

OPERATION DRUG EDITION

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THE DOCTOR

canta.

DRUGS ISSUE
18.07.22



AGES 18+
*SUBSTANCES NOT INCLUDED



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Editorial

People Will Take Drugs

Ella Gibson (she/her)

Haere mai e hoa, welcome to the CANTA Drugs issue and welcome back to UC for semester two. I trust that in the holidays you did not lose all of your sanity up against your exams, were able to celebrate Matariki, found time to rejuvenate, realigned your chakras, and you had a lot of funnies. I hope you chose to have that tequila shot, because you deserved it!

Whether you're a breather who has no ability within them to deny illicit substances, a wine queen that doesn't possess the capacity to say no to a BYO, or someone that is too well behaved and limits their consumption of anything psychologically manipulative, this issue of CANTA hopes to tickle the fancy of all of you out there.

Do you know what I miss? I dearly miss the ruckus that would occur at high school parties. During that week, all that you and your mates could converse about would be the party happening on the weekend. What you were going to wear, the homie from your science class that was going to be there that you wanted to make out with, and who you were getting ready with were topics of conversation that all proved relentless in how long one could talk about them.

Yet the most important matter to discuss would be nothing other than the sourcing of the alcohol. "My older brother's mate just turned 18 and could be keen to get us some alc" you would tell your mates to look super skux. Yeah, just because a freshly turned 18 year old walking into Super Liquor and purchasing four Nitros and three packs of Watermelon flavoured Cruisers looks completely natural and legal!

The feeling of drinking alcohol at the age of 16 was elite. I once told my parents that I needed \$20 for baking at my friend's place. I didn't. Who the flip needs 20 dollars worth of flour!? But alas, my Level One NCEA Drama finesse must have paid off as the Smirnoff "baking" mission was successful. Nothing compares to the feeling of secretly drinking enough Cruisers to shower a small nation with your greatest pals in the middle of butt-fuck with no concept of your alcohol tolerance yet. Being drunk was new and exhilarating, it was a state not yet familiar to my pure temple that used to find Mountain Dew somewhat effective in providing an "out-of-body" sugar high.

Upon entering university, tertiary norms in drug consumption ramped up astronomically. You may have been introduced to a thing called binge drinking? If not, I hope that rock that you have comfortably been living under is snug! By no means I am endorsing this practice, rather I am just acknowledging her mammoth presence at university. If you have not been introduced to funnels, shots, and shoeys, I genuinely commend you. It is also very probable that you were also introduced to alternative substances such as weed, nicotine, nangs, MD, and acid, just to mention a few of the most common critters that infiltrate the uni scene. Whether Harold would have condoned these practices or not, I'm not too sure. One thing that I will say is that our beloved talking giraffe may have been a tad disappointed. Where is he by the way, may I propose a comeback of Harold the Giraffe?

One thing that I would like to bring your attention to in this editorial is a matter that I further elaborate on in my column Psyched in this issue; the negative and erroneous connotation that drugs hold in conservative society. The connotation that led to the ongoing War on Drugs, the connotation that led to the referendum result in 2020, and the connotation that has led to the distorted miscommunications between people that consume drugs and the ones that do not. In Aotearoa, we now have so many incredible initiatives that acknowledge drug use and promote safe drug use. Both High Alert which is a hotspot for drug information and alerts in Aotearoa and Know Your Stuff NZ which is a community organisation that provides free drug checking services work towards dismantling this negative connotation that does more harm than good. However, much is still left to do to completely disassemble the inefficiently rigid misconception of drugs that many still hold.

Anyway, we at CANTA are immensely proud of this first issue back for semester three. In this issue, we have a diverse plethora of content for y'all. From mushy hunting to finding out what drug fits your personality, from drug use VS. abuse to cultural normalisation of certain drugs, and from Chlöe Swarbrick to the War on Drugs, we have got it all!

We said goodbye to two of our feature writers Laura Tretheway and Jude Van Houtte. These two gals have been amazing and provided you all with smashing content so far in 2022. That has meant that in these holidays we have been on the lookout for two new CANTA comrades to join the team. May we present to you Matthew Caro and Maddy Croad. Both Matthew and Maddy will be CANTA's new feature writer additions to the team. Let's go!

Anyway, that's all from me, dear readers. Sending love to ya and the best of luck going into the second semester this year.

Arohanui xxx

PRESIDENT'S PIECE

Pierce Crowley (he/him)

Kia ora koutou!

How good does it feel to be back on campus?! This semester is looking like a good one! Hopefully you are feeling well rested after the term break and exams went well after what was a stressful semester one to say the least.

Re-Ori week is currently happening as we speak, with great events coming up such as Peking Duk on Thursday, (finally) Toga Party is on Friday, and the Big Doof on Saturday! How exciting! I for one am so ready for the chance to have some big gigs back on campus and have a wee boogie (full disclosure: this was written two weeks before term has started, so if there are any (more) earth-shattering events or instances that force us to cancel events again... well, let's not even go there).

It's not all doof though – BBQ's and random fun events will be on all week, and the Winter Wellness Expo will be on next week too. These will give everyone an opportunity to take some time to slow down, grab some food, get some free stuff, and just generally ease back into campus life.

The food court is back open, and I am super excited because \$2 rice is back! Also starting this month is the **implementation of a student discount metro card for public transport** in Christchurch. For now, this means you will be able to catch the bus around the city for a child's fare. Then, starting in February 2023, this will drop to a flat fee of \$1 across the entire bus network. This is something we've been pushing really hard for this year and are so happy that ECan will be making public transport more accessible for students.

This is also the Canta Drugs' issue. As we head into a period where there will be quite a few big events, make sure that if you are choosing to consume substances, you are taking steps to reduce harm and keep yourself safe. Great services like KnowYourStuff offer facilities to test substances. This is so important given that dangerous drug analogues are often sold in the place of commonly used substances – such as MDMA. The best way to keep yourself safe is to be informed – test substances, dose accurately, and ensure that you truly do know your stuff. Keep a look out for information, and resources on our social media pages over the coming days.

To conclude, the **UCSA Half-AGM** is coming up at **12noon on the 27th of July in Undercroft 101**.

This will be super quick but is a great way to learn more about the work your student association is doing and how everything works. There will also be a feed after, and vouchers/tea party tickets to give away. Directly after that will be a UCSA election info-session (yes, it is that time again already).

There will be more info on all that election stuff in an upcoming issue of Canta, but for now, have a great couple of weeks!

Cheers,
Pierce



TUMUAKI PIECE

Rosa Hibbert-Schooner (she/her)



Mānawa maiea te putanga o Matariki
Mānawa maiea te ariki o te rangi
Mānawa maiea te mātahi o te tau



PHOTOS BY HERA PUTIPUTI TAKURUA

Mānawatia a Matariki. Ngā mihi Maioha o te tau hou Māori ki a koutou.

Kia Ora e te iwi!

Matariki is a time for reflection of the past, remembrance of those who have left us in the last year, and what we want to look forward to and work towards looking forward. It is a time where Māori come together to share kai, learn, harvest, plan and grow.

Te Akatoki has been busy with many kaupapa this Matariki.

Te Akatoki hosted Te Ahunga o Matariki which were collaborative events with different themes with diverse roopū across our university. Te Akatoki led Matariki for our university. We were able to host Hiko and Matariki kōrero from mana whenua, breakfast, yoga, Mara Kai workshop/knowledge sharing and volunteering hour, boil up and pudding, and lastly the first annual Matariki formal dinner in collaboration with our pākehā student roopū. This was a massive event with over 200 people and 4 different performing roopū which included kura kaupapa, whanau/iwi branch groups, Canterbury Samoan Students' Association and Malaysian traditional dancing. It was a night of celebration, kai and entertainment. We were blessed with the presence of 20 VIP guests including the VC, CEO of UCSA, local funders who funded our kaupapa, mana whenua and of course our taira!!!!

Te Akatoki also hosted a Hui Kaiārahi this past weekend in collaboration with Te Awhioraki (Lincoln Māori students association) and Te Mana Ākonga (National Māori student roopū). This was a weekend Wānanga out at Wairewa marae alongside Tumuaki and executive members across the country from their respective Māori student roopū. We had an amazing weekend with brilliant rangatahi leaders. Kaore he kupu mō te whanaungatanga me aroha o te kaupapa nei. We had amazing workshops with ex-UCSA president Tori McNoe, Ivy Harper (Te Pūtāhitanga), a trip out to Kaiāpoi pā with Corban Te Aika, kōrero with Alex Solomon on Kai Tahu migration and lots of kai and whanaungatanga too!!

Our wairua cups are full after this kaupapa and it is a reminder that we are not alone in the journeys we take as Tumuaki Māori across the nation – that we have support in each other and our shared experience. Being involved in student politics is not always the easiest, and it can also be isolating as often you are the only Māori student voice in the room or facing a lot of big kaupapa that we have never been taught to face. But it's weekends like this sharing the struggles and burdens, but more importantly sharing knowledge, support, manaaki, aroha and friendship.

Ki a koutou ngā Kaiārahi o te ngā roopū tāwhiti,
tata mai - tēnā koutou, tēnā koutou, tēnā koutou
katoa.





STUDENT RUNNING FOR CITY COUNCILLOR IN LOCAL BODY ELECTIONS

Alex Cater (she/her)

A University of Canterbury student is running to represent the Riccarton Ward on the Christchurch City Council in the upcoming local body elections.

Luke Jones, 19, is currently in his second year of his Political Science Degree at UC. Having already worked with central government before, most recently as a lobbyist for Modern Slavery legislation, he has now decided to run for a city councillor position and represent the younger generation of New Zealanders.

Riccarton is one of 16 wards that make up the Christchurch City Council. There are also seven community boards made up of further community representatives that work alongside the council. Every three years, almost all local governments hold elections in which candidates can stand for Mayor, community boards, the Christchurch City Council, and Environment Canterbury.

If Jones is successful, he will be the youngest person in Christchurch to be elected to the Christchurch City Council.

“First and foremost, Christchurch is my home. It has been for my whole life. I have pursued every available opportunity to serve my incredible community over the years, to help create a better city and future for us all. This has not changed and will be continued for the next three years and beyond,” Jones says.

His three key policies are climate change action, community safety and public transport.

Jones wants to see strong investment into public transport to create a viable option for citizens to commute and eventually open a railway line in Christchurch to increase options.

With the rise of crime, Jones also acknowledges that the council plays a key role in ensuring safety in our communities. He says simple things like increased street lighting in our neighbourhoods, and funding of community patrols and council-led initiatives are good places to start.

Jones says he wants to be a voice for power among youth and the wider Riccarton community. 2018 Census data shows that over 40% of the population in the Riccarton Ward are a part of the younger generations.

At this stage, Jones is running against two other candidates: Rene Walker and Tyler Hunt. Both have party affiliations, while Luke is running an independent campaign.

Voting for local elections opens on the 16th of September and closes 8th of October.

FENTANYL IN THE DRUG SCENE: HOW TO STAY SAFE DURING RE-O-WEEK

Alex Cater (she/her)

Re-O-Week is here and for many students it's a time to let your hair down before the semester gets properly underway.

With fentanyl being discovered in place of cocaine for the first time in New Zealand, Know your Stuff managing director has issued some advice for students planning on using drugs during Re-O-Week.

Wendy Allison said that if you cannot test your drugs for whatever reason, and if you are still going to take the drug, reducing the dose down to 1/10th is the safest option if fentanyl is the concern.

Before you take any chemically induced substance, such as MDMA, ketamine or cocaine, it is important that you find a place where you can safely test your drugs.

Wendy explained that there are three main options for testing substances: spectrometer testing, reagent tests and fentanyl testing strips.

Spectrometer testing can identify up to five different ingredients in a sample and comes with tailored harm reduction advice.

Reagent tests, which are available from Cosmic and Hempstore, change colour in the presence of certain substances and can indicate the presence or absence of the desired substance. However, Allison advises students need to be extremely cautious with drugs that have only been reagent tested as they are unable to detect mixtures of substances.

Fentanyl testing strips are specifically developed to detect fentanyl. They are available from the Needle Exchange, which can be purchased online.

If you don't get around to testing your drugs, consider not taking the substance at all or reduce the dosage and wait an hour to measure the effect of the drug before you consider taking more. Snorting drugs means the effects of the substance will be faster and more intense, so anything harmful will affect you sooner. It is also a good idea to have a buddy around, and avoid consuming drugs with alcohol as it can make symptoms worse.

