

## TODAY HOROSCOPE

**ARIES** Your thinking is clear today and you'll find that it's right in sync with who you are, Aries. Find your strength in conversations in which you display your keen insight into the situation at hand. Your detective-like nature is especially active, and others will find it hard to pull the wool over your eyes now. Stay tuned in to what's going on around you.

**TAURUS** It's OK to be wrong, Taurus. If you know you've made a mistake, feel free to admit it. Don't let your ego stand in the way of progress. Others won't want to deal with you if you insist that what you're doing is right all the time when perhaps it isn't. Your mind may be a bit more fragile on a day like this, so try to be more sensitive and receptive than usual.

**GEMINI** Be careful about being too critical today, Gemini. You're likely to turn people away if you aren't careful with how you express yourself. This is a good time to listen and receive as opposed to deliver information. Let things stew in your head for a while before you make any major decisions. You're likelier to find a greater balance in the situation if you slow down and back off a bit.

**CANCER** Your mental ability could be rather sluggish and lazy today. It could be that you aren't feeling as sharp as you'd like, Cancer. This is most likely a sign that you simply need to slow down and relax. Don't feel as if you always need to deliver the keynote address. Be more of an audience member today and take advice from the other people up on stage.

**LEO** One of the important lessons of the day for you is to remember that emotions are powerful things to recognize and honor. Don't discount your feelings. In fact, it's most important that you embrace them with your whole being. Once you relax and settle into your true emotions, you'll find that your mind clears and you can make conscious, rational decisions about whatever issues come your way.

**VIRGO** Someone may be calling you on certain behaviors today, Virgo. It could be that your aggressive nature rubs someone the wrong way and they simply don't have thick enough skin to take it. You may not even be aware of how your warlike attitude affects those around you. This is a good day to see things from someone else's perspective in order to gain a bit more data on the situation.

**LIBRA** Your mind is thinking quite clearly today, Libra. You'll discover that you have a keen ability to tune into the subtle energies that are moving through your life right now. The good news is that your ego and brain are working together, and you may be able to strike a better balance between these two elements of your psyche much more easily than usual.

**SCORPIO** Your receptivity to new ideas is stronger than usual today, Scorpio. Listen to what people say and remember that you can learn from every person you meet. There's a lesson in every situation. Remember to keep your brain exercised, just like any other part of your body. To keep it working properly, you must make sure you give it the daily stimulus that it requires.

**SAGITTARIUS** Your mental clarity is astounding today, Sagittarius. You'll find that your pattern of thinking reflects exactly who you are at the core of your being. The moment you walk out the door this morning, you'll find that your brain wants to process everything. This action will give you greater assuredness and insight, making this a terrific day to stand up and speak your mind.

**CAPRICORN** Tune into the thoughts of others, Capricorn. Focusing only on yourself means you're missing the beauty and wisdom that come from other people. Respect their opinions the way you want them to respect yours. Your ego might get in the way of your brain until you embrace the lesson of sensitivity that it's trying to teach you. Take a back seat and let someone else do the talking.

**AQUARIUS** You'll find that your brain is extra sharp today and you have a greater sense of clarity regarding your purpose in life. It could be that your nurturing instinct is high and your general self-esteem depends on how useful you can be to the people around you. It may seem as if you're everyone's parent or watchful older sibling. Give people the advice they need to grow and be wiser.

**PISCES** Many people conduct their lives without really making conscious decisions about their actions. People walk around like they're asleep. Don't fall into this trap, Pisces. This is a good day to dust off your thinking cap and take action. Don't let others make decisions for you. Take control of your destiny. To maintain the balance today, it's important that you swing toward the sensitive side of things.

## Almond yogurt is the dairy alternative with the most nutrients, study finds

**P**lant-based alternatives to many animal products are growing in popularity, and researchers are still working to understand the nutritional value of plant-based options and how they compare to their animal-based counterparts.

A study published in *Frontiers in Nutrition* examined the nutritional value of several different types of plant-based and dairy yogurt products available in the United States. The authors found that almond yogurts had the highest nutrient density out of all the examined products based on the index scoring system they used.

Nutritional value of different yogurt types

The nutritional value of yogurts — both plant-based and dairy options — varies greatly. For this study, researchers wanted to look at key macro- and micronutrients of several plant-based and dairy yogurt options to compare nutritional values.

First, researchers collected data on yogurt products using a source called the Mintel Global New Products Database. Based on specific inclusion



and exclusion criteria, researchers included 1,074 dairy-based yogurts and 150 plant-based yogurts in their nutritional analysis.

Researchers used a guidance system called the Nutrient Rich Foods (NRF) index. This index gives foods specific scores based on beneficial nutrients and nutrients people should seek to limit.

Beneficial nutrients include protein, fiber, calcium, and vitamin D. Nutrients to limit include saturated fat, total sugar, and sodium. A higher score indicates higher nutrient density compared to the number of calories.

Researchers found that

improve nutritional value and fill in key nutrients that plant-based products may lack.

They note that minimizing certain components of dairy-based yogurts, such as saturated fat, while still considering the valuable nutritional benefits like those derived from protein could be considered in product development.

