

# The Drugs Issue

<sup>24</sup>  
**Critic**

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**Te**

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1  
91 FM



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EXECUTIVE



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DIVE  
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## SUNDAY 23 APRIL

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**ousa**

# LETTERS

EMAIL [CRITIC@CRITIC.CO.NZ](mailto:CRITIC@CRITIC.CO.NZ) LETTER OF THE WEEK WINS A \$25 VOUCHER FROM UNIVERSITY BOOKSHOP

## LETTER OF THE WEEK

### TO WHOEVER IS IN CHARGE OF PUZZLES

To whoever made that crossword this week holy moly bloody hell big ups to them. That is the most insane and stupid yet mind blowing crossword ever and it drove me and my flatmates absolutely up the walls thinking we were going crazy. Who the fuck is Adam and why does he like spare rib??? Not ribs?? I thought about this single rib my entire shower after I gave up the crossword and it finally clicked. Who would think to take the rib out of all those words??? I was truly convinced it was all a sick April fools prank but instead it was part of something marvellous. solving that crossword made me feel as if I was Einstein figuring out  $e=mc^2$ . my mind was blown and it was the first time in years I felt like life made sense. The world was perfect. My biggest accomplishment ever. I am still beaming 2 days later. So, to whoever came up with that, who the fuck are you and how on Earth did you think of that??? And can you keep making such crazy, quality crosswords??? I have never felt so much satisfaction in my entire life. I feel as if I have solved the world. Thank you, I think.

*Editor's response: Vindication! All the crosswords were made over summer, and I think this was the hardest one. If I have a bolt of inspiration I'll make another tough one. But yes, devilish. Glad you enjoyed.*

### Dear Critic,

I am dismayed that the video to promote the University's rebranding was made (if I understand correctly) by an external company when the University has their own professional media production team. I wonder how much money was spent doing this externally while our own has their staffing cut?

Regards

N

### Kia ora Critic,

It's a bit ironic how the letter of the week is complaining about the ODT undermining the efforts of the students and the intention behind the Sophia Charter when, in the same week, Critic has an incredibly similar looking article.

The article itself is lovely but "200 students swapped bevvis for brooms at the annual clean up" is pretty much exactly the same as "students stop partying for a day to go clean up castle street".

A



### Kia ora kotou katoa,

This is a slightly belated shout-out to the OUSA crew who ran O-Week. I was present on the Wednesday night of the toga party, helping out at the Combined Christian Groups tent. The last three years in general have been a bit special, to be honest, and I was hoping for everyone's sake that things would go smoothly with the festivities to help get 2023 off to a good start. About 7pm, it was pouring, which wasn't promising, although it's exactly the kind of identity crisis you can expect from a Dunedin day in February. However, the event itself was shaping up to be ace, boasting a brilliant setup, smart indoor-outdoor festival vibes, impressive stages, well-planned layouts, and vibrant lighting. I was thrilled for the OUSA organising team when, at around 8.20pm, things were in full swing, the opening bands were cracking into it on the outdoor stage, and the rain had made a timely exit.

I just wanted to say that, based on my experience of the Wednesday night, I thought it was an epic and fantastic event. Running large events like this is no joke, and this one showcased a good dose of class and attention to detail. It's easy to see when details are overlooked, but this event was put together so well that I believe everyone should join me in expressing thanks and congratulations to all who made it happen. This includes everyone who contributed to the conception, imagination, and oversight, all the way down to the countless hands needed to execute it on the day and throughout the week.

First-years, I think you were treated to an excellent toga party night, and O-Week generally seems to have been a success. He mahi tino pai, ngā kaimahi, ā, kia ora koutou mō ō koutou mahi.

Tom Mephram  
Minister/pastor of Student Soul, a local church

### Hi Critic

Has anyone else noticed that the OUSA branding is eerily similar to the Liquorland's? The green, the font, even the letter cut-outs. Coincidence, or a hidden conspiracy? Is OUSA subconsciously encouraging students to associate the uni experience with alcohol through nefarious marketing techniques?

Discuss.

Sincerely,  
A student who definitely didn't binge drink before uni

# EDITORIAL: YOU HAVE A PROBLEM THAT DRUGS CAN'T FIX

BY FOX MEYER



Could the 9–5 be making people go crazy?



No! Something must be wrong with their brains!

I've said it once, I'll say it a million times: there's a damn good reason so many of you think you have ADHD. Or autism. Or whatever it is that's in fashion at the moment.

It might seem "normal" to us, having grown up with it, but the current idea of what constitutes "work" is completely alien to 99% of human existence. The idea of time as something that can be bought and sold and paid for is brand-fucking-new. Hard deadlines and product quotas, signatures and approvals and timetables and KPI's... it's endless, and it will drive us all collectively insane. I don't feel like this is an exaggeration, and I'm tired of pretending like it's normal.

This is what's wrong with you, too. It's a reaction to the feeling that you can't possibly meet the expectations set by 19th century industrialists - the same people who were happy to keep kids in the coal mines for 20 hours a day. Human brains are meant to work in bursts, and yet somehow we've all ended up in a situation where we treat the 9–5 as sacrosanct. And when that inevitably starts to drive us crazy, we shift the blame onto ourselves. "Something must be up with us," we say. "Something must be wrong with our brains." And then we get medicated.

I want to make it exceptionally clear that something should feel wrong. It's just that the problem isn't with you, it's with the broader system that you're being forced to work in and told is completely normal, because it isn't. It's toxic. There was a study where they put rats in isolation and offered them drugs or food - most turned into addicts. Then they put rats in a massive cage with lots of friends and activities, and offered them the same choice. No addicts. What kind of cage are you in, right now?

Even if you back the cage of industrial capitalism, let's just look at it this way: what seems more reasonable, that millions of young people have suddenly developed a clinical attention disorder all at the same time, or that the one thing they're all meant to be paying attention to, modern work, is itself the problem?

So, yes, you should feel like you don't belong here. That it's impossible to meet your study and work expectations. That your mind wanders and switches off. That you procrastinate for ages and then cram it all in at once. This is all completely, 100%, normal behaviour - it's just that our modern world is built to treat this as abnormal. This is insane. We are forcing people to work under these conditions and then insisting that any resulting problems must be their fault. This amounts to nothing less than a worldwide bout of organised psychological terrorism. Slow, steady torture whose consequences are blamed on you and labelled as symptoms of "neurodivergence" that must be fixed with drugs. Of course, these disorders are real. Totally real. But isn't it just a bit weird that "mild" cases (and prescriptions), the ones that whose concerns are about work, have skyrocketed in line with the rise of industrial capitalism?

If this sounds like you, then you are being gaslit. Stuck like a caged animal, pacing in circles, spiralling into depression, all while being told that if you can't live laugh love in these conditions then it's your fault. That's what this feeling is. Unless you're one of the very few whose disorder impedes your daily ability to function - not just your daily ability to work - it's probably not ADHD. It's the feeling of denying yourself the right to a perfectly wild soul. It should make you feel sick, and no amount of drugs will help you.

Have a great 4/20.

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*critic* te ārohi

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## "Stop Leaving the Cemetery a Mess," Say Primary School Kids

Solutions included raising the drinking age to 30

Year 4 and 5 Ōpoho School students have written a letter to Otago University students asking them to stop leaving litter at Brackens Lookout (AKA the Cemetery). Students essentially told the children to get fucked, saying that the letter was "too long" and that they "don't really care". That's a great look, guys. Nice one.

The lookout is a popular piss-up spot for students on days like St Paddy's, especially for freshers who have limited options for unsupervised drinking spaces. A skip was brought in on St Paddy's and a clean-up was held afterwards, but on less newsworthy days the place is usually left a tip. We really, really tried to find students with a good attitude about this, but the best we got was "ceebz". Fuck me, I guess.

The kids have been working for the past couple years with the Town Belt Kaitiaki to keep the lookout clean, which has included many hours spent planting trees, weeding, and cleaning up rubbish. Most of this rubbish is glass bottles and bottle caps, as Uni students apparently love their "fizzy drinks". Aww. At the end of last year, they allegedly collected seven full bin liners of rubbish. Not aww. Adorably (and correctly), the Ōpoho kids are concerned that this litter will be "harming creatures, plants and people."

Ōpoho students Amelia, Rach and Josh (aged 8 and 9) expressed their frustration in this letter that they have been forced to take responsibility for all the fizzy drink rubbish. "It's not fair because we are students that are aged 7-11 and university students are nearly adults or adults...We should be able to look up to them but they are not being good role models." Hear that, Castle? You're role models.

Critic Te Ārohi spoke to first-year Alex, who lives at Arana. He explained that, since students living there are not allowed to drink until 4pm, "if there's an event like Baseline last weekend or the rugby the weekend before where it starts way before that time, we don't really have anywhere to go without getting in trouble with our hall." Alex also said that drinking at the cemetery is thought to be "like a rite of passage, almost", with his crowd finding out about it through "word of

By **Nina Brown**  
News Editor // [news@critic.co.nz](mailto:news@critic.co.nz)



**"They found it rather confusing that anyone would be so disrespectful to the environment, especially as they are adults."**

mouth around home from people that have been to Dunedin."

But when asked if students gave much thought to other members of the public, Alex simply responded: "Oh, God no." He said that he and his mates often go there to play possum, a drinking game involving parking up in a tree with a box until it's empty. "We're probably the culprits. We just drop our drinks out of the tree", amongst other things. Alex proudly claimed, though, that his lightweight status was equivalent to being an eco-warrior in breatha terms since, while "most people will have glass bottles and cans", he could "stick with my Nitro. So that's a bit easier to put in the bin." Good for him?

The Ōpoho kids went as far as to include suggestions to fix the problem in their letter, with ideas like fining people littering in outdoor spaces, introducing more bins and security cameras, or, our personal favourite, raising the drinking age to 30. Or the schoolkids could show them how it's done: "The students could be taught how to look after it. We would be good teachers." Out of these options, Alex thought that a fine would probably be the go: "It would definitely deter people from littering." Or just more bins, he said, since the one bin that is there can tend to take a beating on days like St Paddy's.

The kids' teacher, Mr Abbott, told Critic Te Ārohi that the idea for the letter came from a unit the class is doing this year based around whakawhetai, "which is recognising all the things in our lives that we are grateful for." The kids placed the environment and many local areas high on their lists, and he said that part of what helped hook them on Brackens Lookout was "the idea that they could be leaders and help teach older students. They found it rather confusing that anyone would be so disrespectful to the environment, especially as they are adults."

Based on some of the responses we got from freshers, however, Critic doubts the maturity of these "adults". Unicol resident Emily\* wasn't confident that the letter would make a dent in the cemetery party culture, saying freshers would either "disregard it" or they just "wouldn't read it. Like I feel like it's too long. Yeah." And while Mr Abott said he thought "the children would be keen to invite uni students to help tidy Brackens Lookout on our next visit", Emily remained apathetic: "[Students are] too lazy, I feel." Alex said that he'd gone back to clean up once before, but in general, "we really don't care."

\*Name changed.

## Tame Zoo Spurs Public Uproar

A rising tide doesn't lift all boats, it seems

By **Hugh Askerud**  
Staff Writer // [hugh@critic.co.nz](mailto:hugh@critic.co.nz)



**“What the fuck happened to the Zoo this year #pussy’s #uncultured.” However crudely put, Charlie’s outcry was met with a whopping 56 reactions from a usually unresponsive CASTLE23 audience.**

On Saturday, April 8, the infamous Forsyth Barr Zoo saw a historically low turnout for the Highlanders clash against the Hurricanes. This comes after a general downward trend of Zoo attendance that’s been made starkly apparent this year.

Though the Zoo’s capacity of 4,500 hasn’t been met in a while, the reported attendance of 200 people on April 8 pales in comparison to the average 500 earlier in the year, and is absolutely dwarfed by the attendance rates of prior years.

The stifled roar of the crowd has not gone unnoticed. Die-hard rugby fans have wondered hopelessly where the atmosphere of the famed Zoo has gone. Weeks before the wretched day of April 8, Critic Te Ārohi received a letter from Leo condemning students for their “disservice to the team and the Zoo.”

Not only did Leo point out the obvious lack of numbers within the stands, he also commented on the atmosphere within the arena: “We have people sitting down and providing little support to players.” Similar sentiments were heard by Critic Te Ārohi’s video team as they filmed during the carnage. Comments such as “no one’s standing” and “the Zoo’s so fucking shit now” met the innocent ears of our staff who were merely looking for silly crowd hijinks.

