Mainstream or Underground, drug culture exists on campus and in the surrounding community. With this special issue, we hope to educate and enlighten students on the culture, history, usage, prevalence and dangers of drugs. The stories relate to issues common within a college community, such as date rape, effects of caffeine and students’ experimentation with drugs. The subject matter was chosen by the Spartan Daily staff, and the choice in no way represents the views of the university as a whole.

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Danger of Ecstasy abuse exists despite use in parties

by David Wong

I’ve never taken Ecstasy, but most of my friends and co-workers have, and they usually take it in the presence of someone who says junior pro-munufacturing major John Smith. Tostada said her friends in San Jose would come to campus with the drug the following day, if she desired.

Ecstasy is MDMA (3,4-methylenedioxymethamphetamine), it is a naturally occurring drug and operates as a bridge between two neurotransmitters. It is used to enhance euphoria, and some behavioral alterations or we’ve arrested them for intoxication), and we find the issue (such as combativeness and something else).

For instance, if someone is under the influence of Ecstasy, it’s hard to determine its potential as an effective treatment for addiction.

Snycerski said.

“The effects of using Ecstasy can be pronounced here, and they’re able to the user.

I didn’t think the need to eat for two days — I felt bloated and woke up the next morning with a headache,” said sophomore psychology major John Smith.

The production and distribution portion of the drug is a serious concern to Smith.

“I’m not sure (about the benefits of Ecstasy) as it goes through a hundred hands,” Smith said.

According to the National Drug Intelligence Center of the Department of Justice, ecstasy is primarily produced in laboratories on the West Coast, in the Netherlands, Canada and Mexico for distribution to the United States. Ecstasy is either smuggled by couriers on flights from Europe for distribution to the United States, according to the intelligence center in 2004.

SpartanDaily.com

I was physically tired of

Tostada said her friends in San Jose would come to campus with the drug the following day, if she desired.

According to Snycerski, in 2008, the mixture of alcohol and Ecstasy, it is important that an abuser knows his or her options and to know that treatment is always private and confidential.

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Robinson, a therapist at a treatment center in Oakland, there are many different treatment programs that are readily available for those seeking help.

We have patients who are coming off of the drug heroin we provide opiate replacement therapy, with Methadone,” she said. “Suboxone is also a popular opiate replacement drug, or rapid quire-detox that doesn’t rely on these replacement drugs to wean patients off heroin. Ecstasy can be a dangerous drug and requires medical attention, if one chooses to get clean.

Robinson said withdrawal can be “very painful,” she said. “Those who try to go cold turkey are putting their lives at risk by doing so.”

Robinson said the other options include heroin detox, rehab, group meetings, individual counseling and other therapies.

“People respond differently to different types of treatment,” she said. “Results vary patient to patient.”

According to Robinson, when thinking about getting treatment, it is important that an abuser knows his or her options and to know that treatment is always private and confidential.

According to Snycerski, in 2008, the mixture of alcohol and Ecstasy, it is important that an abuser knows his or her options and to know that treatment is always private and confidential.

Scientific American

“If I feel that (Ecstasy) is definitely not good for you because it can mess with your brain — I should know better than sine a Marcus Frank’s health center. “They feel open about their experience because it caused PTSD, “she said. “Physically tired of drinking, which obvi-

“I feel that (Ecstasy is) a highly addictive morphine derivative with a stimulant effect higher for some people than others. I shouldn’t be here, “he said. “I’m one of the lucky ones who made it out, but most people who are addicted to heroin have lost their lives to this drug.”

“Looking back I know that someone was watching over me because after all the wrong I did to myself and to others I shouldn’t be here,” he said. “I am truly blessed.”


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Reggie Brown is a former heroin addict who has been clean for seven years after rehabilitation.

Photo courtesy of Demondre Ward

Brown said he became a volunteer at a detox center to help people, just like others helped him when he looked toward recovery.

I want people to know that drugs do not have to ruin your life and that there is still hope. “Getting clean is only the first of many steps but staying clean is the reward,”

Robinson said.

Stressed out?

Brown said he was addicted to prescription pills, said he woke up one day and realized he could not continue to put himself or his family through any more heartaches.

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Illegal grow farms are often located by officers from helicopter surveys, because these fields, especially those growing marijuana plants that stand 6 to 8 feet tall, are easily visible from the air. Officials aren’t able to reach these areas, Heil said.

