

# THE CADRE

cadre /kɑːdrē/ 1. A nucleus or core group of trained personnel. 2. A framework, outline, or scheme.



## Big Karma

The Quiet Give and Take of Marijuana

BY JAKE MACCALLUM, EDITOR IN CHIEF



*Don't run from yourself. Find what you are. No, don't find, just know what you are. Don't hide from yourself, because when you do, you've got to lie to yourself, and to mask that lie, you've got to lie to other people too. And now you are just pretending to be someone you are not. It doesn't matter if people don't accept you. You're just in the wrong group. Just go out. And love yourself, because if you don't, who will?*

– Sankat Nepal

Saturday morning, venturing out into the cold, joining the rush of people at Tim Horton's. Later that night, enjoying a couple of bevvies at Hunter's Ale House. Next morning, coffee, maybe an Advil for the headache. As the day rolls by, and night falls, a drop of melatonin. What do you notice? A pretty typical pattern of consumption for a UPEI student? Caffeine, alcohol, ibuprofen, and melatonin by no means make for some tripped-out bender of a weekend. But the less obvious part is why more people fail to realize that preachers of the cautionary tale, "don't do drugs," are about as useless as a one-toothed beaver in a petrified forest.

My mom is the salt of the earth, and I love her for it. She, like any mom, warned me against using drugs from the time I was old enough to wonder openly why people live on the street. In her loving concern, she simply wants her son to be smart and safe. I can't knock anybody, let alone my own mother, for not being logically consistent in a conversation about drugs, especially when the broader society takes words like *education* and *experimentation* and drowns them out with the much louder and scarier *prevention* and *rehabilitation*. The better-safe-than-sorry approach does the trick for a mother but is lazy from an education system, namely when *Mothers Against Drunk Driving* are invited to scare school kids straight with their "No drugs. No alcohol. No victims." motto. Of course, a zero-tolerance rule must apply behind the wheel, but almost everywhere else, it only feeds into a skewed perception of drugs, tempting young people to grab and abuse the forbidden fruit.

## NOTHING SACRED BUT OUR BOOZE

### UPEI STUDENT NEWS

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"It's like re-charging your phone again, but you are going to be stuck at 1%," Sankat says in regard to building a high tolerance for marijuana. There was a time when he used to smoke it every day, at almost every hour, for two years, alienating him from his friends.

"When I'm in a group, I'm always spectating, but no voice in me... you feel like something is wrong with you... Theo Von said, when people smoke weed, they're going to be like weed. A plant. They are not going to do anything, just sit there, maybe grow, maybe not. I started being a fucking plant, and there was no growth in me," Sankat says. He has firsthand experience of using weed as a gateway drug, too.

"Weed [lets you] know what high means. Then you try another thing, and the thing is different. Nobody does DMT and says, 'I've never done weed.' When you are hooked on high, the feeling, the sensation of not being sober, it can destroy your life."

But why the desire to get high? Well, life is hard. We all have our reasons. According to Sankat, "If we did not live in a feel-good society, we would all be miserable, wouldn't we?" So it seems—the pursuit of happiness shrinks to an asymptote when temporary highs consistently numb the necessary suffering of an honest life.

For Sankat, finally waking up to the negative effects of weed was like, "going from *Life sucks, but I don't care*, to *Oh fuck, I wasted another day*." But perhaps weed is a teacher in this respect.

"Weed says, OK, I will give you the most chill life for a moment and see what happens after that."

I asked Sankat, do you wish someone warned you? "No. Because it just happened. I wasn't responsible enough. Living in the present and not thinking about the future." For some people, weed seems to run its course. It did for me, too.



After using it recreationally at the end of high school (sorry, Mom) and for about a year after graduation, I stopped altogether. The high was pure fun, laughing hysterically with friends, trying to outdo one another with the most absurd shit like we were filming a comedy sketch show in front of a live studio audience. But then came the realization, through many a trial and error, that for every sublime mountain peak, there's a vulture-laden valley. After each high, I felt a foggy low, distanced from the things that would normally excite me. Nobody told me it would be like this. But would it have been different for Sankat and me if our school systems integrated drug education inside health classes? Would we be less apt to experiment or arrive at the same junction? Until we try, only God knows.

I sat down with Sankat to talk about the pernicious nature of marijuana, its quiet side, the dark part of it that many don't like to talk about. Together we stumbled into, above, and around the topic before arriving at a mutual station. Marijuana is a drug—it is what it is and does what it does, whether you call it good or bad or anything in between. Just like any unknown in life, it's not about whether the thing is good or bad, but whether you bring good or bad intentions to it. It gives to you what you give to it. You may take what you need, when you need it, and move on. "Don't take it as water," Sankat says. "Take it as a medicine."

