

My long list of Lenten resolutions

The season of Lent. What does it mean to you?

To folks who attend church, it possibly means something.

To everyone else, it probably means nothing.

Regardless, I trust none of us is so informally focused we ignore the custom completely.

To be honest, my misunderstanding of Lent is related to a need to give up something during a period extending from Ash Wednesday (Feb. 6) to Holy Thursday (March 20).

However, Ken Collins' website provides an insight that goes far beyond my tunneled vision of this biblically related practice.

And while I do not intend to delve into individual churches' perception of this period, Collins does explain, in layman's terms, what this celebration's all about.

VIAGRA TO CAFFEINE

Admittedly, I'm bothered by some of the so-called requirements.

One of these is a thing called holy fasting.

Would you believe, forty days and forty nights on a bread-and-water diet?

Heck, with the 60 pounds I'd lose, a good gust of wind could send me sailing from my crossing guard site at Glad Park Avenue and Millard Street all the way down to Main and Stouffer streets on the other side of Stouffville.

While the weight-loss I could stand, keeping my feet firmly planted firmly is preferable.

Come to think of it, this is possibly why some traditionalists gorge on pancakes and sausages Shrove Tuesday.

This way, they can bridge the 40-day starvation gap.

Personally, I find regular eating habits too enjoyable.

But that's not the part that pricks my conscience.

It's that giving-up requirement. There are hundreds of things I maybe could and maybe should relinquish but won't.

Regardless, my Lenten resolves follow:

- Reduce coffee consumption from five cups daily to two. Make up the difference with three cups of green tea.

- Spread three spoonfuls of sugar on my Shredded Wheat each morning instead of six.

- Drink chocolate milk by the glass instead of the gallon.

- Refuse everything else containing chocolate

- Don't mix peanut butter with strawberry jam on white bread covered with margarine.

- Replace French fries with mashed potatoes.

- Stop saving beneficial veggies for visiting skunks and raccoons.

- Stop endangering the few teeth I have left by con-



Roaming Around

with Jim Thomas

suming cashews.

- Refrain from requesting Viagra over the counter without a prescription.

- Continue walking six miles twice weekly on three newspaper routes and walk, not drive to the postal box for mail.

- Reduce time spent on the computer from eight hours to four...

- Expand my reading habits beyond the third-to-last page of the Toronto Sun.

- Join the Stouffville seniors' ice-skating club.

- Go for early-morning swims at the Lebovic Centre.

- Remember to take a daily anti-cholesterol pill plus two Aspirins.

- Exclude trips to Pennsylvania from holiday plans.

- Dismiss time-worn fantasies of owning a 1946 Ford.

- Stop gambling on Lotto 649.

- Remove the heating pad from my side of the bed and ease pain of aching joints with two hot-water bottles.

- Remove socks before going to bed.

HAPPY DAYS ARE OVER

- Refrain from watching repeats of Happy Days and Everybody Loves Raymond.

- Untie the string from around my finger because I can't remember the reason for tying it there in the first place..

- Regardless of urgency, never enter the bathroom without first removing my muddy boots.

- Place a wear-a-helmet sticker on the handlebars of my Raleigh bike.

- Discard my worn-out snow shovel and replace it with a snow blower.

- Refrain from leaving the ignition keys in the car overnight.

- Show greater respect for my wife when she's talking and never fall asleep in mid-sentence.

- Buy a pair of hearing aids and two pairs of glasses; one pair to find the other pair I'm always losing.

That should complete my Lenten list for 2008. Can't wait for 40 days and 40 nights to end.

Jim Thomas is a Stouffville resident who has written for area newspapers for more than 50 years.

STUFFED PORK BACK RIBS

We'll have our back ribs on sale this week at the meat counter — and hopefully we'll have enough. I say this because we've run out of the meat feature a bit early the last couple of weeks.

What makes our back ribs so good? First, we buy more marbled pork — that streakiness makes them more tender and juicy. Secondly, we don't keep that insipid little tail hanging from the one end (you would normally pay full price for it if you shopped elsewhere). Thirdly, our pork is not 'seasoned', which means that it's not cut from pork loins which have been injected with water and phosphate to make them juicier (just imagine the thinking behind that); and lastly, our price is very competitive because we cut our own pork.

