

# The pros and cons of drug use

## Confessions of a recreational drug user

## Bars, parties and drugs

A candid discussion with someone who uses drugs on a daily basis

by Carole Morris

Krystal\*, a former St. Thomas University student, has been doing drugs since she was 13 years-old when she discovered 'magic' mushrooms growing on her neighbours lawns where she lived. Since then, she's tried more than 15 different drugs, including marijuana, acid, ecstasy, codeine, crystal meth, ephedrine, hash, crack, cocaine, Ritalin and PCP.

Despite trying a variety of drugs, her favourite is still ketamine, or special K as it is often called. Her first experience with this substance was when she moved to New Brunswick to attend university.

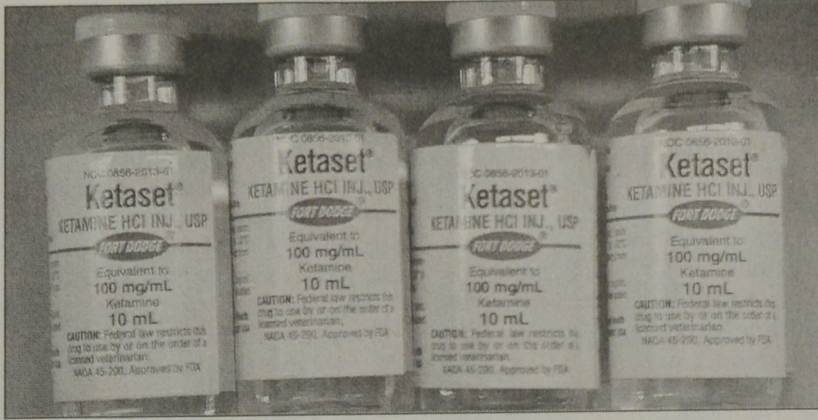
Ketamine, used in veterinary medicine as a tranquilizer, separates perception from sensation - creating an out-of-body experience. Although it usually comes in liquid form, it often is cooked into a white powder and then snorted.

"Special K is my favourite drug but a lot of people hate it because it is so intense. I don't mind intense experiences," she said.

However, she said the experience of having K could be overwhelming to someone who wasn't expecting it.

Krystal said if ketamine was slipped into someone's drink without their knowledge, they would feel a "big wave burying them" and they'd probably panic and wouldn't be able to handle it.

"I'm one of the odd fellows who wouldn't mind having something slipped in their drink," Krystal laughed while exhaling pot smoke. "I like drugs and I feel like I can handle the combinations. I exercise



Bottles of ketamine, an animal tranquilizer, is often used for its out-of-body effects.

the power of my mind... [and] I'm around enough people that if something like that happens, they'd be there and I wouldn't have much to worry about."

"I believe that you have the power in your mind to do anything. People can do amazing things just because their adrenaline is pumping and they have the determination to do what's necessary. They don't even really think, they just act. They are able to do great feats because of the power of their minds. Even if you're high, your mind can overcome that; your mind can sober itself up."

"No matter what two drugs you're doing, you should be very careful because it's going to bring different experiences even if you've combined the two before," she cautioned.

"For example, if you're going to take X (ecstasy) and drink alcohol, [you have to be aware that] alcohol dehydrates you naturally and ecstasy dehydrates you too - it raises your body temperature and you get thirsty. So, what are you going to do? You're going to take another swig of your beer, [and] that's probably not going to help you very much," Krystal explained.

However, she said drugs aren't for everybody but they can help deal

with emotional problems. With her experience, she believes drugs have helped her deal with things counseling couldn't help with.

"I have had some difficult life experiences and people frequently blame my drug use on that and think that I should get counseling..." Krystal explained, adding that she has seen both a therapist and a psychiatrist on and off for approximately eight years.

"Because of bonding with my friends and with other people on these drugs, I was able to talk about it and feel more comfortable [with myself]."

"When I started doing coke with friends, as evil as that drug is, I got over so many issues just sitting for hours and talking and feeling like it was okay to talk."

Although she said the drugs have helped her, she warns that some people can't handle the experiences of altered realities.

"Drugs are not all wonderful. I've seen people very close to me go through a lot of rough times because they let drugs become too large a part in their lives. If you are going to get high make sure you get high and the high doesn't get you."

