

# Mark Mathew BRAUNSTEIN

## Print-Published WRITINGS

www.MarkBraunstein.Org

Updated 2022

### FELLOWSHIPS & GRANTS

- © 2019 – *Culture & Animals Foundation* – grant for research for and videography of “Vegetarianism in Art,” video posted at: <https://youtu.be/NTclsqvDSGM>
- © 2017 – *Vermont Studio Center* – writer’s full fellowship for one month
- © 1992 – *Culture & Animals Foundation* – grant for research, travel, and lecture “Animals in Art” at Spoleto Animal Festival, Raleigh, NC [www.cultureandanimals.org](http://www.cultureandanimals.org)
- © 1985 & 1986 – *Rhode Island School of Design* – Faculty Development Grants

### BOOKS

#### *MINDFUL MARIJUANA SMOKING: Health Tips for Cannabis Smokers*

- © Rowman & Littlefield (a large academic press, little known outside academia)
- © forthcoming July 2022
- © <https://rowman.com/ISBN/9781538156681/Mindful-Marijuana-Smoking-Health-Tips-for-Cannabis-Smokers>
- © Amazon: [www.amazon.com/Mindful-Marijuana-Smoking-Cannabis-Smokers/dp/1538156679](http://www.amazon.com/Mindful-Marijuana-Smoking-Cannabis-Smokers/dp/1538156679)
- © World Catalog: [www.worldcat.org/title/mindful-marijuana-smoking-health-tips-for-cannabis-smokers/oclc/1273912648](http://www.worldcat.org/title/mindful-marijuana-smoking-health-tips-for-cannabis-smokers/oclc/1273912648)

#### *MICROGREEN GARDEN: Indoor Grower's Guide to Gourmet Greens*

- © with 70 photos, including on front and back covers, all by the author
- © Book Publishing Company (a/k/a Healthy Living Publications)
- © since 2013, in its 6th printing [www.bookpubco.com/content/microgreen-garden](http://www.bookpubco.com/content/microgreen-garden)
- © Google Books with *Preview*: <http://books.google.com/books?isbn=1570672946>
- © Amazon with *Look Inside*: <http://www.amazon.com/dp/1570672946>
- © book review: [www.spiritofchange.org/microgreen-garden-indoor-growers-guide-to-gourmet-greens](http://www.spiritofchange.org/microgreen-garden-indoor-growers-guide-to-gourmet-greens)
- © Library of Congress: <https://lccn.loc.gov/2013002999>
- © all of my photos in the book: [www.instagram.com/mark\\_mathew\\_braunstein](http://www.instagram.com/mark_mathew_braunstein)
- © Spanish translation: *El Jardín de las Microverduras*, Ediciones Obelisco, 2019
  - © Amazon at: <https://www.amazon.com/dp/8491114211>
  - © Google Books, with *Preview*: <https://books.google.com/books?id=Gd3BwAEACAAJ>
- © German translation: *Microgreen Küchengarten*, Silberschnur Verlag, 2020
  - © Amazon Germany with *Look Inside* at: [www.amazon.de/dp/3898456129](http://www.amazon.de/dp/3898456129)
  - © Amazon USA at: [www.amazon.com/MicroGreen-Kuechengarten/dp/3898456129/](http://www.amazon.com/MicroGreen-Kuechengarten/dp/3898456129/)
- © author’s entire website devoted to book: [www.microgreengarden.com](http://www.microgreengarden.com)

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BOOKS, continued

*FINAL THOUGHTS: One Mortal's Quest to Laugh at Death – A Thanatology Anthology*

- ⊙ with front cover, back cover, and interior photomontages by the author
- ⊙ Panacea Press, 2019
- ⊙ Google Books: <https://books.google.com/books?id=3TO3wwEACAAJ>
- ⊙ Amazon with *Look Inside*: [www.amazon.com/dp/0963566369](http://www.amazon.com/dp/0963566369)
- ⊙ Library of Congress: <https://lccn.loc.gov/2018966460>
- ⊙ all the artworks and frontispieces in the book: [www.instagram.com/mark\\_mathew\\_braunstein](http://www.instagram.com/mark_mathew_braunstein)
- ⊙ author's webpage for this book: [www.markbraunstein.org/final-thoughts](http://www.markbraunstein.org/final-thoughts)

