



the

SPINAL COLUMN

Dr. Bajor hours change

Starting in August, Dr. Bajor will be 'adjusting' his work schedule such that going forward, Friday's he will be finishing at 5 pm instead of 6 pm. He's getting old and needs to go to bed earlier for the weekend!

Greek marinade and tzatziki



Our summer BBQ theme of fresh food continues! Most importantly our goal is to show you that you can make these marinades and sauces yourself from scratch. They literally take no time at all. They cost less. They don't contain the preservatives or additives many store bought marinades and sauces have. And, again, they cost dramatically less!

Meat marinade (ANY meat): ¼ cup olive oil, 2 Tbsps soy sauce, 1 Tbsp oregano, 1 Tbsp lemon juice, 1 tsp minced garlic. Mix it all up. Pour over meat. The longer you let it soak the better. Use this to marinate vegetables too!

Tzatziki sauce: ¾ cup plain yogurt, 1 Tbsp olive oil, 1 tsp dill, 2 tsps lemon juice, 1 clove minced garlic, ¼ tsp salt, ¼ cup grated cucumber (use the larger holes on your grater). Let it sit for at least one hour but longer is better.

know how grocery stores work to influence your shopping

Be a smart shopper and know how grocery stores work. Nothing is left to chance or coincidence. **Layout:** flowers are usually at the front entrance to make it look pretty and appealing and induce the notion of 'fresh'. Produce is usually right behind the flowers to carry the theme of fresh. The bakery is usually in the corner beyond the entrance to get your salivary glands to make you hungry and drool while shopping, making you spend more money.

Colours: red is attention grabbing and exciting, purple is royalty and quality, blue releases trust hormones, brown elicits a passive state, gold imitates colour of fat and promotes hunger, black is sophisticated, white is low calorie and pure, and yellow is energy and happiness.

Product placement: last minute buys are at the very front before the cash making you spend that money you weren't going to. Walmart is excellent at this; ever notice the long aisle of candies and chocolates on your way to the cash? There are so many more tricks they use but I only have so much space to write! **Just be smart: don't shop if hungry!**

It belongs to you but, curiously, it is used more by others. What is it?