\* name changed to protect identity

Raising awareness of date rape drugs and other safety issues

by Carole Morris

It's Personal Safety Issues Awareness Week at the Women's Centre on UNB campus and the centre, opened last year, is hosting presentations, demonstrations, videos and discussions to help promote various topics of concern. Today and tomorrow they will be showing videos focusing on date rape and club drugs.

The managers at The Cellar and College Hill Social Club are helping out by serving reminders with drinks. The aim is to raise awareness of how easy drugs can be slipped into alcoholic beverages.

Tanya McKillop, chair for the Women's Centre board, said there were a number of rumors circulating about date rape on campus and she wanted to provide information to students about the issue.

"I don't think people are as aware that these [drugs] are out there and they are in the city. To what extent, even the RCMP couldn't state that," she said.

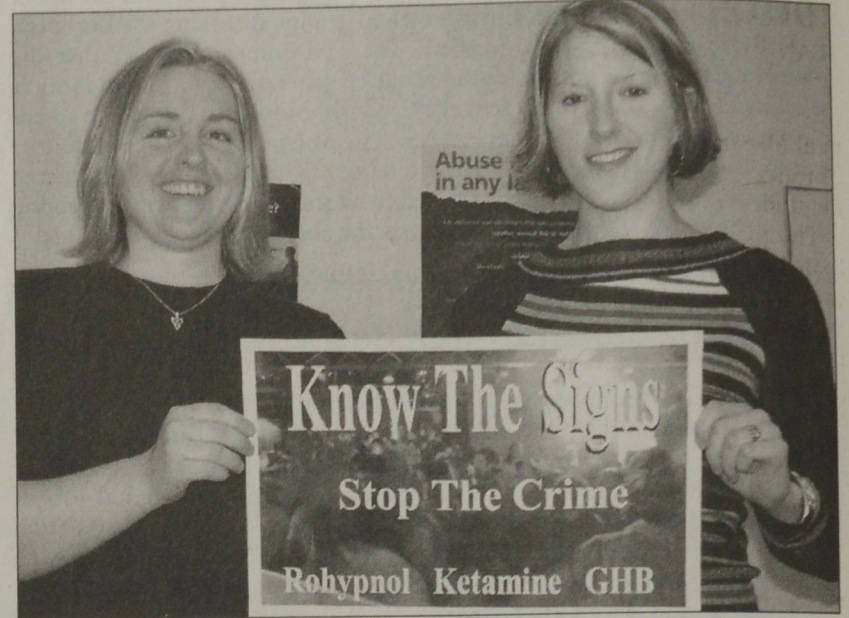
"It's a problem that people do have to be aware of and they have to protect themselves and learn how to protect themselves," McKillop said.

McKillop suggests to never leave your drink unattended and if you absolutely have to, just get a new one.

GHB, gamma-hydroxybutyrate, is an illegal drug which is often slipped into drinks. It is most commonly known as a date rape drug although it is sometimes used recreationally.

GHB is a central nervous depressant, which slows down breathing and heart rate, and makes a person sleepy.

If a low dose of GHB is administered, it will make the person feel more sociable, lightheaded and less inhibited. Higher doses can cause nausea, vomiting, and may cause a deep coma-like sleep. In some



Brendan Doyle/The Brunswickan

Left to right, Melinda Kavanaugh and Tanya McKillop from the Women's Centre hold posters displayed on campus.

cases, the consequences can be fatal.

In its liquid form, GHB resembles water, having no smell and basically no taste. It is also available as white powder or in capsule form.

According to second-year student Jason Stanley, a member of UNB's alcohol awareness program Drink Smart, the entire week is addressing the potential dangers of drug and alcohol consumption and other safety issues.

"People are aware of date rape drugs to some capacity but not the actual facts, the hard facts about what date rape drugs are, how they can be administered, [and] the dangers," he said.

According to a 1993 Statistics Canada report, only six per cent of all sexual assaults are reported to the police.

Scarier yet, in a 1984 study published in The International Journal of Women's Studies, one in four Canadian women will be sexually assaulted during their lifetime, of which half of these assaults will be against women under the age of 16.

"The problem with these date rape drugs is that they only stay in your system for up to 12 hours. By the time you wake up the next day it's already gone, and by that time, it's

too late to get the testing even done," said McKillop.

One of the other main messages the centre wants to discuss is that club drugs, such as ecstasy and ketamine, can be potentially lethal when mixed with alcoholic beverages.

