

## 'Smart drugs' boost energy, appealing to teens, college students



By Lori Witte  
Staff Reporter

Drugs that can increase life span, cause better memory function and lessen fatigue with virtually no side effects.

Sounds good, right? But most of them are not readily available in the United States — though nutrition stores do carry some of the vitamins and nutrients believed to enhance brain function. I decided I would try some and see why the vitamins had become such a craze.

There are numerous brands and nutrients to choose from. Some of the more popular nutrients are Ginkgo, Guarana, bee propolis, Royal Jelly, Choline and various amino acids, said Lynda Clause, night manager at Open Harvest Natural Foods Grocery.

I chose Royal Jelly because I would experience its effects after one dose of the 500-milligram capsule. The capsule was football-shaped and extremely smooth, so it was easily swallowed with no chalky or bitter taste.

Royal Jelly is a food product, not a drug, intended as an energy booster, according to the consumer affairs 800-number operator. The only reported

side effects were by individuals allergic to bee stings, the operator said.

Royal Jelly also includes eight of the essential amino acids and is rich in B-5, also known as the anti-stress vitamin.

Less than two hours after taking the capsule I had a boost of energy similar to that after drinking three Cokes. It was more than six hours before I was able to get a good night's sleep.

My attention span also increased. I did experience some stomach cramps, but the cold I have has well improved, though both of these effects may be attributable to the chicken soup.

The extra energy boost has made "smart drugs," as they are commonly called, the newest craze at the alternative scene. Smart bars that serve drinks with the brain-enhancing drugs and vitamins can be found at Raves or Techno nights at Grandstand.

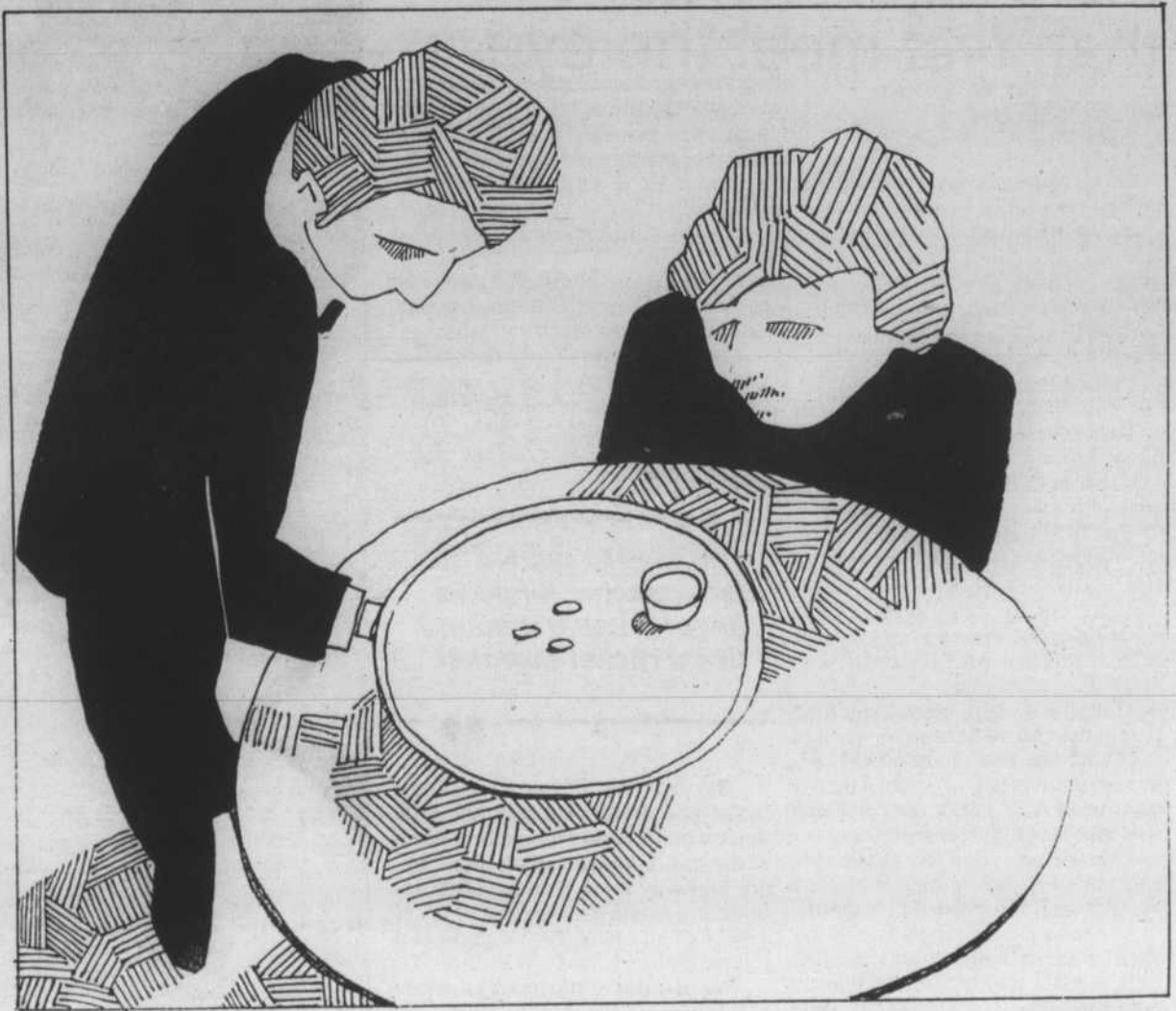
"They give you extra energy, keep you awake and build your endurance," Jeremy Haecker, a sophomore in entomology at the University of Nebraska-Lincoln, said.

