

# Herbal Ecstasy Provides Legal High That Is Proving Hard to Purchase

The over-the-counter drug costs about \$20 for two doses and acts as a stimulant.

BY ELIZABETH ARNOLD  
STAFF WRITER

There is a new designer drug on the market that, according to its promoters, offers a better high than marijuana or alcohol, costs less, and most importantly, will not get you arrested.

"Herbal Ecstasy" is a legal stimulant formed from several herbal compounds which is available in health food stores and head shops throughout North America. It originally gained popularity as a part of the Canadian and West Coast "rave" cultures as a safe and effective alternative to the original "ecstasy."

As opposed to the first ecstasy, which influences mood by boosting serotonin levels in the brain, Herbal Ecstasy stimulates the body by increasing blood flow and metabolism.

Now, Herbal Ecstasy serves not only as a quick way for teenagers to get high, but as an outlet for the stresses of overworked middle-class professionals, a way to ease PMS and a cure for hangovers.

Greg Smoak, an employee of Expressions, a store in Boone which sells a form of Herbal Ecstasy, said the store had trouble keeping the drug in stock. "I think that once the word gets spread around, it will get really popular," he said.

Smoak said most people who bought the product, which goes by the brand name "X", were high school or college students. "They buy it mostly just to see what it will

do to them," he said. He said the only complaints the store had received about the product were from people who claimed it gave them too much energy and made them irritable.

Jackie Guglielmi, a student at Appalachian State University who has taken "X," said her experience with the drug was a pleasant one.

"It gave me a sort of tingling feeling, kind of like an adrenaline rush," Guglielmi said. "It wasn't highly intense or scary at all."

Guglielmi said she didn't feel anything until about two and a half hours after she had taken the drug, after which she experienced a high that lasted about three hours.

"At first I felt kind of separated from other people, but not paranoid," Guglielmi said. "I got more comfortable as time passed."

"X" sells at Expressions at a price of about \$20 for 10 tablets. Smoak said the normal dosage was five tablets, but this level affected people in different ways, according to factors like weight and tolerance for the drug.

The increasing popularity of Herbal Ecstasy, which is not approved by the FDA, is a source of concern for public health officials.

Although users report no toxic side effects, many herbalists and experts say the drug is potentially dangerous.

A common ingredient of Herbal Ecstasy is the herb Ma Huang, which contains high levels of the drug ephedrine. Ephedrine is the chemical base for the street drug methamphetamine, also known as "speed."

It was declared a controlled substance in June 1994, and its use is restricted in

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LINDA RIGELL  
Herbalist

several states.

In high doses, ephedrine causes heart palpitations, dizziness and vomiting, and can prove fatal to some individuals. Medical examiners implicated ephedrine in 184 deaths due to overdoses between 1988 and 1992.

Linda Rigell, an herbalist from Boone, said she had taken some compounds of ephedrine to raise metabolism and burn fat.

She said many forms of Herbal Ecstasy contained combinations of herbs that were potentially dangerous to the endocrine system.

"Any drug that provides a high also comes with a low," Rigell said. "That can put severe stress on the adrenal glands and increases the risk of addiction."

Herbal Ecstasy is sold in approximately 300 stores in North America, mostly in Canada and California.

It is, however, virtually impossible to find in the Chapel Hill area.

Local store owners said despite the many requests they had received for the drug, they did not carry it and will not order it.

# State Fair to Feature Variety of Events

The 128th N.C. State Fair will include 73 different rides and about 20,000 exhibits.



BY JAIME KOWEY  
STAFF WRITER

For the 128th time in history, people from all over the state will come to Raleigh's state fairgrounds starting today to enjoy the thrill of the N.C. State Fair. From today until Oct. 22, approximately 700,000 people will enjoy all the events the fair has to offer.

According to Jim Devine, the fair public relations director, the three biggest attractions at the fair are the midway, the agricultural events and the food.

The midway this year consists of 73 rides and many games.

"We have everything for the family to come and have fun," said Ben Braunstein, of James E. Strates shows. Thirty of the 73 rides are for kids.

Strates shows will bring the tallest ferris wheel in the world to the fair. The Giant Wheel is 132 feet high at the top, Braunstein

taking place since Oct. 4. There will be 20,000 exhibits at the fair this year, including an art show and a photo show.

