# TODAY HOROSCOPE

**ARIES**



Some rather shocking news could come to you from a friend who lives far away, Aries. This probably won't affect you directly, as it most likely concerns the world economy, politics, or big business, but you still might worry about its long-term effects on society. You could discuss it with friends. You need to remain objective and see how the news develops. It might be less serious than it seems.

**TAURUS**



A dip in the stock market might cause you to worry about your own financial future, Taurus. You may have some investments that could be temporarily negatively affected. Bear in mind that such events don't necessarily reflect future trends. Take steps to create some kind of safety net if you wish, but don't assume the worst. The market could go back up tomorrow!

**GEMINI**



Today you might find that some of your more ambitious plans finally seem to be paying off, Gemini. You should be happy about this, but you might panic a bit, fearing that everything could crash at the last minute. Don't assume the worst and don't waste your energy worrying. Keep striving! You've gotten this far. With a little effort, all should go well.

**CANCER**



If you've been doing some creative or job-related writing, today you might be tired, blocked, and unable to muster the energy to turn on the computer. Cancer, you need to ask yourself how important it is to get it done today. It's far better to wait another day and do it well than grind out something that isn't up to your standards. That could be counterproductive.

**LEO**



A project of some kind you've been working on could be going well, Leo, but today you might experience a sudden rush of inspiration that makes it a lot better than you originally envisioned. This could involve effort that seems intimidating at first, but the results should be worth it. Summon all your energy and determination and get to it. You will be very glad you did!

**VIRGO**



A family member could be experiencing business difficulties, Virgo. Your sensitivity could cause you to feel their anxieties, too. You might want to make it clear to this person that you're there for him or her, but you also need to be objective about the situation. Protect yourself psychically, perhaps by surrounding yourself with white light. It won't help your relative if you're stressed.

**LIBRA**



A friend or relative could be ill, out of work, or otherwise beset by problems. You may want to do whatever you can to help out. This could be frustrating, but you will feel better for having done what you can. This person needs to face and deal with his or her responsibilities. They're out of your control to fix, Libra.

**SCORPIO**



An unexpected expense, perhaps requiring repairs to the house or car, might take a chunk out of your bank account, Scorpio. This may be disheartening. You've worked hard for your money and now you might have to put some of your plans on hold. Still, you need to be philosophical about it. Take care of it and move on. You built up your bank account once and you can do it again.

**SAGITTARIUS**



Career changes may be on the horizon, Sagittarius. Although positive in the long run, the events leading up to the change may seem catastrophic. Your employer could go out of business or move too far away for you to commute. The secret here is not to panic. Accept the situation and move on. In the end, you will probably be glad that this happened. Success and good fortune are coming.

**CAPRICORN**



Premonitions today might be rather disturbing, Capricorn, and you might actually feel some fear because of them. Don't panic! Your intuitive abilities aren't quite as sharp as usual. What you feel could be distorted or untrue. This doesn't mean you've lost it, either. Try to be objective about everything you pick up psychically. You will be glad you did.

**AQUARIUS**



Changes within a group you're affiliated with might profoundly affect you today, Aquarius. Perhaps the group is veering in a new direction that doesn't particularly interest you. You might need to reevaluate your involvement. This could make you rather sad since you've grown fond of the people and won't want to lose them as friends. You need to think. Only you can decide what to do.

**PISCES**



A scandal concerning a celebrity you admire could be in the news today, Pisces. This might throw you for a loop. You might even suffer some disillusionment. Withhold judgment for the time being. Much of what you hear may be traced to gossip or misinformation. Shocking though it may be, you will want to hear the celebrity's side of it. Only then can you form an objective opinion.

# Irregular heartbeats can cause these health risk




Irregular or abnormal heartbeats are a problem with rate or rhythm of heartbeat. These irregular heartbeats are called arrhythmia. In this condition, the heartbeats are either too fast, too slow, or irregular. Dr. Preetam Krishnamurthy, M.D. (Med - PGI, Chd), D.M (Cardiology - AIIMS, New Delhi), P.D.F (Electrophysiology) says, "The normal heart rate for an adult ranges from 60 to 100 beats per minute. Arrhythmia can lead to feeling of dizziness, shortness of breath and excessive sweating. Arrhythmia is caused by congenital diseases, smoking, and alcohol consumption."

"However, not all irregular heartbeats mean there is a problem in the heart. During physical activities, it is normal for heartbeats to speed up. Similarly, when a person is resting or sleeping, it is normal to have slow heartbeats. But a frequent irregular rhythm may mean that the heart is not pumping enough blood for the body," he adds.

Some types of arrhythmias are harmless and don't require any immediate treatment. Others can put the heart at risk for a sudden cardiac arrest. A cardiologist can suggest which type of arrhythmia is the patient suffering with and what kind of treatment is needed. According to Dr. Krishnamurthy, there are different kinds of arrhythmias, and these can be identified by simple diagnostic tests like ECG or Holter monitoring. These arrhythmias are classified based on the origin of abnormal rhythm. Certain abnormal rhythms originate in the upper chambers of the heart, these are called Supra ventricular arrhythmias and those originating in the lower chambers of heart are called Ventricular arrhythmias.

