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# BINGO BUGLE

North America's Bingo & Casino Newspaper

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VFW POST #3261 GARDENA

## 2025 BINGO BUGLE CRUISE WINNER



In celebration of the 36th year of the cruise, Denise V. of Hugo, MN claimed the 2025 Bingo Bugle Cruise Tournament title, winning \$8,800 in cash and a FREE 8-day Mexican Riviera cruise for two at the next tournament in October! See more winners on page 19.

## HAPPY 100TH BIRTHDAY!



On Saturday, December 6, 2025 **St. John Bosco High School** celebrated someone truly amazing—Francesca Costa! She turned 100 years old. See more details on page 7.

## \$3,000 BINGO JACKPOT!



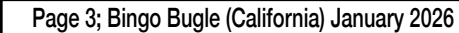
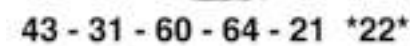
Congratulations to Nick and Martha, two-time winners at **St. Bernard Catholic School**, with a total win of \$3,000! Way to go, team!



As I See It.....	21	Gaming News.....	5
Ask Annie.....	4	Gaming Today.....	16
Astrology.....	17	Guy's Turn.....	16
Bingo John.....	14	Hollywood.....	20
Bingo Land.....	14	Lucky Lotto News.....	11
Bingo Hotlines and Information.....	5	Monthly Sweeps.....	2
Bingo Sisters.....	11	Nevada Happenings.....	7
Booktrib's Book Bites.....	15	Now Here's a Tip.....	3
Casino Q&A.....	10	Poker Talk.....	18
Coffee Break.....	8	Savvy Senior.....	19
Coffee Break Answers.....	17	Senior News Line.....	15
Couch Theater.....	5	Streaming Source.....	3
Dear Aunt Bingo.....	20	The Pod Report.....	20
DivasonaDime.....	9	To Your Good Health.....	10
Elle & Co.....	21	Trivia Test.....	4
Flashback.....	5	Veteran's Post.....	4

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Page 2; Bingo Bugle (California) January 2026







Test Your Knowledge

- 1. HISTORY: Which country sold Alaska to the United States?
- 2. GEOGRAPHY: On which continent is the Sahara Desert?
- 3. GENERAL KNOWLEDGE: Who created The Muppets?
- 4. MUSIC: What was singer Miley Cyrus’ alter ego when she starred in a Disney sitcom?
- 5. MATH: How many sides does a heptagon (sometimes called a septagon) have?
- 6. MOVIES: Which singer is featured in the biopic *A Complete Unknown*?
- 7. FOOD & DRINK: What is carpaccio?
- 8. LITERATURE: In *The Jungle Book*, who raised the boy called Mowgli?
- 9. TELEVISION: Where was Mork from in the sitcom *Mork and Mindy*?
- 10. LANGUAGE: What does the phrase “doubleplusungood” mean in Newspeak, featured in the dystopian novel *1984*?

ANSWERS

- 1. Russia, in 1867.
- 2. Africa.
- 3. Jim Henson.
- 4. Hannah Montana.
- 5. Seven.
- 6. Bob Dylan.
- 7. Thinly sliced raw meat or fish, usually served as an appetizer.
- 8. Wolves.
- 9. Planet Ork.
- 10. Terrible.

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New Year’s Dish

Dear Readers,  
My son prepared the following recipe for Kung Pao Chicken and Vegetables over Steamed Rice for me, and it was delicious! I wanted to share it again with my readers in time for Chinese New Year, which stars February 17th. It takes a little time to prepare but is well worth the effort. Enjoy! —*Annie*

BRAD’S KUNG PAO CHICKEN

- 1 SunBird’s Kung Pao Chicken Seasoning Mix
- 1 tbsp. sugar
- 1 tbsp. soy sauce
- ¾ c. water
- 2 tbsp. oil
- 1 ½ lb. boneless chicken, cut-up
- 1 c. shelled peanuts
- 4 lg. green onions, thinly sliced
- 1 bunch broccoli, cut-up
- 1 lg. yam, diced
- 2-3 c. rice (white, Jasmine or brown)
- 1 8-oz. can water chestnuts, sliced

Veterans Post



Stolen Valor

Despite the Stolen Valor Act and the punishments for violating that act, there are still far too many who decide to take the chance on reaping the material gains of claiming benefits and wearing a uniform they didn’t earn.

A veteran on the east coast was nailed not only for scamming charities but for pretending to be a Purple Heart recipient. In a rare change from the usual in these cases, the veteran is a female. She claimed she’d been injured in an improvised explosive device (IED) attack. The charity in question was one she had created to help low-income veterans and the homeless, all noble endeavors, if any of it had been true. Instead, all the money donated by genuine charities went into her own pocket and paid for travel, a fancy car, gym membership and more. She’ll repay the money she scammed and spend a year in jail.

Then there was the former Marine who had the nerve to submit an application for a Purple Heart for himself. He based this on a fake case of PTSD and IED-caused brain injury while he stole in excess of a quarter of a million dollars in disability benefits from the VA. Over the years he’d been invited to speak at veterans events and made up stories in the press. However, for this he’ll only serve two years of supervised release.

Then there was the thief (again, a female) who claimed to have earned a Purple Heart for pulling people from a burning Humvee, needed surgery for injuries, damaged her lungs on burn pit smoke, then collected \$250,000 from various charities — all without ever having served in the military. For this she got 70 months in prison.

To those who think they can pull off an impersonation of a true veteran, there are always people who will know when your salute isn’t right, who’ll know when your DD-214 looks forged and who’ll know when the ribbons on your fake uniform aren’t correct. And they’ll turn you in.

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Blend the seasoning mix, sugar, soy sauce and water in a small bowl. Set aside. In a large skillet or wok, heat the oil, add the chicken and stir fry until well browned. While the chicken is browning, steam the broccoli and yams together. Also prepare the steamed rice. Set aside. Add the peanuts to the chicken skillet or wok and stir fry until browned. Add the onions and stir-fry. Add the steamed broccoli and yams. Add the water chestnuts and stir-fry for 2 to 3 minutes. Add the seasoning mix to the skillet or wok, stir fry for one minute until thickened. Serve over the steamed rice. Serves 4.

Dear Annie,

I have leftover canned cranberry sauce from the holidays. Any idea how to use it now?  
—*Tammy for Ohio*

Dear Terri Ann,

I have a recipe for a frozen salad that my Mom made when I was just a little one. I know you will like it. —*Annie*

**FROZEN PINEAPPLE CRANBERRY SALAD**

1 ½ c. drained crushed pineapple  
1 16 oz. can whole cranberry sauce  
1 c. sour cream  
¼ c. pecans, coarsely chopped  
Lettuce leaves

Combine all the ingredients, except for the lettuce, and spoon into an 8 inch square pan, or use a 1-quart refrigerator ice cube tray. Freeze for several hours or overnight. To serve, cut in squares or slices and arrange on crisp greens. Makes 8 or 9 servings.

BINGO LAND

NEWS FROM THE REAL WORLD & CYBERSPACE

ShiShiBé Bingo in Michigan

Western Michigan University’s Native American Student Organization (NASO) recently hosted a night of ShiShiBé bingo in celebration of Native American Heritage Month. ShiShiBé is a form of Native American bingo played in the Great Lakes region among Anishinaabe tribal nations. At the event, NASO adapted American bingo cards to Pottawatomi words to assist learners with understanding common words in the language. “My grandma was at bingo every week, so we’re bringing pieces of our community to campus,” said WMU history and music professor Frank Waln. He continued: “In my classes I try to get everybody to realize that no matter what your ethnicity or background is, if you’re in America, this history is your history because Native history is U.S. history.” Waln is from the Lakota tribe in South Dakota and performed the Lakota flag song in celebration of Veterans Day. “Native people didn’t become U.S. citizens until 1924 and we were serving in the military before that,” Waln said. “In the Lakota tribe, we’ve always had a strong tradition of warriors and people stepping up to defend our communities.” He continued: “After we were colonized, the military was the place for us to become warriors. I have nothing but love and respect for the veterans that I know.” Waln noted how the Lakota flag song highlights the evolving nature of Native American culture. “This song came out in the ‘70s,” Waln said. “It’s an example of how Native music and culture has been adapting through time. A common stereotype is that Native culture is this static, dead thing of the past, but that’s not true;



PICKS OF THE MONTH

**Frankenstein** (R) — Jacob Elordi is taking a page out of Bill Skarsgard’s playbook and completely transformed himself for the role of “The Creature” in this gothic sci-fi film from director Guillermo del Toro. The cast is stacked with critically acclaimed actors such as Oscar Isaac, Mia Goth, and Christoph Waltz, who will undoubtedly elevate del Toro’s screenplay to another level. Isaac plays Baron Victor Frankenstein, who brings “The Creature” to life; if you know the story by Mary Shelley, you’ll know that nothing good follows this creation of his. Featuring a score from Alexandre Desplat, who worked with del Toro on *The Shape of Water*. (Netflix)

**All Her Fault** (TV-MA) — Sarah Snook suited up for another tense leading drama role, which seems to be the actress’s forte.

Kicking off with all the action, this series picks up as mom Marissa Irvine (Snook) mistakenly shows up at the wrong address, expecting to pick up her son, Milo, from a playdate. When she realizes the homeowner has no idea who she’s talking about, her son is then pronounced missing, leaving Marissa to put together pieces along with law enforcement and her husband, Peter (Jake Lacy). Fingers instantly start to get pointed at the wrong people, with even Marissa having to defend herself against accusations that she took her son. (Peacock)

**I Love LA** (TV-MA) — Actress and comedian Rachel Sennott not only stars in the lead role for this new comedy series, but she’s the creator and writer behind the series as well. Only eight episodes long, the series revolves around a group of five young-adult friends who reunite after spending some time apart. Viewers watch as each person in the group navigates their own set of relationships, as well as their ambitions and whether they’ve actually progressed toward accomplishing their goals. Odessa A’zion, Josh Hutcherson, Jordan Firstman, and True Whitaker co-star along with Sennott. (HBO Max)

Write in to Couch Theater by emailing TheCouchTheater@gmail.com or writing to KFWs, 628 Virginia Drive, Orlando, FL 32803.

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Gaming News

Low Rollers Podcast

CasinoReports.com does a weekly gambling-business podcast called *Low Rollers!* Its host, Eric Raskin, is a Huntington Press author; he wrote the book *The Moneymaker Effect*, about Chris Moneymaker, the amateur who won the 2003 World Series of Poker. In a recent podcast, Eric “churns through the overabundance of gambling news overwhelming the industry in recent days” and if you want to hear the greatest shortest roundup of the ridiculous number of headlines in the industry over the past week, this is place.

He then interviews, in his words, “the one and only” Anthony Curtis (gambler, author and founder of *The Las Vegas Advisor*), whom he mentions in the same breath as Elvis. Anthony discusses if the sky is falling for Vegas, if the city still stands out, whether the A’s stadium and the new Bally’s will ever happen, what the Blackjack Ball (on Halloween) was like, and other rare stories, including what he might’ve done with his life if he’d never discovered card counting.

**Vegas Declines**

The Las Vegas Convention and Visitors Authority budget for the first quarter of its fiscal year (the third quarter of the calendar year) was down \$11.7 million, due to reduced room taxes collected between July 1 and September 30. Those were \$73.9 million, down \$12.3 million (14%) year over year. The last time the LVCVA’s FY first quarter was that low was in 2021, when the city was still in the throes of the pandemic, with \$67.1 million in room taxes collected.

In the summer quarter, the average daily room rate declined nearly 7% over 2024, down to \$137.85 compared to \$142.48 a year ago. In addition, room occupancy fell 7% to 76.1%, with 122,044 rooms filled on average, a decline of more than 8% from the 130,820 average in 2024. Meanwhile, according to the new LVCVA budget, some costs are rising. Due to the downturn in visitation, the agency doubled its marketing expenses to \$52.5 million. When the LVCVA, one of the best-funded tourism agencies in the nation, starts crying poor, the slump is really starting to hit home.

