

ICE CREAM: Plays with flavor combinations

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thing I'm really comfortable making for others," he says. "And I'm constantly learning."

Clements said his ice cream memories date to childhood, when he and his cousins would whip up a batch at family gatherings – under Grandpa's careful supervision.

Homemade, hand-made ice cream made it onto the menu at The Pheasant two years ago because Clements guessed it would bring back similar memories for the patrons. It's been a hit ever since.

Surprise family, friends

When he first began making ice cream just for the fun of it, Clements thought he'd surprise family and friends with a creamy variation for those who were lactose intolerant. He tried coconut milk, and because that flavor was so strong, he knew he had to either mask it with other ingredients or simply "go with it."

He went on to try other variations he knew his vegan friends would appreciate.

The experimentation that followed opened the floodgates of flavor. He's crafted desserts using hot peppers (Dark Chocolate Chipotle), Guinness stout, peanut butter and bananas, cinnamon toast, tea and espresso (Dirty Chai), spicy ginger and Pop Rocks candy ("Firecracker") and, yes, even sweet corn and candied bacon.

Clements' sweet corn ice cream, by the way, is delicious, but it's one of the very few for which he takes no credit.

"It's a traditional Mexican ice cream," he says. He discovered it on a vacation trip south of the border and decided to whip up his own, South Dakota version.

Clements' grandpa probably wouldn't recognize his recipe today. The Pheasant's ice cream artiste might use a custard base, which is heavier on eggs, or he might use a more traditional cream-and-milk-based approach.

For Clements, coming up with a new flavor is more than tossing a handful of mangos into a batch

of vanilla. He approaches ice cream making as an art, and he looks for flavors that complement one another. Like a fine winemaker, he's concerned with subtle flavors – the nuances and "surprises" he builds in.

"I love the Dark Chocolate Chipotle," he says. "There's a cold, creamy, spicy taste, and then the heat hits the back of your throat."

Loves creativity

More than anything, Clements loves the creativity involved in his search for interesting blends.

He starts at home, "playing with combinations." No restaurant equipment involved: he uses a standard home ice cream maker. But whatever goes into the mix has to be the freshest and the best. He shops locally, looking for in-season ingredients he can use.

At first he used the staffers at the Pheasant as his guinea pigs. Some avoided him on tasting days. Now when he carries in a new tub, his co-workers gather around, volunteering to taste-test whatever new flavor he's invented.

"The candied bacon flavor I had to beg people to try," Clements recalls.

For his Chocolate-Lavender, he actually gets the flavor from fresh lavender petals, adding their essence to the ice cream. "It's really unique," he says. "There's a distinct floral after-taste."

He developed "Dirty Chai," after ordering the drink – chai tea with a shot of espresso – at a local coffeehouse.

Not every new flavor is a home run. The green pepper ice cream was an out-and-out flop, Clements admits.

At The Pheasant, Clements' flavors change weekly. He offers two varieties, one a more traditional selection and another a little more unusual.

When he's making ice cream, he usually gets several machines churning at once, finishing with about three gallons.

A really popular flavor like Dulce de Leche lasts only a few

days at The Pheasant, while others will generally sell out by the end of their featured run. For flavors that Clements knows are an acquired taste, he make a smaller batch.

"Sometimes people will surprise you," says Michael Johnson, general manager of The Pheasant. Both he and Clements say they get a kick out of watching diners try an unusual flavor. There's often no reaction at first taste, but that's almost always followed by a look of delight.

Couldn't be happier

Johnson says he couldn't be happier about Clements' ice cream success. Not only is it good for business, it's a complement to what he's trying to do with the restaurant.

"It's the world's favorite comfort food," Johnson says "but he gives it a little innovation, a little flair. That's what we're doing with our menu. We wouldn't change our time-tested specialties – our burgers or the prime rib – but we do try to offer variations on those that are innovative and have a little flair."

He cited, for example, The Pheasant's PB&J Burger – a standard burger topped with peanut butter, jalapeno jelly and pepper jack cheese.