The game was a tipping point for one breatha, Charlie, who posted on the CASTLE23 Facebook page the simple question: “What the fuck happened to the Zoo this year #pussy’s #uncultured.” However crudely put, Charlie’s outcry was met with a whopping 56 reactions from a usually unresponsive CASTLE23 audience.

Charlie’s statement was poetic enough to warrant an interview, so Critic pinned down the figure in the hopes of unveiling what he thought could be done to help fix the Zoo. Speaking from the heart, Charlie said, “Basically the crowd there was appalling. You would turn around and look at everyone around you and realise almost everyone was sitting down. Just very upsetting how quiet the Zoo has become over the recent years.”

Charlie’s statements seem to suggest the Zoo’s apparent death has come at the hands of an apathetic support base. Another student, Patrick, suggested a different reason for the Zoo’s recent fall from grace, saying the low turnout could be “because everyone was away on break.” Good point Patrick.

Mulling the issue over further, Patrick added, “The Highlanders are pretty shit this season though.” Much to the chagrin of patriotic fans, Patrick may have a point. The ‘Landers came out the gate this season with three straight losses with somewhat embarrassing score lines to match.

But is it really about rugby? Critic Te Ārohi’s video team can attest to the fact that, while there is passion, love, and anger strewn within the hallowed stands of the zoo, there certainly isn’t an exorbitant amount of rugby chatter. So what is it that makes the Zoo worth fighting for? According to one student, Thomas, it’s about “cheering and supporting among the other students who are generally doing the same thing.” An ex-student of the university, added, “People up North watch the Zoo on the TV and they can feel the atmosphere from their living rooms.”

While much of the Zoo’s atmosphere can be placed on the shoulders of an unflinching student army, another facet of its atmosphere is the history of the stand. Effectively serving as a continuation of the ‘terraces’ at the old Carisbrook stadium which were infamous for housing only the rowdiest Dunedinites, the proletariat ethos came readily installed in the set up of the Zoo. Game day tickets could be purchased for \$12.50 a pop when the stand first opened, and a variety of acts and music sets were installed to entertain the swathes of incoming students. Since 2012, the Zoo has borne witness to insidious marketing ploys, truckloads of vomit, and even a couple cheeky (literal) shits.

The culture embedded in the history of the Zoo is what every student yearns for, what every student desires to become a part of. It is this yearning that can be found in Charlie’s CASTLE23 post and has kept the Zoo enshrined in the Otago student identity for 11 years.

The truth behind the Zoo’s recent lacklustre attendance may yet be a mystery, but the student spirit, which fell in love with the Zoo all those years ago, still lingers. Next time there’s a game at the stadium, think about heading along for this slice of the Otago student experience pie. Doing so is the only way that the narrative changes from “the Zoo is so shit” to “how good are the ‘Landers?” And isn’t that really the only yarn worth spinning?



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## What's the Best Day to Get \$4 Lunch?

Students sing praises through mouthfuls of chickpeas

Critic Te Ārohi conducted a survey to answer what some have called “the most fundamental question of student existence”: On which day can you get the best \$4 lunch?

Opinions varied in the survey, however Monday was deemed the best lunch by 15 students, piping Wednesday by a whopping 5 students to become the unequivocal champion. Monday's landslide victory may be a shock to some students who would've expected a tighter race, yet the results were definitive. The fact that the survey was conducted on students eating the Monday \$4 lunch shouldn't lead you to any conclusions about the validity of these results.

Tandoree Garden (who run the \$4 lunches) serve up 'Chickpeas and Rice with Potato and Vegetables' on a Monday, proving that chickpeas aren't just the disgraced older brother of lentils like so many have claimed. Wednesday's 'Dal Makhani with Rice and Potato Curry' fell into second place with 10 votes, with Tuesday's 'Vegetable Pasta' and

Thursday's 'Vegetable Soup' following at 4 and 3 votes respectively. In last place was Friday's 'Mixed Dal' sitting on a meagre 2 votes (though these voices sung passionately in the dal's defence). Overall, participants conducted the survey with hearty enthusiasm, showing a relatively unhealthy interest in such a mundane task.

OUSA's \$4 lunches originally began in 1997, run by Jane Beecroft of the Hare Krishna community, who retired at the end of 2021. As such, the past year has seen OUSA's \$4 lunches completely rebranded under the banner of Tandoree Garden. Despite the change, the lunches have carried on swimmingly, with some days bearing witness to lines stretching all the way down the stairs. So are students just getting poorer and in dire need of food that's not three day old leftovers? Or have the \$4 lunches' rebrand struck a chord with a new market of students?

One OUSA employee said “the greatest thing about them is the price...The lunches are wholesome and cheap, what's not to

love?” And student response backs this up; while many students involved in the survey had a particular slant towards which day of the week served them best, an even larger majority cited two or three days as being “particularly good”.

Students lumped praise onto the meals unflinchingly, even while a few begrudged participants claimed that the lunches pre-2022 were “much bigger in size.” These complaints were few and far between, though, signalling the widespread success of the rebranded Tandoree Garden \$4 lunches. Maybe the whingers were just hungry, in which case, boy do we have a suggestion for you.

Critic Te Ārohi's survey may have been flawed in nearly every scientific regard, but ultimately it telegraphs the surety of what has been deemed by one student, Robbie, as a “living legend on campus.” Student consensus has shown that, while opinions on favourite meals may waver, the OUSA \$4 lunches are a seemingly eternal institution in the student community.

By Hugh Askerud

Staff Writer // hugh@critic.co.nz

## New Food Court Just Dropped!

Pre's at the library, anyone?

University of Otago Hospitality Manager Adrian is inviting students to check out the new food court venue Auahi Ora that opened for business in O-Week of this year. Adrian described it as a “multi-use space” with a new menu, new furniture, social bevies of all kinds (including booze), and the opportunity to host “student-oriented events” outside of normal 9am-4pm trading hours, for no cost.

Before the revamp, Adrian said that the space was “cold and not that welcoming, a little bit stark”, which would make it hard to tell that you've left the flat. Chatting with Critic Te Ārohi over a cup of coffee in the midst of Thursday lunchtime, Adrian gestured to the buzzing environment that surrounded us. “It's there for what you see here today,” he said. “Just a comfortable space.” The new layout of the food court includes “more social areas like the couches and large tables over there as well. I think it works.”

“It's here to provide students somewhere to go after 4pm during the week to socialise,” said Adrian. Venue hire is free for students, with the understanding that food and beverages will be catered by Auahi Ora. With a capacity of 320 (perhaps more with potential future renos) Adrian said they wanted to meet student needs. “It's unique to the University of Otago, and I think they recognise they lacked a venue like that.”

Adrian also explained that Auahi Ora is a “fully licensed venue, from midday until 1am” with brews on offer for as low as \$6. The food court has always been licensed, he said, without necessarily having used it until now. “We don't anticipate students drinking a lot during the day, but we would hope that both students and staff would come in here for a social beverage whether that be alcohol or non-alcohol later on in the afternoon.” One student we spoke to, Finn, was keen: “Could be keen for some brews during a library sesh.”

Though they're planning on trialling Friday happy hours between 4-6pm towards the end of this month, Adrian didn't want students to think of it as a student bar. “We're hoping to have a more socially minded venue where people can come and get together” he said. Hence the name Auahi Ora that was given by local mana whenua, meaning “a gathering around light.”

But not everyone's a fan. Students for Sensible Drug Policy (SSDP) raised some objections at a hearing last Thursday to the Uni's liquor licence - the same group opposing Eleven Bar's. One of their objections compared the access to alcohol “in a place of study of persons knowingly vulnerable to alcohol harm” to having a “slot machine to be set up in the workplace of persons knowingly vulnerable to gambling”.

Psych student Amelia had something to say about this: “[Auahi Ora] isn't being presented to a group of recovering alcoholics. It's being presented to University of Otago students, and one thing that the University is never going to be able to do is stop students from drinking. That's never going to happen. What they can do is create safe spaces for students to drink to reduce harm.”

OUSA President Quintin commented that he didn't imagine many students would agree with the Uni losing their licence. He said that SSDP “do raise some good points and OUSA is always supportive of ways to improve the safety of venues for students. While I hope that the University is able to retain their licence, I hope this is the start of a further conversation with OUSA, SSDP, and the University around harm reduction and safe spaces.”

While Adrian did not have a specific response to SSDP's objections ahead of the hearing, he said, “What I will say is that we accept the right that other people have to challenge what we do and everyone gains from that. And that helps us look

at our own processes to make sure that things are right.”

Brainstorming what students could expect out of the space in terms of an events venue, the possibilities seemed endless. We're talking student club quiz nights, residential hall dinners, the odd 21st “within reason”, and viewings of the approaching Women's Football World Cup. “And you've obviously got the All Blacks games, as well,” said Adrian. “Where there's a need and demand, we'll meet the people.”

**Most importantly: Pre's for pint night? “Potentially yes,” said Adrian. “Why not?... Do you think that's something the student body would be interested in?” Do we ever.**

### Nooo Don't Write us Interesting Stories

You're so sexy ahaha

By [Your Name]

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### Alcohol Harm Minimisation Bill Fails

They can take our lives, but they can't take our alcohol advertising

The Alcohol Harm Minimisation Bill, proposed by Green MP Chlöe Swarbrick, recently failed at its first reading. The bill wasn't proposing anything radical like taking away your bevies; it simply aimed to end product-only advertising and alcohol sponsorship in broadcast sports.

Shockingly, alcohol isn't great for you. Though we tend to forget, it's technically a drug and is the leading cause of death in Aotearoa. Out of the 80% of New Zealanders who drink, around 25% do so harmfully, and a recent Otago Uni study found that 26% of deaths by suicide involve alcohol.

Despite the known harm of this drug, commercialisation and marketing has become ubiquitous in Aotearoa - especially within sport. As RNZ reported, this can mean teens start drinking at

earlier ages and at more dangerous levels. According to Chlöe, viewers watching broadcast sports are exposed to alcohol marketing 1.6 to 3.8 times per minute. That's a whole lot of "pride of the South".

The bill failed 85 to 29 votes, receiving only lukewarm support from Labour. Mackenzie, secretary of Otago Campus Greens, told Critic Te Ārohi that their reaction was one of "tired frustration." Labour treated it as a conscience vote, with only 17 MPs voting for it. This is despite Labour previously committing to enact the first half of the bill which empowers councils to have more power to control over trading hours and locations.

Students for Sensible Drug Policy (SSDP) generally supported the bill. "Chlöe takes a pragmatic and evidence-based approach

to drug harm reduction," said Jai, president of SSDP. The group also supports the Sale and Supply of Alcohol (Community Participation) Amendment Bill which aims to "meaningfully increase community participation in the alcohol licensing processes."

With the failure of the Chlöe's bill, Critic Te Ārohi asked students what other things can be done to reduce alcohol-related harm. Jai said, "Increasing awareness and education around alcohol impacts is key." Mackenzie agreed: "Alcohol-related harm doesn't just exist at the bottom of a bottle. It festers in an environment that doesn't prioritise educated and safe consumption."

Critic Te Ārohi reached out to Southern Young Labour and Young Nats for comment, but did not receive a response in time for print.

By Zak Rudin  
Staff Writer // critic@critic.co.nz



# ODT WATCH

## Avoiding fate of dinosaur

She died last year... Too soon...

"People who say that we were partying in lockdown simply do not know what they are talking about."

He was "shocked" to be fined and "amazed" by the number of other fines issued.

Overheard on Castle.

## Escaped cow returned home

When my flatmate gets home from town the morning after.



Lindsay Lohan

New ODT Editor in Chief

## Heavy metals in chocolate

Yo that's fuckin rad

"There are very few moa eggs left in the world, and we've got at least three of them here.

Head to \$4 lunch if you're interested!

## King Tut's toot-toot

Got your nose! :^)

OTAGO has a lead. There ends the good news.

MDMA wastewater testing results.

## 'Gone burger' man avoids jail

The Hamburglar remains at large.