No Limit Docuseries

A new docuseries, *No Limit*, kicked off recently on YouTube. It follows a number of poker pros—Daniel Negreanu, Phil Hellmuth, Kristen Foxen, Jesse Lonis, Scott Seiver, Alan Keating, Maria Ho, Liv Boeree, Alexander “Wolfgang” Seibt, and more—through the 2024 WSOP Bahamas Super Main Event, with its record-breaking \$50 million guarantee in prize money. It also, according to the advance notices, takes a peek behind the scenes at “the stories beyond the felt.”

Reporting by the *www.lasvegasadvisor.com*



QUESTIONS

- 1. Who wrote and released “Sunglasses at Night”?
- 2. Which female is named in the first verse of “Crocodile Rock”?
- 3. Who wrote and released “Tequila Sunrise”?
- 4. Name the singer who had a hit with “Time in a Bottle” after his death.
- 5. Name the song that contains this lyric: “It’s like having a dream where nobody has a heart, It’s like having it all and watching it fall apart.”

ANSWERS

- 1. Corey Hart, in 1984. Legend says the song was created when the album was being recorded in a studio where the air conditioning vents were right above the control room. Personnel wore sunglasses to protect their eyes from the draft.
- 2. “Susie,” in the 1972 song by Elton John. Two years later John was sued by the songwriter who had created “Speedy Gonzales” for having used the same chords as the 1961 song.
- 3. The Eagles, in 1973. It went to No. 64 on the Hot 100 chart.
- 4. Jim Croce, in 1973.
- 5. “Into the Night,” by Benny Mardones, in 1980. According to Mardones, the song was inspired by his attempts to help a local poor family by giving their teens odd jobs to make a few dollars after their father abandoned them.

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THE BINGO BUGLE NEWSPAPERS

HOTLINES & INFORMATION NUMBERS

<b>ARIZONA</b> ☎ Phoenix..... (830) 885-4818	<b>MICHIGAN</b> ..... (616) 784-9344
<b>CALIFORNIA</b> ☎ Los Angeles..... bingo4fun.com ☎ Oakland/East Bay ..... (925) 829-2009 ☎ Orange County ..... bingo4fun.com ☎ San Diego..... (619) 421-5843 ☎ San Bernardino..... bingo4fun.com ☎ San Francisco..... (925) 829-2009 ☎ San Jose..... (925) 829-2009 ☎ Marin, Sonoma, Lake, Napa & Solano Counties ..... (925) 829-2009 ☎ Santa Barbara ..... (619) 421-5843	<b>MINNESOTA</b> ..... (651) 600-9019
<b>CONNECTICUT</b> ..... (207) 318-1883	<b>NEVADA</b> ..... bingo4fun.com
<b>FLORIDA</b> ☎ Tampa/St. Petersburg... (516) 606-6750 ☎ Central/East Coast .... (516) 606-6750	<b>NEW HAMPSHIRE</b> ..... (207) 318-1883
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*Thank you for reading The Bingo Bugle!*  
*Visit Us Online at [www.bingobugle.com](http://www.bingobugle.com)*



On Saturday December 6th St. John Bosco High School Bingo celebrated someone truly amazing—Francesca Costa! She turned 100 years old. Francesca has been one of their most loyal customers, playing with them for an incredible 48 years. They just want to say a huge thank you to Francesca for always being such a fantastic customer. On top of that, her participation has helped support the education of so many students through this program. We're grateful for everything she's contributed over the years.

Continued from front page



Carlos H. won \$400 at  
**Armenian Center of Montebello**



Jessica L. won \$400 at  
**St. Joseph High School**



Jeff A. had a great win, taking home \$500 at **Santa Ana Elks!**

### \$5 Blackjack on the Strip

Excalibur is dealing \$5 blackjack, though all the tables pay 6-5 on naturals. According to the *Las Vegas Review-Journal*, it's the only \$5 live game on the Strip. Just off the Strip, Tuscany's \$5 blackjack pays 3-2 on naturals, though it comes with continuous shuffling machines.

## Whopping Hit at Venetian

A very lucky Ultimate Texas Hold'em was dealt a royal flush in spades recently and had a \$5 side bet on the Millionaire Progressive which aggregates a number of table games at the Venetian and Palazzo. The royal was good for a cool \$3,845,727, the largest table-game jackpot ever paid out at the Venetian. Hot on the heels of that whopping hit another lucky table-game player hit a seven-figure jackpot. A gambler from Illinois was playing Face Up Pai Gow when he was dealt a seven-card straight flush. The \$5 side bet triggered the resort's pai gow progressive for \$1,501,338.

## Poker Room Opens

Though it was rumored that the “new” poker room at Caesars Palace might open in its temporary location, that didn’t happen. The poker room, which closed in July 2024 to make room for high-limit slots as that area was renovated, has reopened in the old location, near the sportsbook, with a few improvements: ergonomic chairs, screens playing sporting events, and framed photos of famous sports moments. Otherwise, it looks pretty much like it did before the “renovation.” Cash games earn players \$3 an hour in comps.

## New Chinatown Retail Development

Pacifica Vegas is a planned three-story retail, dining, and entertainment project on 3.2 vacant acres on Spring Mountain Road between Polaris and Procyon. The \$70 million development will be 116,000-square feet and include a parking garage. Construction is expected to begin by next summer and be completed by the end of 2027. The Chicago-based developer, Windfall Group, specializes in Asian-themed complexes and its founder-owner told the *Las Vegas Review-Journal* that empty commercial storefronts in Chinatown are leased immediately at high rents, so Pacifica Vegas should sell out quickly.

## Nightmare Invitation

Shock-rock superstar Alice Cooper and illusionist Criss Angel are teaming up for two shows at Planet Hollywood. Called "Welcome to Our Nightmare," a play on the title of Alice's 1975 album *Welcome to My Nightmare*, the show is described in the press release as "a theatrical visual feast that will destroy your MIND!" If it's hard to conceive of a 90-minute Alice concert combined with a Criss magic show, you can see a trailer online. Alice at 77 is one of the longest-running and hardest-working rock 'n' rollers, with 30 studio albums, 12 live albums, 21 compilation albums, and 69 singles having sold more than 50 million worldwide with six certified million-plus platinum. The two shows will be on March 6 and 7 in the Criss Angel Theater. (At press time four more dates had been added: April 3 and 4 and May 22 and 23. Alice usually plays large arena shows so this is not only a good occasion to see him perform in a relatively small theater, but with the added attraction of a first-rate Vegas stage show thrown in. More shows are expected.)

**Reporting by The Las Vegas Advisor, [www.lasvegasadvisor.com](http://www.lasvegasadvisor.com)**

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5 DAYS A WEEK!!!  
EARLY BIRDS PAY \$125  
REGULAR SESSION PAY \$250**

**CASINO MORONGO**  
**BINGO**  
**JANUARY**

**\$20 PAPER BUY IN DOES NOT  
QUALIFY FOR ANY PROMOTIONS**  
**BINGO CLOSED  
MONDAY & TUESDAY**

# WEDNESDAYS

**\*\$35 BUY-IN** 

(36 Cards) \*with Rewards Card

- 5 Early Birds Paying \$250
- 5 Regular Games Pay \$500
- 5 Regular Games Pay \$750

**\*\*Morongo Money Bags (cons \$500)**

**\*\*Double Action Progressive Jackpot (cons \$500)**

**\*\*\$2500 Super Bonanza Jackpot**

**\*\*Pick 8 Progressive 20# or less (cons \$500)**

**\*\* Morongo Ball & Hot Ball Not included    \*\*not included in buy-in**

# HIGH STAKES THURSDAYS

**\*\$70 BUY-IN** 

(36 Cards) \*with Rewards Card

- \*\*Super Progressive paying in total \$1,000
- 5 Early Birds Pay \$750
- 10 Regular Games \$1199
- \*\*Morongo Money Bags (cons \$500)
- \*\*Double Action Progressive Jackpot (cons \$500)
- \*\*52# or less Pick a Pet Jackpot
- \*\*\$2500 Super Bonanza Jackpot
- \*\*Pick 8 Progressive 20# or less (cons \$1,199)

*\*\*Morongo Ball & HotBall Not included \*\*Not included in buy-in*

# ALL-IN FRIDAYS

**\*\$50 BUY-IN** 

(300 Cards) \*with Rewards Card  
5 Early Birds Paying \$200  
10 Regular Games \$500  
Double Action Progressive Jackpot  
(cons \$500)  
\$2,500 Super Bonanza Jackpot  
Pick 8 Progressive 20# or less  
(cons \$500)

**\*\* Morongo Ball & HoBall Not included \*\*not included in buy-in**

**SATURDAYS**

**\*\$60 BUY-IN** 

(36 Cards) \*with Rewards Card

5 Early Birds \$1,000

10 Regular Games \$1,000

**\*\*Morongo Money Bags (cons \$500)**

**\*\*Double Action Progressive Jackpot (Cons \$500)**

**\*\*\$5,000 Super Bonanza Jackpot (Cons \$1,000)**

**\*\*Pick 8 Progressive 20# or less (cons \$1,199)**

\*\*Morongo Ball & Harbort not included. \*\*Not included in buy-in.

# SUNDAYS

**\*\$40 BUY-IN** 

(36 Cards) \*with Rewards Card

- 5 Early Birds Paying \$250
- 5 Regular Games Pay \$500
- 5 Regular Games Pay \$1,000

**\*\*Morongo Money Bags (cons \$500)**

**\*\*Double Action Progressive Jackpot (cons \$500)**

**\*\*Pick a Pet Jackpot (cons \$500)**

**\*\*\$2500 Super Bonanza Jackpot**

**\*\*Pick 8 Progressive 20# or less (cons \$500)**

\*\* Morongo Ball & HotBall Not included    \*\*not included in buy-in



# BINGO SNOWBALL

## Saturday January 17, 2026

### \$85 Buy in (36 Cards)

With Rewards Club

**\*\*Morongo Money Bags (cons \$500) - NEW!**

- \*\* Start Up's Paying in Total \$750**
  - 5 Early Birds Pay \$500**
  - 15 Games \$1,199**
- \*\*Double Action Progressive 35# or Less (Cons \$500)**
  - \*\*52# or less Pick a Pet Jackpot**
  - \*\*\$2500 Super Bonanza Jackpot**
  - \*\*Pick 8 Progressive Jackpot 20# or less (cons \$1,199)**

\*\*not included in buy in

**-PLUS-**

**STRIP TAB  
DRAWINGS**

Doors Open at 3pm  
1st Game at 6pm

**WED - SAT - DOORS 3PM • 1<sup>ST</sup> GAME 6PM | SUN - DOORS 11AM • 1<sup>ST</sup> GAME 2PM**  
**CLOSED MONDAY & TUESDAY**

## IT'S ALL FUN AND GAMES UNTIL SOMEONE YELLS



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*Check it out!*





**Plaza**  
**\$160,000**  
**SUPER BINGO**

**FEBRUARY 2-4**

NOTE: GAMES PLAYED  
TUE & WED

**\$50,000**

**COVERALL EACH DAY**

SECOND CHANCE \$5,000 & THIRD CHANCE \$2,500

19 REGULAR GAMES  
**\$1,199 EACH DAY!**

**\$160 ENTRY FEE**

ENTRY FEE INCLUDES  
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**SUNDAY-THURSDAY**  
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PLAYERS ALSO GET

- 2 FREE DAUBERS &
- \$10 FREE SLOT PLAY
- DURING SUPER BINGO

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# COFFEE BREAK!

## BINGO BUGLE CROSSWORD

**ACROSS**

1 "Grand"

5 Letterman's network

8 Out of control

12 Suspend

13 Weeding tool

14 Wise one

15 Killer whale

16 Lineage

18 Astronauts' descent to Earth

20 Locations

21 Comic DeLuise

22 Satchel

23 "Forget it!"