The weekends are the times for the Pheasant chefs to experiment with special sauces or more exotic, ethnic dishes. The standard fare is still there, but bison steaks might also be on the menu, or a teriyaki-glazed hamburger or swordfish sashimi.

What's next for Trevor's Artisanal Ice Cream?

Clements says he's not quite sure. But now, after two years of testing, he believes he's got the ice cream-making process down pat. He says he can "wing it" now when he's creating new flavors. He can make a great chocolate and vanilla, too, he says, "but I'm having too much fun with flavors."

(Current ice cream flavors are listed each week on The Pheasant's Facebook page.)

Contact Ken Curley at kcurley@brookingsregister.com.

COLSON: Selected from 39 applicants

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April 16, 2007. Prior to that was the creative arts director at the Interlochen Center for the Arts in Interlochen, Mich.

Colson was selected from an applicant pool of 39 candidates. Parks, Recreation and Forestry employees number 20 full-time and more than 150 seasonal and part-time workers in a department with a budget of \$2.8 million annually, not counting capital improvements.

City Manager Jeff Weldon said Colson's professionalism, work ethic, enthusiasm and

experience will be assets to the City of Brookings' Parks, Recreation and Forestry Department.

"We are very excited to be able to promote Pete to this new position. He is the right person to build upon the success of the past and take the department into the future."

Colson earned a bachelor's degree with honors in English and history from South Dakota State University and completed 21 graduate credits in creative writing at the University of Montana.

He has more than 25 years of

experience in the public sector, including city and state government with knowledge and skill in educational and recreational programming for multiple age levels and in diverse subject areas, including lifelong-learning, arts, wellness and academics.

He is also has experience in grant writing and administration.

Colson and his daughter, Mika, enjoy fly-fishing, kayaking and backpacking.

– From City of Brookings and staff reports

Unattended purse invites wallet thief

A Brookings woman is several hundred dollars poorer this week after someone lifted her wallet from her purse.

The victim reported the theft to Brookings police about 6:19 p.m. Wednesday.

She told officers that she entered the restroom at the Walmart Supercenter and briefly left her purse unattended on the counter. When she picked it up again, the woman discovered that the several items had been

taken from the purse, including the wallet, which had several hundred dollars in it.

The case remains under investigation by Brookings police.

– From staff reports

LARSON: Top-selling storm door for 15 years

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the industry."

Larson is the No. 1 selling storm door in America, a place it has held for the past 15 years. It is sold through sever-

al big box retailers, lumberyard chains, and local lumberyards and hardware stores.

Family-owned Larson Manufacturing has plants in Brookings; Lake Mills, Iowa; Clear Lake, Iowa; and

Mocksville, N.C.

It distributes products through its own centers and employs a sales force throughout the United States.

– From Larson Manufacturing

TRANSFER: Commercialization income up 71%

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ures followed by the Colleges of Agriculture and Biological Sciences with 14, Pharmacy with eight and Arts and Sciences with six.

The College of Education and the office of the Vice President for Research each had one disclosure.

"It has been my privilege to be a part of the tremendous success and growth in research and creative activities achieved through hard work by faculty members and leadership at SDSU," said Otsuga.

Four start-up companies based on SDSU research innovation have been formed through a partnership with

South Dakota Innovation Partners, LLC. Since TTO was established in 2008, commercialization income based on SDSU research increased 71 percent for a record of more than \$1.2 million in FY2011.

– From SDSU University Relations

THEFTS: Police ask residents to lock vehicles

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Police received this week's theft report at about 2:30 a.m. Thursday, the caller noting that someone had entered two vehicles parked in the 100 block of Sixth Avenue S. The vehicles were unlocked.

Items were taken from only one of the cars, but that theft included a backpack that contained a computer and other school materials.

A little more than three hours later, police received a call reporting a backpack in the 100 block of Seventh Avenue. While officers recovered the backpack and other items, the computer was missing.

