

TODAY HOROSCOPE

ARIES Actions could be quick and intense today, Aries. Things may hit you like lightning, so be prepared for just about anything. Mentally stabilize yourself before interacting with others. Dress to demonstrate your power. You're a force to be reckoned with, not one to be stepped on. Violent emotions are apt to emerge. Don't fight the urge to release any anger you feel. Direct it appropriately.

TAURUS Your playful attitude is apt to be opposed by someone who refuses to see things your way, Taurus. Walk away from those who aren't committed to helping the situation. It could be that there are people who purposefully try to sabotage your plans. You're too smart to fall into this trap. Prove to others that even though you may be happy, it doesn't mean you're gullible.

GEMINI Today may be one of those days in which you're trying to paint a large area, but you only have a small brush. Your strokes are careful and calculated. You're doing a neat and precise job, but you're also doing things the hard way. Go easy on yourself and get a large brush. Make your strokes gigantic so you can cover more area with less effort.

CANCER You may be barking up the wrong tree today, Cancer. Before you waste all your energy on your podium proclaiming your thoughts to the world, it would behoove you to stop, look around, and notice your audience. How are they reacting to your tirade? Are people walking away or are they cheering? Perhaps you need to let someone else have a turn at the microphone.

LEO In an attempt to merge with infinity, you might overlook some basic life principles, Leo. Be careful about being seduced by those who want you to be involved in their drama. You might willingly acquiesce at first. You may not even realize how deep a hole you've dug until it's too late. Make sure you haven't alienated everyone so that there's still someone left to dig you out.

VIRGO Feel free to stand up for yourself, a cause, or another person today, even if you know it will cause tension among the others around you. A heated argument is likely to ensue, and it wouldn't be surprising if you were the catalyst. Passionate debates are right up your alley, so use this as an opportunity to demonstrate your courage and strength in what you believe.

LIBRA Your mind is apt to be fixed on one thing today, Libra, and you won't rest until you've obtained it. Perhaps it's a physical place you're trying to get to, a new gadget that you want to own, or a person you'd like to get to know better. Don't be surprised if you have to put up a bit of a fight in order to accomplish this goal, whatever it may be.

SCORPIO Things may happen right under your nose today, Scorpio, and you may not even be aware of it. The thing that will be obvious is your reaction to the situation when this hidden event suddenly comes to light. A passionate explosion is likely, due to people's heightened emotional state. Try to work with this energy instead of against it.

SAGITTARIUS It could be that close friends or family members are in sharp disagreement regarding a certain issue, Sagittarius. Try not to be too distressed by divisions among the people you love. Some may want you to take sides and express yourself fully on the situation. You may feel as if you're damned if you do and damned if you don't. Try your best to compromise.

CAPRICORN There is a great deal of emotion and drive to the day, just the way you like it, Capricorn. Make sure you don't get stuck with the short end of the stick as the day comes to a close. An honest fight or debate is one thing, but a harsh manipulation of people is another. Make sure you're involved in the former and not the latter.

AQUARIUS You're going to be a valuable asset to others today because of your rational mind and ability to think things through clearly. The stubborn forces around you aren't going to bend, but you have the unique ability to do so. Do your best to avoid fights, even though it will be tempting for you and others to want to let off some steam.

PISCES In your attempts to always be the nice, helpful one, Pisces, you might find that you're compromising some of your values. Know that balance and harmony are wonderful things, but they aren't always worth the price of self-sacrifice. Don't be someone you aren't just to maintain the peace. Your tolerance is apt to be tested today. Don't feel bad if you suddenly feel like fighting.

Breakfast Foods to Avoid for Belly Fat Loss, Says Science

For many people, breakfast is the most exciting meal of the day. You get to roll out of bed, make your favorite cup of coffee, and treat yourself to a nice meal to help jumpstart your day. And while there are plenty of delicious and healthy options out there to choose from, there are also some breakfast foods that may cause more harm than good. Research points out some specific breakfast items that are known to lead to potential health complications, including an increased risk of abdominal fat. Although it's perfectly healthy and necessary to have some amount of fat around your stomach, too much of it can be dangerous because it sits around your abdominal organs. Here are some of the foods you may want to limit if you're trying to avoid more belly fat, and for more healthy eating tips, check out The Worst Coffee Habits for a Flat Belly, Say Experts.



Before you reach for the bacon or breakfast sausage, you may want to know that processed meat is one of the worst foods for belly fat. In a report from the American Journal of Clinical Nutrition, processed meats were said to have a positive correlation to weight gain, only behind chocolate bars and crackers, and even more so than pancakes or waffles. The 2020

International Journal of Obesity suggest greatly limiting your consumption of processed meat (along with sugar-sweetened beverages and alcohol) in order to maintain low levels of visceral fat. White bread and other refined carbs can easily lead to more weight gain, especially around the stomach area. A report from the American Journal of Clinical Nutrition found that while whole grains were associated with less visceral fat, white bread had the opposite effect and was positively associated with an increase in visceral fat tissue. Switching to whole grains instead of refined carbohydrates can significantly improve not just bodyweight but your overall health in general, which is why some of the healthiest places in the world eat these grains on a

daily basis. Fast food is easy and affordable, but it, unfortunately, comes with a long list of health-related consequences. For one, fast food can be high in trans fats, which when consumed regularly have been found to lead to things obesity, heart disease, and diabetes. In fact, most research suggests we eliminate trans fats from our diets completely. Trans fats can specifically lead to more weight gain in the abdominal area, which was discovered after a study on postmenopausal women in Nutrition & Diabetes. Another study focusing on Iranian adults concluded that fast food consumption was related to an increase in metabolic syndrome, which includes conditions like abdominal obesity, high blood pressure, and high cholesterol.