For this week we're doing the old-fashioned preparation of stuffing these. First we skin them on the inside, then stuff them with our sage and onion stuffing and tie them. The correct way to cook these is to roast them, and my mother-in-law's (Doreen) cooking instructions will be available. This preparation usually serves four or five folk — but half-sizes will be available.

6⁹⁵
LB

FLORIDA STRAWBERRIES

If you have been a long-time reader of our ads, you'll know that my preference for strawberries (other than our own) is from California. I've been eating my words lately, as well as a lot of Florida berries, as they've improved greatly in quality and flavour — so much so that it is very difficult to tell these from the best mid-season berries from the far coast.

2⁹⁹
each

From Florida
OVERFILLED QUARTS

CHERRY-ALMOND CUSTARD CAKE

This is a fairly moist coffee cake which has the custard baked in. We make a number of flavours of these, but this is one of my faves.

These, like most treats, are better when warmed a bit.

Reg.
Sm. \$15.95 Ea.
Lg - \$24.95 ea.

1/3 OFF THIS WEEK

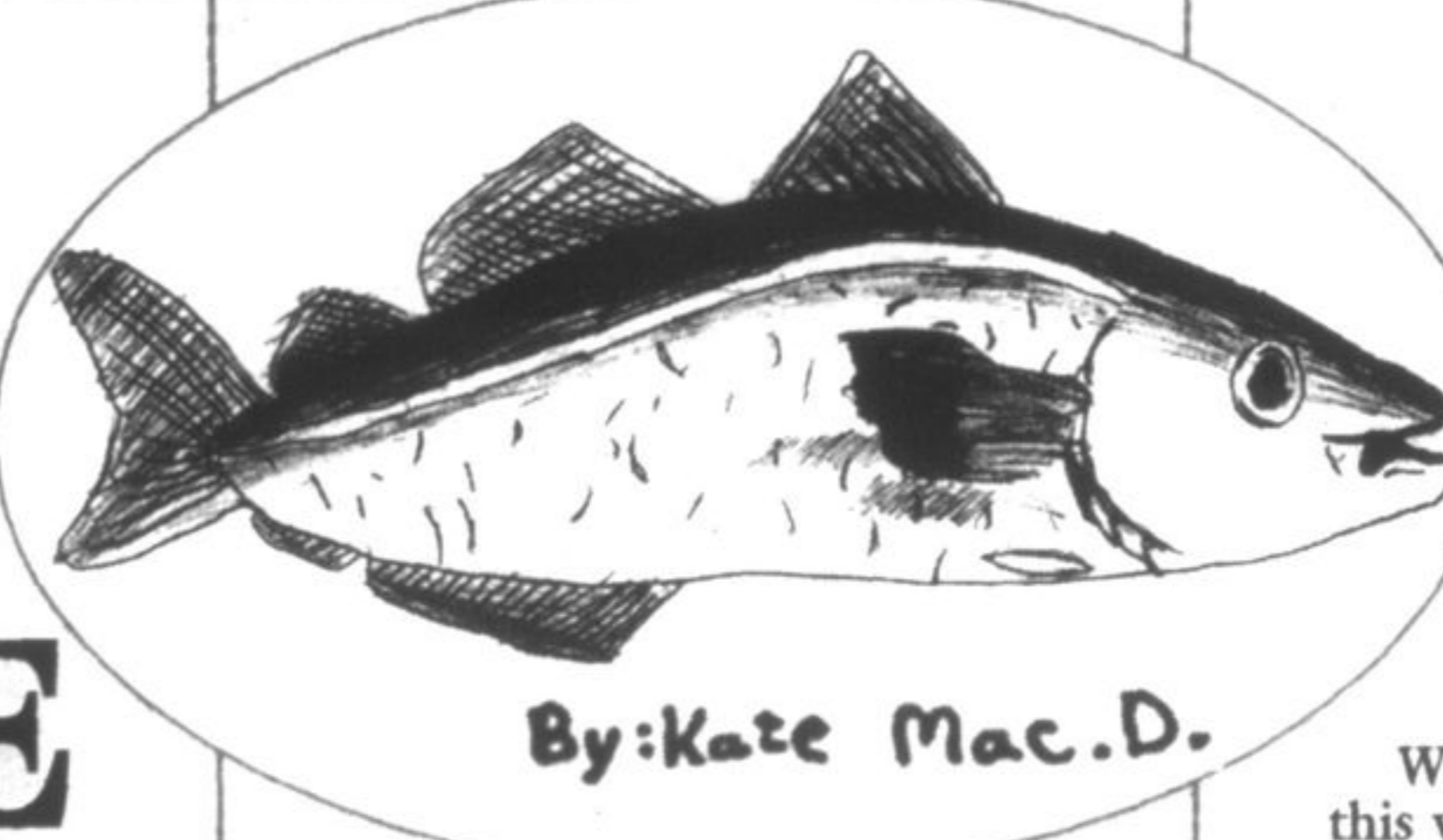
RED & GREEN GRAPES

You'd be surprised at how many types, sizes, qualities — and prices — there are to choose from at the produce terminal. Our approach has always been to pick the best quality that we can, and then ask the price. Others start the other way round — some start in the middle!

These are really good grapes.

The price? Not too bad either

1⁹⁹
LB THIS WEEK



By: Kate Mac.D.

IRISH CORGANIC COD FILLETS

We get these cod from the same farm as the organic salmon. They come whole and we fillet them when they arrive, a process which extends the 'window of use-ability' quite a bit. What you get is great fish. From Ireland.

12⁹⁵
LB THIS WEEK

FARMER'S SAUSAGES

These are made with fine-ground pork which has been seasoned on the milder side. During the winter, oven roasting these works the best.

25% OFF THIS WEEK
Reg. \$3.99 lb

OUR DELI PORK LOIN ROASTS

We'll be roasting a whole bunch of our stuffed and seasoned pork loin roasts at the deli this week. They will be available as a cold cut or warm to take home for dinner. Incidentally, you might find the term 'seasoned' confusing if you are used to supermarket pork. The Canadian Food Authorities allow the term 'seasoned' to describe 'moisture enhanced' pork, which in plain English is pork which has been injected with water to make it moister — and phosphate (the seasoning) whose sole purpose is to help keep the water in the pork. We do not sell pork which is seasoned in this modern way; ours is seasoned the old way, with spices.