A short time later, police received another call, this caller

reporting a computer left in the 300 block of Eighth Avenue.

Police recovered the computer and returned it and the other items to the owner. The only thing missing was a small amount of cash.

Lt. Derrick Powers of the Brookings police said there have been a number of vehicle thefts recently, and he reminded residents to lock their vehicles and not to leave anything valuable in plain sight inside their cars, SUVs and pickups. Some of the thefts, he said, have involved forced entry into the vehicles – including smashed windows.

"These are crimes of opportunity," Powers said. "People are walking by, they see something they want and they take it.

They're looking for easy targets that won't call attention to themselves."

Powers said if residents have to leave valuable items in their cars, they should lock them in the trunk or at least cover them with something to keep them out of public view.

"The best way to protect yourself," he said, "is not to keep valuables inside your vehicle at all." Anyone with information about the vehicle break-ins or any other crimes can contact the police at 692-2113, or contact Brookings Area Crime Stoppers anonymously by visiting www.brookingsareacrimestoppers.com or by calling 692-STOP (7867).

– From staff reports

CURLEY: Nasal spray to treat Alzheimer's?

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insulin in a nasal spray to treat – or perhaps even cure – Alzheimer's and other types of old-age mental impairments.

Researchers reasoned that the insulin would help old people preserve their ability to process glucose properly in the brain. Glucose, in case you've forgotten, is a blood sugar, and it's the major source of energy for the body's cells. In the brain, according to Time, "glucose helps brain cells work normally and perform functions related to memory and cognitive abilities."

In patients with Alzheimer's and those suffering from senility, the brain no longer processes glucose properly.

After four months of the nasal-spray treatment, one of the groups receiving insulin showed a nearly 80 percent improvement on memory tests. Other thinking functions improved, too.

Science has long known of the link between Alzheimer's and Type II diabetes. Although the results of the new research are breathtaking, scientists say it's only the first of many studies they'll need to figure out if insulin could become a weapon against senile dementia.

Speaking of medical miracles, what do you make of Peyton Manning's flight to Europe for adult stem cell injections?

Manning, the megastar quarterback of the Indianapolis Colts, is undergoing the treatment in a last-ditch effort to save his career.

A bulging disc in the athlete's neck has not responded to surgery or months of therapy, so he's giving stem cell therapy a try.

So is another football superstar: Terrell Owen.

Owen, who's now a free agent, suffered an ACL tear several months ago, and this week he jetted off to South Korea for stem cell treatment on his knee.

Stem cells hold promise for curing maladies ranging from spinal cord injury to cirrhosis of the liver.

Maybe the thought of destroying an embryo or a fetus to harvest stem cells has soured you on the subject. But if you haven't kept up with it, know that adult stem cell research is changing the face of health care.

Adult stem cells are harvested from the patient himself, and they can come from many tissues throughout the body. Stem cells have an ability to self-renew, which means that treatment with the cells might actually be able to repair damaged joints, muscles or even nerve tissue. It's believed that stem cells might soon be used to regenerate entire organs to replace diseased or damaged body parts.

Stem cells are now commonly used to treat childhood

leukemia, but the therapy is being tried with multiple types of cancers. It's used, too, in cornea regeneration, Type 1 diabetes, heart repair, in several forms of arthritis – even paralysis. In early 2009, a team of physicians reported the first successful use of neural stem cells to reverse the effects of Parkinson's disease, and in that case, the patient's motor skills improved dramatically.

Breakthroughs in adult stem cell research are being reported almost daily.

We don't yet know how our football heroes will come through their attempted repairs. Let's hope for the best.

