Re. a Medical Marijuana Dispensary in Nevada City

Members of the Planning Commission:

I am Jim Henderson. For 12 years I was a board member of a private school in Nevada City. I am presently on the school marketing committee.

Opening a dispensary is not a good idea for three reasons:

1. It is not the best form of Medicine.
2. It is not now unnecessary.
3. Medical marijuana can be destructive to your brian and health.

1. Bad Medicine.

Drugs Never Cure
Drugs are carefully calibrated poisons that are not designed to cure the disease. They only suppress the symptoms of disease.

Medical Marijuana, like any other medical drugs, cures nothing.

Drive for Profits Leads to Abuse
While drugs may provide temporary relief, the drive for profits leads to their abusive use.

The same thing will happen with the medical use of marijuana.

Third Leading Cause of Death
The abusive use of medical drugs, has caused modern medicine, despite all of its tremendous benefits, to become the third leading cause of death in America.

Drug Side Effects
In large part this is due to the fact that all drugs, being poisons, have harmful side effects which are sometimes more deadly than the underlying disease.

Why Continue Down the Road?
Why continue down this road of practicing a form of medicine that only suppresses symptoms and never cures the patient.

Studies show that a good diet, a more healthy lifestyle, with exercise, is often the best long term remedy

2. Unnecessary:

The Active Medical Ingredient is Now Available
The Cannabinoid chemicals, the CBD ingredients in Marijuana, *which* provide temporary relief of symptoms is now readily available in all 50 states as CBD Oil.

It is cheap and can be purchased on the internet. And has few side effects.

3. Marijuana is far More Destructive
Marijuana is far more destructive to the brain of the user than anything Big Pharma offers, because it contains THC (tetrahydrocannabinol) chemicals which produce a variety of harmful side effects that we too readily over-look because of the chemical high the drug provides.

How Valuable is your Brain to You?
Let me ask you a question. How valuable is your brain to you?

Studies show that THC targets and damages 7 brain centers - judgment, movement, sensations, vision, memory, coordination, and reward-satisfaction.

Many of the harmful side effects of the drug are due to the damage done to these areas of the brain.

Neurological:
Studies revealed that heavy use among youth and adults produces,

- Abnormal changes in brain structure.
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- Decreased brain volume, especially in the areas that regulate learning and emotions.
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- Less white brain matter after prolonged use.
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- The brain literally shrinks. Holes appear in the brain like Swiss cheese.

Neuropsychiatric Adverse Effects of Marijuana
This Neurological damage to the brain explains why Marijuana use is associated with psychiatric disorders.

Studies demonstrate that long term use,

- Not only aggravates, but can independently produce - anxiety and panic, paranoia, confusion, aggressiveness, hallucinations, and suicidal ideation.
- Users are several times more likely to develop schizophrenia and psychoses.

Academic Performance:
It is this brain damage and interference with brain function, that helps us understand the drop in academic performance among students.

Not only is verbal learning and memory function impaired, what is far more serious, regular use produces a permanent 6 to 8 point drop in IQ.

Again, how valuable to you, are the brains of our youth?

Academic studies show that students who use regularly:

- Get lower grades
- Have lower classroom participation
- Skip classes more frequently

- Have Poorer attendance,
- Were disciplined more often than non-users
- Were six times more likely to drop out of high school
- Were three times less likely to enter college
- Were more than four times less likely to earn a college degree

Youth and accidents:
Brain damage and impaired function lead to accidents and often death.

The disruptive effect that Marijuana has on coordination may last for more than 24 hours, which is far longer than for alcohol intoxication.

This, along with higher levels of THC, cause teens using Marijuana to be 13 times more likely to have a car accident; And when combined with alcohol, 24 times more likely to have an accident.

Grave Responsibility
The recommendations this Planning Commission will make to the Nevada City Council will significantly impact the health, welfare and wellbeing of our community.

We cannot afford to approve any measure that will contribute to crippling the minds and bodies of even the weakest and most vulnerable members of our community - our youth.

Emergency Medical Services for Teen Users:
The Santa Clara County Health Dept. reported in 2015 that in a 7 year period, ER admissions for Marijuana use by teens 18 and under went up to 80%, while admissions for alcohol went down 13% and amphetamines 4%.

Adult Work Performance:
Interference with brain function and/or permanent damage to the brain, also explain work place accidents and fatalities:

A work place study of Marijuana users in 2012 showed,

- Short-term memory problems
- Impaired thinking
- Loss of balance and coordination
- Decreased concentration
- Changes in sensory perception
- Impaired ability to perform complex tasks
- Decreased alertness
- Decreased reaction time

California Dispensaries and Increased Hospitalizations:
A 2012 study of the neighborhoods associated with the 1,650 medical marijuana dispensaries in California showed that,

- Marijuana-related hospitalizations quadrupled - increasing from about 17,500 in 2001 to about 68,500 in 2012.

- The study found a 6.8 percent increase in hospitalizations for every additional dispensary opened.

Peering into the Future: Colorado
A 2016 report by the U.S. Government stated that after three years of legalization,

- Marijuana-related traffic deaths in Colorado increased 48 percent.
- Marijuana-related ER visits increased 49 percent.
- Marijuana-related hospitalizations increased 32 percent.
- Marijuana-related calls to the state Poison Center increased 100 percent.

