong. So got that taken care of, 18 and every time I complained, there was always, 19 always a reason for that pain. 20 Now, I didn't want to get on the 21 pills. I didn't want to get hooked. And some 22 people do, unfortunately. And they're prescribed. 23 You know, I just don't see if you're -- if you're 24 truly in pain and stuff how you can fall that far, 25 but some do because sometimes they get the relief.</p>

<p style="text-align: right;">89</p> <p>1 Others don't, but you know, this was one option, 2 and I talked to the doctors who did my last surgery 3 right, which is coming up on three years this 4 September, and I asked them about the possibility. 5 I didn't get a no. They didn't say 6 they could help me with furthering any studies or 7 helping me get it, but they said it was an option, 8 and they didn't slam that option. They didn't slam 9 the door in my face, and they didn't treat me like 10 I was a piece of dirt or a junkie. I was treated 11 by the university like a junkie for quite a while. 12 But here's the evidence, two years. That's a good 13 junkie, you know. The pain is not in your head. 14 And I think that the board should open 15 up its possibilities that this has been around as 16 long as it's been around, and other cultures have 17 used it for pain management and for ceremonies, 18 whatever else, but if there was an inkling that it 19 helps people, then I say go for it. I haven't seen 20 any negative effects on any of the research I've 21 done online. So everyplace on the Web is false 22 information, apparently, because it's just not 23 there. 24 But yet all these prescribed drugs I 25 was on, people younger than me died of heart</p>	<p style="text-align: right;">91</p> <p>1 story about being in a serious spinal injury. 2 About three years ago I was in a 3 serious drinking and driving accident which 4 exploded my lower spine. I was literally that far 5 from being paralyzed (indicating). They had to put 6 a new piece of bone in my back and put all sorts of 7 metal and screws inside of it. They cut me through 8 my front and took out all of my intestines and 9 sewed me back up and fixed my spine. 10 Luckily, I was able to walk again 11 after so many days of physical treatment and other 12 things. 13 After the surgery I really couldn't 14 take down any solid foods. It was mostly soups and 15 Jellos and stuff like that. That would actually go 16 through my system and not make me in pain. If I 17 had any type of solid food, I'd be in pain, and I'd 18 actually feel the digestion going on. 19 But my friend turned me onto 20 marijuana, that he said it would help me with my 21 eating and also my back pain. And before that, 22 didn't even try marijuana. I didn't even think 23 about it. Just too much trouble, you know, too 24 much social crap going down against kids my age 25 smoking it and getting in trouble and blah, blah,</p>
<p style="text-align: right;">90</p> <p>1 attacks. There's been tons of them here recently. 2 You know, and I could. I could doctor swap. I 3 could go to any doctor I want and probably get any 4 pill I want. I don't want that. I just want to 5 control the pain so I can function. 6 If I have to be here and I have to go 7 through this, then I want something that can help 8 me without the harmful side effects because the 9 money doesn't push it through, you know. 10 I just wanted to let everybody know 11 that I think the board should consider it. It has 12 other possibilities than just people being 13 druggies. And yes, I'm sorry, but there probably 14 will be a few that abuse it for the wrong reasons.</p>	<p style="text-align: right;">92</p> <p>1 blah, blah, blah. 2 But when I smoked marijuana, I could 3 actually -- right after that I got the munchies 4 like normal, you know, and I went out, and I ate a 5 full burger and ate a full plate of fries and ate a 6 whole thing of food, and I could not even feel the 7 pain that was going on in my stomach. 8 And then I did it again because I 9 could barely even get out of bed in the morning 10 with my back pain. I'd have to literally roll off 11 the bed onto my knees and then get up, but the 12 night before I smoked marijuana, and then I woke up 13 perfectly fine. My back wasn't tense. I had a 14 wonderful day and a wonderful morning.</p>
<p>15 They did with alcohol. I grew up with one, you 16 know. 17 So just open up the possibilities to 18 the consideration for future treatments for pain 19 management and alleviating pain and symptoms for 20 other people. Thank you. 21 DEBBIE JORGENSEN: Thank you. 22 TERRY WITKOWSKI: Thank you. 23 Speaker 17. 24 JAY: Hello. Hello. My name is Jay. 25 I'm approximately 20 years old. And I have a good</p>	<p>15 But just for the purpose of medical 16 reasons alone, I mean, it might help the economy 17 too. Who knows? But just for the medical purpose, 18 I mean if we regulate it right and take care of 19 people, and you know, there's plenty of stories out 20 there besides my own that it's been helping. 21 So I mean why not give it a shot. If 22 it fails and it fails, then we were sitting there 23 looking stupid, but if we achieve it, then we 24 looked like geniuses, and it can go anywhere from 25 there. Thank you.</p>

