

TODAY HOROSCOPE

ARIES No doubt you're feeling attractive and passionate today, Aries. Don't be surprised if a former lover gets in touch with you to try and rekindle the old flame. The attention is flattering, to be sure, but you're unlikely to have any desire to pursue the relationship. You're happy with what you have right now. And as they say, "If it ain't broke, don't fix it."

TAURUS As you get older, you're drawn more and more to spiritual matters, Taurus. It isn't so much that you're embracing any particular religion, more that you're quite curious about the supernatural and some of the ancient arts. Take some time today to visit the library or bookstore and do some reading on the subject. You might want to form a study group with other like-minded individuals.

GEMINI Don't hesitate to try something new today, Gemini. If you've thought about joining a book club or taking a class, do it today! You're likely to meet some interesting people and enter a new social world. You might be tentative at first, but you'll find the group warm, friendly, and eager for your input. You'll talk like old friends by the end of the second meeting. This is just the infusion of fun you need!

CANCER You're likely to feel optimistic and enthusiastic about life today, Cancer. You might also feel especially sexy, a feeling you should definitely take advantage of! Why not plan a romantic evening with your loved one? Don't hesitate to talk about your travel dreams over dinner. You never know, he or she just might share your dream. Before you know it, the two of you could be winging your way to exotic lands.

LEO Today is full of possibilities, Leo. You could fall in love at first sight, or at least meet someone who captures your interest! You should be feeling especially loving, passionate, and eager to devote yourself to a worthy cause or creative activity. Don't expect everything to fall into place right away. You could hit a few obstacles, but the ultimate result will be worth the bumps along the way.

VIRGO You're looking beautiful and feeling passionate, Virgo. If only your passions could be reciprocated! Even though there may not be anyone special in your life right now, that's no reason to not treat yourself well. Go out for a nice meal or, better yet, order take-out and dine at home, complete with music, candles, and your finest china. You should appreciate yourself even if no one else does at the moment.

LIBRA This could be a frustrating day in the romance department, Libra. Communication is blocked at all levels. You're anxious to speak with your loved one, but simply can't reach him or her. Perhaps the phone system is malfunctioning or email is acting up. You feel as though the Universe is conspiring against you. Take heart. Your partner will contact you soon enough, and your reunion will be electric!

SCORPIO You have certainly felt better than you do today, Scorpio. We'll pause here while you go and fetch the aspirin. The stomachache and headache are simply the result of recent overindulgence. Don't worry - you'll be fit as a fiddle by tomorrow morning. Next time someone offers you multiple helpings of food or drink, however, you might want to consider politely declining!

SAGITTARIUS You could be feeling playful today, Sagittarius. Your romantic partner will certainly appreciate your fun-loving mood. Why not plan a fun day together doing something other than your usual routine? Rather than dinner and a movie, how about lunch and a visit to a museum or art gallery? You have both been working very hard lately. Your relationship will benefit from an injection of spontaneity.

CAPRICORN Don't be surprised if you have a desire to redecorate. The celestial energies have put you in the mood to rearrange your house a bit. Take care to not go overboard, Capricorn. You have a tendency to turn little projects into big ones. For now, content yourself with buying some flowering plants and perhaps new area rugs and throw pillows. Leave the kitchen and bath renovations for later.

AQUARIUS Be sure to answer all phone calls and open all letters and emails today, Aquarius. You're likely to receive some interesting news. You might get word from a former boss that you'd be perfect for a new position opening up in his or her office. Or perhaps an old lover makes tentative inquiries about renewing old bonds. Your eyebrows will rise in surprise at least once during this day. Expect the unexpected!

PISCES Just as a watched pot never boils, so, too, do anxiously awaited checks or letters refuse to arrive in the mail, Pisces. Beyond double-checking that the person or company has your correct address, there isn't much you can do but continue to wait. Trust that it will arrive shortly, and then your financial difficulties will be behind you.

Back to brown: how a shift away from refined white rice could cut diabetes

A plan to develop a new breed of iron-rich rice that could ward off disease was swiftly abandoned by Dr Sirimal Premakumara after he ventured into the countryside of Sri Lanka – and found it already existed.

The secret to injecting more nutrition into the common diet, he discovered, were already there in the varieties of rice the country's farmers had been growing for centuries.

So instead of researching new breeds, the University of Colombo lecturer has spent the past 10 years studying the brown, purple, red and glutinous varieties of rice still grown in small amounts by farmers in Sri Lanka, despite being almost forgotten as the market demanded piles of cheap white rice.

High yield white rice has been crucial to fighting global hunger, but its reputation is coming into question with concerns about its nutritional deficiencies and its links to type 2 diabetes.

Premakumara has so far documented 300 types of



rice with anti-diabetic, anti-inflammatory and antioxidant properties that could be developed for wider consumption. "It was the farmers who saved these traditional grains. We call it medicinal rice because they claimed it was like medicine, and we just wanted to verify those claims," says Premakumara, who focuses on Sri Lanka but fears that Asia as a whole has lost thousands of varieties through the industrialisation of rice farming over the past century.

