

# lifestyles

## Old standby board games are making a comeback

The Canadian Press

TORONTO — Monopoly has never been so hip. Risk never so cool.

Board games are making a comeback, and the typical players - children who squabble over their turn in Candy Land or seniors who carefully lay down a double word score in Scrabble - are making room for new contenders.

Twenty-somethings now hunker down to try their hand at one of the oldest pastimes, in what some enthusiasts are calling the “golden

age” of board games.

“It used to be you’d go to the bar and if you wanted to have fun and party, on top of the cover, you’re looking at dropping \$40 on drinks,” said Jamie Weir, 25, a multimedia specialist from the Toronto area, who recently discovered a cheaper alternative to the local pub - a coffee house stacked with games.

“Playing a bunch of board games, chatting seems like a wonderful substitute,” said Weir.

Tired of the same old bar scene, Weir began gathering with friends

to toss the dice.

He then happened upon Snakes and Lattes, a new Toronto establishment that he and his friends have “gone nuts” for.

Weir said it’s now his local watering hole, where he stops by two or three times a week to play one of the thousands of games from the popular Settlers of Catan to his latest addiction, Quatro, a “Connect Four on steroids,” said Weir.

Jasen Robillard, 33, organizer of The Calgary Board Game MeetUp group, said it’s not surprising

young people flock to board games. He began his group in his 20s, seven years ago. At the time, 40 members rotated through community centres, apartments and houses to play games.

The group has now morphed into a 400-member entity, with people milling in and out of large retail spaces instead of homes to play Yahtzee or Trivial Pursuit.

Robillard said board games became his way of connecting to people after leaving the ever-so-cial world of university in Waterloo, Ont., to head to Calgary.

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## Cafe mocha cheesecake satisfying, and almost guilt-free

The Associated Press

A love of cheesecake is easily soured when you look at what goes into it.

Many versions have 30 or even 40 grams of fat per slice and can call for 500 grams (one pound) of full-fat cream cheese in addition to sour cream, half a dozen egg yolks and butter in the crust.

This cafe mocha cheesecake is rich and velvety, yet has just two-thirds of the fat and half the calories of traditionally made versions.

**Cafe Mocha Cheesecake**

6 chocolate wafer cookies or chocolate graham crackers

15 ml (1 tbsp) plus 300 ml (1 1/4 cups) sugar

30 ml (2 tbsp) instant espresso or dark roast coffee powder

37 ml (2 1/2 tbsp) coffee liqueur or water

500 ml (2 cups) non-fat cottage cheese

325 ml (1 1/3 cups) reduced-fat sour cream

340 g (3/4 lb) reduced-fat cream cheese

90 ml (6 tbsp) all-purpose flour

2 large eggs

2 large egg whites

30 ml (2 tbsp) unsweetened cocoa powder

1 ml (1/4 tsp) ground cinnamon

1 ml (1/4 tsp) salt

Cocoa powder

Heat oven to 150 C 300 F. Coat a 23-cm (9-inch) springform pan

Like many healthy versions of indulgent foods it is all about choosing the right ingredients. This cheesecake does this by bringing in cottage cheese and reduced-fat cream cheese as well as other low fat options. AP photo

with cooking spray.

With a rolling pin or the bottom of a heavy skillet, crush cookies into fine crumbs. In a small bowl, stir together cookie crumbs with 15 ml (1 tbsp) of the sugar. Pour mixture into prepared pan and tilt to coat the bottom and sides. Set aside.

In a small bowl, dissolve espresso powder in liqueur and set aside. Place cottage cheese in a double layer of cheesecloth and gather the corners at the top. Squeeze out as much liquid as possible.

Place drained cottage cheese in a food processor and process until smooth, about two minutes. Add sour cream, cream cheese, flour,

eggs, egg whites, cocoa, cinnamon, salt and remaining 300 ml (1 1/4 cups) sugar and dissolved espresso powder. Process until smooth.

Pour batter into prepared pan. Bake for 50 to 60 minutes or until the edges are set 2.5 cm (1 inch) from the sides but the centre of the cake is still a bit wobbly. Turn off oven and leave cheesecake inside with the door closed for 30 minutes longer to continue cooking.

Set cheesecake on a wire rack to cool completely, about one hour. Refrigerate for at least four hours before serving. Just before serving, sprinkle lightly with cocoa powder. Makes 16 servings.

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