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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

❶ Toss chicken with oil, garlic, salt and pepper; refrigerate, covered, 30 minutes. In a small bowl, whisk together vinaigrette ingredients; refrigerate, covered, until serving.

❷ Grill chicken, covered, over medium heat until a thermometer reads 165°, 5-7 minutes per side. Let stand 5 minutes before slicing.

❸ 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!

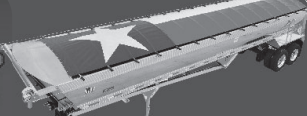
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Everybody's Talking

Heritage hold: In western Germany, Eltz Castle stands above a looping river and has remained under one family's care for roughly eight centuries. Different branches of the family once lived in linked sections, maintaining shared spaces through a cooperative arrangement that kept the property unified. That stability helped it avoid the conflicts that dismantled many older estates. Its mix of architectural styles reflects centuries of gradual changes shaped by the needs of its residents. Inside, furnished rooms still display artwork and heirlooms that survived shifting eras. The surrounding forest is protected as well, allowing visitors to see a landmark maintained through steady, long-term stewardship.

Alloy leap: Engineers exploring new metal mixes have created a 3D-printed aluminum blend that stays firm under high heat and remains much lighter than materials often used in aircraft parts. Their process relied on computer tools to narrow down promising combinations before shaping the final mixture layer by layer. The printed version formed tightly packed structures that held their strength during testing, surprising the team with how durable it became. Because of its heat tolerance, the new metal could help replace heavier pieces found in engines and other equipment. If adopted widely, its lighter weight could make future machines more efficient without altering how they look or work.

Land link: Along Turkey's northern Aegean coast, archaeologists have uncovered stone tools that suggest early humans once crossed a land route now hidden beneath the sea. The finds came from several spots near Ayvalik, showing people lived and traveled across terrain that later sank as waters rose. The region's shifting ground had long made evidence hard to detect, leaving major gaps in research. These tools, shaped in styles seen across Africa, Asia, and Europe, hint that this coastline may have offered another path into the continent. The research team that led the excavation believes future studies may uncover even more evidence. The results place Ayvalik on the map as a possible link in early human movement.

Glass mystery: A bargain purchase from a small thrift shop in the town of Moffat, Scotland, led an antiques hunter to a windowpane that may have once belonged to King Robert the Bruce in the 1300s. After cleaning away layers of grime, he uncovered a detailed figure surrounded by Latin text naming the Scottish ruler. Curious about its age, he contacted specialists who noted the medieval style of the paintwork and panel construction. Some historians suggested it might have been part of a castle linked to the king's campaigns across the region. The finder hopes the piece will be studied more closely, since its preserved condition suggests it may hold useful clues about where it truly came from.

Quoteable Quotes

"Truth is powerful and it prevails" —Sojourner Truth

"By forgetting the past and by throwing myself into other interests, I forget to worry." —Jack Dempsey

What's Happening

Blanton Museum of Art Every Tuesday visitors get free admission.

Round Rock Public Library presents: Retro-Computing Flashback! Wed. July 29, 4-7 PM. Check out and play 1980s computers and games from Commodore, TI, Atari, and Apple, on the original systems! Presented by local enthusiast Stacey Jurecka, for ages 16 and up. Location: RRPL Meeting Room AB

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Trivia

1. Mozart began composing music when he was ____ years old.
2. In chess, the game is over when this piece is checkmated.
3. Potter Philip Griebble invented the bird bath, garden gnome, or travel mug?
4. The word "berserk" comes from Viking warriors called Berserkers—T/F?
5. Which vegetable's popularity increased because of the comic Popeye?

(Flip bottom of page for answers)

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(Over)

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Your Weekly Horoscope

ARIES
(March 20 – April 19)



The usual caution for Aries is to avoid being too impatient. However, the energy at the start of this week gives you a green light to pursue your highest goals. Lucky numbers: 1, 12, 17, 29, 38, 44.

TAURUS
(April 20 – May 20)



A Taurus often relies on their physical senses in decision making and taking action. But midweek, you may have an opportunity to integrate a more intuitive approach. Lucky numbers: 6, 12, 13, 25, 40, 47.