*SPROUT GARDEN: Indoor Grower's Guide to Gourmet Sprouts*

- ⊙ with front and back cover photos by the author
- ⊙ Book Publishing Company (a/k/a Healthy Living Publications)
- ⊙ 1993, revised 1999, now in its 7th printing [www.bookpubco.com/content/sprout-garden](http://www.bookpubco.com/content/sprout-garden)
- ⊙ Google Books, with *Preview*: <http://books.google.com/books?id=pK21I-CC7tsC>
- ⊙ Amazon with *Look Inside*: <http://www.amazon.com/dp/1570670730>
- ⊙ Library of Congress: <https://lccn.loc.gov/99014286>
- ⊙ some of my photos in the book: [www.instagram.com/mark\\_mathew\\_braunstein](http://www.instagram.com/mark_mathew_braunstein)
- ⊙ Hungarian translation: *Csirakert a konyhában*, Bioenergetic Kiado, Budapest, 2014
- ⊙ Mexican translation: *El Jardín de los Germinados*, Panorama Editorial, 1995
- ⊙ Spanish translation: *Germinados*, Ediciones del Serbal, Barcelona, 2012
  - ⊙ Amazon at: [www.amazon.com/dp/8476286880](http://www.amazon.com/dp/8476286880)
  - ⊙ Google Books: <https://books.google.com/books/about/Germinados.html?id=7LXfBAAAQBAJ>
- ⊙ author's webpage for this book: [www.markbraunstein.org/sprout-garden](http://www.markbraunstein.org/sprout-garden)

*GOOD GIRLS on BAD DRUGS: Addiction Nonfiction in a Revised Edition*

- ⊙ with 40 photos as well as front cover photo by the author
- ⊙ Panacea Press, 2017; Revised Edition, 2019
- ⊙ Google Books: <https://books.google.com/books?id=DWRIwQEACAAJ>
- ⊙ Amazon with *Look Inside*: <https://www.amazon.com/dp/0963566342>
- ⊙ 5 chapters serialized in 9 issues of *Neighbors* (see this bibliography's page 4)
- ⊙ *Kirkus Reviews* book review:  
[www.kirkusreviews.com/book-reviews/mark-mathew-braunstein/good-girls-on-bad-drugs](http://www.kirkusreviews.com/book-reviews/mark-mathew-braunstein/good-girls-on-bad-drugs)
- ⊙ local newspaper article:  
[www.theday.com/local-news/20190209/retired-librarians-book-details-lives-of-local-sex-workers](http://www.theday.com/local-news/20190209/retired-librarians-book-details-lives-of-local-sex-workers)
- ⊙ Library of Congress: <https://lccn.loc.gov/2018954099>
- ⊙ author's webpage for this book: [www.markbraunstein.org/good-girls](http://www.markbraunstein.org/good-girls)

BOOKS, continued

*RADICAL VEGETARIANISM: A Dialectic of Diet & Ethic*

- ⊙ Lantern Books, NYC, 30th anniversary revised edition, 2010
- ⊙ Panjandrum Books, San Francisco, three printings since 1981
- ⊙ Google Books with *Preview*: <http://books.google.com/books?isbn=1590562569>
- ⊙ Amazon with *Look Inside*: <http://www.amazon.com/dp/1590561511>
- ⊙ Library of Congress: <https://lccn.loc.gov/2009024467>
- ⊙ all the artworks in the book: [www.instagram.com/mark\\_mathew\\_braunstein](http://www.instagram.com/mark_mathew_braunstein)
- ⊙ author's webpage for this book: [www.markbraunstein.org/radical-vegetarianism](http://www.markbraunstein.org/radical-vegetarianism)

BOOK ANTHOLOGY contributions

*The Animal Anthology Project: True Tails*, edited by Christine Catlin, 2012

- ⊙ *My Wildest Dreams* – essay chapter contributor to *Part 5: Other Critters*
  - ⊙ Amazon with *Look Inside*: [www.amazon.com/dp/1479707481](http://www.amazon.com/dp/1479707481)