# Need an MP?

## Dr David Clark

MP for Dunedin

03 474 1973  
dunedin@parliament.govt.nz  
544 Great King St, Dunedin 9016

Authorised by David Clark MP, Parliament Buildings, Wellington



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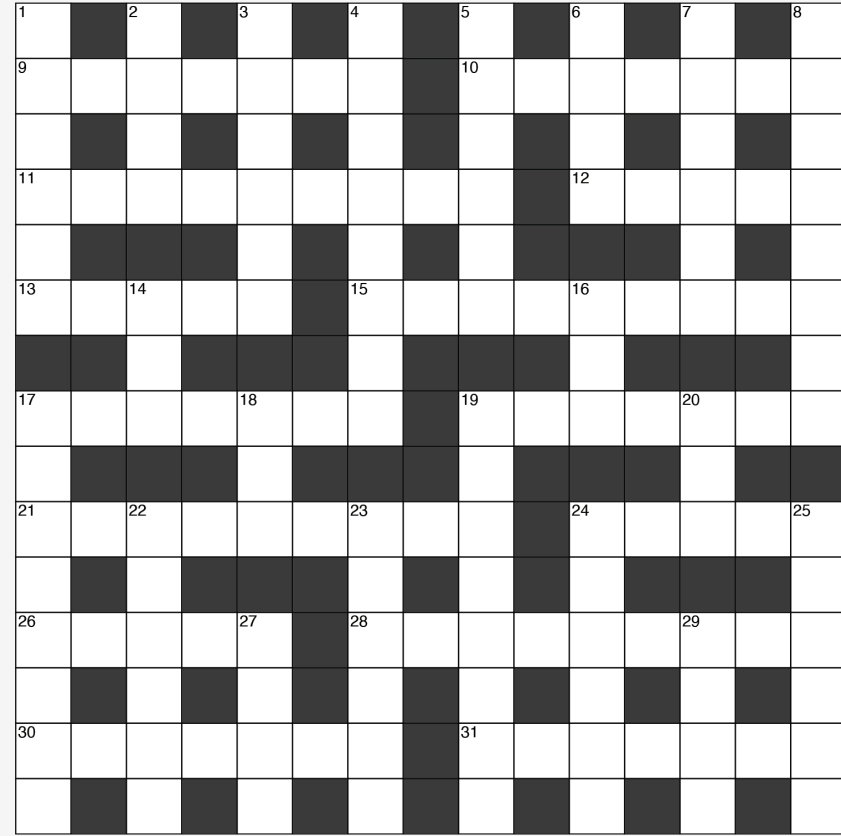
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# PUZZLES

**Mazagran** BROUGHT TO YOU BY MAZAGRAN  
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## CROSSWORD



The (#) tells you how many words are in the solution. If a clue doesn't have a (#), it's a one-word answer.

- ACROSS:**
- 9. Word before **-core**
  - 10. Bikram, for one (2)
  - 11. Right away
  - 12. Original inhabitant of Mexico City
  - 13. City between **Rotterdam and Utrecht**
  - 15. Returned, as a public servant
  - 17. Mexican salamander
  - 19. Headphone cousins
  - 21. Bonus feature in a movie (2)
  - 24. **Carl Jung's nationality**
  - 26. First name of 2018's sexiest man of the year
  - 28. "Haha, me too!"
  - 30. Forgetful soap opera plot device
  - 31. Next to your anus?

- DOWN:**
- 1. Pretending, professionally
  - 2. Mushroom piece
  - 3. Name of the actress who was in space alongside George
  - 4. Syrup that'll make you trip if you take too much
  - 5. Photograph precursor? **OR, the connection between the highlighted clues**
  - 6. God or spirit
  - 7. Big name in sticky products (2)
  - 8. Mountain range in the American West
  - 14. Flying saucer
  - 16. A unit of corn
  - 17. Original working title of "**Citizen Kane**"
  - 18. Miner's target
  - 19. Horny emoji?
  - 20. What you get if you don't pee after sex
  - 22. **Kitten's plaything**
  - 23. Canal clogger (2)
  - 24. Gym activity (2)
  - 25. Quidditch position
  - 27. Cheek
  - 29. **Azure**

## WORD BLOCKS

Make up the 9-letter word hidden in these blocks, using every letter once.

O	T	I
O	R	S
E	S	T

E	E	B
L	M	O
S	A	K

D	O	A
R	R	O
K	S	W

**ISSUE 06 PUZZLE ANSWERS**

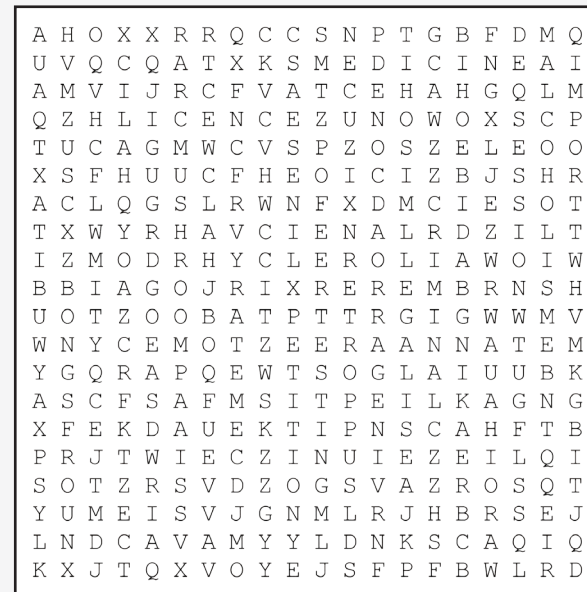
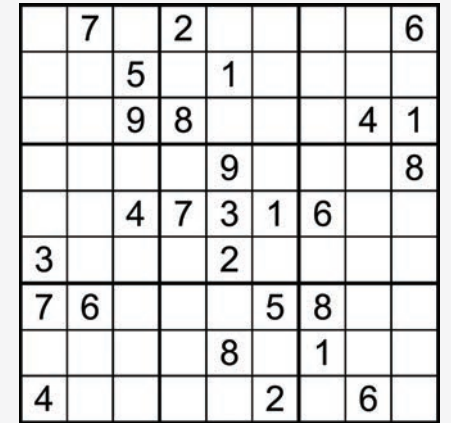
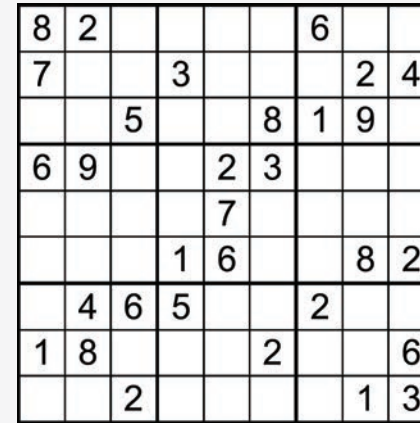
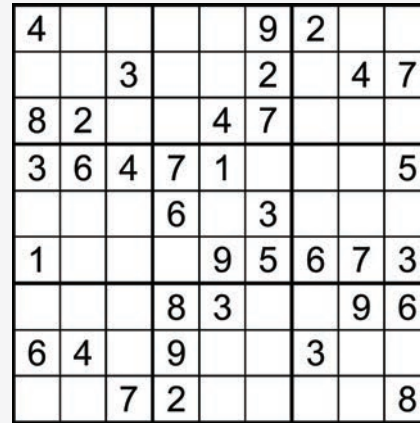
**ACROSS:** 1. STATIC 5. DIST(RIB)UTOR 8. DEERHUNTER 10. D(RIB)BLE 11. GENE 12. SHOESTRING 14. SPARERIB 16. SERMON 17. SUBSC(RIB)E 20. TRENDING 23. HARDBOILED 24. T(RIB)UTE 25. LION 26. ENORMOUSLY 28. EMBEZZLE 29. CA(RIB)BEAN

**WORD BLOCK WORDS:** HARMONICA, POSTGRADS, TOOTHPICK

**DOWN:** 2. THEDEEP 3. TER(RIB)LE 4. CRUISER 5. DOT 6. UNDERGRAD 7. ORLANDO 9. RUSTS 13. ORBITAL 15. RESIDENCE 18. URANIUM 19. ERODE 21. ENDEMIC 22. NUTELLA 24. THUMB 27. ODE

## SUDOKU

sudokuoftheday.com



## WORDFIND

- BONGS
- PETITION
- BREAKINGBAD
- SUPPORTER
- VINEGAR
- IMPORT
- TESTING
- ROADCONE
- MEDICINE
- LEGALISE
- MUSHROOM
- CRIMINAL
- ALCOHOLISM
- AUAHIORA
- LICENCE
- SESSION
- CEMETARY
- LINES

## SPOT THE DIFFERENCE

There are 10 differences between these images.



**ISSUE 06 PUZZLE ANSWERS**

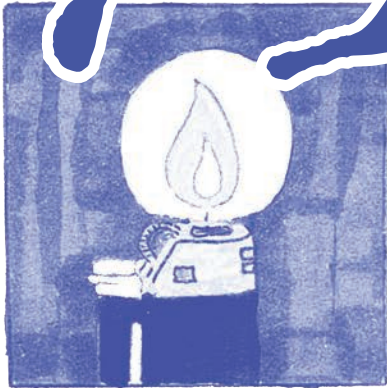
**ACROSS:** 1. STATIC 5. DIST(RIB)UTOR 8. DEERHUNTER 10. D(RIB)BLE 11. GENE 12. SHOESTRING 14. SPARERIB 16. SERMON 17. SUBSC(RIB)E 20. TRENDING 23. HARDBOILED 24. T(RIB)UTE 25. LION 26. ENORMOUSLY 28. EMBEZZLE 29. CA(RIB)BEAN

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# PICK YOUR POISON!



*"Snorting culture" is a thing, and "K" is our favourite letter of the alphabet*

By Anna Robertshawe – Art by Mikey Clayton

The relationship between drugs and Dunedin party culture is probably stronger than your parent's marriage. But much like fashion and music, taste in drugs has changed over the past few decades. Critic Te Ārohi decided to take a deep dive into Dunedin drug trends over time, and ask why some substances are more popular than others.

## WEED

Weed is still the most commonly used illicit substance, with heaps of people using it on the daily. Even students from the '80s said weed was the most prominent: "In our day, it was probably a choice between a jug of Speights and some dak!"

A video we found on the Critic YouTube channel (cringe) saw a local stoner giving an interview on the eve of the Castle Street riots. He talks about how weed is everywhere and isn't nearly as dangerous as alcohol. Later that night, the same video reporter was covering the riot scene when he bumped into ol' mate again. "See what I mean? If these guys were all smoking weed instead of drinking, this would never have happened!"

## MDMA

It's no secret that we, as students, love our gear. The party culture of street parties and DnB raves lends itself to the popularity of a drug like MDMA, which has a "euphoric and stimulating effect". As a result, Dunedin has been given media monikers like the "MDMA Capital of New Zealand". And it's not wrong: we have the highest rates of MDMA use in the country. However, MDMA is a bit of a newcomer.

Carly, a PhD student, said that back in the day of \$2 doubles and student pubs, MDMA wasn't nearly as prevalent. "It was still here in, like, 2003, but we were all out drinking." She said that the cheap drinks meant you didn't need to worry about spending too much on a night out, and that today "MDMA is the cheapest way to get fucked up. It really is." She also reckoned that the DCC's crackdown on student pubs and the Uni's allegedly "predatory" attitude towards "buying pubs and turning them into nothing useful" has contributed to gear's rise in Dunedin.

One student who started at Otago in 2015 agreed that there has been an increase in MDMA consumption over the past seven years. "People are definitely more open to it now. It's more available, and way cheaper." People also prefer their MDMA in crystal rather than pill form. "People like getting it in crystal form for the fact that it has less impurities, binders, fillers and cuts" said Lachlan from KnowYourStuff Otago. "Crystal form over pressed-pill form gives the illusion of a higher quality product."

The rise of MDMA amongst Dunedin party culture has also become synonymous with the rise of 'snorting culture.' According to Jai, a PhD student researching MDMA use, snorting MDMA is "more common in the south", perhaps because it's "more feasible" when going to flat parties rather than having to be in bars or in clubs. "It's kinda fun to snort rather than swallow your MD" said one student. "It kinda feels like a little occasion, or a ritual." The initiation into Dunedin breathes life: vacuum a rock up your nasal canal then chew the inside of your cheeks off for six hours. Sophistication at its finest. "Gear is becoming increasingly normalised in Dunedin, with plenty of students doing it every weekend." But Lachlan was quick to point out that snorting was a bit riskier: "Snorting is more likely to damage your nasal passage [and it] leads to people doing more than they realistically need to have a good time".

Dunedin is also considered to be the "poly-drug use capital", meaning we like to use multiple drugs at once. Whether candyflipping (using LSD with MDMA), or ketamine with MDMA, or MDMA/ketamine with alcohol. Some students are moving away from gear, turning to ketamine for a less intense buzz and to escape the notorious come-downs that follow from a night out on the gear. "Ketamine wasn't on the scene like it is now" said another student. "I still use gear, but honestly not as much. I feel like it's better for big things. I'd probably say if ket was more available I'd do that more than gear."