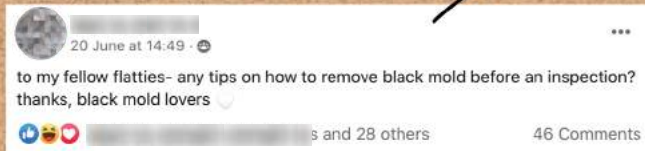
Fentanyl is a dangerous substance, and this is the first time it has been found in Aotearoa. Comments from researchers have shared that even a few grains of the substance mixed in with a regular substance could be lethal.

For more information around drugs, check out Know Your Stuff or the Drug Foundation's websites.

FAKE UCSA NOTICEBOARD



RED. NO FURTHER QUESTIONS



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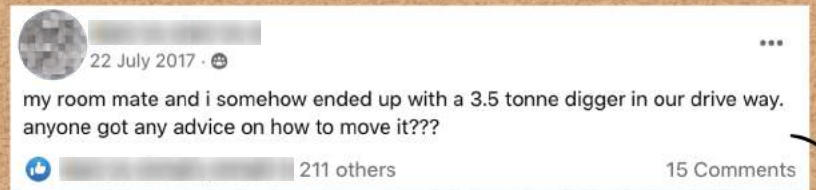
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SLAPS HARD

LISTEN UP! CANTA BANTA IS BACK ON RDU ON THURSDAYS FROM 12-2PM



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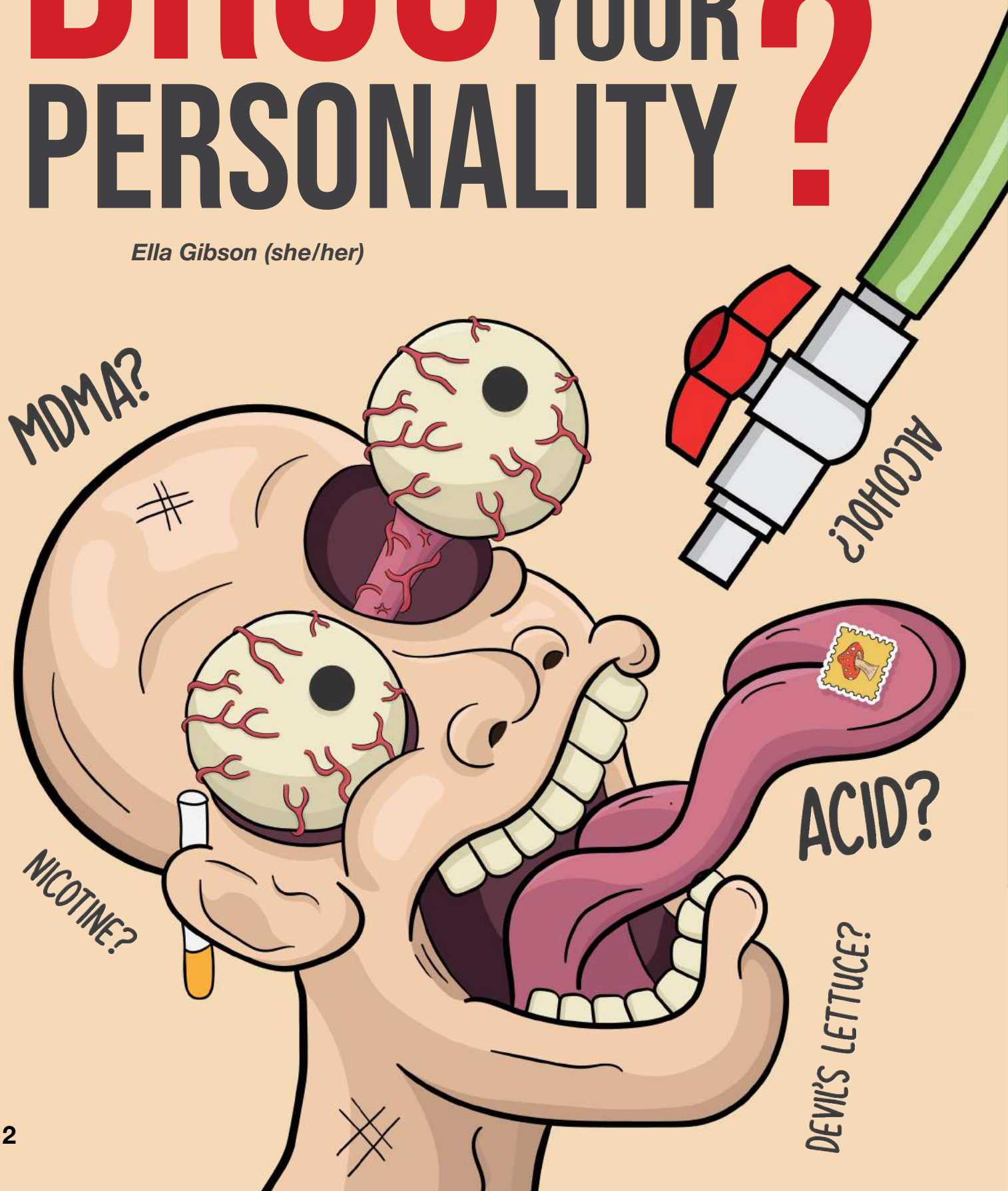
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WHAT **DRUG** MATCHES YOUR PERSONALITY?

Ella Gibson (she/her)



Part One

If you had planned to take this weekend easy and not go out, what would you do if your flatmate came running into your room at 8pm on a Saturday wanting to go to town?

1. "I've got too much happening this weekend, sorry it's not happening!"
2. "My body is a temple, alcohol does not fit into it."
3. "Okay fine! Only a few though because I have work tomorrow."
4. "You've twisted my arm, let's go."

If you answered 1 or 2, go to part two.

If you answered 3 or 4, go to part three.

Part Two

What is your preferred mode of transport?

1. Car, what else!?
2. Stoopid mindfulness walk innit.
3. The green bike lane, bby.
4. Your bed because you wake up too late to get anywhere.
5. ECan rep, free bus fares, would be rude not to.

If you answered 1 or 4, go to part three.

If you answered 2, go to part four.

If you answered 3 or 5, go to part five.

Part Three

Imagine, you're at a gig and your dream DJ is playing your dream mix, what type of EDM would that music be? *If you don't like EDM, just pretend you do for the sake of this hehe.*

1. DnB is 4 me.
2. David Guetta or whatever shit they play at Rockpool.
3. House every weekend...
4. I wish I lived in Berlin, techno of course.
5. Psytrance, I went to Twisted Frequency last year.

If you answered 1, 3, 4, or 5, go to part four.

If you answered 2, go to part five.

Part Four

It's the end of the year, what is your preferred way of celebrating the New Year?

1. Massive festival, it had to be done.
2. Family batch and getting drunkies with the extended fam.

3. Solitary mission to Gisborne to see the first sunrise of the new year.

4. Camping trip to the middle of butt-fuck with the select crew.

5. Working, sad reacts.

If you answered 1 or 4, go to part five.

If you answered 2, go to part seven.

If you answered 3 or 5, go to part six.

Part Five

Okay, your screen time ain't the sexiest right now, what is the app that consumes the majority of your attention?

1. You're just another guilty culprit of TikTok.
2. BeFake.
3. Facebook, you're a keyboard master that is at least 35.
4. Instagram because you're a baddie and like to look at other baddies.
5. Snapchat, you're 14.

If you answered 1 or 5, go to part seven.

If you answered 2 or 4, go to part eight.

If you answered 3, go to part six.

Part Six

Real question, choose a mug:

1. 
2. 
3. 
4. 

If you answered 1 or 4, go to part seven.

If you answered 2 or 3, go to part eight.

Part Seven

You're on the beautiful campus that is none other than the University of Canterbury, what is your favourite building?

1. Puaka-James, keep it central and social.
2. UC's Waiutuutu Community Gardens, great place to get away from lectures!
3. Engcore, I like to breathe with the breathers.
4. Ernest Rutherford, no doubt. Ancestral knows what is up.
5. Rehua is pretty.

If you answered 1 or 3, go to part nine.

If you answered 2, go to part ten.

If you answered 4 or 5, go to part eight.

Part Eight

You managed to succeed and ate breakfast this morning, you health queen! What did you manage to fit in your gob?

1. A hit of nicotine and anything with caffeine in it.
2. Toast innit.
3. You're a porridge chia pudding queen, slay.
4. Eggs and bacon, the whole nine yards.
5. Smoothie because you are a smooth operator.


If you answered 1 or 2, go to part nine.

If you answered 3 or 5, go to part ten.

If you answered 4, go to part eleven.

Part Nine

Hypothetically, you were to consume a drug (emphasis on hypothetically), how would you consume this said substance?

1. You would smoke it.
2. Eat it, it's a part of my diet, right?
3. Your sinuses need a bit of clearing, so snorting seems appropriate.
4. 
5. A standard drink works for you.

If you answered 1 or 5, go to part ten.

If you answered 2 or 4, go to part eleven.

If you answered 3, go to part twelve.

Part Ten

Let's look back at your childhood then, what weird ass pet did you used to have or what one would you most likely have had as a kiddie?

1. Some odd critter from the reptile family.
2. You were already a cat lady when you came out of the womb.
3. Keep it doggy style, keep it basic.
4. Something fluffy like a bunny, mouse, or guinea pig.

If you answered 1 or 4, go to part twelve.

If you answered 2 or 3, go to part eleven.

Part Eleven

You're gonna watch a Netflix show, what is your go-to pick?

1. Stranger Things, have you seen how hot Eddie Munson is?
2. Keep it regal, Bridgerton, obviously.
3. Sex Education slaps.
3. Black Mirror, bby.
5. Nothing other than Squid Game.

If you answered 1 or 3, go to part twelve.

If you answered 2, go to part thirteen.

If you answered 4 or 5, go to part fourteen.

Part Twelve

Choose your favourite conspiracy theory:

1. I appreciate the classics: Bigfoot or the Lochness monster.
2. Didn't you know we live in a simulation!?
3. That 5G innit!
4. JFK's assassination, no doubt.
5. Moon Landing, it didn't happen.

If you answered 1, go to part thirteen.

If you answered 2 or 3, go to part fourteen.

If you answered 4 or 5, go to part fifteen.

Part Thirteen

Let's imagine money or competitiveness didn't matter, what would be your dream job?

1. Not working.
2. Actor, singer, musician, or dancer. You love the spotlight.
3. Pro athlete.
4. Freelancing whatever from anywhere in the globe.
5. Honey, you're your own boss, you got your own startup.

If you answered 1 or 3, go to part fifteen.

If you answered 2 or 5, go to part fourteen.

If you answered 4, go to ending five.

Part Fourteen

You match with a cutie on Tinder, what do you do?

1. Unmatch because you are embarrassed about your horny endeavours.
2. You wait patiently for them to message first.
3. Your copy and pasted pickup line makes a return.
4. You're a genuine soul and ask them how they're going.
5. Sorry, what's Tinder, I don't know her.

If you answered 1, go to ending six.

If you answered 2, go to ending one.

If you answered 3, go to part fifteen.

If you answered 4, go to ending three.

If you answered 5, go to ending five.

Part Fifteen

Finally, it's a dusty Sunday morning, you're hungover as fuck. What food are you ingesting?

1. Maccas!
2. The Symrose leftover from last night.
3. The two P's: Panadol and Powerade.
4. Alcohol to delay last night's consequences.
5. Toast, yum yums.

If you answered 1, go to ending one.

If you answered 2, go to ending two.

If you answered 3, go to ending four.

If you answered 4, go to ending six.

If you answered 5, go to ending three.

ENDINGS

Ending One: MDMA

Your hobbies include telling your friends how much you love them, making out with strangers in moshes, and only eating food off of dinner plates. In your friend group, you're definitely the one who hypes everyone else up but also the one who scabs off of your mates.

Ending Two: Weed

You're quite the controversial one who is not afraid to spark a spicy radical debate with your conservative familial elders. Most people would describe you as a very chill person, but on the inside, you are probably one of the most paranoid overthinkers to ever exist. Most of the time, people will find you laughing or binge eating whatever happens to reside in the fridge.

Ending Three: Caffeine

Your favourite part of the human body is the bowel because you like to dance around in it a lot and make others move to a place called the bathroom. You spend more time on social media than anyone else and if procrastination was a sport, you would find yourself at the Olympic Games every four years. You probably study law or commerce and call yourself a LinkedInfluencer.

Ending Four: Ritalin

Your middle name is most likely wired. Even though your eyes don't regularly take breaks from pixels, your grades are immaculate. Your fixations on tasks are next to none and you often find yourself attempting to pursue three careers at once. Your ability to say no to a night out is nearly as poor as your ability to say no to illicit substances.