*From There to Here: Stories of Adjustment to Spinal Cord Injury* - No Limits Communications, printed book 2004, Kindle eBook reprint 2013

- ⊙ *Take the Pain* – essay chapter contributor
  - ⊙ Kindle w/ *Look Inside*: [www.amazon.com/dp/B011HNQG2Y](http://www.amazon.com/dp/B011HNQG2Y)

*Kafka Kaleidoscope: Essays, Poetry & Fiction* – Birch Bark Press, 1999

- ⊙ *Prague, 1974* – essay chapter contributor
- ⊙ Amazon with *Look Inside*: [www.amazon.com/dp/0913559520](http://www.amazon.com/dp/0913559520)
- ⊙ Library of Congress: <https://lccn.loc.gov/98072792>

*Slide Buyers' Guide: An International Directory of Slide Sources for Art & Architecture*

- ⊙ Libraries Unlimited, 1986 – *co-editor* (1990 edition re-titled *Image Buyers' Guide*)
- ⊙ Library of Congress: <https://lccn.loc.gov/85019857>

*Life in the 21st Century* – 21st Century Publications, 1981

- ⊙ *Into the Ate-ies; & Fasting, Chlorophyll and Color* – 2 essay chapters contributor
- ⊙ Library of Congress: <https://lccn.loc.gov/81184786>

*Art Index* – Volumes 28, 29 & 30 – H.W.Wilson, NYC, 1980-83 – *assistant editor*

- ⊙ [www.ebsco.com/products/digital-archives/retrospective-indexes/art-index-retrospective](http://www.ebsco.com/products/digital-archives/retrospective-indexes/art-index-retrospective)
- ⊙ Library of Congress: <https://lccn.loc.gov/00215120>

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Issue Editor for PERIODICALS

*The Trumpeter*: Journal of Eco-Philosophy – Fall 1990, Volume 7, Number 4

- ⊙ Twelve article anthology of *Wild Life & Human Life* – guest editor
- ⊙ web reprint: <http://trumpeter.athabasca.ca/index.php/trumpet/issue/view/51>

*Inside Information* – semi-annual newsletter of the Connecticut College Library

- ⊙ co-editor 2004 to 2008, contributor 2004-13
- ⊙ full downloads at: <http://digitalcommons.conncoll.edu/isnews/>

MAGAZINE ARTICLES *listed in reverse chronological order*

**Spirit of Change Magazine**: Holistic New England

- ⊙ *When Good Vegans Make Bad Neighbors* – pages 22-24, Fall 2020, Vol 33, No.143
  - ⊙ web reprint at: [www.spiritofchange.org/when-good-vegans-make-bad-neighbors](http://www.spiritofchange.org/when-good-vegans-make-bad-neighbors)
  - ⊙ reprinted in *Neighbors*, October 2020
- ⊙ *Breathe Easy*: The Number-One Health Tip for Cannabis Smokers is Also the Easiest – page 30, Spring 2020, Vol 33, No.142
  - ⊙ web reprint at: [www.spiritofchange.org/Spring-2020/Breathe-Easy/](http://www.spiritofchange.org/Spring-2020/Breathe-Easy/)
  - ⊙ reprinted in *Neighbors*, April 2019
- ⊙ *A Walk in the Woods* – pages 44-46, Fall 2018, Vol 32, No.139
  - ⊙ web reprint at: <http://www.spiritofchange.org/Fall-2018/A-Walk-In-The-Woods/>
  - ⊙ reprinted in *Neighbors*, November 2018
- ⊙ *Distracted Eating* – pages 26-28, Fall 2017, Vol 31, No.137
  - ⊙ web reprint at: <http://www.spiritofchange.org/Fall-2017/Distracted-Eating/>
- ⊙ *Hungry in New England* – pages 26-27, Spring 2017, Vol 30, No.136
  - ⊙ web reprint at: <http://www.spiritofchange.org/Spring-2017/Hungry-In-New-England/>
- ⊙ *First Aid for Cannabis Smokers*: 10 ways to reduce the health risks of smoking marijuana – pages 22-27, Spring 2016, Vol 29, No. 134
  - ⊙ web reprint at: [www.spiritofchange.org/Spring-2016/First-Aid-for-Cannabis-Smokers](http://www.spiritofchange.org/Spring-2016/First-Aid-for-Cannabis-Smokers)
- ⊙ *Walking in the March of Time* – pages 32-34, Spring 2015, Vol 28, No. 131
  - ⊙ web reprint at: <http://www.spiritofchange.org/Issue-Archive/>