## PSYCHEDELICS

Psychedelics such as LSD and mushrooms are also on the rise in Dunedin. "There is a huge trend of microdosing", said Jai. Another student said LSD helped their depression: "I think a lot of people feel their treatments for depression don't work, so they try that instead. It worked for me." Psychedelics have also had increasing media coverage, and "hippie" festivals such as Twisted Frequency and

Winter Solstice are gaining popularity among younger populations. "I think it's fair to assume that the use of psychedelics has increased," said Jai. "People love the natural aspect of it." One student said it's "hectic to have at a rave" as its effects are "difficult to describe in human terms." Shrooms can be found growing right here in Dunedin, but we're not about to give away all the good spots. Now's the time to hunt, though, if you know what you're looking for.

## RITALIN

Ritalin, or "baby cocaine", is also extremely popular with Dunedin students. People use the ADHD medicine to party, or even just to study. "People are using it in place of MDMA sometimes," said Jai. "It's more accessible and cheaper." One student said they take it for "study purposes". Jai said that the study drug boom is "an interesting trend...I know a handful of people who do use it who don't have ADHD who use it for study purposes during exams." Critic has covered this extensively in past issues.

## OTHERS

Methamphetamine and cocaine are hardly prevalent among the Dunedin student population. "Cocaine and meth are very expensive, which is a deterrent to the student population", said Lachlan. However, one student noted that "cocaine is becoming a bit more popular, it's just so expensive." Cocaine: the only reason we're not huffing it is because we're poor. Too broke for coke, aye?

## IN GENERAL

Drug use, specifically the diversity and mixtures of drugs, is becoming more prevalent in Dunedin. Just look at the wastewater testing, we are literally pissing away drugs. And students' attitudes toward drugs are changing. A student who attended Otago 30 years ago says drugs are way more available than they used to be: "The availability of designer and party drugs just wasn't there." She also noted that Gen Z carries a lot more anxieties than young people used to. "The availability of what's on the scene has changed dramatically, and anxiety has expanded exponentially." It's also way more acceptable to use drugs than it used to be. Dunedin students are becoming more educated about harm reduction practices and drug testing but, according to Lachlan, that doesn't mean we're using them as safely as we should be. "Dunedin has got some of the worst alcohol and drug abuse culture, and also some of the best alcohol and drug use culture... There's still people ignoring harm reduction practices by drinking a dozen box and taking two caps of MDMA all at once". Students also don't test their drugs that much, partly because they feel a bit suss about it, or they're just unaware. One told us that they've "always felt a bit suss about going and getting my stuff tested, because I think they're gonna take it from me or something." Another student didn't even know testing was a thing: "I wouldn't even know where to go."

Lachlan from KnowYourStuff encouraged students to come get their drugs tested. "It's the best way to know what you're getting yourself into." Check out the piece on the previous pages for more details. And no, testing your stuff won't land you in any trouble. If anything's changed for the better in the Dunedin drug scene, it's the availability of free, anonymous, and legal drug testing.

## How to Smuggle Meth into New Zealand:

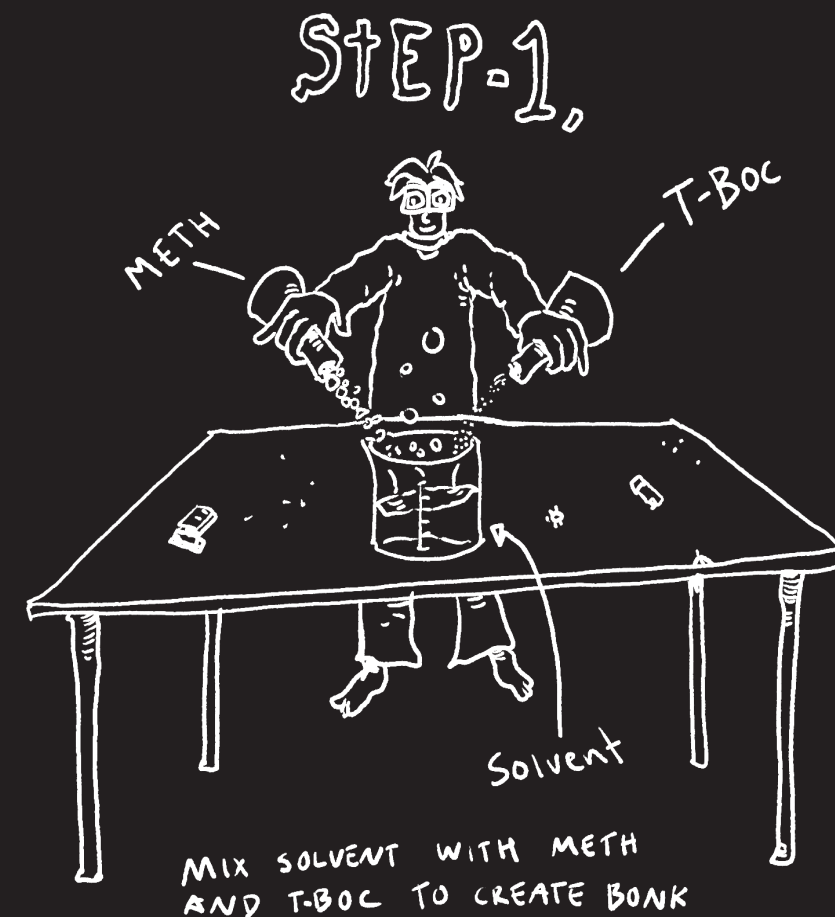
# JUST ADD VINEGAR

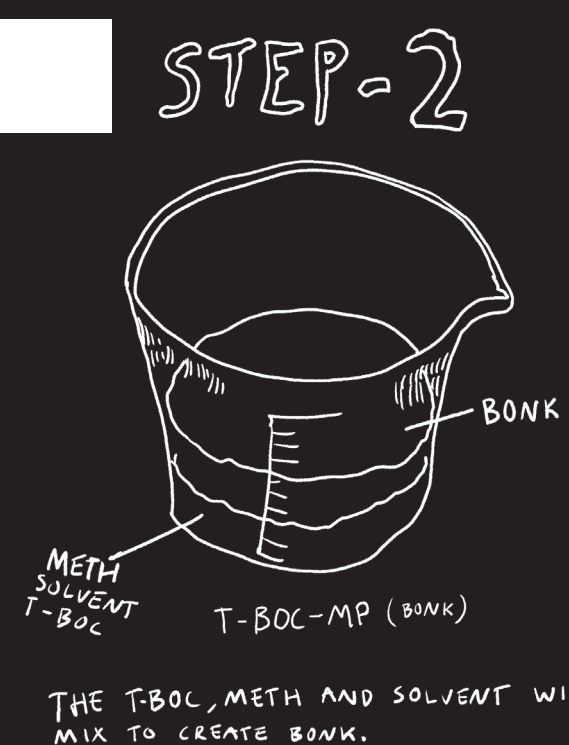
By Rauri Warren — Art by Dan Van Lith

Imagine if New Zealand banned a specific LEGO set from crossing the border. Let's say it's the *Titanic* model, set #10294. That set comes with precisely 9,090 pieces, and only a specific combination of those pieces results in set #10294.

Now let's say that you built set #10294 overseas exactly as in the instructions, but before you got to airport security, you took off the one piece that says "Titanic" on the side of the ship and replaced it with a nameplate from a different LEGO set. It's not technically the *Titanic*, now, is it? It's not technically set #10294 anymore, even if it's 99% the same. No; the defining feature has been changed, and this specific feature is what border security looks for. Without that nameplate, that one tiny piece, it won't register as the illegal set #10294. All you've got to do after you get through security is swap the nameplate back and badda-bing, badda-boom: you've smuggled the *Titanic* through the border.

**This is essentially what's happened, but with meth.**



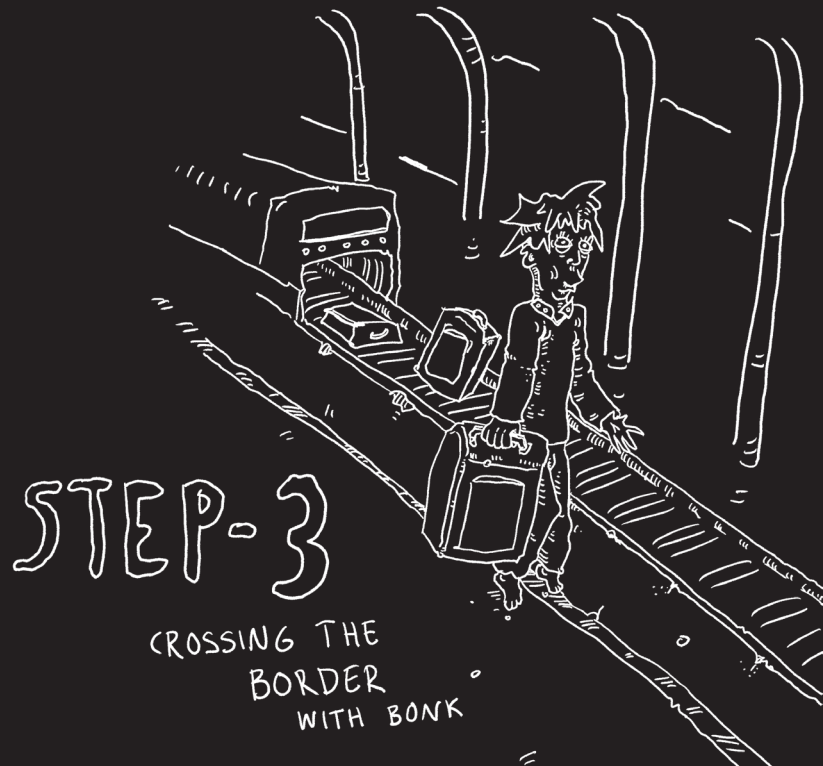


Otago Chemistry Department member Hindenburg\* detailed a method for transforming methamphetamine into a new, stable, non-meth product that, when combined with heated white vinegar, will transmute back into meth. It's a new method, caught at our border in 2017, and it all stems from the mind of a student. Allegedly,

Hindenburg does not claim credit for the invention of this "just add vinegar" meth, but attributes its discovery to an ex-chemistry student whose shipment of chemicals from Hong Kong were seized in 2017 by a police surveillance operation codenamed "Operation Reverse". Hindenburg said that they turned down requests for comment from the media at the time because they were allegedly too impressed by the ingenuity of chemistry on display. While four men between the ages of 30 and 60 were charged in relation to this case, only three were named, and the identity of the youngest – the chemist who apparently invented this technique – remains a mystery.

Basically, what's happening is people are using a different chemical to essentially save the seat of part of the meth molecule. This is the replacement LEGO nameplate on our hypothetical *Titanic*. While it passes through security, the "seat-saver" chemical makes the molecule look like something other than meth and, once it's through, the seat-saver gaps it and is replaced by a chemical that turns the whole thing back into meth again. It's like putting on a hat and pretending you're a different person while you walk through customs.