Ending Five: Acid

Hunny, you're out of this world! You like to tell others that you're spiritual but not religious, you're a big fan of energy. You feel like you were born in the wrong generation. Stevie Nicks, the Grateful Dead, and Jimi Hendrix are some of the only people in the world that you feel truly understand your soul. And how could I forget? Vanlife is your dream life.

Ending Six: Alcohol

You're basic but nevertheless you're chaotic. Your favourite pastime is causing a ruckus. Talking shit is your second mother tongue. You tend to hang at places for a good time but not for a long time (before you quickly go overboard and need to do a tacky). We get it, Mr Brightside is your favourite song.



CHLÖE SWARBRICK

ON

Emily Heyward (she/her)

She's the Green Party's drug law reform spokesperson and one of the loudest voices on drug reform in Aotearoa. Co-Editor Emily Heyward caught up with Chlöe Swarbrick to talk about her Alcohol Harm Reduction Bill, how students can be change-makers in the drug reform space, and whether cannabis would be legalised if the referendum were to happen in the current climate.

Your Alcohol Harm Reduction Bill has just been drawn from the ballot. Can you tell us about the bill and what happens now?

I guess what the Alcohol Harm Reduction Bill demonstrates is a commitment to treating alcohol, like I believe and the Greens have believed, and the Greens are also the only party that is consistent on all drugs including alcohol believe, which is that when we are dealing with drug harm we need to have an evidence-based approach that regulates as best as possible to reduce that harm.

The first thing would be the removal of the special appeals process so that communities can actually finally have their say and put these bloody local alcohol policies in place... The second thing is to phase out alcohol advertising and sponsorship of broadcast sport. That is effectively tackling the normalisation and glamorisation of alcohol on the chests of our sporting heroes.

The process from here: There are 120 MPs in Parliament and in order to pass any piece of legislation you need at least 61 votes... We have already laid so much ground work in getting local councils across the country, which include actually Auckland and Christchurch City Council, Hamilton City Council, Whanganui, Palmy and many others, so councils representing more than half the population of the country have already endorsed the bill.

How do you imagine it's going to play out across the House?

My sense is, obviously having had a lot of these conversations over the past year, is that politicians can't hide anymore. Many of them were keen to kick the can down the road, because like with all drug policy it's controversial and they would prefer not to talk about it if they don't have to.

But knowing that this is going to be in front of the chamber, I am actually pretty damn confident that we will get it through first reading and as soon as it gets through first reading it will then go to select committee. At select committee it will be very clear cut from communities across this country that something has to be done and that this bill is overwhelmingly supported... It's pretty crystal clear what has to happen here and that the bill has to progress.

What would your message be to students who are keen to see change in this space and around the Misuse of Drugs Act?

I think the key thing to do is to realise that nothing changes in politics until people get involved in it... Regardless of whether you engage with politics, politics engages with you. It shapes all of our lives.

I would say obviously making sure you lobby and get involved in different groups that exist, whether that be Know Your Stuff, or campaigning with the Drug Foundation or potentially actually some of our universities - there's some really awesome research going on. But also to be frank, make it an election issue and don't vote for political parties that have archaic ideas about this stuff, which to be honest are the two currently major parties in our parliament. You have to force them to pay attention, and they won't as long as you let them get away with it.

In the 2020 cannabis referendum, New Zealanders decided (by the slimmest of margins) that it was not the time for legalising cannabis. If the referendum were to take place tomorrow, how different do you think the results would be?

Speculation is a difficult one there... Unfortunately, despite all best endeavours we didn't end up having, at a particularly high level, a very evidence-informed debate... I think that we have seen a huge shift in public appetite... There seems to be a pretty clear indication that given how thin that margin was it's highly likely that were that to be held again in exactly the same way, that we may have seen it tipping in the other direction.

To hear Chlöe's thoughts on how the government should respond to powdered fentanyl being discovered in NZ, and so much more, check out our latest Canta Ranta episode on Spotify, or at canta.co.nz.

THE TOP SIX MOST SOPHISTICATED THINGS TO PAIR WITH GEAR



Methylenedioxymethamphetamine (they/them)

Here, I present to you gremlins a comprehensive guide of the top six most sophisticated things to pair with gear, otherwise known as MDMA. By no means is this endorsing the consumption of illicit substances, just hypothetically suggesting what to pair gear with if you were to consume such substances.



VICKS VAPOUR INHALER

Number one, we have a Vicks Vapour Inhaler. Its normal use is to provide relief from cold symptoms. But when on MDMA, the inhalation of the Vicks Vapour amplifies the mentholated sensation. One has to be cautious though if they are going to do this heavily as serious issues such as corneal abrasions have been reported when one has overindulged in the Vicks on MDMA. Take care, kiddies.



WATER

It is well known that consuming MDMA will make an individual very quenched. Drinking water on gear will feel like going on Tiktok for the first time after a full day of intensive study. Be careful though, it will make you super thirsty so be aware of how much water you end up consuming.



GYM/LOLLIPOP

Of course gum and lollipops had to make an appearance on this list. If you don't know, now you know. Gum and lollipops aid MDMA consumption as one can often be found 'gurning.' This action consists of one moving their jaw excessively. When on gear, gum is chewed and lollipops are sucked to serve as moral jaw support.



BASS

It would be rude not to mention bass. There is a reason why MDMA is often consumed quite regularly with raving or gigs. The stimulant drug increases every sensorial stimulus that will cross your path. EDM and a lot of bass cater to the need for a lot of auditory stimulus when geared.



SUNGLASSES

Sunglasses are undoubtedly an essential pairing to gear. Dinner plates may appear with gear consumption where one's pupils dilate massively. Sunglasses act to fend off suspicious bouncers and other unwanted critters in the midst.



MATES

You will also want to be around the people that you love. There is an innate desire to want to tell everyone how much you love them, so opt to do that with the people that you love soberly so you are not as creepy when you feel the need to hug a stranger.

I will also take this time to mention that you should always test the substances that you mean to consume. Recently, Aotearoa for the first time has seen fentanyl's presence which is highly dangerous. You can purchase your own testing kit at Cosmic or even get your drugs tested at Know Your Stuff or other services.

SAT 23RD JULY



 PRESENTS

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THE BIG DOOR

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THE UPBEATS * AC13

FAIRBROTHER * PONZ

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NGAIO MARSH THEATRE

2 STAGES | 8PM - 1AM

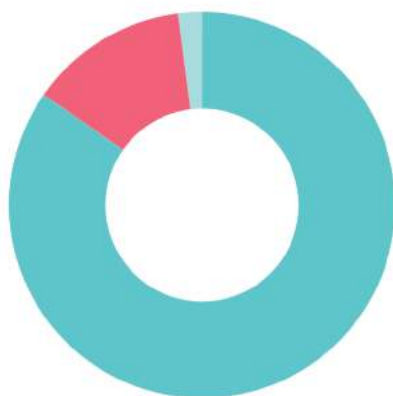
DRUG STAT WITH HAROLD

Drug Survey

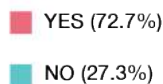
Leo He (he/them)

We asked the members of the UCSA Noticeboard about their drug (non)use. 283 people responded. Questions include if they drink alcohol, what drugs they have taken, and how frequent they are taken. Here are their responses.

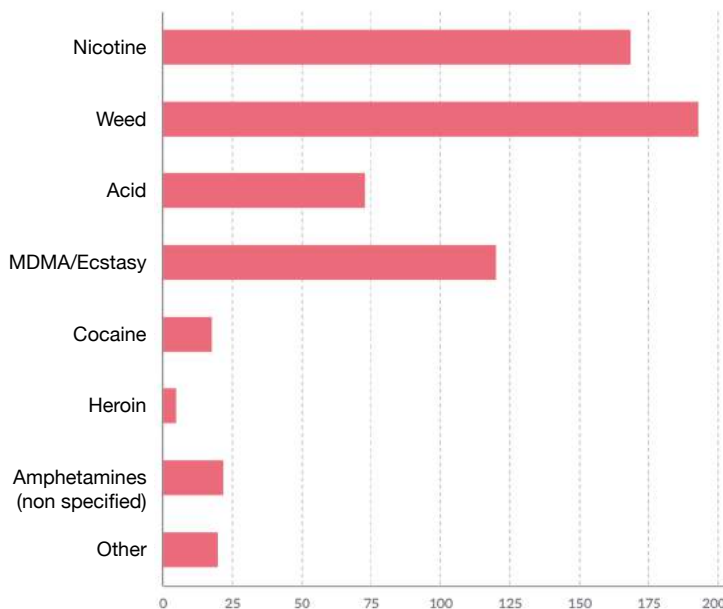
Do you drink?

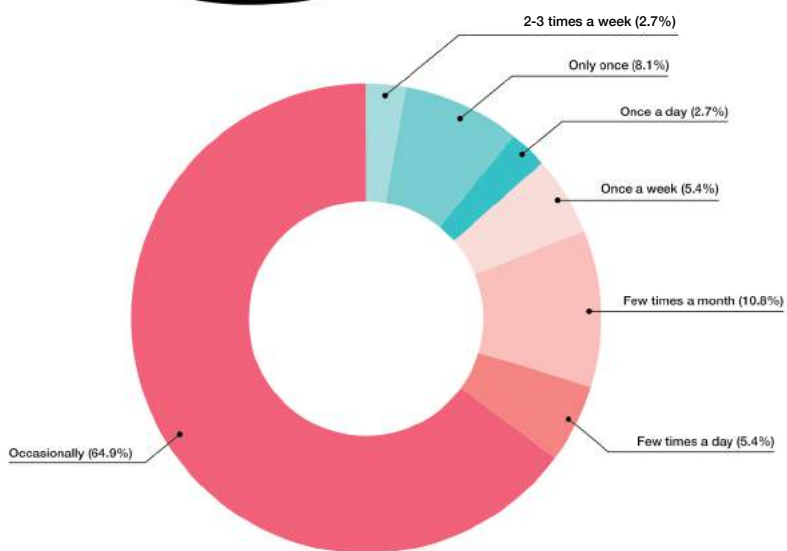
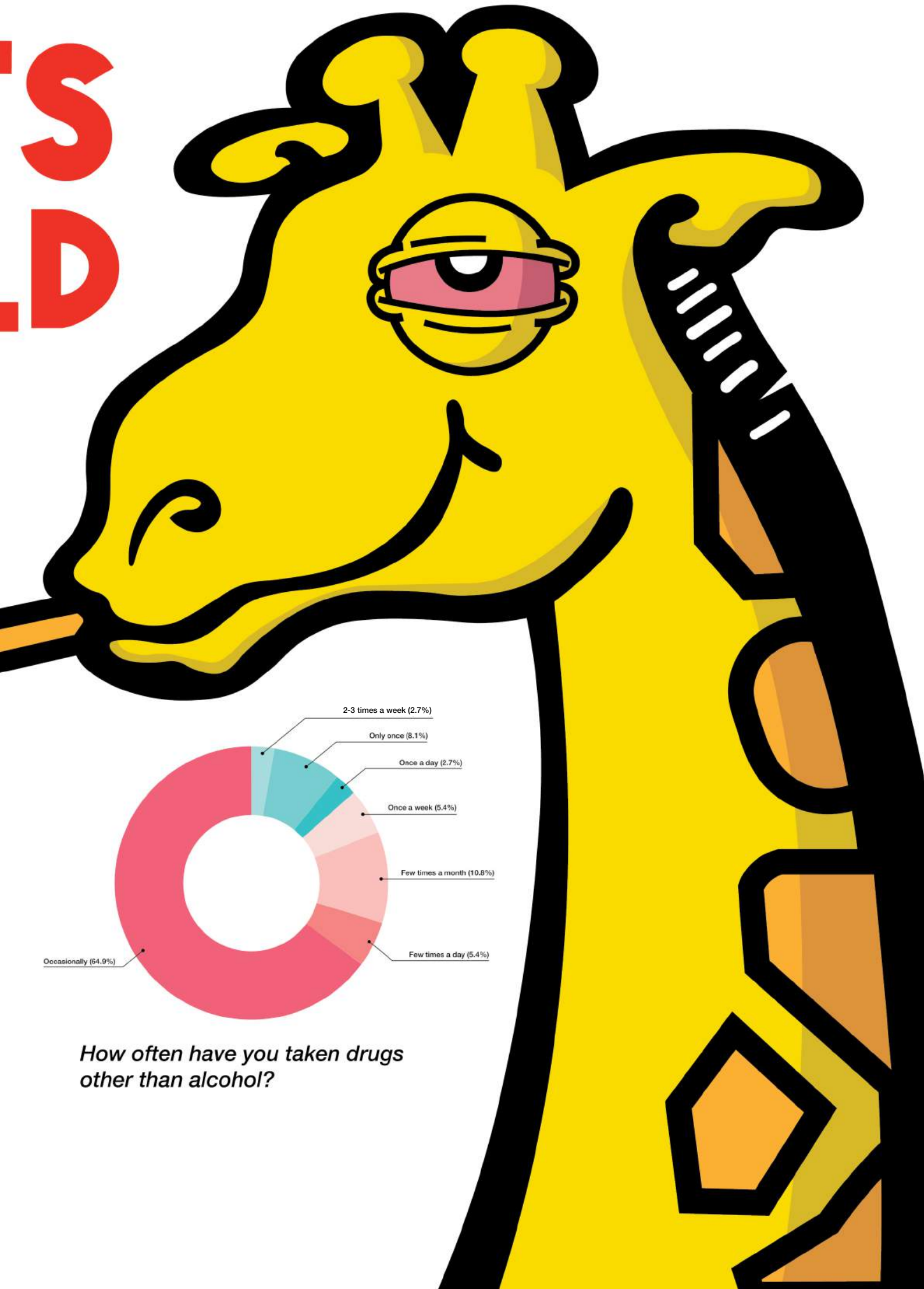


Have you taken drugs other than alcohol?