**Healing Our World**: The Magazine of Hippocrates Health Institute, entire issue downloads at: <http://hippocratesinst.org/magazine-eneews>

- ⊙ *Meat: The Anti-Longevity Diet* – 3 pages, Winter 2015-16, Vol 36, Issue 1
- ⊙ *Growing Older Slower by Rolling in the Clover: Phytonutrients as Keys to Longevity* – 4 pages, Fall 2015, Vol 35, Issue 4, with photo-collage by the author
- ⊙ *Birth Control or Birth Out-of-Control* – 4 pages, Fall 2014, Vol 34, Issue 4
- ⊙ *The Raw Truth* – 1 page, Fall 2013, Vol 33, Issue 4
- ⊙ *Sunlight and Sustenance* – 3 pages, Spring 2013, Vol 33, Issue 2, with photo by author
- ⊙ *Survival of the Fittest Fossils* – 2 pages, Fall 2012, Vol 32, Issue 4, with photo by author

MAGAZINE ARTICLES, continued

- ⊙ *Fish: the Other Frignt Meat* – 3 pages, Summer 2012, Volume 32, Issue 3
- ⊙ *My Wildest Dreams* – 8 pages, Winter 2012, Vol 32, Issue 1, with 8 photos by the author
- ⊙ *Walking toward Fitness: For Folks of All Ages and from All Walks of Life* – 2 pages, Fall 2011, Volume 31, Issue 3
- ⊙ *How to Grow Microgreens* – 4 pages, Fall 2010, Volume 30, Issue 4, also my 3 photos

**New Mobility** – the best of (way too) many crip magazines

- ⊙ *Artists & Writers Wanted – Arts Camp for Crips* – February 2018, with photo by author
  - ⊙ edited web reprint at: [www.newmobility.com/2018/02/disabled-artists-writers-wanted](http://www.newmobility.com/2018/02/disabled-artists-writers-wanted)
- ⊙ *Medical Marijuana 2.0 – Stirring the Pot* (cover story!) – in July 2016, 2 photos by author
  - ⊙ much edited web reprint at: [www.newmobility.com/2016/07/medical-marijuana-refined](http://www.newmobility.com/2016/07/medical-marijuana-refined)
- ⊙ *A Moving Experience* – in January 2014, with 3 photos by the author
  - ⊙ web reprint at: <http://www.newmobility.com/2014/01/moving-experience/>
- ⊙ *Life Inside a Vacuum (Cleaner)* – in December 2012, with photo by the author
  - ⊙ web reprint at: <http://www.newmobility.com/2012/12/life-inside-a-vacuum-cleaner/>
- ⊙ *My Year of the Deer* – chronicle of a family of deer, in Oct 2011, 4 photos by the author
- ⊙ *Sex & the Single Male Cripple* – in Valentine’s issue, February 2009
- ⊙ *The Love Buggy* – satire about a sex toy in Valentine’s issue February 2008
- ⊙ *Can Bee Venom Cure? and other Moral Tales of Nutritional Remedies* – in Nov 2007

**Neighbors:** The Inhabitants and Environment of Connecticut and Beyond, entire issue downloads at: <https://neighbors.pageflip.site/publications/NeighborsPaper> & click: *Archives*

