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# BINGO BUGLE

North America's Bingo & Casino Newspaper

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by these advertisers!*

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VFW POST #3261 GARDENA  
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Congratulations to Brenda B., who hit it big TWICE at 40 Martyrs Bingo, taking home \$1,200 and \$500 for an incredible \$1,700 in winnings! Want your chance to cash in? Join the Bingo action at **40 Martyrs** every Monday and Friday!

\$20,000 HOTBALL!



Now that's a Bingo payday! Suzanne L. hit the Hotball at **Morongo Casino** and walked away with an incredible \$20,000! One call of BINGO made for one unforgettable winning moment. Congratulations, Suzanne!

CASHING IN ON BINGO!



Maria D. is all smiles with her \$500 cash winnings in hand after a winning night of Bingo at the **Montebello Armenian Center**! Ready to get your hands on a win of your own? Bingo is happening Monday, Tuesday, Wednesday & Sunday. Come join the fun and you could be the next winner holding the cash!

MONDAY NIGHT BINGO!



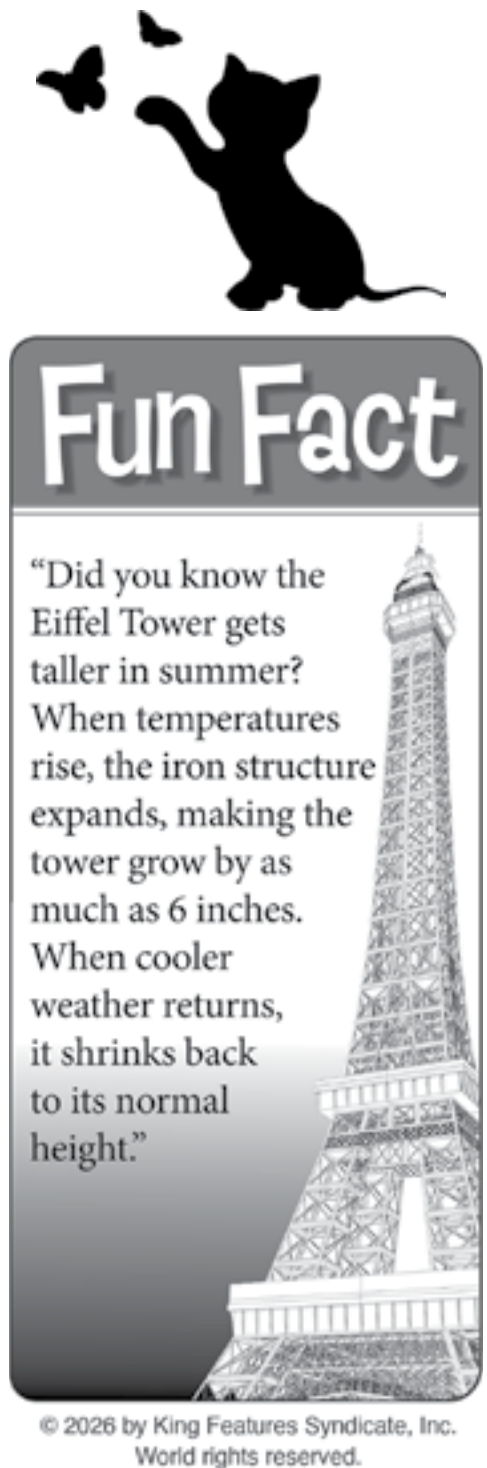
Kheidre B. started the week on a winning note, taking home \$550 at **Santa Ana Elks** Bingo! Make Monday a little more exciting and join the Bingo fun at Santa Ana Elks every Monday night. You never know when your Monday could turn into a winning one!



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Page 2; Bingo Bugle (California) September 2026



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**LUCKY LOTTO  
NUMBERS**



53 - 49 - 22 - 34 - 11 \*20\*







Test Your Knowledge

- 1. LITERATURE: In which novel did the character Sherlock Holmes first appear?
- 2. GEOGRAPHY: Where is Area 51 located in the United States?
- 3. SCIENCE: How long does it take for light from the sun to reach Earth?
- 4. ENTERTAINERS: Which actor and comedian’s original name was Joseph Levitch?
- 5. GAMES: What is the sum of all numbers on a roulette wheel?
- 6. AD SLOGANS: What product was advertised with the slogan “Let your fingers do the walking ...”?
- 7. FOOD & DRINK: What grain is used to make sake?
- 8. U.S. STATES: Which state has used the slogan “Heart of Dixie” on its license plates?
- 9. MYTHOLOGY: Who was the Greek god of time?
- 10. GAMES: How many players are on each side in a polo game?