26 Nation

30 Lawyers' org.

31 Sly one

32 Nay opponent

33 Racism, e.g.

36 Aden's land

38 Bill and —

39 Adams or Ameche

40 Clean software

43 Turducken, e.g.

47 Immoderate devotion

49 Met melody

50 Taj Mahal city

51 Trouble

52 Ring up

53 Lecherous

look

35 Forum garment

36 Second person

37 Intertwine

39 Senior member

40 Soap brand

41 Advantage

42 Drill

43 Front of a ship

44 Snare

45 Irritate

46 New Haven campus

48 Pair

**DOWN**

1 Valhalla VIP

2 Aesopian also-ran

3 Formerly

4 Landlocked

5 African nation

6 Amulet

6 Skeletal

7 Moment

8 Delegate

9 Dillon or Damon

10 Shrek, for one

11 Jailer's janglers

17 Jacob's brother

19 Plaything

22 Carton

23 Apprehend

24 Japanese sash

25 Witty one

26 Coquettish

27 Scot's hat

28 Deli bread

29 Longing

31 To and —

34 Eye-related

## MAGIC MAZE

**MAGIC MAZE • AIRLINE LINGO**

F J H E C Z X U S Q R N L J G

E C Z L X V T R P N E L L J H

E DEPARTURE I A D T C

A Y N E O V E F W V R Y N N T

R P N U R T I V A N R O U E L

K I G I O F S R O R A V O G E

C B G Z B B Y N R P C E B A X

W C A M R A T T O A O R N G U

S R T P O M C U U N L T I G J

I G E E D B A Y O D X S S A P

W U S T S Q P O N L K J H B G

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Unlisted clue hint: **Have Your Boarding — Ready**

Agent	Cabin	Gates	Outbound
Aircraft	Carrier	Inbound	Stopover
Arrival	Departure	Layover	Tarmac
Baggage	Duty-free	Non-stop	

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## HOCUS-FOCUS

Find at least six differences in details between panels.

FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS

## SUDOKU

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK:** ♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

## SCRAMBLERS

**SCRAMBLERS**

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

LIST

LEAST

MODELS

REAGOL

GLOBIE

TODAY'S WORD

## JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

PRUUS

RUDOG

NARMEN

WUNIES

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

**CryptoQuote**

AXYDLBAAXH is **LONGFELLOW**

One letter stands for another. In this sample, A is used for the three L's, X for the two G's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

HPVPQATPQA LV YLFP

EHLQFLQC JXLVXQ ZQE

AOPQ OXJLQC LA DLYY

FLYY KXGH PQPTLPV.

— QPYVXQ TZOERYZ

## COFFEE BREAK ANSWERS NOW ON ASTROLOGY PAGE



## How to Beef Up Dinner Without More Beef

Times are tight and grocery prices keep creeping up. Every trip to the store feels like an Olympic event in budget gymnastics. This week, we're talking about how to stretch your ground meat recipes without losing flavor, texture or protein.

There's a secret ingredient that can help you do just that, and you've probably eaten it hundreds of times without realizing it: TVP, or textured vegetable protein.

Made from defatted soy flour, TVP is a shelf-stable, affordable and versatile plant-based protein. You've likely had it in store-bought chili, burritos or frozen entrees, quietly adding bulk, texture and nutrition without changing the flavor.

Used on its own, it's a blank slate, like tofu, so seasoning and cooking technique make all the difference. Treat it right, and you'll have something meaty, savory and delicious.

A 1/4 cup of dry TVP packs about 12-15 grams of protein, nearly identical to meat once rehydrated. It's high-protein, cholesterol-free and easy to find in bulk bins labeled textured vegetable protein (TVP) or textured soy protein (TSP) — they're the same thing.

**How to Make TVP Taste Great**

The biggest mistake people make with TVP is treating it like filler. It's not, it's a flavor sponge! The secret to success comes down to three words: flavor, flavor, flavor.

Use broth, not water. Rehydrate with broth or seasoned liquid to build flavor from the inside out.

Add fat. TVP is fat-free, so cook it with olive oil or mix it with higher-fat meat. In this week's recipe, I use 73/27 ground beef — once stretched with TVP, onions and mushrooms, it's perfectly juicy.

Layer flavor in the pan. Let TVP soak up the garlic, onion, herbs and broth as it cooks for the richest taste.

Give it another chance. If you've tried TVP before and weren't impressed, this method may win you over.

## SAVORY BEEF & MUSHROOM MEATBALLS

Yield: 48 meatballs  
Total Time: 45 mins

- 1/2 cup beef broth
- 1/2 cup TVP (textured vegetable protein)
- 1 tablespoon olive oil
- 1 cup diced onion
- 1 1/2 cups finely chopped white mushrooms
- 1 tablespoon minced garlic
- 1 pound ground beef (73/27 blend)
- 1 egg
- 2 tablespoons breadcrumbs
- 1/2 teaspoon salt
- 1 tablespoon Italian seasoning

Preheat the oven to 400 F. Line a large baking sheet with parchment or foil for easy cleanup.

In a small bowl, pour the hot beef broth over the TVP to rehydrate. Let it sit while you prepare the vegetables so it can soak up all that flavor.

Heat olive oil in a skillet over medium heat. Add the onion and cook about 5 minutes until softened. Lower the heat to medium-low, then add mushrooms and garlic. Cook another 5 minutes until tender. Stir in the TVP and remove from heat to cool and marry the flavors.

In a large mixing bowl, combine the ground beef, egg, 1/4 cup water, breadcrumbs, salt and herbs. Add the cooled sauteed mixture. Mix gently with clean hands until evenly combined. Scoop about 1 tablespoon of mixture for each and roll into small, golf-ball-size meatballs. Arrange in a single layer on the prepared baking sheet.

Bake for 20-25 minutes, or until browned and cooked through (internal temp 160 F).

Enjoy over pasta, rice, tucked in a pita, or added to soup. Refrigerate leftovers for up to four days or freeze for up to three months.

This recipe is a perfect example of how to live where frugal meets fabulous. By stretching 1 pound of beef into 48 flavorful meatballs, you're getting the same satisfying protein, a lighter carbon footprint and a much happier grocery budget.

\*\*\*

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website Divas On A Dime — Where Frugal, Meets Fabulous! Visit Patti at [www.divasonadime.com](http://www.divasonadime.com) and join the conversation on Facebook at [DivasOnADimeDotCom](https://www.facebook.com/DivasOnADimeDotCom). Email Patti at [divapatti@divasonadime.com](mailto:divapatti@divasonadime.com)

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## Make Kale Chips With Kids

Hail to kale! I'm not sure what brought the green, leafy, good-for-you veggie into such renown, but try to open a foodie magazine or blog without some recipe that bows to its virtues. I've been following the trend and now dutifully toss it into stir fries and salads. Sometimes I even let it stand alone all spiced up in our family's most recent obsession: kale chips.

While kale chip recipes abound, I found the best, foolproof technique from Tricia Cornell, mom of two, freelance writer and author of the new book "Eat More Vegetables: Making the Most of Your Seasonal Produce."

The cookbook is chock-full of easy-to-follow, family-friendly veggie recipes. such as her tasty take on "Squash Chili" and "Soupe au Pistou." True to form, she has the kale-chip-making technique down to a science. "When my kids clamor for kale chips, who am I to refuse?" she said as her son, Arlo, chopped up the kale, and her daughter, Nora, grated Parmesan for the chips that would accompany their hamburger sliders for supper. "I want the chips to be tasty and crispy every time we make them," she said.

Pick up a bunch at your local market and enjoy making and tasting these light, crunchy treats with your kids.

## CHEESY KALE CHIPS

Makes 4 cups

- 1 large bunch kale (12 ounces); both Lacinato and curly kale work well.
- 1 tablespoon olive or canola oil
- 1/4 cup finely grated Parmesan
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper, or 1/2 teaspoon pepper flakes

**Here's the fun:** Heat oven to 400 F. Trim off the long, tough center stems from kale and discard. Slice leaves into 1- to 2-inch pieces and place in a large bowl.

Pour oil, cheese, salt and pepper over kale, and massage kale well with your hands, making sure that every piece is covered but not dripping with oil. Line 2 baking sheets with parchment paper and spread kale in a single layer. Place in oven and immediately reduce heat to 250 F.

Bake for about 20 minutes, until crisp, stirring kale and turning pans halfway through. It's important to keep an eagle eye toward the end; you want them to be crisp, not brown.

When completely cool, serve. If there are any leftovers, store in an airtight container up to three days.

**Variation: Barbecue Kale Chips**

Omit Parmesan and pepper. Stir 1 teaspoon pimenton de la vera (smoked Spanish paprika) and 1/2 teaspoon sugar into the salt before adding.

\*\*\*

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at [www.donnaerickson.com](http://www.donnaerickson.com).

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Vilma L. - happy bingo winner at St. John Bosco High School

Isaiah A. won twice - \$300 & 500 Armenian Center of Montebello

Maria won \$2,000 at St. Joseph High School



Casino Q&A

**Q:** After giving me a hand-pay win, the slot attendant asked me to give the machine another spin. I did. But did I have to?  
**A:** No, you really didn't have to. It's just considered casino etiquette. Here's a typical hand-pay scenario. When you hit a slot win requiring a hand-pay, the machine locks up and summons a slot attendant who opens up the machine to verify that it is operating properly. Then you're given the hand-pay amount. The reason you're asked to give the machine another spin is to erase the winning symbols from the screen, which unlocks the machine, putting it back into play. In some casinos, the attendant will unlock the machine and tell you to resume your play. There are cases reported where the slot attendant made the spin and hit another jackpot. And to the player's chagrin, this second jackpot went to the casino, not to the player. Helpful tip. After a hand-pay, give the lucky machine another few spins. Don't believe the myth that once a machine has made a big payout it won't payout again for a long time. Your chances of hitting a jackpot are the same on every spin.

**Q:** When I visit my local casino, I look for my favorite slot—one I've previously won big on. But on my last trip to the casino my favorite slot was gone. What happened to it?  
**A:** When a player fails to see their "lucky" slot in its usual location, they assume it was moved somewhere else on the floor. But when was the last time you saw a 300-pound slot machine being lugged around the casino? Here's what happened. The slot machines a casino orders from a manufacturer are mostly purchased on lease. And the lease states that if the game makes no money, the manufacturer must replace it with another game. And with most games, the manufacturer simply replaces the old game with a new one in the old cabinet. Some slot machines have a life span of only a few months, depending on popularity. That's why you keep seeing slot games come and go.



**DEAR DR. ROACH:** In a recent column, you wrote about reducing cholesterol levels with the help of statins along with a PCSK9i, such as Repatha or Praluent. My question is: Are these PCSK9is at all beneficial if one cannot take statins? — **D.C.S.**

**ANSWER:** Yes, PCSK9 inhibitors are very effective at lowering cholesterol and reducing the risk of heart attacks in high-risk people. Because these drugs are given by injection and are quite expensive, they are not usually the first-line treatments. We have decades of experience using statins, so they remain the first choice for most.

However, if a person cannot take a statin, or one of the alternatives such as bempedoic acid, then PCSK9i drugs are a very reasonable choice. In people with familial high cholesterol and extraordinarily high levels of cholesterol, combination therapy with two or three drugs (a statin, a PCSK9i and sometimes ezetimibe) is frequently used.

Dr. Roach regrets that he is unable to answer letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).

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# ST. BERNARD CATHOLIC SCHOOL

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# BINGO IN BEVERLY HILLS

## COMING SOON

Lucky Lotto News

**Recurring Numbers Win Big**  
A woman from Washington, D.C., won big with the lottery—and she says it's all thanks to following her intuition.

The woman, who has only identified as a daycare worker, won more than \$250,000 in the Pick 5 lottery this past October, according to the Maryland Lottery. She won with the numbers 29000—which she said, per Maryland Lottery, coincidentally showed up multiple times in her daily life leading up to the lottery. The woman said she watched the news and saw “an airplane with the number 29000 emblazoned on it,” the lotto’s website said. A few days later she also bought a bag of cashews, and on the bag were the numbers 29000, adding she almost never buys cashews. She decided to act on the coincidence and played the numbers multiple times just to see what she could get. Ultimately one of them was a winner, and she claimed the main \$250,000 prize at Lottery headquarters in Baltimore. She plans to continue working as a daycare worker, despite the prize. Surprisingly, this isn’t the only time the woman has gotten lucky.