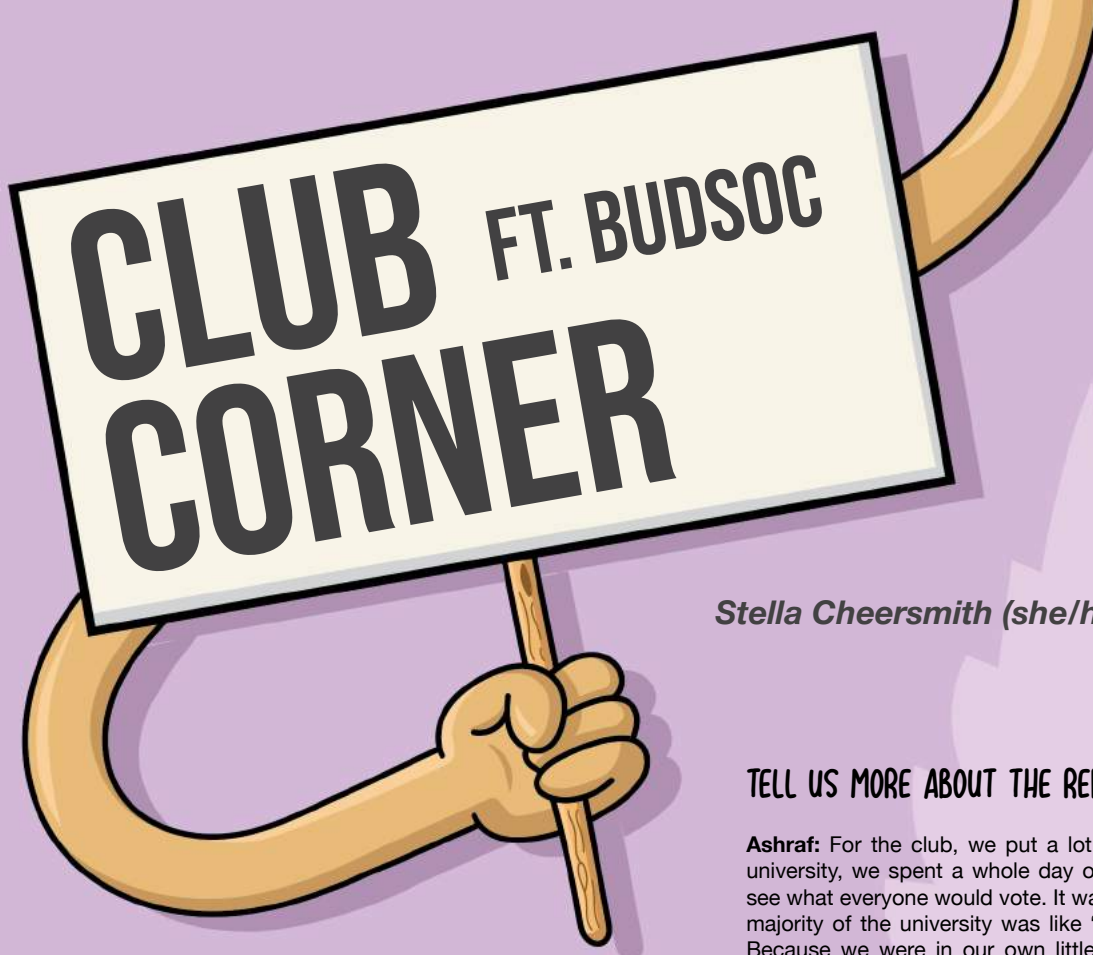


What drugs have you taken other than alcohol?





How often have you taken drugs other than alcohol?



Stella Cheersmith (she/her)

Weed, grass, bud, cannabis, marijuana, the devil's lettuce – BudSoc has heard it all. For CANTA's drugs issue, Stella Cheersmith had a chat with club president Inga Tokarenko and treasurer Ashraf Thomson.

WHAT'S BUDSOC'S BACKSTORY?

Inga: The club has been running for the last decade or so. Philippa [Orphan] was one of the really big representatives for BudSoc, and her activism within the UC community doing peaceful protests through campus was kind of the catalyst that made BudSoc more popular.

WHAT HAVE YOU BEEN UP TO THIS YEAR?

Ashraf: It's been a pretty quiet year so far – after the [2020 cannabis] referendum we didn't quite know what the club was going to be. We've been trying to socialise cannabis and make it a more socially acceptable drug, in line with alcohol for example. But the plans for this year are to have some events, have some fun, de-stress from uni, and of course spread awareness about harm reduction and steer people on a path to safe use.

Inga: With our events, we always try to push talk of drug harm reduction, because there's obviously lots of drugs [other than cannabis or alcohol] that uni students experiment with. So we try to make sure people don't combine certain drugs together, because there's a big health risk there. We're not just a fun club, we try to educate where we can.

TELL US MORE ABOUT THE REFERENDUM!

Ashraf: For the club, we put a lot of effort into polling the university, we spent a whole day on C Block lawn trying to see what everyone would vote. It was crazy because the vast majority of the university was like "yeah, let's legalise this!" Because we were in our own little bubble, we thought we had a good chance, and when it didn't go through we were severely disappointed. We were wondering, how long will it be until the government actually thinks about this again?

WHAT POTENTIAL DOES CANNABIS HAVE IN AOTEAROA'S FUTURE?

Ashraf: I study environmental science and economics, so this interests me. New Zealand's economy is based on cattle and dairy, and the ethics around that are terrible, not to mention the effect on the environment – it destroys our soils, our land. But if we had more incentive to grow cannabis or hemp, not only would it restore the environment, it would also suck carbon from the air.

Inga: I've gone to the climate protests every year, and my slogan is "save cows, grow hemp". Cows take up so much of our land, and we waste so much water on them, but the cannabis plant grows twice as fast as a tree and produces much more oxygen than a tree does. There's also a difference between a female plant and a male plant – a male plant doesn't produce any flowers which means you can't smoke it. So most of the male plants can be used for medicine, food, clothes, while only the flower of the female plant can be used for smoking.

ANY MISCONCEPTIONS YOU WANT TO SET STRAIGHT?

Ashraf: For me, it's the perception that cannabis is somehow different to alcohol, or any legal substance. If you were to drink every day, you're an alcoholic, you've got a problem. People can live a totally normal, productive life and still smoke cannabis on the weekends, or once in a while have a very small amount. [People] see it as some sort of crazy drug that's going to harm your life, but that's a misunderstanding. It's just a substance, and you have to know what it does to you.

You can keep up with BudSoc on Facebook!

CLUB PROMOTER



UC Climbing Club

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Cathsoc

Cathsoc is a Christian club at the University of Canterbury, which seeks to present the Catholic faith to students, in a way that is authentic and also a lot of fun. It's a place where students of all backgrounds can feel welcome, whether they are Catholic, seeking to become one, or even just interested in what the Christian faith is all about. We do tramps, retreats, games nights, movie nights, get speakers to give talks, theological discussions, free food and more! Whatever your interests, we're sure you'll find something to enjoy with us! To find more information or get notified of our up-coming events, go to our Facebook page 'UCCathsoc'.



UC Spanish Club

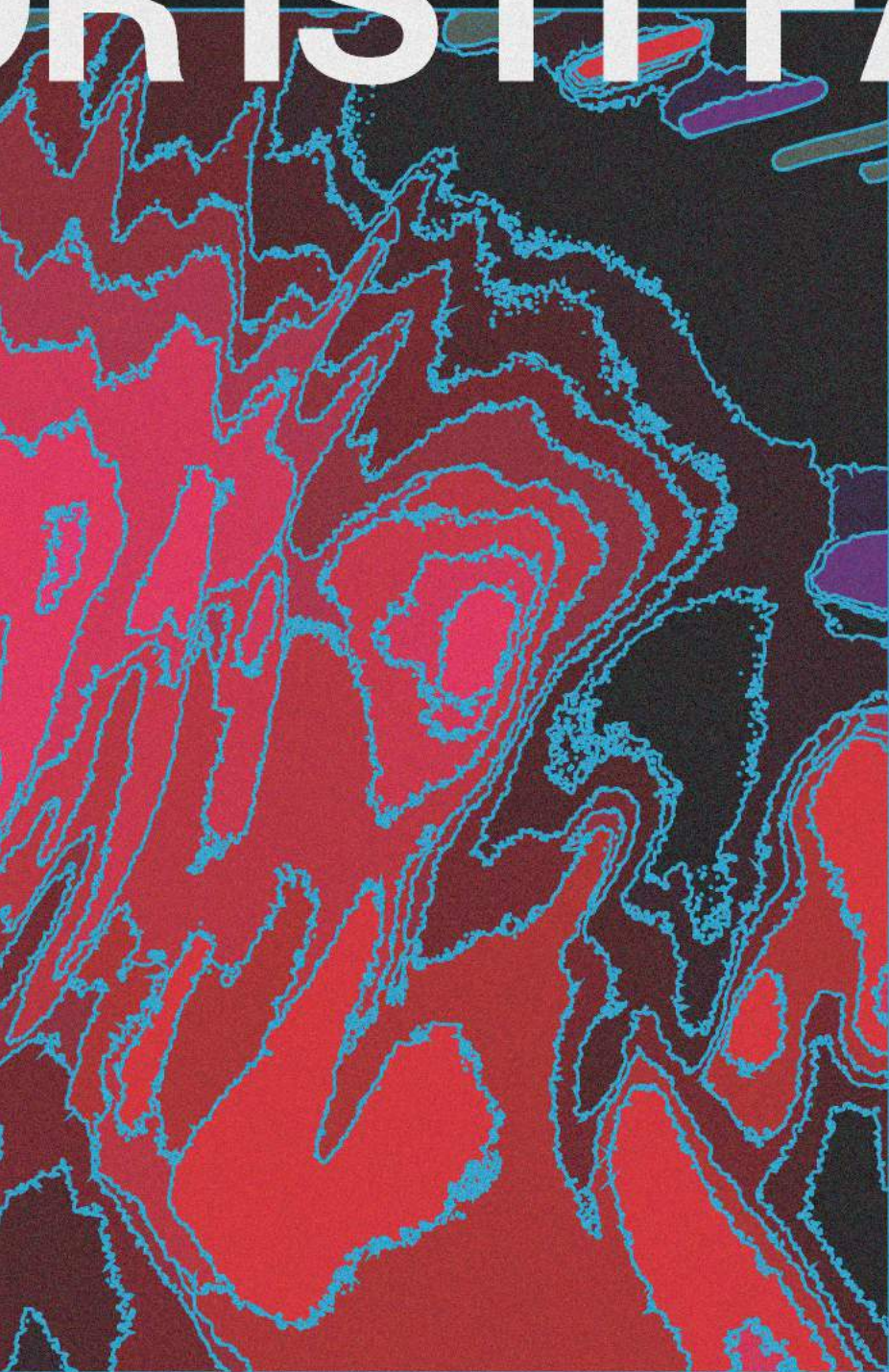
¡Hola todos! We're the Spanish Club. We've got you covered for all things Spanish. Whether you're a beginner trying to get your ser and estar in order, or a native hispanohablante looking to meet some people to talk to, or even if you've just listened to reggaeton a couple of times, we might well be the place for you. We hold regular meetups at the Foundry for snacks and charlas, we also hold movie nights and board game nights, and are always up for member suggestions. Our big event for this semester is our karaoke party in term 4. If that sounds good to you, come and join us. Stay tuned on FB: UC Spanish Club and IG: [@ucspanishclub](https://www.instagram.com/ucspanishclub).

