

TODAY HOROSCOPE

ARIES

Love blossoms today as communication with your beloved is enhanced by an increased understanding on both your parts, Aries. You feel more at ease in each other's presence, and you project a united front in the company of others. At some point, both of you will probably go out with a group of friends. Expect some exciting and fascinating discussions with the others, which you'll probably continue once you're alone together. Have fun!

TAURUS

A number of visitors might come to your house today, Taurus, perhaps to discuss matters of interest to all of you. Some intense disagreements could arise, but you'll be able to keep it all together. An intellect enhanced by intuition enables you to understand and explain complex ideas, and you'll also be able to derail misunderstandings before they even happen. Providing tasty treats could also help smooth ruffled feathers.

GEMINI

If you're into computers and the Internet, Gemini, you can expect to spend a lot of time today staring at a screen. You may be doing some writing or web design or animation, but whatever it is, you'll probably find it noticeably better than what you usually produce. Intellect joins with intuition to produce inspiration and insight. Make the most of it now and you might develop some new and lasting skills!

CANCER

Using computers either to increase your income or manage your money may have seemed like Greek to you, Cancer, but today you'll probably catch on very quickly. Your natural practicality joins with an enhanced intellect and heightened intuition to give you an advantage you don't usually have. If you concentrate on learning it all today, it'll probably continue to be useful for you for a long time. Go to it!

LEO

Intellect and feelings are totally joined today, Leo, especially when dealing with friends. Your basic understanding of others is also enhanced by a keener sense of intuition. You might become interested in a cause of some kind, perhaps metaphysical, social, ecological, or humanitarian in nature. There could well be more than one that you find appealing right now. Use your expanded mental and emotional capabilities to discern which are best for you.

VIRGO

A focused and enhanced practical turn of mind, strengthened by intuition, may be of great help to you today when considering career matters, Virgo. A change is in the wind and you might want to give considerable thought to different options that may be opening up to you. Don't think you have to rush into making a decision, however. It might be a good idea to let different possibilities simmer in your subconscious for a day or so.

LIBRA

You probably won't want to spend much time at home today, Libra. Most likely you'll want to be out and about, perhaps at a large gathering, perhaps just strolling down a city street watching the people go by. Insights and revelations come to you that you'll probably be able to make more sense of than you usually do, because mind and feelings are joined in a very effective partnership. Write your ideas down! Enjoy your day.

SCORPIO

Your imagination is flying high today, Scorpio. Intellect and intuition join together in a vivid and explosive union where the whole is definitely greater than the sum of the parts. Don't waste this energy. Get busy and work on whatever creative projects you're involved with, or start one if there aren't any. This energy may not come around again for a while and you'll want to make the most of it. Have fun!

SAGITTARIUS

Thoughts of travel could be on your mind today, Sagittarius, and you might tinker with the idea of actually taking time off and going somewhere that you've always wanted to visit. A friend or love partner might want to accompany you. The only problem might be figuring out what place you want to see the most. This could involve a rather difficult decision. Don't let it become obsessive. Follow your heart.

CAPRICORN

Some unusual dreams may come to you tonight, Capricorn, and you might awaken with the idea that they're very important. The images should be very clear, however, and you probably won't have much trouble working out what they mean. Intellect joins with intuition today in a rush of insightfulness. Make the most of this advantage now, and later decide how best to act on your revelations.

AQUARIUS

Relationships of all kinds should be thriving at this time, Aquarius. Mind and emotions join together in a beneficial partnership, enabling you to increase your understanding of those close to you. Romantic involvements strengthen in particular, as an understanding of your partner's values, attitudes, and motivations becomes clearer to you. Make your new insights known to everyone around you, preferably in a subtle rather than verbal way. The latter might sound patronizing.

PISCES

Work of all kinds gets done a lot faster, Pisces, as friends or family members join in assisting you in getting it out of the way. You've made this possible because your intellect has joined with your emotions in strengthening your communication with others. The old saying, "You can catch more flies with honey than with vinegar" is very true, and you'll learn all about it today! After the tasks are complete, throw an impromptu party!

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 dietary guidelines



from the 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.