She shared with the Maryland Lottery that she previously won \$80,000 while playing the D.C. Lottery a few years ago and remodeled her kitchen with that money. As for what she plans to do with her new winnings, she said that she hopes to plan more upgrades to her and her husband’s home. She noted that she didn’t need to spend the money on any big trips, saying, “I can sit on my porch with my husband and talk and it’s like taking a trip.” The Maryland Lottery noted on its website that its lottery system has contributed over \$20.7 billion to the state of Maryland since 1973.

**Celebration Goes South**  
A forklift driver from the village of Mattishall in Norfolk, England, watched his bank balance go from £12.40 (or nearly \$17) to £1,000,012.40 (or more than \$1.3 million) in July after he bought five scratch-

off lottery tickets for £5 each from a corner store near Norwich. “When I saw the 1M I didn’t know what to do with myself, so I shoved the scratch card in the glovebox without even thinking,” Lopez, 39, told The National Lottery after discovering he’d bought a winning ticket. “I always thought I’d scream if I ever won big, but when it actually happened, I was stunned into complete silence!” “Never in my wildest dreams did I think this would happen to me, I feel so blessed,” he continued. “I’ve given myself a budget to have fun, a pot to treat people I love and the rest I’m saving for the future.” But before Lopez knew it, what began with treating his family to things they’d always dreamed of including new Range Rovers for him and his mom as well as a family trip to Barbados—turned into a marathon of spending and nonstop “partying for the last three months.”

“I left my job and I never should have done that,” Lopez admitted to the BBC in an interview published this past October. “I lost the structure to my life and day to day living—it was a complete disconnect from the life I was living.”

To make things worse, Lopez found himself hospitalized with a bilateral pulmonary embolism after getting a blood clot in his leg that then spread to his lungs. “It’s allowed me to live a bit of a life I’ve never lived, but I think I went the wrong way about it,” Lopez said of the lavish lifestyle he’s stepped into. “It was enjoyable until my health became an issue.” He continued, “I couldn’t walk, I couldn’t breathe. I rang the ambulance, I got wheeled into the ambulance from my house and the biggest life-changing thing I had was laying in the back of that ambulance and hearing the sirens.” After spending more than eight days in the Norfolk & Norwich University hospital, Lopez decided that his recent health-scare was a much-needed “wake-up call” to put his health first and reconnect with a normal routine. “It just makes you look at both sides of life because it doesn’t matter if you have a million, 100 million, a billion, a trillion—when you’re in the back of the ambulance, none of it matters.”



Letting it Be at Bingo

For my New Year’s resolution this year I resolved to let go of all the petty difficulties I have with people. I wanted a clean slate to begin the new year. I especially wanted to get rid of the little niggles of annoyance I often feel at Bingo. I resolved to just be myself and let everybody else do the same. That is easier said than done.

My head keeps wanting to change people, to make them conform to what I want them to be. For instance, I would like everybody at Bingo to mark their cards “properly.” That is, not have the circles go out of the lines or mark off the I row before they have completed scanning the B row. I would like everyone to scan from top to bottom before they scan from side to side. I know all this is ridiculous, but it is what my head wants. I relax and take deep breaths, but it doesn’t help much, I still want everyone to conform. Therefore, I decided to change my method of play at Bingo. Instead of being very aware of the people around me, I kept my own counsel, didn’t even glance at my neighbor’s cards.

That worked except with Kate. I can’t seem to stop criticizing her even for the few hours it takes to play Bingo. I have learned to keep my opinions to myself, but



that doesn’t stop my internal monitor from going full tilt. I don’t care for the way she makes her bed, either.

So, I decided to try something really new with her. I would not voice my opinions at all for a period of one month. At first, she just glanced at me when I didn’t show her that she had missed a number in Bonanza. But then when I failed to remind her to mark out all her 3s in a game called “wild threes” she was truly perplexed. I smiled, but internally wanted to say something, probably snippy.

“You didn’t tell me I had missed a three,” said Kate, scowling.

“Oh,” I said—nothing more. “Well, what’s the matter with you?” she asked. “You always double check me.”

Again, I just smiled. The next game was the Indian Star—which is basically a large plus and a large X combined on one card. It is almost a blackout, but still requires fierce concentration to keep from missing it. As usual, Kate was chatting to the neighbors—not properly focusing on the game. I did not say anything, but my inner manager was screaming.

Finally, Kate was on and I wanted to scream at her to pay attention, but she continued in her own casual way. And her number came up! At the very last second, before the next number was called, she yelled, “Bingo!” I was so relieved that she had caught it that I was speechless.

She nudged me and said, “Thought I was gonna miss it, didn’t you? Well, I guess I fooled you.”

“Yes,” I admitted. “But I’m trying to stop watching your cards and just pay attention to my own.”

“That’s a great idea,” she said. “Let’s make it our New Year’s resolution!”





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## Bingo John

### Rapid Departure

*Dear reader, as you may remember we left Bingo John stuck in a full body cast with Sarah-Mae at his side. She had plans for marriage, but Bingo John had another idea.*

After I got out of the sweaty, itchy cast, I took a look at myself in the mirror. I was shocked by what I saw. My body was a little sliver of itself. It was all white like a dead fish in the river. I was depressed by what I saw. But the good thing was, I was back in my old living spot with my nice clothes and comfy recliner. After I scrubbed my body all fresh and clean, I cleaned my shoes, getting them nice and shiny for my next round of Bingo.

Just as I was finishing up, the phone started to ring. It was Sarah-Mae.

"How's my lover boy?" she asked.

I didn't say a word. I let the receiver down real soft, hoping she'd think it was a bad connection.

I knew she was coming over. She wanted to finalize the wedding plans.

I ran back and forth over the house looking for someplace to hide. Right when I was running out of ideas, I looked out the back window and saw the battered canoe that Bates left at my house. It'd been sitting there for weeks just collecting rainwater. I live right on the river, and I figured I could float downstream, catching the various Bingo halls they advertise in the *Bingo Bugle*. I was still packed from the stay at Sarah-Mae's. All I'd need was a little food, and some cash. Heck, I figured. It'd be quite the adventure. Sarah-Mae would never find me. I'd be the "Bingo Bandit" floating from town to town, using nature's roadways to move me along.

Without a second thought, I grabbed my bags and ran out to the canoe. I drained out the water and slid my freedom craft down the muddy bank. It was getting dark before I was

in the water, and a thin fog was starting up. I pushed away from shore. Instantly, I felt a huge weight lift from my shoulders. When I got to the middle of the river, the fog hid both shorelines. I felt like I was floatin' away, up on some cloud.

Then out of the fog, I heard a haunting voice comin' from the shore.

"I know you're out there, lover boy. I'll always love you. You're the only man for me."

It was Sarah-Mae calling me back to the shore like Odysseus and the Harpies. I plugged my ears with cotton and paddled. She called and called, her voice getting fainter by the minute. Her cries faded until all that was left was the soft sound of water as it passed under the canoe.

A little tear welled up in the corner of my eye. Not a tear like I was going to miss her, but a tear coming out of someplace deep, like the seeds of it were always going to be there, never to grow.

Then a black shape came out of the mist and jerked me out of my reverie. It was an old rotten log bobbing in the river. I paddled up to its side. The bark was gone from the wood. It was covered in a layer of verdant algae like it'd been in the river for a long time. I pushed it away with my paddle, and let the river carry me away. The *Bingo Bugle* said the next hall was down river twenty or so miles, so I leaned back and relaxed.

I quickly fell asleep. When I woke up, the fog had lifted. Somehow, I slept through the night. The old log was just ahead, but then it started bobbin' up and down like there was someone underneath pushin'. I watched it real close before I realized it wasn't someone pushing the log. It was the river. I was headed into some kind of rapids. The river made a sharp bend to the right. The current pushed the log, along with thousands of others, into a huge prickly pile shaped like a gang of agitated rattlesnakes. By this time the river roared with whitecaps and waves, but before I could grab the paddle, the river pushed me into the log jam. Over I went. The canoe sank instantly. I grabbed onto the inside of

the gunwale with my foot to keep a hold on the canoe. Once I was in the logs, the canoe went under a downed tree, and I went with it. I was pinned. I couldn't get my foot out of the canoe. I thought I'd never see the inside of another bingo hall. As things went black, I figured they must have pretty good Bingo Halls in Heaven...

Next month, Bingo John gets out of a snag. Or does he? Or does the real adventure begin for the "Bingo Bandit" Stay tuned for next month's adventure.



Maria M. won \$400 at 40 Martyrs



Congratulations to Cindy D., a \$1,500 bingo winner at St. Joseph High School! Bingo is played Wednesday nights. Join them and you could be the next featured winner!

# ST. JOHN BOSCO H.S.

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2 sets of 15 paper games  
2 sets of 15 strip games  
(\$150 value for \$100)

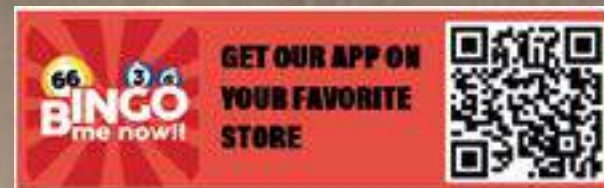
### \$50 SMALL PACK

1 set of 15 paper games  
1 set of 15 strip games  
(\$75 value for \$50!)

Online Pricing

### Nightly Door Prize Drawing

4 \$100 Admission Coupons  
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3 \$250 Cash Drawings



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**SPECIAL PATIO AREA FOR SMOKER'S CONVENIENCE**

## SENIOR NEWS LINE

by Matilda Charles

### Finding Food

I recently learned a few things about my local food bank that I didn't know. Maybe your food bank has these services as well.

The local food bank has a mobile pantry that goes to the senior housing building once a month for seniors who can't get out to the regular weekly location. While they don't carry a large variety on the van, they do have some of most everything, including canned and boxed foods, coffee and tea, some meats in a small freezer, dairy and bread.

They've just started home delivery in the area, right in time for winter. For this a senior needs to sign up in advance and have their doctor sign a form saying yes, they could benefit from having food delivered instead of having to go out on icy roads to make a pickup. The sign-up form also has a place to list any allergies and preferences, so the box of food is a bit customized.

Our local food bank isn't the only one in the area. Churches and towns sometimes have their own. See [www.gsfb.org/food-map](http://www.gsfb.org/food-map) and put in your ZIP code for locations near you. In my area I discovered six additional food bank locations I knew nothing about.

Look into the senior food box program. Once a month participants in the program have a box of food delivered. Find contact and income eligibility information by doing an internet search for the Commodity Supplemental Food Program in your state.

Then there is Meals on Wheels, where prepared food is delivered to seniors who have trouble cooking for themselves. They often have low sodium and diabetic meal options. Depending on your location, there might be a small fee for the meals.

If you need food, don't give up. It's out there and you can find it. There are more food sources than you might imagine.

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### Slices of Life: A Comic Montage by Qu

This masterful collection of comics features universal vignettes that examine the small moments in life, reveling in all its quiet beauty. Originally created as the author's thesis project for her MFA in Illustration Practice at MICA, this collection of insightful and subtly magnificent silent comics is now being brought to English readers, as it has previously only been published in China. This edition of *Slices of Life* not only features sublime comics that inspect and reflect the majesty of everyday life, but will also include behind-the-scenes backmatter presenting Qu's journey and artistic process.

Readers are saying Qu is "one of the best contemporary cartoonists to pay attention to" with her "elegant, gorgeously rendered style." Early readers call the collection "peaceful ... yet hilarious," praising it as a "deeply nostalgic" tribute to what makes "life worth loving" and "all the little moments that are magical and slowing down to celebrate."

Purchase at <https://bit.ly/3LsvpeO>.