"Something new this year is a cyberspace exhibit. ("The exhibit) will show us the new adventures of using computers," Devine said.

Drama students from N.C. State University are helping to educate and entertain children at the fair by acting in a play called "Down On The Farm."

The play will help children learn that their food doesn't come straight from the grocery store, Devine said.

At 7 p.m. every night there will be free arena shows featuring the following array of artists: Aaron Tippin, Alison Krauss and Union Station, Inspirations, The Four Tops, Three Dog Night, The Charlie Daniels Band, Eddie Rabbit, Crystal Gayle, The Drifters and Suzy Bogguss.

After exhibit halls close nightly at 9:45, a fireworks show will begin.

The admission cost of the fair is \$6 for adults and \$1 for children under 12. Children under six and adults over 65 are admitted free of charge.

## CONGRESS FROM PAGE 1

"Apparently Jonathan Jordan still wants to sue Student Congress to prevent Student Congress from giving me a stipend," Granato said.

Allen said although he had not decided for sure, he thought he and Jordan would push ahead with the case. Jordan could not be reached for comment.

"Jonathan and I haven't had a chance to sit down and discuss it," Allen said. "I think it probably should continue. I thought the issue was decided a couple of years ago, but it seems each year the speaker tries to weasel it back in."

Granato said he thought he deserved a stipend because of the time he committed to the position of speaker and because he was the only speaker in the UNC-system who did not receive a stipend.

Later in the evening, congress also voted 18-7 to appoint Karl Nibert, a member of the Honor Court, to the Student Supreme Court.

This followed Student Body President Calvin Cunningham's veto of legislation which suggested that serving on both courts was a conflict of interest.

By failing to override Cunningham's

veto and by approving the nomination, congress admitted that students could serve on both courts without a conflict of interest.

"We created a precedent by the appointment of Karl Nibert onto two courts that it is not a conflict of interest," Granato said.

The major legislative action of Wednesday's congress meeting was passage of the minority recruitment bill, which passed 17-8 with three abstentions earlier in the evening.

Black Student Movement President Laddell Robbins, who attended the meeting with about 40 other members, said that while he was pleased the bill had won funding, he was disappointed by the actions of some members of congress.

"I think it is ludicrous that we have people in congress now who use tricky and loopholes of the Student Code and make it impossible for the University students to give this support to minority recruitment," he said.

However, Rep. Steve Oljeski, Dist. 4, said he thought the decision to fund was a mistake and had ignored provisions in the Student Code.

"The rule of law was sacrificed on the altar of leftist politics."

## PIT FROM PAGE 1

The SRC will reopen at 6 a.m. Monday after being closed because of damage from the Aug. 27 flood. "It only came to my attention recently that the Student Recreation Center had not been opened," Hooker said. "It took too long. I'm getting flabby."

Officials at the SRC had said earlier this week the center would not reopen until Nov. 1.

SRC Director Lauren Mangili said repairs on the center had not been fully completed, preventing the use of some equipment. New carpet is expected to arrive in early November.

Students will not be able to use free weights because the carpet has not been installed, Mangili said. Without carpet in that area, students risk injury and could damage the floor, she said. The center will be closed five to seven days while the carpet is installed, she said.

Christina Reynolds, student body co-secretary and an event organizer, said she wished more students would have attended the reception. "I wish we could have had every student here," she said. "I hope every student will take interest with what the chancellor is doing."

# 10-Year-Old Hero Gets More Praise for Actions

ST. LOUIS — Another day, another honor for Larry Champagne III, the 10-year-old who's been feated by celebrities, politicians, broadcasters and reporters.

On Thursday, it was another all-school assembly with gifts and special visitors to honor Larry, a fifth-grader who took control of his school bus Oct. 3 when the driver suffered a stroke.

"As Larry has said, a hero's work is never done," the principal, Dr. Kenneth Russell, said as he called Larry to a special seat by the podium.

Larry squirmed, smiled at his Bellevue Elementary School classmates and stifled a yawn after taking his seat.

But he was all grins when representa-

tives from Laidlaw Bus Co. presented him with a hefty St. Louis Rams jacket, a hat and tickets to a game.