Health benefits of dairy vs plant-based yogurts

Yogurt is a popular food choice that may offer several health benefits and provide critical nutrients. Some yogurts can provide for protein needs. Yogurts can also contain certain probiotics. Trusted Source that may affect the immune response and the balance of healthy microorganisms in the body. Yogurt can come from dairy sources, but plant-based options are also available. As the authors of the current study note, plant-based yogurt options may be more environmentally sustainable. As plant-based yogurt products become more available, it is essential to consider their nutritional value and how it compares to dairy options.

Of all the yogurt types studied, almond-yogurt products scored the highest, indicating the highest nutrient density.

Both dairy and plant-based options contained additives of various gums and starches.

Researchers note that plant-based options may need to be fortified to

## Apple cuts iPhone price in India amid China slowdown

**A**pple has reduced the prices of its pro iPhone models in India by 3% to 4% after the country's government slashed import duties on imported smartphones to 15% from 20%. Apple's price cuts range from ₹300 (about \$3.6) for the made-in-India iPhone 13, iPhone 14 and iPhone 15, ₹2,300 (\$27.5) for iPhone SE and to up to ₹6,000 (\$72) for the iPhone 15 Pro and Pro Max.

This is the first time Apple has lowered prices on current-generation Pro models in India.

The price cut also comes at a time when demand for iPhones seems to be slowing down in China. Market research firm Canalys said this week that Apple's smartphone shipments in China had declined by 6.7% in the quarter ended June



compared to a year earlier.

"Apple is facing a bottleneck in mainland China," wrote Canalys research analyst Lucas Zhong. Apple declined to comment.

Though the price reduction is a welcome move, iPhones remain prohibitively expensive in India. The cheapest iPhone 15 Pro model, which costs \$999 in the U.S., still costs \$1,550

in India. India has emerged as a key overseas market for Apple, which is increasingly expanding its manufacturing base in the country. Apple's revenue from India jumped 42% to \$8.7 billion in 2023 from a year earlier, according to Morgan Stanley.

iPhone shipments in India climbed 39% to 9.2 million units in 2023, making it the company's fifth-largest market for its phones. India's market for iPhones is larger than any single country in the European Union, Morgan Stanley added.

Apple's share of the country's smartphone market is also surging as the domestic economy improves. The company's market share had reached double digits in Q4 last year, though the share has fallen since, according to UBS and Counterpoint.

News outlet Moneycontrol reported Friday that Apple plans to start assembling the pro models of its next generation iPhone models in India this year. Google announced last year that it too will begin manufacturing its smartphone, the Pixel line-up, in India starting 2024.

## SU DO KU-177

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## SU DO KU-SOLUTION-176

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

## RECIPE: STRATA

### INGREDIENTS:

½ cup broccoli florets  
3 slices whole wheat bread, cubed  
1 (14.5 ounce) can diced tomatoes with basil, garlic, and oregano, drained  
8 slices deli honey ham, shredded  
¼ cup shredded pepperjack cheese  
4 eggs  
¼ cup heavy whipping cream  
1 ½ teaspoons garlic powder  
salt and ground black pepper to taste

### DIRECTIONS:

Preheat oven to 375 degrees



F (190 degrees C). Grease a 9-inch square casserole dish. Place a steamer insert into a saucepan and fill with water to just below the bottom of

the steamer. Bring water to a boil. Add broccoli, cover, and steam until tender, 2 to 4 minutes.

Mix steamed broccoli, bread cubes, diced tomatoes, ham, and pepper jack cheese together in a large bowl. Beat eggs, cream, garlic powder, salt, and pepper together in a separate bowl; stir into broccoli mixture. Pour mixture into the prepared casserole dish.

Bake in the preheated oven until eggs are set in the middle, about 35 minutes. Allow to cool for 3 to 5 minutes before cutting.

## JOKE

An old man is met by his attorney, and is told he is going to be audited. He rides to the IRS office with his attorney, and when he gets there, he begins to talk with the IRS agent. "I bet \$2,000 I can bite my own eye!" The IRS agent agrees to the bet, believing it an impossible task. The old man laughs, pulls out his glass eye, and bites it. The IRS agent is dumbfounded. The old man bets \$3,000 he can bite his other eye. The IRS agent knows there's no way possible to do this, so he once more agrees. The old man cackles, pulls out his dentures, and bites his eye. Then the old man finally wagers, "I bet \$20,000 I can stand on the far side of your desk, pee over the desk, and get it into your wastebasket, without missing a single drop." The agent knows he won't be able to, so once more he agrees. The old man indeed misses, peeing all over the desk, and on the paperwork. The IRS agent jumps for joy, but then notices the attorney over in the corner moaning. "Are you all right?" asks the agent. "No! On the way over here, he bet me \$400,000 he could pee on your desk and you'd be happy about it!"

## 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  
2575364  
GMC Causality 2547635, 258477  
S.M.G.S. Jmu 2430041, 2431740  
Govt. Hosp. G Nagar 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 2436549, 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 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

### 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 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