

TODAY HOROSCOPE

ARIES

Are you working at home now or perhaps considering it, Aries? If so, remember that you'll probably enjoy the comfort and freedom it provides. Being in your own territory among your books and pets and wearing your old clothes will feel good. However, in no way will working on your own compromise your work ethic. If anything, you'll get more done than ever. Dig in and go for the gold.

TAURUS

A social event in your neighborhood could connect you with people who share your spiritual and intellectual inclinations, Taurus. As a result, you'll probably make some new friends and spend a lot of time on the phone with them over the next few days. If you're single, one could be a potential love partner. If you're a writer or artist, expect oodles of inspiration to hit you as a result of all this.

GEMINI

A project that you're working on, perhaps job related, perhaps personal, is likely to require more creative skill than you usually need, Gemini. Writing, drawing, or computer graphics could be involved. You might have some doubts about your abilities, but you're more likely to be surprised by the results. You're apt to enjoy working this way, and you may hope to continue. Keep up the good work, and good luck!

CANCER

If you're artistic by nature, Cancer, expect a rush of inspiration to hit today, along with an irresistible compulsion to start a new project and work until you can see at least some results. If you've never been artistic before, you may suddenly feel like giving it a try, perhaps using computer technology. No matter what, you're likely to derive a lot of pleasure from it, so go to it. Have fun!

LEO

Something wonderful could happen to you today at home, Leo. A lover could declare eternal devotion, spiritual revelations could come thick and fast, or great news regarding career or money matters could be just over the horizon. Whatever comes is apt to bring happiness for all concerned. You may pinch yourself to make sure you're awake! Relax and enjoy it. You have it coming, and it's there to be savored.

VIRGO

Developments over the past few days could have you feeling very excited and particularly optimistic about your love life, Virgo. Communications with your beloved could take the form of romantic songs or poetry. If you want to give your friend a gift, by all means do, but confine it to something nonthreatening like a book. Everything seems great now, but too much emotional expression and material generosity could overwhelm your friend. Be patient!

LIBRA

If you're involved in the arts, Libra, expect today to hear about an opportunity to exhibit your work publicly. There should be a very positive reaction to it, so you can expect a lot of compliments and ego-boosts. An opportunity to earn some money from your work could also come along. Don't turn it down out of shyness or insecurity. Go for the gold. This trend is likely to continue, so make the most of it.

SCORPIO

Incredible feelings of enthusiasm, optimism, and sheer joy could fill your heart and mind today, Scorpio. Your life is changing in a positive way, and even though it may not be readily apparent, you're sensing it intuitively. Romance with someone from far away could be in the offing. If you're a writer, publishing is right around the corner. The only downside is that you might feel panicky, as if all this will disappear. Stay focused!

SAGITTARIUS

Some beautiful dreams or visions, perhaps involving angels, spirit guides, or other such beings, could come today, Sagittarius. Listen carefully to the messages they bring. Whether they involve matters in your material life, intellectual or spiritual concerns, or future events, they can shed light on a lot of facts about you of which you might not be aware. Write them down as soon as you can. You'll be glad you did.

CAPRICORN

Love and romance continue to blossom, Capricorn. Social events could find you and your beloved among both old and new friends, perhaps letting some of them know for the first time that you're actually an item. Someone close to both of you could be planning a wedding and invite you to come. Don't be surprised if it gives your partner ideas! Let yourself dream a little today. You can face reality tomorrow.

AQUARIUS

Are things really going this beautifully for you, Aquarius? This is a question you might ask yourself now. All looks perfect as career, romance, education, and spiritual matters seem to crystalize into a wonderful life. Don't waste time worrying if this is all too good to be true! You're concerned about the future, but right now, live in the moment. You're creating some great memories, if nothing else. Enjoy!

PISCES

Are things really going this beautifully for you, Aquarius? This is a question you might ask yourself now. All looks perfect as career, romance, education, and spiritual matters seem to crystalize into a wonderful life. Don't waste time worrying if this is all too good to be true! You're concerned about the future, but right now, live in the moment. You're creating some great memories, if nothing else. Enjoy!

Ultra-Processed Foods Linked to Higher Risks of Cancer: New Study

If you're a young adult with access to money, have little time, and no adult supervision whatsoever, a trip to the supermarket would probably look something like this: you head straight for the packaged food section and dump instant noodles into your basket, followed by a bunch of sugary snacks, soda, and then grab some cornflakes. And just before you reluctantly decide to sprinkle the basket with some sad-looking vegetables and fruits to convince yourself to eat healthy, that shiny packet of potato chips that costs way less catches your attention.