O



IS IT REAL

OR IS IT FAKE



Chloe Bolingford (she/her)

FLAT FAMOUS



POPPY

PHOEBE

LUCY

HAZEL

LILLI

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SCAN ME

HAZEL

Hazel is the junior master chef of the flat and is currently starting a trend of making her own hummus in the nutribullet. This is not as far as Hazel's creations go though, she is an incredible painter on canvas and hair. Hazel has even taken on the role of flat hair dresser at the moment during the winter season. Despite all these positive attributes Hazel holds, she seems to have control issues, do not mess with Hazel while she is in the kitchen and do not even think about changing her music at pres or she will and has been known to, wrestle you to the ground.

Most Toxic Flat Trait: it's only her way or the highway and taking over when anyone is doing anything.

Star Sign: Taurus

Relationship Status: in a committed relationship, she wears the pants.

LUCY

Lucy Lynn is the fitspo foreigner of the flat. She is a tough girl to crack but is also a big softy that carries Kevin (her toy rabbit) around everywhere she goes. She struggles to make her mind up with every life decision, which causes issues in her dating life. You know Lucy is in the room when you can hear her laughing at the commentating on Love Island or any sentence or joke that is not even slightly funny. Lucy brings positive energy and an American twang to the flat and also a shit tonne of pad thai.

Most Toxic Flat Trait: laughing in serious flat arguments

Star Sign: Cancer

Relationship Status: single and too ready to mingle (emotionally unavailable, only wants cuddles and only if Kevin is invited)

PHOEBE

Phoebe-Jean you can view as the counselor in the flat. She likes to get herself involved in every situation and then complain about being involved later. Her weird taste in food combos transfers into her random taste in men. Phoebe's big eyes and ass might draw you in but her stanky farts will push you away. Phoebe is the kind of girl you want to have with you on the D - floor, meeting your parents but not giving directions or assisting you while cooking.

Most Toxic Flat Trait: boiling her dirty undies on the kitchen stove with flat utensils

Star Sign: Libra

Relationship Status: single but very picky, if they haven't asked her about herself BOY BYE

POPPY

Poppy is known for her classic blockage of the toilets in the flat and staying in her pajamas and oodie for as long as humanly possible. She comes across as a very sweet and innocent young lady but wait till you have really pushed her buttons cause this girl knows how to throw a verbal punch. Somehow poppy has mastered survival tactics with her ability to thrive on nutella, mi goreng and freddo frogs, this may though explain her toilet issues. Poppy is the perfect girl to chill out with, with her easy going attitude but expect to hear some classic dad jokes and movie quotes.

Most Toxic Flat Trait: saying no to going out with the flat but then gets drunk at home by herself

Star Sign: Leo

Relationship Status: taken but unsure for how much longer as her boyfriend has dyed his hair slim shady

LILLI

Lilli has a very broad choice in men which might also explain her broad range of moods. Her blue eyes will either captivate you or scare you away with the glares they give off. We dare you to challenge Lilli to a hungover eating competition or a bake-off, that girl has got some serious cake skills. Lilli will organise and get the ball rolling for any event, she is good at whipping everyones asses into gear when dad of the flat is needed.

Most Toxic Flat Trait: making everyone pay her pack to the cent e.g "\$0.26 cents for the soy sauce you borrowed"

Star Sign: Sagittarius

Relationship Status: single but still committed to all the boys who have rejected her in the past

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PSILLY FORAGING

Fillus Ivan (they/them)

At least ten fungi in the *Psilocybe* genus exist across Aotearoa, although only a couple of these are native. The 'magic mushrooms' produced by these species contain psilocybin, which our bodies can break down into psilocin, and that makes it easier to form an emotional bond with a plant.

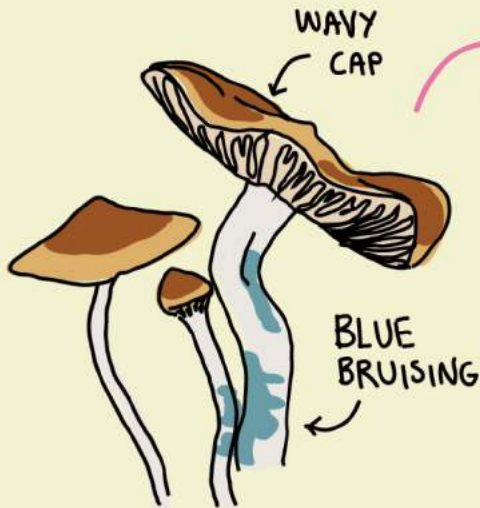
Around 8% of New Zealanders have tried these mushrooms, which is pretty high considering they're a class A drug. That comes with all kinds of legal niceties. Honourable mentions are 6 months in prison for possession, and lifetime in prison for supplying or growing them. Luckily, they grow fairly well on

Foraging for mushrooms is fun, however dying or injuring yourself is not.

EATING A MUSHROOM YOU FIND IN NATURE IS RECKLESS AND DUMB

We tend to see what we want to see, and underestimate the huge amount of variation in fungi. Even the safer option of obtaining psychedelic mushrooms from an illicit market has its risks. That said, the only way forward is education, so here is a list of the most common species and how to find

In general, mushrooms grow a day or two after it rains, and last for several days before drying up. They typically grow in shady and damp places, like under leaves and trees, and near rivers and lakes. All mushrooms on this list bruise a blue colour when crushed on their stems or caps, which is unique to psilocybin species. A spore print is also required to reliably identify them, and is easy to do - all four of these mushies should produce a brown/purple spore print.



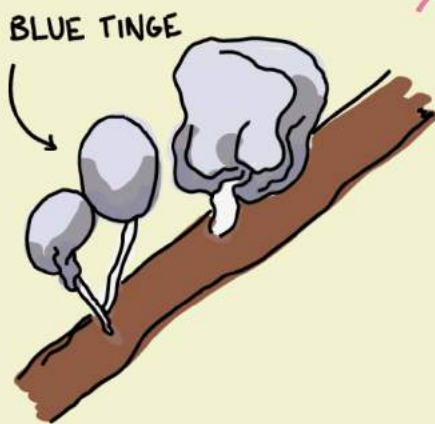
Psilocybe cyanescens* / *subaeruginosa

Common Names: wavy caps, golden tops, subs

These mushrooms grow all over, but are more common in Ōtautahi and further north.

At full growth, they have a wide-brimmed golden-brown cap (often with a 'wavy' edge), a thick white stem, white/cream gills, and a nipple in the middle of the cap called an umbo. You find these mushies in clusters of several, growing in wood chips or dead leaves.

Mushrooms in *Galerina* can look similar to *P. cyanescens*, but are distinguished by their brown gills.



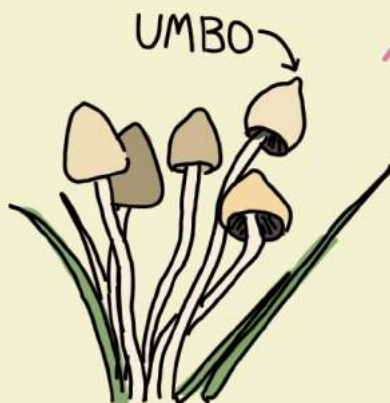
Psilocybe weraroa

Common Names: blue meanies

P. weraroa looks like something from outer space, and grows almost only in the north island.

The blue oval-shaped cap remains attached to the stem, and the mushroom can be found growing on rotting logs and branches.

It has two lookalikes (*Clavogaster virescens* and *Rossbeevera pachydermis*), and the cap should be cut open to be correctly identified.



Psilocybe semilanceata

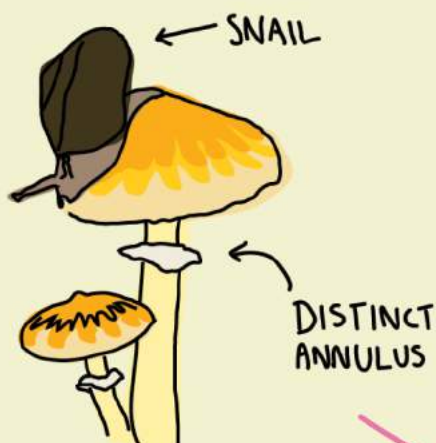
Common names: liberty cap

This mushy may be both the most potent and the most widespread species. It is found in all kinds of climates worldwide - including all over Aotearoa. They can grow individually or in huge groups of hundreds of mushrooms, most often in open grasslands and fields. Unlike *P. cubensis*, they don't grow on dung but prefer damp grass. The mushroom has a smaller cap than the others on the list, which can vary in colour from light dark brown. The cap is usually pointed like a smurf's hat, with brown gills underneath.

Psilocybe cubensis

Common names: gold caps, penis envy

Although this fungi is not common 'naturally' in Aotearoa, it is the most common species for sale in illicit markets. The mushroom has a distinctive bowl-shaped gold cap, with grey gills. This is the only mushroom on the list with a stipe, which is a visible ring around the stem about $\frac{3}{4}$ of the way up. Their usual habitat is the same as *P. semilanceata*, however the fungi reproduces using cattle which means their fruiting body grows in dried dung.

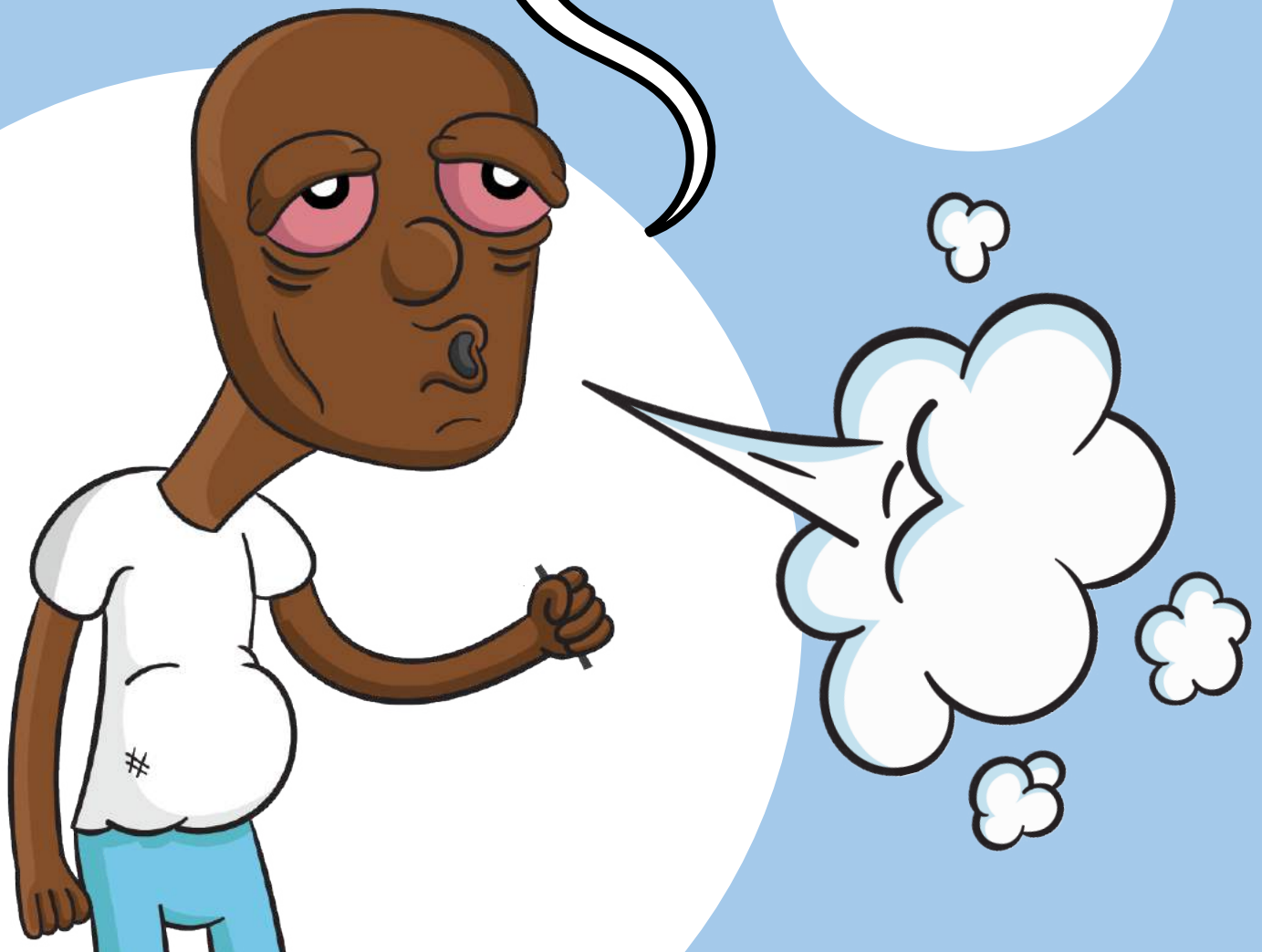


If you are looking for images of a mushroom species or want identification of a species you've found, the most reliable method is to chuck a bunch of pictures of the cap, gills, and surrounding habitat on iNaturalist.com. Again, don't eat any mushrooms you find. I can't identify mushrooms reliably and wouldn't eat one I found, so if this article has new information for you then you probably shouldn't either <3

WAR ON DRUGS

Matthew Caro (he/him)

"I HOPE YOU KNOW; I'M ONLY SMOKING
THIS DOOBIE AS A POSTHUMOUS, POLITICAL
PROTEST TO NANCY REAGAN'S BULLSHIT JUST
SAY NO SLOGAN"



Nancy Reagan has come to represent everything I resent about the War on Drugs. It is a war based on racist, ignorant views that has travelled from 1970s America to present-day Aotearoa, wrecking countless lives along the way.

