

The ultimate enemy is killing my cousin

I shook my fists at the heavens on Sunday.

It doesn't matter how we try to dress it up, cancer's a dirty, rotten, stinking disease.

When I pulled out of my cousin's driveway on Hwy. 7 East near Janetville on Sunday morning, I let the tears fall.

Two short years ago, Ross was a fine looking, healthy man. Today, his health is shot and his good looks are gone. Cancer saw to both.

My Sunday visit had a purpose. I took lunch to my cousin's family and I went to say goodbye to Ross.

He has entered the back stretch. Cancer has spread throughout, touching vital organs. There's no turning back, no chance of recovery.

My cousin is too weak to walk, stand or sit up. He's on a morphine patch, oxygen and a fluids-only diet. He speaks, in a faint whisper. Ross is a skeleton of his former self. And he's so very, very tired.

When Ross was diagnosed with colon cancer, he declined surgery or any serious treatment, including chemotherapy.

For reasons only he knows, he rejected hospital treatment and opted to die at home on the farm in Janetville.

My cousin's mother, two sons, his daughter and his lady friend respected that choice. With help from a community health-care service, the people who love Ross are tending to his needs, 24 hours a day, seven days a week. They'll stay with him until the end. And the end is near.

His is not an easy death. Cancer is not letting this man off the hook peacefully. It's having its way, and Ross



Joan Ransberry

doesn't understand why he's being taken before reaching his senior years.

He did all the right things. "I never drank, never smoked, never ate junk food," he whispers. I agreed. It's not fair.

I told him he was a good cousin and I loved him. Then I said goodbye.

There's nothing special about the cancer that's taking Ross. There's nothing rare about colon cancer. Colon cancer is a dime a dozen kind of cancer. The same can be said about colorectal variety.

According to the Canadian Cancer Society, colorectal cancer is the third most common cancer and the third most common cause of death from cancer for both men and women.

Ross's cancer spread to his lungs a while ago, signaling a terminal situation. He knew. His loved ones knew. Other than love and care for him, there is little else to do.

Cancer bullies us all. It takes over and determines how the day will unfold and it decides how many days will be left.

When I looked at cancer up close on Sunday, it let me know how truly cruel and powerful it is.

I hated what I saw.

OUR EXTRA-LEAN HAM KOLBASSA

Kolbassa is very much a common item nowadays — it's available almost anywhere and usually on special — so why buy ours?

A few reasons. Kolbassa is made of two parts — there's the leaner part and there's the "background" meat, usually bologna with a slightly stronger seasoning. When we make ours, the "lean" part is cubes of ham, totally trimmed, and lots of it. For the "background" meat we use our low-fat bologna with a ratio of 4 parts ham to 1 part bologna — unlike any others on the market. Add to this the traditional kolbassa taste (with lots of garlic), and a slow smoke over oak and there you have it, the meatiest, leanest and tastiest kolbassa you could imagine.

Reg. \$1.29 /100 g

1/3 OFF THIS WEEK

OUR CAESAR DRESSING

Our Caesar dressing continues to get rave reviews — especially from the garlic aficionados!

Buy one tub this week and we'll throw in the Romaine FREE!

Available from our Dip case.

8 oz. size

Reg. retail \$3.49 ea.

ROSEMARY LAMB & SAUSAGES

Our regulars will know that these have long been a staple of our sausage counter. We use very lean fresh lamb. We add some pork, fresh rosemary, mustard, thyme & garlic. The result is a lamb-lover's thrill.

Reg. \$3.99 lb.

25% OFF THIS WEEK

A SQUARE DEAL!

All of our decadent dessert squares will be on sale this week. Our varieties will include: double-chocolate brownies, cream cheese brownies, lemon-coconut squares, pecan squares, nanaimos, creme de menthe nanaimos, date squares and our new frosted lemon squares, which were a big hit during our lemon week.

These are cut in 3" x 3" (approx.) size — it's a minor meal.

Reg. \$1.99 ea.

25% OFF THIS WEEK

PINK LADY APPLES

When I was talking to Doreen, she asked what was in the ad this week. I went down the list till we got to these apples and she said: "I love those damned apples. I have one about every day — they are just the best!" What can I add?

Size 80

which means extra large!

.99 lb.

GRAPE TOMATOES

These little tomatoes come in an overfilled pint pack. They have great flavour and they'll kick any salad up a notch!

1.99 ea.

CARLI EXTRA VIRGIN OLIVE OIL

Olive Oils are like wines. So many factors affect the quality and characteristics of the finished product. Everything from the soil, the weather, the harvesting technique, to the storage and handling — all have an effect on an olive oil's flavour profile. We stock a selection of, give or take, 20 varieties of olive oil, starting with the most plentiful and least expensive (Bertolli) to some very rare and incredible types.

Carli Oil is certainly one of the better oils we sell — and being extra-virgin (meaning 'First Press'), it's best used where it will be eaten raw — salad dressings or seasonings.

You'll like the deeper flavour of this oil — and you'll like the sharp prices this week — it's 25% off your regular price of \$10.95 for the 500 mL size.

25% OFF THIS WEEK

MOREL MUSHROOMS

We were lucky enough to receive some absolutely beautiful Morel mushrooms. Get your cookbooks out and create!

4.99 ea.

1 L size.

OUR DELI ROAST BEEF

Next to our assortment of hams, this is our best-selling deli meat. The reason is (a) we cook it pink, (b) we use the centre cut of an inside round rump roast and (c) we trim it lean. Although most use it for sandwiches, try it at room temperature with some good olive oil and balsamic vinegar.

Reg. \$2.49 /100 g

1/3 OFF THIS WEEK

RASPBERRY WHITE CHOCOLATE CHEESECAKE

This is made with pureed fresh raspberries (fabulous just now) and melted white chocolate, which is swirled through the cheesecake mixture. It's topped with white chocolate shavings and lots of fresh raspberries.

Two sizes, Reg. \$12.95 & \$20.95

25% OFF THIS WEEK

CHILLED SOUPS

We've made a selection of chilled soups which will be available from our frozen section. More often than not, they'll separate a bit when they freeze — a gentle stir fixes this.

The flavours are ... gazpacho, honeydew with pear and ginger, cantaloupe with mint and cucumber dill.

4.99 ea.



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(Limited Quantities / While Supplies Last)