Rice is a staple of diets across Asia, where 90% of the world's rice is produced and 78kg is eaten

each year per capita – more than double any other region – according to the UN's Food and Agriculture Organization. In Cambodia, Laos and Bangladesh, it provides the main source of carbohydrates and protein because so little else is consumed by the average person.

But white rice, which has been milled and polished to remove the nutrient-rich outer layers, is now closely associated with the continent's growing problem with diabetes. The International Diabetes Foundation predicts that, by 2045, diabetes will affect about 152

million people in south-east Asia, which includes India, Bangladesh and Sri Lanka, up from 35 million in 2000, and 260 million people in the western Pacific region, as classified by the IDF, which includes China, Japan and Thailand, up from 44 million 20 years ago.

Dr Vasanti Malik, Canada research chair in nutrition and chronic disease prevention at the University of Toronto, says her research shows that eating two or three servings of white rice a day increases the chances of developing diabetes by 16%, compared with eating smaller amounts. White rice, she says, is quickly absorbed because it lacks fibre and other micronutrients, prompting rapid spikes of blood glucose and insulin levels which, over time, increase the risk. "What has changed is that rice has become increasingly processed, lifestyle has become more sedentary and the combination of sedentary lifestyle and consumption of refined carbohydrates is particularly detrimental for diabetes risk," she says.

Qualcomm is coming for Intel's biggest market: PCs

Qualcomm (QCOM) is ramping up its efforts to win the AI PC race and heading for a collision course with Intel (INTC) and AMD (AMD), with the debut of its new Arm-based (ARM) Snapdragon X Plus chip for Windows-based laptops. The company previously announced its more powerful Snapdragon X Elite for Windows laptops in October.

The chips, which Qualcomm says will be available sometime in mid-2024, are designed to take on Intel's latest Core Ultra line of chips as well as Apple's M3 chip lineup.

The X Elite features a 12-core Oryon central processing unit (CPU), onboard Adreno graphics processing unit (GPU), and Qualcomm's Hexagon neural processing unit (NPU).



The X Plus packs a 10-core CPU, a built-in GPU, and a similar Hexagon NPU as the X Elite. The chips can also be outfitted with up to 64GB of memory.

Qualcomm is marketing both sets of chips as AI powerhouses, saying that they offer the world's fastest NPUs for laptops,

which allows for better overall performance while running local generative AI applications.

In most cases, generative AI apps run on large data center servers that you access via the web. That's great up until you don't have an internet connection. The idea behind local AI apps is that you're able to use them without needing to be online and your data stays on your device rather than on the internet.

But so far, there haven't been too many compelling onboard AI apps to get consumers running out the door to buy AI PCs. Despite that, the industry is banking heavily on the concept to help push sales throughout 2024. Intel, AMD, and Nvidia (NVDA) are marketing some of their high-end laptops as AI PCs. Outside of their AI capabilities, Qualcomm claims the Arm-based X Elite and X Plus lines offer better performance per watt than the Intel Core Ultra 7 155H and AMD Ryzen 9 7940HS chips. The X Elite and X Plus also consume less power than competing Intel and AMD chips, Qualcomm says.

SU DO KU-098

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SU DO KU- SOLUTION -097

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RECIPE: SPICY SAUSAGE BALLS WITHOUT BISQUICK

INGREDIENTS:
 1 pound bulk spicy pork sausage
 1 pound shredded sharp Cheddar cheese
 1 cup almond flour
 2 tablespoons coconut flour
 2 (.25 ounce) packages unflavored gelatin
 1 egg
 ½ teaspoon baking powder



degrees F (165 degrees C). Line a jelly roll pan with parchment paper. Combine sausage, Cheddar cheese, almond flour, coconut flour, gela-

tin, egg, and baking powder in a large bowl. Mix to combine using your hands, a stand mixer, or a food processor. Form mixture into uniformly-sized balls (about 1 1/2-inch diameter) and place on the prepared pan. Bake in the preheated oven until cooked through, 23 to 28 minutes. Remove sausage balls and let cool on the pan until oil is reabsorbed, about 5 minutes.

JOKE

A proud and confident genius makes a bet with an idiot. The genius says, "Hey idiot, every question I ask you that you don't know the answer, you have to give me \$5. And if you ask me a question and I can't answer yours I will give you \$5,000." The idiot says, "Okay." The genius then asks, "How many continents are there in the world?" The idiot doesn't know and hands over the \$5. The idiot says, "Now me ask: what animal stands with two legs but sleeps with three?" The genius tries and searches very hard for the answer but gives up and hands over the \$5000. The genius says, "Dang it, I lost. By the way, what was the answer to your question?" The idiot hands over \$5.

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
 Gulumour 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
 2555631, 2505310
 B.N. Charitable
 Vivekanand Hospital 2547418
 G.B. Pant Hosp, Satwari 2433500
 Military Hospital Sat. 2435572

City Nursing Home
 Alifirdous, 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 2436549, 2456727
 Dayanand, B.C. Road 2545225, 2540198
 Mediaid, Channi Himmat 2466744
 Medicure Gandhi Nagar 2435070
 Navyug, New Rehari 2565054
 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 2547807
 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

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 Police Station RS Pura 01923-250221
 S D M R S pura 01923-252333
 Tehsildar R S Pura 250223
 Telecom R S Pura 2502020
 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