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DRUGS

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DRUGS R DOPE

Don't listen to ur mum, listen to us.

If you haven't tried drugs, you're probably going to try some while at uni. The institution has always had a history of being a place of experimentation and we doubt that reputation will die any time soon. Some may get into weed, some into meth and some of you may finally like the taste of coffee. Different strokes for different folks.

For the real CRACKum addicts, you'll already have read our article on free drug checking services in issue 2, and this won't be a problem. Coincidentally this was one of the very first articles we received a complaint about, arguing we were promoting drugs; though it definitely wasn't the last (keep 'em coming folks, especially if they're puzzle related). Now that we've reached *Craccum's* drug issue we think it's the perfect time to talk about drugs, address the concerns, and impart our advice as 22 year olds who know everything.

You should know if you're going to take drugs before you take them. Just like sex, an abstinence policy doesn't really work for drugs. It's too easy to let a moment of temptation overrule a lifetime of celibacy, and when that does happen you won't be prepared. You'll take someone else's dodgy shit when they're handed your way and that's just asking for trouble.

Surprisingly, you can actually have a healthy relationship with drugs, but that requires you to respect them, and how can you respect something you don't understand? If you've ever been tempted to try drugs, or even if you have already, do your research. Find out what the side effects are, find out how deadly they can be, do you need a glass of water on standby, or an ambulance? If you have to find this out while you're blasted then you're not going to have a good time.

You also gonna want to know what it is you're in for. Psychedelics have this huge mythos built up around them, and if you go in expecting one thing you can be left disappointed at best, and traumatised at worst.

Doing drugs is all about not being a fuckwit. If you're taking *any* drug you should always always always be getting it tested first. If you don't have the patience to get yourself to your local drug checking clinic or get a home test from cosmic, then should you really be doing them?

Respect the chemical, it doesn't respect you! This is especially important if you're taking something like MD, in the summer of 2021-2022 over 30% of "MD" was you guessed it, not MD. If you're taking first and asking questions later, you'll be seeing god—but not in the way you intended. You should also be keeping an eye on basically anything imported. We're a really remote

country and that means our coke (and everything else) is really shit, if it's not produced domestic, you're probably just snorting glass.

You don't need to spice up your MD experience by snorting it off a grimy public toilet, and you don't need to get creative by sticking a tab on your eye. Especially if it's your first time, just chill out a little, alright? The drug doesn't know how extremely hardcore and metal the way it got into your body was and it's going to hit you just the same. You already know if you want to do drugs, but if you want to do them without ruining your life, make taking them as boring as possible. The experience is supposed to be about getting high, not getting to the ER. Stay safe, bring a condom, don't forget your water bottle, and if you're taking anything spicy make sure you've got a friend around and emergency services on speed dial.



DOING THE NUMBERS

What is going on in the world of drugs



OLIVER COCKER

Drug Testing Statistics have been released by the not-for-profit organisation, Know Your Stuff, and it makes it a good time of year for everyone to be aware of the situation. Even for those of us who do not find ourselves anywhere closer to recreational products.

One in Five drugs that were handed in to be tested, including at the testing station that appears around campus, were not what they claimed to be. Often there were low levels of the "advertised" drug, but also extra fillers like caffeine or different substances. An alarming growth in cathinones should lead to extra caution, as these substances have contributed to hospitalisations overseas. This is an increase in last year's statistics of drug trustworthiness but an overall decline since 2018.

The least trustworthy substances are psychoactives, with only 45% of samples providing conclusive results. Interestingly, the majority of unknown substances tested would reveal themselves to be MDMA, suggesting it is the most prevalent at the moment. That excludes cannabinoids, as drug testing services do not seem to receive many samples of weed to inspect. The few samples they did test were not conclusive.

Some people do not seem to care. With up to 42% of people saying they might take their pill anyway, even if it was not what they originally thought. Sometimes that was because they had already taken some, and it had not seemed to affect them, and sometimes it was because they did not have faith in the drug testing systems. This, also, is a jump from the 18% of people in 2021 who said they would still take the substance.

MDMA and Cocaine seem to be the drugs on the rise, according to Drug Testing NZ, which has also led to an increase in police seizures since 2016.

Wastewater testing continues to show that per capita consumption of Cocaine is highest in Tāmaki Makaurau.

Considered more of an "upper class drug" in comparison to Methamphetamine, which is more prevalent in Northland, and cannabis, which is more prevalent in the Bay of Plenty.

Many tested substances also included Ketamine. Following a pre-Covid warning by the drug-checking organisation, it has begun to increase in quantity again. It is an anaesthetic and can be very distressing to ingest when expecting something else. Equally, a warning exists for synthetic cannabis products, most commonly found alongside MDMA, as they have led to dozens of deaths in the last few years.

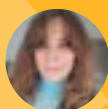
Research also shows that 66% of people admitted to hospital as a result of an overdose have been women. This is not to suggest that women use drugs more often, but that instead, a vast majority of men are not seeking help when it is needed, contributing to more male deaths from overdoses. Although, technically, the age range in which deaths occur most frequently is 45-55, the proportion of those under 25 is increasing. Check your drugs, everyone.

To the one individual in the last year who turned up to have their unknown, white and powdery drug tested that came to discover it was washing powder, I wish you the very best of luck in getting clean.



SOBER REVOLUTION

How to stop the Sunday morning scaries



CHARLOTTE MARSHALL

I've woken up next to a stranger. A quick glance at my phone tells me that I drunk dialled my ex at 11pm, pocket dialled my parents at 1am, and my bank balance suggests I've become Shadows official sponsor. I'M NEVER DRINKING AGAIN.

Sound familiar?

New Zealand's culture is saturated with messages about the hazardous practice of binge drinking, but what about grey area drinking? With a worldwide sober revolution gaining traction, sober curious students are finding progressive and positive support to live life large without alcohol.

So, what is grey area drinking? If we consider alcohol consumption as a spectrum, with light, occasional drinkers at one end and alcohol-dependent drinkers at the other, then grey area drinkers fall somewhere in between. This covers a massive percentage of the student drinking population, making grey area drinking remarkably common.

The signs that indicate you may be a grey area drinker include; fretting and regretting your alcohol consumption, making and breaking drinking rules to moderate your intake, and finding it hard to stay sober for extended periods. Are YOU drinking every weekend at the viaduct instead of finishing your assignment that's due on Monday? If so, you may be a grey area drinker!

Grey area drinkers may also question their relationship with alcohol. While they don't have a physical dependency, they often have a nagging feeling that alcohol negatively impacts their well-being, coupled with a desire to reduce their consumption, or

abstain completely. Are YOU sick of the Sunday morning scaries and the embarrassment of drunken hookups? Read on!

When grey area drinkers raise concerns about their drinking to family and friends, they are often met with cries of, "You're not THAT bad" and, "You definitely DON'T have a problem". Adding to this, the phenomenal peer pressure to drink at uni leads many students to experience serious FOMO if they choose not to drink. This normalisation of drinking makes it challenging for students to recognise they have a problem and to do something about it.

Action Point states that 18 - 24 year olds consume the highest levels of alcohol in the country. However, you don't have to hit rock bottom to re-examine your drinking practices and become sober curious.

The sober curious movement promotes a lifestyle where health, well-being and mindfulness are prioritised, and drinking alcohol is low on the agenda.

A New Zealand Medical Journal study concluded that reducing alcohol consumption improves physical and mental health, social relationships and increases well-being. Other reported benefits are glowing skin, clearer eyes, increased mental clarity and better-quality sleep. You TOO could be the hottestest most put together student on campus, waking up fresh as a daisy on Mondays with an extra \$50 in your bank account!

Fortunately, a groundswell of sober-positivity is emerging globally and here in New Zealand, providing increased support for the sober curious. With the recent introduction

of sober-positive online communities, conscious clubbing, and the vast array of low-alcohol drinks now available, a sober revolution is at hand.

Spearheading the local sober revolution is Kiwi writer Lotta Dann with her sober memoir, *Mrs D is Going Without*. As a typical grey area drinker, Dann began questioning her increasing reliance on alcohol, ultimately leading her to decide to go alcohol-free. Her memoir describes her journey from a high-functioning, boozy housewife to a glorious sober blogger with signature dead-pan humour. Highlighting the highs and lows of sober living, Dann shares the tools she used to support her along the way.

After creating an anonymous blog to track her sober journey, Dann realised the transformative power of online support and launched the online recovery community, *Living Sober* in 2014. *Living Sober* promotes the benefits of

being alcohol-free and provides a safe space for community members to find support and hear from experts. Scroll through the site's Sober Toolbox



and you'll find tips on socialising sober, drink alternatives and how to get through "Wine O'Clock".

