



TODAY HOROSCOPE

ARIES




As much as you try to explain things, Aries, others simply aren't going to see them with your same intensity and do-or-die urgency. Be careful that you don't contrive a series of far-out stories that only partially reflect the truth. Make sure the picture you paint is accurate or else others may lose faith in your judgment.

TAURUS




Feel free to ignite your passion with the help of the people around you, Taurus. Join with those who share similar dreams and make a plan for accomplishing whatever you choose. The more creative you can be with your planning, data collecting, and execution, the better off you will be. The white-hot fire within you is ready to blaze.

GEMINI




You may get caught up in gossip if you aren't careful, Gemini, and people may find this off-putting. The maturity level of the conversation is apt to drop significantly if you insist on talking about others like they're soap opera characters. Build your self-confidence so you're comfortable and you don't need to use other people's lives as topics of discussion.

CANCER




Your enthusiasm is contagious, Cancer, and you should do what you can to share this feeling with others. In matters of the heart, have confidence that you know exactly where you stand. You also have the map of the surrounding area and beyond. You have the ability to get to any place you want to go. Accept the power that comes from strong connections in you and with people around you.

LEO




You may be at a high point right now and feeling very excited about things to come, Leo. You probably anticipate but have only a vague notion of what's just over the horizon. You may have a strong desire to rise high so you can see farther. In fact, you probably think that any place is better than your current spot. Have confidence in your future. It looks extremely bright.

VIRGO




Let your heart be the reassuring force in your life today if difficult emotional issues come to the surface, Virgo. Your feelings are apt to be at a climactic point in your month. Your general sensitivity toward the world is heightened. Try not to get too weighed down by these inner stirrings.

LIBRA




Be open and communicative about your feelings today, Libra. Most people find it easy to share facts or concrete information. The challenge is to share something from your heart. Don't think that feelings always need to be kept secret. Just the opposite is true. Make sure you leave the channels open for emotional expression.

SCORPIO




When you enter a room, Scorpio, the dynamic suddenly changes. Your presence has a powerful impact on other people. Don't take it lightly. People may hang on your words like they're listening to the queen address to her kingdom. Make sure the content of your speech reflects the gravity of the situation. Make every word count.

SAGITTARIUS




When it comes to issues of love and romance, you're likely to be in a tough situation, Sagittarius. The problem is that it may seem like there's an element of detachment developing. Your partner may be moving away from you instead of toward you. Either that, or you feel that he or she simply isn't relating to you as intimately as you'd like.

CAPRICORN




Your self-confidence will get you out of any sort of pickle you might be in today, Capricorn. Try not to get too emotional about any issue. Make sure that you keep things light and energetic. If you seem to be stuck in the mud, don't just sit there calling for help. Take the initiative to dig yourself out and move to higher ground.

AQUARIUS



Try not to get too worked up over other people's actions that don't concern you, Aquarius. Recent events may have triggered responses from others that now have a serious effect on you. Take some time to really think about what part you wish to play in this drama. Is it in your best interests to get involved? It's undoubtedly time to distance yourself from the situation.

PISCES



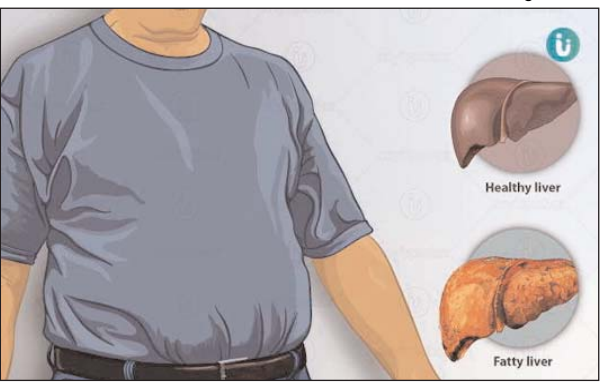
Emotionally, you should feel good today, Pisces, so don't let this confidence go to waste. Do things with your sweetheart and turn the dial up on romance. Your inner light is shining brightly, so know that you can use this to illuminate the path for others. Offer a sympathetic ear and comforting shoulder for someone to cry on tonight. People will be drawn to you like steel to a magnet.

Fatty Liver Symptoms: 4 digestive issues that may indicate severe fatty liver illness

Fatty liver disease, also known as hepatic steatosis, is a condition characterized by the accumulation of fat in liver cells. It is increasingly common worldwide and can range from a mild, reversible condition to a more severe form, nonalcoholic steatohepatitis (NASH), which can lead to liver damage and complications. Although fatty liver disease often occurs without symptoms, there are certain digestive problems that can indicate severe fatty liver disease.

Four key digestive symptoms that warrant attention and evaluation for individuals at risk of or diagnosed with fatty liver disease:

Dr. Amol Dahale , Consultant - Medical Gastroenterology Manipal hospital Baner says, "One of the most common symptoms associated with severe fatty liver disease is abdominal pain or discomfort. This



pain is often described as a dull, persistent ache in the upper right part of the abdomen, where the liver is located. They may be accompanied by a feeling of fullness or bloating. The pain can be mild to severe and worsen after eating a greasy or heavy meal. If you experience persistent abdominal pain or discomfort, be sure to see a doctor for proper examination and diagnosis."

