

MONDAY, MARCH 22, 1993



BY LISA RUDY  
Special Writer

"Mem-Be-Hem." No, it's not an entree. It just happens to be the Mongolian Barbeque's fictional greeting or cheer in celebration of a feast. And that's what you've set yourself up for when you visit this all-you-can-eat make your own stir-fry eatery.

You can count on a 20-minute plus wait when you get there, because even the usual restaurant "off hours" are hopping here. But it's definitely worth the wait.

When you first walk through the doors of this place (and even outside in the street) the first thing you'll notice is the smell of everything sizzling on the huge gas fry slab. It's great! One side of the restaurant is dedicated to the raw meat and fish bar, fresh raw vegetable selection, and extensive array of flavored oils, assorted sauces and little clay pots of fresh spices. The whole thing is all set up for you to pick and choose the ultimate stir-fry concoction.

Behind the food bar are listed and true recipes of success for putting together tasty dishes, but if you happen to have a knack for this sort of thing, you're free to create your very own delicious made-exclusively-by-you stir-fry extravaganza.

After you've decided on a creation, there are two stir-fry extraordinaires who take your bowl of raw stuff and throw it on a gas slab (heated at about 600 degrees) and sizzle it around with two big oak-wood planks.

Rice and flour tortillas are served at your table, and you have the option of eating with chopsticks, if you so inclined. Chalkboards on the wall boast a pretty extensive imported beer selection, and some very choice wines are served either by the glass or carafe.

The Mongolian Barbeque also offers some very tasty desserts, brought in from The Sweet Shop in Birmingham and The Cheesecake Factory in Grosse Pointe. They feature a "Desert of the Month," and also have daily specials.

There's one thing to remember, just to save yourself some embarrassment. If your waitress asks you how your food is, make sure you tell her it's the best you've ever had. After all, if it's not, you only have one person to blame. Remember? You made it yourself!

## Drink has its smarts

■ A fruit-flavored drink that gives you that extra oomph to dance the night away? They call it a Smart Drink and its manufacturers say it's healthy, non-addictive and non-alcoholic.

BY CHRISTINA FUOCO  
Staff Writer



Throbbing beats overhead, sweaty kids colorfully dressed dance below—sometimes until 6 or 7 a.m. Depending on who is asked, many things keep the "ravers" going that long but most prefer Smart Drinks.

Not only do the fruit-flavored drinks extend dance time but lives as well, according to local suppliers Get Smart Inc.

"It counteracts free radicals, which are oxidized minerals and vitamins," said Christina Rose, who runs the company with her husband James and his brother Sean C, both formerly of Southfield. "It counteracts signs of aging, everything in the atmosphere, everything in the environment. It boosts your immune system. It gives you more energy to buy that fruit-flavored fluid that helps you work out. If you notice, there's not too many fat people here," the Detroit resident said.

Jenny Bocolor of West Bloomfield tried the drink at the same rave for the first time.

"I'm just really kinda hyper," said Bocolor, an Oakland University student who had bought the drink minutes earlier. "I heard it opens up your brain. It's not like (the drug) acid. I'm not like hallucinating or anything."

"It's so great why doesn't it have that stamp of approval from the Food and Drug Administration? That controversy has been the topic of conversation on "Nightline," "Donahue" and "Larry King Live" during the last year. Mike Shaffer, FDA spokesman, said because Smart Drinks are made up of food products, there's no need for approval unless people are injured by the drink. So far, the FDA has had no reports of anyone becoming ill after consuming a Smart Drink. Nonetheless, the organization is still concerned.



BILL HANSEN

Bottled energy: Among the places Smart Drink marketers James and Christina Rose have set-up shop is at Industry in Pontiac.

■ 'Smart Drinks, as far as the FDA is concerned, are of questionable safety; that is the overall concern at this point.'

Mike Shaffer  
FDA spokesman

less, the organization is still concerned.

"Smart Drinks, as far as the FDA is concerned, are of questionable safety; that is the overall concern at this point," Shaffer said.

"Safety is a concern because they contain some ingredients that, if consumed in large enough quantities, may have serious side effects, he added.