- ⊙ *It’s High Time to Grow Your Own Cannabis* – December 2021
- ⊙ *Medical Marijuana in Connecticut Has Problems* – March 2021
- ⊙ *An Avian Paradise in an Eastern Connecticut Backyard* (book review) – November 2020
- ⊙ *Where Sexpots Hit the Jackpots* – September 2018, photo by the author
- ⊙ *The Grisly Death of the Baby Girl from Griswold* – Part TWO – August 2018
- ⊙ *The Grisly Death of the Baby Girl from Griswold* – Part ONE – July 2018
- ⊙ *Beauty and the Beasts* – Part TWO – June 2018, photo by the author
- ⊙ *Beauty and the Beasts* – Part ONE – May 2018, photo by the author
- ⊙ *Woman Who Runs with the Werewolves* – Part TWO – April 2018, with photo by author
- ⊙ *Woman Who Runs with the Werewolves* – Part ONE – March 2018, photo by the author
- ⊙ *Wild & Antic Willimantic: The Riddle of the Syringe* – Part TWO – October 2017
- ⊙ *Wild & Antic Willimantic: The Riddle of the Syringe* – Part ONE – September 2017

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MAGAZINE ARTICLES, continued

**Vegetarian Voice:** Perspectives on Healthy & Compassionate Living

- ⊙ *Tribute to Rynn Berry, Jr. (1945-2014)* – 2 pages, Spring 2014
- ⊙ *Microgreens: How to Grow Tender and Flavorful Leafy Vegetables at Home* – cover story & 4 pages, Winter 2011, includes cover and all photos by the author
- ⊙ *Sprouts* feature article – 4 pages, Spring 1990, includes photos by the author
- ⊙ *What is the Vegetarian Movement?* – 1 page, Summer 1987
- ⊙ *Milk: Utter Truth & Utter Nonsense* – 2 pages, Summer 1985

**Treating Yourself:** The Alternative Medicine Journal. An international medicinal marijuana magazine with many scholarly and scientific articles. Alas, *TY* folded in 2013.

Full issues can still be downloaded at: <https://treatingyourself.com/back-issues/>

- ⊙ *Connecticut Has Legalized Marijuana as Medicine* – 3 pages, Issue 36, Fall 2012
- ⊙ *Cannabis Therapeutics: A Report on the 2010 Conference* – 4 pages, Issue 23, Summer 2010, includes also many photos and captions by the author
- ⊙ *A Walk on the Wild Side: Paraplegia & Marijuana* – 4 pages, Issue 16, Spring 2009
- ⊙ *Getting High and Staying Healthy* – 8 pages, issue 13, Fall 2008

**Animal Issues:** The Magazine of the Animal Protection Institute (now merged with Born Free)

- ⊙ *Roadkill: Driving Animals to their Graves* – cover story, Fall 1998, with photos by author
  - ⊙ web reprint: <http://www.culturechange.org/issue8/roadkill.htm>

**Natural Health** (formerly called **East West**)

- ⊙ *Symphony of Sprouts* in March 1984, includes photos by author
- ⊙ Book review: *Breatharianism* in March 1985
- ⊙ *How Our Food Choices Affect Wild Animals* – feature article in Feb 1990

**Vegetarian Times**

- ⊙ *Letter from Dachau* in Sept-Oct 1979
- ⊙ *The Future of Vegetarianism* in Jan-Feb 1980
- ⊙ *On Being Radically Vegetarian* in March 1980
- ⊙ *Vegetarianism in Art* cover story in Sept 1980; reprinted on *Google Books*
- ⊙ Book reviews: *Total Vegetarianism* and *Ahimsa* in March 1982
- ⊙ Book review: *Judaism and Vegetarianism* in June 1983; reprinted on *Google Books*
- ⊙ *Discover the Sprouting Life* feature article in Aug 1983, includes photos by author

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MAGAZINE ARTICLES, continued

**Animals' Agenda:** International Magazine of Animal Rights & Ecology

- ⊙ Book review: "The Criminal Prosecution of Animals" in Dec 1988
- ⊙ Poetry book review: "On Speaking Terms with Earth" in Jan 1989
- ⊙ Poetry book review: "Recipes for Flesh" in Jan 1990
- ⊙ Book review: "Famous Vegetarians" in April 1991

**Backpacker:** The Magazine of Wilderness Experience

- ⊙ "Walking on Water" feature article about fasting while hiking, in May 1988

**The Trumpeter:** Journal of Eco-Philosophy

- ⊙ Poem: "White Mountain, White Light" in Summer 1990
  - ⊙ web reprint: <http://trumpeter.athabascau.ca/index.php/trumpet/article/view/481/805>
- ⊙ "The Beast in the Belly" in Fall 1990
  - ⊙ reprinted in **Berkeley Ecology Center News** March 1991
  - ⊙ web reprint: <http://trumpeter.athabascau.ca/index.php/trumpet/article/view/470/783>

