

## 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 keen 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

## 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

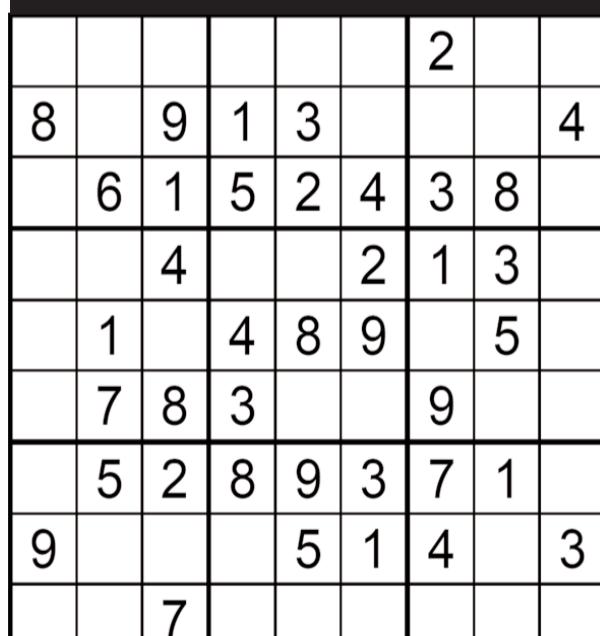
additional details about how useful the Apple Watch can be for identifying heart arrhythmias.

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."

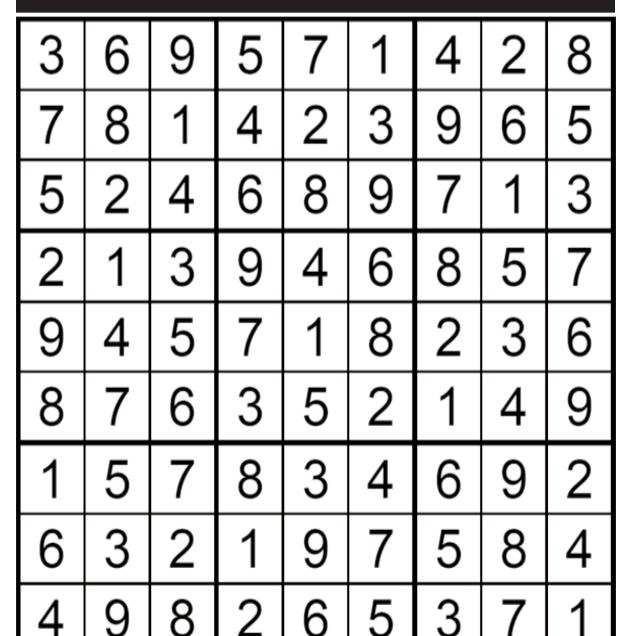
The researchers behind the study reached this conclusion by analyzing data taken

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

## SU DO KU-022



## SUDOKU-SOLUTION-021



## RECIPE: GRAS KING CAKE



## INGREDIENTS:

PASTRY:  
1 cup milk  
1/4 cup butter  
2 (.25 ounce) packages active dry yeast  
2/3 cup warm water (110 degrees F/45 degrees C)  
1/2 cup white sugar  
2 eggs  
1 1/2 teaspoons salt  
1/2 teaspoon freshly grated nutmeg  
5 1/2 cups all-purpose flour

FILLING:  
1 cup packed brown sugar  
1 tablespoon ground cinnamon  
2 cup chopped pecans  
1/2 cup all-purpose flour  
1/2 cup raisins  
1/2 cup melted butter

FROSTING:  
1 cup confectioners' sugar  
1 tablespoon water

DIRECTIONS:  
1. Scald milk, remove from heat and stir in 1/4 cup of butter. Allow mixture to cool to room temperature. In a large bowl, dissolve yeast in

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 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
Gulmour 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,
GMC Causality	2575364
S.M.G.S. Jnu	2547635, 258477
Govt. Hosp. G Nagar	2430041, 2431740
C.D. Hospital Jammu	2577064, 25