The War on Drugs, officially declared by President Richard Nixon in June of 1971, has been a sham from the start. John Ehrlichman, one of Nixon's top aides admitted as such, stating the

“Nixon White House after that, had two enemies: the antiwar left and black people. You understand what I’m saying? We knew we couldn’t make it illegal to be either against the war or black, but by getting the public to associate the hippies with marijuana and blacks with heroin, and then criminalising both heavily, we could disrupt those communities. We could arrest their leaders, raid their homes, break up their meetings, and vilify them night after night on the evening news. Did we know we were lying about the drugs? Of course we did.”

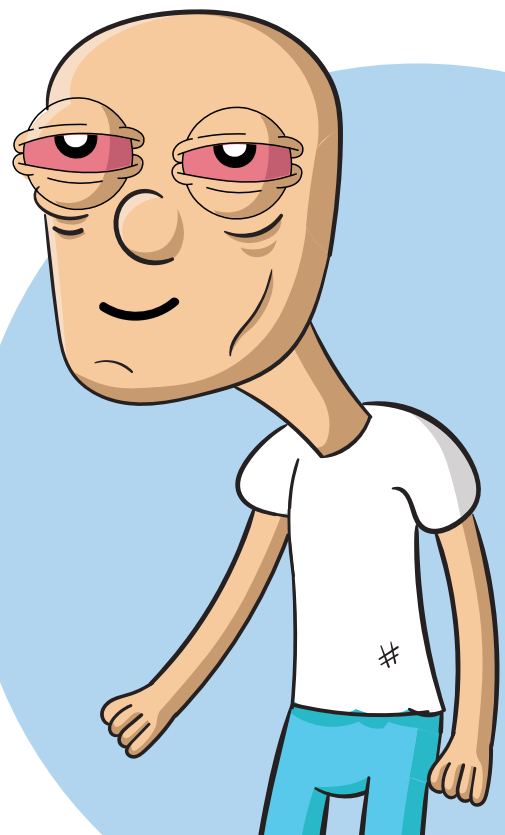
While New Zealand did not start this war, we have continued its fight. The Misuse of Drugs Act is our official doctrine outlining how we regulate the possession and use of drugs with police sentences, rather than rehabilitation initiatives. The scale of the black market for drugs is enormous, estimated to be worth over \$300 billion globally. A grotesque amount of money is spent policing it, far more than what goes into support programs.

The evidence is clear: prohibition of drugs doesn’t work and has profound ramifications on our society, especially for Māori and other minorities. These laws are applied in racist ways; it is much more likely for Pākehā to be given pre-charge warnings, leaving Māori offenders with a disproportionate share of prosecutions. The social cost to an individual imprisoned for using drugs has deep repercussions for the rest of their life. They will struggle to find a job and housing, while reconviction rates are worryingly high. Crucially, this approach detracts from the support that dependent users so desperately need. Drug addiction is not a criminal issue, it is a symptom of health and social issues.

Fortunately, in the face of unparalleled evidence, politicians around the world are starting to reduce the penalties for drug use and offer more support. In 2019, an amendment to the Misuse of Drugs Act requires police to not prosecute crimes of possession and use when a health-based approach would be more beneficial. A Law Commission Review has provided unbiased, evidence-based recommendations that have been turned into model laws by the NZ Drug Foundation.

Drugs aren’t going to lose this war. They have been around humanity long enough for us to know they aren’t going anywhere soon. They are settled deep in the trenches, and the reality is that our laws are failing us. Now is the time to fight back and protect Aotearoa’s communities.

**“YOU’RE Slobbering
ALL OVER IT AGAIN.”**





TALES OF A CYCLING ADDICT

Imogen McCrae (she/her)

Oh yes, it's the second week of our sustainability column and I just couldn't wait to chat CYCLING!

This is a confession of my own addiction... cycling generates dopamine so it's a drug aye? Maybe not quite, but I'm certainly hooked and wouldn't have it any other way.

It is on my bike that I can cut through Hagley Park, enjoying the scenery and direct route to the city heart. I enjoy the rhythmic thumping of my feet on the pedals, and the warmth it creates in my body. As you breathe the fresh air, you really do notice your surroundings more on a bike. I'm a keen forager and notice fruit trees and mushrooms (of all kinds) popping up everywhere. You're exercising passively everywhere you go in the saddle which feels fantastic. Nothing beats the satisfaction of sweeping past a queue of frustrated drivers in their metal cages during peak traffic. To top it off, while they struggle to find a park, on a bike you can pull up right outside your destination and lock it, no troubles. As you get fitter and reduce the impact of your travel around the city, you can be proud of every pedal stroke you make.

Cycling ain't always a breeze, but it can be if you're prepared for it. Here are my top seven tips for when you're tripping around Ōtautahi on two wheels:

1. Get yourself a luggage solution. Hands down, my number one tip! No-one enjoys cycling when you can feel sweat dripping down your spine. Even worse, when you end up walking around with an imprint of your backpack on your shirt. I have an old ABC crate on the back of my bike. For me, this really sparked the change from biking sometimes to all the time and anywhere! Going to pick up a 30-piece crockery set? No worries! Chuck it in the back and off ya go.

2. Give yourself time. I strongly believe that you can cycle anywhere if you give yourself time. If you're in Ōtautahi, make the most of the pancake landscape to glide around and test your reach.

3. Make use of the fantastic cycleways. I feel a lot safer on the cycleways (let's be real, some pretty poor driving happens on our roads). Heaps have sensors in the ground that trigger the lights before you get to them, just ride over the painted diamonds.

4. Be seen. Especially in peak rush hour traffic and the dark, it can be hard for drivers to see cyclists. Lights are a must and make me feel safer.

5. Learn how to fix a flattie. Flat tires are a reality when cycling around a city (broken glass arrrrgghhh). After experiencing one too many at inconvenient times, I carry a pump and repair kit everywhere I go.

6. Be prepared for the weather. Winter = gloves. Check the weather and bring a raincoat if you might be needing it. If it's raining when you leave, spare socks and a flannel to wipe your face are a good call. Flash those lights in grim weather too!

7. Love your bike. This is where it gets corny... time for confession #2. I am in love with my bike. She has a special spot in my heart which drives me to hop on her as much as possible. This also means I look after my partner in crime well (regular services) to keep her pedalling smoothly. You can check out Dr Bike free servicing on campus at UC - every Friday on C Block lawn, from 12pm-1:30pm! It's also a good idea to register your bike with 529 garage for security. I did this with my bike (even though she's old and probably won't get stolen) and found it quick and easy to do. Do it here: <https://project529.com/garage/>

See you on the cycle lanes xx

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2 STAGES | 8PM - 1AM

DRUG

VS



What do you think of when you think of drugs? People in their twenties likely associate the word with a few bongs here and there as well as some gear on the weekend, maybe even a tab on special occasions. But the social acceptance and relaxed stigma around drugs nowadays has made it easy for some people to get caught on the slippery slope leading from drug use to drug abuse.

Anyone who's tried MDMA or 'gear' as the cool kids call it, will tell you that it's one of the best feelings in the world.

The euphoria you feel is more addictive than that TV show and it's also a great catalyst for sharing with your friends how much you love them.

But chasing that dragon can get pretty ridiculous as some old heads could tell you. Back in the day, my sister warned me about the addictiveness of gear, saying that after trying it at RnV she had it pretty much every weekend for a couple months; "that's ridiculous", I thought, "I won't ever be like that." But sure enough in second year, me and the boys found ourselves putting a bit of Jacinda money aside each week until we'd compiled enough to get a bag.

Weed. It's the drug that had its own niche in high school, but when you get to uni it seems that everyone on the UCSA noticeboard and their dogs are lightin' up. It's gotten to the point of social acceptance where you can take a joint to a gig in town without really having to worry about the consequences, I mean heck! It was almost made legal just a couple years ago.

But if the road to gear addiction is a slippery slope, then the one for weed is a fucking water slide!

Half the people I've met at uni have been whipped on Mary Jane at some point. It starts out as hanging out with some mates for some cones and smoking bongs to make mundane tasks like cleaning a bit more fun and exciting, then next thing you know your mate Donny can't get to sleep unless he's had a cone or three and your rolling joints to deal with the stress of hand-ins and ex-girlfriends. A stoner's favourite quote has got to be "it's not actually addictive bro" but if you are a consistent smoker, make sure you have a break every now and then just to make sure that that quote hasn't accidentally become more than a joke whilst you weren't looking.

USE

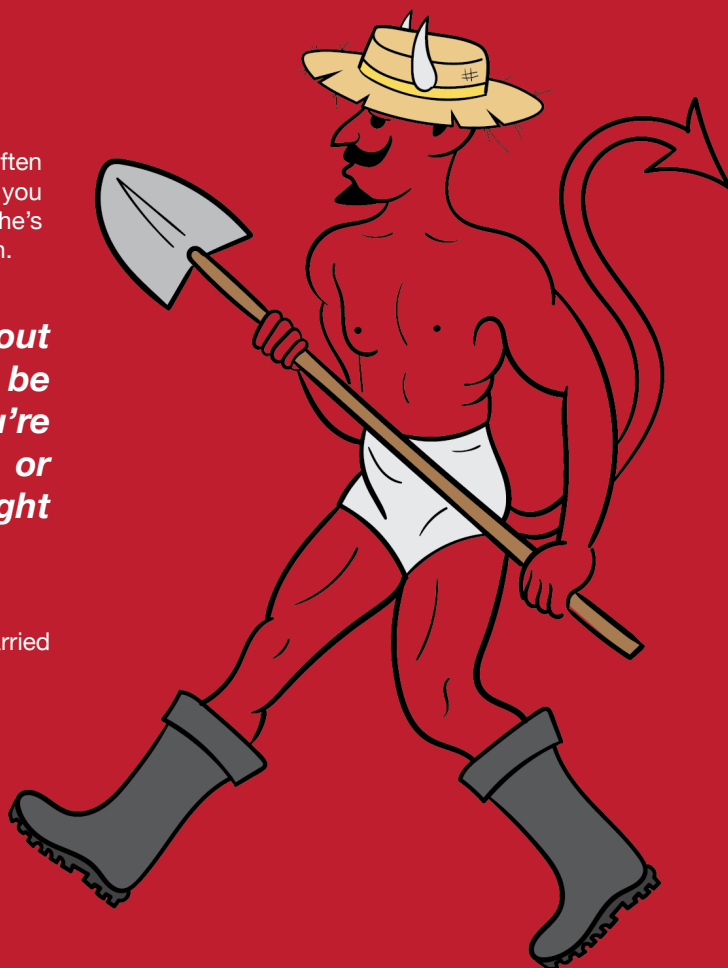
Abuse

Alan Dalton (they/them)

Acid is like the cool uncle who doesn't show up that often but when he's around it's constant good vibes and you miss him heaps just after he's left but pretty soon he's out of your everyday mindset until you see him again.

