

TODAY HOROSCOPE

ARIES



Follow your instincts, Aries. Even if you tend to listen more to your reason, put that aside. While your ears can hear words, your intuition can hear what's between the lines and provide you with a much bigger picture. If something sounds right but feels wrong, you'll be better off trusting your feelings. Act with careful consideration and caution.

TAURUS



Feed your mind with new knowledge, Taurus. Visit an internet bookstore or read some interesting information online. If you have more time, visit the library, if possible, or explore courses that you might like. There is knowledge to be had everywhere you look, provided you're open to receiving it. People are often the best resource. Ask someone to explain something, if that's what you need.

GEMINI



Try to see nightmares as safe ways to understand feelings, Gemini. No one likes to experience them, and we'd sooner forget them once awake, the quickest way to ensure they don't return is to understand what they're saying. Fear, pain, and anxiety are the most common ingredients of nightmares. What frightens you? Do you feel insecure? Consider the questions and probe for answers.

CANCER



Are you living your dreams, Cancer? Are you still in touch with them? The energy from today's planetary aspects can lend strength and encouragement to this part of your life. Take hold of the things you want most of all. Ask yourself, "What do I want people to say about me when I'm gone?" Get back on the road to a fulfilled life by taking steps toward your desires.

LEO



Today's a good day to check into advancing your career or education, Leo. The energy favors expansion and growth. When was the last time you learned a new skill? It doesn't have to be work related, either. If arranging flowers, skydiving, or programming websites is something that appeals to you, go for it. Never stop looking for ways to expand your knowledge.

VIRGO



Do you recognize your intuition as a valuable asset, Virgo? Some people do and some don't. Which group are you in? It can be easy to trust more in concrete, factual reality than in the things you can't touch, yet your intuition can serve you more than you may realize. That gut feeling you experience can guide you toward greatness and alert you to danger. Trust it more.

LIBRA



Use your creativity to make things happen today, Libra. This doesn't have to take the form of a finished product. You can come up with new and innovative ways to approach a task, project, or problem. Trust your ability to discover such things. You're known for your sharp thinking and creative abilities. Combining them can make you unstoppable when finding solutions to almost any problem.

SCORPIO



Find new ways to expand your horizons, Scorpio. The web has an infinite number of resources and information to explore. Not only that, but your community and local colleges offer various online courses to choose from. Think about what you'd enjoy learning - perhaps a new job skill or craft. Whether it's judo or Italian or woodworking that strikes your fancy, it's out there. Find it.

SAGITTARIUS



Step out of your usual can, Sagittarius. Doing this every now and then can add knowledge and expand your life. The day's planetary aspects favor such growth. Your willingness to walk a different path can give you far more than you imagine. Try something you've never considered before. Go to a new place. Change your desk around. See what you can discover about yourself and the world.

CAPRICORN



Are you satisfied with your current career, Capricorn? If not, start by making a plan. There are specific steps that you can take to give you the greatest advantage in the opportunities available. Consider visiting online career sites. There are wonderful articles and tips for the taking. Don't settle for less than you deserve. See what's out there and find a more fulfilling career.

AQUARIUS



Don't fear change, Aquarius. Even if you think you don't adjust well, you have far more adaptability than you realize. Without change, life would become stagnant and lifeless. It wouldn't be long before you grew unsatisfied and bored with the same old thing. Try to see change as an adventure and a gateway to greater happiness and fulfillment. Trust in your versatility, too.

PISCES



Make your dreams valuable tools for insight, Pisces. Back in the old days, great rulers believed so strongly in the insight of dreams that they employed interpreters. Whether you think dreams are mystical insights or random thoughts, you can gain a lot from them. Reoccurring dreams are significant and can point to something that needs addressing. Consider exploring this area.

Processed Meat Substitutes May Be More Harmful Than Helpful, New Study Suggests

You may opt to eat a plant-based diet for a variety of reasons, including the fact that you want to consume food that is both delightfully delicious and, of course, nourishing. However, a new study has found that certain meat substitutes are lacking key nutrients that your body needs.

The study from Chalmers University of Technology in Sweden, which was published in Nutrients, involved taking a look at 44 different kinds of meat substitutes on the market. The varieties were primarily soy and pea protein-based, but there were also options that included fermented soy products like tempeh, and mycoproteins, which are proteins derived from fungi.

The researchers found that the various meat substitutes had a range of nutritional content. They also noted that the estimated amount of both iron and zinc that could be absorbed into the body from these foods was low, due to phytates, which are anti-nutrients.