### STREET BEATS

Christina Rose said Smart Drinks are much-needed supplements.

"It definitely works. They're (Duke Pearson and Sandy Shaw) research scientists; they've been taking the product for more than 20 years. It's formulated to keep you in optimum health for as long as you can. They're not formulated as a bar drink. That's secondary really."

According to Get Smart Inc., there are several vitamins and amino acids in the drinks. The company claims each has health benefits.

■ Arginine: An amino acid which stimulated human growth hor-

mones, functions as a building block for all proteins. Speculated benefits include inhibiting cancer and increasing metabolism.

■ Choline: The precursor of acetylcholine which is a neurotransmitter that supposedly plays an important role in memory. Speculated benefits include treating Alzheimer's disease and lowering cholesterol.

■ Chromium: Enhances insulin. Speculated benefits include lowering cholesterol level.

■ Epedra herb: The standard ingredient in nasal decongestants and also provokes anxiety. Speculated benefits include elevating mood and treating congestive heart disease.

■ L-phenylalanine: Produces epinephrine, popularly known as adrenaline for your brain. Speculated benefits include treating mental depression and Parkinson's disease.

■ Thiamine and pyridoxine: Vitamins B1 and B2. Thiamine is an antioxidant that can reportedly protect nerve tissue from alcohol, drugs and other neuropollutants. Pyridoxine is essential to optimal mental functioning.

Shaffer explained that the FDA has no proof that any of these ingredients do what Smart Drink users claim. Many of the amino acids or vitamins are found in food like broccoli, he said.

Christina Rose shrugs off the controversy saying that it has helped her.

"When you stop (drinking Smart Drinks) you notice that you're not functioning as well as you were; you're not thinking clearly or you're losing energy in the middle of the afternoon."

Literature about Smart Drinks also claims that the FDA is hiding facts that have already been verified by the U.S. Department of Agriculture and the National Institutes of Health. A spokesman at the NIH said, however, that the organization does not endorse private products.

Shaffer said the FDA can not hide information unless it's a manufacturer's trade secret.

"The FDA can't hide anything; we don't do studies on things," he said. "We review studies that outside organizations do. 'Everyone has different understandings and different opinions of what Smart Drinks do. It just comes down to who you want to believe or trust.'"

Smart Drinks are sold at raves and occasionally at Industry in Pontiac. The drinks sell \$2-5 per serving. The mix, which makes 61 servings, can be bought for \$46. For more information about Smart Drinks, call Get Smart, Inc., at 272-4624.

### Mongolian Barbeque

310 S. Main, Royal Oak  
398-7756

Open at 11 a.m. Monday - Saturday, at noon Sunday, kitchen closes midnight weekdays and 1 a.m. weekends

Huge red chili peppers line the neon-lit sign outside the Monterey Restaurant on Main Street in downtown Royal Oak, and, if you happen to get into some very unique lighting and unusual decorative embellishments, you're in for a real treat once you've stepped through the doors of this restaurant.

The dining area is a true "mecca of entertainment." Huge sparkling red chili peppers (yes, more!) are hanging from the ceiling, along with marionettes and other interesting "stuff." This place has done more creative things with carrots, peppers and squash than any other restaurant around, and I'm not even referring to the menu.

Oh yes, the food that's edible! If you happen to find a moment in between soaking up all the unusual surroundings, check out the menu. Most of the choices are pretty typical, as far as Mexican food goes, but there are a few off-the-beaten-path items.

The "cangrejos" (jalapeno peppers stuffed with crabmeat) are excellent and they also offer a fantastic black bean soup, made with bacon and Chorizo sausage, topped with two different cheeses and served with a dollop of sour cream.

The vegetables served with some of the entrees are creatively put together and you get an interesting variety (very similar to the combinations hanging on the walls).

One unique thing about the food at the Monterey is that certain element of surprise when it comes to actually eating your food. There I was, happily chomping on my cheese enchilada, when I tasted something very strange. I don't know if it was supposed to be there, but somehow a big chunk of cauliflower had made it's way into my enchilada.

I kind of like surprises, so it really didn't bother me much. It was actually quite fun. I just hope it came from the garden and not from the ceiling.