I've got no bad things to say about acid but I will say you have to be in the right mindset for it; if you're going through something tough or aren't feeling 100% mentally, it might be best to sit this trip out.

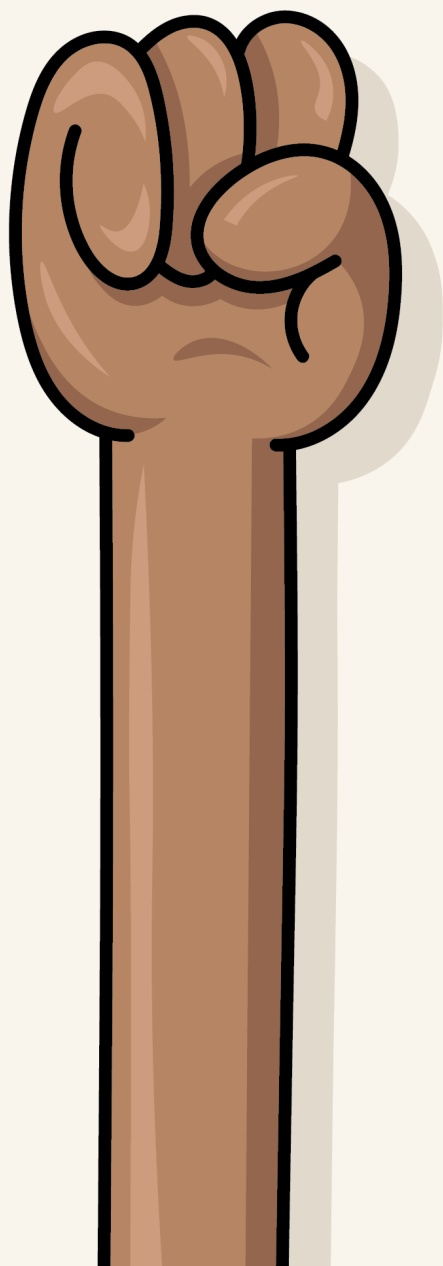
So in conclusion, drugs are fun, but it's easy to get carried away. Respect them and they'll respect you.



THE RANT!

A SCOUT IS ALWAYS PREPARED
WHAT THE 2022 BUDGET MEANS FOR RAINBOW COMMUNITIES

Sarah Eynon (She/Her)
QCanterbury



The 2022 Budget had almost no impact on the average person, but Pharmac seemed to score big this year, securing \$1.186 billion in funding. This funding, which is an obvious reset in priorities by the government to focus on ensuring access to the necessary medicines, actually resulted in a win for many in the rainbow community.

PrEP, Pre-exposure Prophylaxis, is an oral pill that when taken as directed is 99% effective at inhibiting HIV infection. After receiving the funding boost from the government, Pharmac announced it was widening access to fully funded PrEP, meaning it would no longer require a person to disclose their sexual behaviour to doctors in order to receive funded access to the prescription. According to Pharmac, as of July 1st individuals who are HIV negative and determined appropriate for access at the discretion of their healthcare provider will meet the criteria – removing nasty checkboxes or labels that just discourage disclosure. In Aotearoa, men who have sex with men are 187 times more likely to be living with HIV than those not in this group. Furthermore, transgender individuals (who are estimated to account for 1% of the New Zealand population) make up 1.7% of those living with HIV in Aotearoa.

PrEP access is undeniably relevant to the queer community. The Burnett Foundation, recently renamed from NZ AID's Foundation, states that gay and bisexual men are disproportionately affected by HIV but this doesn't go without acknowledgement of the heterosexual men and women affected, the rare but possible spread through needle usage, and passage from mother to baby. The relaxing of criteria to receive PrEP will ultimately reduce the stigma that surrounds HIV, especially among queer individuals. Pharmac expects an additional 3500 people at least each year will be accessing PrEP.

PrEP

- Pre-exposure prophylaxis
- Prevents HIV being spread to the person taking it (must be taken consistently!)
- Funded for those who are HIV negative and considered at risk

PEP

- Post-exposure prophylaxis
- Emergency pill for condom breakage, didn't use a condom, not on PrEP, or you find out your partner has a detectable viral load after sex
- Best when taken within 72 hours of exposure, can be requested at A&E

Another win for rainbow communities was the allocation of \$2.2 million to support gender affirming health care, and an additional \$2.5 million to support intersex healthcare moving forward. The \$2.2 million will go towards setting up eight health care providers around Aotearoa that will be able to provide gender affirming practice. This will hopefully reduce the waitlist for gender affirming surgery, which is currently between 10-30 years long (as well as remove the endless number of hurdles you must jump to be qualified). To get surgery under private care, individuals are looking at thousands of dollars depending on what is done. There is a myriad of more necessary healthcare to affirm gender diverse individuals, which makes the \$2.2 million even more vital.

The allocation of \$2.5 million towards intersex healthcare is vague, with the key phrase in its announcement being 'support best practice'. This is said to entail better education for healthcare professionals on the intersex experience, which will hopefully reduce the number of coercive or non-consensual genital surgeries performed on intersex individuals, especially as infants, at the advice of the doctor. But hey, regardless of the difference this funding may make, at least we've got our \$350 cost of living bonus as reparations for the state of our rainbow healthcare system.



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NGAIO MARSH THEATRE

2 STAGES | 8PM - 1AM

DRUGS

Chloe Bolingford (she/her)

WORD FIND

O C P A A T P I L L S I D S
D N S H I A R N I L C C D M
S I Y T L O R A E I O N E O
A L C O H O L N E N L O E O
M A H B C L D G M E S A P R
O G E A R O I S I S D M S H
E C D C C A C Y G I M D N S
L E E C B D L A E C R M I U
O G L O P L L L I S O T C M
C S I A O A C I D N I N O C
L J C M V D O O B I E I T I
L I S L L B W E E D S O I G
J A N A U J I R A M M J N A
E C I U J E P A V E J O E M

LSD	COCAINE	PILLS	MOLLY	PSYCHEDELIC
MDMA	NANGS	ACID	SPEED	MARIJUANA
VAPEJUICE	GEAR	WEED	ALCOHOL	
MAGICMUSHROOMS	NICOTINE	TOBACCO		
JOINT	LINES	DOOBIE		



FANGED

Stella Cheersmith (she/her)

Ever had your wisdom teeth out? Maybe some other dental procedure or minor surgery? Chances are you were sedated with the help of nitrous oxide, also known as **NOS**, **N2O**, **laughing gas**, or – on the party scene – **nangs**.

Nitrous oxide has been around for over a century. As a medical gas used for sedation and pain relief, it's totally legal. As a recreational party drug? Not so much. But that becomes pretty hard to police when the gas is also a crucial component in those cans of instant whipped cream. That's right: nangs are sold commercially as refill canisters of whipping propellant, small metal cases each filled with eight grams of nitrous oxide. And maybe a decent proportion of these silver bullets are being used to whip cream, but I'd say a whole lot more are going to student parties for inhalation and a quick but intense high. And how would we know what they're being used for once the goods have been purchased and shipped away?

Catering company Sohi is the first result to show up when I type "nangs Christchurch" into Google. Self-described as "Christchurch's best event supply and entertainment store", Sohi's website lists all your party needs from napkins to nangs, with free same-day delivery here in Ōtautahi.

Of course, the nangs aren't advertised as "nangs", but as "Cream Chargers (Mosa/Ezywhip)" – a pack of twenty sells for \$35, and you must list your date of birth and reason for purchasing.

Sohi also warns that "inhalation of cream chargers is illegal and we have the right to decline any sales that we suspect will break this law. The possession of nitrous oxide for inhalation without a prescription is an offence and you could be imprisoned for up to three months or made to pay a fine of up to \$500 if found guilty." So they're following all the necessary rules, but how often are they actually declining those sales?

Take a look at Sohi's TikTok and things get more bizarre. Most videos have over ten thousand views, but you'd be hard-pressed to find any of Sohi's products here. Instead these vids involve some random guy who resembles a red-headed Finn Wolfhard roaming the Christchurch strip and asking passers-by the important questions, like: what makes a good party, do they have any party tricks, and (what seems to be his personal favourite) how can ginger Finn snag himself a girlfriend? This last question invites a range of sexist responses, as you can imagine. How exactly does this connect to Sohi's catering business? I guess they're exploring Ōtautahi's party culture... but it's a stretch.

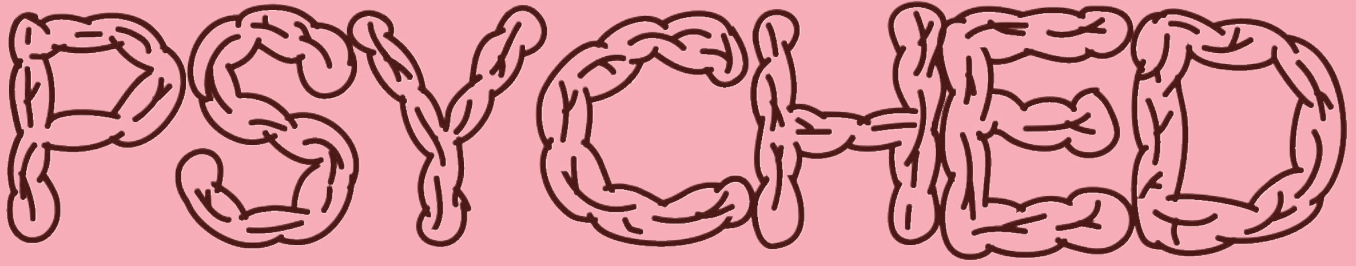
But back to nangs – what's making them so popular among students at the moment? Well, aside from being relatively cheap, pretty easy to find through companies like Sohi and almost legal to purchase, nangs deliver an instantaneous hit that lasts about a minute. The gas is first released – usually into a balloon – and then inhaled by the user, delivering intense feelings of euphoria, giddiness, and often ending in fits of giggling and laughter. As most drugs go, it seems pretty low-risk: that high wears off and a minute or two later you're back to your old self. Harmless, right?



Not quite. Of course, all drugs come with risks, and nangs are no different. Buckle up, because it's time for me to list a bunch of scary but real things that can happen while using nangs. If the silver canister breaks or is inhaled directly, the pressurised gas can cause frostbite-like burns to the skin. The temporary nature of the high can also mean that users sometimes go too hard, too quickly, and inhaling nitrous oxide too fast can result in a lack of oxygen, which can then cause a condition called hypoxia, define by Google as "an absence of enough oxygen in the tissues to sustain bodily functions." Long term effects include a depletion of vitamin B12, a vitamin involved in making red blood cells and maintaining the health of nerve cells. Vitamin B12 deficiency can lead to anaemia and nerve damage.

ALL DRUGS COME WITH RISKS, AND NANGS ARE NO DIFFERENT.

Nangs might initially sound like a bit of quick and easy fun. And while those outcomes I've mentioned are by no means guaranteed, there's always a chance that things go wrong. It's important that we understand the risks, and how to deal with them if they do happen. So stay safe out there peeps, and especially if you have a pre-existing condition that could be affected by using nangs, just make sure you know what you're in for <3



THE CULTURAL NORMALISATION OF SOME DRUGS OVER OTHERS

Ella Gibson (she/her)

First, I must disclaim that when I say 'over other drugs' that I am not alluding to the drugs that will legitimately ruin your life. Crack, heroin, fentanyl, and meth, do not fit into the equation that I am putting out into the world here. Apologies if you came here looking for an answer to your crack queries, you ain't gonna find them here nor anywhere. Don't do crack.

Drugs have always been a topic of conversation that no one ever seems to agree on. Maybe this is attributed to divergent intergenerational beliefs, distinct cultural norms, or whatever unique information your social media feed likes to regurgitate back up to you - who knows, really?

But alas, no common consensus exists on how drugs should be regulated. This fact became especially evident in Aotearoa's 2020 weed referendum where the population became explicitly more polarised than my damn glasses.

What I find particularly interesting is how society has culturally accepted and normalised some drugs over others. If a novel drug was being introduced to society that made you more aggressive, encouraged impulsive behaviour, and made you lose any motor skills and coordination that your sober self might have possessed, do you think people would be eager to legalise that today? I genuinely do not think so. Apart from caffeine, alcohol, which is the drug that I have described above, happens to be the second most consumed drug in the world and is very much legalised and normalised.

The U.S. in the early 20th century saw alcohol prohibition. This was due to the result of temperance movements that had already been established in the industrial revolution a century earlier. Such anti-alcohol movements believed that alcohol was the primary driver behind problems like poverty and domestic violence. Alcohol prohibition saw the formation of gangsterism, speakeasies, and bootlegging which illegally gave space to drinking.

