

TODAY HOROSCOPE

ARIES Too much work and the resulting pressure over the past few days could have you feeling too tired to do anything more, Aries, although your optimism and enthusiasm are still intact. Don't be too hard on yourself if you're dragging a little toward the end of the day. You'll be able to recharge your batteries before tomorrow. In the evening, relax at home with a good book.

TAURUS Romance blossoms for you tonight, Taurus, perhaps after a long period of standing still. A new sense of stability and security may settle on love relationships and close friendships. Children could also be a source of warmth and pleasure. You might want to channel some of this positive energy into creative activity of some kind, which will increase your sense of contentment and well-being.

GEMINI Tonight you might host a social gathering, perhaps for business associates. You could be nervous at first, Gemini, wondering if all will go as well as you hope, but your efforts should produce the results you want. You might be introduced to new contacts, leading to increased opportunities. Take a walk after it's over. Your mind will be churning, and you'll want to clear your head.

CANCER Paperwork, perhaps contracts or other legal documents of some kind, might need attention so you can move ahead with some of your projects. These projects could involve writing or speaking. Your mind is in just the right space to participate in anything involving communication. Cancer, and doors of opportunity may open up for you in this field. Gird your loins and get to it. You'll be glad you did.

LEO The financial picture continues to improve, Leo. At some point during the day, you might have the feeling that you aren't working hard enough to keep the forward motion going, and you might feel panic rise. This could prove a good motivating factor, but you don't need to push yourself harder than you're going now. You're on a roll and it's likely to continue. Just pace yourself.

VIRGO Even though all continues to go well for you, Virgo, your mood may go up and down today. In spite of all the great things in your life, you might find yourself feeling a little blue sometime during the day. Don't read too much into it. It's probably just the result of low biorhythms. Try to distract yourself with work. This evening talk or text with some friends who always cheer you up.

LIBRA Trying to get too much work done in the course of one day might prove self-defeating today, Libra. Your energy isn't what it usually is, and you're probably operating on nervous energy. Consider the situation and list your tasks in order of urgency. The world won't come to an end if you don't get them all done today. In the evening, stream some favorite shows, order a pizza, and relax.

SCORPIO A depressed friend may need cheering up. Your ability to nurture and listen sympathetically will prove beneficial, Scorpio. Take care not to absorb any of this person's dejection. Your own life should continue to go well, with business and career successes leading to new friendships and goals. Hang onto your own enthusiasm and optimism while extending a compassionate ear to others.

SAGITTARIUS Too many projects to complete might have you feeling just a little bit pressured, Sagittarius. However, your innate determination is likely to drive you on to try to get it all done even if it seems impossible. Don't try to do it all yourself. Don't be afraid to ask for a little help. This might accomplish your ends without putting undue burdens on yourself.

CAPRICORN You've been doing well, Capricorn, but today you might be feeling more focused than ever. The path ahead seems clear and well defined. You're looking forward to the future with motivation and anticipation. You might be considering a travel adventure or perhaps going back to school for an advanced degree. Today is a good day to start doing some research and finalizing your plans. Go to it.

AQUARIUS The astral energy indicates positive financial news. A settlement, grant, or bonus of some kind that you've anticipated for a long time may finally manifest. You might want to celebrate, Aquarius. A chance to attend a large gathering might come your way. Have fun. Tonight, don't be surprised if you have vivid dreams - some great, some sad. Keep paper and pen handy so you can write them down.

PISCES Today you'll put a lot of energy into business, personal, or romantic partnerships. They're likely to be especially beneficial now, Pisces. So even if you prefer to work alone, this is the time to explore the possibility of joining with those who share your ambitions. Romantic partnerships formed or advanced today are likely to prove stable and enduring. Don't let fear stand in your way. Move ahead.

Eat green veggies to keep dementia away, says expert

We must start taking care of ourselves from our late 30s to build cognitive reserves and guard against dementia," says leading Alzheimer's expert and neurology professor at the All-India Institute of Medical Sciences, New Delhi, Manjari Tripathi, flagging the challenges being posed by the disease that is progressively expanding.

The government data on Alzheimer's disease, the commonest form of dementia, shows a three-fold rise in the prevalence of cognitive decline over, signalling the urgent need to address risk factors for the chronic neuro-degenerative disease which leaves patients and families broken on account of



the massive psychological and medical costs.

