

Can a Sacred Drink Boost an Island's Fortunes?

Kava is a mixture of water and the crushed root of the kava plant. "Kava is a very sacred drink across the Pacific," explains Dr Lebot. In Vanuatu, it was traditionally taken by chiefs at gatherings, during discussions of local affairs. It would be drunk out of a coconut shell. Chiefs would drink it so they could communicate with their ancestors.



Proponents say the drink reduces anxiety, helps with sleep, and can even leave users feeling mildly euphoric. Critics say it is dangerous, and the "Kava Ban" banned kava in the European Union market.

Most families in Vanuatu are familiar with kava and grow it outside their homes. Dr Lebot is hoping that the liquid might have global appeal, and could provide Vanuatu with a much needed revenue stream.

Kava exports have been tried before, but it didn't end as planned. Dr Lebot explains that kava is now restricted or banned in most EU countries, after extracts became briefly popular in supplement form,

but were declared unsafe. One of the issues facing Vanuatu, in its desire to professionalise the kava industry, is that farming of the plant is done on an ad-hoc basis. In the Pentecost Island, where much of the supply is grown, people have "little more than machetes" to cultivate the plant.

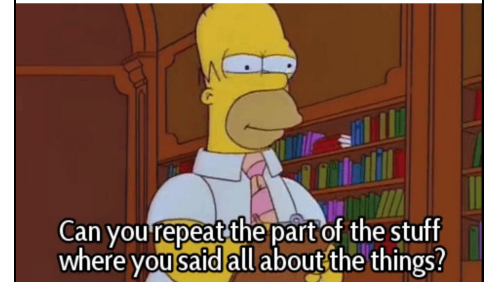
"The popularity of kava has had quite an impact on the rural economies here," Dan McGarry states. There are situations where locals are chartering planes to bring it down to Port Vila, but it has also led to some intimidation and "cartel-like behaviour" as larger growers try to control the price.



Tips to Surviving the End of the Semester:

1. Maintain your Sanity
2. Stay focused in LONG lectures
3. Do NOT procrastinate
4. Finals are hard; give yourself the upper hand and OUTLINE.
5. Get ahead for the week.
6. Step away from the textbooks.
7. Study your way! (Study groups, aids, etc)
8. Exercise.
9. Get some sleep!
10. BREATHE

How I Feel After A Civ Pro Lecture



Reminder!



Third Thursday:

"Selecting a SYS Topic"

When: November 21, 2019

11:45 a.m. to 1:00 p.m.

Where: Law Library Lobby