ANSWERS

- 1. *A Study in Scarlet*
- 2. Nevada
- 3. About 8 minutes, 20 seconds
- 4. Jerry Lewis
- 5. 666
- 6. Yellow Pages
- 7. Rice
- 8. Alabama
- 9. Chronos
- 10. Four

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Surprises and Stink Eyes

Just when you think you have everything under control, you get a high-five slap to the face by reality. Life has a way of doing that when you least expect it. –Yours Truly

Looking back at the past three months, it was not the summer my husband and I planned as that summer involved driving a thousand miles to Biloxi, followed by flying jaunts to Las Vegas and Reno. Our itinerary changed in early May when Robert fell, shattering his shoulder, necessitating a total shoulder replacement. Then came Plantar Fasciitis in his heel causing severe heel pain. Followed by another surgery in July. We have spent our summer in and out of hospitals with physical therapy, pain killers, and doctor visits.

He’s doing OK now, but I’m sharing this family trauma not to garner sympathy although it’s appreciated, but because it made us both stop and ponder how fast our daily lives and plans had changed. That led to the realization that we’re old, ancient even, and we needed to appreciate our everyday lives more; even the small stuff like tying your shoes which Robert couldn’t do for a while. So, we resolved to do as much as we’re able, whenever we can, savoring the big and small moments that come our way. And when life slaps us in the face again, in Robert’s case a sidewalk did the dirty deed, maybe not laugh in the face of adversity, but perhaps raise a third finger salute before one or both of us two old poopier-heads bite the dust.

A few months ago, I suggested making

Veterans Post



Getting Community Care

The VA spent over \$36 billion on community care in fiscal year 2025, and it appears to be money well spent.

The expenditures were courtesy of the 2018 MISSION Act, which lets veterans get their care out in the community from non-VA health care providers — with the VA picking up the tab. Added to that in 2025 was the Dole Act, which lets veterans seek care in the community without frequent medical reviews or permissions from VA medical staff.

It used to be that veterans had to get a new referral every 90 to 180 days to keep getting care out in the community. Now, for 30 categories of care, new referrals will only be needed once a year.

Veterans in three states in particular benefited from that money: Texas at \$3.3 billion, Florida at \$2.8 billion and California at \$2.1 billion.

If you’ve already been getting community care, find out from the community care office at your VA medical facility where in the permission and referral cycle you are so you know in advance when the next one will be required. Since most of the medical categories will only need a yearly referral, get your schedule in writing so there isn’t a problem at the last minute with an expired authorization.

If you need medical treatment that the VA doesn’t provide, or if the wait times at your local VA hospital are too long, or if the driving time to your VA hospital is too long, you might qualify for community care. To get specifics, call the community care office for an initial referral. If you already have a community care provider in mind, find out whether they are part of the VA network before you get care from them to be certain the VA will pay for it.

To learn more about getting medical care in your own community, go to department.va.gov/vha/community-care.

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BINGO LAND

NEWS FROM THE REAL WORLD & CYBERSPACE

Bingo Boosted by Innovation

Bingo, casinos and iGaming developers are actively creating new forms of bingo to attract a younger generation of players and adapt to fast-paced mobile gaming environments. By blending traditional slot mechanics, video game elements and community features, they have turned online bingo into a dynamic sector of gaming development. Some highlights of Bingo innovation:

Hybrid Games

\* The most successful modern variation is Slingo, which combines slot machine mechanics with a standard 5x5 bingo grid. Players spin a slot reel to mark numbers on their card, incorporating wilds, free spins, and bonus rounds.

\* Table Game Mashups: Casinos blend bingo with classic table games like poker or roulette, using card suits or wheel numbers as the call triggers rather than standard numbered balls.

High-Speed & Gamified Formats

\* Speed Bingo: Traditional games are shortened drastically to fit the preference for quick gaming bursts. Numbers are called rapidly using automated software, resulting in sessions that wrap up in a fraction of the traditional time.

\* Video Game Progression: Formats like Bingo Blitz integrate video game

progression, where players earn experience points, unlock new “virtual rooms” or cities, and complete narrative adventures as they play.

