

Arts & Entertainment

Best culture is culture you can taste

By Chris Welsch
Senior Editor

It seems like there's an awful lot of culture around here, and I'm not talking about a Chekov Evening at the Kimball.

Dining Review

I'm talking about fermented, semi-frozen, slightly acid, fermented, sweetened food made from skimmed cow's milk and milk solids with a dash of bacteria culture added to make the whole thing tick.

I'm talking frozen yogurt. Two purveyors of this "healthy" desert opened over the summer. TCBY, or the "The Country's Best Yogurt," opened next to Rocky Rococo's at 211 N. 14th St. Yogurt Plus opened at 1414 O St.

These two stores are butting heads with the Yogurt Pump, an established favorite in the Gunny's Building.

After sampling the fare at all three, I have to say I'm not enthralled with any of them or frozen yogurt in general. At its best, frozen yogurt has a tangy, yet sweet flavor. At its worst it tastes like second-grade soft-serve ice cream. It's a flavor I would willingly pay for only once every other month.

Others are addicted and eat it all the time. For those yogurt yogis out there, the Yogurt Pump or Yogurt Plus are the best choices. Both serve frozen yogurt that tastes something like the stuff you buy at the store, which I like. That

slightly sour flavor comes through. Those squirmy little bacteria may not sound good, but they do wonders with cow's milk.

The prices at the stores also are comparable, although the Yogurt Pump gives larger servings. Yogurt Plus, which also sells hot dogs, has sizes of 75 cents, \$1.15 and \$1.40. The Yogurt Pump has those, as well as a \$1.85 size and two larger take-home packs.

For those who don't like frozen yogurt or carton yogurt at the store, TCBY is your kind of place. TCBY should be called "DTLY" or "Doesn't Taste Like Yogurt." Its yogurt tastes like soft-serve ice cream. Its slogan is: "All of the pleasure, 96 percent fat free. And none of the guilt." According to Bill Fritton, manager, TCBY's yogurt, without toppings, has about half the calories of premium ice cream.

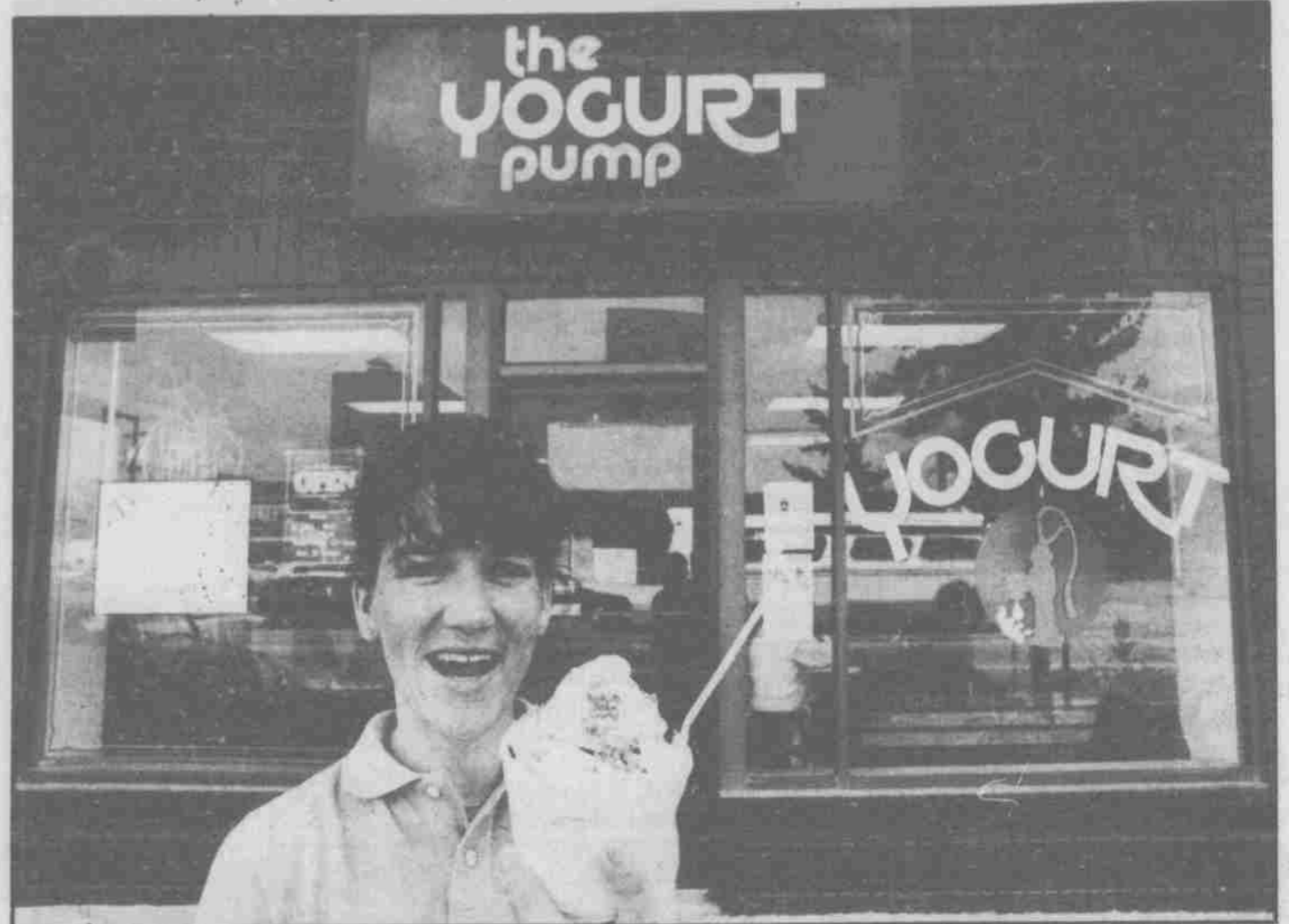
TCBY is a franchise operation with about 200 outlets, three of which are in Nebraska.