The problem here is that most of what you've bought is ultra-processed food — packaged products industrially manufactured, chemically or physically transformed, ready-to-eat, affordable and aggressively advertised. Now, we're not one to judge, and you don't have



to feel guilty about the choices you make — just more conscious.

As cheap and convenient as they are, these ultra-processed foods (UPFs) only improve your life on the surface while wreaking havoc within your body. Ahead of World Cancer Day, a recent study led by the Imperial College London has revealed that consuming UPFs in excess could be linked to an increased risk of developing and

monitored participants' health over 10 years, looking at the risk of developing any cancer overall as well as the specific risk of developing 34 types of cancer. They also looked at the risk of people dying from cancer.

The results showed that higher consumption of UPFs was associated with a greater risk of developing cancer overall — specifically ovarian and brain cancers. It was also associated with an increased risk of dying from these cancers. For every 10% increase in UPF in a person's diet, there was an increased incidence of 2% for cancer overall and a 19% increase for ovarian cancer specifically. Further, each 10% increase in ultra-processed food consumption was also linked to increased mortality for cancer overall by 6%, alongside a 16% increase for breast cancer and a 30% increase for ovarian cancer.

Nikon just launched the world's most versatile zoom lens for its full-frame cameras

Nikon's latest full-frame lens is its most versatile yet with a whopping 14.2x optical zoom that covers the 28-400mm focal length. That optical zoom range beats any other full-frame lens and smartphone today — not counting digital zooms like Samsung's 30-100x Space Zoom.

Optically, the Z 28-400mm f/4-8 VR is unlikely to be one of the best Nikon Z lenses — it's not a 'S' lens after all (Nikon's nomenclature for its professional lenses), but it certainly is the most versatile and could be the only lens you need to take traveling.

At its wide end, the 28-400mm is like the perspective of your phone's main camera — ideal for everyday observations, but its 14.2x optical zoom goes way beyond any other on the market, extending up to 400mm. That's plenty close enough for wildlife photos or capturing details of landmarks you simply can't get close to.



You'll need a steady hand when shooting at 400mm, so it's handy that the 28-400mm is equipped with optical stabilization up to 5 stops, or 5.5 stops when used with a Nikon Z camera that features Syncro VR, such as the Nikon Z6 II, with current firmware.

The 28-400mm lens' versatility stretches beyond its zoom capabilities: you also get excellent close-focusing down to 1.2m at the tele-

photo end and a max 0.35x reproduction ratio — that's decent close-up photography skills. A travel lens is nothing if it's too heavy, and fortunately the 28-400mm is only 725g, and should balance nicely especially with one of Nikon's DSLR-style mirrorless cameras like the Nikon Z5. It also features rubber seals around the mount and lens barrel to prevent dust and water from enter-

SU DO KU-074

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8		6		4	2

SU DO KU-SOLUTION -073

7	3	4	6	1	9	8	5	2
1	8	5	3	2	4	7	6	9
9	2	6	8	5	7	4	1	3
3	1	2	9	7	5	6	8	4
4	5	8	1	3	6	9	2	7
6	7	9	4	8	2	1	3	5
5	4	7	2	6	8	3	9	1
2	6	1	7	9	3	5	4	8
8	9	3	5	4	1	2	7	6

RECIPE: CHICKEN POT PIE

- INGREDIENTS:**
- 1 pound skinless, boneless chicken breast halves - cubed
 - 1 cup sliced carrots
 - 1 cup frozen green peas
 - ½ cup sliced celery
 - ? cup butter
 - ? cup chopped onion
 - ? cup all-purpose flour
 - ½ teaspoon salt
 - ¼ teaspoon black pepper
 - ¼ teaspoon celery seed
 - 1 ¾ cups chicken broth
 - ? cup milk
 - 2 (9 inch) unbaked pie crusts

DIRECTIONS:

Gather all ingredients.

Preheat the oven to 425 degrees F



(220 degrees C.)

Combine chicken, carrots, peas, and celery in a saucepan; add water to cover and bring to a boil. Boil for 15 minutes, then remove from the heat and drain.

While the chicken is cooking, melt butter in another saucepan over

medium heat. Add onion and cook until soft and translucent, 5 to 7 minutes. Stir in flour, salt, pepper, and celery seed

Slowly stir in chicken broth and milk. Reduce heat to medium-low and simmer until thick, 5 to 10 minutes. Remove from heat and set aside.

Place chicken and vegetables in the bottom pie crust. Pour hot liquid mixture over top. Cover with top crust, seal the edges, and cut away any excess dough. Make several small slits in the top crust to allow steam to escape.