Adding to the online support is the Dryy app. Dryy touts a "community full of passionate, positive people looking to transform their lives by taking a break from alcohol". Members can join subgroups like Dryy 18-30 and Dryy New Zealand. The app also features daily live streams, with the infectiously optimistic founder Andy addressing subjects like "Why the alcohol-free revolution is unstoppable" and "Why your Dryy adventure gets easier over time".

With the emergence of these online communities, sober curious students can now find a wealth of resources and like-minded peer-support.

For sober adventurers wanting to dance in a club without being surrounded by drunk people, conscious clubbing is here!

Morning People hold alcohol and drug-free dance parties in Auckland, Wellington and Christchurch. Designed for early risers with sessions running from 6.30am – 8.00am, their tagline is, "Party First Work Later". Morning People offers a pumping dance floor with DJs busting out electronic music so sober curious students can get in their dancing fix before lectures and without the late nights.

Starting in Hawaii, Ecstatic Dance has spread globally and now also holds evening events in Auckland and Christchurch. Ecstatic Dance combines the "freedom of a DJ'd festival experience with the awareness of a conscious dance practice". Three guidelines for participating are no shoes, no booze (or other drugs), and no talking (body language only). The DJs guide attendees through a warm-up activity, a 2 hour Ecstatic Dance, and a wind-down period which includes sound healing or meditation.

With the arrival of conscious clubbing, sober curious students now have a safe and supportive environment to throw some shapes on the dance floor.

Alcohol-driven social events have traditionally created challenges for the sober curious, especially regarding drink choices. However, many alcohol-free alternatives now exist for students wanting to socialise sober. With bars and restaurants consistently featuring fancy mocktails and no or low-alcohol beers on their menus, sober students have plenty of choices to quench their thirst.

Local online stores are also popping up,

offering extensive ranges of non-alcoholic beers, ciders and wine, and alcohol-free spirits.

With their tagline "Making Adulting Easy", online store Freasy offers a Build Your Box option where you can mix and match alcohol-free drinks and get them delivered straight to your door.

Clear Head Drinks is another online store offering an assortment of alcohol-free alternatives. Their blog posts spotlight New Zealand wines with zero alcohol and direct visitors to events and festivals where their alcohol-free range of drinks can be tried and purchased.

The burgeoning sober revolution is a positive step towards supporting the sober curious and may contribute to reducing unsafe drinking practices in the student population. However, there is more work to do.

When asked what the biggest obstacle for the grey area drinker is, Kiwi author Lotta Dann commented, "the booze soaked environment we live in". Dann explains further, "When alcohol is presented everywhere like it's a fun, harmless thing—cheap as chips and readily available wherever you go—it's harder to listen to that little worried voice in your head and make moves to stop drinking".

Dann hits on a great point. With the advent of supermarkets selling alcohol, the drinking age lowering to 18 and bottle shops appearing on every corner, public exposure to alcohol has dramatically increased over the past 25 years. In addition, Alcohol Healthwatch (AHW) states that, as of 2018, the annual advertising spend of Big Alcohol in New Zealand is a whopping \$61 million. AHW also details the harms of alcohol sponsorship in sports and the individuals and groups pushing for stricter controls.

Dann calls for alcohol law reform, pointing to tighter regulations for the sale and

marketing of alcohol. "Not only would that give people more opportunity to pause for thought when consuming it," she continues, "it would also lessen (sic) triggers for those who are trying not to".

Choosing to be alcohol-free in an alcohol-centric world can be challenging as a uni student. However, there is growing support for the sober curious shooting for sobriety. With increased peer support, inspirational literature about quitting, alcohol-free events, and low-alcohol drinks becoming more mainstream, students who want to live without alcohol are finally finding their footing.

Kick the Sunday morning scaries for good and join the sober revolution!

Support

IF YOU ARE CONCERNED ABOUT YOUR DRINKING, PLEASE CONTACT THE FOLLOWING ORGANISATIONS FOR SUPPORT:

LIVING SOBER [HTTPS://LIVINGSOBER.ORG.NZ/](https://livingsober.org.nz/)

NZ DRUG FOUNDATION [HTTP://DRUGFOUNDATION.ORG.NZ/](http://drugfoundation.org.nz/)

DRUG HELP [HTTP://DRUGHELP.ORG.NZ/](http://drughelp.org.nz/)

ALCOHOL DRUG HELPLINE [HTTPS://ALCOHOL-DRUGHELP.ORG.NZ/](https://alcohol-drughelp.org.nz/)



HISTORY OF CANNABIS IN NZ



SARAH FABER

The first time I tried to buy weed in Auckland, a small-scale drug dealer said he could hook me up with a tinnie. It was the first Kiwi custom I learned—tinnie: noun; a \$20 gram of cannabis wrapped in tin foil.

I found the tinnie both adorable and puzzling. I love that New Zealand has that kind of price standardisation and insider stoner slang. The tinnie also seemed to signify a sort of apolitical weed in its simplicity and evenness across the board. I come from America, a country where, in some states, you can walk into the store and buy an ounce, and in others, be sent to jail for years for getting caught smoking. Our policies on weed and the multi-billion-dollar industry it has spawned are inconsistent, contradictory, and mostly rooted in decades of racist policing.

American liberals tend to

look to New Zealand as a model of woke governance, so it surprised me that the laws on marijuana didn't seem as progressive, especially with smoking being so widespread. Here's what I've learned:

Weed first came to New Zealand in the mid 19th-century. Starting in 1868, newspapers across the country advertised "Indian Cigarettes of Cannabis Indica" to ameliorate the symptoms of asthma, coughing, laryngitis, hoarseness, loss of voice, and insomnia.

These advertisements ran daily for a few decades, then disappeared around 1920. By the beginning of the 20th century, the United States and England had begun to pass legislation banning the use and sale of cannabis. New Zealand followed suit with the 1927 Dangerous Drugs Act, which introduced the first prohibitions on cannabis.

For a few decades, cannabis flew largely under the radar in New Zealand.

By the 1960s, cannabis was drawing attention as a global problem: the 1961 Single Convention on Narcotic Drugs was the first international treaty to control the use of the drug, and in 1969, the World Health Organisation urged a ban on cannabis, arguing that the drug was a risk to public health. The next major law in New Zealand regulating the use of cannabis came with the 1975 Misuse of Drugs Act, which categorised cannabis as a Class B or "very high risk of harm" along with morphine, MDMA, and opium among others.

While weed was legally prohibited, public and regulatory attitudes surrounding its use tended to be relaxed. Detective Superintendent G. Perry noted that while police will

still prosecute those who grow and distribute marijuana, his priority was those dealing harder drugs.

News reports from the time, though, note that police would often let offenders off with a warning. The courts, too, took a softer stance on enforcement, fining offenders as low as \$35 for possession charges.

"The situation with cannabis could really be described as 'de facto' decriminalisation," said Matthew, a small-scale cultivator to *The Press* in March 1982, "At present, people discovered with cannabis receive the same fines as a speeding motorist, and everyone speeds. It is just unlucky if you get caught." Matthew noted the positive effects of smoking cannabis, including its ability to lessen the shackles of the bourgeois mentality and allow one to use one's mind in a freer fashion.

Unfortunately for Canterbury-area growers like Matthew, the mid-80s saw a huge crackdown on cannabis cultivation. Using helicopter-borne units and air force vehicles, police conducted aerial surveys of plantations and seized plants by the thousands. One particularly notable nation-wide raid in the summer of 1988 seized upwards of 80,000 plants and arrested 363 people.

A 1985 report on global narcotic use by the United Nations described the "illicit cultivation of cannabis" in New Zealand as "widespread". The year before, a member of parliament representing Hauraki valued the cannabis industry in New Zealand at \$302 million—more than twice the value of kiwifruit exports (\$126 million) for the same year. In 1988, an article in the *National Business Review* argued that the seizure and destruction of New Zealand Green cannabis plants was not in the national interest, noting that the strain was selling internationally at high prices.

The pressure against legalisation built in the 90s and into the early 2000s, both in the form of student advocacy and small-scale demonstrations, as well as national political movements. In 1996, the Aotearoa Legalise Cannabis Party formed and won 1.6% of the party vote. Two candidates from that election would go on to become Green MPs. In the leadup to the 1999 election, the Green Party called for the legalisation of cannabis for possession and personal use.

In 2003, members of the University of Otago branch of NORML, the National Organisation for the Reform of Marijuana Laws, hotboxed the foyer of the Dunedin Central Police Station. The approximately 20 people who smoked cannabis inside the station were not arrested, nor were those who planted cannabis in the front garden. Police Inspector Dave Campbell told the *Otago Times* the force "had better things to do."

