

TODAY HOROSCOPE

ARIES Things are on the upswing for you today, Aries. People are finally coming around to see things from your perspective. There's no need to doubt yourself. Look in the mirror and know that the person you see is capable of accomplishing anything. Your powerful emotions are your allies. Don't be afraid to let your heart speak up loudly and clearly, the way it wants to.

TAURUS Take a step back from the line of fire today and examine your position. You've made some bold moves and now it's time to pause and evaluate. Listen to others' reactions. Take the observations and comments to heart. Other people may see things about your situation that you don't. Don't get boxed in by narrow-minded thinking. Digest what you learn and expand your horizons.

GEMINI You may not feel like you're in tune with your situation today, Gemini. Try not to get too pushy with your opinions about how things should be done. Honor other people's perspectives and approaches. It may be hard for others to commit to things the same way you do. Their methods may be different, but that doesn't mean they are necessarily any better or worse.

CANCER Try not to be too competitive today, Cancer. The more you try to drive your point across, the more it will meet stubborn opposition. This is a better day to observe the situation. Emotions are running high, and people aren't necessarily acting rationally. It will do no good to try to reason with someone determined to fight. Save your ammunition for something else.

LEO Sink into a soft, gentle rhythm and you flow with everything around you, Leo. Ease your mind about any worries. Your subconscious knows the way. The key today is sensitivity and intuition - your specialties. You don't need to be concerned about a thing. Everything will work out fine. Don't worry that you haven't prepared enough. Give yourself a break and relax.

VIRGO Now isn't the time to prove to people that you're the boss, Virgo. They would surely become defensive. You're much better off taking a sensitive, nurturing approach on a day like today. Focus your fire internally and use it to drive your own engine. Don't run over anyone else in the process or try to run their engine for them.

LIBRA This is a favorable day for you to deal with intimate and sensitive issues, Libra. You will be in comfortable situations that allow you to express what you believe. There's no need to hold back, because people will have a greater understanding of what it is you feel. You combine deep emotions with mental clarity and you're able to see through to the truth in other people's words.

SCORPIO There's a very heavy atmosphere around you that might feel stifling, Scorpio. Situations are cropping up that urge you to think practically with regard to your emotions. You will find that things go much more smoothly if you slow down and think about a situation before you proceed. Make sure you consider all the choices and what their effects will be on other people.

SAGITTARIUS Just when you thought that the whole world was turning on you, Sagittarius, things start to come back around. You will find that you don't need to hide. In fact, the more you let your true spirit emerge, the more allies you will gain. Your secret ambition to rule your world is becoming a much more attainable goal than you might have thought at first.

CAPRICORN The more you let your ego and fantasies swell today, Capricorn, the more friction you will encounter. Others aren't going to be fooled, nor are they going to want to deal with frivolity. You might consider letting someone else take the lead while you focus more on your internal energy. Don't be surprised if you cry for no apparent reason. It's important that the tears come out.

AQUARIUS The hard work and detail-oriented planning you've done lately are really starting to pay off, Aquarius. The key is to maintain your sensitivity and look to where you can be of service to others. Your nurturing side feels the need to express itself. Follow your heart today and be respectful of your emotions. The thing you need to be most conscious of is not overextending yourself.

PISCES You may not want to wander far from your bedroom today. That's fine. Take this opportunity to get things done around the house that make you feel like your energy is an important part of the atmosphere. Hang new pictures, read inspiring articles, and laugh at magazine cartoons that inspire your humorous side. Be soft and gentle with your words and actions. Just take it easy!

Winter Foods That Boost Good Cholesterol

The body, which is generally at rest, craves calorie-dense foods to stay warm as a result of the drop in body temperature, which is why the winter months are notorious for binge eating. All these indulgences in scrumptious foods and drinks could raise your cholesterol levels. Although high cholesterol can run in families, it is more often brought on by bad lifestyle decisions, making it both treatable and preventable. A healthy diet, persistent exercise, and occasional medication can all help lower high cholesterol. Read on as we share winter foods to boost HDL.

Here are winter foods that can help boost good cholesterol in winter:

1. Apples: Pectin, which can lower LDL cholesterol and enhance your LDL-to-HDL ratio, is a key component of this crisp fruit. Apples contain a ton of polyphenols as well. Additionally, a study found that those polyphenols may help the inflammation or clogging of your arteries by preventing the oxidation of LDL cholesterol.

2. Nuts: The heart-healthy fats found in nuts, such as Brazil nuts,



almonds, pistachios, and other varieties, as well as peanuts, which are technically legumes, are plentiful. They also include a lot of fibre and something called plant sterols in them. Plant sterols prevent your body from absorbing cholesterol. Just keep in mind that nuts contain a lot of calories, so use a measuring cup or scale to control your portion sizes if you're managing your intake.