Apple Watch makes it much easier to detect arrhythmia, study reveals

The Apple Watch continues to see praise for its health-related applications, with a new study outlining its usefulness in identifying atrial fibrillation in asymptomatic patients. Apple's focus on health is evident across the company's product line. Alongside a dedicated Apple Health app, the iPhone maker continues to upgrade its various platforms with health-related features and hardware. The Apple Watch, in particular, has gained a variety of useful capabilities over the years, from sleep apnea detection to electrocardiogram and photoplethysmograph functionality. Apple's smartwatch has been credited with saving the lives of its users and even detecting undiagnosed atrial fibrillation. Now, as reported by 9to5mac, a newly released study has provided



additional details about how useful the Apple Watch can be for identifying heart arrhythmias. On Thursday, research from Amsterdam UMC outlined that smartwatches with ECG and PPG capabilities, like the Apple Watch, "improve the detection of atrial fibrillation in comparison with standard care." The researchers behind the study reached this conclusion by analyzing data taken

from 437 patients over the age of 65, all with an elevated risk of stroke. 219 patients wore an Apple Watch for 12 hours a day for six months, while 218 patients only received standard care. After six months, 21 of the patients with an Apple Watch were diagnosed, with 57% of them showing no symptoms. Of the patients who received standard care, only 5 of them received a diagnosis, and all of them had

clear symptoms. The results of the study were presented in London at the annual symposium of the European Society of Cardiology. "Using smartwatches with PPG and ECG functions aids doctors in diagnosing individuals unaware of their arrhythmia, thereby expediting the diagnostic process," said Michiel Winter, cardiologist at Amsterdam UMC. "Our findings suggest a potential reduction in the risk of stroke, benefiting both patients and the healthcare system by reducing costs. This reduction would offset the initial cost of the device." The advantages of wearing an Apple Watch are clear, with reports and studies like these serving as the perfect illustration of why that's the case. As the Apple Watch platform continues to evolve, we could see more accurate health predictions with the help of AI, including ChatGPT.

SU DO KU-022

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SU DO KU-SOLUTION -021

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RECIPE: GRAS KING CAKE

INGREDIENTS:
PASTRY:
1 cup milk
¼ cup butter
2 (.25 ounce) packages active dry yeast
2 cup warm water (110 degrees F/45 degrees C)
½ cup white sugar
2 eggs
1½ teaspoons salt
½ teaspoon freshly grated nutmeg
5½ cups all-purpose flour
FILLING:
1 cup packed brown sugar
1 tablespoon ground cinnamon
? cup chopped pecans
½ cup all-purpose flour
½ cup raisins
½ cup melted butter
FROSTING:
1 cup confectioners' sugar
1 tablespoon water



the warm water with 1 tablespoon of the white sugar. Let stand until creamy, about 10 minutes. When yeast mixture is bubbling, add the cooled milk mixture. Whisk in the eggs. Stir in the remaining white sugar, salt and nutmeg. Beat the flour into the milk/egg mixture 1 cup at a time. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 to 10 minutes. Lightly oil a large bowl, place the dough in the

bowl and turn to coat with oil. Cover with a damp cloth or plastic wrap and let rise in a warm place until doubled in volume, about 2 hours. When risen, punch down and divide dough in half. Preheat oven to 375 degrees F (190 degrees C). Grease 2 cookie sheets or line with parchment paper. To Make Filling: Combine the brown sugar, ground cinnamon, chopped pecans, 1/2 cup flour and 1/2 cup raisins. Pour 1/2 cup melted butter over the cinnamon mixture and mix until crumbly. Roll dough halves out into large rectangles (approximately 10x16 inches or so). Sprinkle the filling evenly over the dough and roll up each half tightly like a jelly roll, beginning at the wide side. Bring the ends of each roll together to form 2 oval shaped rings. Place each ring on a prepared cookie sheet. With scissors make cuts 1/3 of the way through the rings at 1 inch intervals. Let rise in a warm spot until doubled in size, about 45 minutes. Bake in preheated oven for 30 minutes. Push the doll into the bottom of the cake. Frost while warm with the confectioners' sugar blended with 1 to 2 tablespoons of water.

JOKE

Jim, Scott and Alex are tired after traveling all day and check into a hotel. When they get to reception, they find out they'll have to walk 75 flights of stairs to get to their room because the elevator is out of order. Jim suggests that they do something interesting to pass time while they walk the 75 flights. Jim will tell jokes, Scott will sing songs, and Alex will tell sad stories. So Jim tells jokes for 25 flights, Scott sings songs for 25 flights and Alex tells sad stories for 24 flights. When they reach the 75th floor, Alex tells his saddest story of all, "Guys, I left our room key at reception."

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, G.Nagar	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