In 2019, the Misuse of Drugs Act was amended to treat drug offences as health issues rather than criminal ones and affirmed police discretion in prosecuting possession charges. However, allowing police discretion to determine who is and who isn't arrested for cannabis use has proved problematic. When people *are* arrested for cannabis possession, Maori are disproportionately represented in arrests, and often given harsher punishments. A 2003 study confirmed that the enforcement of cannabis laws was not applied equitably along racial lines. According to a 2021 report by the Prime Minister's chief science adviser, Maori are three times more likely to be arrested for cannabis use

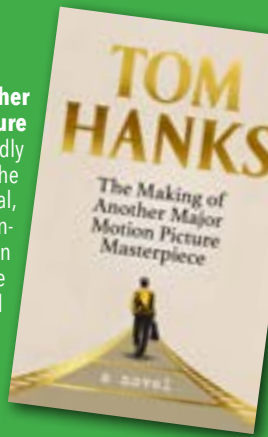
than non-Maori. After the referendum to legalise cannabis failed, the Maori Council called on police to address the discrimination in cannabis arrests, and to use their discretion to stop sending Maori youth to jail for low-level drug crimes.

In 2021, police quietly stopped undertaking large-scale helicopter-based drug busts, with the Police National Headquarters cutting the \$700,000 allocated annually to finding cannabis plots. But after just a year local forces resumed cannabis plot raids, just not on a national aerial scale. Green Party MP Chloe Swarbrick expressed disappointment in resuming the "wasteful and ineffective operations" to *Stuff*, arguing that since they began in the late 1970s they have not had a "notable dent" in cannabis consumption.

Opponents of increased policing also pointed out the discrepancy in targeting illegal cannabis while medical cannabis is legal and government funded. Last year, the Minister of Primary Industries awarded medical marijuana company, Puro, \$13 million to develop a blueprint for the industry, stating that cannabis could be New Zealand's next wine.

So why is cannabis illegal in a country where one can smoke in a police station with impunity? Why is a country that funds medical marijuana also funding raids on suspected growers? Seriously, I'm asking you guys.

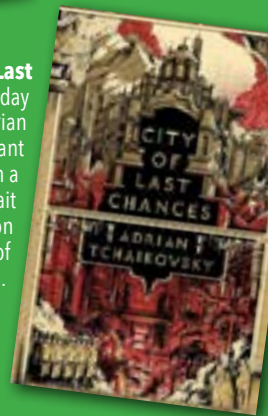
The Making of Another Major Motion Picture Masterpiece - A wildly ambitious story of the making of a colossal, star-studded, multimillion-dollar superhero action film, and the humble comic book that inspired it all.



August Blue - A vivid portrait of a long-held identity coming apart, *August Blue* expands our understanding of the ways in which we seek to find ourselves in others and create ourselves anew.

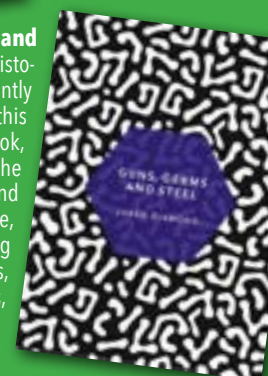
City of Last Chances

Sunday Times bestseller Adrian Tchaikovsky's triumphant return to fantasy with a darkly inventive portrait of a city under occupation and on the verge of revolution.



Size: How It Explains the World - A mind-expanding exploration size, the measure of all things, from the New York Times bestselling author.

Guns Germs and Steel - Why has human history unfolded so differently across the globe? In this Pulitzer Prize-winning book, Jared Diamond puts the case that geography and biogeography, not race, moulded the contrasting fates of Europeans, Asians, Native Americans, sub-Saharan Africans, and aboriginal Australians.



CONVERSATIONS WITH A DEALER

Reporting on drugs



OLIVER COCKER

This is a conversation with someone like you. They'll walk across City Campus on any given day. You will not know who they are, and they will not know you. They're not new to the University, but neither have they been here long. I did not ask their name, and they did not give it. No name, no face, no identity. For this moment only, we were not strangers, but I also knew nothing of them.

They grew up out of Auckland. Two parents, loving and stable for the most part. Finished schooling as most of us did and came to Auckland to pursue a dream. Covid hit properly at the end of 2021, and life got tough. Work was hard to find, the world got smaller, and the problems larger. So, like all of us, they found a way to cope. Unlike the rest of us, perhaps, they already had people in their group involved with drugs. All they had to do was ask for a bit of help, and they would be passed up the chain. Problems, costs, and events just came one after the other. They reached the very limits of what they could do. One day it got too much, and they made the call.

They're coy on exactly how much of any substance they might move at any given time, claiming it depends on "availability, demand, what's going on in my life," which sounds very similar to any small business. Apparently, it is mostly party pills that are sold and "a bit of weed here and there, with other stuff on the side." The average price per pill is reportedly about \$40. They could sell cheaper, apparently, if the gangs got involved. But that's too much for our self-described "small-time" dealer. They could make more from "harder" narcotics as well but that's off the table.

Genuinely, they believe they don't cause harm. "People come, they get something to make them and their friends have a better night, and

then they're back again later." These pills were legal up to 2008, and that does not seem to have been long enough to shake them from the ethos. Some people interviewed outside the conversation enjoy the hallucinations. The pills bring a euphoric high, increased sociability, as well as nausea and a chance of seizures. For some, a night out just is not fun enough for them, and they need something else. Beyond alcohol, because that seems a societal standard at this point, people want drugs.

They would never use their own drugs, but they get some from a friend when they want. "Keeping work away from fun, yeah?" It can be a stressful life sometimes: they've got constant worries, their heart jumps a little when exchanging, and they still have to manage Uni work. They know the maximum sentence is life but figure they'll probably get three years of "Home-D or something." I thought it best not to mention the courts will only give one year, and at three years, it is a jail sentence. And a jail sentence early in life can turn into an eventual life sentence later.

All that it would take for them to stop is a "real job" once they finish their degree. Leave the whole world behind them and start with something new. They will not be putting it on their CV, so they tell me. They might continue to use it from time to time if only to help with stress and relaxation. But they see nothing wrong with it. It is how they cope.

It was at this point that they threatened to end the conversation. I was being too nosy for their liking. Their choices were none of my

business. So we swapped topics and considered a hypothetical situation where it was possible to make your life on selling drugs alone, where they could live a life free of all the constraints that other professions bring. And I got laughed at. Quite loudly, in fact.

Because it is important to remember that for some, dealing is a way of life. When you're moving, you have to do so knowing that someone might ask to see what's in your bag. You have to know in that moment whether you could get away or whether that's the end. Your job is up, and "you're fired." But unlike other jobs, you can not shift, try a different employer, profession maybe. The government "sends you to the big house," you do your stay, and you come out. Then, if it's your life, you probably go right back to the old job. It is why, they tell me, it is important to get out, and make sure you have a goal for the end. This is just their student job.

And then I asked, if they had been their friend, who brought them to this life, would they have brought someone else into this life? The answer was simply, "Nah, probably not." It seems to be a hard life, but one that trains you to believe it is the only option for the moment. They went quiet, very quiet, and told me a story. It was long-winded, and there were a lot of mostly irrelevant details, but the main core was that they saw someone, sitting on

Queen St, that they felt looked so close to someone they'd sold to before, that they couldn't sell for a week. Every time they thought about it, they saw someone else lying on the street.

In the end, they decided that it was the customer's choice to buy. That they should not hold themselves accountable for the choices that other people make around them. There's "100 people like me, near me," they say, and if they don't sell, then someone else will be prepared to fill in the gap. In the end, it's the choice to keep moving yourself forwards too.

We commiserated for a moment. Strangers preparing to make ourselves estranged again. Said our goodbyes. Thanked each other for speaking, for listening. We hope never to meet each other face-to-face in our current roles. And that was it. You, one of the readers, spoke to me here, and have your story here now. All the rest of us will go on with our days and you will continue this story, whether we know it or not.



Fancy New Band

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UTR

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CHASE WOODS YAHYAH BFM KARAOKE

TW: MENTIONS OF ABUSE, NEGLECT AND DRUG USE

NAMES HAVE BEEN CHANGED FOR PROTECTION

MY PARENTS HAVE SUBSTANCE ISSUES

NOW I JUST HAVE...ISSUES :P



MAIRĀTEA MOHI

My mother called it the 'X-Factor'. On the three hour journey from our small town into the Big Smoke she heralded the dangers of the family's obsessive personalities and how easy it was to get sucked into the excess of University drinking culture. Growing up in a family where one was never enough and most had a disturbing encounter with narcotics, I knew my tendencies to binge could get me in trouble.

As a first year on my own and an 18-year old child of addicts, I was often finding myself in dangerous situations trying to chase the next big hit. Harmony*, whose mum was often in and out of her life due to drugs also mentioned feeling ashamed of her upbringing. Finding solace in people with similar experiences and MD, she

attached herself to other obsessive personalities and began drinking and dosing heavily from age 16.