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**GAMING  
TODAY**  
by Henry Tamburin

## Managing Bankroll Part I

Every blackjack player has the goal of having fun, winning money, and avoiding losing their bankroll too quickly. The key to accomplishing all three is how you manage your money, the size of your bankroll, and how much you bet. Following are tips to help you have staying power when you play, and with a little luck, be able to cash in on some short-term wins. Two important items I want to state up front:

1. Money you use to gamble should not, under any circumstance, be “scared money,” meaning money that you need for rent, mortgage, utilities, food, etc. The amount you set aside to gamble should be discretionary income that will not cause hardship in the event you lose it.
2. Recommendations in this article are for recreational gamblers, specifically someone facing a house edge even under optimal playing conditions. Bankroll and money management strategies are different for card counters (see Chapter 10 in my *Ultimate Blackjack Strategy Guide*).

### Session Bankroll

You should bring enough bankroll for each session so you have a decent chance of winning money should the cards come your way, with a minimum risk of going broke. The latter is important. For example, betting \$25 a hand at blackjack with a \$100 session bankroll is suicidal because you have a 90-plus% chance of busting out because your bet to bankroll ratio is too small. You should have a reasonable spread between minimum bet and session bankroll. How much?

- Rule #1. For a 3-hour playing session, have at least 50-times your minimum bet. What this means is that for a \$5 bettor, you should have at least a \$250 session bankroll. A \$10 bettor should have \$500, and so forth. This will not guarantee a profit for every session, or even half of them, but it will allow you to stay in the game even if you experience a bad run of cards.

### Total Bankroll

This is money you set aside to play blackjack. Each time you play, you bring one third of your total bankroll with you for your session bankroll. (Total Bankroll/3 = Session Bankroll.)

3. Rule #2: Have at least 150 times your minimum bet as your total bankroll.
4. Rule #3. Have it stashed away in a money market account (call it your “401-G,” where the “G” is for gambling). That means, for a \$5 bettor, you should have \$750 set aside in your 401-G. If you don’t have that much money right now for playing blackjack, I suggest you wait until you can grow your 401-G to \$750 before you start playing with real money. When you complete a three-hour session, you are most likely going to have more, or less, than your starting \$250 session bankroll (\$5 bettor). Whatever that amount happens to be, deposit it back into your 401-G. Note: the bankroll in the 401-G is to be used solely for playing blackjack. It should not be used for other expenses such as drinks, meals, rooms, and transportation.

Why so much bankroll? Because blackjack is a game of ups and downs, you never know (or can predict) when you’ll experience a hot or cold streak. By having the recommended bankroll, you will be safeguarding yourself from going broke.



## Bingo Breakup

Hi Guy,

File this one under: You never know what you’re going to see when you go out for an afternoon of Bingo.

My girlfriend, Tina, and I play Bingo several times a week and we enjoy traveling to different halls at home and in other towns just for the variety. By variety I mean different atmospheres, different food, and most importantly, different people.

Some games we go to are slow, others so quick we can barely keep up. Some are very quiet while others are so noisy that we can’t believe the players don’t mind.

At one of these noisier Bingos we ended up sitting one table away from a young couple who clearly were unhappy with each other. Between calls they would criticize each other about everything you could imagine—clothing, friends, manners...it just went on and on.

Finally, the argument got so heated that the young man stood up, banged his hand on the table and said: “I’m sick of this (bleep)! And I’m sick of you! We’re done!” The whole section gasped at the realization that we had just witnessed the end of a relationship. It was shocking.

But what was even more surprising was what the man did after this. I assumed he would storm out of the Bingo hall. But instead, he scooped up his Bingo paper, stomped across the room to another table and sat down—to finish the rest of the Bingo session!!

Tina and I turned and just stared at each other in amazement. Sure enough, for the next 45 minutes the ex-couple played Bingo right along with the rest of us, then left separately when the games were over.

Even though the hall was quite a distance from home, we went back the next week at the same time to see if the couple showed up. The woman was there—alone. And believe me, plenty of eyes were on her all afternoon, but I don’t think anyone had the guts to ask her where the guy was.

—GL, via email

Hi GL,

That’s a heck of a story. I’ve seen a few arguments at Bingo but can’t say that in all my years of play I’ve ever witnessed a relationship actually come to an end in the middle of a session. Then again, I also can’t remember the last time I was in a Bingo hall that was noisy enough that a couple could have a fight during the games and not get in trouble for it. That place must be a zoo! —Guy

Hey guys! (And gals!) Write to: Guy’s Turn c/o The Bingo Bugle, P.O. Box 527, Vashon, WA 98070, or e-mail the editor at [tara@bingobugle.com](mailto:tara@bingobugle.com). Be sure to include your name and address (you may request that your name not be published), as typically Guy will not include anonymous letters in his columns.



### Proportional Betting

Over time, your 401-G is going to grow and shrink (hopefully, with some luck it will grow). What I recommend is that you always bet in proportion to the amount of money that you currently have in your 401-G (total bankroll) to decrease further your risk of tapping out. This is how it works.

Suppose you are a \$10 bettor and you want to play a 3-hour session. You have a \$1,500 total bankroll in your 401-G (\$10 times 150). You withdraw one third of your total bankroll (\$500) for your session bankroll.

Let’s suppose luck wasn’t with you in this session, and you end up losing \$300, meaning your session bankroll shrank to \$200. After you deposit the \$200 back into your 401-G, your total bankroll is now \$1,200.

For your next 3-hour session, you take one third of \$1,200 or \$400 for your next session, and your minimum bet should be \$8 (\$1,200/150). Likewise, if you win money in any session, you’ll be starting your next session with a slightly larger bankroll and minimum bet size. The latter could grow your bankroll faster should you experience a good run of cards in your next session. The point is: proportional betting will prolong staying power, allowing you to ride out losing streaks and be in the game when winning streaks occur. Remember: 1. Minimum bet x 150 = total bankroll; 2. Session bankroll = total bankroll/3

*In Part II next month we will cover varying your bets and more tips to preserve your blackjack bankroll.*



## Lucky Predictions for January 2026

**ARIES:** *March 21 to April 19*

1st thru 6th...  
Rarin’ RED win 4<sup>th</sup>-5<sup>th</sup>!  
7th thru 12th...  
Don’t (and say you did)  
13th thru 18th...  
Step up 14<sup>th</sup> & 18<sup>th</sup>\$!  
19th thru 24th...  
All systems are GO 23<sup>rd</sup>!  
25th thru 31st...  
Lucky hump day 28<sup>th</sup>\$\$

**TAURUS:** *April 20 to May 20*

1st thru 6th...  
Boldly trust in YOU 3<sup>rd</sup>!  
7th thru 12th...  
Mega luck 7<sup>th</sup>\$\$  
13th thru 18th...  
Hard cards rule 17<sup>th</sup>!  
19th thru 24th...  
BLUE done right 22<sup>nd</sup>\$  
25th thru 31st...  
Who can stop you 26<sup>th</sup> & 30<sup>th</sup>?!

**GEMINI:** *May 21 to June 21*

1st thru 6th...  
Luck pays a visit the 5<sup>th</sup>!  
7th thru 12th...  
Your best shot’s the 9<sup>th</sup>\$  
13th thru 18th...  
Save it for the 18<sup>th</sup>!  
19th thru 24th...  
RED calls you to win 23<sup>rd</sup>\$\$!  
25th thru 31st...  
Make it so the 28<sup>th</sup>\$\$

**CANCER:** *June 22 to July 22*

1st thru 6th...  
No-brainer (good) 2<sup>nd</sup>-3<sup>rd</sup>!  
7th thru 12th...  
Right on target 7<sup>th</sup> & 12<sup>th</sup>\$  
13th thru 18th...  
Not in the cards  
19th thru 24th...  
GREEN attracts \$5 22<sup>nd</sup>!  
25th thru 31st...  
Feels so right the 30<sup>th</sup>!\$

**LEO:** *July 23 to Aug. 22*

1st thru 6th...  
Save your \$ for the 4<sup>th</sup>  
7th thru 12th...  
Wind hits your sails the 9<sup>th</sup>!  
13th thru 18th...  
RED’s got this 14<sup>th</sup>-15<sup>th</sup>\$  
19th thru 24th...  
All root for YOU 23<sup>rd</sup>!  
25th thru 31st...  
Bang a gong—get it on 28<sup>th</sup>\$\$

**VIRGO:** *Aug. 23 to Sept. 22*

1st thru 6th...  
BLUE power color 2<sup>nd</sup>-3<sup>rd</sup>\$  
7th thru 12th...  
Ahead of them all 11<sup>th</sup>-12<sup>th</sup>!  
13th thru 18th...  
Hot hard cards 16<sup>th</sup>-17<sup>th</sup>!  
19th thru 24th...  
Time out  
25th thru 31st...  
Loaded with \$\$ 26<sup>th</sup> & 30<sup>th</sup>!

**LIBRA:** *Sept. 23 to Oct. 23*

1st thru 6th...  
Maximum results 1<sup>st</sup> & 4<sup>th</sup>!  
7th thru 12th...  
No go  
13th thru 18th...  
All good 13<sup>th</sup> & 18<sup>th</sup>\$\$  
19th thru 24th...  
Multiple blessings 19<sup>th</sup>!  
25th thru 31st...  
In for a treat the 28<sup>th</sup>\$

**SCORPIO:** *Oct. 24 to Nov. 21*

1st thru 6th...  
As you like, 2<sup>nd</sup>-3<sup>rd</sup>\$  
7th thru 12th...  
Starts & ends great!\$!  
13th thru 18th...  
On top of the world 16<sup>th</sup>-17<sup>th</sup>!  
19th thru 24th...  
PURPLE wins 21<sup>st</sup>-22<sup>nd</sup>\$  
25th thru 31st...  
Worth waiting for the 30<sup>th</sup>!

**SAGITTARIUS:** *Nov. 22 to Dec. 21*

1st thru 6th...  
Lucky break w/RED 4<sup>th</sup>-5<sup>th</sup>!  
7th thru 12th...  
Persuasive friend 8<sup>th</sup>-9<sup>th</sup>\$  
13th thru 18th...  
Next step up 18<sup>th</sup>-19<sup>th</sup>\$!  
19th thru 24th...  
Hit the jackpot 23<sup>rd</sup>!  
25th thru 31st...  
Avoid disaster

**CAPRICORN:** *Dec. 22 to Jan. 19*

1st thru 6th...  
Wait ‘til the 6<sup>th</sup>!  
7th thru 12th...  
Top chances 7<sup>th</sup> & 11<sup>th</sup>\$!  
13th thru 18th...  
You got it 16<sup>th</sup>-17<sup>th</sup>!  
19th thru 24th...  
Pleasant surprises 21<sup>st</sup>-22<sup>nd</sup>\$\$  
25th thru 31st...  
Stop after the 25<sup>th</sup>

**AQUARIUS:** *Jan. 20 to Feb. 18*

1st thru 6th...  
Advantages galore the 1<sup>st</sup>\$  
7th thru 12th...  
Smooth winning the 9<sup>th</sup>\$\$  
13th thru 18th...  
Make your mark 14<sup>th</sup> & 18<sup>th</sup>!  
19th thru 24th...  
Keep at it 19<sup>th</sup> & 23<sup>rd</sup>\$\$  
25th thru 31st...  
None more perfect 27<sup>th</sup>-28<sup>th</sup>!

**PISCES:** *Feb. 19 to March 20*

1st thru 6th...  
Good vibrations 2<sup>nd</sup>-3<sup>rd</sup>!\$!  
7th thru 12th...  
Bankroll grows 11<sup>th</sup>-12<sup>th</sup>!  
13th thru 18th...  
Made in da shade 17<sup>th</sup>\$\$  
19th thru 24th...  
Hang in but stop early 22<sup>nd</sup>!  
25th thru 31st...  
Try your luck 26<sup>th</sup> & 30<sup>th</sup>\$\$

Color references: lucky objects, blotters, cards, machines, the clothing/jewels you wear, or a dominant color in the room.