They also announced a \$10,000 donation to the Larry Champagne III college education fund, to a chorus of "wows" from the audience.

Will it ever get back to normal? "I don't know," said his grandfather, Jerry Baker. "It's been a whirlwind week. We're getting calls from all over."

Larry was riding to school on Bus No. 3 last week when he saw the driver, Ernestine Blackman, slump down and slide from her seat. He raced to the front of the careening bus from his seat halfway back, stomped on the brake and brought it to a halt. Other students then came to his aid.

Blackman remains hospitalized but is doing much better, school officials said.

At the assembly Thursday, Gov. Mel Carnahan congratulated Larry and ribbed him about being a celebrity. Larry had just returned from trips to New York and Los Angeles, where he appeared on NBC's "Today" show, "Nightly News" and "Tonight Show with Jay Leno."

"It's great to get to know somebody who's a celebrity," Carnahan said. "I've never been on the Tonight Show with Jay Leno." ... The best I could do was stand out under the Arch and sing, "Meet Me in St. Louis" with Willard Scott.

"Maybe you can give me some tips," Larry declined to speak at the assembly, telling Russell he "was all talked out."

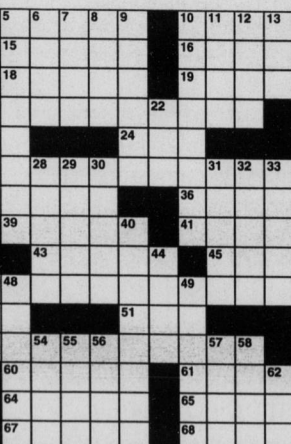
## Calvin and Hobbes



## THE Daily Crossword by Betty Jorgensen

- |                           |                          |                              |                                       |                          |                     |
|---------------------------|--------------------------|------------------------------|---------------------------------------|--------------------------|---------------------|
| ACROSS                    | 67 Schemes               | 12 Darling's pet             | 33 Went out socially                  | 52 Taft's territory      | 56 Tied             |
| 1 Mansard, e.g.           | 68 Monthly payment       | 13 Exist                     | 34 Peel                               | 53 Peel                  | 57 Curtain          |
| 5 Kiel, e.g.              |                          | 21 CEO                       | 54 Certain league: abbr.              | 54 Certain league: abbr. | 58 Street indicator |
| 10 Forearm bone           | DOWN                     | 22 Ending for baron or count | 40 Coy                                | 55 Pocket bread          | 59 Tin              |
| 14 Vain                   | 1 Fit out                | 25 Young dog                 | 47 Alphabet run monopoly, of a kind   |                          | 62 Malarkey!        |
| 15 Bouquet                | 2 Concert halls          | 26 Government                | 27 Stevens of "The Farmer's Daughter" |                          |                     |
| 16 Stingy                 | 3 Patron saint of Norway | 28 City on the Moselle       | 28 City on the Moselle                |                          |                     |
| 17 Reverse, for one       | 4 Search about           | 29 Villain                   | 30 "There's many ..."                 |                          |                     |
| 18 Poe's bird             | 5 Went at top speed      | 31 "A Bell for —"            | 32 Surmise                            |                          |                     |
| 19 Author Grey            | 6 Inland sea             |                              |                                       |                          |                     |
| 20 Start of a quip        | 7 — Scotia               |                              |                                       |                          |                     |
| 23 English river          | 8 Church corner          |                              |                                       |                          |                     |
| 24 Intuitive letters      | 9 Surgical instrument    |                              |                                       |                          |                     |
| 25 More of quip           | 10 Opened                |                              |                                       |                          |                     |
| 34 Biddy                  | 11 Meadowlands           |                              |                                       |                          |                     |
| 35 Goddess of agriculture |                          |                              |                                       |                          |                     |
| 36 Author Ferber          |                          |                              |                                       |                          |                     |
| 37 Quiche need            |                          |                              |                                       |                          |                     |
| 39 Dashboard components   |                          |                              |                                       |                          |                     |

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Sunday, October 15

- Men's Soccer vs. Radford 2:00pm at Fetzer Field
- Men's Tennis-Carolina Tennis Classic All Day at Cone-Kenfield Tennis Center

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