Arrhythmias can be treated with medication or surgical procedures. They can harm the heart, brain, and other organs, if not treated on time. This can result in a potentially fatal stroke, heart failure, or cardiac arrest. With advancement in medical technology, pacemakers can help in controlling abnormally slow heart rhythm. "It is a small device that is implanted to adjust the heart rate by sending electrical signals to the heart to correct the beat. Some newer pacemakers also have sensors that detect body motion or breathing rate and signal the devices to increase heart rate during exercise, as needed," says Dr. Krishnamurthy.

Some changes in heart rate and rhythm are normal during sleep, physical activities, and moments of stress. But other times, irregular heart rhythm, or arrhythmia, may be a serious problem. Being aware of arrhythmia, its dangers, and its risks can give you the upper hand when it comes to heart health. One must consult the doctor immediately to seek medical advice.

# Sony Announces New Japan-Only Play Station Portal With Internal Storage



Sony have announced a new Japan-only version of the Playstation Portal, with all-new functionality in the form of internal storage exclusive to the domestic edition of the device. Last November, Sony released a Japan-only region-locked and language-locked edition of the PS5, reducing the price of this digital-only model from 73,000 ($461) to 55,000 yen ($347). In recent generations, thanks to the success of the Nintendo Switch in Japan and the high cost of PlayStation platforms compared to wages and the cost of living, Sony's once-dominant position has diminished. Sony's Japan-only PS5 aped the decision by Nintendo to create a cheaper, region-specific Nintendo Switch 2. Now Sony is repeating this tactic for the new Japan-only PlayStation Portal, but this time the device appears to be an upgraded version of the hardware.

Although this new PlayStation Portal boasts the same 1080p LCD screen and general features as the worldwide iteration of the device, for this latest version Sony has added internal storage as an all-new feature. Oddly, however, it won't yet say what it plans to do with this storage. Sony has only said that it "will confirm the future functionality at a later date." Due to the addition of internal storage, the price of this Japan-only model will be identical to the global model at 39,980 yen ($252), and will be sold in Midnight Black, the same color variant as the Japan-only PS5. The regular PlayStation Portal can only stream games, either directly from a PlayStation console or via the cloud. The lack of storage prevents games from being downloaded to the device, even though it has its own mobile chipset that, while different to PS5's, would in theory be capable of running some games locally. Does this new storage option mean that Sony will enable support for select titles to run natively? Will a similar device with internal storage also be sold internationally? Sony has yet to confirm anything at this time, but considering the success of Portal and the rumors of a next-generation portable, this certainly lends credence to the possibility of a hybrid approach. Pre-orders for the new Japan-only PlayStation Portal begin on Thursday, with a release date planned for December 10.

# SU DO KU-273

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# SU DO KU- SOLUTION -272

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# RECIPE: INDIAN CHOLE ALOO TIKKI

**INGREDIENTS:**

2 potatoes
salt and freshly ground black pepper to taste
3 ½ tablespoons vegetable oil, divided
1 tablespoon cornstarch
1 teaspoon ground ginger
1 teaspoon ground cumin
1 teaspoon cayenne pepper
1 tablespoon chopped fresh cilantro
½ teaspoon black peppercorns
2 whole cloves
2 small dried chile peppers (Optional)
1 teaspoon cumin seeds
2 bay leaves
1 onion, chopped
2 cloves garlic, grated
1 (1/2 inch) piece fresh ginger, grated
2 teaspoons curry powder
1 teaspoon ground turmeric
1 teaspoon tomato paste
1 teaspoon water
1 tomato, chopped
1 (15 ounce) can garbanzo beans, drained
1 tablespoon cilantro leaves



**DIRECTIONS:**

Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes. Drain and peel.

Place cooked potatoes into a bowl and add cornstarch, ginger, cumin, cayenne, cilantro, salt, and pepper. Mash together with a fork. Oil your hands with a little vegetable oil and divide the potato mixture into 4 equal portions. Pat each portion into a potato patty about 1/3-inch thick.

Heat 1 tablespoon vegetable oil in a skillet over medium heat. Fry potato cakes until golden, about 3 minutes on each side. Remove from heat and keep warm.

Grind peppercorns and cloves with a mortar and pestle.

Heat the remaining 2 tablespoons vegetable oil in a skillet over medium-high heat. Stir in red chile peppers, cumin, bay leaves. Add onion, ginger, and garlic. Cook and stir until onion is golden, about 5 minutes. Add pepper-clove mixture, curry powder, and turmeric.

Mix tomato paste with water. Stir diluted tomato paste and tomato into the skillet. Cook over medium heat until the tomato has softened, about 5 minutes. Stir in chickpeas and simmer over low heat for 10 minutes.

Spoon chickpea sauce over the potato cakes and sprinkle with cilantro leaves.

# JOKE

*Three dead men go to hell at the same time. There is a white man, a Chinese man, and a Mexican man. Satan tells them that they can only leave hell if he can't do what they ask. The white man asks for the fastest sports car in the world; he goes to into hell. The Chinese man asks for the most advanced computer in the world; he goes into to hell. The Mexican man gets a glass soda bottle, farts into it, closes the lid, pokes many holes in the lid, and asks Satan which hole the fart came from. After pointing to every hole on the lid, the Mexican turns around, points at his butt hole, and says, "Nope, this one."*

# HELP LINE

## Important Telphone 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 |