"I was always the most drunk or wasted girl in the room. While it was fun in the moment, I often woke up hating myself," said Harmony.

Although there is small research to back the claims of 'addictive personalities', substance and alcohol abuse is often magnified by factors such as one's home situation, work or social environments. Associate director at the Centre for Addiction Research, Peter Adams believes addictive relationships should be seen as relational.

"When people form an addictive relationship what's happening is

that their relationship with addiction intensifies as other relationships in their life become compromised."

Well, my relationship with my parents and childhood was turbulent, to say the least. My parents have had issues with hard substances since before my birth and are still negotiating addiction, in all its forms, to this day. I had never been given 'the talk' but I was always aware of horror stories that either involved drugs, alcohol or a toxic relationship. My siblings have experiences with narcotics, each with their own terrifying stories and a cautionary tale. I had always thought growing up would be the day I shared my own—so I tried finding it.

I never learnt my limit and tried my hardest to discover it at university.

Niamh Pritchard, a drug and alcohol clinician based at the city campus says that whilst being young and in University is a normal time for experimentation, one should actively assess the reason why they're drinking, using, or abusing a substance.

"I think we have relationships to food, we have relationships to the land, we have relationships to a variety of different things that are mirrored, based upon what our parents have shown us. Alcohol is a big one. So obviously, if you've been a child, and this was my case, who noticed, and consistently saw throughout their life, a parent use alcohol as a way to cope with problems, then how are you meant to think of alcohol other than as this thing to cope,"

Using a harm reduction approach, Niamh looks for ways to give people the power to use alcohol or substances safely. That includes reducing intake if 'necessary', believes Niamh.

"Someone's intake of alcohol isn't always the main issue that's causing them health problems.

It could be other things; like the impact of alcohol or drugs on mental health, sleep, or appetite. My role is to help people and reduce the long or short term consequences of substance use."

Niamh works not only with those suffering with substance issues but also intimately with those affected by a family member's use of drugs and alcohol. Children of parents with drug dependencies are often dealing with resentment, abandonment and self-worth issues.

As a child, I was often comparing my self-worth to a crack rock—an emotion that Mary* claimed she could only conquer once leaving home as an adult.

Mary grew up in a household with two active users along with the added hardship of physical abuse. Parentified from an early age she was playing the role of not only daughter, but parent, caregiver, and runner of the household while her parents would withdraw for multiple days at a time. Now as an adult Mary struggles with perfectionism and learning when to let go.

"I won't do something if I don't think I can do it 100%. It's a rollover from my parents making irresponsible, impulsive decisions and never doing the clean-up. As a daughter also, the clean-up often fell on my shoulders."

This role reversal between child and parents also lends itself into the massive feelings of resentment held by Mary. Often asking herself:

Why couldn't you be a normal parent?

Why couldn't you get better for me?

Do you love this feeling more than you love me?

Mary, Harmony and myself are still asking ourselves these questions to this day. As adults we find we're often expected to either continue letting these issues lie or lead the negotiations in reconciliation. Even when the problem is recognised, too often it's still *our* problem and we bear the burden of fixing it.

As Peter points out however, reconciliation is a tricky, sometimes messy process that takes many years. The distinct separation between addiction services and mental health assistance in western medicine has been a barrier in re-establishing families holistically.

"Reconnecting people and reforming intimate relationships can be a slow process, but it's critical to the process of dismantling the strength of the relationship with drugs and alcohol. The reconnection process once a person is in recovery can be quite a tricky process. It's not straightforward. There's always feelings of resentment both ways. It takes a long time to feel that you're safe enough with that person to become intimate again,

to become close. It can take years. Decades even."

Harmony said she could only work through these feelings through separation and many years of therapy.

"I had to meet drug addicts my age to understand. I had to put myself in [mum's] position. She had it hard and I now understand the role drugs played."

For Mary it meant loving from a distance. "setting boundaries and learning to be selfish helped. It was only after talking and sharing my situation with others have I come to understand its reality and be ok with where I'm at now."

I thought writing this story would lift a weight off of my shoulders. But if anything it only reminded me how heavy it was in the first place. I'm still learning my own coping strategies and coming to terms with a lost childhood.

Like Peter said: Reconciliation and reconnection doesn't happen overnight. Confronting my parents is still awkward and we still haven't addressed much as a family.

Harmony, Mary and I have all struggled with addiction at some level. Whether that be drugs, alcohol, food, self-harm, sex or even people pleasing. Unlearning these habits has been a journey we are still navigating. Healing is hard, not healing is hard too. There are no instructions for breaking generational cycles, you are walking uncharted territories. Be proud, choosing not to participate in patterns and lifestyles you were accustomed to is a bold move.

Kia kaha, kia manawa nui <3

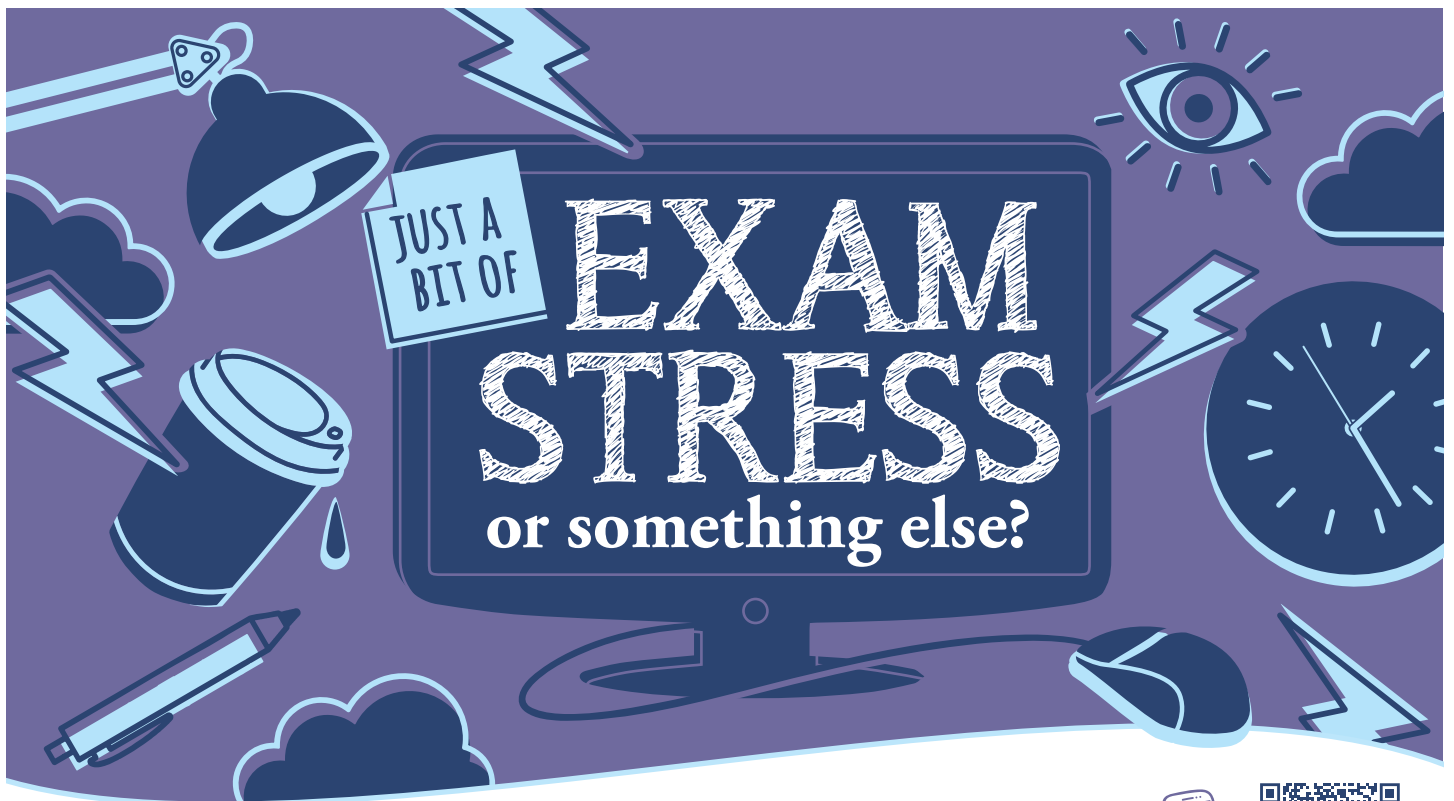
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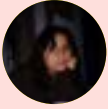
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Nangs in New Zealand: A Laughing Matter or Cause for Concern?