1/3 OFF THIS WEEK
Reg. 1.99/100g

CHEESE PLEASE

We'll be featuring an Irish cheddar that is flavoured with porter. It has a very distinct look, which hints at a very distinct flavour, which it definitely has.

Reg. \$5.49/100g

1/3 OFF THIS WEEK

WHAT'S BAKING? THIS WEEK ...

Just for you desperados who leave things late, we'll still be making a few Valentine offerings till the end of this week.

What we'll be making especially for this weekend is

TARTS!

This week is the big debut of Bill Dawson's Coconut Butter Tarts. He arrived one day full of complaints that we don't make these, that they are better than any other tart, and that they should be available all the time because life would then be good. We agreed to make these — if — he would conduct a sampling in the store, a 'Tart-Signing' session, so to speak. We did our part, but alas Bill is unavailable this weekend as his daughter is getting married and the event couldn't be postponed. So go on faith, these are good. As well as these, we will be making our full assortment of tarts, including butter, pecan, caramel-apple, cranberry-white chocolate, and one of my faves, raspberry butter tarts.

These will be available in six-packs of straight flavours or six-pack assortments, as well as individuals. A bit of advice would be to warm your tarts slightly before eating them; the flavours are much enhanced by doing this.

Reg. 6 pack: \$5.49 Ea. to \$5.99 Ea.

1/3 OFF THIS WEEK

WHAT'S FOR DINNER!

There are a few choices this week, all beginning with our great chicken. We use soft-scald air-chilled chicken, and boneless breasts in this case. We poach them, slice them and serve them up in one of three amazing made-from-the-beginning sauces, much like you'd do at home if you had the time. The flavours available are ... lemon, orange and an amazing porcini mushroom sauce. The portion size allows a regular serving for three or an abundant serving for two.

Reg. \$18.95

25% OFF THIS WEEK

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY FEBRUARY 17TH

Hours:

Mon. 11:00-7:00 ~ Tues.-Thurs. 9:00-7:00 ~ Fri. 9:00-8:00

Sat. 9:00-6:00 ~ Sun. 10:00-5:00

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