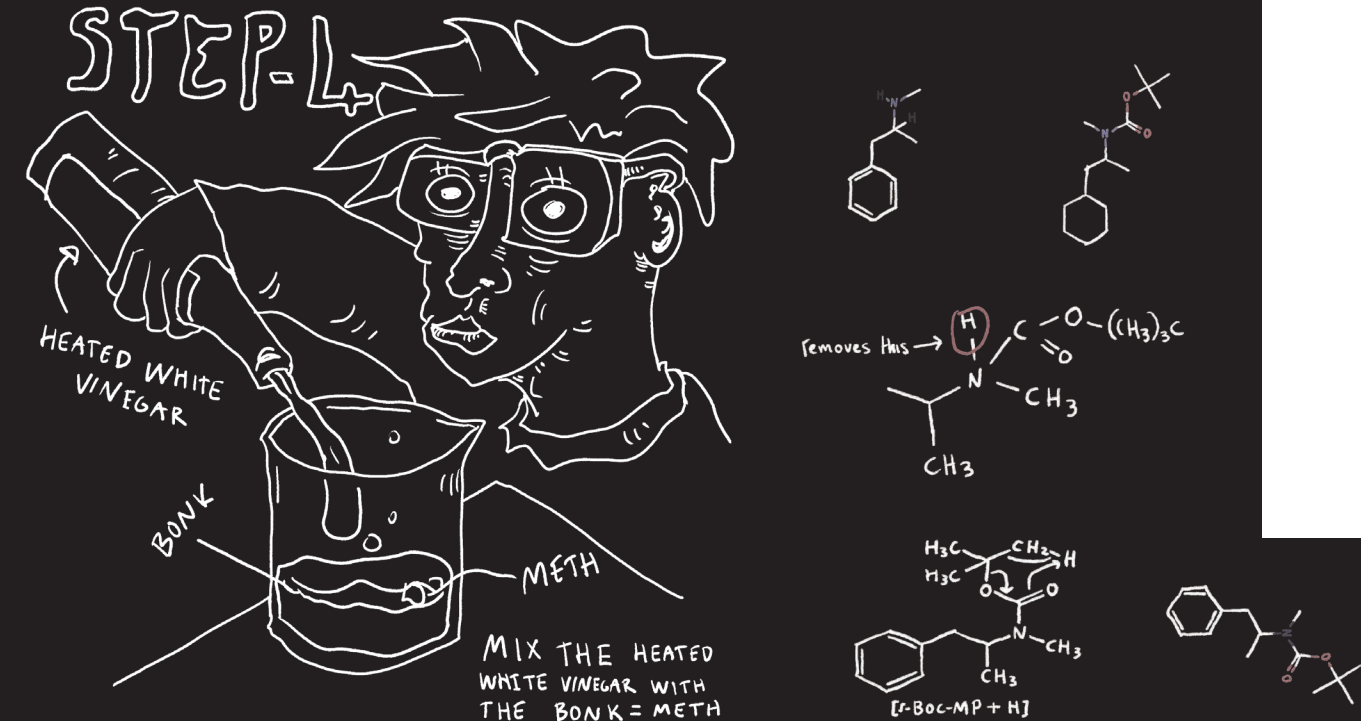
The technical explanation, if you're curious: the method takes advantage of a technique usually reserved for protein synthesis of chemicals like insulin. This technique takes advantage of a mass produced chemical known as t-boc



(tert-butyloxycarbonyl) that can target amines (N-H) in a compound, and reversibly turn them into amides (...not N-H). This technique holds the place for the amine to come back later, without having the amine actually be there to react with anything – to essentially "protect" the molecule.

Since 2017, border control in New Zealand has been using cutting-edge handheld laser guns (yes, really) that can identify many chemical substances as quickly as scanning a barcode. These devices are known as FirstDefenders and are manufactured by ThermoScientific. They use a technique known as Raman Spectroscopy (not to be mistaken with Ramen Spectroscopy) to identify chemicals, and apparently they are so easy to use that you don't need any knowledge of chemistry to operate one. Ex-Otago Professor Jim Macquillan, expert on Raman Spectroscopy, told us that even when dissolved in urine methamphetamine still exhibits a strong raman band – though you may need to use advanced Surface Enhanced Raman Spectroscopy (SERS) to see it – which we're pretty sure means putting silver on it so that it reflects more. Essentially, meth is pretty easy to identify using this equipment.

This strong signal that methamphetamine gives off comes from several geometric properties of the molecule. These make up a profile of signals which the FirstDefender compares against sample profiles in its memory. The strongest signals from a methamphetamine molecule come from the benzene-like ring at the other end of the molecule from the Nitrogen atom, but these are not very distinctive, being found in common compounds like nylon or polyamide. The feature that really gives it away is, you guessed it: the amine bond N-H. This is what's being "seat-saved" to get through customs. It's the nameplate of the



**It's like putting on a hat and pretending you're a different person while you walk through customs.**

*Titanic*. Once over the border, upon the introduction of hot white vinegar, "or any acid really", the N-H bond breaks and the molecule is remade. We've got the *Titanic* again, as it were.

Hindenburg illustrated how by combining meth with t-Boc in a solvent, the hydrogen atom could be replaced by an amide with an ester on it, which helps stop the chemical from looking too much like methamphetamine formamide (a well known precursor to meth). This makes the substance extremely difficult to detect unless there is a reason to conduct specialised tests. Were it not for Operation Reverse, it is possible that this new compound would never have been discovered. This was the first and last time – according to a police OIA request – that t-Boc-MP has ever been detected at the border. The existence of this technique should be very concerning, especially in a country like New Zealand, where methamphetamine is expensive enough to warrant the services of a chemist.

The chemical sleight of hand described in this article introduces impurities such as solvent, but extracting such solvent is fairly straightforward, says Max Philips from Know Your Stuff, who indicates that such impurities pose little risk when compared to the contaminants that are deliberately cut into methamphetamine, "However given that these procedures are likely carried out under clandestine conditions the likelihood of errors is much higher."

The 2017 bust ended in arrests and made national headlines, and today New Zealand's appetite for meth appears to be in decline. Still, the NZ Herald reported at the time that, "In 10 years, the number of people seeking help [for meth] from the health system has risen 70 per cent, but the increase in funding has been little more than half that." It remains undoubtedly a source of harm to our communities.

So why would a chemistry student, with a university education and a critical understanding of organic chemistry, synthetic chemistry, and spectroscopy, use that knowledge to help drug dealers get away with crime? Easy: it pays. You could make a joke about having to pay for an unfortunate chlamydia diagnosis, but this is actually serious. New Zealand is one of the most lucrative meth markets in the world, precisely because of the border security this method was designed to fool. And coming up with these methods is no easy task; it requires the skills of someone who knows what they're doing. These people are in high demand. "There continues to be strong demand for Chemistry graduates," says the Otago website. Yes, indeed.

Employment options aside, one thing is certain: so long as the *Titanic* remains illegal, people will be trying to find ways to sneak it in. Idle hands are the devil's playthings, after all, and there's more money in the meth business than anything you'll find on Seek.

# ALL THE GEAR, NO IDEA

HOW TO TAKE  
MDMA

WITHOUT FRYING  
YOUR BRAIN

BY MAX PHILLIPS

Otago is the MDMA capital of New Zealand.

Wastewater testing has revealed that Otago consumes nearly twice as much MDMA (1.8x) per capita than anywhere else in the country. In Quarter 2 of 2022, the Southern District consumed 538 mg per day per 1,000 people, compared to a national average of 300 mg per day per 1,000 people. Given how popular gear has become around North Dunedin, there's no doubt that the student population is contributing to these statistics.

Now, if you've ever taken MDMA, you might have some good things to say about it. You also might already know the potential for MDMA to be used as a tool to enhance experiences or even provide therapeutic benefits. But, like all drugs, there are things you should know before taking it.

Since the legalisation of drug-checking, the service has seen a fair share of gear brought through. And when the drug-checkers chat with the drug-takers, they often find little pre-existing knowledge about the drugs these students are about to consume and, more concerningly, little thought into what else they were going to mix them with.

Let's see if we can fill in the gaps. Here's how to take MDMA without cooking yourself.

## MDMA AND ALCOHOL COUNTER-INTERACT

When you drink on MDMA, you don't feel the booze as much. This potentially leads to drinking more, which in turn can result in problems once the stimulant properties of MDMA wear off. This combination can be particularly risky considering that binge-drinking culture has become increasingly normal in Dunedin, as this upper/downer combo can result in cardiac arrest or sudden acute alcohol poisoning if you have had too much to drink in a short time frame. That might not sound super cool to say to the boys on the piss, but it's a whole lot cooler than having to get your stomach pumped.

But it works the other way, too. Consumption of alcohol may dull the effect of MDMA, leading to higher doses or repeated dosing, which presents other harmful outcomes including adverse events of MDMA like heat stroke, gurning, irregular heartbeats, and even seizures.

The recent trends in alcohol and MDMA polysubstance use has shown many consumers are not concerned about the amount of substance (both alcohol and MDMA) being taken in one session. The reality of these trends is that these consumers, and those around them, will be exposed to more harmful outcomes.

## SO HOW DO WE NAVIGATE THESE ISSUES?

Well, the easiest way to reduce drug harm is to not take them. But that's lame and you're not going to listen to that advice, so here's some more practical, proactive harm reduction you can use the next time you roll:

### TALLY YOUR DRINKS

Stick to a certain number of standards per hour. What you usually feel after 5 or 6 standards will be different when you take MDMA, so don't drink more than you usually would. Better yet, enjoy the MDMA on its own! Remember all the good times you'll have, and start drinking after coming down from the MDMA when you will be able to feel alcohol's effects like you normally would. And, like all drugs, dosage is relative to body weight. 100 milligrams is a regular dose for an 80kg person. It's worth considering your dose before bombing the same amount as someone twice your size.

### CONSENT IS AN ENTHUSIASTIC AND FULLY INFORMED "YES" FROM BOTH PARTIES

MDMA and alcohol are both disinhibitory drugs. Essentially, they are both able to alter our brain's impulse control, meaning the consumption of one or both results in people more likely to do things they wouldn't necessarily do under normal circumstances. Get consent for anything that needs it before consumption or wait until after they wear off.

### TAKE YOUR MDMA ORALLY

The safest way to deliver a substance is by sending it through your digestive system. MDMA can be absorbed through various mucosal membranes (gums, nasal cavity, and yes, your rectum too) but these routes of administration come with more harms associated, such as infections or a damaged septum. It will also wear off faster if you do it this way so you'll be tempted to take more, which is both expensive and risky. If you do choose to snort your MDMA, use your own straw and please, for fuck's sake, don't do it off the U-Bar toilet seat.

### RECOVER!

MDMA might be so much fun that you want to do it every weekend, but that's just not a good idea. Try taking 1-3 months between sessions. Overconsumption is associated with various mental health conditions including depression, anxiety, confusion, memory problems, and behaviour/personality changes. Take some time in between rolls to ensure you're not overdoing it. Your brain (and bank) will thank you.

### CHECK IT BEFORE YOU NECK IT

Drug-checking is a completely free, legal, and anonymous service that can provide you with a chemical analysis of your substance. Synthetic cathinones or "bath salts" are still around, as well as some other dodgy stuff. Just because it's brown, rocky, and in a cute baggie with love hearts on it doesn't mean it's actually MDMA. New Zealand legalised drug checking in 2021 and the legislation explicitly states that police cannot interfere with the service so that you can check your shit without fear of prosecution.

### WHAT ELSE?

Eat, hydrate, rest and, perhaps most importantly, have fun. If you decide to use MDMA, try to be in the presence of trusted friends in a place you feel comfortable to help reduce any anxiety. It's also probably worth considering whether you're in the right frame of mind to take MDMA - if you think you're not up for it, save it for next time. It's no stress to say "no". Lots of other factors go into what can make or break a good roll: bring some earplugs, have a boogie, or do whatever feels right for you. Look out for yourself, and look out for your friends. Kia kaha.

WANT TO KNOW MORE ABOUT WHEN, WHERE AND HOW TO TEST YOUR DRUGS? SCAN THE BARCODE TO FIND OUT:





LET HIM CROOK



*“Clocktower Bong”* 2018

3D printed Poly Lactic Acid  
and acrylic paint.

# Bongs of Dunedin. *A Photo Essay*

Photography by  
Connor Simpson



*“Old Cough McGee”* 2021

Glass with acrylic glaze.



*“Moochelle”* 2023

Polyethylene cup with acrylic  
paint, glass and blu tack.



***“Terry”*** 2019

Thermoplastic and plastic bottle with rubber hosing, metal, and black Sharpie.



***“Lava Girl”*** 2020

Glass with plastic coating.



***“Louis”*** 2021

Glass. Not a licensed Louis Vuitton product.



*"Charlie"* 2022

Polyethylene and glass with orange flavouring.



*"The Grim Ripper"* 2022

Glass with spite.



*"Shoey"* 2022

Glass.





# You Cannot Be What You Cannot See

## Wāhine Māori Making Moves in Med

Nā Skyla (Ngāti Hine, Ngāti Wai) - Art by Justina King

Since the establishment of colonial society in Aotearoa, Māori have remained massively underrepresented within the medical workforce. Despite increases since the 1990s, many Māori are often only able to find employment in entry-level, minimum-wage jobs such as cleaning, caregiving, and manual labour - jobs which require few qualifications. And people need cleaners, caregivers, and manual labourers - but they need doctors, too. Māori have been calling for more Māori health practitioners for ages and, while a great number of Māori have since risen to the challenge, it hasn't been an easy process.

The University of Otago is one place where these aspiring practitioners end up in hopes of making the cut into health sciences. Among the lot is Antonia Darcey Hoeta (Ngāti Rangī, Te Āti Haunui a Pāpārangi, Ngāti Porou, Te Āti Awa), or just Toni, who is in her first year of medicine at uni and describes her journey as “a convoluted one.”