HIWA PIAHANA

Prepare to dive into the surreal world of "nangs." New Zealand, Aotearoa finds itself grappling with the rising popularity of the one and only nitrous oxide (N₂O) canisters. Lets uncover the peculiar allure of nangs, dissect the potential repercussions on public health and society, and explore the need for some clever intervention strategies.

Unveiling the Nang Phenomenon

Step right up and behold the uprising realm of nangs within the world of today's youth. These little canisters, colloquially known as "whippets" or "bulbs," may have started innocently in the culinary realm, but they've become the life of the party in New Zealand. Young folks have taken a shine to inhaling nitrous oxide gas from these cans, chasing giggles and temporary dissociation. From raucous affairs to intimate gatherings, nangs have become the enigmatic star of the show.

Nangs: Easy Access, Hard to Resist

What makes nangs so appealing? Well, these canisters can be found practically everywhere, from supermarkets to virtual bazaars to vape stores that are clearly so easily accessible. They're available to anyone and everyone with a sense of curiosity and 15 bucks to spare for a box of 10. As affordable as the most affordable disposable vape, the canisters are rising in



the market with a recent release of flavoured gas catering to the drug use of these canisters.

Nang use at it's finest

How do you go about "doing nangs"? Well ridiculous as it is, the canister needs to be popped open or "cracked" with a cracker that is coincidentally as easily acquired as the nangs themselves. The gas must then be released into a balloon upon cracking. Yes. A Balloon. And what follows? You guessed, inhalation via said balloon. If you've noticed kids blowing up more balloons than usual it's most likely they're just doing nangs. Even when I walk into the highschool where I work, the red balloons visible through car windows before class are astonishing and absolutely ridiculous. And it's crazy how oblivious adults seem to be to this drug use. Ignorance isn't always bliss, in their case at least (teens are loving it).

Nitrous Nights and Wacky Woes

But wait, there's a twist. Like any adventure, nangs come with their fair share of risks. Inhaling nitrous oxide willy-nilly can lead to oxygen deprivation, causing quite the dizzy spell or, in extreme cases, an unwanted nap. Long-term use might even leave you in dire need of some vitamin B12, resulting in nerve damage and peculiar neurological dilemmas. There is definitely a misconception in the air surrounding the use of the drug and its harm, but as is inhaling anything besides

oxygen and obviously the natural air around you, it will cause harm long term without space for the body to recover.

As if that's not enough, the nang culture itself can be a wild ride. Balloons flying around, people falling down, and the occasional lapse in judgement. It's a circus act without a safety net. Let's not forget the potential for clowning behaviour and putting oneself and others in perilous situations.

Taming the Nang Carnival

The time has come to rein in this laughing-gas extravaganza. A game plan is in need, a strategy to bring some order to the upcoming addition to drug abuse in youth. Public health campaigns need rise like grand spectacles, educating and warning the masses about the perils of nitrous oxide abuse.

While nangs have brought a fun to party culture in New Zealand, we mustn't overlook the serious side of this surreal trend. By mixing education, regulation, and community support, we can take the chaos of recent drug abuse among kids down to a manageable level. At the least, the laughter and enjoyment should be preserved while minimising the risks. And potentially minimising the clinks of little metal cylinders rolling down the gutters in the streets of Aotearoa.







Let's Do Drugs! And Also Let's Not!

Determining How Much I Want To Try Certain Drugs Based On Their Representations In Media



RUBY ESTHER

Scooby Doo, Marijuana 10/10

It has been speculated for years that the creators of Scooby Doo were both on drugs and writing about drugs throughout the entire duration of the hit children's cartoon. You are lying to yourself if you deny this. You are also lying to yourself if rewatching it as an adult has not been a huge factor in your desire to try marijuana. Those Scooby Snacks and footlong sandwiches looked so good sober, that I can only imagine the taste sensation they would create whilst under the influence. And yeah, maybe I'd kiss Shaggy.

Midsommar, Psychedelic Plants 2/10

Yes, there is a huge chance I end up dying a horrific death at the hands of a cult, but these two points out of ten are not related to any sadistic kink I have. The fact is, I would love to sit down and drink any kind of tea with Florence Pugh. Who knows, maybe *I'm* the May Queen and I just get to vibe.

Glee Season One Episode Six, Pseudoephedrine 9/10

I would give anything to be able to perform something as breathtaking as a mash up of Bon Jovi's *It's My Life* and Usher's *Confessions*. I would give anything to be as passionate as this ragtag team of losers was in said performance. The only reason this isn't a ten out of ten craving for me is Will Schuester is in the episode.

28 Days, Painkillers 5/10

I'm aware that this film is a little more serious in its tackling of drugs in comparison to the other pieces of media on this list. Addiction is no laughing matter and rehab a deeply

physically and emotionally challenging process to go through. However, at its core it is a classic 2000s Sandra Bullock romcom and I will be critiquing it as such. Yes, someone dies and there are a few tragic accidents, but this movie makes rehab look like such a nice holiday.

Spongebob Season One Episode Forty, All Drugs 0/10

Once again speculation has suggested this episode 'Hooky' uses fish hooks as a quite literal metaphor for getting hooked on drugs. Perhaps it is the perfect metaphor delivered through the perfect source to a young and impressionable mind, but perhaps that mind was also too young to understand what a metaphor was. It definitely didn't entice me to fish, or stick hooks in my mouth, and I don't suffer from addiction so I'd say mission accomplished.

Lana Del Rey's Discography, All Drugs 1/10

Lana expertly makes doing drugs seem beautiful, but in the way that she also makes depression seem beautiful. I don't need drugs to feel sad, I need them to feel the opposite. In Lana's world all drugs are downers.

The Beatles' Sergeant Pepper's Lonely Hearts Club, All Drugs 10/10

This album is phenomenal, stick needles in my veins and give me a repeat prescription for everything the doctor can give me. Then again, maybe I don't need drugs if I have music. Then again, have you listened to music on drugs?

The Simpsons Season Twenty Episode Seventeen, Antidepressants 10/10

I wanted to try the *Ignorital* that Lisa is prescribed so much that I did! It is devastatingly not as smiley-faced based as Lisa's experience, but that episode was the best ad for anti-depressants that I have ever seen. I will always chase that feeling.

Yellowjackets, Shrooms -1000/10

No.

The Sniffing Glue Clip Harold The Giraffe Showed Me, Glue -1000/10

I legitimately still have nightmares about this. I am unbelievably keen to never touch inhalants, and keep both my nostrils as separate nostrils.

WHAT TO (AND WHAT NOT TO) WATCH WHILE BAKED

Based on the transcendental media experiences of
our *Craccum* editors

Have you ever been a little too ambitious in your joint rolling, cone packing or spotting pursuits? And if so, has this 'eyes bigger than your stomach' moment resulted in a mild level of paranoia that can only be remedied by the consumption of quality cinema? If your answer is a resounding yes, then boy do we have the guide for you. After reaching out to our editors, we've put together a definitive list of what to, and what not to, watch while stoned. Bravely sharing their stories of inebriated media consumption is something deeply vulnerable. At times their plot summaries may seem skewed and interpretations completely baseless, informed primarily by the haze of Mary Jane. Today, this is of no consequence. Such is the nature of the drug issue. So settle in, get some snacks and roll a fat one, cause' you're about to be taken on a journey.

CATS

-2/10

After the release of *Cats* in 2019, I made it two blissful years without experiencing the monstrosity that Tom Hooper brought to life. It wasn't a particularly difficult film to avoid; by all accounts, it seemed like a piece of cinema only a true madman could really appreciate. My lapse in judgement didn't happen until late 2021 following the greedy consumption of a generously packed joint. I had found myself in the depths of an internet wormhole, reading about Jason Derulo's complaints upon discovering that the editors of *Cats* had reduced the appearance of his bulge. Why he'd want a prominent dick-outline stumped me; surely he didn't expect it to be sexy given the whole catsuit thing. Nevertheless, it got me thinking about whether I was missing out on a true cultural phenomenon by writing the film off so quickly. So I made a terrible decision. I clicked play.

As the final credits rolled, I thought my impaired brain had severely misinterpreted the plotline. By my understanding, I'd spent the last two hours watching cats sing little songs in order to be sent to their death by a blood-thirsty, fur-clad Judi Dench. When I described my nuanced reading to others in order to establish its validity I was often met with the response "I mean, that's kind of it?"

Further exacerbating the macabre subject matter was the absolutely traumatising costuming. Being violently stoned and watching hordes of questionably CG'd cats leaping around the screen evoked a feeling of visceral fear that I wouldn't wish on my worst enemy. I didn't even want to be around my own cat post-screening for fear of her breaking out into 'Memory,' (which is not even that good in my opinion. Sorry.)