GEMINI
(May 21 – June 20)



You may be in a stalemate early in the week regarding an important relationship. A resolution might be possible, but you need to keep your ego out of the situation. Lucky numbers: 5, 6, 11, 23, 24, 27.

CANCER
(June 21 – July 22)



At midweek, your emotions may want to take the reins. This might be a good time to process your feelings, but consider waiting a few days for any important decisions. Lucky numbers: 2, 4, 7, 19, 22, 38.

LEO
(July 23 – Aug. 22)



Your natural enthusiasm may get a big, midweek boost. Take advantage of opportunities offered, but be cautious about overdoing the situation. It may come back to bite you. Lucky numbers: 7, 11, 13, 26, 32, 41.

VIRGO
(Aug. 23 – Sept. 22)



At midweek, your normal grounded nature and attention to detail may be disrupted. Things could return to normal in a few days. Use this time for a much needed break. Lucky numbers: 8, 19, 20, 25, 42, 46.

LIBRA
(Sept. 23 – Oct. 22)



Is there something you want to do but haven't been able to summon the courage to begin? The energy at week's end might give you the boost you need. Lucky numbers: 13, 30, 32, 41, 43, 44.

SCORPIO
(Oct. 23 – Nov. 21)



Scorpio intuition may offer insights into the shadow side of others, which can be difficult to process. Midweek energy could help you find compassion. Lucky numbers: 4, 8, 23, 30, 42, 47.

SAGITTARIUS
(Nov. 22 – Dec. 21)



You may get a significant boost of energy at week's end. This might help you accomplish more than usual, but only if you are clear about what you want and why. Lucky numbers: 11, 15, 17, 36, 41, 45.

CAPRICORN
(Dec. 22 – Jan. 19)



A new opportunity may present itself early in the week. But it might require flexibility on your part, especially to integrate the needs of others into your plans. Lucky numbers: 9, 16, 20, 23, 31, 44.

AQUARIUS
(Jan. 20 – Feb. 18)



Your goals may have a long-term horizon. However, the full moon in the middle of the week might provide the energy to complete one component of your plan. Lucky numbers: 15, 19, 21, 22, 25, 40.

PISCES
(Feb. 19 – March 20)



Maintaining your emotional balance may be difficult midweek. Consciously focus on positive choices and actions right now. This dynamic should ease in a few days. Lucky numbers: 3, 6, 16, 20, 25, 37.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 17.

Did You Know...

Giant penguin: Fossils found in Antarctica reveal a prehistoric penguin that stood nearly seven feet tall (2 m), taller than most people today. This “colossus penguin” likely weighed as much as a person and could dive for long stretches underwater.

Vision revolution: Early glasses began as small glass lenses used by the Romans to read fine text. Centuries later, Italian craftsmen joined two magnifiers with a hinge, creating the first spectacles and literally changing how people saw the world.

Tire titan: LEGO, the well-known toy company, produces more tires than any major tire maker, turning out hundreds of millions each year for its toy vehicles. These small rubber wheels earn LEGO the title of the world's largest tire manufacturer.

Soapy genes: Most people enjoy cilantro for its bright, fresh flavour, but a few experience something very different. A genetic variation makes some people sensitive to certain compounds in the leaves, giving the herb an unmistakable soapy flavour.

Forest smile: In Oregon (U.S.), a reforestation project once arranged two types of trees into the shape of a giant smiley face. Each fall, their changing colours reveal the cheerful design to anyone traveling through the area.

On the Lighter Side

In Sweden, 30% of car accidents involve a moose. I say don't let them drive.

Goblin: “Are you ready to go out?”
Witch: “One minute, I have to use some scare spray.”

Knock! Knock! *Who's there?* Eileen. *Eileen who?* Eileen over to tie my shoes.

What do bees do with their honey? They cell it.

I hear the post office is a mail-dominated industry.

Answers

Trivia answers: 1. Five 2. King 3. Garden gnome 4. True 5. Spinnach

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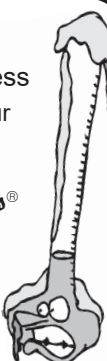
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