Consuming too much added sugar is a quick way to derail your weight loss goals, and many popular cereals are loaded with it. According to a study found in the European Journal of Preventive Cardiology, added sugar was associated with a greater increase in visceral fat tissue, which is the dangerous type of fat that sits around your abdominal organs. If not kept in check, too much visceral fat can lead to health complications like high blood pressure, heart disease, diabetes, and stroke. Coffee by itself can actually be beneficial to weight loss. If consumed black or without a lot of cream or sugar, it can help by boosting your metabolism and energizing you throughout the day. Unfortunately, specialty coffee drinks that many of us get in the habit of ordering at our favorite cafe are full of sugar and added calories from fat. Beverages made with added sugar, such as specialty coffee drinks, soda, and sugary fruit juices have been linked to a number of health problems, including weight gain and abdominal obesity. Harvard Health even emphasizes that drinks with added sugar can sometimes be worse than sugar-heavy foods because these beverages come with little to no nutrients whatsoever.

Amazon Slashes Pixel 9 Price to Record Low, Clearing Stock Just Before Black Friday

Amazon is offering a great early Black Friday deal on the Google Pixel 9 and slashes the price to a record-breaking \$548 – a massive 31% off its regular \$799 price tag. This is an exceptional opportunity to grab Google's latest flagship smartphone which was released just a few months ago in August, at its lowest price ever. It's also the best current deal on Amazon for a premium smartphone.



The Pixel 9 boasts a stunning 6.3-inch Actua Display which offers vibrant colors and smooth visuals with its 120Hz refresh rate. This OLED screen delivers an immersive viewing experience rivaling that of the iPhone 16 and Samsung Galaxy S24. Under the hood, the Pixel 9 is powered by Google's Tensor G4 chip and 12GB of RAM for lightning-fast performance.

Best in Class Smartphone The device's battery life is equally impressive, lasting over 24 hours on a single charge, and up to an astounding 100 hours with Extreme Battery Saver mode activated. Google's commitment to longevity is further demonstrated by its promise of 7 years of OS (Android) and security updates so that the device stays current and secure for years to come.

But the Pixel 9 is not just a smartphone: it's a showcase of Google's latest AI advancements. It comes with Gemini (which is Google's built-in AI assistant) which offers features like Gemini Live for natural conversations and Pixel Screenshots for intelligent information saving. The device also includes advanced security features such as crash detection and emergency services connectivity in off-grid situations. Photography

enthusiasts will also appreciate the Pixel 9's camera system: it features a 50MP main sensor for exceptional image and video quality which is complemented by a new 48MP ultrawide camera that excels in macro photography. Google's AI-powered camera features, such as Best Take and Magic Editor, allow users to enhance their photos effortlessly. This is probably the best photophone on the market right now.

One of the standout features of this deal is Amazon's extended return policy. Customers have until January 31, 2025, to return their purchase, a significant extension from the usual 30-day window. This extended return period is particularly convenient for those considering the Pixel 9 as a Christmas gift, providing ample time to return the item if needed after the holiday season.

SU DO KU-274

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SU DO KU-SOLUTION-273

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RECIPE: CREAMY WHITE CHILI

- INGREDIENTS:**
 1 tablespoon olive oil
 1 pound skinless, boneless chicken breast halves, cut into 1/2-inch cubes
 1 onion, chopped
 2 cloves garlic, chopped
 2 (15.5 ounce) cans great Northern beans, rinsed and drained
 1 (14.5 ounce) can chicken broth
 2 (4 ounce) cans chopped green chiles
 1 teaspoon salt
 1 teaspoon ground cumin
 1 teaspoon dried oregano
 1/2 teaspoon ground black



- pepper
 1/4 teaspoon cayenne pepper
 1 cup sour cream
 1/2 cup heavy whipping cream
- DIRECTIONS:**
 Gather ingredients

Heat olive oil in a large saucepan over medium heat. Add chicken, onion, and garlic; cook and stir until chicken is no longer pink in the center and juices run clear, 10 to 15 minutes. Stir in beans, chicken broth, green chiles, salt, cumin, oregano, black pepper, and cayenne pepper; bring to a boil. Reduce heat and simmer until flavors have blended, about 30 minutes. Remove chili from heat; stir in sour cream and whipping cream until incorporated. Serve hot and enjoy!

JOKE

A teacher is teaching a class and she sees that Johnny isn't paying attention, so she asks him, "If there are three ducks sitting on a fence, and you shoot one, how many are left?" Johnny says, "None." The teacher asks, "Why?" Johnny says, "Because the shot scared them all off." The teacher says, "No, two, but I like how you're thinking." Johnny asks the teacher, "If you see three women walking out of an ice cream parlor, one is licking her ice cream, one is sucking her ice cream, and one is biting her ice cream, which one is married?" The teacher says, "The one sucking her ice cream." Johnny says, "No, the one with the wedding ring, but I like how you're thinking!"

HELP LINE

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 RRL, Jammu 2544382, 2549051
 Army 2432453, 2432653
 Municipality Jn. Lines 2578503, 2542192
 Passport Office 2433359

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 Govt. Hosp. G Nagar 2430041, 2431740
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 Rameshwar, Bakshi Nagar 2580601
 Sanjivani, GNagar 2433354
 Sita, Gandhi Nagar 2435007
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 Suvidha, Canal Road 2555965
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 City 2543688
 Gandhi Nagar 2430528
 Gangyal 2481204
 Nowabad 2565274
 Pacca Danga 2448610
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