I also want to touch on the way Taylor Swift essentially roofied a room full of felines while reclining seductively on a big moon. Beginning with an odd little cat in a train conductor outfit pirouetting so hard that he ascends and turns to literal dust, her musical number comes across as strangely horny(?) and revolves around her getting the whole jellicle gang hyped up on catnip. I don't remember anything after Macavity summons Judi Dench out of thin air at the conclusion of the number but I'm fairly certain it didn't end well. While 'Midnights' was pretty terrible, this really took the cake as Taylor Swift's worst musical performance.

Overall, horrendous movie. Skip it and save yourself the mental stress that comes from seeing James Cordon (particularly clad in a catsuit) when in an altered state.



MADAGASCAR

10/10

In the spring of 2022, I took an edible I assumed wouldn't work and sat down on the couch to choose a film. Arriving on a firm childhood favourite, I sat back as the little Dreamworks man did his fishing, and the 2004 film Dreamworks Madagascar began. My world transformed into a fisheye lens and I became utterly convinced that what happened on the screen was transpiring in real-time in my living room, live action.

This film is so incredibly baffling; I couldn't move, I was completely captivated. It asks so many questions and doesn't answer a single one. Who are we allowed to eat? In a world of anthropomorphised animals are carnivores inherently evil? (a question asked by many children's films) Is it cannibalism? Did the penguins kill and eat the humans on that ship? Are Alex the Lion and Marty the Zebra in love? (yes.) Why is Madagascar completely devoid of human life? (The Republic of Madagascar is home to approx 28 million people)

If you were to be sensible you could say that the central conflict of the film is between wild-ness and domesticity. I don't want to be sensible. The central conflict of the film is that Alex is hungry and wants to fuck/eat his best friend about it. You gotta assume that all the animals in this world are intelligent and anthropomorphic (the police horse can talk), so the only difference between Alex eating a T-Bone steak in captivity and eating his friend in the wild is that in captivity someone will do all the messy bits for him. Much as the working class are alienated from their labour, Alex the Lion (bourgeois) is alienated from the conditionality of his own consumption. This conflict is resolved with the arrival of the penguins on the island, who make Alex sushi so he can yet again resolve his hunger for animal flesh and outsource the task of killing it.

In conclusion, this film is the bomb. It made me want to scream. I loved it 10/10. You should absolutely take edibles and watch this film. It's all the better for you being stuck in front of it.



KUNG FU PANDA ^{8/10}

The 2008 classic Dreamworks film Kung Fu Panda, apparently beloved by engineering students everywhere, is one of the best films for all drugs. The film is fast paced, has a world of interesting characters to unravel, and a philosophy deep rooted in love and acceptance, all perfect things to view when marijuana or other drugs are coursing through your body.

One of the absolute highlights of the film is the villain Tai Lung, who for years I believed was voiced by Eddy Izzard. He is charming and funny and the fight scenes are incredible. Since I first watched this film in cinemas in 2008 I haven't been able to stop thinking about Tai Lung's escape from Chorh-Gom Prison. Iconic.

On a night where everything seemed to have gone wrong, greenning out and becoming violently ill, I begged for someone to put Kung Fu Panda on the TV. As I lay there under blankets with my stomach in knots I cried with joy as Po discovered that the golden scroll, the secrets of the Dragon Warrior, was within him all along.

Tai Lung, and Tigress, and Po, so desperate to prove themselves as worthy of the title of dragon warrior conflict not with each other but with themselves. Po is able to accept that his value is not given to him by others, he is valuable not because someone declared him to be the Dragon Warrior, but because he is Po.

In fact it's not just a good film to watch while high, it might even just be a good film. As a child and an adult, high or drunk or tripping or sober this film does nothing but be wholesome, uplifting, and so so desperately fun to watch.



THE HOLY MOUNTAIN ^{10/10}

If you want to understand what it's like to take psychedelics without risking your mental and physical well being, The Holy Mountain has you covered. But like any psychedelic experience this movie requires a bit of preparation. Find yourself a nice long playlist on spotify; Make sure there's plenty of King Gizzard, Mild High Club, and Slowdive on there (they're basic picks for a reason), and then add your personal spice to taste. Dim the lights, get the music just right, cosy up in a blanket and watch the entire movie on mute. That last part is extremely important; The Holy Mountain was made to be experienced, not understood.

Tripping isn't about the hallucinations, to trip balls is to completely lose touch with reality. I have vivid memories of staring directly into various walls, trees and clouds. Do they always look like this, or am I just imagining it? If I am imagining it, they still look pretty normal, so what am I imagining? This is the Holy Mountain distilled. I have never seen this movie sober, and I'm not planning on it. I don't want to understand it. The Holy Mountain is incomprehensible, every scene raises more questions than the last. Is this movie really so weird, or are you just imagining it? Would the plot make perfect sense if you weren't tripping right now? It must make sense or why would people watch it? Is this film's entire purpose to be watched while tripping? If so, how did it get funded? Who made this?? Eventually you have no choice but to give in and just let the insanity wash over you. I wouldn't know if The Holy Mountain is a "good" film, but I do know it's an unforgettable experience and one you definitely shouldn't miss out on.



How to wankerfy yourself in two steps or less.

Become the most annoying person in your friend group with a little bit of help from your special friends.



A SENTIENT COPY OF CRACCUM ISSUE 2

Welcome to drugs issue, it's time to make some mistakes. You already made the mistake of enrolling in the illustrious University of Auckland, now let's get you on track to catching an STD and ending up in the emergency room. Step one? You need to get laid, but that hasn't been so easy, has it? Those mediocre thrifted looks have finally run their course and the unfortunate truth is: it's time to develop a personality.

So how are you going to develop a personality in two steps or less? The short answer: Drugs; the long answer: Drugs and a membership to Aotearoa's largest and most inspiring visual arts experience located conveniently inside the Auckland Art Gallery. As anyone with a home cut mullet and a filthy moustache can attest to, being a little bit artsy goes a long way. And much like buying some ADHD medication the night before your test, we can skip the long boring steps of *effort* with a couple dollars and an unhealthy disregard for our wellbeing. So, what are we working with? Psychedelics are the name of the game. It doesn't really matter what you prefer—as long as it's not weed (falling asleep is exactly what we're trying to avoid here). As a quick note: LSD is commonly replaced with NBOMe by unscrupulous dealers, so get your shit checked, or you might die :D

Going to the Art Gallery on an acid trip, while not for the faint of heart, is a transcendent experience. Robbed of your inhibitions you'll notice everything. Each room will feel like a completely

different planet, and maybe the art will finally make you feel something.

I've often struggled to understand people who can look at the same painting for more than ten minutes and not lose their mind. Maybe it's the ADHD, but I prefer to assume the art world is just constantly on drugs.

Why would someone choose to paint something so clearly trippy if they weren't moments away from seeing god themselves? I think these thoughts are the seeds of schizophrenia starting to flower. You often hear about people using psychedelics and then becoming convinced they're in a movie, or being watched. Everything seems so perfect and planned it's hard not to fall into this trap. Ultimately it's important to remember that the universe isn't speaking to you—the drugs are! So enjoy it while you can!

Tripping means you can sit in a room for hours and absorb every single detail. You will finally appreciate the connections between the different art on the wall and discern why the curator carefully chose those exact

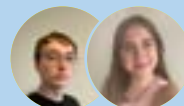
spots to hang those exact works. You'll feel the artist talking to you through the painting, and maybe finally start to fathom why arts students want to study this stuff all day. But what's most special about the experience is that it's not temporary. Once you've seen the world through psychedelics it's never quite the same again. Have you ever picked up a leaf and ever appreciated how green it is? Probably not, because you'd look just a touch crazy. The Art Gallery lets you gawk while maintaining a smug aura, and not scaring those around you (hopefully). Once you're done you might forget what you saw, but you won't forget how you felt, you might find yourself developing a deep appreciation for something you've never considered before, and I think that's pretty neat.

People who've done psychedelics have a reputation for being a bit annoying. Inside every white man who's done LSD is a Lennon and there's not enough Chapmans in the world to take them all out. If you're going to do LSD, don't bother trying to discover the secrets of the universe—discover an appreciation for something new. It doesn't have to be art, it can be anything you wouldn't normally do, psychedelics will let you experience it in the same way a 2 year old boy experiences a digger (in other words, 'uuuuge).

OLIVER AND TALIA TEACH YOU HOW TO DO DRUGS!

It's always the ones you least expect...

DISCLAIMER: We are not Harold the Giraffe. We are your News Team, and we do not care what you do in your free time (or at all). We take drugs and we are unapologetic.



OLIVER AND TALIA

Our favourite way to start our morning drug rotation

R_x

OLIVER

The most crucial part is always a strong-tasting food to help you ignore the unpleasant taste as it goes down. You have to really suffer for the eventual bonus, and because you don't really like the taste of them, instead you replace it with something you know that you're not going to be able to stand in a while anyway.

