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Recipe of the month

Grilled Chicken Salad with Blueberry Vinaigrette

2 boneless skinless chicken breast halves (6 ounces each)

1 tablespoon olive oil

1 garlic clove, minced

1/4 teaspoon salt

1/4 teaspoon pepper

Vinaigrette:

1/4 cup olive oil

1/4 cup blueberry preserves

2 tablespoons balsamic vinegar

2 tablespoons maple syrup

1/4 teaspoon ground mustard

1/8 teaspoon salt

Dash pepper

Salads:

1 package (10 ounces) ready-to-serve salad greens

1 cup fresh blueberries

1/2 cup canned mandarin oranges

1 cup crumbled goat cheese

Prep Time: 20 min Cook Time: 10 min Yield: 4 servings

- Toss chicken with oil, garlic, salt and pepper; refrigerate, covered, 30 minutes. In a small bowl, whisk together vinaigrette ingredients; refrigerate, covered, until serving.
- Grill chicken, covered, over medium heat until a thermometer reads 165°, 5-7 minutes per side. Let stand 5 minutes before slicing.
- Place greens on a serving plate; top with chicken, blueberries and mandarin oranges. Whisk vinaigrette again; drizzle over salad.

Top with cheese.

The perfect salad recipe for July, Blueberry Month!

Source: <https://www.tasteofhome.com>

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Est. 1988

Everybody's Talking

Signal skills: Researchers in London, England discovered that bumblebees can tell the difference between long and short flashes of light, much like the "dash" and "dot" pattern used in Morse code. To test this, scientists built a small maze and trained the bees to follow a brief flash linked to a sweet reward while ignoring a longer flash tied to something they didn't want. When the treats were later removed, the bees still chose the correct signal, showing they'd learned the timing rather than relying on smell or position. Because insects don't usually encounter flashing cues, the results point to a surprisingly flexible sense of timing. The study also offers a new way to explore how small nervous systems handle complex tasks.

Digital treasure: On the Caribbean island of Anguilla, a once-forgotten web domain has become a financial lifeline. When countries were first assigned internet codes, Anguilla received ".ai," a simple extension that now draws global attention thanks to artificial intelligence. Tech firms and entrepreneurs pay significant fees to secure .ai addresses, bringing steady revenue for the small British territory. The growing profits complement tourism, long the island's main industry, while helping offset losses from hurricanes. Anguilla manages the domain market alongside a U.S. partner, earning a share from every registration. What began as a random technical designation has evolved into a lasting economic opportunity for the island's future.

Ocean bounty: A salvage team searching an old wreck site on the coast of Florida (U.S.), uncovered a spread of historic coins resting below the waves. The area is tied to a Spanish fleet that vanished during a violent storm, leaving part of its cargo scattered across the seafloor. Divers retrieved gold escudos, silver pieces, and fragments of a sack that hint at a larger stash still buried in the sand. The recovered coins are valued at roughly \$1 million (USD), adding financial weight to the find. Each piece reflects the region where it was minted, offering clues about the trade networks of the Spanish Empire. With much of the fleet still missing, experts believe these discoveries represent only a small portion of what remains underwater.

Desert bond: Herders in the wide reaches of the Gobi Desert use a musical ritual to reunite camel mothers with calves they refuse to accept. A musician plays slow melodies on instruments like the horsehead fiddle while the pair stands tethered together on the sand. The tune shifts with the animals' behaviour, blending rhythm and chanting meant to echo the movements and calls of camels. Families sometimes add older methods such as wrapping the calf in the pelt of a lost newborn. These traditions were passed down to help orphaned calves survive and ensure milk in harsh conditions. With fewer young nomads remaining in the desert, elders fear this ritual could fade unless it is protected for future generations.

Quoteable Quotes

"The beginning is always today." —Mary Wollstonecraft Shelley

"To put your hands in a river is to feel the chords that bind the earth together." —Barry Lopez

What's Happening

Blanton Museum of Art Every Tuesday visitors get free admission.

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Actual Size

Trivia

- Does jazz musician Herbie Hancock play the piano, trombone, or saxophone?
- What is the capital of Brazil?
- Who wrote the novel Jane Eyre?
- Bees are the only pollinators—T/F?
- This planet is closest to the sun.

(Flip bottom of page for answers)

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(Over)

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I started Coffee News® to support local small businesses and bring our community a little more positivity each week.