1 TERRY WITKOWSKI: Is there anyone else
2 that wants to speak at this time? We're going to
3 take about a 15-minute break, let our shorthand
4 reporter rest her fingers. Thank you.

5 (Short recess.)

6 TERRY WITKOWSKI: Speaker 18. Would
7 you come up to the microphone?

8 FRANK: So I can stand right here.
9 Hey, how you doing?

10 DEBBIE JORGENSON: We ask you to state
11 your first name at least for the record.

12 FRANK: Okay. Frank. Anyway, I'm not
13 a weed user. I've never -- I'm 58 years old, and
14 I've never smoked pot in my life, but I've seen a
15 lot of pot, and I know everybody that smokes pot
16 from bottom to top, and I just saw the blurb in the
17 newspaper. I'm not on the Internet. I don't know
18 the big controversy. I didn't even realize you
19 guys were representing the Board of Pharmacists or
20 whatever.

21 I can tell you this. I just got put
22 on Zocor. Jesus. Side effects of that is crazy.
23 You know what I mean? I felt great two months ago,
24 and now they think it's kicked in now. You know
25 what I mean? The paper, you read about what can

1 happen. Plus my appetite is nuts. Can you tell
2 I've gained some weight? You know what I mean?
3 Because it says one of the side effects is eating
4 more. Well, I am. I'm hungry all the time. I
5 don't get it.

6 So I understand drugs all have a side
7 effect, even baby aspirin. You know what I mean?
8 But no. Here's where I'm at. I just saw what was
9 in the newspaper because I kind of try to keep on
10 top of what's happening in Mason City and what's
11 going on in my town. Well, it's an opportunity to
12 say something here, and I just want to say that I
13 support the use for medical marijuana.

14 If there's something out there that
15 helps people get through a day that are generally
16 in pain and that's that and it works, I'd just as
17 soon see them have the opportunity. Now, what
18 mechanism that takes, I have no idea. I'm not
19 involved. I don't belong to NORML. I'm not a --
20 you can vouch for me. I don't even drink. Most
21 people think I should smoke and drink, but I don't,
22 and I'm very involved in my community.

23 But I'm just here throwing support
24 toward the medical marijuana thing that I think
25 Iowa -- you know what? We did the gay marriage

1 thing. We had the courage to do the gay marriage
2 thing, and who gives a crap about that? If you
3 find someone to love, go love them. But now we're
4 on to this other controversial issue evidently.
5 And it's marijuana, you know.

6 Whether it's a gateway drug or not, I
7 don't know. But I can tell you this. Some of the
8 pharmaceuticals that I'm on, the couple things that
9 I'm on, they're gateway drugs too because I got to
10 take something else. I'm taking four Motrin a day
11 to counterbalance the Zocor that makes my joints
12 ache.

13 So I mean I don't know where it all
14 stops, and I'm not a Ph.D., and I'm not a research
15 scientist, but I'm just saying that I think that
16 medical marijuana should be utilized in the state
17 of Iowa, and that's what I'm here for, is because I
18 understand you're going to give a report or
19 something back to the legislators that there's some
20 cat in Iowa City, a legislator that had the courage
21 last year to bring it up to the legislators in
22 Des Moines to at least talk about it. He's going
23 to do the same thing this year.

