This week's Drink column on page 27 explores kava, a more than 3,000-year-old beverage that is said to have relaxing effects.

EDITOR'S NOTE

LETTERS



MUSIC	24	ASK JOEY	42
ARTS + CULTURE	20	CANNABIS GUIDE	35
FEATURE	14	CAPITAL	
NEWS	10	CALENDAR	28
15 MINUTES	09	DISH	26
GREENLIGHT	08	STAGE	25
STREETALK	07		
ESSAY	06		

COVER DESIGN BY MARIA RATINOVA



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