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Marisol Giron
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Your Weekly Horoscope

ARIES

(March 20 - April 19)



You may be annoyed by the responsibilities that others are assigning to you. You might be asked to put the needs of others before your own desires

for now. Lucky numbers: 1, 13, 21, 22, 30, 42.

TAURUS

(April 20 - May 20)



Someone you love may hold the key to helping you heal an old emotional wound. Accept their aid, but understand that only you can do the work to achieve this outcome. Lucky numbers: 10, 14, 17, 23, 36, 44.

GEMINI

(May 21 - June 20)



You may find that the end of the week is very busy and you might be overwhelmed with information. Wait until things calm down to sort through and evaluate it. Lucky numbers: 12, 13, 14, 31, 33, 41.

CANCER

(June 21 - July 22)



Your words could help nurture others at week's end. Be careful in crafting your message, so that they truly listen to and absorb what you want to communicate to them. Lucky numbers: 4, 5, 12, 16, 39, 47.

LEO

(July 23 - Aug. 22)



A new opportunity may be available for you, but it might not be an obvious one. It could require flexibility and stepping into a new skill set in order to manifest it. Lucky numbers: 7, 27, 33, 42, 43, 46.

VIRGO

(Aug. 23 - Sept. 22)



The midweek energy is well grounded, complementing your Virgo work ethic and attention to detail. Before it passes, try to apply this energy to something productive. Lucky numbers: 2, 4, 26, 27, 29, 37.

LIBRA

(Sept. 23 - Oct. 22)



Libras prefer to use tact and diplomacy to facilitate change with others. But early in the week, a stronger approach may be needed to break through obstacles to progress. Lucky numbers: 3, 6, 10, 11, 32, 34.

SCORPIO

(Oct. 23 - Nov. 21)



Midweek your fixed Scorpio determination may run into a stalemate with others. Resist the temptation to dig in your heels; find compromise where you can. Lucky numbers: 5, 12, 13, 18, 20, 29.

SAGITTARIUS

(Nov. 22 - Dec. 21)



At week's end, step back if something or someone challenges your life philosophy. Consider if you still hold these beliefs or if you need to reconsider them. Lucky numbers: 14, 22, 31, 36, 43, 46.

CAPRICORN

(Dec. 22 - Jan. 19)



A strength of Capricorn is the ability to succeed in your ambitions. However, the challenge for you at week's end is to also nurture the needs of the larger community. Lucky numbers: 6, 8, 12, 23, 29, 47.

AQUARIUS

(Jan. 20 - Feb. 18)



Those with an Aquarius Sun often want to tackle the thorniest human problems, ones with no easy solutions. At midweek, seek information and insights that can help. Lucky numbers: 13, 21, 22, 24, 25, 42.

PISCES

(Feb. 19 - March 20)



Midweek energy heightens your natural empathy and connection to others. Pisces can be pulled under by these waters, so focus on doing something positive instead. Lucky numbers: 11, 19, 22, 34, 41, 48.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 7.

Did You Know...

Crayon candle: In a pinch, a single crayon can light up the dark. Made of wax like a candle, it burns slowly as its paper wrapper acts as a wick, offering a surprisingly clever and dependable source of light during unexpected emergencies.

Platform passion: In France, a century-old law technically forbids kissing on train platforms. It was meant to keep departures on schedule, since long goodbyes once delayed trains, though today most travellers overlook it for one last kiss.

Hidden stripes: Tigers look bright orange to us, but many of the animals they hunt see limited colour. To those prey species, a tiger's coat appears greenish instead, letting the big cats blend into the forest far more easily than people might expect.

Story skies: Uranus is surrounded by 28 moons, all named after characters from classic plays and poems. Their surfaces range from bright icy tones to deep shadowy hues, creating a cosmic stage worthy of their literary names.

Veggie rhythms: Scientists have discovered that fruits and vegetables, including cabbage and carrots, keep their own internal schedule even after harvest. They still react to light and darkness, carrying on their daily cycles long after leaving the field.

On the Lighter Side

Knock! Knock! Who's there? Lisa. Lisa who? Lisa can do is let me in.

What is worse than finding a worm in an apple? Finding half a worm.

The fortune teller likes her work because she always has a ball.

Did you know there is a 007 that spies underwater? James Pond!

Patient: "Doctor, I am dizzy for a half hour after waking up."

Doctor: "Well, you should get up a half hour later."

Answers

Trivia answers: 1. Piano 2. Brasilia 3. Charlotte Brontë 4. False 5. Mercury

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