**Between the Species:** A Journal for the Study of Philosophy and Animals

- ⊙ "On Becoming Vegetarian" in Fall 1985
  - ⊙ reprinted in **Vegetarian Voice** & elsewhere
  - ⊙ web reprint: <http://digitalcommons.calpoly.edu/bts/vol1/iss4/11>  
& <https://doi.org/10.15368/bts.1985v1n4.9>

**Auto-Free Times:** Revolutionary Ecology & Economics

- ⊙ "Driving Animals to their Graves" (Roadkill) in Spring 1996 – includes photos by author
  - ⊙ reprinted in **Satya** in June 1996 & in **Whole Life Times** in April 1998
  - ⊙ web reprint: <http://www.culturechange.org/issue8/roadkill.htm>

**Country Connections:** Plain Talk for Interesting Times

- ⊙ "Slowing to Fast: On Fasting" in Aug 1995
- ⊙ "Why and How to Wean from Cow" in Sept 1995
- ⊙ "Confessions of a Hunt Saboteur: A Real Sab Story" in Nov 1995
  - ⊙ web reprint: <https://abolishsporthunting.org/journals/confessions-of-a-hunt-saboteur-a-real-sab-story/>

**Health Science:** Living in Harmony with Nature

- ⊙ "How to Select Fruit" & "Banana" in March 1986
- ⊙ "Avocado" in May 1986
- ⊙ "Magnificent Mango" in July 1986
- ⊙ "Perfect Persimmon" in Sept 1986

MAGAZINE ARTICLES continued

**The Mystic Muse:** Tales for the New Age

- ⊙ "Famine throughout the Land: Six Palatal Parables" in Spring 1987
- ⊙ "Being and Nothing" in Fall 1987

**Lomakatsi:** Life in Balance

- ⊙ "The Raw Facts" in Spring 1988
- ⊙ "Avant-Gardening (for Wildlife)" in Spring 1989, includes photo by author

**SproutLetter**

- ⊙ "A Sproutarian Seminarium" in Summer 1984; "Superlatively Radical" in Summer 1989;
- ⊙ "A Mung among Us" in Fall 1989; "Pioneers along the Sprout Route" in Winter 1990

**21st Century Journal**

- ⊙ Book reviews: "Confessions of a Medical Heretic" & "Megasyntesis" in Jan 1983
- ⊙ "Three Vege-Tales of Karmic Debt" & "Utter Truth & Udder Nonsense" in March 1984
- ⊙ Book reviews: "The End of the World" & "The Eighth Night of Creation" May 1984

**Theosophy**

- ⊙ "Rembrandt's Self-Portraits" in Nov 1982

**Agada:** Judaic Literary Journal

- ⊙ "The City of Kafka" in Winter 1983, reprinted in *Kafka Kaleidoscope* book anthology
- ⊙ <http://www.amazon.com/dp/0913559520>

**Iris:** Notes in the History of Art

- ⊙ "Rembrandt's Cologne Self-Portrait" in Dec 1983

**Visual Resources Association Bulletin**

- ⊙ "Eulogy to a Slide Library" in Fall 2012, Volume 39, Issue 3
- <https://online.vraweb.org/index.php/vrab/article/view/113> click *PDF* at upper right

NEWSPAPER (& Magazine) EDITORIALS

**The Hartford Courant** – New England's 3<sup>rd</sup> largest circulation newspaper

- ⊙ *Legal but Out of Reach: Patients, Supplies Face Hurdles*
  - ⊙ front page of June 24, 2012 Sunday *Commentary* section
  - ⊙ many dozens of web reprints
- ⊙ *A Connecticut Paraplegic Tells his Story: Marijuana Works the Best in Easing Pain*
  - ⊙ front page of January 12, 1997 Sunday *Commentary* section
  - ⊙ reprinted in NORML's national newsletter *Pot Pourri* – April 1997
  - ⊙ web reprint at: [www.rxmarijuana.com/Braunstein.htm](http://www.rxmarijuana.com/Braunstein.htm)
  - ⊙ web reprint: [www.spiritofchange.org/Journal-of-Natural-Healing/Marijuana-and-Paraplegia/](http://www.spiritofchange.org/Journal-of-Natural-Healing/Marijuana-and-Paraplegia/)