**PREDICTORS  
LUCKY CARD FOR JANUARY 2026**

9	28	33	54	63
14	21	31	51	70
3	17	★	46	67
11	30	43	55	75
7	25	38	49	69



**MOON PHASES  
& SPECIAL  
EVENTS**

**JANUARY  
2026**

1st	New Year’s Day
3rd	Full Moon
4th	National Spaghetti Day
5th	National Bird Day
10th	Last Quarter Moon ☾
12th	National Hot Tea Day
14th	Dress Up Your Pet Day
18th	New Moon ☾
19th	Martin Luther King Jr. Day
21st	Squirrel Appreciation Day
26th	First Quarter Moon ☾
27th	Chocolate Cake Day



## Horoscopes for January 2026

**ARIES (MAR 21-APR 20):** Tension brings success. But you’ll need to merge patience and persistence to turn the tide. Don’t get caught up in petty arguments about validation. If someone else wants the limelight, let her have it. Your moment to shine is just around the corner.

**Lucky Days:** 18 - 23  
**Lucky Numbers:** 5 - 15

**TAURUS (APR 21-MAY 21):** If you need to step out of a complicated situation, the new Moon on the 18th offers you an opportunity. You’ll gain mileage this month by staying impersonal and not forcing your opinions and beliefs on others. Practice listening, and all will be revealed.

**Lucky Days:** 1 - 11  
**Lucky Numbers:** 9 - 48

**GEMINI (MAY 22-JUN 21):** Dreams and the imagination take precedence now. But you’ll need to quell the mental chatter and become receptive to clues and hints that come from the environment. Consider practicing the art of meditation or contemplation; you’ve much to learn from the dynamics of your inner world.

**Lucky Days:** 8 - 29  
**Lucky Numbers:** 2 - 21

**CANCER (JUN 22-JUL 22):** How well do you know the hidden side of your nature? Relationships require honesty and clarity. See if resentment and jealousy are complicating your goals with others. Make a promise to be forthright with yourself. Aim for truth, and you’ll be set free.

**Lucky Days:** 4 - 15  
**Lucky Numbers:** 19 - 59

**LEO (JUL 23-AUG 23):** If you’re looking for a new lover, you need to step outside your comfort zone. Why? You’ll be bored otherwise. You’re not interested in anyone who reminds you of a past relationship. January is a month for emotional maturing. Let go of expectations, and you’ll be surprised by what you attract.

**Lucky Days:** 23 - 24  
**Lucky Numbers:** 13 - 14

**VIRGO (AUG 24-SEP 23):** Make the

effort to turn obstacles into opportunities for yourself. Slip into someone else’s viewpoint to land on a quick solution. The new Moon on the 18th allows you to clear the deck. A surprise work project offers a much-needed change of pace. Make creativity a central aim for yourself now.

**Lucky Days:** 3 - 19  
**Lucky Numbers:** 28 - 39

**LIBRA (SEP 24-OCT 23):** Although you might not acknowledge it, you have excellent managerial skills. When required, you can take a complicated situation and whip it into shape. You’re a born diplomat, and the world needs your kind of civility. See if you can offer your unique talents to your community.

**Lucky Days:** 8 - 16  
**Lucky Numbers:** 23 - 46

**SCORPIO (OCT 24-NOV 22):** The new year starts with you encountering and exploring the power of your dreams and visions. What are the unique messages you are receiving from your unconscious? You may need to apply your mystical insights to a puzzling situation on the home front. Be gentle but firm.

**Lucky Days:** 9 - 22  
**Lucky Numbers:** 3 - 28

**SAGITTARIUS (NOV 23-DEC 21):** It’s been said the visible is a shadow of the invisible. Keep this in mind as you attempt to embrace the bigger picture now. This intuitive way of seeing is a necessity; it guarantees greater freedom in the future and improves communication.

**Lucky Days:** 22 - 27  
**Lucky Numbers:** 7 - 56

**CAPRICORN (DEC 22-JAN 20):** The new Moon in your sign on the 18th reconfirms your winning strategies, namely what patience and persistence will attract. You’re required now to engage more socially to achieve your goals. Learn how to schmooze. The more you engage with others, the quicker your success.

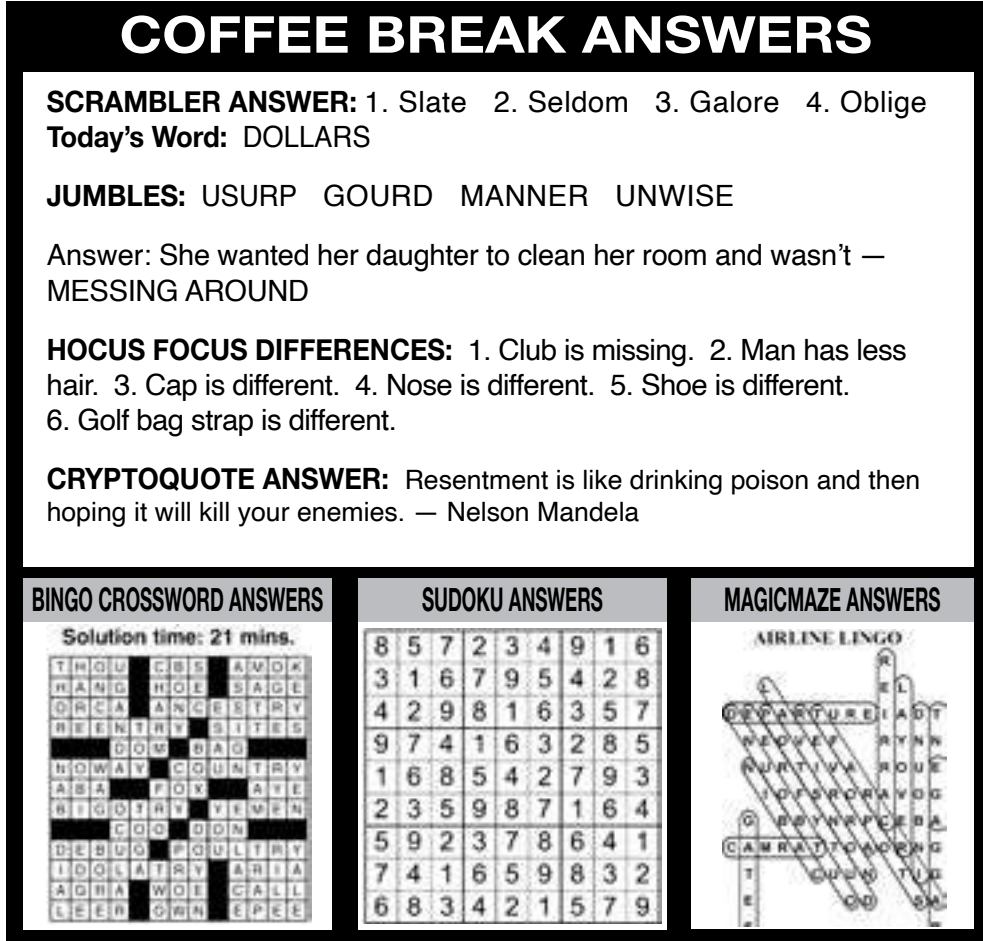
**Lucky Days:** 3 - 7  
**Lucky Numbers:** 5 - 50

**AQUARIUS (JAN 21-FEB 19):** Venus, the love planet is in your sign now, and this ups your ability to sparkle and shine. Don’t be shy about promoting your unique and inventive mind. Reexamine your ideas about intimacy. Communicating your need for space and freedom strengthens the heart of your relationships.

**Lucky Days:** 6 - 18  
**Lucky Numbers:** 29 - 47

**PISCES (FEB 20-MAR 20):** With Saturn, the work planet, back in your sign, you’re forced to clarify your biggest goal for the new year. The more specific you can be, the easier the ride to reaching your destination in the spring. Once you commit to a schedule and practice, you’ll find guidance arriving from unlikely people and places.

**Lucky Days:** 7 - 17  
**Lucky Numbers:** 25 - 27



**COFFEE BREAK ANSWERS**

**SCRAMBLER ANSWER:** 1. Slate 2. Seldom 3. Galore 4. Oblige  
**Today’s Word:** DOLLARS

**JUMBLES:** USURP GOURD MANNER UNWISE

Answer: She wanted her daughter to clean her room and wasn’t —  
MESSING AROUND

**HOCUS FOCUS DIFFERENCES:** 1. Club is missing. 2. Man has less hair. 3. Cap is different. 4. Nose is different. 5. Shoe is different. 6. Golf bag strap is different.

**CRYPTOQUOTE ANSWER:** Resentment is like drinking poison and then hoping it will kill your enemies. — Nelson Mandela

**BINGO CROSSWORD ANSWERS**

Solution time: 21 mins.

1	DOWN	1	DOWN	1	DOWN	1	DOWN	1	DOWN
2	DOWN	2	DOWN	2	DOWN	2	DOWN	2	DOWN
3	DOWN	3	DOWN	3	DOWN	3	DOWN	3	DOWN
4	DOWN	4	DOWN	4	DOWN	4	DOWN	4	DOWN
5	DOWN	5	DOWN	5	DOWN	5	DOWN	5	DOWN
6	DOWN	6	DOWN	6	DOWN	6	DOWN	6	DOWN
7	DOWN	7	DOWN	7	DOWN	7	DOWN	7	DOWN
8	DOWN	8	DOWN	8	DOWN	8	DOWN	8	DOWN
9	DOWN	9	DOWN	9	DOWN	9	DOWN	9	DOWN
10	DOWN	10	DOWN	10	DOWN	10	DOWN	10	DOWN
11	DOWN	11	DOWN	11	DOWN	11	DOWN	11	DOWN
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16	DOWN	16	DOWN	16	DOWN	16	DOWN	16	DOWN
17	DOWN	17	DOWN	17	DOWN	17	DOWN	17	DOWN
18	DOWN	18	DOWN	18	DOWN	18	DOWN	18	DOWN
19	DOWN	19	DOWN	19	DOWN	19	DOWN	19	DOWN
20	DOWN	20	DOWN	20	DOWN	20	DOWN	20	DOWN
21	DOWN	21	DOWN	21	DOWN	21	DOWN	21	DOWN
22	DOWN	22	DOWN	22	DOWN	22	DOWN	22	DOWN
23	DOWN	23	DOWN	23	DOWN	23	DOWN	23	DOWN
24	DOWN	24	DOWN	24	DOWN	24	DOWN	24	DOWN
25	DOWN	25	DOWN	25	DOWN	25	DOWN	25	DOWN
26	DOWN	26	DOWN	26	DOWN	26	DOWN	26	DOWN
27	DOWN	27	DOWN	27	DOWN	27	DOWN	27	DOWN
28	DOWN	28	DOWN	28	DOWN	28	DOWN	28	DOWN
29	DOWN	29	DOWN	29	DOWN	29	DOWN	29	DOWN
30	DOWN	30	DOWN	30	DOWN	30	DOWN	30	DOWN

**SUDOKU ANSWERS**

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





Is This One of the Best Hero Calls in Poker History?

By Chad Holloway

High Stakes Poker (HSP) is one of the most famous poker shows of all time and has been a hit with fans ever since it debuted on the Game Show Network (GSN) back in 2006. In 2020, the show switched to PokerGO for Season 8 and has found a home there ever since.

Now in its 14th season, a big hand recently took place in Episode 6 that was truly one of the most remarkable hands in televised poker history.

It started when a player named Steve raised to \$1,400 holding the 8s6c and Peter called from the button with the 6s3s. Alan Keating, a well-known high-stakes poker pro based out of Los Angeles, came along from the big blind with the 9d7d and it was three-way action to a flop of Ac7sKs.

Keating checked bottom pair and Steve, who didn't have much of anything, continuation-bet for \$4,000. Peter then raised to \$13,000 with his spade flush draw and suspecting something fishy, Keating check-raised to \$41,000.

"You know, I'm kind of thinking, what can he have here, right?" Keating would later explain. "And I have a seven, so maybe if I just raise I'll win the hand on the spot."

