

Countdown continues on life without chocolate

It's been 28 days and nights since I gave up chocolate, that addictive, sugar-filled, lecithin-containing aphrodisiac.

As sort of a hangover from my Catholic school days, and out of a genuine reverence for the apparent suffering endured by Christ in the desert, I imposed on myself 40 days and 40 nights of 'sacrifice'.

It didn't seem difficult at first, giving up chocolate for Lent, but I



Kell's Korner

Donna Kell
Herald Staff

was not to know the trials ahead of me.

It was only day one when I spotted a box of delicious-looking Laura Secord chocolates across the desk of a Herald advertising employee. It was his birthday, he told me, welcoming me to have a chocolate. I deliberated for a moment, examining the codes on the box to make sure I didn't get those pink or orange-filled cream chocolates, when like a thunderbolt from heaven it struck me. "No Chocolate" came the voice,

straight out of a Charlton Heston movie. I could almost see the great stones with their commandments crashing down from the mountain top.

I resisted that temptation. And since then there have been other chocolate impulses to battle.

My "housemate" Sandy will probably not be truly happy until we can once again clean off a package of Swiss Rolls together at midnight, and my friends who enjoy fine desserts at trendy little cafes may not invite me to go anywhere until we can sigh together over chocolate cheesecake again.

I have resisted birthday cake, thousands of Smarties and racks of Vachon cakes at the local supermarket. But just when I thought it would get easier, when I thought I had passed the worst, a strange event took place.

(I must explain right now before I go on that almost any dessert and

a pot of tea will keep me occupied for minutes).

One of the new employees at the Herald entered the editorial department last week bearing gifts. The fine young man offered me a butter tart. Wonderful, right?

I was relieved that the food wasn't that familiar brown as are all foods derived from the cocoa plant.

But suddenly, I looked closely and could see jagged brown pieces projecting from the glazed surface. Who the h... puts chocolate on butter tarts?

Well, it's on to day 29, night 29, knowing that things don't get much easier.

And as I approach day 40, I know I'm going to enjoy Easter.

Ballinafad hosts special night for Calvin

By BETTY SOJKA
Ballinafad Correspondent

Saturday, March 4 was a very special night in Ballinafad.

Despite the awful weather conditions, people came from miles around to the community centre for the "Calvin Sanderson We Care Dance."

This benefit dance was a huge success. It was the community's way of showing that it cares for its residents. Calvin Sanderson has been off work for some time, due to an industrial accident. The dance was very near to those country dances of old. There were polkas, a square dance, Scottish song, some wonderful country waltzes as well as recent popular music for the younger set that attended.

George Adams, the deejay, had his hands full keeping up with the many requests. He did his job well

because the dance floor was always full.

Another table had to be added to hold all the tasty food. There was quite a variety of food brought, everything from cold salads, and sandwiches to lasagna and chili, not to mention one table assigned strictly for desserts.

The warmest thing of the entire evening was to see so many of the old-time residents. Many had not been out to a dance since before the renovations. The success of the dance can be attributed to the hard work of a few individuals. George Adams organized the dance and supplied the music. Hank and Marlene Burnett and Ed and Ida Smith set up the tables, arranged for the bartending and the ticket selling.

The UCW will have a "tie" quilting bee this Wednesday, March 8 at 9:30 at the United Church. If you can tie a knot, come on out and join the ladies, it will be a unique experience. These quilts are donated to charitable organizations.

At their last meeting, the 4-H Club discussed the history of knitting and how it has developed over the years. A few types of knitting stitches were shown. The club is in the process of learning where wool comes from, wool production and its end uses.

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