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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

1 Toss chicken with oil, garlic, salt and pepper; refrigerate, covered, 30 minutes. In a small bowl, whisk together vinaigrette ingredients; refrigerate, covered, until serving.
2 Grill chicken, covered, over medium heat until a thermometer reads 165°, 5-7 minutes per side. Let stand 5 minutes before slicing.
3 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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Vol. 2 No. 29 July 20, 2026

Everybody's Talking

Map walk: In the village of Klejtrup, Denmark, a farmer turned the edge of a lake into a walkable map of the world using stones gathered from nearby fields over many years. What began as a personal pastime grew into a full outdoor model where visitors can step from one continent to another in minutes. Each section was carefully shaped to match coastlines, with certain northern regions repeated to avoid the size distortions found on common wall maps. Paths, flags, and small bridges now guide travellers across the layout, making the globe feel surprisingly compact. The project remains a local landmark, offering a simple way to explore geography on foot.

Owl currency: Long before the modern Greek one-euro coin was minted, an earlier version of the same owl was used across the ancient world, first appearing around 2,500 years ago. In Athens, silver tetradrachm coins showed Athena on one side and her owl with an olive sprig on the other, becoming a well-known trade currency for merchants and travellers. The design stayed mostly the same for generations, making the "owl" one of the most familiar coins of its time. Greece later chose this symbol for the national side of its one-euro coin, keeping the bird inside a border shaped like an old piece of silver. Today the image connects the coin in people's hands with Greece's long history and the stories that shaped it.

Cactus sealant: Builders in parts of rural Mexico still rely on a cactus-based mixture to protect adobe homes, using a method passed down since long before modern materials arrived. The process begins by boiling pieces of prickly pear cactus until they release a thick gel that blends with water and lime, creating a coating that helps walls resist moisture and pests. Researchers have recently revisited this approach, studying faster ways to collect the gel for natural building work. The mixture can also strengthen handmade bricks, helping homes last in tough climates. Beyond construction, the same cactus is inspiring biodegradable products, showing how an old plant tradition remains useful today.

Waldo goodwill: While helping build a new children's hospital, a construction worker in Indiana (U.S.) found an unexpected way to lift young patients' spirits. Drawing on his love of art, he created a large wooden Where's Waldo figure at home and painted it with help from his daughter. Once finished, he began placing the character in shifting spots around the work site so kids watching from an upper floor could search for it each day. Nurses soon joined in by passing along sightings, turning it into a small routine that brightened hospital stays for many children. The simple game also built a connection between the crews and the children's families, showing how a light idea can offer comfort during difficult moments.

Quoteable Quotes

"The power to question is the basis of all human progress."
—Indira Gandhi

"If science fiction is the mythology of modern technology, then its myth is tragic."
—Ursula K. Le Guin

What's Happening

Blanton Museum of Art Every Tuesday visitors get free admission.

The Drop-In Austin Music Series Free outdoor concerts every Thursday at 8:00 PM through August 13 at the Long Center for the Performing Arts! No concert July 2. RSVP required at thelongcenter.org

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Actual Size

Trivia

1. Which actress starred in the movie Some Like It Hot?
2. How many bones are in the adult human body?
3. No bears are native to Australia—T/F?
4. A tennis ball has fuzz to slow it down, speed it up, or extend its use?
5. "Fauntleroy" is the middle name of this beloved Disney character.

(Flip bottom of page for answers)

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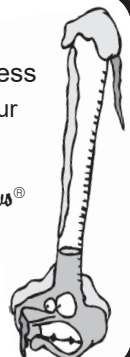
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Your Weekly Horoscope

ARIES

(March 20 - April 19)



Have you figured out yet what you are here to do? The evolutionary energy at work now could help to reshape your life, but you need to

be patient. Lucky numbers: 15, 18, 26, 31, 37, 38.

TAURUS

(April 20 - May 20)



Taurus always means well, even when they act like the proverbial bull in a china shop. The mid-week energy might help soften this dynamic, so

take advantage of it. Lucky numbers: 12, 14, 17, 25, 38, 41.