In addition, TCBY has the most toppings — 14 dry toppings and six sugarless fruit toppings.

TCBY is somewhat more expensive than the others, but they are hard to compare because the products are served differently. Yogurt shakes cost \$2, crepes cost \$2.39 and the Belgian waffle costs \$2.39.

TCBY posts the calorie counts for some dishes.

As an example, the Belgian waffle has 397 calories. That appeared to be the highest count for a single item. The



David Creamer/Daily Nebraskan

Jane Halle serves up a dish of Yogurt Pump frozen yogurt.

waffle includes French vanilla yogurt, two fruit toppings and whipped cream. TCBY's stuff doesn't taste like yogurt — and that is the problem. Frankly, I don't feel guilty about eating ice cream,

so when I do, I do it with relish and reckless abandon. I will not pay for something that tastes like soft-serve ice cream when Ted and Wally's or Goodrich will sell me the real thing at a comparable price.

So if you have a guilt complex about fat and don't like yogurt, go to TCBY. Admittedly, their crepes and waffle cones, as well as the yogurt shakes, are tasty, but I like the taste of yogurt — or the hard-core stuff, ice cream.

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Hotspots

Around town

- Zachary Scott Carey and Johnnie McHaynes of the Zack & Mack are performing at Chesterfield, Bottomsley & Potts, 245 N. 13th St. The St. Louis team will perform as part of comedy night, which starts at 8:30 p.m. Cover is \$2.
- Local rock band 714 is playing at the Drumstick, 547 N. 48th St. The show starts at 9:30 p.m. Cover is \$2.
- Brad Colerick is playing at McGuffey's, 1042 P St. The show starts at 9 p.m. No cover charge.
- The Doctors are playing at the Royal Grove, 340 W. Cornhusker High-

way. The music starts at 9 p.m. A \$1 cover charge for a dance contest begins at 9:25 p.m.

● The Sweet Potato Band is playing at the Sidetrack, 935 O St. at 9 p.m. No cover charge.

● Ipso Facto is playing at the Zoo Bar, 136 N. 14th St. The music starts at 9 p.m. Cover is \$3.

● Ratt is in concert at Pershing Auditorium with special guest Bon Jovi. The show starts at 7:30 p.m. Tickets are \$13.50 and can be bought at the Pershing box office from 10 a.m. to 6 p.m.

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