

TODAY HOROSCOPE

ARIES

Someone who interests you could seem to be showing interest in someone else. This might arouse your insecurities and cause a bit of jealousy. Don't make yourself crazy, Aries. All may not be as it seems. Try to discern the facts. Invitations to do more than one thing on the same night might force you to make an uncomfortable choice. Make the one that suits you best.

TAURUS

Someone is keeping secrets from you. We all have private issues, Taurus, but this situation affects you. Your intuition will probably tell you who the person is. Try to get them to open up without exerting pressure. Unfinished tasks could drive you crazy. You may try to race through them, which can cause too much stress. Get the crucial ones done and let the others go. Relax with a movie tonight.

GEMINI

Circumstances beyond your control might get in the way of attending a group event. This could cause some disappointment for you and others, Gemini. It's best to find something else to do. Your own project is likely to need some attention, and this could prove to be a challenge that keeps you engrossed for hours. Treat yourself to takeout tonight.

CANCER

A female visitor who needs some sympathy could contact you today. She may want advice on some problems, Cancer, but she could also bring information, possibly involving new scientific or metaphysical studies that you find fascinating and that you'll want to relate to others. This information could trigger your own insights. Write down your ideas. You'll want to remember them.

LEO

Some important plans, perhaps involving a vacation or education, could be temporarily blocked by circumstances beyond your control, Leo. This can make you upset and might even set your temper on edge. You may be tempted to take out your frustrations on others. It would be more productive - and challenging - to find ways to make your plans work, even if they're delayed.

VIRGO

A letter or call could arrive today bringing upsetting news about money, Virgo. Your first reaction might be to blame yourself or someone else, but the circumstances are probably beyond anyone's control. Chances are it can be set right. Before anyone gets too upset, it's best to investigate and find out what needs to be done. It might take some effort, but all will be well.

LIBRA

Jealousy could rear its ugly head today, Libra. This could involve a romantic relationship. Jealousy is often groundless, so avoid it by doing some communicating. This is the time to make the effort to turn a disadvantage into an advantage. Strong emotions can work for you under some circumstances. A passionate reconciliation is better than an angry estrangement.

SCORPIO

Nervous tension could cause a temporary malaise that keeps your energy very low today. But there are tasks that need to be done, Scorpio, so you'll probably try to do them in spite of the way you feel. Try not to overwork yourself or take your weariness out on others. It's better to let some things go than make yourself and everyone else that much more stressed out.

SAGITTARIUS

A group with which you're affiliated may be temporarily torn apart by quarrels among its members, Sagittarius. It's best to stay out of it. A friend could be having trouble and come to you for advice and help. Don't let yourself get too frustrated by his or her weakness. This could be a frustrating day for you, and one best spent concentrating on projects. All will be better tomorrow.

CAPRICORN

Changes taking place in your home could cause some temporary frustration tense nerves on the part of family members, Capricorn. Perhaps you're moving or refurbishing or trying to do a thorough cleaning and everyone is getting into everyone else's way. Just try to get the job done as quickly as possible. Once it's done, tempers will subside, and all will be well.

AQUARIUS

Miscommunication with someone from far away could lead to bruised egos, heightened emotions, and angry phone calls. It's best not to get drawn into a quarrel, Aquarius. Try to straighten it all out. Changes in your neighborhood could cause problems with travel, so be prepared for blocked streets and heavy traffic. Walk - it will clear your head and get you where you're going more quickly.

PISCES

Your talents as a psychologist could be put to work today when misunderstandings arise. Your companions aren't likely to be thinking straight and may not respond to reassurance, Pisces. Use your intuition to find the best way to defuse the situation. Finances might cause some worry right now, but your ingenuity and money sense should put things right. Go out and have fun tonight.

2 Herbs to Reduce Fat and Aging Effects

Duzhong (Eucommia ulmoides) is a highly regarded traditional Chinese herb. Healthcare products made from Duzhong, such as “Eucommia ulmoides tea” and “Tianqi (Radix notoginseng) Eucommia extract,” are popular in Japan.

Various studies have confirmed the efficacy of Eucommia leaves in promoting fat metabolism, especially in reducing visceral fat, or the fat that wraps around internal organs. It is found that Eucommia mixed with Tianqi (Radix notoginseng) can provide added protection to the liver and kidneys, and delay aging. As recorded in China’s first Chinese medicine bible, the “The Divine Farmer’s Classic of Materia Medica,” Eucommia ulmoides has positive effects in treating lumbar pain and strengthening the muscles and bones. It can nourish the body by improving agility and delays the onset of aging.

Eucommia ulmoides are processed from the dried bark of the Eucommia ulmoides plant. The bark can be processed for medicinal application, and the leaves can be used to make tea and other beverages.