Read on to learn more about the effect of some of these meat substitutes,



and for more health tips, check out 5 Coffee Habits That May Be Shortening Your Life.

"Not all proteins are created equal," Catherine Gervacio, RD, registered dietitian and nutrition contributor for Living.Fit, tells Eat This, Not That! "Despite the fact that plant-based proteins have less fat, calories, and cholesterol than meat products, they also lack certain qualities. This study presents one of the major qualities that plant-based proteins lack."

Gervacio explains that "Meat substitutes are sourced from plants," and "Plants naturally contain

through fermentation and has the same quality as tempeh."

"Choosing the best plant-based foods can be tricky, especially if iron and zinc are some of your main concerns," Gervacio adds, while noting that, "However, there are products that have been fortified with iron and/or zinc to meet daily requirements like certain breakfast cereals or non-dairy milks."

Beyond that, Gervacio says, "I still highly recommend eating a well-balanced meal that has a combination of animal and plant-based proteins. While animal proteins contain cholesterol and fat, they can supply helpful amounts of iron and zinc to the body. Plant-based foods often lack the ability to supply absorbable iron and zinc, but they can reduce blood cholesterol and have lesser calories. Both can fill in what the other lacks."

Finally, Gervacio points out that "For those who are following a plant-based diet, it is still best to talk to a professional to find out if an actual diet lacks certain nutrients and if supplementation is necessary."

New iPhone Ultra leaks cover release timing, availability, and name

Over the weekend, several reputable Weibo leakers shared new posts related to the iPhone Ultra.

Fixed Focus Digital echoed what we've been hearing about potential supply constraints. He writes that the initial batch will be "extremely limited" in stock.

The leaker points to prior reports on Apple aiming to produce 10 million units and says it could take 3-5 months for suppliers to hit that goal. Thus, the product may be very hard to get at launch. In a separate post, he comments on reporting that iPhone Ultra might ship only in the US initially.

Per his sources, Apple has never hinted at a delay to Chinese suppliers. Instead, despite



some challenges with hinge assembly, mass production seems to be going smoothly. Thus, he believes the launch will still be somewhat global at first.

Ultra will launch in September, likely in more countries than just the US, but supply will be fairly constrained.

On a related note, leaker Instant Digital has now expressed doubt that the name 'iPhone Ultra' will be used for the foldable.

He says he expects the 'Ultra' name will be reserved for the 20th anniversary model and its successors. However, his post appears to be largely speculative. He mentions Apple's prior uses of 'Ultra' in product naming and is skeptical that the foldable will merit the name. What do you expect Apple's foldable iPhone to be named? Let us know in the comments.

Taken together, the two posts provide a nuanced expectation for release timing and availability. It sounds like per the leaker's understanding, iPhone

SU DO KU-200

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				9	4			
	3	2	8					
9		8	2	7	6			1

SU DO KU-SOLUTION-199

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1	8	4	2	9	5	7	6	3
2	4	9	1	6	7	3	8	5
8	1	6	3	5	9	4	7	2
5	3	7	8	4	2	6	9	1
7	2	3	4	1	8	9	5	6
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RECIPE: WARM BRIE AND PEAR TARTLETS

INGREDIENTS:
24 mini phyllo tart shells
¼ pound ripe Brie cheese, cut into 24 small chunks
1 ripe pear, cut into small dice
2 sprigs fresh thyme
2 tablespoons honey, or to taste

DIRECTIONS:
Preheat oven to 400 degrees F (200 degrees C). Line a jelly roll pan with parchment paper.
Arrange tart shells onto prepared pan. Put a piece of Brie cheese into each shell. Sprinkle diced pear and a couple thyme leaves into each shell and drizzle with



honey.
Bake in preheated oven until cheese is melted and tarts are golden, 12 to 15 minutes.
These make a simple, delicious, and elegant appetizer. They impress every time!

JOKE

There was this guy at a bar, just looking at his drink. He stays like that for a half hour. Then a big trouble making truck driver steps next to him, takes the drink from the guy, & just drinks it all down. The poor man starts crying. The truck driver says, "Come on man, I was just joking. Here, I'll buy you another drink. I just can't stand to see a man cry." "No, it's not that," the man replies, wiping his tears, "This day is the worst of my life. First, I oversleep & I go in late to my office. My outraged boss fires me. When I leave the building to go to my car, I find out it was stolen. The police say they can do nothing. I get a cab to go home, & when I get out, I remember I left my wallet. The cab driver just drives away. I go inside my house where I find my wife in bed with the gardener. I leave my home, come to this bar, & just when I was thinking about putting an end to my life, you show up & drink my poison."

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, 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	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	2502020
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