"Growers out there are going to do what it takes to hide these things," he said. "They’ll do it in the middle of the night."

"Growers are almost like the military," Snyder said. "They’ll do anything to stay anonymous to the law."
‘Miracle worker’ supplements convenient, but unnatural

**By Nina Talbot**

Turn on your television anytime between 2 a.m. and 6 a.m. and the infomercials are promising. Dietary supplements, which include multivitamins and protein powders, are advertised as miracle workers scientifically proven to help consumers achieve their health and fitness goals.

However, in the key to the recent trend of protein supplements – products like Muscle Milk, GNC Pro Performance and Syntha-6 are just some of the most popular supplements on the market. These supplements are sold as ready-to-eat powders or liquids that can be mixed with water, milk or juice to make shakes. Many are advertised to quickly shed unwanted pounds, provide a jolt of energy and build muscle.

Jennifer Waldrop, a “protein consumer” who said he first started working out because he wanted to build muscle, then wanted to bulk up after he dropped about 50 pounds.

“I wanted to lose weight so I could get back into shape,” he said. “You know, just being healthy and feeling good.”

Waldrop said that a health promotion coordinator at the Student Health Center, Courtney Sucher, said that many people advertise as miracle worker that will put muscles on your body, and that’s just not true.

“People are too caught up in putting things in their body to look good, and I feel sometimes they don’t know what they’re taking.”

In 2000, the FDA formed a public health advisory warning consumers to stop using any American Cellular Laboratories Inc. bodybuilding products that are “represented to contain steroids or similar substances” as stated on the FDA’s website. The report also states that anabolic steroids in these products may also cause other serious health records for bodybuilders and, as athletes, there’s always the question to “eat everything to support (your) training.”

Chris Holder, SJSU Athletics strength and conditioning director, said that his advice to athletes is to “eat everything to support your training.”

“The average college student diet usually is more about what’s appealing and what’s accessible,” he said. “Supplements should be treated more as a last resort.”

**Spartan Daily**

**Thursday, May 10, 2012**

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Drug poll results
Three Hundred and Forty-Two Total Students Responded

Fifty-Fifty percent of respondents said they were on campus while or after consuming alcohol or drugs.

twelve students stated they were date raped.

Can you acquire illegal drugs?
Yes: 187 (55%)
No: 75 (21%) 
Never tried/have no desire: 29 (8%)
Can't respond: 3 (1%)

Of the 342 total respondents, 174 (51%) were male.

Of the 342 total respondents to the Spartan Daily's anonymous drug survey, 40 students (12%) were on campus when drugs were being acquired.

Of the respondents (less than 1%) was a graduate student.
79 of the respondents (23%) were third-year undergraduate students or first-year transfers.
289 total respondents (85%) were first-year undergraduate students.
168 (49%) of respondents were female.
174 (51%) of respondents were male.

Of the 342 total respondents, 174 (51%) were male.

Of the respondents, 331 (97% overall) admitted to using at least one of the drugs listed below.

The percentages below are calculated from all of the 342 total respondents.

Marijuana/Edible THC/Hashish (67%) 230 total
Alcohol (85%) 289 total
Caffeine (75%) 256 total
Ecstasy/MDMA/Molly (23%) 80 total
Cocaine/Crack (4%) 14 total
Meth (4%) 14 total
Nicotine (Cigarettes, hookah, etc.) (45%) 155 total
Opioids (Vicodin, Oxycodone, etc.) (22%) 75 total
GHB/Rohypnol/Roofies (1%) 4 total
LSD/Acid (5%) 18 total
Inhalants (Glue/Whip-it, etc.) (8%) 29 total
Psilocybin mushrooms (12%) 42 total
Study drugs (Ritalin, Adderall, etc.) (13%) 45 total
Salvia (1%) 1 total
None (9%) 3 total

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It is nearly impossible to know the exact amount of date rape that occurs. University police say there have been no arrests or date rape cases at UCSD in the past three years, but they would not provide more information. ‘We could have maybe eight students come into the police station and say they were victims of sexual assault or rape at one time, or maybe three times the amount,’ said Colleen Christensen, director of the Woman Studies and Gender and Sexualities Studies Center at UCSD. ‘But we don’t want to paint a label on campus or to indicate a problem that we don’t think is there.’