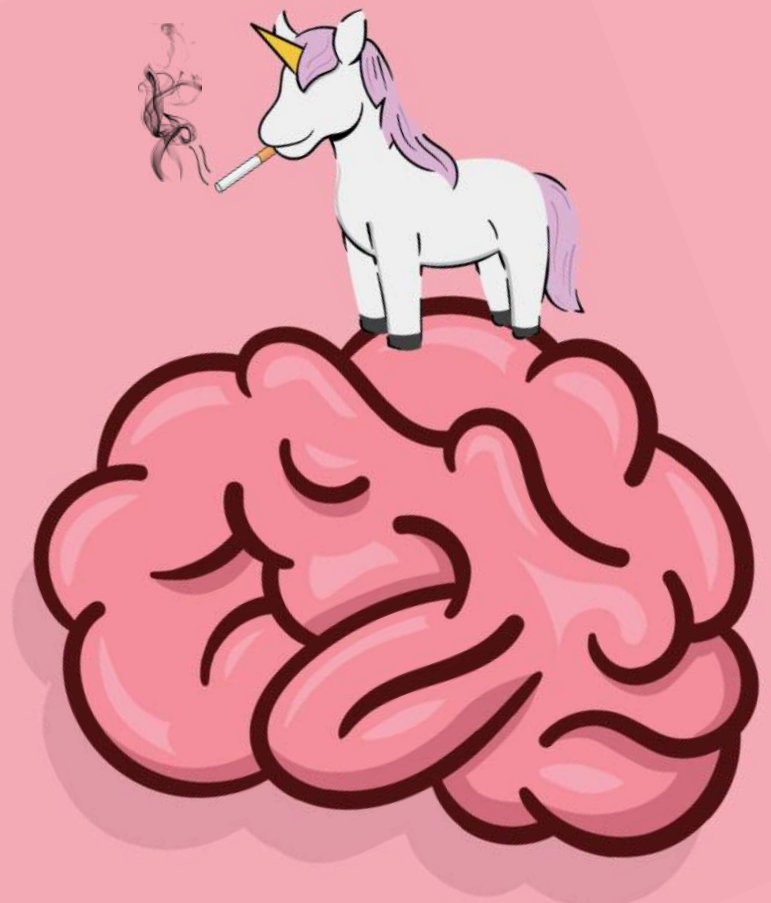
Who would have thought, alcohol prohibition did NOT stop people from consuming alcohol! Prohibition only made it riskier and unsafe, does that ring any bells?

Alcohol prohibition was finally terminated in 1933 when the masses realised that they may as well regulate safe alcohol consumption instead of negating the reality of their society.

If you did not know before, I am here to emphasise that people take drugs. The ongoing war on drugs in the U.S. that saw its debut in 1971 in President Nixon's campaign is a testament to the distorted perspective that many authorities have against drugs.

In Aotearoa, if you get a propagandist puppet giraffe going from school to school telling children how bad drugs are and that you should never do them, it simply only serves as a frightening burden to them when they exit the schooling system where the reality is that most individuals will experiment with drugs.

If you have never before been exposed to any real information about drugs apart from the crackhead stuff that your friend's older brother teaches you about smoking a doob, how on earth is it expected that no harm will be caused from the inevitable? There is still a long way to go, but we are starting to make waves. Maybe it is time to give Harold an extreme makeover drug edition?





Halk

AGM



**FREE
FOOD
•GIVEAWAYS**

27TH JULY 12PM
UNDERCROFT 101 (NEXT TO OTTO)



FEELING LUCKY?
APPLY FOR A LUCKY DIP
ON OUR WEBSITE

LUCKY DIP

CANTAs longest running segment! Each issue we set two people up on a blind date and they record their experiences.

Here are the unedited results.

DIPPER ONE

After reading a couple of lucky dips this year I decided "ah fuck it", I could probably do with a bit of first date practice and free ice cream. I reached out to the editor and told her I'd do the next one IF she promised not to stitch me up with a civil engineer. Unfortunately, I don't think she quite understood the assignment because before I knew it I was on a blind date with the next best thing - a mechanical engineer. Hey, you win some, you lose some.

Unfortunately, it was a Monday night so I figured it probably wasn't the best look to come in charging (this time). So I sat my sorry sober ass down in Rollickin and panicked every time someone walked up the stairs until he arrived. I was actually pretty relieved to see him walk in, someone I had talked to a bit before at flat parties but had never properly had the chance to have a good conversation with.

I feel like the conversation flowed pretty well, these things are never completely free of awkwardness but it really did keep getting better, and the longer we were together the more I was able to be myself. We used half of the voucher and talked about using the second half at another point in the holidays - I guess we will have to wait and see whether I ever get to lay eyes on that voucher again or if the boys are in for a bit of a treat.

At the end of the night, I offered him a ride home in my car which was conveniently covered in bird shit and had been on the emergency fuel light a tad too long for comfort. Some may call it a red flag, I like to call it living life on the edge. He did get home though so I won't be impressed if I see any complaints coming from his direction. All in all, I was pleasantly surprised with how the night went. I came in with zero expectations and came out with a smile on my face!

DIPPER TWO

An invitation to my blind date came as a mighty surprise. I had not signed myself up! One of my comedian friends must have done so on my behalf. I had heard the horror stories of lucky dips in the past and wanted an opportunity to have nightmares for months afterwards, so I happily accepted. How could I pass up the chance to meet my future wife and \$40 of free gelato?

I arrived approximately on time and the dapper-looking boss lady behind the counter happily escorted me to my date who was sitting upstairs. Funnily enough, I had met her before. Being a male engineer, I recognise a majority of the girls in the cohort and had met her before at parties and the like. Even funnier was that one of my best mates had become very well acquainted with her the previous weekend. I considered asking her how'd his moustache taste but decided against it to save the date from becoming an absolute misery.

After exchanging pleasantries and sharing our recounts of Queenstown Mardi Gras the weekend previous, we headed downstairs to order some gelato. A double scoop each meant we still had \$20 left on the voucher. I took responsibility and said I would keep it safe for her.

After receiving our gelato, our conversation covered study, a lot of music, plans for after university and travel. I learnt that she was a band kid and that she loves being up on stage. They were very pleasant conversations with lots of smiles in between however, I failed to feel a romantic connection.

The conversation continued for about 45 minutes before I suggested we make like David Bain and shoot home. I do not own a car and was dropped off to my date, so I was planning on getting my walking shoes on. But she very kindly offered me a ride before I could get started which I was very grateful for. One gripe I had was that she said she knew the way home but then blamed me for giving bad directions when we got lost. Beggars can't be choosers, I guess.

In conclusion, I had fun on my date and would recommend going if someone else signs you up for it. Unfortunately, although she was a lovely girl and had decent chat, I couldn't get past the fact that she had been feeling my mate's huge muscles the week before. A second date seems unlikely.

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**Spoonin
Leads to
forkin**

**ROLICKIN
gelato**

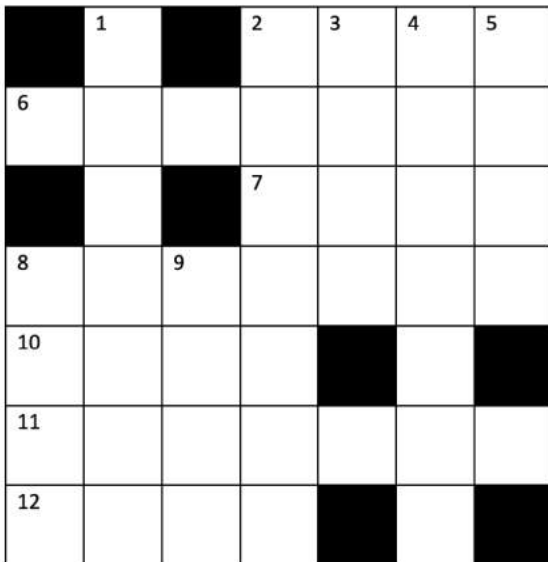
**35 New regent street
& 98 Cashel street**



PUZZLES

Ben O'Connell (he/they)

CROSSWORD



Across

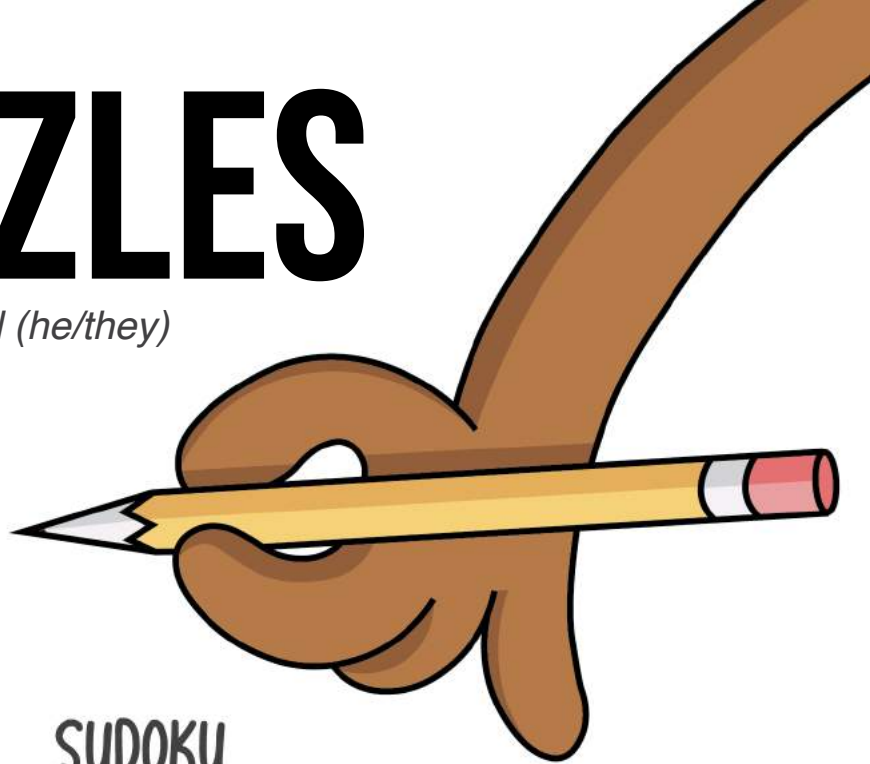
- 2 Gal
- 6 Evolve, create
- 7 Attend, occur
- 8 Left out
- 10 Bean curd
- 11 Ahead of (2,5)
- 12 Eye sore?

Down

- 1 Montpelier is there
- 2 What you keep missing
- 3 Plenty (1,3)
- 4 A person
- 5 Hit the gas
- 8 Sex Education protagonist
- 9 Doubtful

HOT TAKE

Getting drunk is not a replacement for therapy.



SUDOKU

				2				
		6	4		9			
	3					6	4	1
	7					3		6
3				1			5	
	5							9
		3	1					5
		7		8				2
		1	5		7	4	3	



Your vocab sheet

TE REO & NZSL



drug (illegal)

whakapōauau



marijuana

tarutaru, taru kino



cigarette,
smoke
(cigarette)

hikareti, momi

HORODOPES

High Thoughts From The UCSA Noticeboard



ARIES

"I should go over to where my ex is living with his girlfriend, and tell them how much I love both of them. This won't go badly in any way whatsoever."



TAURUS

Everything is a boomerang if you throw it up.



GEMINI

I was 50-60 nangs deep and gained the ability to predict roughly 5 seconds into the future.



CANCER

Putting my hand in a toastie press to see if it would make the lines.



LEO

I am the government.



VIRGO

Name brain- because the brain in all languages named itself, therefore when you're assigned a name at birth you may not feel related to it, therefore your brain associates itself with a different name. Ergo, name brain.



LIBRA

If Dora is an explorer then why does she only visit mapped areas?



SCORPIO

If you nut in space, does it push you backward?



SAGIT-TARIUS

No thoughts about drugs here, was just thinking about you babe xx



CAPRI-CORN

Clapping is simply repeatedly hitting yourself because you like something.



AQUA-RIUS

When you dream things they happen. Computers are just sand that can think.



PISCES

My friend ate a tab and rocked up to the crease. Unfortunately for him, he was facing peach ice. Peach ice ran in and tossed him a short ball. The ball rocketed through, sconing him right on the noggin. Humpty Dumpty sat on a wall. Humpty Dumpty had a great fall.

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WINTER WELLNESS EXPO * WARM FUZZIES

POSTERAD BRUNCH * RAINBOW LUNCH

ELECTIONS BBQ * EDUCATION BBQ