Nausea and vomiting may also indicate severe fatty liver disease. When the liver is overloaded with fat, it can lead to inflammation and

impairment of its normal functions. This can affect digestion and metabolism of food, leading to nausea and occasional vomiting. These symptoms are more likely to occur after eating fatty or greasy foods. If nausea and vomiting occur frequently in conjunction with other digestive problems, be sure to see a doctor for further evaluation.

According to Dr. Dahale, "In advanced stages of fatty liver disease, experience loss of appetite and unwanted weight loss. This may be due to the liver being less

able to process nutrients and produce bile to help digest and absorb fats. As a result, the body may have difficulty absorbing important nutrients from food, leading to loss of appetite and subsequent weight loss. If you notice a significant and unexplained loss of appetite or weight, it is advisable to consult a healthcare professional for a comprehensive evaluation."

Jaundice is a yellowing of the skin and eyes that can occur in severe cases of fatty liver disease. It is caused by the accumulation of bilirubin, a yellow pigment produced when red blood cells break down. When the liver is unable to process bilirubin effectively, its accumulation in the body can occur, resulting in jaundice. In addition to yellowing of the skin and eyes, you may also notice dark-coloured urine and pale stools. If you notice any signs of jaundice, be sure to see a doctor immediately.

One UI 8 beta 2 starts rolling out for the Galaxy S25 series

Samsung released the first One UI 8 beta late last month for Galaxy S25 devices, giving users a glimpse of what's coming with their Android 16 update. Now that Google has also released stable Android 16, Samsung has gone ahead and released One UI 8 beta 2 to users.

The second One UI 8 beta build for the Galaxy S25 series (h/t Tarun Vats) is 1.2GB in size over the first update, and has the version number S938NKSU4ZYF3 / S938NOKR4ZYF3/S938NKSU4BYF3, depending on the region. This update is rolling out to users in South Korea, the UK, and Germany.

We're also seeing reports that users in India and Poland can now enroll in the beta program. However, we aren't yet seeing reports from users in the US for this update, though we reckon they will also receive the update very soon, as they were part of the first wave of



releases.

The changelog mentions the following changes:

New Features:

- Added user feedback feature to improve interpreter performance.
- Bugs that have been fixed:
- Fixed the Now brief text alignment issue and the morning briefing screen persisting issue
- Improved battery widget icon
- Fixed the issue with widget size on lock screen
- Increasing Fixed an intermittent fingerprint recog-

ognition screen failure and recognition errors- Fixed intermittent fingerprint unlock errors and file movement malfunctions in Secure Folder
- Fixed the issue with volume being lowered when making a Bluetooth call in a vehicle
- Fixed the issue where no sound is heard when a notification arrives during the game
- Fixed non-functioning errors in Galaxy AI weather and time wallpapers.
- Fixed the issue of not being able to go back when gesture recognition is

enabled. Fixed the issue of Air Command icon disappearing when S Pen is detached

Fixed the issue of the alarm sound not ringing when the Clock app is not updated after the Beta update

SW stabilization through updates to many apps including Camera app

Many other improvements: To enroll in the One UI 8 beta program on your Galaxy S25 series, you will need to download the Samsung Members app, sign in with your Samsung Account. If you are in an eligible region, you will see a One UI 8 Beta Program banner on the home page, which you need to click on and complete your registration. Once done, you can check for an impending update at Settings > Software update > Download and Install. Download the update and let us know your thoughts about the changes coming with Samsung's hottest new software release!

SU DO KU-140

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			6	1		3	5
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SU DO KU-SOLUTION-139

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

RECIPE: PUFF PASTRY CHERRY CROSTATA

INGREDIENTS:

- 1/2 (17.3 ounce) package frozen puff pastry sheets, thawed
- 1 pound cherries, pitted and halved
- 2 tablespoons brown sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon almond extract
- 1/4 teaspoon salt
- 1 large egg, beaten
- 1 tablespoon water
- 1 tablespoon turbinado sugar, or to taste
- 1 tablespoon orange marmalade (optional)

DIRECTIONS:

Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper.



On a lightly floured surface, roll a well-chilled puff pastry sheet into an approximate 11 to 12-inch round. Trim edges into a circle shape, and transfer to the lined baking sheet.

Stir cherries, brown sugar, corn-

starch, cinnamon, almond extract, and salt together in a bowl until cherries are well coated. Spoon cherry mixture into the center of the pastry, leaving a 2-inch border. Lift up edges of the crust, and fold around, overlapping the cherry mixture.

Whisk egg and water into an egg wash, brush edges of the pastry, and sprinkle with turbinado. Bake in the preheated oven until cherries are tender and crust is golden brown, 23 to 30 minutes. Warm marmalade in the microwave until melted, 15 to 20 seconds, and drizzle over the cherries to glaze.

Allow to cool for about 15 minutes before cutting into wedges to serve.

JOKE

So two Irishmen are traveling to Australia. Before they leave home, one of their dads gives them both a bit of advice: "You watch them Aussie cab drivers. They'll rob you blind. Don't you go paying them what they ask. You haggle." At the Sydney airport, the Irishmen catch a cab to their hotel. When they reach their destination, the cabbie says, "That'll be twenty dollars, lads." "Oh no you don't! My dad warned me about you. You'll only be getting fifteen dollars from me," says one of the men. "And you'll only be getting fifteen from me too," adds the other.

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	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	2478007
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