TALIA

When you wake up each blessed new day, take eight to 12 pills all at once. You can make a bit of a game of it all—how little water can you use to take as many pills as you possibly can? A morning drug rotation is best when it's hot and heavy. If you really want to feel the effects, drink three coffees before midday in succession of popping pills.

The best place to do drugs

OLIVER

It is important to have a safe environment around you, and sometimes that means you have to take three or four at home. You shouldn't tell your flatmates, they don't have any right to know. Get yourself comfortable or get yourself busy, take a few, and pretend nothing has happened.

If you want to be really sneaky, try taking them at group meals. Cough into your hand, get them to complain about the fact you didn't use your elbow, and you've already slipped them in. Shoot the one person who knows you have a smile, and keep going. It does not have to be a grand endeavour, sometimes you can have a lowkey session.

TALIA

Lecture theatres are an easy bet. Choke a couple back in the Fisher and Paykel lecture theatre, preferably with a fresh can of Coke Zero. It's best if this lecture is land law, or something else horrifically boring. Right as the clock strikes five past the hour signalling the start of the lecture, pop a pill.

Look, some might call you an addict, but you're here for the hustle, and at least you've made it to class—unlike 80% of your cohort, who are at home watching the Panopto recordings when the Uni finally releases them three days later.

Best drug tip:

OLIVER

Do your research. Some drugs are going to be more your niche than others. You're going to want to hone right in on that little itch you need to scratch and talk to people. Everyone's got an opinion, a lot of them are bad too. You are probably going to have to try a few—maybe even a few at once. Getting yourself the right concoction is a wonderful feeling. Nothing will ever be quite the same again.

TALIA

Never miss a day! Withdrawals? You won't know her, if you simply never stop using. Set little reminders to yourself to keep using. Do these at fun times when it's super socially acceptable to pop back a pill or two: during a gruelling exam, for example. You'd never want to do this without drugs, and thanks to handy reminders, you'll never have to. Just make sure Panopto doesn't pick up on the excess movement—be stealthy when you're throwing a few back.

Now, as final legal disclaimer to cover our asses from the bitches in the Craccum dm's, we need to let you in on a secret: this entire article refers to the usage of legally prescribed medication. Both of us are on an array of prescribed medication and rely on its existence to lead our lives as the Craccum News team you've come to

know and love.

Earlier in the year, one of our news articles got pulled up by a reader for "promoting drug use". Funny, considering neither of us has ever dabbled in recreational drugs. In fact, we're both so boring, and so dosed up by our doctors, that neither of us

even drink. We'd like to make it really clear that the only drug use your News team is promoting is remembering to take your antidepressants in the morning. We've all got to make it through another day at this godforsaken University, after all.

STUFF WE SAID TO EACH OTHER ON LSD

10 AM

'DO YOU EVER THINK ABOUT THE FACT YOUR GRANDMA PROBABLY HAS MAD SEX STORIES?'
WE'RE WATCHING THE DUCKS AND WISHING WE'D BROUGHT BREAD - I TELL YOU
'FOR SOME REASON, THINKING ABOUT MY GRANDMA'S SEX LIFE -
NEVER AT THE TOP OF MY TO DO LIST'
YOUR LAUGH (LOUD, UNCONCERNED) UNDOES WHAT MEAGRE TRUST
THE DUCKLINGS HAD IN US AND THEY
SCATTER

(I JUST MEAN WE ASSUME OLD PEOPLE ARE SWEET AND BORING'
'SPEAK FOR YOURSELF, I JUST ASSUME THEY'RE RIGHT WING')

1:15 PM

WE STOP TO STROKE ROSEMARY, BRIGHT PINK FLOWERS
AND A PATCH OF SMALL, SOFT LEAVES APTLY NAMED
LAMB'S EAR (YOU CAN'T GET OVER THIS)
I HAVEN'T THOUGHT ABOUT WHAT I LOOK LIKE FOR THE LAST 7 HOURS
AND IT FEELS REALLY GOOD PLUS - I DON'T THINK EITHER OF US WILL TAKE
A TREE FOR GRANTED EVER AGAIN

3:07 PM

YOU TELL ME THAT POWER IS BEING ABLE TO LAUGH AT WHAT HURT YOU
I TELL YOU I HAVEN'T DONE NEARLY ENOUGH IN THE LAST 4 YEARS
FOR IT TO HAVE BEEN AN ENTIRE DUCK'S LIFE
YOU SAY DUCKS ARE JUST APEX BIRDS
AFTER ALL YOU CAN'T SEXT WITHOUT
AUTOCORRECT PROUDLY INFORMING SOMEONE
YOU WANT TO DUCK THEM

6:39 PM

I LOOK DOWN AT MY HANDS AND WHISPER
I WONDER WHY PEOPLE KEEP TELLING ME I'M BROWN
I'M CLEARLY PURPLE
I LOOK UP TO TELL YOU I THINK I JUST SOLVED RACISM BUT
YOU'RE NOT LISTENING TO ME, YOU ARE CHASING AFTER
A PIGEON



MDMA IN NEW ZEALAND: UNVEILING THE ECSTASY AND PERPLEXITY



HIWA PIAHANA

Welcome to an exploration of New Zealand's recreational landscape, where the spotlight falls on MDMA, colloquially known as ecstasy. In this article, we embark on the history and status of MDMA and unravel the complexities surrounding MDMA's use, implications for public health, and the unique perspectives shaping its cultural significance in New Zealand.

Ecstasy Unleashed: A Dancefloor Darling

Enter the pulsating heart of New Zealand's party scene, where MDMA reigns as the dancing queen. This potent compound, known as ecstasy or "Molly," has seduced revellers seeking a euphoric escape and a touch of transcendence. With a wry smile and a thumping beat, MDMA has become synonymous with energy, intimacy, and a collective sense of oneness under the strobe lights. The allure of MDMA lies in its ability to dissolve inhibitions, forge connections, and elevate the mundane into moments of pure bliss. It's a chemically induced symphony that heightens emotions, deepens empathy, and leaves users floating.

The Ecstasy Enigma: Legal Limbo and Social Perception

Here's where things get intriguing—MDMA, like an elusive lover, straddles the realms of legality in New Zealand. While it is classified as an illegal drug, the perception and attitudes surrounding its use are a dance of their own. Some view it as a harmless way to amplify joy and forge connections, while others question the potential risks and consequences. The paradox emerges: a substance both revered as a catalyst for collective experiences and stigmatised as a dangerous escapade. This societal duality creates a sense of perplexity and ambiguity, where the legality of MDMA stands in contrast to its cultural acceptance

within certain circles. As New Zealand grapples with finding a middle ground between personal freedoms and public safety, the dance continues, toeing the line between exploration and enforcement.

Health and Heartbreak

As with any intoxicating affair, the MDMA experience comes with its own set of considerations. The rush of serotonin and dopamine can induce waves of bliss, but uncontrolled use or adulterated substances which have become more common on the popular scene of this particular substance can bring about unwanted twists. In recent events, the circulation of fake MDMA has reported serious side effects among many users. Apparently as drug testers have stated, at least 40% of the MDMA present at festivities in New Zealand is actually a cathinone which had similar results to MDMA upon use but wore off quicker causing people to take more of the drug with the understanding that it was a weaker version. The high doses of such alternatives has been nearly fatal in many.

It's a delicate equilibrium between ecstasy and self-care, where users must navigate the potential risks to their physical and mental well-being. Dehydration, increased body temperature, and potential long-term neurological effects loom in the shadows, reminding us that even the most enchanting dance can have its downsides. Balancing the pursuit of euphoria with responsible choices becomes paramount.

A Sobering Serenade: Balancing Safety and Awareness

Let us now sway to a sobering serenade, finding harmony amidst the dance of ecstasy. Raising awareness about the potential risks associated with MDMA use is key. It's time for

open conversations that strip away the stigma, providing factual information and harm reduction strategies. Empowering individuals with knowledge about safe dosage, testing, and staying hydrated allows them to make informed decisions and minimise risks on their own euphoric journeys. Support services, such as drug counselling and education programs, play a pivotal role in fostering a culture of informed choices and responsible use. It's not about abstaining or condemning but about mitigating harm and promoting well-being.

Regulatory authorities, too, have a role to play—a dance partner guiding steps towards harm reduction. Striking a balance between punitive measures and pragmatic policies can help protect public health while acknowledging the realities of recreational drug use. It's a delicate choreography where education, support services, and prevention initiatives intertwine to create a safer environment for those engaging in MDMA experiences. This approach emphasises harm reduction, encouraging individuals to make informed choices, test substances, and access support when needed.