Modern Online Platforms

Modern bingo platforms now feature optimized mobile access, live chat, personal promotion systems, achievement models, and real-time game participation features. This is especially noticeable on platforms offering flexible mobile access during live sports viewing hours. Many sports audiences increasingly use second-screen entertainment while following football, basketball, cricket, rugby, or combat sports events. In these situations, fast-access gaming environments with live interaction features naturally fit broader digital entertainment routines.

Features commonly associated with modern platforms include progressive jackpots, themed rooms, scheduled tournaments and chat functions have helped make bingo part of the wider shift toward interactive entertainment built around continuous engagement rather than isolated gameplay sessions. Real-time notification services, interactive features, live participation mechanics and personalized recommendations systems have become an integral part of many digital entertainment experiences, and bingo is no exception.

Sycuan Casino Resort Debuts New Sandwich Inspired by Clint August



EL CAJON, Calif. Aug. 12, 2026 – Rank & File at Sycuan Casino Resort is serving up a new menu item with local flavor and personality. The casino partnered with 101.5 KGB radio host Clint August to create a limited-time Grilled Flat Iron Steak Sandwich, available now through Wednesday, Sept. 30.

“Oh my gosh. The sweet, the savory with the blue cheese and the jam ... my mouth is so full I can’t even talk. This is good!” said August as he tasted the sandwich for the first time.



Crafted by Chef Gregory “Kenzo” Inai, the sandwich features grilled flat iron steak layered with garlic aioli, blue cheese, fresh arugula and bacon jam between a toasted pinsa bread.

“This dish showcases the interplay of carefully selected ingredients, creating a masterful combination of sweet, salty, savory, and meaty flavors,” said Chef Kenzo. “Together, they create a well-balanced flavor profile that delights the palate from the first bite to the last.”

The meal also comes with a choice of French fries, onion rings or a side salad. To complement the sandwich, guests can pair it with a bourbon Old Fashioned or Sycuan’s IPA.



Sycuan Casino Resort has partnered with August in previous years, including in 2024 for the Clint August Burger and in 2021 for the Clint August Burger Challenge. With this latest collaboration, the sandwich is designed to foster connection through food and shared experiences, much like Clint’s Burger Club, where he brings listeners together in search of San Diego’s best burgers.

Whether stopping in for breakfast, lunch or dinner, guests can enjoy seven restaurants and a variety of resort amenities at Sycuan Casino Resort. With a 12-story luxury hotel, spa services and a state-of-the-art poolside venue, the casino resort offers guests a range of ways to dine, stay and enjoy a getaway.

For more information about Sycuan Casino Resort, please visit [www.sycuan.com](http://www.sycuan.com) or follow them on Instagram @SycuanCasinoResort, X @SycuanCasino or Facebook @SycuanCasinoResort.

To stay up to date with Clint August, please visit [www.clintaugust.com](http://www.clintaugust.com) or follow him on Instagram @ClintAugustRadio, X @ClintAugust, Facebook @ClintAugust and YouTube @101KGB.



PICKS OF THE MONTH

*The Hawk* (TV-MA) — This absurd comedy series was co-created by and stars a comedic actor who’s well-versed in absurdity, the fabulous Will Ferrell. Starring alongside another *Saturday Night Live* alum, Molly Shannon, Ferrell plays professional golfer Lonnie *The Hawk* Hawkins, aka 2004’s top golfer. Determined that he has what it takes to get back to the top, Lonnie signs on for a PGA tour with his son, Lance (Jimmy Tatro). With his can-do attitude, good humor, and awful fashion sense, nothing can stop Lonnie from redeeming his golf legacy. (Netflix)

*Tron: Ares* (PG-13) — The sequel to *Tron: Legacy* (2010) didn’t quite make up its \$220 million budget in theaters, with only \$142.2 million recouped at the box office. It also failed to receive glowing reviews from critics, which is surprising considering its lead actor, Jared Leto. Rounding out the rest

of the cast are Greta Lee, Evan Peters, and Gillian Anderson. Taking place in 2025, the film follows two companies that are locked in a race to bring digital programs into the real world. One company, led by Julian Dillinger (Peters), introduces the “perfect expendable soldier” in his program Ares, but what Julian never expected is that Ares’ self-awareness might overpower his expendability. Out now to stream! (Disney+)

*Reminders of Him* (PG-13) — Romance and young adult novelist Colleen Hoover keeps cranking out books, and major studios keep adapting it into films for fans to enjoy! This latest adaptation out now is based on Hoover’s 2022 novel and stars Maika Monroe as Kenna Rowan. After spending six years in prison for vehicular manslaughter that resulted in her boyfriend Scotty’s (Rudy Pankow) death, Kenna plans to start anew in her hometown and meet the daughter she had while she was serving time. Coincidentally, she meets Ledger (Tyriq Withers), who just happens to be Scotty’s lifelong best friend. The two have an instant connection, leaving them both with a choice to remain stuck in the horrors of the past or brave a different future together. (Peacock)

Write in to Couch Theater by emailing [TheCouchTheater@gmail.com](mailto:TheCouchTheater@gmail.com) or writing to KFW5, 628 Virginia Drive, Orlando, FL 32803.