Most consumers of smart drugs are college-age people, young professionals and even teen-agers, Clause said.

Other sources for vitamins or smart drugs are The Golden Carrot and other nutrition and health food stores.

"Nutrients do enhance mental capacity," said Debbie Wyrwick, manager at The Golden Carrot, and sales have increased on amino acids.

Books and articles have brought



David Badders/DN

the drugs and vitamins into the mainstream.

"Smart Drugs and Nutrients" by Ward Dean, M.D., and John Morgenthaler discusses the smart drug appeal and individual drugs and nutrients.

Smart drugs that are not available

at nutrition stores, without prescriptions or within the United States can be ordered through the mail from Europe or Mexico, according to Morgenthaler and Dean.

A new law allows consumers to receive less than a three-month sup-

ply of a drug not yet approved by the Food and Drug Administration for personal use.

"Smart Drugs and Nutrients" also includes a source for physicians who are aware of cognitive enhancers and their usage.

## 'The Killer' thrills Director's famous action films finally come to U.S. theaters



Courtesy of Circle Releasing Corp.

A scene from John Woo's violent thriller "The Killer."

Mary Riepma Ross  
Film Theater

The action films of John Woo are famous in just about every corner of the world but here. For years he's had a reputation for box-office smashes in his native Hong Kong, a city where fast-paced shoot-'em-ups are the rule.

In Hong Kong all but the most popular movies are gone within days, and Woo's films play for weeks. Success has brought him to the United States, where this summer "Hard Target" will premiere, starring Jean-Claude Van Damme.

"The Killer" is a present-day crime thriller that has the aura of films like "Blade Runner" and Clint

Eastwood's "Tightrope."

Jeff (Chow Yun-Fat) is a mercenary who inadvertently blinds a young woman (Sally Yeh) and risks his life to get enough money for an operation to restore her sight.

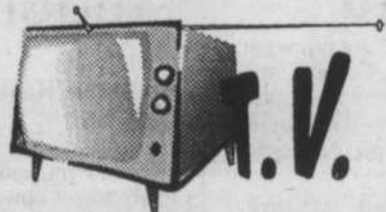
Danny Lee plays a cop whose job is to put this hired killer away. With careful camera work and editing, director Woo probes the relationship of the cop and the killer and finds their psyches eerily alike.

"The Killer" is not for the faint of heart. If you can get past the heavy cartoon violence, you might appreciate this modern film noir, and if you like fast-paced action, you're definitely in luck.

"The Killer" is showing at the Mary Riepma Ross Film Theater as part of the UPC International Film series. Showtimes are Sunday at 2:30, 4:45, 7 & 9:15 p.m.

— Calvin Clinchard

## "Homicide" to premiere on Sunday



By Scott Williams  
AP Television Writer

NEW YORK (AP) - NBC's "Homicide: Life on the Street" begins in the nighttime with a body on the pavement. Two detectives chat while searching the ground for the bullet that did the deed.

This idle conversation — to be broadcast Sunday night immediately following the Super Bowl — introduces the much-heralded, best-acted, best-written, most stylish, atmospheric and inventive show on TV.

What's unexpected about this crime drama is that it's one of the funniest shows on TV, too. Brought to TV by Baltimore's great movie director Barry Levinson, "Homicide" deserves to be TV's next big hit.

Those searching detectives are talking about the human condition — sort of. "Life is a mystery," detective Steve Crosetti (Jon Polito) says, expounding half-baked existentialism: "I read this book. An excerpt of a book."

His long-suffering partner, Meldrick Lewis (Clark Johnson), impugns Crosetti's intelligence and calls him a name. Crosetti, all wounded dignity and hurt feelings, calmly replies, "You're going to regret that."

Marriages should be so intimate. The dialogue, by series creator Paul Attanasio, is crisper than breakfast cereal.

Our two detectives bend over the body. "Well, it looks like he ducked," Crosetti observes, "but he didn't duck good enough."

"Lost art, ducking," Lewis replies absently.

## Jazz!

Legendary trumpeter to play  
courtesy of local school band



Courtesy of Paradise Artists

Maynard Ferguson blows his own horn.

## music PREVIEW

Maynard Ferguson has become a jazz legend in his own time, known for his blistering excursions into the high ranges on his trademark Holton LeBlanc MF 302 trumpet. Ferguson will bring his powerhouse version of jazz to Lincoln Feb. 2.

Ferguson began his career in his native Canada at age 16 with his own band. He played for such jazz and big-band greats as Charlie Barnett, Jimmy Dorsey and Stan Kenton before going out on his own.

With more than 60 albums to his name, as well as virtually every jazz award known (including

Grammy nominations for his version of "Gonna Fly Now" in 1979), he has become the premiere jazz band leader for the 1990s. Some of the alumni from the M.F. horns include Chick Corea, Bob James, Chuck Mangione and Greg Bissonette, to name but a few.

Ferguson appears courtesy of the Lincoln High School Band, with the proceeds going to sponsor a trip to the National Adjudicators Invitational Band Contest in St. Louis this spring.

Tickets are \$12 in advance and \$15 at the door, or call 474-2984 days, 438-6840 nights. The show begins at 7:30 p.m. in the Lincoln High School Auditorium.

— Sam Kepfield