24 Whether it gets out of committee or
25 not, I don't know, but I feel that this is probably

1 the process that takes place to create a law. And
2 that's what I'm doing here. That's my right.
3 That's why I live in America.

4 JIM KLEVEN: God bless you.

5 FRANK: So we get to voice where we're
6 at without being scared or freaked out. And I
7 don't expect you guys to understand everything
8 because you're knee deep in your pharmacy work and
9 stuff, and you have a whole 'nother take on drugs
10 and what they do and how, you know -- and a lot of
11 laws, and I respect that.

12 But I just want to lend the support --
13 I'm surprised there's -- I'm No. 18. I'm proud of
14 people. There's 18 people in the area here that
15 felt --

16 TERRY WITKOWSKI: Actually, you're
17 No. 23. We had some that reserved.

18 FRANK: Outstanding. I'm glad that
19 people are showing up. You know what I mean? That
20 makes me feel good that they're using their right
21 instead of worrying about being in a vat of pig
22 shit with razor blades stuck up their ass afraid to
23 say anything, so I really like that.

24 And I just want to say from a guy who
25 doesn't do drugs or my wife doesn't either, I don't

1 want my kids to smoke marijuana. Don't take
2 offense to this. But I just don't. No more than I
3 want them to have ten beers a day. You know what I
4 mean? Who in the hell sets out to have a six-pack
5 of beer? You ever hear someone say "I'm going to
6 sit and drink six Pepsis"?

7 So I'm not into the addictive thing,
8 so I'm not -- Jimmy knows that I'm not -- or Sam.
9 What are you going by today?

10 JIM: Jim.

11 FRANK: Anyway, by the way, a veteran
12 and a hero at that too. But anyway, so I'm just
13 here as a regular person, somebody out of the norm
14 that doesn't partake in any of that stuff. I've
15 seen the side effects.

16 I've heard guys talk about incense.
17 I've heard them talk about the fat chunks. I've
18 heard them talk about the paranoia, and I've heard
19 them talk about the gateway to cocaine or meth and
20 other stuff, and those things are terrible. They
21 really are.

22 And to me in my family, it's all about
23 personal choice. We try to teach that a lot, say
24 you know what? Everything has got a side effect.
25 You know what I mean? I'm a perfect example of

1 regular guy down the street from you. I could be
2 your neighbor. Painting my house today, trying to
3 keep it up. And you know, and thought I'd come up
4 here and share my feelings with you. Okay?

5 DEBBIE JORGENSEN: Okay. Thank you.

6 FRANK: You guys have a good day.

7 Thank you.

8 (Short recess.)

9 TERRY WITKOWSKI: Are you Speaker 19?

10 MATTHEW: I will be.

11 TERRY WITKOWSKI: Anytime that you're
12 ready.

13 MATTHEW: Okay. One second.

14 TERRY WITKOWSKI: We have a speaker.
15 Please just announce at least your first name.
16 Okay?

17 DEBBIE JORGENSEN: Let's wait until
18 everyone is sitting back down.

19 TERRY WITKOWSKI: We have a speaker
20 ready. Thank you.

21 MATTHEW: My name is Matthew. I'm
22 23 years old. I'm an epileptic. I'm a former --
23 I'm a former patient in the state of California,
24 medical marijuana. I am speaking on behalf of my
25 family as well.

1 someone who ate two candy bars a day and drank a
2 16-ounce bottle of pop. You know what I mean?
3 That's no good for you either, you know.

4 So I'm just here to lend my support in
5 the state of Iowa, the great state of Iowa, to say
6 you know what? Let's let this happen here. And in
7 no way am I advocating the legalization of
8 marijuana for drug runners or whatever, but if that
9 ever did come up, I probably would say, hey, you
10 know what? Let the government, let the board of
11 marijuana users, you know, that they create, the
12 gods of that, take it over, regulate it, or
13 whatever.