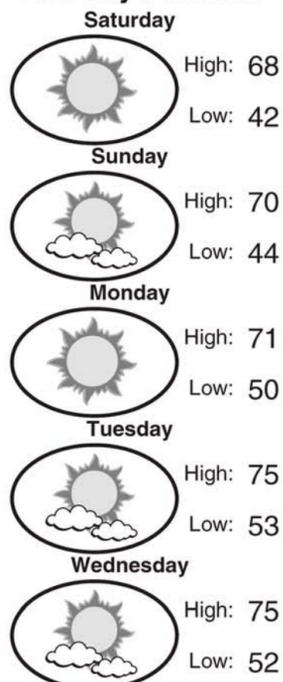
From glowing kittens to a possible cure for Alzheimer's to regenerating our own organs ... it's a brave, new world in medicine, isn't it?

Ken Curley is editor emeritus of The Brookings Register.

Brookings Today

Forecast: Mild, breezy and mostly sunny

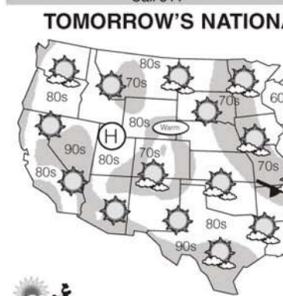
High: 65 Low: 41
Five-day Forecast



RECREATIONAL FORECAST

Weather conditions will be rather quiet across the region for this weekend. Look for mild temperatures, mostly sunny skies and dry conditions.

TOMORROW'S NATIONAL MAP



Maps & Forecast Produced by DayWeather, Inc. www.dayweather.com

Brookings Almanac

| Temperature | | Precipitation | |
|-------------------|------------|--------------------|--------|
| Yesterday's High | 57 | Yesterday | 0.00" |
| Today's Low | 30 | Month to date | 0.12" |
| Normal High / Low | 69 / 43 | Avg. Month to date | 1.90" |
| Record High | 91 in 1939 | Year to date | 17.76" |
| Record Low | 17 in 1913 | Avg. Year to date | 19.17" |

| SUN AND MOON | |
|------------------|---------|
| SUNRISE | SUNSET |
| Today 7:15 AM | 7:23 PM |
| Saturday 7:16 AM | 7:21 PM |
| Sunday 7:18 AM | 7:19 PM |
| Monday 7:19 AM | 7:18 PM |

AGRICULTURAL INFORMATION

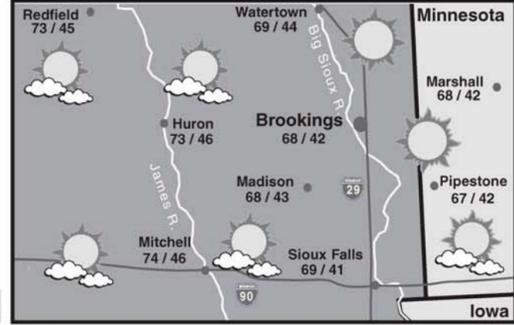
| Local Precipitation Report | | |
|----------------------------|-------|-----------|
| Brookings | Huron | Watertown |
| 0.00" | 0.00" | 0.00" |

| 4" Soil Temperatures | | | 10 DAY TREND | | |
|----------------------|-------|--|--------------|---------------|--|
| As of midnight | | | Temperature | Precipitation | |
| Aurora | n/a F | | Near Normal | Below Normal | |
| Brookings | 59 F | | | | |
| South Shore | 60 F | | | | |

Today's Weather History
1987 - Autumn began on a rather pleasant note for much of the nation. Showers and thunderstorms were confined to Florida and the southwestern deserts. Warm weather continued in the western U.S., and began to spread into the Great Plains Region, but even in the southwestern deserts readings remained below 100 degrees. (The National Weather Summary)