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# CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: L equals O

QO WEDKIA: ELJ'Z CLFE FLLUA

ICWJVA WMLTJE DAJEKJV

QWICKJAU.

ZCAO WMA ILKJKDLMLTU.

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The Mysterious Case of the Barking Bag

Our friend, Janis, has this very cute little dog that she takes everywhere with her. She has a custom carrying case for him, and he goes with her to her job selling real estate as well as any other place she has to go, including Bingo. No one objects to her having a carryall along with her and I had only once heard the little dog make noise, but it was a bit of a scene.

It was at a Saturday night Bingo and Janis with Pappy in tote shared a table with us. Pappy is short for Papillon, a breed of dog known for its large wing-like ears—papillon means “butterfly” in French. Kate had been having a bout of allergies and sometime into the game, she began sneezing. And each time she sneezed, Pappy barked, a short sharp woof. The caller called another number, Kate sneezed, and Pappy barked, twice this time. Everyone stretched their necks looking for a dog.

I opened a soft drink for Kate as that frequently stops the sneezing and Janis spoke reassuringly to the puppy-case. Kate sneezed again and Pappy yapped his disapproval yet again. The caller frowned in our direction and I had visions of us all being asked to leave.

“Could we give him something to eat?” I asked Janis.

“No,” she replied. “Pappy eats and drinks on a very strict schedule. Obviously, because of potential accidents, I can’t afford to let him get off it—I am in real estate after all,” she said with pride. She was quiet for a bit, then undid the case and gave Pappy a few pats.

All was quiet for a few minutes while we finished the caller’s choice game and moved into the final blackout. I began to relax, thinking the crisis had passed. Then Kate sneezed again, and Pappy let out a bark, followed by Kate sneezing again and Pappy—well, you get the picture.

I thanked the stars it was the last game as, I wanted to be out of there, however, it only got worse. And this time it was my fault. When I get nervous, I frequently get hiccups, and this time was no exception. Kate sneezed, Pappy barked, I hiccupped, Pappy barked louder, and it became near impossible to concentrate not to mention hear the numbers clearly.

“Hush, all of you,” hissed Janis. Then Kate got the giggles between sneezes and I hiccupped and giggled right along with her. Pappy took this as an invitation to basically howl. Janis tossed her dauber onto the table and proclaimed, “I give up!”

“I’m sorry, you’ll have to take the dog out,” said the caller.

“I’m going,” sniffed Janis. She rose, picked up the case and strode out. I immediately started playing her cards for her, and Kate, of course, sneezed—and Pappy gave one last adorable “arf” on his way out.

# WEDNESDAY NIGHT BINGO

Doors Open 3:30pm • Buy-in 5:00pm  
Warm-ups 6:30pm • Early Birds Follow

## SEPTEMBER MACHINE BUY-IN

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# GAMES 1 THRU 19

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QUESTIONS

- 1. What was the original name of “The Macarena”?
- 2. Lionel Richie’s “Say You, Say Me” was the title song for what film in 1986?
- 3. How did Spandau Ballet get their name?
- 4. Who released “Last Night a DJ Saved My Life”?
- 5. Name the song that contains this lyric: “In the midnight moonlight I’ll be walking a long and lonely mile, And every time I do, I keep seeing this picture of you.”

ANSWERS

- 1. “The Magdalena,” taken from a spoken verse in honor of a flamenco dancer in Venezuela in 1992. When Los Del Rio turned it into a song, they changed it to Macarena. The duo has been performing together since 1962.
- 2. *White Nights*, starring Mikhail Baryshnikov and Gregory Hines.
- 3. A friend saw it written on a wall in Berlin. They made the change from Gentry and Martin when they moved over to electronic music.
- 4. Indeep, in 1982.
- 5. “Here Comes My Baby,” released by Britain’s The Tremeloes in 1967. The song was written by Cat Stevens (born Steven Demetre Georgiou) and had been released on his debut album, *Matthew and Son*. The Tremeloes had a string of hits in the ‘60s, including “Do You Love Me” and “Silence Is Golden.”