14 So I think if anything we can find to
15 make life easier for people throughout their days,
16 young or old, what's wrong with that? And that's
17 kind of where I'm at.

18 And you're hearing that from somebody
19 who doesn't use, who never has, and I don't plan on
20 it. Most people think I should smoke dope. Calm
21 down because my bright light is going to burn out
22 early because I have a fire in the belly, and I get
23 involved in a lot of stuff in over my head.

24 So I'm just here to lend that support,
25 and I hope you hear what we're saying. Just a

1 I'm not the typical person you would
2 consider to be a smoker. I'm not currently, which
3 is something that I would like to be changed. I
4 don't appear to be a criminal, and I know a lot of
5 other people that were terminally ill patients
6 that, you know, did not fit the profile of somebody
7 who was a smoker as well.

8 I'm an honor roll student. I have a
9 job working with handicapped individuals, and I'd
10 just like to -- I'd like to find out if we can get
11 the law changed. It has to be done. Someone, you
12 know, who suffers with epileptic seizures, and I
13 really would like to see this get to the
14 legislature and then have -- have the people of the
15 state of Iowa decide on this because it is a
16 democracy.

17 So thank you for your time.

18 DEBBIE JORGENSEN: Thank you.

19 TERRY WITKOWSKI: Thank you.

20 (Short recess.)

21 CHRIS YOUNG: Hello. Hi. My name is
22 Chris Young. Excuse that. I have -- I was
23 paralyzed 20 years ago as a result of a diving
24 accident, and my temperature gauge doesn't work
25 quite right. I don't sweat when it gets hot, and

<p style="text-align: right;">101</p> <p>1 when -- on a day like today, I get a little breeze 2 by my ears, and I start chattering like a baby. So 3 this hat is something that keeps me on an even 4 keel.</p> <p>5 As a result of my spinal cord injury 6 20 years ago, I was left with a condition called 7 chronic deafferentation pain, similar to the kind of 8 phantom pain that people that lose limbs feel. 9 It's very real and it's very intense sometimes. It 10 varies from day-to-day.</p> <p>11 From time to time it feels literally 12 like there's a bus or something squeezing -- 13 squeezing my leg to screws being -- I mean it's a 14 bit evil, the type of pain that I feel. It 15 manifests itself in ways that -- where it literally 16 feels like I have a pair of vice grips attached to 17 my right testicle, and as a result, you can imagine 18 the anxiety that goes along with it.</p> <p>19 For the first two or three, four 20 years, they treated -- they tried to treat the pain 21 with anticonvulsants. The result of this was three 22 trips to the emergency room that eventually 23 resulted in my blood sodium being damaged for the 24 rest of my life. Ever since -- ever since then, 25 the sodium in my blood is low, and subsequently I</p>	<p style="text-align: right;">103</p> <p>1 know, a three and a half point grade point average, 2 so it wasn't an issue with my studies.</p> <p>3 I preferred to be able to ingest it 4 through food rather than smoking it. However, this 5 is a problem in obtaining plant material to bake 6 with. There's -- I bought a cookbook and learned 7 how to extract the active substance from the plant 8 into butter and then use the butter, you know, for 9 making brownies and things like that. I found the 10 efficacy of ingesting marijuana by eating it to 11 have a lot more efficacy than by smoking it. 12 However, it's a lot -- it takes -- it takes a lot 13 less to smoke with than it does to eat with, if 14 that makes sense.</p> <p>15 In conclusion, I'd just like to say 16 that the side effects of marijuana are -- are far, 17 far fewer than the side effects of the medications 18 that I've been given. I haven't -- I haven't 19 had -- I haven't had any sort of -- you know, when 20 I haven't -- when I am not able to obtain 21 marijuana, I don't have -- I don't have, you know, 22 like, a physical withdrawal feeling or any sort of, 23 you know, cravings; for example, like with nicotine 24 withdrawal when I quit smoking cigarettes. 25 I think that -- I think it's safe and</p>
<p style="text-align: right;">102</p> <p>1 have -- instead of getting sodium out of my diet, I 2 tend to put sodium into my diet.</p> <p>3 I was in the hospital last -- I was 4 having surgery last summer, and I had a go-around 5 with my doctors regarding my -- my blood sodium, 6 and after checking my records, you know, all the 7 way back to the early '90s, only then were they 8 able to say "Oh, well, he's like this normally. We 9 don't need to put him on -- keep him on fluid 10 restriction," which was a joy for me because being 11 on fluid restriction is not a fun thing.</p> <p>12 Anyways, getting on -- getting on to 13 the marijuana issue, I later became aware of -- I 14 was offered marijuana, and it actually -- I found</p>	<p style="text-align: right;">104</p> <p>1 effective and that I would move that the pharmacy 2 board reclassify marijuana and make some 3 arrangements for people that legitimately have a 4 need for it are able to obtain it.</p> <p>5 I'm trying to think if I left anything 6 out that I wanted to cover. I guess that's all I 7 got to say.</p> <p>8 TERRY WITKOWSKI: Thank you. 9 CHRIS YOUNG: Thank you. Have any 10 questions? 11 TERRY WITKOWSKI: I don't think so. 12 Thanks very much. 13 (Short recess.) 14 CHRIS YOUNG: There is one thing I'd</p>
<p>15 the efficacy for the pain, I didn't expect it. 16 That wasn't my original intention, but I quickly 17 learned that -- that I had no desire to continue 18 the use of the convulsants -- or the 19 anticonvulsants that the doctor was giving me, and 20 I quit that, was sent to a spinal cord hospital 21 for -- that knew more about the pain issue. They 22 didn't seem to have a problem with it, with the 23 marijuana use as it was.</p> <p>24 It wasn't an issue with my schoolwork. 25 At the time I was a full-time student with, you</p>	<p>15 like to add. It would just take a minute. Is that 16 okay?</p> <p>17 TERRY WITKOWSKI: Yes. Go ahead. Do 18 you want the microphone again?</p> <p>19 CHRIS YOUNG: That's okay. I would 20 like it entered into the official record, though, 21 is that the biggest -- the next biggest issue is 22 the feeling of being a criminal, and it's something 23 that I fight with and -- you know, in obtaining 24 marijuana that I'm using from my perspective 25 medicinally in my own home, to know that I can have</p>

