

# PARENTS WEEKEND

## We all need a little sweetness in our lives

By **BRYAN TUCKER**  
Staff Writer

So you've decided that C. Everett Koop was a weenie. The advice from your dentist and bathroom scale is worthless. Your desire for something sweet is greater than your desire for basketball season to start. It's dessert time. Open wide, this area has a lot to offer.

Ice cream is as abundant in Chapel Hill as intelligence. First, there is the traditional favorite Baskin Robbins. All the usual flavors plus some unusual ones fill this very small, reasonably priced store. Cones are a little over a dollar, and eating inside is great if you want to get close to people.

Baskin Robbins is located at 145 E. Franklin St. The doors open daily at 11 a.m. (noon on Sundays), and stay open till 10 p.m. Monday through Thursday, and 11 p.m. Friday and Saturday.

Ben and Jerry's is for those who want quality ice cream. With flavors like "Cookie Dough" and "Heath Bar Crunch," their gourmet ice cream is uniquely sensational. It's expensive but worth it. You can sit inside while staring at pictures of Vermont cows or reading about Ben and Jerry's latest success stories.

Located at 102 W. Franklin St., Ben and Jerry's is open from 11 a.m.

to 11 p.m. Sunday through Thursday, and from 11 a.m. till 12:30 a.m. Friday and Saturday.

When microwave brownies just won't satisfy, Columbia Street Bakery and Coffee Shop can save the day. It has homemade cookies, pastries, cakes and breads for regularly low prices in a warm atmosphere. Columbia Street is an ideal place for sensually stimulating food and intellectually stimulating conversation.

The bakery is located at 107 N. Columbia St. It throws open its doors at 7:30 a.m. weekdays, 8:30 a.m. weekends, until 11 p.m. Sunday through Thursday and midnight Friday and Saturday.

J. Higby's Yogurt and Treats in University Mall offers six flavors which are rotated from day to day. You can get a small cup for about \$1.25 or choose from cookies and even sundaes. It doesn't have a place to sit down, but health-conscious yogurt eaters would probably want to walk around anyway.

If you are not in the mood for ice cream or yogurt there is Ritzies Nuts 'N' Such, also in University Mall. Ritzies has gourmet jelly beans, fudge, chocolates, and sugar-free candy for the ultimate oxymoron. It is a good place for gifts and to-go treats.

Swensen's has the atmosphere of



When it comes to desserts to make your mouth water, Tripodi's has them all

an old-time ice cream parlor. It serves real cherry, vanilla and chocolate cokes along with its many sundae creations. Families should enjoy Swensen's friendliness and reasonable prices for both dinner and des-

sert. It also serves frozen yogurt, in addition to salads, grill food and sandwiches for dinner or lunch.

The ice cream parlor is located on Franklin Street at University Square. Swensen's opens daily at 11 a.m. (noon on Sundays) and stays that way till 11 p.m. Monday through Thursday, midnight Friday and Saturday, and 10 p.m. on Sundays. The grill always closes before they finish serving up ice cream, at 8 p.m. Sunday through Thursday, and at 9 p.m. Friday and Saturday.

TCBY Yogurt is a national chain which offers low-calorie snacks for the diet-minded dessert snarfer. But remember, it's only good for you if you ignore the toppings. TCBY is located at Eastgate shopping center.

Another dessert haven in the University Mall is Tripodi's. In addition to sandwiches and other

"healthy" fare, Tripodi's offers muffins, pastries, cookies and petit fours. Opening hours are 11 a.m. till 8 p.m. Monday through Saturday. They are closed Sundays.

Frozen yogurt is the one and only offering of The Yogurt Pump. It of-

*If willpower prevents you from trying these delightful places, just keep in mind that diets are for losers*

fers five changing flavors that range from vanilla to pina colada. It's reasonably priced and a convenient place to sit down and take a break.

The Yogurt Pump is near Pizza Hut at 106 W. Franklin St. It's open from 11 a.m. every day until 11 p.m. Sunday through Thursday, and till midnight Friday and Saturday.

If willpower prevents you from trying any of these delightful places, just keep in mind that diets are for losers. College is one of the best times of your life, and some two-bit Lynn Redgrave disciple shouldn't be telling you what you should be eating. Go for it.



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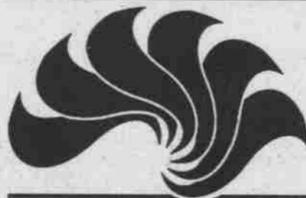
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