Eucommia Leaf Extract Can Reduce Visceral and Subcutaneous Fat

Tetsuya Hirata, a researcher at the Central Research Institute of Kobayashi Pharmaceutical Co. Ltd., presented a study at the annual meeting of the Japan



Eucommia R&D Center, pointing out that Eucommia leaf extract can reduce visceral and subcutaneous fats in the human body.

The researchers took 27 people, all with a cross-sectional area of ??internal fat of more 15.5 square inches and divided them into one main group of 15 and the other 12 as a control group.

The former group ate food containing eucommia leaf extract, while the control group didn’t. The changes in body weight and visceral fat in the cross-sectional area were measured after two months. The results showed that the average body weight of the main group was about 5.3 pounds less than that of the control group, and the corresponding cross-sectional area of ??visceral fat was also reduced by about 5.5 square inches. In another study, 16 obese people (BMI 25 to 30) were divided equally into one main experimental group taking eucommia leaf extract and a control group that did not.

ed under label “Tianqi Eucommia essence,” which are handy to carry around and consume at will. Tianqi (Radix notoginseng) is another common and popular Chinese herb for medicinal use. It not only promotes blood circulation but also stops bleeding. In addition to being used for wounds, it can also treat internal cardiovascular diseases. Recent studies have also found that the active ingredients in Tianqi can treat fatty liver.

Masayoshi Harada, honorary president of Harada Hospital, said on the DTA Therapy website that according to research, “Tianqi Duzhong Essence” has three main positive functions:

Enhance and protect kidney function: Tianqi Eucommia essence can increase the glomerular filtration rate (GFR) and comprehensively improve kidney function by increasing plasma creatinine concentration, and improving renal plasma and urine flow rates. Reducing the toxic side effects on the body usually result from drug medication: Almost all drugs have side effects to varying degrees that will be particularly harmful to the liver, and Tianqi Eucommia essence can effectively repair liver cells and improve liver function. This therefore helps one avoid drug damage to the liver, while helping the liver decompose toxins more effectively, which all then helps reduce the side effects of drugs on the body.

Samsung Galaxy Z series foldables are breaking pre-order records in the US and Korea

Samsung’s newest batch of foldable phones doesn’t officially launch until Aug. 7, but they’re evidently doing quite well for themselves already. The Galaxy Z Fold 8, Z Flip 8, and Z Fold 8 Ultra are breaking the company’s pre-order records for foldables, according to data that Samsung shared with Mashable. Samsung confirmed that pre-orders in the United States are outpacing the previous Z series record by 30 percent, with the Z Fold 8 (the newest member of the lineup) accounting for nearly half of all pre-orders. The numbers suggest that foldable phones could finally be ready to break through to the



mainstream. Interestingly, the Z Fold 8 is the wider design that matches the rumored

to join the market with a similar device, the smartphone market could soon get a major shakeup.

Samsung also noted that three times as many Flip users are switching to the larger Fold phones than in previous generations. Considering the nearly \$1,900 price tag for the Fold 8 and the \$2,100 price of the Z Fold 8 Ultra, that’s significant. (Yes, the prices are high, but hey, that’s true of everything in tech right now.) South Korean customers pre-ordered 1.44 million units over a seven-day period prior to launch, while SamMobile reported that pre-orders are higher than ever in Europe, too. People are clearly vibing with what Samsung is doing.

SU DO KU-192

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

SU DO KU- SOLUTION -191

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

RECIPE: CHEESY PESTO ROLL WREATH

INGREDIENTS:
2 (8 ounce) packages refrigerated crescent rolls
1 (8 ounce) package cream cheese, softened
1 cup shredded mozzarella cheese
½ cup basil pesto, divided
12 sprigs fresh rosemary, or to taste
1 pint cherry tomatoes, or to taste



DIRECTIONS:
Preheat the oven to 375 degrees F (190 degrees C). Line a large baking sheet with parchment paper. Draw a 5-inch circle on the center of the parchment paper.
Open both cans of dough and

separate crescents into 16 triangles. Arrange the triangles on the prepared baking sheet the flat edges lined up and overlapping along the 5-inch circle and the points facing outward; it will resemble a sunburst. Combine cream cheese, mo-

zzarella cheese, and 6 tablespoons pesto in a bowl. Mix until well combined, then spread around the center of the ring of crescent dough. Wrap each dough triangle up over filling and tucking it under the bottom to secure. Repeat around the entire ring. Brush remaining 2 tablespoons pesto on top. Bake in the preheated oven until the dough is golden brown and cooked, 18 to 20 minutes. Remove from oven and allow to cool for 5 minutes. Slice into individually portioned rings, but keep all the rings in place in the shape of a wreath. Garnish with rosemary sprigs and cherry tomatoes.

JOKE

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

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, 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