Tripathi, associated with The Alzheimer's and Related Disorders Society of India (ARDSI), an organisation that holds regular awareness workshops on the issue, defines dementia as a "change in the baseline that causes a person to become cognitively dependent on another".

The AIIMS expert emphasises the importance of awareness noting that many cases of Alzheimer's are overlooked at the early stage, with people mistaking them for signs of ageing which these are not.

Listing actions necessary for avoiding dementia, Tripathi says lifestyle and daily routine play an important role in warding off

the disease. She stressed upon the importance of social interactions. Engagement with society, according to her, is an important factor that can keep the brain active. Tripathi also says adequate sleep is important and so is controlling blood pressure and diabetes and eating healthy.

Delving into the role of stress in dementia progression, Tripathi says completely eliminating stress is not possible but she warned against 'toxic stress'. The AIIMS expert also said home-cooked meals should be preferred, specially green vegetables. She says passive activities such as television-viewing and smart-phone use should be avoided for extended periods of time.

New OnePlus compact flagship leaks with Snapdragon 8 Elite Gen 6, 6.3 inch screen

A new leak from tipster Digital Chat Station suggests OnePlus is already testing a compact flagship successor, reportedly featuring a 6.3-inch flat display and Qualcomm's unreleased Snapdragon 8 Elite Gen 6 chipset. The device is believed to be the OnePlus 16T, with a likely Q1 2027 launch window, though whether it reaches global markets remains uncertain as OnePlus continues scaling back its international presence. We recently covered that OnePlus might be scrapping its plans to launch the OnePlus 15s, which was expected to be the global version of the China-exclusive OnePlus 15T. This potential cancellation lines up with ongoing reports that



the company is scaling back its operations in several international markets.

However, even if the 15s never sees the light of day globally, OnePlus hasn't abandoned the small-phone form factor. A new leak from reliable tipster Digital Chat Station suggests the company is already testing its next compact device. The prototype reportedly features a 6.3-inch flat

display and is being tested with Qualcomm's unreleased Snapdragon 8 Elite Gen 6, a next-generation chip built on a 2nm process.

While the tipster didn't explicitly name the phone, packing a top-tier flagship processor strongly points to this being the OnePlus 16T. Aside from the screen size and the chipset, the final specs are still up in the air. But since development is report-

edly progressing smoothly, we are likely looking at a launch window in the first quarter of 2027, which tracks perfectly with the March debut we saw for the 15T this year. The real question is whether this next-generation compact phone will ever leave its home market. With the 15s looking like a casualty of OnePlus's global pullback, we will just have to wait and see if this new model eventually gets a global release as the OnePlus 16s next year. For context, the OnePlus 15T features a 6.32-inch AMOLED display with a 165Hz refresh rate. Similar to the standard OnePlus 15, the 15T uses the Snapdragon 8 Elite Gen 5 chipset. It comes with a 50MP dual rear camera setup and a 7,500mAh battery.

SU DO KU-153

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SU DO KU-SOLUTION-152

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

RECIPE: BEST LEMON BARS

INGREDIENTS:

1 cup butter, softened
1/2 cup white sugar
2 cups all-purpose flour
4 eggs
1 1/2 cups white sugar
1/4 cup all-purpose flour
2 lemons, juiced

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, blend together softened butter, 2 cups flour and 1/2 cup sugar. Press into the bottom of an



ungreased 9x13 inch pan. Bake for 15 to 20 minutes in the preheated oven, or until firm and golden. In another

bowl, whisk together the remaining 1 1/2 cups sugar and 1/4 cup flour. Whisk in the eggs and lemon juice. Pour over the baked crust. Bake for an additional 20 minutes in the preheated oven. The bars will firm up as they cool. For a festive tray, make another pan using limes instead of lemons and adding a drop of green food coloring to give a very pale green. After both pans have cooled, cut into uniform 2 inch squares and arrange in a checker board fashion.

JOKE

Three old friends got together and were discussing what movie they had watched when they conceived their children. One lady says she had just watched a movie called *The Search for One-eye Jimmy* and nine months later she gave birth to her baby. Another lady says, "Oh, I saw the movie *Snow White and the Seven Dwarfs* and then nine months later I had septuplets." The last lady gasps and exclaims, "Oh no, I just watched *101 Dalmations!*"

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	2547807
S.P. South	2432778
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