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1 somebody come into my home and take me off to jail
 2 and incarcerate me for something that I think that
 3 the -- I think that the penalties are way out of
 4 whack with -- with the, quote, unquote, crime.
 5 I think there ought to be
 6 provisions -- provisions made that I'm tired of
 7 being a criminal, and I'm tired of -- and I'm tired
 8 of endangering a house that if I didn't have, you
 9 know, I'd be SOL. You know, I'd probably be in a
 10 nursing home.
 11 It's just a really difficult thing to
 12 deal with to know that my freedom is attached. I'm
 13 putting my freedom on the line just to get rid of
 14 the pain. And it hurts. Thanks.
 15 DEBBIE JORGENSON: Thank you, Chris.
 16 TERRY WITKOWSKI: Thank you.
 17 (Short recess.)
 18 TERRY WITKOWSKI: If you'd like to
 19 speak, anytime that you're ready, just come on up
 20 to the podium. Don't want to rush you, but if
 21 you're ready to talk, you're welcome.
 22 SUE: This is, like, a fly-by-night
 23 thing.
 24 DEBBIE JORGENSON: We just ask that
 25 you give us at minimum your first name, and if

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1 you'd like to give more but --
 2 SUE: Hi. I'm Sue. I have severe RA
 3 and osteoarthritis and fibromyalgia. I'm allergic
 4 to 11 drugs, one of them being morphine, so when I
 5 have surgery, we have a really hard time keeping
 6 the pain down.
 7 But on a day-to-day basis, I take
 8 Darvocet, Darvon, oxycodone, Hydrocodone, and I
 9 still can't sleep at night, and I'm in a lot of
 10 pain. And I think that if medical marijuana would
 11 work, I would be very, very willing to try it. I
 12 mean I would just -- I'd love to have four or five
 13 hours of sleep.
 14 And I think it's not like all this

