
Karen,

Due to work scheduling I am unable to attend the hearing. Please accept the following testimony:

I support the proposition that the Board of Pharmacy remove cannabis from the Schedule of Controlled Substances if the review demonstrates that it is less harmful and has less potential for abuse than Schedule V drugs.

I have experience with cannabis use beginning at the age of 14 and enjoyed occasional use to the age of 50 (I am now 53 years of age). I have never considered myself to be addicted to cannabis, have not smoked cigarettes since the age of 23, and occasionally have one or two alcoholic drinks per month. I have graduated from college, enjoyed long term employment (23 years at one job) and am nearing retirement.

I wish cannabis was available for my mother to use since she is dying from lung cancer. Even my ability to research the medical effects of cannabis tells me that its use would dilate her blood vessels and allow her to breath better. I think it is cruel to deny her this medicine, but it is unavailable for her use.

I have read where people use alcohol as medicine; for example, a "how to" book on laying concrete suggests having a six pack on hand to relieve pain to allow the aching body to sleep after such hard work. Alcohol can and is used as a pain reliever without doctor's supervision or a prescription.

I want the committee to compare coffee to cannabis. Coffee is a drug that is abused or used in the same way cannabis is abused and used; except that when cannabis is used, some people call it abuse, even when used responsibly. I use the same definition for "abuse" as used in ORS 475.005 where its use may have a detrimental effect on the individual or society.

People can and do abuse coffee; coffee can mask a hang over, coffee can mask lack of sleep, coffee is used as a pick-me-up drug when feeling down or tired. Coffee can actually cause people to become tired as they "come down" off its effect. Coffee abuse can be cause people to not sleep well. These effects can have a very damaging effect to the safety of others in workplace and on the highways. But government actually encourages this drug use on the highways to battle fatigue. Most employers offer free coffee at the workplace, or at least make it available through vending. Caffeine, or coffee, is a DRUG that is not scheduled!

Personally, cannabis is safer for me than coffee. Whenever I drink a cup of coffee or a caffeinated beverage my heart feels like it is fluttering. Caffeine would cause me to not sleep well and then feel tired the whole next day. Cannabis use allows me to relax, enjoy my time, it lowers my blood pressure, and lets me sleep well. Caffeine perks me up, but then causes jitters, high blood pressure, sometimes stress, and more often heart flutters. I know enough to not drink coffee or to limit its use.

Are there millions of caffeine junkies or addicts? Why is not caffeine on any schedule?

Cannabis should be in the same schedule as coffee, which means it removal from any schedule.

Douglas J. Heuer
2800 E. 9th Street, STE 550
Newberg, Oregon 97132
503-538-1617
DouglasJHeuer@hotmail.com

"People know us by our actions." djh

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