GEMINI

(May 21 - June 20)



Luck may very well be on your side early this week. Be sure to look at potential opportunities through the lens of their calculated risks, before

making a decision. Lucky numbers: 6, 13, 18, 26, 37, 40.

CANCER

(June 21 - July 22)



If you want to make a presentation or communicate in another public way, consider doing so during the next few weeks. Your nurturing

style could appeal to others now. Lucky numbers: 9, 12, 15, 25, 28, 46.

LEO

(July 23 - Aug. 22)



Your birthday month is a good time to review your prior year accomplishments and set goals for the new one. Consider choosing ones that align

with your highest values. Lucky numbers: 10, 12, 25, 41, 44, 48.

VIRGO

(Aug. 23 - Sept. 22)



Choosing between results and relationships, Virgos often lean toward results. Midweek energy offers an opportunity to shift more toward nurturing connections to others. Lucky numbers: 7, 8, 12, 20, 33, 48.

LIBRA

(Sept. 23 - Oct. 22)



Libras are often reluctant to tout their accomplishments, giving credit to others. But at midweek, try to take the opportunity to shine and let

everyone see your light. Lucky numbers: 1, 8, 13, 23, 35, 36.

SCORPIO

(Oct. 23 - Nov. 21)



Early this week, you may be uncomfortable with the intuitive insights that are revealed to you. Resist the temptation to overreact. Wait a few

days for this phase to pass. Lucky numbers: 8, 9, 16, 23, 29, 39.

SAGITTARIUS

(Nov. 22 - Dec. 21)



Your natural optimism may expand midweek. Take advantage of this dynamic, but be conscious of your enthusiasm encouraging you to overreach in

risktaking. Lucky numbers: 2, 7, 8, 26, 29, 44.

CAPRICORN

(Dec. 22 - Jan. 19)



Your ambitions to succeed at your endeavours get an extra boost at the end of the week. Be careful not to run roughshod over those you care about in

the process. Lucky numbers: 4, 12, 13, 14, 20, 40.

AQUARIUS

(Jan. 20 - Feb. 18)



You might be in a stalemate this week about what you want vs. your role in the world. If you consider it carefully, you may realize they are the

same thing. Lucky numbers: 5, 6, 7, 8, 12, 13.

PISCES

(Feb. 19 - March 20)



At midweek, others may want to lean on you for more than you can give. One way to aid them might be to find a way that they can help themselves. Lucky numbers: 18, 21, 23, 28, 32, 33.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 37.

Did You Know...

Frog bite: Frogs might look toothless, but some secretly have tiny teeth neatly tucked along the top of their mouths. Others even grow small, fang-like edges, showing that frogs' mouths aren't quite as simple as they seem.

Brow power: Eyebrows do more than simply frame a face. They help block sweat and rain from the eyes, and their shape guides moisture safely to the sides. Even so, they still manage to reveal every emotion you try to hide.

Sprout story: Brussel sprouts are named for Belgium's capital, where they became a favourite long ago. Their plant ancestors grew around the Mediterranean, but these tiny greens now thrive in cooler climates and are popular worldwide.

Rhythmic seal: A California sea lion named Ronan surprised scientists by learning to bob her head to music. She could even match new tempos, proving that keeping a beat isn't just for humans and parrots after all.

Painted skies: High above Iceland, nacreous clouds can glow with soft, shimmering colours that change as the light moves. Made of tiny ice crystals in the cold stratosphere, they often form smooth, rolling patterns, giving the sky a striking, unusual look.

On the Lighter Side

When construction workers party, they really raise the roof!

I told my suitcases, "No vacation this year." Now I'm dealing with emotional baggage.

Al: "Why did you move to Hawaii?"

Sal: "So I could spend my vacations at home and still enjoy myself."

Knock! Knock! Who's there? Maya. Maya who? Maya best friend?

What do you call a man with a seagull on his head? Cliff.

Answers

Trivia answers: 1. Marilyn Monroe 2. 206 3. True 4. Slow it down 5. Donald Duck

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