| Brookings County: | Today | | | Tomorrow | | | South Dakota: | | | Today | | | Tomorrow | | |
|-------------------|-------|----|----|----------|----|----|---------------|----|----|-------|----|----|----------|----|---|
| | Hi | Lo | W | Hi | Lo | W | Hi | Lo | W | Hi | Lo | W | Hi | Lo | W |
| Aurora | 65 | 41 | pc | 68 | 42 | pc | Aberdeen | 70 | 42 | pc | 72 | 44 | pc | | |
| Bruce | 65 | 41 | pc | 68 | 42 | pc | Mobridge | 77 | 48 | pc | 79 | 49 | pc | | |
| Bushnell | 65 | 41 | pc | 68 | 42 | pc | Pierre | 78 | 48 | pc | 78 | 49 | pc | | |
| Elkton | 64 | 41 | pc | 67 | 42 | pc | Rapid City | 83 | 59 | pc | 82 | 57 | pc | | |
| Oakwood S.P. | 65 | 41 | pc | 68 | 42 | pc | Vermillion | 67 | 43 | pc | 70 | 42 | pc | | |
| Sinai | 65 | 41 | pc | 68 | 42 | pc | Minnesota | | | | | | | | |
| Volga | 65 | 41 | pc | 68 | 42 | pc | Mankato | 60 | 41 | pc | 66 | 41 | pc | | |
| White | 64 | 42 | pc | 68 | 42 | pc | Minneapolis | 60 | 45 | pc | 64 | 43 | pc | | |

TOMORROW'S REGIONAL MAP



NATIONAL FORECAST

| Location: | Today | | | Tomorrow | | | Sunday | | |
|--------------------|-------|----|----|----------|----|----|--------|----|----|
| | Hi | Lo | W | Hi | Lo | W | Hi | Lo | W |
| Albuquerque, NM | 86 | 55 | su | 87 | 56 | pc | 85 | 55 | pc |
| Anchorage, AK | 48 | 38 | sh | 48 | 37 | sh | 48 | 36 | pc |
| Atlanta, GA | 79 | 60 | th | 80 | 59 | pc | 82 | 61 | pc |
| Boston, MA | 70 | 64 | r | 73 | 65 | th | 75 | 65 | sh |
| Chicago, IL | 64 | 55 | sh | 64 | 53 | th | 64 | 54 | sh |
| Dallas, TX | 84 | 59 | su | 96 | 68 | pc | 93 | 67 | pc |
| Detroit, MI | 61 | 52 | r | 64 | 53 | sh | 67 | 56 | sh |
| Las Vegas, NV | 101 | 74 | pc | 97 | 73 | th | 94 | 70 | pc |
| Los Angeles, CA | 86 | 62 | pc | 80 | 62 | pc | 77 | 62 | pc |
| Miami, FL | 90 | 79 | th | 90 | 78 | th | 90 | 77 | th |
| New Orleans, LA | 86 | 73 | th | 85 | 69 | pc | 86 | 73 | pc |
| New York, NY | 73 | 66 | sh | 75 | 69 | sh | 78 | 68 | th |
| Orlando, FL | 93 | 75 | th | 93 | 75 | th | 91 | 75 | th |
| Phoenix, AZ | 108 | 78 | su | 106 | 77 | pc | 103 | 73 | pc |
| Portland, OR | 83 | 58 | pc | 80 | 56 | pc | 69 | 54 | r |
| Reno, NV | 92 | 58 | pc | 86 | 53 | th | 76 | 45 | pc |
| St. Louis, MO | 70 | 50 | sh | 66 | 50 | sh | 67 | 49 | sh |
| Salt Lake City, UT | 84 | 60 | su | 85 | 60 | su | 85 | 60 | pc |
| San Diego, CA | 75 | 64 | th | 73 | 63 | pc | 68 | 62 | su |
| San Francisco, CA | 70 | 55 | pc | 62 | 54 | pc | 62 | 55 | sh |
| Seattle, WA | 79 | 59 | pc | 77 | 57 | pc | 68 | 54 | r |
| Tucson, AZ | 99 | 70 | pc | 98 | 71 | th | 96 | 70 | th |
| Wash. D.C. | 82 | 49 | su | 85 | 51 | su | 84 | 51 | su |

CINEMA Five

CONTINUOUS MATINEES FRIDAY-SUNDAY

Dolphin Tale (PG) in 3D
1:00, 4:00, 7:00, 9:20</