Ecstasy, another popular club drug and a hit at raves, produces feelings of pleasure, closeness and increased sociability. However, the pill can have strong negative effects, including anxiety or panic attacks, blurred visions, grinding teeth, vomiting and convulsions. The drug may last for up to six hours. Ecstasy is often regarded as a semi-safe drug but deaths have been attributed to it. The drug itself increases body temperature, blood pressure and heart rate. This can lead to permanent kidney or heart failure, seizures or strokes.

"I think it's everyone's responsibility to play a part in educating ourselves and others around us about the dangers," said Stanley.

"If you think something may have happened to you and you don't feel like yourself, go to the doorman or a bouncer or get yourself up to the hospital to get tested right away," McKillop said.

## Campus vision is going to take time

Plan continued from Page 1

In conjunction with this new pedestrian focus, motor vehicle movement will be minimized and parking will gradually be moved to the perimeter of the campus. This will ensure greater safety for pedestrians.

"Parking areas will be moved to the outer areas of the campus, instead of the interior," noted Chotai. "Obviously that will insure that cars won't have to come onto campus, and be open for pedestrian access."

Another issue is in continuing the aesthetic of UNB, with its Chapman red brick design and historic character.

"Historically, I think that especially the Fredericton campus has been one of the most beautiful in the country, and it's always been one of the things that sets us apart," McLaughlin said. "[This plan] is a recommitment to stressing the importance of keeping the place looking great and to reinvest in that on an ongoing basis."

These ideas are just the tip of the iceberg in the Campus Master Plan. However, some initiatives have already taken place. Michael Baldwin, UNB's property manager, noted that the walking trail behind Chapman field and the soon to be voted on universal bus pass proposal from the Student Union are the first

implementations of the plan.

One of the drawbacks to showing this plan is that it is only a plan. Those checking out the unveiling may get swept up in its immensity and vision, yet not realize that it is not going to happen tomorrow. This is a 50 year vision.

"A challenge... is that we have a great desire now to cause this to happen," noted Ryan. "The reality is that it takes money for it to happen and it's also a vision over a very long time, but we can definitely get there."

"It's going to take money to realize it," noted McLaughlin, "and it's going to take time."

"Now that we have the plan and know where we're going to go," adds

Ryan, "we need to start going there. That's the next challenge."

Although it may take a long time to see some of the major changes, such as expansion to the East, the first step is being taken today. The first step in any journey is a vision, and that is exactly what the Campus Master Plan is.

"Ultimately what we'll do is we'll create a UNB that everyone enjoys, that everyone can be proud of, not just students but faculty and staff," said Chotai.

To show your support, give your comments, satisfy your curiosity or just see what it's all about, check out the Wu Conference Center today at noon or 7:00pm.

## CBC correspondent blasts media

Call for media to question authority well received by student journalists

by Ira Dubinsky

MONTREAL (CUP) — Western journalists are increasingly complacent and docile, says veteran CBC correspondent Neil Macdonald.

Macdonald, who is CBC Television's Washington correspondent and previously worked in the Middle East, made the remarks during a speech at the 66th annual Canadian University Press national conference in St. John's last Sunday.

"Never have I seen a Western press corps so anxious to please authority, so prepared to pander to popular prejudices, so beholden to big business, and so seemingly incapable of critical thought," he said. "Reasoned analysis, or an unblinking, even uncomfortable examination of facts has in many parts given way to demagoguery."

Macdonald went on to criticize the media for failing in its time-

honoured practice of questioning authority and ensuring government accountability. He referred to a trend of "patriotic correctness" whereby journalists appease the government and corporate interests with their silence about important issues.

"The shock troops of patriotic correctness are all those angry middle-aged white guys yelling at one another on all-news channels. They aren't subtle, they aren't even particularly well-informed, but they are there, and they matter."

Although Macdonald said both Canadian and U.S. journalism has deteriorated, he focused on his U.S. counterparts and spoke specifically about their coverage of the Iraq war and the so-called war on terror.

"They [the US media] accept American pre-eminence, morally and militarily, as a natural fact. They almost seem guided by U.S. foreign policy."

Macdonald spoke about the tendency of U.S. reporters to use the same terms of reference put forth by the government, even when the words are biased or inaccurate. He recounted segments from U.S. news broadcasts in which reporters used terms with little regard for their

implications.

According to Macdonald, while the U.S. government and U.S. reporters refer to the "U.S.-backed governing council in Iraq," a similar scheme set up by the Soviet Union 20 years ago would have been described as a "puppet regime."

