

Does no one care about the quality of life in Willits anymore? The last thing we need is more growers.

We have lived on Pine Mt over 4 decades. To begin with it was a family friendly place. The kids played freely, the dogs were not fenced and the neighbors were friendly. Most of that has changed since the pot growers moved in. None of them who live around us are friendly, neighborly or, since most were growing before it was legal, honest or law-abiding. My husband was shot at by one of them when riding his motorcycle on a deeded road just off our property. Our daughter was attacked by one of their "guard" dogs as she rode her bike on Ridgewood Road. The latest unneighborly behavior is to run a generator day and night, for the sake of the crop. The diesel fumes literally swirl into our neighbors garages and back yards, never mind the endless noise day and night. And then there is that smell of money which they may love, but we don't, we think it stinks and we can't escape it. It defeats the reason we moved out to the woods for fresh air. Our water supplies are already short. And why is it pot growers can carry on business in residential areas? It seems little attention is being paid to families, their needs and what it means to have a family friendly environment and community. Big growers will only make it worse.

Add to this the medial implications. Could this be the reason we need a mental health unit in the old Howard Hospital? This medical teed-bit just cam across my email today:

Perhaps marijuana's most worrisome effects are those impacting mental health and performance. David DeRose, MD, MPH recently shed light on these concerns with the release of a new video featuring Steven T. Ginsburg. In that short filmed interview, Ginsburg, founder of Restore Detox Centers and author of the autobiographical, *Filling the Void*, shares a firsthand account of marijuana's deceptive power, explaining how it laid the foundation for his lifelong battle with addiction. Ginsburg's personal story provides another dimension to the mental health toll that marijuana can exact. All of this adds poignantly to the list of cannabis side-effects that were documented in DeRose's earlier book:

- Decreased attention span**
- Adverse effects on decision making and impairment in complex reasoning**
- Memory impairment linked to the wasting of key brain regions like the hippocampus**
- Increased risks of depression and suicidality**
- Apathy and decreased motivation**
- Paranoia and schizophrenia, particularly if started in the teens**

The video interview with Steven T. Ginsburg can be found [here](#). It is adapted from a full one-hour "American Indian and Alaska Native Living Radio" episode that is available at www.AIANL.org.

[Watch Video](#)

Thank you for listening. Dawna Sawatzky

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"Yesterday is history, tomorrow is a mystery,
today is a gift from God,
which is why they call it the present."
Bil Keane