On New Year's Eve, to get a laugh out of his friends, Sankat insulted a passerby on the street. He later took some LSD and, through the ensuing state of reflection, realized a great lesson of humanity.

"Oh, he is a human, too, like me. Let me treat him like I want to be treated... that's Hinduism in a nutshell. If you treat someone badly, Karma will hit you. What goes around comes around, and comes around even harder."



illustration by Sofia Cervantes Romero, @meandmyartjournal

Lasting happiness might not be found anywhere, not least inside drug dependency. Sober or not, you can't run from yourself. You will always catch up. As university students, we might be better off realizing that using a drug like marijuana is sometimes a reality but never *the* reality. Most of us need coffee to wake up, and that's OK as long as we understand that a drug, like life, follows a fundamental (sometimes mysterious) principle of give and take. Call it Karma. Call it a hangover. Call it a fried bologna sandwich. The bottom line, put perfectly paradoxically by Sankat himself—"we don't need anything to have fun or be happy except you, me, some tea, just talking and laughing."



# THE CADRE

since 1969



## Surviving Poets Society



*Winter's Lesson*  
by Obed Oluwakoya

Winter's lesson  
Beauty at a price  
Alluring snowflakes  
Fearsome Ice

Winter's lesson  
To Change or stay still  
Barren Treetops  
Nostalgic Pines

Winter's lesson  
Beauty's many faces  
Plain white gardens  
Enchanting lights

Winter's lesson  
Not to hope for its end  
But that in each season  
Your heart, you will tend

## GOT SOMETHING TO SAY?

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**STUDENT-LED PAPER**

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## Prey: Must Watch of the Week

BY RAYYAN RAMJAN, EDITOR



Pick up your axes, load up your shorty, and let's start the hunt. *Prey*, the latest instalment in the *Predator* franchise, is certainly a wild ride that will leave you feeling like you've just been through the wringer. But in the best possible way, of course! This movie is packed with action that will have your heart racing and your palms sweating. The characters in the movie have a lot of tension between them, making for some truly nail-biting moments. Individually, however, the characters did feel like they lacked some depth.

It's your typical Predator type of story—not much plot, great fight scenes. Props to the predator design; it's always amazing. And let's talk about the setting. This movie is set in the 1700s and the aesthetic is on-point. It's like you're transported back in time and you're right there in the middle of the action. The cinematography is top-notch and gives an immersive experience.

*Prey* is canon to the *Predator* franchise and important to the lore, as the movie covers the first ever Predator, also known as Yautja, that came on Earth.

This movie is a perfect blend of science fiction and horror elements, making it a great choice for viewers who are looking for a thrilling movie experience. Sometimes you feel hopeless for Naru, our main character, but Dutch, Arnold's character in the first movie, said it best. "If it bleeds, we can kill it." For die-hard *Predator* fans, it's a solid addition to the franchise. But if I'm being completely honest, it didn't quite have that "wow" factor for me. But hey, that's just one person's opinion. All in all, *Prey* is a wild ride, but maybe not as wild as the upcoming midterms. So take a break from your studies, go grab some popcorn and enjoy the flick!

*Next week comes the troubled bad-guy-good-guy Peacemaker available on Crave.*



## The Prowl

Sports, events, and more



Thursday, Feb. 2nd

- Charlottetown Islanders Student night - 7pm vs. Halifax Mooseheads

Friday, Feb. 3rd

- Basketball action vs. St. Mary's at Women @ 6pm, Men @ 8pm.
- Men's hockey vs. St. FX's @7:30pm

Saturday, Jan. 28

- Basketball double header: Dalhousie comes to take on our Women @ 6pm and Men @ 8pm.

Ramble on Panthers!



## Trivia from The Fox Love and Sex

1. According to a survey carried out by lovehoney, what is the most popular place outside of the bedroom to have sex?
2. What is known as the "love" hormone?
3. What TV show aired the first-ever lesbian wedding on TV?
4. According to Pornhub insights, (2016) what category of porn do people living in PEI search for the most?
5. What popular fictional character has to mate at least once every 7 years or they will die, from a phenomenon called Pon Farr?

Check out Trivia at the Fox and Crow Wednesdays at 7pm, with your host Owen Shaw!



ANSWERS

1. Shower 2. Oxytocin 3. Friends 4. Bondage 5. Spock

Upcoming Theme:

Feb.1 - Mashup Trivia Night: The Office & Brooklyn 99