15 manufactured stuff. I think God put it on the
 16 earth for a reason, and I think if it would help
 17 people, I really think that they should give it the
 18 okay. Thanks.
 19 DEBBIE JORGENSON: Thank you.
 20 TERRY WITKOWSKI: Thank you.
 21 (Short recess.)
 22 ROBERT BLUE: It's great to see
 23 everybody out here today, and you know, it just
 24 means that we're getting the fight done, you know.
 25 I want to talk about a couple of the medical uses,

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1 just go through a lot of the diseases that medical
 2 marijuana actually helps.
 3 TERRY WITKOWSKI: Your name, please.
 4 ROBERT BLUE: Robert Blue. Sorry.
 5 Through government studies, marijuana is the third
 6 most popular recreational drug in America. That's
 7 behind alcohol and tobacco. It's used by -- it has
 8 been used by nearly 80 million Americans, and
 9 20 million of those do so regularly.
 10 In 2007, 872,721 marijuana-related
 11 arrests happened in America. That's just an
 12 astounding amount for when prisons are
 13 overpopulated as they are.
 14 The medical uses for marijuana, it
 15 helps Alzheimer's, fibromyalgia, dystonia,
 16 Hepatitis C, diabetes, osteoporosis, MRSA, multiple
 17 sclerosis, ALS, chronic pain, Tourette's, HIV,
 18 hypertension, sleep apnea, GI disorders,
 19 incontinence, rheumatoid arthritis, nausea, and
 20 that's just a small list of a lot more diseases
 21 that I can't even pronounce, you know.
 22 It is our testimonials that is the
 23 precursor to change. We cannot only think about
 24 ourselves in this matter with all our pain but must
 25 consider the future generations, must consider our

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1 children. We fight the good fight now so that the
 2 world will be changed for the better. What we are
 3 doing here is good. I want to win this -- I want
 4 to win this now so that our children who may one
 5 day feel the same pains as we do will not have to
 6 fight.
 7 Thomas Payne wrote in a book called
 8 Common Sense in 1776, quote, we have it in our
 9 power to begin the world over again, unquote.
 10 Change starts now. And this change is good.
 11 I beg the board to see all the
 12 benefits of medical marijuana, to see past just
 13 what is going on now. Look towards the future of
 14 pain and disease therapy. Look at the people who

15 have yet to feel the anguish of chronic pain and
 16 disease but who will one day need marijuana. Look
 17 at all the goodness of the present and the
 18 greatness of the future. Thank you.
 19 DEBBIE JORGENSON: Thank you.
 20 ROBERT BLUE: Anybody else want to
 21 speak?
 22 DEBBIE JORGENSON: Is this 23?
 23 JOHN WOLFTEEN: Hi. I want to thank
 24 you today for having this even considered and for
 25 having it in an open meeting.