Laws said that students often feel embarrassed and afraid to report sexual assault or rape. ‘Students are afraid to come to the (police) department,’ Laws said, ‘because they worry they will be stigmatized or ostracized.’

‘People who are victims of sexual assault or rape are much more traumatic if you’re not believed,’ Laws said. ‘They’re going to feel like they have to go through this whole process of sharing their stories, they can’t feel safe about trusting their friends, they don’t want to feel like they’re isolated.’

Christensen also said the problem with (date rape drug) is that many people are not aware of the problem and that the drugs are easy to get and that they are often disguised in fun and exciting drinks. ‘They could be a part of the problem if you’re not paying attention to yourself,’ Laws said.

Christensen also said the problem with (date rape drug) is that many people are not aware of the problem and that the drugs are easy to get and that they are often disguised in fun and exciting drinks. ‘They could be a part of the problem if you’re not paying attention to yourself,’ Laws said.

The problem with (date rape drug) is that many people are not aware of the problem and that the drugs are easy to get and that they are often disguised in fun and exciting drinks. ‘They could be a part of the problem if you’re not paying attention to yourself,’ Laws said.
Lightheadedness, munchies, bloodshot eyes and delirium—these are some of the common side effects of getting high off of marijuana or inhalants.

Jane Zaiko, a senior fine arts major, has seen various people get high on drugs such as marijuana and noted some distinctive features.

“I see impairment in judgment and slow movement reactions,” Zaiko said. “The eyes also look glossy, but it also depends on the person who uses the drugs.”

In an article from the National Institute on Drug Abuse, a government organization that combats drug addiction, the main component of marijuana that contributes to the effect of getting high is tetrahydrocannabinol, referred to as THC.

THC comes from the resin of the marijuana plant and acts as a psychoactive compound which alters the mental perception of the individual as well as physical actions, according to a study from the National Center for Biotechnology Information, a U.S. government organization that handles information pertaining to microbiology.

The organization noted that cannabinoid receptors located in the brain react to the THC in a chemical reaction that sets off the “high” feeling for the user.

“Individuals possessing some form of mental illness, such as schizophrenia or psychosis, are not encouraged to use any (form of) mind-altering drug whatsoever,” she said.

Regardless of what drug is used to become high, Trafalis gave advice to individuals who are interested in experimenting with those types of drugs.

“The type of drug used to create the high feeling affects certain areas of the brain,” Trafalis said. “Some can directly or indirectly affect the brainstem, which is associated with feelings of reward and pleasure.”

According to Trafalis, a chemical called dopamine is released in the brain from marijuana usage, which motivates a greater feeling of reward as well as the high sensation.

“These types of chemicals, such as THC, can release up to 12 times the amount of dopamine,” Trafalis said.

Inhalants are also used in order to get a “high” effect and some of the common ones include volatile solvents (paint thinners or glue), gases (nitrous oxide or laughing gas), aerosol sprays (spray fixatives) and nitrates (which are commonly known as “poppers”).

A report from KidsHealth, an organization that assists with youth health, stated that the inhalants usually target the brain and nervous system and effects range from a quickened heart rate to hallucinations.

“Inhalants are known to be a central nervous system depressant,” she said. “When inhaled, they travel into the bloodstream rapidly through the lungs, which causes feelings of euphoria.”

However, Trafalis said the usage of inhalants is far more dangerous than the consumption of marijuana.

“Marijuana has some medicinal benefits such as relaxing eye pressure for people with glaucoma to stimulating appetite for people with HIV/AIDS,” Trafalis said. “A single session of inhalant usage can cause severe brain damage, comas and a symptom called sudden sniffing death (which fills lung cells with poisonous chemicals and leaves no room for oxygen needed for breathing).”

The affected areas of brain by number

1. Cerebral cortex
2. Basal ganglia
3. Nucleus accumbens
4. Hippocampus
5. Cerebellum
**Illlicit A Brief Drugs Breakdown**

*Eco-friendly, eco-conscious, but is marijuana really a safe option for patients?*

By Ron Gleeson, Brittany Patterson and Leo Postovoit

Where you find one, you’ll probably find another. Marijuana is simply not going away, despite all the efforts of the federal and state governments to prove otherwise.

*Eco-conscious, eco-friendly, and dare we say... trendy!*"
Cocaine has a presence in the club scene, specifically in the downtown San Jose area.

by Eddie Hernandez
Staff Writer

It’s a Friday night, the streets of downtown San Jose are full of lively partygoers looking to have a good time at one of their favorite spots. With the sound of hip-hop music booming from the speakers, some of them can’t help but be enveloped by the feeling of wanting more.