3. Berries: The antioxidant components anthocyanins, phenolic acids, stilbenes, tannins, and carotenoids that are abundant in strawberries, blueberries, raspberries, blackberries, and cranberries have been related to reduced inflammation and

improved cholesterol levels.

4. Leafy greens: Dark leafy vegetables may help your body eliminate more harmful cholesterol by binding to bile acids and improve your HDL-to-LDL ratio noticeably. The antioxidant lutein, which has been demonstrated to stop cholesterol from adhering to arterial walls, may be responsible for this benefit.

5. Bananas: The potassium and fibre in bananas can decrease cholesterol and blood pressure. Because they are a good source of soluble fibre, which supports a healthy body and immune system, bananas are particularly well known for this benefit.

6. Pomegranate: Pomegranate juice contains antioxidants, specifically polyphenols. Pomegranate juice contains more antioxidants per volume than many other fruit juices. One of the many heart-protective benefits antioxidants are known to provide is a reduction in low-density lipoprotein (LDL, or "bad") cholesterol.

7. Cauliflower: Cauliflower has a lot of plant sterols, a type of lipid that helps stop the intestines from absorbing cholesterol. Along with this, there are omega-3 fatty acids, vitamin C, magnesium, antioxidants, and the anti-inflammatory vitamin K.

8. Fatty fish: By substituting fish for meat, which contains saturated fats that raise LDL, and omega-3 fatty acids that lower LDL, eating fish two or three times a week can lower LDL in two different ways. In addition to lowering blood triglycerides, omega-3 fatty acids shield the heart from developing irregular cardiac rhythms.

Keep these foods in mind if you have high bad cholesterol. HDL-rich foods can also help reduce bad cholesterol.

Samsung fires employees for leaking Galaxy S25 Ultra images ahead of launch

Samsung is just weeks away from unveiling its flagship Galaxy S25 series, but a misstep by some company employees has given the world an early look at the highly anticipated device. This, however, didn't sit too well with the company and the employees who were responsible for the oversight were fired by Samsung, as per a report by PhoneArena.

The leaked photos, which surfaced online, gave the public an unauthorised glimpse of the Galaxy S25+. These photos included visible device identification numbers—an oversight that allowed Samsung to trace the leak directly to



S25 Ultra launch details leaked?

The trouble began when Twitter user @Jukanlosreve shared images of the Galaxy S25+. These photos included visible device identification numbers—an oversight that allowed Samsung to trace the leak directly to

employees involved. As a result, multiple individuals lost their jobs.

Leaks are not new to the tech world, but they're a nightmare for companies like Samsung, which invest heavily in creating buzz for official product launches. While leaks can spark excitement,

they also ruin the element of surprise carefully planned for events like Unpacked.

Interestingly, this crackdown on leaks came just a day before renowned leaker Evan Blass posted additional images of the Galaxy S25 Ultra and S25+, along with a promotional poster confirming the January event. The S25 series, including the Ultra, S25+, and standard S25, is expected to set new benchmarks in the smartphone market.

For some, leaking images of highly anticipated devices is a lucrative side hustle. But as this incident shows, it's a risky move that can cost people their jobs.

SU DO KU-301

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4			2	8			1
3		8	7				2

SU DO KU-SOLUTION-300

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8	6	4	9	7	1	5	3	2
7	2	1	4	5	3	8	6	9
3	7	2	8	4	5	1	9	6
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RECIPE: VIETNAMESE FRESH SPRING ROLLS

INGREDIENTS:

2 ounces rice vermicelli
8 rice wrappers (8.5 inch diameter)
8 large cooked shrimp - peeled, deveined and cut in half
2 leaves lettuce, chopped
3 tablespoons chopped fresh mint leaves
3 tablespoons chopped fresh cilantro
1 ? tablespoons chopped fresh Thai basil
Sauces:
¼ cup water
2 tablespoons fresh lime juice
2 tablespoons white sugar
4 teaspoons fish sauce
1 clove garlic, minced
½ teaspoon garlic chili sauce
3 tablespoons hoisin sauce
1 teaspoon finely chopped



peanuts

DIRECTIONS:

Fill a large pot with lightly salted water and bring to a rolling boil; stir in vermicelli pasta and return to a boil. Cook pasta uncovered, stirring occasionally, until the pasta is tender yet firm to the

bite, 3 to 5 minutes.

Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat; place 2 shrimp halves in a row across the center, add some vermicelli, lettuce, mint, cilantro, and basil, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with lettuce. Repeat with remaining ingredients.

For the sauces: Mix water, lime juice, sugar, fish sauce, garlic, and chili sauce in a small bowl until well combined. Mix hoisin sauce and peanuts in a separate small bowl. Serve rolled spring rolls with fish sauce and hoisin sauce mixtures.

JOKE

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."

HELP LINE

Important Telephone Nos.

Civil Secretariat	2547365-69
Jammu University	2432529,2435248
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	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	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