Bake in the preheated oven until pastry is golden brown and filling is bubbly, 30 to 35 minutes. Cool for 10 minutes before serving.

JOKE

Two women are walking home from the bar, they both have to piss so they slip into a nearby cemetery. One uses her panties to wipe herself, and the other uses a reef off a head stone. Next night, the husbands meet at the bar, one looks at the other and says, "I'm gonna have to watch my wife, she came home with no panties last night." The other one says, "Oh well, mine came home with a card wedged in her ass saying, 'You were loved and will be missed by the whole entire fire department.'"

HELP LINE

Important Telephone Nos.	
Civil Secretariat	2547365-69
Jammu University	2435259,2435248
RRL, Jammu	2544382, 2549051
Army	2432453, 2432653
Municipality Jn. Lines	2578503, 2542192
Passport Office	2433359
Postal Services	
H.P.O. City	2543606
Gandhi Nagar	2435863
Fire Services	
City	2544263
Gandhi Nagar	2457705
Canal	2554064
Gangyal	2480026
Cooking Gas dealers	
Chenab Gas	2547633
Gulmoure Gas	2430835
H.P. Gas	2578456
Jakfed	2548297
Shivangi Gas	2577020
Tawi Gas	2548455
Power House	
Gandhi Nagar	2430180
Canal Road	2554147
Janipur	2533359
Nanak Nagar	2430776
Parade	2542289
Satwari (Jammu Cantt.)	2452813
City Hospitals	
G.M.C Jammu	2584290, 91, 94, 2584211,25
GMC Causality	2575364
S.M.G.S. Jmu	2547635, 258477
Govt. Hosp. G Nagar	2430041, 2431740
C.D. Hospital Jammu	2577064, 2548012
Dental Hospital Jmu	2544670
Psychiatric Diseases Hos.	2577444
Ascoms Sidhra	262251,262267, 262536, 39
B.N. Charitable	2555631, 2505310
Vivekanand Hospital	2547418
G.B. Pant Hosp, Satwari	2433500
Military Hospital Sat.	2435572
City Nursing Home	
Alfirdous, Bathindi	2466685
Ankur, Trikuta Nagar	2461922
Aastha, Amphalla	2576707
B.L. Suri Mem.Sainik Colony	2465059
Care& Cure, Trikuta Nagar	2470112
Green Court, Exch. Road	2546331
Harbans Singh Mem. Rehari	2578897
Kalandi, Subash Nagar	2573400
Kapoor's Bakshi Nagar	2579153
Katoch, Karan Bagh	2547821
Lochan, Trikuta Nagar	2473600
Madaan's G.Nagar	2463549, 2456727
Dayanand, B.C. Road	2545225, 2540198
Mediaid, Channi Himmat	2466744
Medicure Gandhi Nagar	2435070
Navyug, New Rehari	2560504
Pardeep, Nanak Nagar	2432148
Rameshwar, Bakshi Nagar	2580601
Sanjivani, GNagar	2433354
Sita, Gandhi Nagar	2435007
Suri, Talab Tillo	2505080
Suvidha, Canal Road	2555965
Triveni, Gandhi Nagar	2452664
Police Station, Jammu City	
Bagh-e-Bahu	2459777
Bakshi Nagar	2580102
Bus Stand	2566499
City	2543688
Gandhi Nagar	2430528
Gangyal	2481204
Nowabad	2565274
Pacca Danga	2448610
Railway Station	2472870
Sainik Colony	2468666
Satwari	2430364
Channi Himmat	2465164
Transport Nagar	2475444
Trikuta Nagar	475133,2470679
G. Nagar	2459660
S.S.P. City	2437807
S.P. South	2433778
Police Control Room	100
Airlines	
Air Port	2450520,21 ,2430449
Indian Airlines	2574312
Spice Jet	2431887
Go Air	2435668
Kingfisher	2432651
Jet Airways	2453999
RAILWAYS	
Railway Enquiry	131,132, 2476407
Booking	2470318
Reservation	2470315
TELECOM DEPARTMENT	
Directory Enquiry	197
Fault Repair	180
Billing Complaint	2543896
Trikuta Nagar Exchange	2470000
HELP LINE R S PURA	
Police Station Miran Sahib	263259
Police Station RS Pura	01923-250221
S D M R S pura	01923-252333
Tehsildar R S Pura	250223
Telecom R S Pura	250220
Fire Service R S Pura	252194
HP Gas Agency R S Pura	251567
Bharat Gas Agency R S Pura	251975
Community Health Centre R S Pura	250243