NEWSPAPER EDITORIALS, continued

Hearst Media’s Six Connecticut Newspapers:

“*Opinion: Medical marijuana in Connecticut has problems; Legalizing adult recreational use can fix them,*” online editions published February 5, 2021; print editions published February 7, 2021

- **The Connecticut Post**, Bridgeport (CT’s 1st largest city):  
www.ctpost.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php
- **New Haven Register** (CT’s 2nd largest city):  
www.nhregister.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php
- **Stamford Advocate** (CT’s 4th largest city):  
www.stamfordadvocate.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php
- **Norwalk Hour** (CT’s 6th largest city):  
www.thehour.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php
- **News Times**, Danbury (CT’s 7th largest city):  
www.newstimes.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php
- **Greenwich Time**:  
www.greenwichtime.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php

“*Opinion: It’s High Time to Grow Your Own Cannabis,*” published November 12, 2021, online in all 19 of Hearst’s Connecticut daily & weekly newspapers; print edition in 6 of these:

- **The Connecticut Post**:  
www.ctpost.com/opinion/article/Opinion-It-s-high-time-to-grow-your-own-16612838.php
- **New Haven Register**:  
www.nhregister.com/opinion/article/Opinion-It-s-high-time-to-grow-your-own-16612838.php
- *Middletown Press*
- *Ridgefield Press*
- *(Torrington) Register Citizen*
- *Trumbull Times*
- *Stamford Advocate*
- *(Danbury) NewsTimes*
- *Greenwich Time*
- *Norwalk Hour*
- *Wilton Bulletin*
- *New Milford Spectrum*
- *Fairfield Citizen*
- *Darien Times*
- *New Canaan Advertiser*
- *Westport News*
- *Shelton Herald*
- *Trumbull Times*
- *Milford Mirror*

**Connecticut Magazine** –glossy, glitzy, ritzy monthly magazine

*Growing Pains: I’m a longtime medical marijuana user, and now I’m a home-grower,* published January 2022, article online at:

- [https://www.connecticutmag.com/the-connecticut-story/i-m-a-longtime-medical-marijuana-user-and-now-i-m-a-home-grower/article\\_44e7f584-5de5-11ec-a54b-afe0c78dad91.html](https://www.connecticutmag.com/the-connecticut-story/i-m-a-longtime-medical-marijuana-user-and-now-i-m-a-home-grower/article_44e7f584-5de5-11ec-a54b-afe0c78dad91.html)
- homepage for that issue online: [www.connecticutmag.com/issues/2022/january/](http://www.connecticutmag.com/issues/2022/january/)

NEWSPAPER EDITORIALS, continued

**The Day** of New London – daily newspaper for Southeast Connecticut

◎ *Lives Won't Go Up in Smoke if Marijuana Used Medicinally* – editorial in May 31, 2007

◎ [www.theday.com/article/20070531/DAYARC/305319895](http://www.theday.com/article/20070531/DAYARC/305319895)

◎ web reprint: [www.mapinc.org/drugnews/v07/n672/a11.html](http://www.mapinc.org/drugnews/v07/n672/a11.html)

**CT Mirror** – daily independent online newspaper

- February 22, 2021, updated and expanded version of my *Hearst Media* editorial, “*Medical marijuana in Connecticut has problems*” <https://ctmirror.org/category/ct-viewpoints/medical-marijuana-in-connecticut-has-problems-legalizing-adult-recreational-use-can-fix-them/>
- November 15, 2021, expanded version of my *Hearst Media* editorial, “It’s High Time to Grow Your Own Cannabis,” includes 3 of my photos, <https://ctmirror.org/category/ct-viewpoints/its-high-time-to-grow-your-own-cannabis/>

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[https://en.wikipedia.org/wiki/Mark\\_Mathew\\_Braunstein](https://en.wikipedia.org/wiki/Mark_Mathew_Braunstein)

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