Conclusion:
A grave and serious responsibility rest upon this Planning Commission to protect the residents of our county.

20 years ago over 80 percent of our youth felt Marijuana use was harmful, and that perception had a chilling effect upon their decision to try the drug.

Now most youth feel it is less harmful than smoking; and because of the medical Marijuana green light from our state legislature, most youth today probably feel its use may be beneficial.

That kind of perception will only widen the door for Marijuana use.

Let us not delude ourselves, Marijuana is a gateway drug. Many studies show that kids that use Marijuana go on to Heroin or meth and some die from overdose.

While a dispensary may try to control the potency of the Marijuana dispensed, it only opens the door wider for private use from other sources with higher THC content.

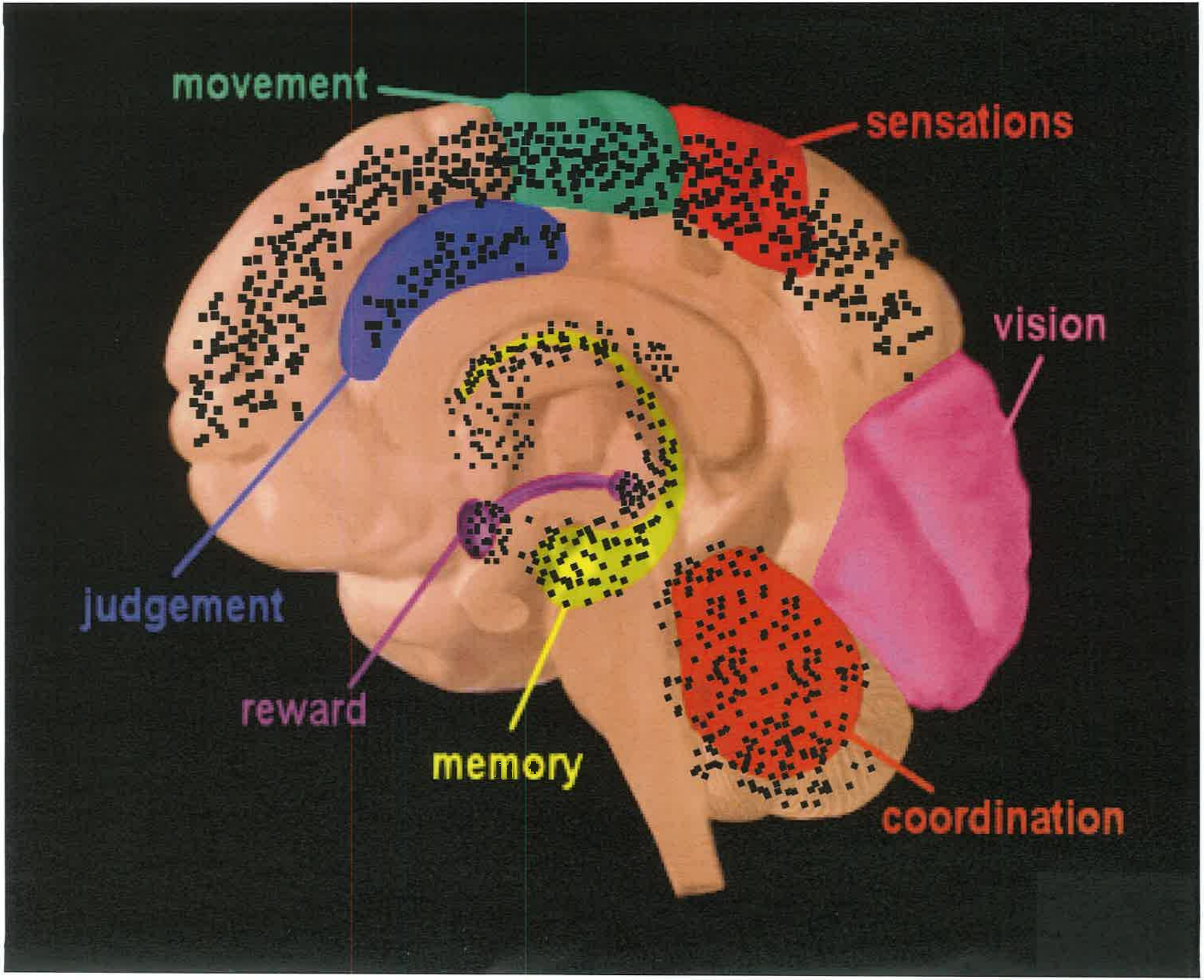
Modern strains of Marijuana plants can contain as much as 30% THC. Honey Oil marijuana can have as much as 90% of THC and use can lead to fatalities.

Many physicians report that High potency Marijuana has increased the psychotic episodes among youth. This can lead to death or suicide.

Doctors in London are now calling for the reclassification of high potency Marijuana as a controlled substance for they say that 80% of the psychotic episodes they are treating are from Marijuana use.

I respectfully request that this commission resist the proposal to establish a medical Marijuana dispensary in Nevada City, for no "distance regulations" or "security and safety regulations" can ultimately protect our youth from increased exposure to this drug, whose harmful side effects far out weight any temporary benefits of medical use.

Sincerely,


movement
sensations
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