Steve quickly got out of the way while Peter called to see the 6h, which gave him a pair to go along with his flush draw, but action was on Keating.

"Here, I don't really know what to do. I'm just trying to fight my way out of this hand," Keating explained after the fact. He then kept the pressure on with a bet of \$58,000 and Peter popped it to \$175,000.

Keating thought for a bit before calling and the 4h bricked on the river. Both players had small pocket pairs and Keating, who had the best of it with a pair of sevens, checked it to Peter, who no doubt thought he was behind.

He probably put Keating on either an ace or king and that he might be able to win the pot with a bluff. Indeed, Peter moved all in for \$235,000 and Keating hit the tank long and hard.

"With as much raising as he's done, he still hadn't convinced me that he had me beat," Keating said. "At the same time, when you call here and he shows you three of a kind or two pair, you just feel like a dummy. You feel like the dumbest person on the planet."

Eventually Keating called with just the pair of sevens and pulled in a pot worth \$911,000, much to the shock of Peter and delight of the other players at the table.

"It's my favorite hand because neither of us have much, but we made a game of chicken out of it by putting pressure on each other and no one backed down," Keating would go on to tell PokerNews.

Chad Holloway is a 2013 World Series of Poker bracelet winner, host of the PokerNews Podcast, and PR & Media Manager for PokerNews.com. Follow him on Twitter: @ChadAHolloway.



**Boggle BrainBusters!**

By David L. Hoyt and Jeff Knurek

**GOWAN**  
**NDOSE**  
**AGLVO**  
**EEAWK**  
**FHNRE**

**Boggle BrainBusters Bonus**  
We put special brain-busting words into the puzzle grid. Can you find them?  
Find **AT LEAST NINE BIRDS** in the grid of letters.

**INSTRUCTIONS:** Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

**BOGGLE POINT SCALE**  
3 letters = 1 point  
4 letters = 2 points  
5 letters = 3 points  
6 letters = 4 points  
7 letters = 6 points  
8 letters = 10 points  
9+ letters = 15 points

**YOUR BOGGLE RATING**  
151+ = Champ  
101-150 = Expert  
61-100 = Pro  
31-60 = Gamer  
21-30 = Rookie  
11-20 = Amateur  
0-10 = Try again



Steven H. of Fort Mohave, AZ won \$2,393 playing Bingo Super Punch at Edgewater Casino Resort

**Banda Maguey Brings Their Technobanda Legacy to Morongo**  
*The celebrated 12-piece group from Jalisco, Mexico performs at the Morongo Grand Ballroom on Saturday, January 31.*

MORONGO CASINO RESORT & SPA – The unmistakable sound of technobanda comes alive when Banda Maguey takes the stage at the Morongo Grand Ballroom on Saturday, January 31.

The beloved 12-piece ensemble from Jalisco, Mexico, will bring decades of hits, energy, and heart to one unforgettable night of live music.

Formed in 1993 in Villa Corona, Jalisco, Banda Maguey helped shape Mexico's onda grupera movement through their innovative fusion of traditional banda rhythms and modern dance beats. Their performances and choruses made them household names throughout Latin America. Led by singer-songwriter Ernesto Solano, who penned their chart-topping hit "Pero Te Amo," the group rose to fame with their breakout album La Estrella de los Bailes (1995). The record produced multiple radio favorites and cemented Banda Maguey's place among the genre's most iconic names.



Over the years, Banda Maguey's catalog has expanded to include fan favorites such as "El Alacrán," "Tumbando Caña," and "Que Sacrificio," tracks that continue to fill dance floors and fuel their live shows. Known for their contagious stage presence, the band remains a festival and arena mainstay across Mexico and the United States.

"Banda Maguey has kept fans dancing for more than three decades," said Amy Hunstock, Vice President of Marketing at Morongo. "Their music connects generations, and we're thrilled to bring that unmistakable sound to Morongo."

Tickets can be purchased through Ticketmaster starting at \$59. Doors open at 7 p.m. and the show begins at 8 p.m.

**Savvy Senior**  
*by Jim Miller*  
**Maintain Your Brain**

**Dear Savvy Senior,**  
Are there any proven strategies to preventing cognitive decline? I have a family history of dementia and worry about my own memory and cognitive abilities as I grow older.  
—*Forgetful at 55*

**Dear Forgetful,**  
For most people, starting in their fifties and sixties, the brain's ability to remember names, multi-task or learn something new starts declining. While our genes (which we can't control) play a role in determining our cognitive aging, our general health (which we do have some control over) plays a bigger factor.  
Here are some medically recommended lifestyle strategies you can employ that can help stave off cognitive loss and maybe even build a stronger brain.  
**Manage health problems:** Studies have shown that cognitive problems are related to health conditions, like diabetes, heart disease and even depression. So, if you have high blood pressure, high cholesterol or diabetes you need to treat them with lifestyle changes and medication (if necessary) and get them under control. And if you have a history of depression, talk to your doctor about treatment options.  
**Exercise:** Aerobic exercise increases blood flow to all parts of your body, including your brain, to keep the brain cells well nourished. So, choose an aerobic activity you enjoy like walking, cycling, dancing, swimming, etc., that elevates your heart rate and do it for at least 30 to 40 minutes three times a week.  
**(Editor's Note:** A recent study published in the *Harvard Medical Review* suggests regular weight training may keep your brain strong as you age. Participants who did twice-a-week weight training with increased loads, meaning they added weight and did more of each exercise as they got stronger, performed better in cognitive tests and showed less brain shrinkage in areas typically associated with Alzheimer's disease.)  
**Eat healthy:** A heart-healthy diet, like the Mediterranean diet, will also help protect the brain. A Mediterranean diet includes relatively little red meat and emphasizes whole grains, fruits and vegetables, fish and shellfish, and nuts, olive oil and other healthy fats. Also keep processed foods and sweets to a minimum.  
**Get plenty of sleep:** Quality, restful sleep

contributes to brain health too. Typically, adults should get between seven and nine hours of sleep daily. If you have persistent problems sleeping, you need to identify and address the problem. Medications, late-night exercise and alcohol can interfere with sleep quality and length, as can arthritis pain, sleep apnea and restless leg syndrome. If you need help, make an appointment with a sleep specialist who will probably recommend an overnight diagnostic sleep test.  
**Challenge your mind:** Some research suggests that mind challenging activities can help improve memory, and slow age-related mental decline. But be aware that these activities consist of things you aren't accustomed to doing. In other words, crossword puzzles aren't enough to challenge your brain if you're already a regular puzzle doer. Instead, you need to pick up a new skill like learning to dance, play a musical instrument, study a new language or do math problems – something that's challenging and a little outside your comfort zone.

Brain-training websites like Lumosity, Elevate and Peak are good mind exercising tools because they continually adapt to your skill level to keep you challenged.  
Socializing and interacting with other people is another important way to stimulate the brain. So, make a point to reach out and stay connected to friends, family and neighbors. Join a club, take a class or even volunteer—anything that enhances your social life.  
Don't smoke or drink: Smoking and regular alcohol consumption both effect the brain in a negative way, so kick the habit if you smoke and, if you drink, do so only occasionally.  
Check your eyes and ears: A growing body of evidence shows that vision and hearing loss, which affects brain stimulation, can also increase the risk of cognitive decline. So, get your eyes and ears checked regularly and treat any issues promptly.  
Reduce stress: Some stress is good for the brain, but too much can be toxic. There's evidence that things like mindfulness meditation, yoga and tai chi are all good ways to help reduce stress.



**CONGRATULATIONS TO ALL THE WINNERS ABOARD THE 2025 BINGO BUGLE CRUISE!**



Marilyn S. from Mesa, Arizona  
\$1,200



Maria K. from West Babylon, NY  
\$1,200



Letha J. from Severn, MA  
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Valencia M. from Munster, IN  
\$1,200



Evelyn L. from Cave Junction, OR  
\$600



Mitzi, C. from Brooklyn, NY  
\$1,200



Lucinda A. from Bangor, ME  
\$1,200



Denise, V. from Hugo, MN  
\$1,800



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BINGO

Doors open at 8:30 am

Sales start at 9:30am

Warm-ups start at 11:00am

\*Doors close at 11:30am

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16

21

DEAR AUNT

BINGO

by Bonnie Mitchell

### Elevate Your Fashion Game!

**Dear Readers:** In the coming months, we’re reaching into the archives for letters that merit a repeat run. Enjoy and Happy New Year 2026! —**Aunt Bingo**

**Dear Aunt Bingo,**  
I want to tell you about a marvelous woman who for many years now has been playing Bingo at a hall I attend.  
What I love about her is that unlike so many of us who shuffle in dressed in jeans and sweatshirts, this lady—and there is no more perfect word to describe her than “lady”—always comes to Bingo dressed as if she is spending the evening at the opera. She always wears a dress, occasionally wears a hat, and sparkles from head to toe in costume jewelry and perfectly maintained shoes. Yes, her outfits maybe are a bit dated, but it doesn’t matter. At some point in time she decided that an evening at Bingo was a night on the town, and that she was going to dress accordingly, and has done so ever since.

Americanisms

“Where the women go, the culture goes.”

— Phylicia Rashad

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I don’t really know her, but I adore her—and she has had a very positive effect on me. Now when I go out—to Bingo or wherever—I think twice about what I’ll wear and the impression I want to make. I may add a scarf, or a pin, or a nicer pair of shoes to my outfit and away I’ll go. Glamorous! —**Liz H., via email**

**Dear Liz,**  
Obviously, I don’t know this woman, but you have made me love her, too!  
Imagine breaking out Aunt Margaret’s purple brooch and the silk scarf you got from your husband last Christmas and adding them to your next Bingo ensemble. How fun! And what an awesome excuse for going through all those accessories you’ve collected over the years and never seem to have the opportunity to wear. And why limit it to Bingo? A trip to the grocery store, a meeting at your kids’ school, an errand at the post office…let’s make these outings more of an event by taking five extra minutes to “dress” for the occasion. Glamorous indeed! —**Aunt Bingo**

Write to Aunt Bingo c/o the Bingo Bugle, P.O. Box 527, Vashon, WA 98070, or email her editor at tara@bingobugle.com. Be sure to include your name and address (you can request your name not be published), as typically she will not include anonymous letters in her columns.

THE

POD

REPORT

By Dana Block

### Procrastination Cessation

Do you find yourself putting off until tomorrow what could be done today (times 365 days a year)? You might be suffering from executive dysfunction. Instead of feeling shame, download one of these five podcasts and start overcoming lifelong habits of procrastination:  
**iProcrastinate Podcast** — Hosted by Dr. Timothy A. Pychyl, this podcast hasn’t had any new episodes since 2018, but his podcast library is still available and immensely useful today. A retired professor, Dr. Pychyl was also the director of the Procrastination Research Group at Carleton University in Ottawa, Canada, and he challenges his listeners to “explore their daily choices to act or postpone acting on their intentions.” Drawing on his research literature, episode topics explore self-handicapping, anxiety, self-regulation, perfectionism, impulsivity, willpower and temporal discounting. He has several very interesting episodes on procrastination in other cultures and how

CryptoQuip

answer

If pastors are thirty-one, forty-three or fifty-nine years old, do people say they’re prime ministers?

Boggle BrainBusters

Answers:

OWL DOVE LARK

HAWK SWAN LOON

RAVEN EAGLE GOOSE

HOLLYWOOD

by Tony Rizzo

**HOLLYWOOD** — Jim Carrey made 39 films between 1983 and 2016, but suddenly in 2022, after playing Dr. Robotnik in *Sonic the Hedgehog* (2020 and 2022), he announced his retirement from acting. However, he had committed to a third *Sonic the Hedgehog*, enabling the franchise to make over \$1 billion. He must not really be retiring because he’s agreed to star in a live-action reboot of the 1960s TV series *The Jetsons*! Was this retirement or a vacation? \*\*\*

Can you picture Leonardo DiCaprio as a young Bela Lugosi? The script for a new biopic about Lugosi was written by the writers who wrote *Ed Wood* in 1995, which won an Oscar for Martin Landau as Lugosi.  
Lugosi only played Dracula in two films: the classic *Dracula* in 1931 and *Abbott and Costello Meet Frankenstein* (1948). But he became a horror film staple by appearing in 55 films, including as Ygor in *Son of Frankenstein* (1939) and *The Ghost of Frankenstein* (1941).  
DiCaprio’s *Killers of the Flower Moon* barely made a profit, although his latest film *One Battle After Another*, with Sean Penn, Benicio del Toro, and Regina Hall, should be a modest success. Does DiCaprio need something to really sink his fangs into? The eyes have it!