"What I have just related was only journalism in the loosest sense," he said. "A better description would be 'compliance' ... Retreading slogans is not our job."

Recent controversy about perceived bias in the media prompted Macdonald to comment on accusations that the CBC and the media in general carries a deep left-wing bias. Although he claimed no bias exists, he said he would welcome such a slant.

"I don't think a little liberal bias would be such a bad thing, given the conservative tendencies of the power and institutions we cover," he said.

Last year, pro-Israel interest groups voiced concern about Macdonald's coverage of the Israeli-Palestinian conflict, claiming his reports were overly supportive of the Palestinian cause. An editorial by the late Izzy Asper that appeared in many newspapers across the country

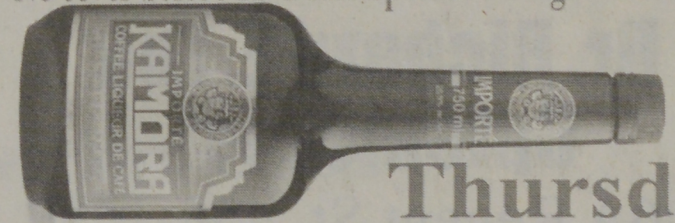
openly accused the CBC of being anti-Semitic, citing Macdonald's work as evidence. Macdonald defended his work on Sunday and commended the CBC for standing by him.

The speech, which elicited two enthusiastic standing ovations from the room of 200 student journalists, capped off four days of seminars and workshops on a variety of topics related to journalism and the media.

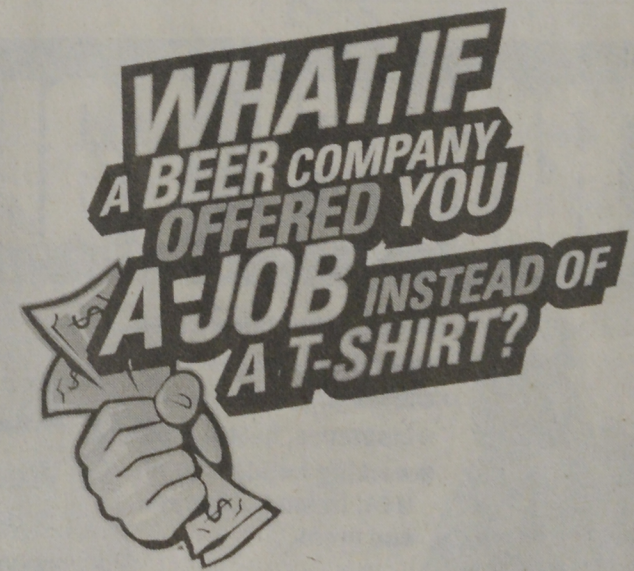
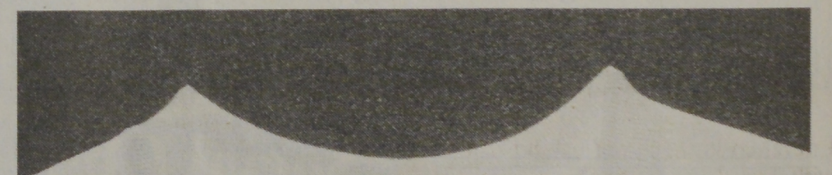
Macdonald ended his speech with an impassioned call for journalists to be more critical of authority. He accused the media of sensationalizing the news and of failing to get to the bottom of important issues.

"We seldom challenge the concept of authority, and its many frivolous applications by the people in charge.... We are expected to hold up a mirror to our audience. We are supposed to tear away at hypocrisy, not practice it. We are supposed to make powerful people uncomfortable, and we are supposed to relentlessly shine the glare of critical thought into all the places where our rulers hide and disguise and simply lock up the truth. We are supposed to question authority. And I tell you we are not doing so."

Social Club Ladies Night  
No cover before 11- Drink specials all night- Door Prizes



Thursday



T-SHIRTS INSIDE BEER CASES ARE COOL, BUT HOW ABOUT A SUMMER JOB? LABATT WILL PAY YOU TO WORK FOR A CHARITY. DETAILS AREN'T INSIDE CASES, BUT AT WWW.LPIAJOB.COM

Bruns word of the week:

quixotic \kwik-SOT-ik\, adjective: Capricious; impulsive; unpredictable.