<p style="text-align: right;">109</p> <p>1 DEBBIE JORGENSON: Would you mind 2 stating your name, please? 3 JOHN WOLFTEN: My name is John 4 Wolften. 5 DEBBIE JORGENSON: Okay. Thank you. 6 JOHN WOLFTEN: I suffer from a number 7 of chronic pain syndromes, and I'm here today 8 because my doctors are out of drugs. I have been 9 and am on drugs that are known to be misused or 10 abused or addictive. I've never had any of those 11 problems with these drugs, but right now I see a 12 pain management doctor, and that's just it. 13 They're out of drugs. 14 We've gone through over-the-counter 15 stuff, through COX inhibitors, antidepressants, all 16 the narcotics except one, and I won't take that 17 because if I need -- if I develop the same 18 intolerance to that one narcotic that I have 19 developed to all the other ones, then should I need 20 major surgery or be in an accident, then the 21 doctors would have absolutely nothing for pain 22 relief for me. So I won't take Fentanyl. 23 And when I go to the emergency room 24 for, like, headaches and stuff, I tell them "Don't 25 give me any narcotics, and don't give me Fentanyl,"</p>	<p style="text-align: right;">111</p> <p>1 TERRY WITKOWSKI: Thank you. 2 DEBBIE JORGENSON: Thank you. 3 Go ahead. State your name, please. 4 WES THORSON: Wes Thorson. I found 5 that marijuana has been very beneficial to me and 6 regular people. I have a mental illness I've been 7 diagnosed with. They have given me many 8 medications for this. I don't like the medications 9 they give me. The medications have dangerous side 10 effects. I don't like them. 11 I took it upon my own will to try 12 without medications and just smoke marijuana. I 13 have found that just smoking the marijuana has been 14 more beneficial than these meds they have given me. 15 Marijuana has not -- has many 16 benefits -- benefits or whatever it's called, but 17 it does not kill brain cells, does not cause all 18 these side effects that so-called government has 19 said in the past. There are many other people out 20 there that smoke this, use it, ingest it, however 21 they take it. It has not caused them any harmful 22 effects. 23 And I just wish to see that you guys 24 would take into effect to see that other people 25 need this. Lots of people do. And that it should</p>
<p style="text-align: right;">110</p> <p>1 but when I go into surgery, I say "The only 2 narcotic you can use is Fentanyl." 3 I would just -- you know, I don't -- I 4 don't like feeling drugged. I don't want to -- I 5 don't want to be drugged in the first place. I 6 could get marijuana off the street if I wanted to. 7 I don't. I don't like it because it's -- there's 8 no consistency in the potency of the drug, and you 9 don't know what you're getting. 10 So I would like it to be a regulated 11 medicine. Also, because there's nothing left, and 12 I do take a lot of medications. I have to take a 13 lot of medications. I do drink alcohol when the 14 pain gets to be too much, and I know I'm not 15 supposed to. I don't tell my doctors. But -- and 16 I know I'm at high risk for alcoholism, but that's 17 my one choice right now. Otherwise, the pain 18 causes me to feel suicidal several times a week. 19 Also, I don't tell my doctors that. You know, 20 they'd just put me in the hospital, and there's 21 nothing they can do. 22 So I would like to see this as an 23 option, the sooner the better. I think one day it 24 will -- it will certainly happen, but some of us 25 need it right now. Thank you.</p>	<p style="text-align: right;">112</p> <p>1 be our right to be able to smoke this or have 2 dispensaries. There are many medical places for us 3 to have this drug. That's what I got to say. 4 TERRY WITKOWSKI: Thank you. 5 DEBBIE JORGENSON: Go ahead. 6 BENJAMIN: Hello. My name is 7 Benjamin. I'm 26 years old. I've used marijuana 8 recreationally over -- on and off over the last ten 9 years. 10 I was really excited when I found out 11 about the pharmacy giving time -- their time to 12 listen to people's statements and considering the 13 medical uses of marijuana, although I can't blame 14 you because there's been a lot of up-and-coming 15 about it and everything. So thank you for your 16 time. Appreciate that. 17 So okay. So I looked on the website, 18 and I just read a couple of things that you all are 19 looking for, scientific evidence and whatever. I'm 20 just going to kind of speak to some of the points I 21 found on the Internet. 22 I finished high school. I took six 23 months of full-time massage therapy school, so I 24 have, like, a limited anatomical and physiological 25 background, but I have some basic understanding, I</p>

1 guess.

2 I'm into -- obviously into alternative

3 therapies, massage therapy being one of them. I'm

4 not really a big fan of pills. I quit smoking

5 tobacco, and I was prescribed a pill, and it was,

6 like, a six-month prescription, but I only did it

7 for a month because I just -- I'd rather not risk

8 that, if possible. So it's kind of a natural

9 thing. It's, I guess, a philosophy or whatever

10 so -- but I won't try and get too much into that.