“Coming from a rural decile 1 school that didn’t offer any of the sciences left me ill-prepared for the demands of health sciences,” said Toni. “In hindsight, I’d go back and enrol in the foundations programme before entering FYHS - make sure I get all the sciences under my belt first and then hit the ground running.” And while Toni recounts her first year as “a challenging ordeal”, she credits much of her successes - including an undergrad in Anatomy, a Master’s in Science, and two years as Senior Science Engagement Coordinator Māori at Otago Museum - to mentor and confidant Dr. Christine Jasoni. Toni described her as “the most passionate and empowering person I’ve met throughout my studies... Christine has been rooting for me since the start. She noticed every time I missed a class and provided me with options when I felt like I had none.”

“I’m not used to asking for help,” said Toni. It’s a common feeling for many Māori from rural backgrounds. “Living in Raetihi, everyone knows each other, so you’re always guaranteed a helping hand if you need it.” Coming to a city like Dunedin, where the culture is different and the company calls for competition, Toni said that she “constantly felt whakamā [shy] about group work in classes” and often doubted her capabilities in the health science programme. But all it took was one watchful eye to turn her in a different direction. “I failed twice, and just when I thought ‘I’m not good enough’, Christine called and suggested that I pursue research instead.” And for Toni, who swears her strengths lie in self-directed learning, this push began the process of applying for the Master’s programme.

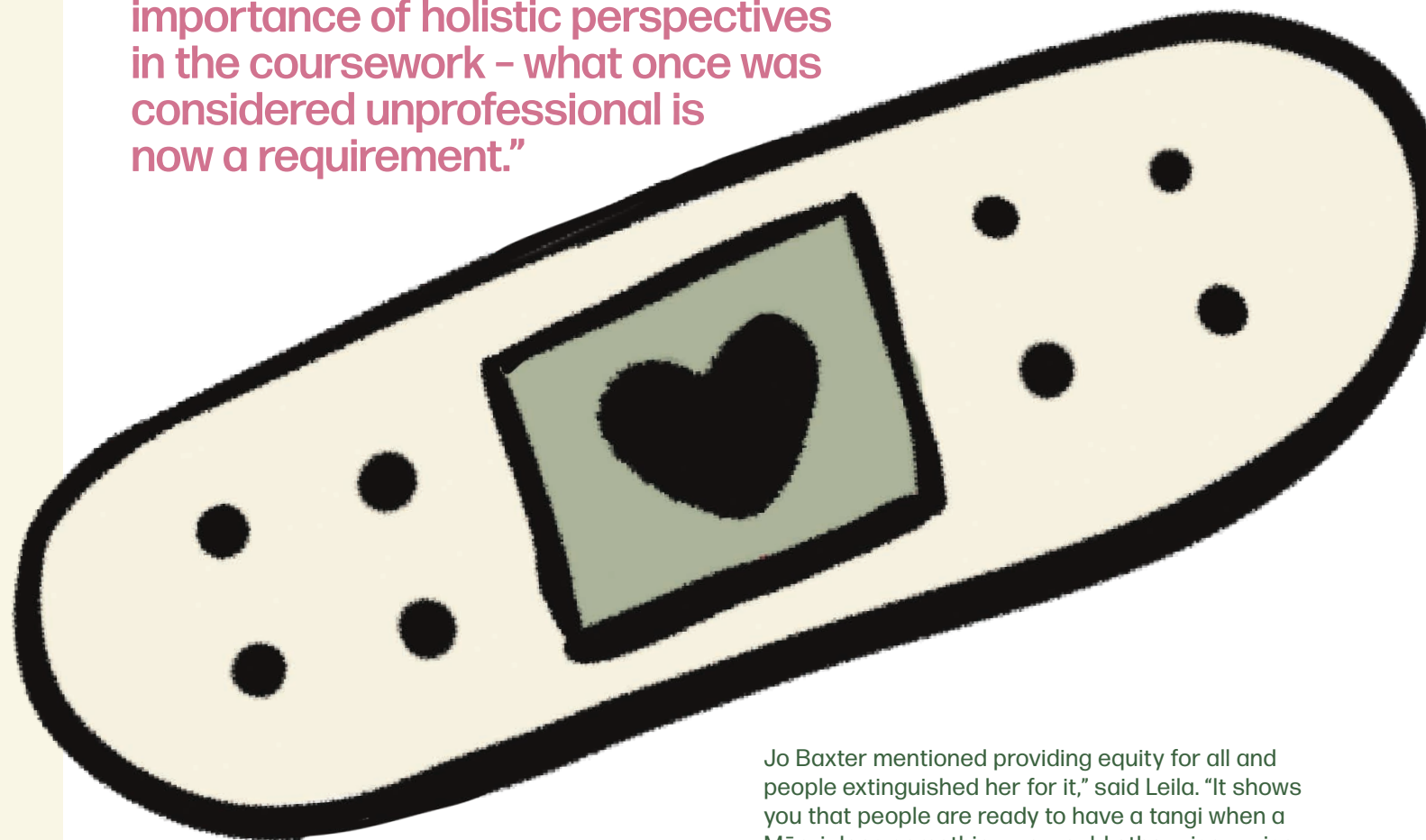
On the other side of the coin is Leila Hemi (Ngāti Toa, Ngāti Koata, Ngāi Tahu, Ngāti Kahungunu), who comes from an all-girls high school in Hamilton where she was able to easily access the sciences and calculus. Now in her second year of medicine, Leila admits to having known “absolutely nothing about uni or how it works” before arriving in Dunedin. “I just knew it was something I had to do.” While the excitement outweighed the uncertainty, Leila shared that she struggled to settle in her first-year hall St

Margaret’s College. She said she was made to feel different from the rest and was often confused by her peers alongside the only other Māori girl in the hall. “There was a real element of separation to the hall. I remember being told that I am ‘unfairly advantaged’ to others and have an ‘easier way to get in’, but they don’t know that I don’t come from a family of academics like them and that everyone has to do the same shit to pass.”

We spoke to a few students who oppose the Māori Entrance scheme at the University. Emma, who studied FYHS and now is working towards an undergrad in physiology, believes that “proven achievement is the only way” to earn one’s way into these competitive degrees. “If you have to rely on handouts to get into these fields, rather than your own merit, then you shouldn’t be here. Come back when you’re actually ready to work for it.” A common opinion within the student majority, Emma shared that, while she understands the need for alternative entry pathways, she believes that they are indicative of a “separatist agenda” to benefit minority students at the sacrifice of the majority. “You’ll hear people discussing that these pathways are in place because of the inequities Māori and Pacific Islanders face. But they’re here, at university, so what inequities are they actually facing?”

For many Māori families, sending their children off to university has been a stagnant dream. For Toni, the first in her whānau to pursue study, medicine was her calling from a young age: “I used to be that weird kid in school with a fanny pack in case anyone needed anything: antimicrobial gel, antiseptic cream, plasters, even a ‘scab container’.” However, it was different for others like Leila, who said that her mum went back to school after becoming a young parent to three kids so that Leila wouldn’t “have any excuse not to go.” Leila’s mum now stands as a firm example for her whānau, having put herself through law school and is now working for the Māori Land Court. Now part way into second-year med, Leila described her journey after FYHS as “liberating” and “eye-opening”. Many of her tutorials “share the discussion about what it means to be a ‘good doctor’ and having empathy for patients. But it’s laughable because we as Māori are learning stuff we already know. It’s buzzy to see how new it is to people,” Leila said. “It’s also interesting to see the importance of holistic perspectives in the coursework - what once was considered unprofessional is now a requirement.”

**“It’s also interesting to see the importance of holistic perspectives in the coursework - what once was considered unprofessional is now a requirement.”**



It’s no secret that there’s a stigma that surrounds Māori in competitive pathways like the health sciences, which are often plastered across social media forums like ‘UoO Meaningful Confessions’ and news outlets, where tairua Māori have been subject to ridicule based on their “unfair advantage”. Sweeping headlines are quick to put the blame on Māori students, often disregarding the wider socio-economic imbalance between Māori and Pākehā, but Toni shared that it goes deeper than blatant favouring of one ethnic group over another. “The large majority of my non-Māori peers came to uni from high-decile schools and academic families. They’ve been provided with everything you need in order to succeed and still find something to complain about.”

Leila reckoned the promotion of Professor Joanne Baxter to Dean of the School of Medicine, and the way it was received, showed this best. “There are articles every time a Māori does anything.

Jo Baxter mentioned providing equity for all and people extinguished her for it,” said Leila. “It shows you that people are ready to have a tangi when a Māori does something we would otherwise praise in someone else.” And while Professor Joanne Baxter is the first wahine Māori to hold such an esteemed position at the School of Medicine, the wider statistics regarding Māori in the health sector seem a far cry from that. While Māori make up some 16% of the general population, they are still severely underrepresented in the medical workforce and overrepresented in several negative health outcomes.

According to Māori Health Authority data, Māori face a death rate twice as high as non-Māori from cardiovascular disease, a 25% higher chance to be diagnosed with cancer, and a 79% chance of dying from it. Considering these heavy statistics, it’s reasonable to expect that people may be reluctant to trust doctors who are less likely to understand and abide by cultural rituals surrounding wellbeing. Leila said that this lack of Māori doctors is the largest driving factor for many young Māori in the health sciences. “A lot of Māori want to help our people and that is why they’re here. We’re doing it because we’ve been let down so many times.”

**“Entitlement is a disease down here. Kids that don’t qualify for special consideration will claim to be disadvantaged while they’ve been advantaged their entire lives and now have to compete for something they’d otherwise have received.”**

There are issues with who our current doctors are, but there are also issues with where our current doctors are. Toni said that her home in rural Raetihi is some 70 kilometres from the nearest clinic, “raising further inequities if there weren’t enough already... This makes it super difficult for our kaumātua [elderly] who, in life-threatening situations, aren’t able to just ‘hold on’ for a doctor. Making healthcare accessible even in rural areas would make all the difference for our people,” Toni argued. She described places like Raetihi as “tight-knit communities filled with Māori who are scared of going to the doctor or talking about their health with a stranger who won’t ask about their wairua [spiritual health].” For Toni, who is able to visit home a few times a year, the rare trip is bittersweet. “Everyone knows everyone, so they know I’ve always wanted to study medicine, to give back to my community. And you often hear the narrative that we as Māori are taking up space, but people don’t bat an eye when non-Māori who ‘want to help people’ aren’t going into these rural areas to work.”

According to both Toni and Leila, studying medicine is a breeze once you make it past the competitive nature of FYHS. Toni said that during her undergrad years she often felt “whakamā to even mention I am Māori - it was already apparent. I transferred to Arana College in my first year and in a college tutorial someone piped up to ask if I’m Māori and then immediately shrugged me off.” Leila said she shared a similar experience, and that it’s 100% easier to make friends without the competitive nature of first-year looming over her. “In a hall where I barely knew anyone, they sure liked to remind me of my advantage over them.”

When asked about the student culture within health science circles, Toni expressed disappointment at what she thought was an elitist cohort. “Entitlement is a disease down here. Kids that don’t qualify for special consideration will claim to be disadvantaged while they’ve been advantaged their entire lives and now have to compete for something they’d otherwise have received.” But Toni said it’s “the little things” that make all the difference in her studies. “One lecturer took it upon himself to provide a

trigger warning before a lecture that focused on the topic of depression and started with a karakia,” she shared. “That showed me that it really isn’t that hard to be culturally sensitive for the sake of others - that a lecture theatre can be a safe place if you make the effort. [If] the Uni knows people don’t understand karakia: how to use it, what it means, when it is appropriate - put it in the curriculum!”

“People will come here with preconceived ideas of ‘how to help people’. The first thing you can do is get on their level. You have to know who you’re working with.” Now, three rejections into Med School, a Master’s in Anatomy, and in her first year of Medicine, Toni said that it is “everything I hoped it would be. I don’t feel the same disconnection I did in undergrad - I know I’m meant to be here, enjoying the process. It’s a great mash of building connections with people and acquiring unlimited knowledge.”

And from the outside looking in, it can be an easy mistake to assume medicine is all book work until placement, which Leila says “couldn’t be further from the truth. In Clinical Skills, we are expected to be building rapport with patients and learning professional empathy.” Toni added to this by sharing an experience in a non-Māori class, having been paired with another wahine Māori as a patient and immediately hitting it off with her “on the basis of being Māori... I think it happened in real-time for my classmates who came up to me afterwards and apologised for previously disregarding the need for Māori doctors - which is great because we need that accountability from our future doctors. You need to own it and say you have grown.”