With a trip to the restroom, behind locked doors, partygoers are given the privacy for pulling cocaine out of their pockets. Todd White, a bartender, server and former security guard at the Old Wagon Saloon and Grill in San Jose, said he has seen cocaine inside the establishment.

“One of the security guys had caught one guy trying to do it in the back in just the table outside the patio,” White said. “So we actually kicked him out.”

White explained that security guards are not allowed to search people wanting to get inside the bar — security checks are for people under the influence.

“A lot of times, whatever the person’s doing, if they are doing something suspicious, we can’t do anything about it,” White said. “But if they’re snorting an excessive amount of cocaine for a long period of time, for hours, we’re going to report it.”

White explains that security guards are not allowed to search people wanting to get inside the bar — security checks are for people under the influence.

“ depending on how many lines you take, it gives you a high that lasts 60 minutes,” White said. “It gives you energy … (and) keeps you awake.”

“Just as I’m talking to you right now, I have already snorted 10 lines of cocaine,” White said.

Dr. Donald Siao, a family practitioner in San Jose said cocaine is a nervous system stimulant that is snorted, injected or smoked.

“According to Sgt. John Laws of the University Police Department at SJSU, there are some characteristics for users under the influence. It’s a stimulant, so what we would be looking for is their eyes to be quick, to stand still, put their hands down to their sides, close their eyes and inform the officer when 30 seconds have gone by. According to Laws, a cocaine user won’t be able to keep track of time.”

“Time is going by for them, they are just jumping, mostly those are the types of things we look for,” he said.

According to Stephanie Oldler of the National Institute on Drug Abuse, cocaine is defined as a powerful addictive central nervous system stimulant that is snorted, injected or smoked. According to a female SJSU student who wishes to remain anonymous, the powdered substance, often recognized in small close bags, offers friends something engaging for the night.

“Depending on how many lines you take, it gives you a high tolerance for drinking (and) making you feel alert,” she said. “It gives you energy .. (and) keeps you awake.”

She said cocaine has slowly become a party culture item for many individuals, as downtown San Jose offer dozen of bars and clubs.

“Well to be quite honest, cocaine has grown to be popular due to its effects of being a dose of energy,” the anonymous student said.

However, Dr. Donald Siao, a family practitioner in San Jose, said snorting cocaine can be dangerous to your health.

“If you don’t want to choke on your own blood, don’t do it,” Siao said.

Siao recalls a moment when one of his patients died from snorting an excessive amount of cocaine for a long period of time.

According to Siao, the patient eroded a hole at the split point between the left and right branch of the nasal septum.

He added that snorting cocaine will take its toll on an individual’s cardiovascular system, which could lead to heart problems.

Another typical bar that is a frequent spot for partygoers is the San Jose Bar and Grill. Ryan Hirshenitz, a security guard at the bar, explains that security is spread throughout the area to ensure people are not trying to take substances.

“We have a bathroom attendant. He doesn’t work for the bar, he just works for us,” Hirshenitz said. “He’s in the bathroom all night and he’ll let us know if he hears someone doing drugs in there.”

According to Sgt. John Laws of the University Police Department at SJSU, there are some characteristics for users under the influence. It’s a stimulant, so what we would be looking for is their eyes to be quick, to stand still, put their hands down to their sides, close their eyes and inform the officer when 30 seconds have gone by. According to Laws, a cocaine user won’t be able to keep track of time. “Time is going by for them, they are just jumping, mostly those are the types of things we look for,” he said.

Cocaine Statistics

• 4.8 million Americans ages 12 and older abused cocaine in 2009.
• 1 million of those Americans used crack cocaine.
• 1.6 percent of 8th graders, 2.2 percent of 10th graders and 2.9 percent of 12th graders had used cocaine in any form.
• The highest rate of cocaine usage is in young adults ages 18 to 25 years old.
• It is the third most common drug found in high schools and colleges in the United States.
• 5,000 people every day try cocaine for the first time.
• The U.S. is the largest importer of cocaine in the world.
• Colombia is the number one producer of cocaine with a $35 billion industry.

Info from the National Institute on Drug Abuse and Interconnection Addiction

Cocaine is a stimulant and nervous system stimulant that is snorted, injected or smoked.