11 So I guess the first question or first

12 point on your site was marijuana's actual or

13 relative potential for abuse. And I was not really

14 sure how to address that because a lot of it,

15 there's a lot of opinion, and I couldn't -- I

16 wasn't sure what type of numbers to look for. The

17 best I could find was based on the Monitoring the

18 Future survey. I don't know if you've all heard of

19 that. It's done in high schools. I remember

20 taking it when I was in high school that they had

21 to fill out a form. They also do it in college and

22 I guess some adult levels up to about age 47.

23 And the stats on that I'm looking at

24 are primarily from the adult use to age 30 because

25 that's past most, you know, high schools or

1 whatever, so it's adults, and that's, I think -- I

2 don't think it should be really given to children,

3 per se, like -- just because there are some side

4 effects that could affect learning possibly. I

5 mean there's not a lot known, like, scientifically

6 about it because there's not -- like, our

7 scientific understanding is kind of, like, immature

8 or whatever.

9 Just because, like, in -- okay. Like,

10 the receptors that receive the cannabinoids in your

11 brain weren't discovered until 1990 and 1993, the

12 CB and -- CB1 receptor -- CB1 receptor -- CB1 and

13 2. Sorry. And then I guess those were found in

14 the part of your brain that controls your

15 perception of senses and stuff like that, so

16 whatever. So we actually learned something from

17 marijuana that we normally might not have, I guess,

18 to say.

19 Anyway, but the statistics I found, I

20 related the use of marijuana to alcohol as far as

21 potential for abuse, looking at there are

22 treatment -- there's treatments for alcohol, like,

23 there's A.A., and then there's treatments for

24 marijuana and other narcotics that are all kind of

25 grouped together, so they both have that going for

1 them. And then alcohol might be legal, but they're

2 both commonly used, like, or tried, like, half --

3 like, 45 to 50 percent of, like, all high school

4 12th graders have tried it. I think 33 percent

5 reported using it in, like, the last either month

6 or week, and then there's a small percentage that

7 used it in the last, like -- or daily usage.

8 But in adult use, 80 percent of all

9 adults, 19 to 30 on the survey, had tried alcohol

10 and -- wait. No. I'm sorry. That was annual use.

11 Yeah. It was, like, 80 -- like, 90 percent was the

12 actual lifetime had tried, and then for the -- or

13 for marijuana it was about 55, 60 percent.

14 So fewer people have tried it,

15 primarily because of the perceived, like, negative,

16 like, of trying it. I can't remember the

17 percentages, but there's a greater -- like, the use

18 of it is perceived as, you know, illegal, bad, so

19 less people try it, you know.

20 Annually, 80 percent of people

21 surveyed reported using of alcohol, and then

22 30 percent report using marijuana annually. In the

23 last 30 days, 68 percent tried or used alcohol for

24 any purpose. And then 15 percent tried marijuana.

25 5 percent report daily use of alcohol, and that

1 could be, like, a glass, or it didn't really

2 specify too much, but it was basically did you use

3 it in the last day, either a glass, or it didn't

4 really specify the amount. So that was 5 percent

5 for alcohol and 5 percent of people for marijuana.

6 So the use, marijuana is used less, so

7 I would think there's a less potential for abuse

8 perhaps because even if everybody tried marijuana,

9 you just doubled the numbers, it would still be

10 60 percent of people using annually, 30 percent

11 using -- or a month and then 10 percent using a

12 day. That was kind of my logic. It's not perfect

13 but I tried.

14 So -- and through personal experience,

15 I can -- quitting cigarettes required a pill, and

16 then quitting marijuana any number of times, really

17 didn't require that. You just stop.

18 The other one to speak to marijuana

19 was pharmacological effect. I don't really

20 understand the physiology to go into the actual

21 chemistry of it all, to go into that, so I

22 apologize for that. I can speak to preparation and

23 usage.

24 One of the most common methods is

25 smoked. There's a lot of people that like that