One thing that Leila and Toni certainly share is the desire to blaze a trail in a new direction. When discussing future aspirations, Leila was quick to express her desire of working in orthopaedics, which she described as a “very male-dominated field within the workforce... No Māori women come to mind when I think of orthopaedics,” she said, going on to credit her support system. “When I tore my ACL in basketball, I had to get to know my orthopaedic pretty well. I’d like to be that person for other people, and I have a good circle of inspiring Māori women in

med around me too - they often remind me just how important it is for Māori to look after Māori.”

Toni, on the other hand, eagerly shared a desire to make impactful change for her own community: “If I’m going to do this, I’m going to take it as far as I possibly can. I know I’d thrive in paediatrics or as a first of something - we don’t have a wahine Māori neurosurgeon in Aotearoa, and I’d love to work at home with our tamariki and be a constant figure for them; reminding them that they are not ‘outliers’, and they are not the exception to the rule. We make our own rules.”

Part of those rules is to have grace. “Without Christine, I’d have given up, undoubtedly. I owe it to her and my whānau, Raetihi and beyond, to do something great,” said Toni, “to be that beacon of change.” Leila felt the same way: “If you’re gonna do it, do it big, and do it where people can see.” Because you cannot be what you cannot see. And that’s on thriving, successful wāhine Māori.


**“A lot of Māori want to help our people and that is why they’re here. We’re doing it because we’ve been let down so many times.”**



Ōtepoti Slam Collective

Sound Poetry  
with

Workshop  
Claire Lacey



19:00

Free entry

Te Whare o Rukutia  
20 Princes Street

20 April 2023

Te Whare o Rukutia creative NZ FRINGE

# Ōtepoti Slam Collective



The Ōtepoti Slam Collective (ŌSC), formerly the Dunedin Slam Collective, was founded by poet and playwright Kerry Lane. Alongside hosting open mic poetry nights until 2019, ŌSC also hosted competitive regional slams that were integrated with the NZ Young Writers Festival from 2017 onwards, with the winning poet being sent on to the national slam. At its height, open mic night had a lineup of fifty poets sharing their work.

The pandemic resulted in the loss of their space and revenue, which was the loft above the old University Book Shop. This put the club on pause for a period of time, however ŌSC is now returning with a strong season of winter events with Te Whare o Rukutia as the new venue. Alternating fortnightly, there will be a poetry workshop followed by open mics, running from this month right until the end of July. The final event will be a competitive poetry slam in August. ŌSC is running as one of the Community Curator initiatives supported by Creative NZ and Dunedin

Fringe Arts Trust, with the first of these being a sound poetry workshop led by Claire Lacey.


Isla Thomas, a member of ŌSC, says that that club is an encouraging space for emerging poets who range in age and experience. Isla says that the diversity among the group contributes to the strength of the club, as "it prevents us from becoming an echo chamber, and challenges us to understand new perspectives and spur surprising projects." The group meets once a fortnight to share warm kai and self-crafted stories as a way to find "warmth and connection" in winter, as well as providing the collective with a way to learn from accomplished special guests.

At a time when the arts are being faced with a lack of support and financial hardships, Isla remarks that Ōtepoti Slam Collective serves as a reminder of the importance of community and of fostering relationships with others in

safe and creative spaces. "My [research] taught me that culture can't exist without communities of shared breath. Over the past couple of years, we have been isolated from each other physically. We are relearning to share our voices face-to-face by performing poetry, and it builds on social, literary and relational skills," she says. "Engaging in this kind of creative work can have phenomenal effects on your mental health." ŌSC is free and open to all ages, and Isla says the priority is "providing safety, encouragement, and guidance for people who think they might want to try writing a poem." Isla encourages those who are interested to join, and that "you do not have to be a 'poet' to join us, and anything can be a poem."

Come along to Ōtepoti Slam Collective's first winter event on April 20 at Te Whare o Rukutia.

Get in contact at @otepotislamcollective or email: otepotislamcollective@gmail.com



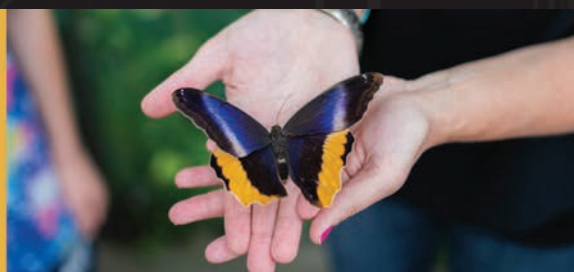
Have an out of this world experience at Tūhura's **Planetarium**




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Students receive **2-for-1** entry into the Tūhura Tropical Forest (Mon – Fri) and **10% off** the Otago Museum Shop




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Facebook Instagram Twitter @otagomuseum

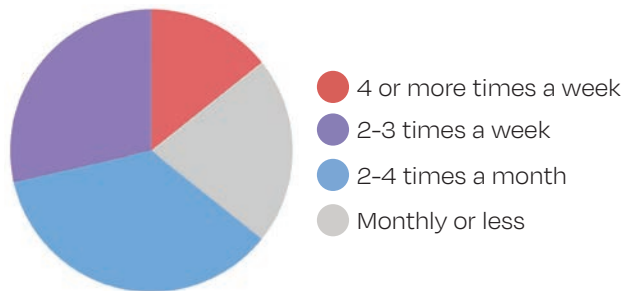
# HOW ALCOHOLIC IS CRITIC?

14 of our staff took a self-assessment based on AUDIT, the world's most widely used screener for alcohol use disorder. Here's how we stacked up. Turns out nearly all of us are on the spectrum somewhere, which isn't entirely surprising. Staff feedback included: "This makes us look kinda lame" and "Have I ever had more than 10 drinks in a night? Absolutely. Have I ever felt regret the morning after drinking? Absolutely not. This quiz clearly wasn't designed with Dunedin in mind." Our final tally for risk of alcohol use disorder: None (1 person), mild (3), moderate (9), severe (1).

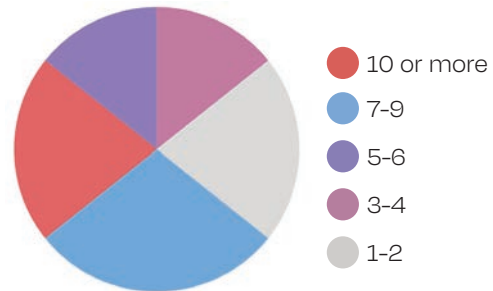


Scan this QR code to take the quiz yourself and to find more info:

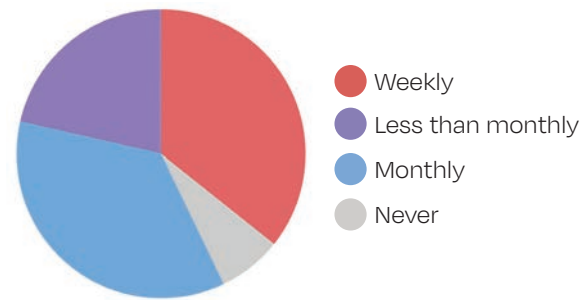
How often do you have a drink containing alcohol?



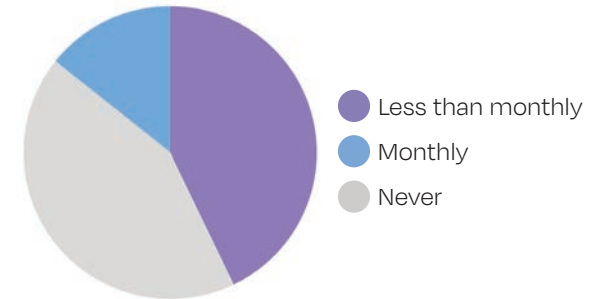
How many standard drinks do you have on a typical day when you are drinking?



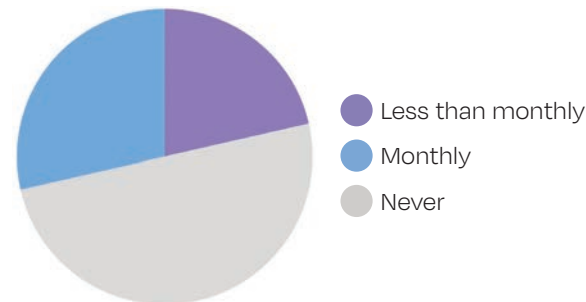
How often do you have 6 or more drinks on 1 occasion?



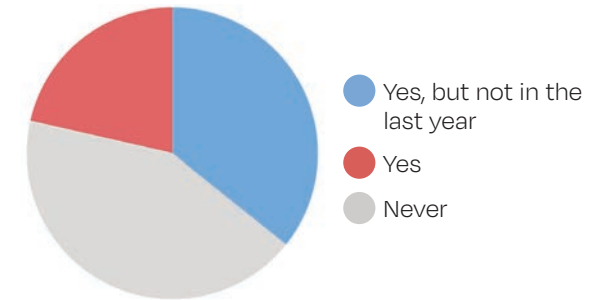
How often during the past year have you been unable to remember what happened the night before because you had been drinking?



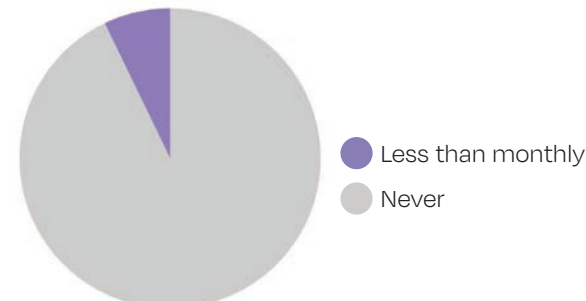
How often during the past year have you failed to do what was normally expected of you because of drinking?



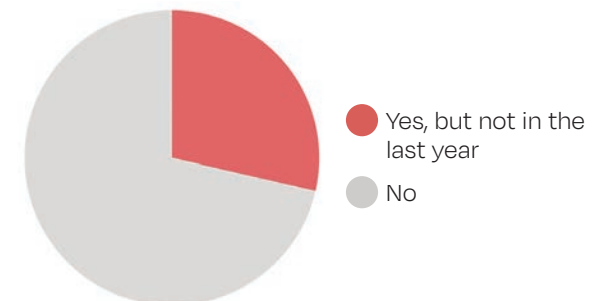
Have you or has someone else been injured as a result of your drinking?



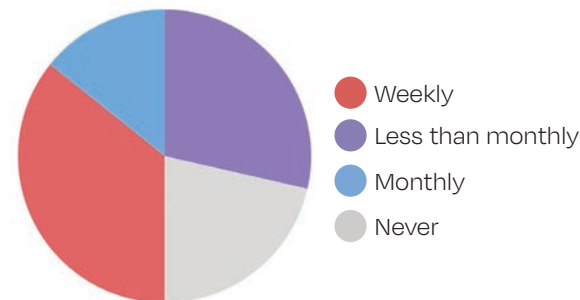
How often during the past year have you needed a first drink in the morning to get yourself going after a heavy drinking session?



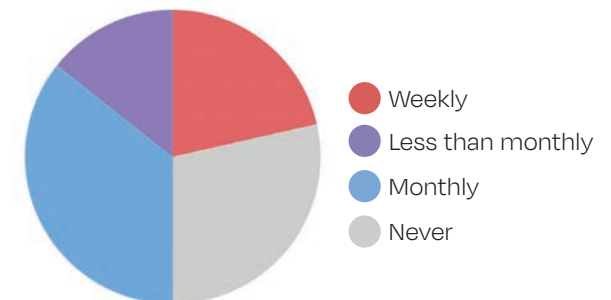
Has a relative, friend, or a doctor or other health care worker been concerned about your drinking or suggested you cut down?



How often during the past year have you had a feeling of guilt or remorse after drinking?



How often during the past year have you found that once you started drinking you just kept going?





# YEAST-LESS FOCACCIA

Sick of buying bread? Wheat it and weep.

## INGREDIENTS:

350g self-raising flour  
250ml warm water  
3 tbsp oil (preferably olive oil)  
Pinch of salt

Any herbs or seeds you can find laying around (I used pumpkin seeds and some dried thyme)

Oil, herbs and seeds for topping (before cooking)

## DIRECTIONS:

Preheat the oven to 190 degrees.

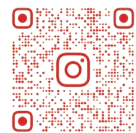
Sieve the flour into a large bowl. Add the salt and herbs. Pour in the warm water and add oil. Mix with your hands to form a dough. You might need to add a touch more water or flour if necessary. Knead together for a few minutes - you want one dough ball that's not sticky but not dry as fek either.