How to Play

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

Previous Puzzle Solved

Previous Puzzle Answer

Difficulty Rating: 1 2 3 4 5

How to Play

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

Check back daily for new sudoko puzzles and solutions.

Universal Sudoku Puzzle

Sudoko is a logic-based puzzle game similar to a 9x9 magic square. The grid is divided into 9 boxes by 3 rows and 3 columns, with the objective of filling each box with digits 1 through 9 without repetition. The puzzle typically contains some digits already filled in, and the player must use logical deduction to complete the grid. The difficulty of Sudoko puzzles can vary widely, ranging from easy to extremely challenging.
Inhalants need more regulation

By Darian Sia

The house was silent as I made my way upstairs. I opened the bedroom door and saw a layer of plastic tarps covering the floor. I picked one up and looked around the room.

Her lips and cheeks turned a shocking blue and purple, making her face look almost grotesque. Her eyes were closed, the final twitch of the final moments of her life. She was now in peace. I slowly picked her up from the floor and laid her in bed.

We are not only dealing with a widening and a deceiving stigma surrounding this issue, but it is becoming more and more difficult to wake up the people who are using these substances.

Inhalants, also known as "huffing," is when a person chooses to inhale a gaseous substance that has the intent to cause drowsiness or a high.

The high from the nitrous oxide is brief and the brain may be damaged in conjunction with the effects of the gas.

Inhalants are the feeling of being numb, heightened happiness, relaxation, and sometimes hallucinations or delusions.
something catchy: Drug influences in the entertainment world

Something catchy: Drug influences in the entertainment world

by Nita Sekar

SpartanDaily.com

Between 1992 and 1993, Snoop Dogg and Dr. Dre released their respective debut albums: Snoop’s “Doggystyle,” and Dre’s “The Chronic.” Both albums are labeled as classics and set the foundation for the gangsta rap genre: a style of music that originated from the Compton area. It consisted of rapping about the clientele of the Compton area, where Snoop Dogg and Dre claimed were born in a gangsta’s life, guns, women, and marijuana.

Red Hot Chili Peppers – “Under the Bridge” (1992) – Vo- calist Anthony Kiedis wrote “Under the Bridge” as a reflection to the loneliness he often felt, in addition to how narcotics had a negative influence in his life. At the time the song was written, Kiedis and his bandmates were at a crossroads and Kiedis felt distanced. He writes, “Under the bridge downtown is where I draw some blood – under the bridge I could not get enough / under the bridge I forget about my love.”

ASAP Rocky – Rakim Mayers, also known as ASAP Rocky, is a Harlem native who emulates a south- eastern hip-hop style. He is known for mentioning his usage of Codeine syrup, or “sizzurp,” like on his single “Purple Swag,” where he raps: “Purple swag / that trill shit / I could not get enough / under the bridge downtown is where I draw some blood / under the bridge I could not get enough.”

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Cheech and Chong – Their first feature film, the stoner duo smuggles a van entirely made of marijuana into the states to selling 110 pounds of cocaine in a span of three days. Based on the lives of Jung, Pablo Escobar, and Carlos Lehder, who were all involved with the Medellin Cartel of Colombia.


Fear and Loathing in Las Vegas (1998) – This film is an adaptation of the book of the same name. It is a drug-filled chaos in the form of a road trip.

American Gangster (2007) – Denzel Washington plays Fred Hampton, who is just one of the 175 men that were drug traffickers in the film. He later becomes a hero in the film and gains the respect and fear of people in the community.

Up in Smoke (1978) – Cheech and Chong, a drug-smuggling duo, are trying to evacuate 500 pounds of marijuana into the states to selling. Low budget drama, but it is a hit.


Pineapple Express (2008) – Dale Denton (Seth Rogen) and his marijuana dealer (James Franco) must outrun a drug lord and escape after a run-in with a marijuana dealer. Dale’s drug dealer contains a cage filled with weed called Pineapple Express, which gives the drug lord a lead on finding him.

Traffic (2000) – Benicio Del Toro, Dennis Quaid, and Sean Connery are just a few Hollywood names in this drama centered on some of the world’s most famous drug cartels. Michael Douglas and Colin Farrell are all drug lords who play public figures that fight their battle against the law and have to decide whether to take measures to increase the amount of drugs they themselves are involved in.