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what we might consider procrastination varies around the world. (iProcrastinate. Libsyn.com)  
**Doer: Overcome Procrastination** — If you tend to procrastinate listening to self-help podcasts, this might be the one you stick to. The reason? It’s short! With just 10 episodes that average 10 minutes each, you’ll soon stop fearing your to-do list and begin making long-lasting changes. Uncover the root cause of why you procrastinate and unlock deep insights about your psychology. Each episode (called lessons) guide you step-by-step, beginning with understanding your procrastination loop, uncovering your core beliefs, and understanding your reinforcement factors. “Lesson seven” is a particularly useful one as it focuses on managing your discomfort at completing difficult tasks. (ProcrastinationApp.com)  
**Pause Purpose Play** — Hosted by clinical psychologist Michaela Thomas, this weekly podcast shows you how to follow your ambition without drowning in it. It’s about finding balance over burnout by “setting you free from needing to be perfect so that you can take action ... instead of getting stuck in procrastination.” Many episodes focus on ADHD, including going through the assessment process during midlife — and also asking if perimenopause could be contributing to your symptoms. Thomas also reminds her listeners to go easy on themselves because “life is hard” and to be compassionate toward yourself during an ADHD shame spiral. (TheThomasConnection.Podbean.com)

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Fun Fact

George Smith, owner of a confectionary company called the Bradley Smith Company, took credit for inventing the modern version of the lollipop, which he began making in 1908. In 1931, he trade-marked the term “lollipop,” borrowing the name from a famous racehorse named Lolly Pop.

Source: www.candy favorites.com

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GRIM BEAR IT.

“He’s here, but I’m not getting near him.”

Los Angeles Program Listing								
BINGO HALL	ADDRESS & PHONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ARMENIAN CENTER IN MONTEBELLO	410 Washington Bl., Montebello		DO 4:00pm ST 6:00pm	DO 4:00pm ST 6:00pm				DO 12:00pm ST 2:00pm
HOUSE BINGO LAX	685 S. La Brea Ave., Inglewood	DO 3:00pm EB 6:30pm ST 7:00pm		DO 3:00pm EB 6:30pm ST 7:00pm	DO 3:00pm EB 6:30pm ST 7:00pm	DO 3:00pm EB 6:30pm ST 7:00pm	DO 3:00pm EB 6:30pm ST 7:00pm	DO 3:00pm EB 6:30pm ST 7:00pm
ST. BERNARD CATHOLIC SCHOOL	9647 Beach St., Bellflower					DO 4:00pm ST 6:00pm		
ST. MARY’S ARMENIAN CHURCH	500 S. Central Ave., Glendale (818) 245-6832	DO 4:00pm ST 6:00pm			DO 4:00pm ST 6:00pm			
ST. JOHN THE BAPTIST	3848 Stewart Ave., Baldwin Park					DO 4:00pm ST 6:00pm		
ST. JOHN BOSCO HIGH SCHOOL	13640 Bellflower Blvd., Bellflower (562) 920-1734						DO 3:00pm ST 5:00pm	
SAINT JOSEPH HIGH SCHOOL	5825 N. Woodruff Ave., Lakewood (562) 940-7197			ST 6:00pm				
VFW POST #3261 DIST. 4	1822 W. 162 <sup>nd</sup> St., Gardena (310) 324-6161			DO 3:30pm EB 6:30pm				

### Orange County Program Listing

BINGO HALL	ADDRESS & PHONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
40 MARTYRS	5315 W. McFadden Ave., Santa Ana	DO 4:00pm ST 6:00pm				DO 4:00pm ST 6:00pm		
NEW HOPE PRESBYTERIAN CHURCH	2580 W. Orange, Anaheim (949) 672-8306				DO 4:00pm ST 6:00pm			
SANTA ANA ELKS	1751 S. Elk Lane, Santa Ana	DO 4:00pm EB 6:15pm ST 7:00pm						

### San Bernardino/Riverside Program Listing

BINGO HALL	ADDRESS & PHONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DEDICATED VOLUNTEERS OF WINCHESTER	32665 Haddock St., Winchester (619) 721-4562						DO 8:30am WU 11:00am	
CASINO MORONGO	49500 Seminole Dr., Cabazon (951) 755-5500			DO 3:00pm 1st Game 6:00pm	DO 3:00pm 1st Game 6:00pm	DO 3:00pm 1st Game 6:00pm	DO 3:00pm 1st Game 6:00pm	DO 11:00am 1st Game 2:00pm

BINGO BUGLE

Legend

EB = EARLY BIRDS

ST = STARTS

WU = WARM UPS

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AS I SEE IT

by N. L. Preston

New Routine and Cherry Mice

On Jan. 1st a friend opened a new gym called Resolutions. It has exercise equipment for the first two weeks, then it will be turned into a bar for the remainder of the year. —Funky Little Diva

Currently, peace reigns. That is, until one of us adjusts the thermostat.  
January 3rd is Chocolate Covered Cherry Day. In 1929 Chella Confections introduced these chocolate delights and their sugary, gooey liquid centers made them an instant hit. I’m a big fan of both them and the chocolate covered cherry hot chocolate that Robert makes for me (maraschino cherry juice, a few cherries, and Amaretto in a mug of hot chocolate topped with whipped cream). If you haven’t already, another goodie to try is chocolate cherry mice. A maraschino cherry is the mouse body with its stem forming the mouse tail. Dip it in chocolate with a chocolate kiss for the head, almond slices or peanuts for mouse ears, a red-hot candy dot for the nose, and a dab of white icing for the eyes. Adults and kids alike will pounce on them like a starving cat eyeing its next mouse meal.  
Finally, we all know that January is a time for new beginnings; a thoughtful evaluation of where we’ve been and where we’re headed. I don’t do New Year resolutions, but how about making a personal New Routine Bingo Card for 2026. Draw a regular bingo grid, five blank squares, five across and five down, free space in the middle. In each square, write a new thing to try or a task to accomplish. For example, declutter your closet; replace some of your TV and cell phone time with reading time; do a random act of kindness, or plan a solo adventure to some place you’ve never been. In the bingo card Free Space specify a special reward for yourself after you complete five of the items in a row. Bingo! Until next month, may Lady Luck blow you kisses as you dance out the door with dollars. Win big. Contact: nlpvzw6172@gmail.com

Elle & Company

### Great Way to Relieve Winter Doldrums? A New Hobby

January is National Hobby Month, a time to celebrate existing hobbies and try new ones. It encourages people to engage in activities for enjoyment, personal fulfillment, and stress reduction, ranging from creative pursuits like knitting and painting to physical activities like hiking and gardening.  
Personally, I love working on crochet or knitting during the colder months. If I’m working on a larger project like an afghan or throw blanket, I get to stay cozy and warm while enjoying my hobby. I also love painting. Not because I’m any good at painting, but because it’s messy and fun! Why hobbies are important  
--Reduce stress: Hobbies can act as a form of meditation and provide a way to focus on the present moment.  
--Promote well-being: They can refresh the mind, body, and spirit and improve self-esteem.  
--Inspire creativity and learning: Hobbies offer a chance to develop new skills,

express creativity, and improve memory.  
--Encourage social interaction: Many hobbies can lead to new social connections through clubs, classes, or online communities.  
How to celebrate National Hobby Month  
--Engage in an existing hobby: Take time to enjoy a pastime you already love.  
--Try a new hobby: Pick up a new activity, like learning to play an instrument, cooking, or a different craft.  
--Use library resources: Many libraries offer resources like books, DVDs, and even tools or equipment to borrow for new hobbies.  
--Share your hobby: Share what you’re doing on social media or share your creations with friends and family.  
--Start a hobby group: Find or start a group with people who share your interests.  
Ideas for National Hobby Month

Whether you prefer individual pursuits or group activities, there are countless hobbies to explore:  
--Creative and artistic pursuits: Try watercolor painting, drawing, writing, knitting, crocheting, or scrapbooking.  
--Learning and mental fitness: Pick up a new instrument, read for pleasure, solve puzzles, or explore genealogy.  
--Physical activities: Engage in walking, hiking, yoga, pickleball, or martial arts.  
--Home and garden: Experiment with cooking or baking new recipes or start gardening.  
--Collecting and building: Explore coin or stamp collecting, build model trains or rockets, or try woodworking.  
--Technology-focused: Dive into web design, app design, or video game design. Libraries are great resources for finding materials on new hobbies, including books, DVDs, and online tutorials, and some even have a “Library of Things” where you can borrow equipment and tools to try before you buy. You can also join local groups, take a class, or start a passion project to connect with others who share similar interests.  
Happy hobbying and stay warm! —Elle

Page 20; Bingo Bugle (California) January 2026

Page 21; Bingo Bugle (California) January 2026





# AT THE EDGEWATER

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**TERRY H.**  
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BINGO



**STEVEN H.**  
FORT MOHAVE, AZ  
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**ROBERT K.**  
BULLHEAD CITY, AZ  
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**LINDA M.**  
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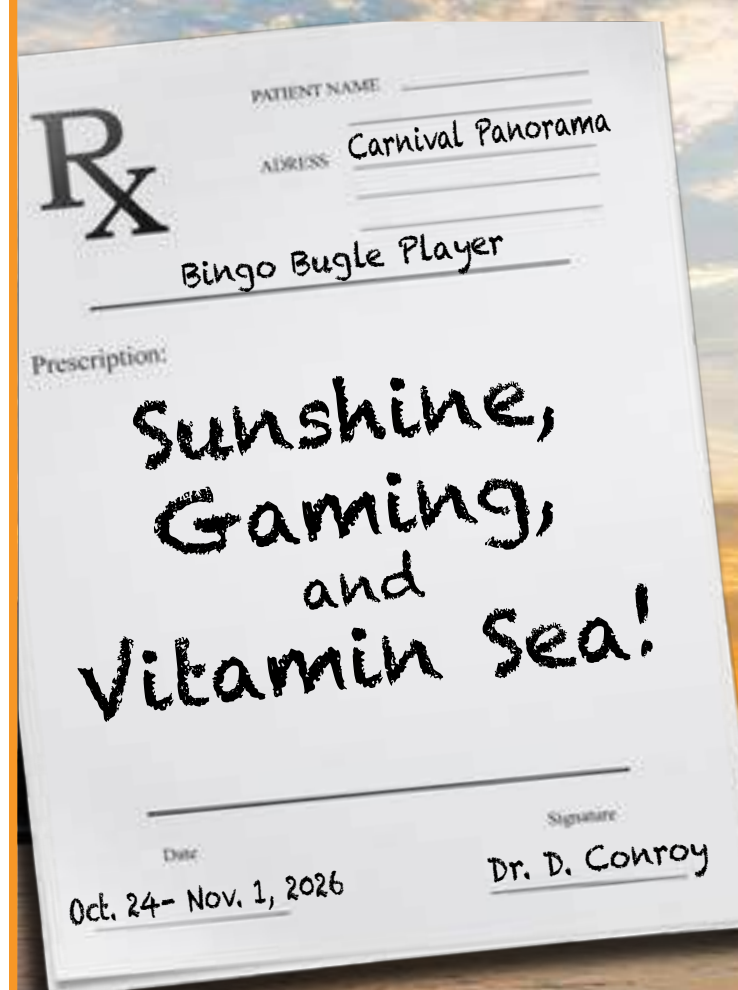
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