Line a baking tray with paper or if you've got a dish like the one above line it with oil. Poke your fingers onto the top of the bread to make dimples because everyone loves dimples. Garnish with oil, herbs and seeds.

Cook for roughly 30 minutes but keep an eye on it.

Best eaten fresh with butter or could add garlic and butter to make garlic bread. Would pair nicely with Mi Goreng, any curry, any can of soup or as toast. She's a little dense. Don't be sourdough.

Enjoy horns.



FIND ME ON  
INSTAGRAM

# Ned

the  
Ned

## PINOT GRIS

BOOZE REVIEW

BY ALBERT EINSTEINLAGER

Most Dunedinites won't drink a bottle of wine until they're face-to-face with a butter chicken curry. After all, nothing pairs better with naan than a \$7.50 bottle of Cleanskin Sauvignon Blanc - the curry equivalent of a Happy Meal, served alongside what is basically the piss of a French child. Anything served from a glass instead of a plastic bag is considered "cultured" in New Zealand.

The Ned Pinot Gris is the logical progression from bottom shelf wine. But let me tell you, even the cheapest amongst you, that \$16 on sale is a small price to pay for such a difference in quality. It is genuinely worth the spend every now and then, because (personal) research shows that a small investment into the quality of wine you drink will yield better nights out and fresher mornings. The hangover that arises from cheap wine is so excruciating that I can't trust those who get trashed off the stuff; you wake up in the morning having embalmed your brain with stomach acid. Look me in the eyes and tell me that the extra \$5 isn't worth it. When you wake up, lips chapped and head throbbing, tell me you wouldn't fork over five bucks to make the pain go away.

The distinct salmon-pink colour of The Ned is an obvious sign that you're better than everyone else at the BYO. They leer with jealousy from across the table while you sip away, pretending to understand the nectarine

nuances of your \$16 wine. Yes, it's tasty, and no, you can't have a sip. Now fuck off while I tuck into my saagwala. Oh no, don't put the coin in my drink, I couldn't possibly skull this you're so drinkable aha.

Wine drinking is an art of diminishing returns. The difference in quality between bottom to middle range wine is much larger than middle to top. Past that \$16 price point you're really just paying to masturbate over tannins or whatever the fuck those are. The most disingenuous profession is being a wine taster, and the sommeliers behind the bottle aren't particularly lying, they are just incredibly good at making people feel smart because they can taste something and say words like "earthy" and "aromatic". The flavour was always there, they just said the word "avocado" and now you owe them \$45. I applaud their ability to upsell alcohol to already drunk people.

On a student budget, you can stretch it for The Ned. The only reason a third-year student should have a bottle of Cleanskin is to smuggle Billy Mavs into a BYO.

**Tasting notes:** Stone Fruit? What, like a geode?

**Chugability:** 7/10, God save the queen.

**Hangover depression level:** 1 bottle: 4/10, 2 bottles: 9/10.

**Overall:** 9/10. Worth it.

delivereasy

"Put through cat flap please.  
Too hungover to get up just yet."

Get your favourites delivered (when you need them most).



50% OFF YOUR  
FIRST ORDER WITH  
CODE 'NEWBIE'\*

T&C's apply. First time users only. Excludes pickup orders. Excludes Delivereasy Drinks. The maximum value of discount is \$20 per order. T&C's apply. For a limited time. Not applicable with any other discount or promo.



# Moaningful Confessions

a t m s

ADULTTOYMEGASTORE

Get your story featured and win a sex toy with thanks to ATMS

## Dirty, Dirty Laundry

It began late, on an otherwise unremarkable Wednesday night. I was buried in a pile of laundry, trying to figure out how I'd let myself accumulate such a mountain of dirty clothes. As I was loading the washing machine in our hall's basement laundry room, I noticed a strikingly attractive stranger struggling with the intricacies of the dryer. I couldn't resist the opportunity to lend a hand and, of course, strike up a conversation.

Turns out, this mysterious laundry aficionado was an international student from some obscure European country (I still can't pronounce it correctly). We bonded over our shared hatred of doing laundry and our love for fine wine (goon). So, naturally, one thing led to another. Now, I don't know if it was the intoxicating aroma of laundry detergent mixed with the pheromones, or just the sheer spontaneity of it all, but before I knew it, we were locked in a passionate embrace right there between the washer and dryer. The hum of the machines provided an oddly fitting soundtrack for our impromptu rendezvous.

As our clothes continued to spin, we fumbled our way across the laundry room floor, oblivious to the fact that we were mere

minutes away from being caught in a most compromising position. The thrill of possibly getting caught only added to our excitement, and we revelled in our newfound connection.

Suddenly, we heard footsteps on the stairs to the laundry room. Panic set in as we scrambled to grab our clothes and make ourselves decent. Thankfully, the interloper was just another student who wanted to do their laundry - and who was either incredibly oblivious or incredibly nonchalant about what they'd almost walked in on.

We exchanged knowing glances and hurriedly finished folding our clothes, hearts pounding from our narrow escape. As we parted ways, still high on adrenaline, we agreed that this would be our dirty little secret - a moment of madness never to be repeated.

And yet, here I am, sharing this scandalous tale with you. Perhaps it's because I couldn't resist the urge to immortalise our laundry room tryst in the pages of this very column. Or perhaps it's just my way of assuring myself that I didn't dream up the whole thing.

Have something juicy to tell us? Send your salacious stories to [moaningful@critic.co.nz](mailto:moaningful@critic.co.nz). Submissions remain anonymous.

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# HOROSCOPES

**AQUARIUS** Jan 20 - Feb 18



While you may be enjoying life mentally and physically, it's your financial wellbeing you should check in on. This is your yearly reminder that course related costs are not actually free money.

Drug to indulge in: Shrooms.

**PISCES** Feb 19 - Mar 20



It's time to channel anxiety into action. Try running a marathon, booking a trip, or making an entirely irrational and unnecessary decision just because you can! You've got far too much pent-up stress to be doing nothing with it.

Drug to indulge in: Maladaptive daydreaming.

**ARIES** Mar 21 - Apr 19



Last week's new moon may bring forth revelations. Perhaps your best friend is keeping a secret from you, or your significant other is creating more problems than passion. Be aware of your instinct, and maybe sleep with one eye open.

Drug to indulge in: Acid, to see things for what they are.

**TAURUS** Apr 20 - May 20



Your stubborn and grumpy nature is actually really fucking annoying to deal with. Instead of acting on ego and pride, try owning up to your bullshit and taking the L. Literally everyone in your life will thank you for it.

Drug to indulge in: A joint, to take the edge off.

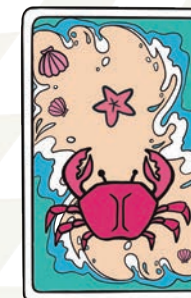
**GEMINI** May 21 - Jun 20



Gemini! It's time to expand your intellectual horizons. Borrow some new books from the library, or ask your conservative mate why they hate the poor. The more knowledge you acquire, the more personalities you can create!

Drug to indulge in: Gear.

**CANCER** Jun 21 - Jul 22



Cancer, it's time to change up your personal style. As we move into autumn, take yourself on a shopping spree. If your emotions are anything to go by, you'll have no problem drastically changing your fashion!

Drug to indulge in: Caffeine is probably enough for you lol.

**LEO** Jul 23 - Aug 22



Book in for a hearing test this week. There's a reason you have to yell everything you say, and I'm sure your flat mates would like to keep their eardrums intact.

Drug to indulge in: Ritalin.

**VIRGO** Aug 23 - Sep 22



Don't stoop to the level of those around you. Remember to stay critical, judgmental, and analytical about everyone. You wouldn't be you if you didn't x

Drug to indulge in: Serotonin from reading petty Reddit threads.

**LIBRA** Sep 23 - Oct 22



Libra, your soul may be feeling tired and burnt out. Perhaps you're in need of a new adventure? It's time to start thinking toward the future with optimism, excitement, and zest. It's time for a nice long walk.

Drug to indulge in: Sobriety.

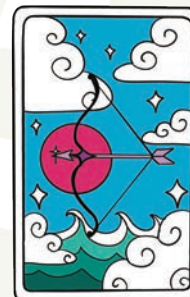
**SCORPIO** Oct 23 - Nov 21



Scorpio, this may sound harsh, but not every single person actually cares about the complex facets and micro details in your life. Stop emotionally dumping on your friends. Try making a TikTok or journaling to express your feelings.

Drug to indulge in: Just a vape, thanks.

**SAGITTARIUS** Nov 22 - Dec 21



Sag, it's time for you to grow up and stop living in your own little world. Wake up and snap back into reality. Your elaboration of facts and white lies are impressing nobody.

Drug to indulge in: Ketamine.

**CAPRICORN** Dec 22 - Jan 19



If there's one thing you're on, it's anti-slaypressants. Yeesh. You are not rocking it right now, sweetie, and it's because your personality is being diluted by some unnecessary external bullshit.

Drug to indulge in: Codeine.

ART BY JUSTINA KING

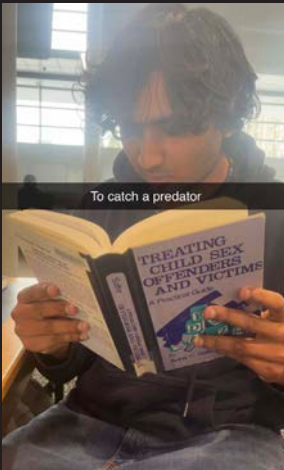
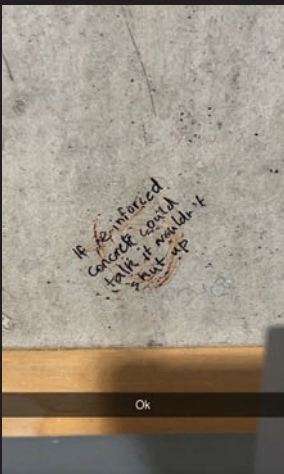
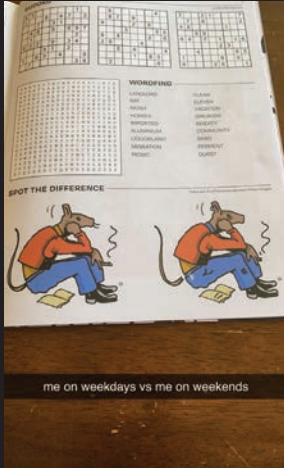
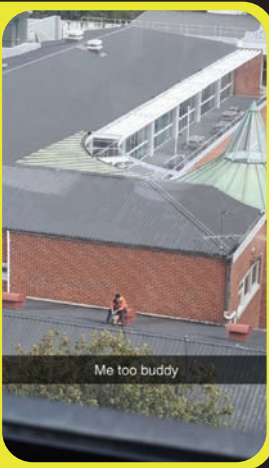
# SNAP OF THE WEEK



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## SNAP OF THE WEEK

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## TRIPS/T

# LEAVE THE MIXING TO THE DJ!

WARNING! THE CHART IS ONLY A REFERENCE GUIDE, LEARN MORE AND REMAIN CAUTIOUS!



	LSD	DMT	DOX	NBOMe	2C-x	2C-T-x	5-MeO-x	5-MeO-xxT	Cannabis	Ketamine	MXE	DXM	Nitrous oxide	Amphetamines	MDMA	Cocaine	a-PVP*	4-MMC*	Caffeine	Alcohol	GHB/GL	Opioids	Tramadol	Benzo	MAOI	SSRI
LSD	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
Mushrooms	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
DMT	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
Mescaline	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
DOX	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
NBOMe	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
2C-x	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
2C-T-x	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
5-MeO-xxT	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
Cannabis	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
Ketamine	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
MXE	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
DXM	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
Nitrous oxide	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
Amphetamines	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
MDMA	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
Cocaine	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
a-PVP*	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
4-MMC*	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
Caffeine	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
Alcohol	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
GHB/GL	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
Opioids	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
Tramadol	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
Benzo	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
MAOI	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕
SSRI	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕	↕



Added by SINI: \*a-PVP analogs: all PVP, PHP, PPP, MDPV, pentadron, hexadron, hexen  
\*4-MMC analogs: methcathinone, ethcathinone, all MMC, CMC, CEC, methylone, ethylone  
\*Ketamine MXE DXM N2O Amphetamines MDMA Cocaine a-PVP\* 4-MMC\* % GHB/GL Opioids Tramadol Benzo MAOI SSRI



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