### Monterrey Restaurant

314 S. Main, Royal Oak  
545-1940

11 a.m. - 10 p.m. Monday - Thursday,  
11 a.m. - 11 p.m. Friday - Saturday,  
noon - 9 p.m. Sunday



Uncovered: Singer/songwriter Gtoy

## Gtoy toys around with 'mystery'

BY CHRISTINA FUOCO  
Staff Writer

Singer/songwriter Gtoy has endured the "mystery man" complex since the release of his tape "Mansions" late last year.

He sent copies of the tape to various media and radio stations, most of whom had no prior knowledge of the singer. Nonetheless, it was played on a few local radio shows.

Christmas cards followed, as did a new tape, "12 Hours in Toronto."

Still, even with the media blitz, Gtoy maintains he likes to have a low profile.

"I don't want to be out there a lot," he said. "When you're not out front there, there is no expectation of your personality (or) of what you should or shouldn't be doing. Just the music."

"12 Hours in Toronto" marks Gtoy's fourth tape, all of which are available in local independent record stores. Now, Gtoy said, he is willing to ease up a bit on the mystery. After recording yet another tape this summer, he plans to perform in the Detroit area.

By playing gigs, the mostly acoustic performer hopes to share his sometimes painful lyrics. Most of them were influenced by his child-

hood years in the abusive Detroit's Cass Corridor and reading the works of Sylvia Plath.

"Everything you go through in life molds a part of your personality," said the Detroit resident who's also an artist.

Because he's witnessed poverty and child abuse, Gtoy has donated some of the proceeds from his single "Highway to Nowhere" to area charities.

"Music has a lot of possibility to change things. That's basically what my music is about. I make statements that are relevant to things that are going on," he said.

### Monday, March 22

NIGHT OF THE LIVING POSTS  
Poetry night every Monday at Lil's 21,  
2930 Jacob, Hamtramck.  
875-6555

LINDSEY BUCKINGHAM  
Theatre, 4120 Woodward, Detroit.  
(rock)  
99-MUSIC

MR. X  
The Ritz, 17580 Frisco, Roseville, (rock)  
778-8150

### Tuesday, March 23

CELEBRITY KARAOKE  
With radio, television and sports personalities along with local musicians will crown to raise money for the Motor City Music Awards Foundation at Tavern on 13 in Southfield (benefit)  
932-2510

### IN CONCERT

VITAL REMAINS  
With Mergat at The Marquee, 8139 E. Seven Mile, Detroit. (metal)  
366-6633

MADDO PRIOR  
The Ark, 6375 S. Main St., Ann Arbor. (troubadour)  
761-1451

MARY INCOURSE AND MYK RIEB  
Mc. B's Farm, 24555 Novi Road, Novi. (acoustic rock)  
349-7039

KINGDOM OF NOT  
Blind Pig, 206 S. First St., Ann Arbor. (rock)  
996-8555

BN  
New alternative dance night featuring electronically manipulated versions of '70s rock and disco at the Shelter below St. Andrew's Hall, 431 E. Congress, Detroit.  
967-MEL7

### Wednesday, March 24

CARNIVAL CORPUS  
With Unleashed and Epidemic at The Marquee, 8139 E. Seven Mile, Detroit. (metal)  
366-6633

BARBARA MANDRELL'S "LAST TIME TOUR"  
The Palace of Auburn Hills, 2 Championship Drive, Auburn Hills. (country)  
377-0100

CELEBRITY KARAOKE  
Radio, television and sports personalities along with local musicians will crown to raise money for the Motor City Music Awards Foundation at Tavern on 13 in Southfield. (benefit)  
932-2510

NEW BAND SHOWCASE  
Three bands every Wednesday at Lil's 21, 2930 Jacob, Hamtramck.  
875-6555

FRANCISCO MORIA'S CABARET  
Alvin's, 5756 Cass, Detroit. (Latin jazz)  
832-2355

GEORGINA BRIDGE & PAUL MORRALL  
With David Goodinger at The Ark, 6375 S. Main St., Ann Arbor. (yiddish folk songs, Israeli dance tunes, and traditional ragtime)  
761-1451

See In Concert, 6B