MDMA's status as a recreational drug in New Zealand invokes a nuanced dance between ecstasy and responsibility. Through a breakdown of drug use, drug harm, and drug relief, we navigate the twists and turns of this recreational landscape. By embracing open dialogue, promoting awareness, and finding the right rhythm of regulation, we can foster a culture of informed choices and harm reduction. So, let's respect ecstasy while keeping our hearts and minds tuned to safety and well-being.

Which illicit drug are you?

Who needs buzzfeed? *Craccum* answers an age-old question

Describe your type by choosing an animated crush from your childhood:

- a) Prince Eric from The Little Mermaid (basic, u like ur white boys of the month)
- b) Shogo from Kim Possible (impeccable taste)
- c) Ariel from The Little Mermaid (oh so you want a woman to give up her voice for you? sus)
- d) Scar from The Lion King (ur probably a furry...but a furry with impeccable taste)

If your friends had to snitch, what would they identify as your worst flaw?

- a) Tone deaf: they like that you're loud and bubbly...but maybe grandpa's funeral wasn't the time or place?
- b) Careless: Google Calendar was invented for people like you and yet... u are one forgotten birthday away from getting kicked out of the friend group
- c) Too friendly with random strangers on nights out: ur mates just want to go home (and dodge any potential lawsuits)
- d) Kind of pretentious: they get it, you took PHIL105 in first year. They just don't feel like Nietzsche chat over bottomless brunch

How would you hard-launch a partner on social media?

- a) Martini Launch: You confirm you are in fact fucking the mystery hand holding the wineglass in your previous stories by including their face this time
- b) Dump Launch: Sandwich your new partner in between random shots that are clearly just there to make the whole post seem casual. We're definitely buying it.
- c) Vintage Launch: change your facebook status to 'in a relationship' like some sort of freak. You want the entirety of your high school cohort + your family to be privy to kissing pics. Bonus: cheesy captions that always say something like "sO pRoUd oF hOw fAr wE've coMe deSPite oUr upS aNd doWns" (????)
- d) You don't believe in hard launches. Or instagram. Or the capitalist ploy that is a relationship.

How would you best describe your texting style?

- a) Unpredictable: It has been remarked by some that you are impulsive and should have your phone confiscated.
- b) Chill freak: you respond to texts as they come in but you stress about piled up messages; what if all your friends started hating you within the two hours you didn't respond?
- c) Too much: you have never been afraid to double text in your life! You are enthusiastic and remind the homies you love them frequently. People who 'seen' you are on your hit list.
- d) Texting back gives you anxiety in a way you can't explain. Why are there people in the little box that want your words all day long?



ILLUSTRATION BY MARY BOOK

If you got mostly a's:

you are good ol' alcohol! Everyone relies on you for a good time. You are warm and loud and sociable and people like themselves when they're around you! Sure you get a little sloppy now and then, but it's only on special occasions!

(mostly) b's are for bud:

you are marijuana. Bit of a comedian aye? People love the calm energy you exude; you never get mad when plans fall through or friends run a little late. Your own organisational skills could use a bit of work, but hey that's what Google Calendar is for, right?

Mostly C's means you are

ecstasy! You are bubbly and you love your friends! And your partner! And that stranger over there! You're just rawdogging life and experiencing the highs and lows of every emotion it has to offer. Who could fault ya?

If you put the D('s) in

LSD: you are...a bit of a weirdo. But people love you anyway. You notice things other people don't, and you appreciate the small and wonderful minutiae of everyday life. You make your loved ones notice it too. When the sky is particularly nice, you will probably take 30+ pictures and send them to your friends.

Woah dude,

1	2	3	4	
5				6
7				
8				
	9			

Across

- 1 Someone who unknowingly carries drugs
- 5 Dark Wood
- 7 Way to go
- 8 Artists stand
- 9 Deaf Slang, Interpreter

Down

- 1 Trifling
- 2 German submarine
- 3 Small insect, lives in hair
- 4 Go in
- 6 Cry of pain

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

Across

- MDMA Street Name 1
- Like the Beach, Normandy or North of Auckland 6
- Morocco's capital 7
- Came up 8
- Dorm VIPs 9

Down

- Type of Eel 1
- Swedish Singer, with Rudberg 2
- American Work 3
- Tibet's Capital 4
- Auckland's First Female Mayor 5

1	2	3	4	5
6				
7				
8				
		9		

Puzzles.

Across

- 1 Auckland Tunnel
- 4 Auckland Viaduct
- 5 Place it reaches
- 6 American Paint
- 7 Sport
- 9 Impervious to it
- 11 Fruit

Down

- 2 Vegetable
- 3 Canal
- 6 Filled with it
- 8 Tornado
- 9 Sad Moment
- 10 Famous Battle

Hint: Linked by 8 Cups a day

1

2

3

4

5

6

7

8

9

10

11

R
SCE
CHOX
YEKO
ACEH
NSHQ
GTXX
EAKS
LSKY
DYDD
UUQB
SIYT
LOCD
TNLRWME
JANEGGT
EMKWMDC
ICEPSAP
XSIXMTYI
CRYSTALS
NEMMWF
FK
XDOUEIS
CSGRI
DIVCAINH
EI
FCXOB
NNTTA
EA
BTHC
QREI
LRFQD
ZAW
DN
ACID
CRYSTAL
COKE
ECSTASY
ANGELDUST
CHOCOLATE
SPEEDBALL
CIRCLES
MOLLY
ZANNIES

WEED
SPECIALK
JOYJUICE
ANADROL
MARYJANE

QEL
DYSL
CCEQ
UELL
GYCL
PLRA
ILIB
LOC
MEE
GTE
KWMDC
XSIXMTYI
NEMMWF
FK
EI
BTHC
QREI
LRFQD
ZAW
DN

HOROSCOPES

ARIES



This week, the stars align for some wicked fun without the substances. Channel your energy into a late-night dance party, unleashing your inner wild child. Let the beats and grooves intoxicate your soul as you become the life of the party, who needs drugs when you have unmedicated ADHD?

TAURUS



Maybe an impromptu game of "Kings Cone" wasn't such a good idea? It seemed like a good idea at the time but now you've been locked into a flesh prison of your own making for days. Will it end? Are you doomed to a permanent psychosis? Who can say. This week recuperate your senses with a nice stiff glass of water.

GEMINI



This week we are not suffering though mild but long headaches! Panadol was invented for a reason and combined with Ibuprofen you've got everything you need to survive the "ouchies". don't suffer for success, head down to Chemist Warehouse and get yourself some nice generic drugs, that's that good shit.

CANCER



Find your bliss through artistic expression. Grab a paintbrush, pen, or instrument, and let your creativity flow. Lose yourself in the beauty of creation as you discover a natural high that's far more fulfilling than any substance, but could it be better with some LSD?

LEO



"You're so fucking talented". That's definitely not the booze talking, this is all you! March yourself down to a karaoke bar and dazzle the crowd with your talents. Everyone's heard 'Sweet Home Alabama', but have they ever heard it *this good*???

VIRGO



Embrace the power of physical activity to achieve a "natural" high. Is it really natural if you have to gulp down scoop after scoop of pre-workout? Lace up your sneakers...are you an addict? Feel the endorphins surge through your body...oh that feels good doesn't it? Let those nasty thoughts slip away...for now..

LIBRA



Surround yourself with positive vibes this week. Spend time with friends who support your decision to abstain from recreational drugs. Engage in meaningful conversations, create memories, and build lasting connections that bring you genuine happiness.

SCORPIO



Unleash your passion for exploration through outdoor adventures. Embark on a hike, discover hidden gems in your city—like the magic mushrooms that grow in Albert Park. Let the awe-inspiring beauty of nature (*psilocybin*) be your drug, fueling your sense of adventure and exhilaration. Have your hands always looked like that?

SAGITTARIUS



Get high on laughter this week, and also marijuana! With exams rapidly approaching there's never been a better time to fuck with your short term memory. Gather your friends and enjoy the seminal movie masterpiece "Click". Let the waves of laughter wash away any thoughts of your rapidly slipping GPA and don't forget to have a glass of water!

CAPRICORN



Seek the thrill of achievement. Set ambitious goals, create a roadmap, get medicated, and I cannot stress this enough: get medicated. It's time to tackle that laundry and we both know you've got zero chance of managing that without 54mg of concerta coursing through your veins.

AQUARIUS



Serve the community! There's nothing more noble than helping test an ambulance crew. After all, if they don't get some practice on you how will they handle the stresses of a real emergency. Next time you get high, call the ambulance, they're sure to appreciate it! Who said having a good time wasn't a *real* emergency? **(Do not take this advice under any circumstances)**

PISCES



Let knowledge be your intoxicating substance this week. Immerse yourself in Michael Pollan, perhaps one day you too can build an entire career off one particularly good acid trip. How does he do it? Maybe it's his chrome dome blinding his enemies, or maybe he's just an old white man?

**MAJOR
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