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THE BINGO BUGLE NEWSPAPERS

HOTLINES & INFORMATION NUMBERS

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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11:00 AM



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12:30 PM



REGULAR GAMES  
1:00 PM

**SUNDAY MATINEE**

# BINGO

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PAY **\$500**

## 15

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**\$120**

2 - 6-ON PAPER PACKS

2 OF EACH  
15 REGULAR STRIPS

**\$60**

1 - 6-ON PAPER PACK

1 OF EACH  
15 REGULAR STRIPS

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and  
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3 SESSIONS OF BINGO PER DAY!!!

**Monday - Saturday**  
6pm to Midnight  
Doors open at 4pm

**Sunday**  
2pm – 8:30pm  
Doors open at 12pm

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**1<sup>st</sup> and 3<sup>rd</sup> Session**

- BUY-IN: \$50**  
two packs per session with 26 games each pack.
- All even games pay \$350**

**Second Session**

- BUY-IN: \$60**  
two packs per session with 26 games each pack.
- Every even game pays \$500**

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Please join us for our exciting New Tuesday Bingo Program!

**BUY-IN**

- \$30** Buy-In per session
- \$10** Extra Pack available

**THREE SESSIONS OF BINGO**  
Each session includes 20 games:

- 10 Even games pay **\$300** Each
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1 pack per session (26 games).
- \$15 Extra Pack**,  
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**3<sup>rd</sup> Session**

- BUY-IN: \$40**  
2 packs per session  
21 games each pack.
- \$10 Extra Pack**

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**1<sup>st</sup> and 2<sup>nd</sup> Session**

- BUY-IN: \$50**  
2 packs per session with 26 games each pack.
- \$10 Extra Pack**

**3<sup>rd</sup> Session**

- BUY-IN: \$40**  
2 packs with 21 games each pack
- \$10 Extra Pack**

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## LABOR DAY BINGO

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## How to Scout the Tables

I'm amazed at how many players I see enter a casino and plop themselves down at the first empty seat at any blackjack table. What they should be doing instead is scouting the blackjack tables. Why? The playing rules, number of decks of cards, payouts for a blackjack, table limits, and even how the dealer shuffles the cards, are not always the same from one table to the next. Following are some tips on what to look for when you scout the tables so that you can play the best blackjack game available in whichever casino you visit.

### 6-5 payoff for blackjack

Always make sure that the table pays 3-2 for a blackjack, not 6-5 (or worse, even money). In some casinos, the cloth layout will specify if blackjack pays 3-2 or 6-5 or there may be signage on the table that specifies what the payoff is. Here is something to keep in mind: You do NOT want to play any blackjack game, even a single-deck game, if a blackjack pays 6-5. (Reason: The house edge increases

by 1.4% when the casino pays 6-5 instead of 3-2. This is a rip-off and you should avoid playing all 6-5 games.) If you are not sure what the payoff is for a blackjack, ask the dealer before you sit down and play.

### Dealer Hit or Stand on Soft 17

Most players know that the dealer must hit their hand if it totals 16 or lower and stand if it totals 17 through 21. However, on some tables, the rules may specify that the dealer must hit soft 17, and on other tables, stand on soft 17. You are better off (by roughly 0.2%) playing on a table where the dealer stands on soft 17 (rather than hits). Check the layout or table signage for the soft 17 rule and if you have a choice, play on a table where the dealer stands on soft 17. (Again, if you are not sure if the rule is stand or hit soft 17, ask the dealer.)

### Continuous Shuffling Machine

In the old days, the dealer hand shuffled the cards, or automatic shufflers would shuffle multiple decks of cards after the dealer dealt roughly 70% of them. Nowadays many casinos have reverted to Continuous Shuffling Machines (CSM). The CSM is a combination auto shuffler and dealing device. After every round (or sometimes two), the dealer will place the discards back into the CSM where they will be automatically shuffled with the un-played cards in the CSM (usually a CSM holds four to six decks of cards). You can tell if a table is using a CSM by watching what the dealer does with the discards after each round. If she isn't stacking them in the discard tray, she probably is placing them into the CSM. And that's not good for players. Why? Because when a casino uses a CSM, there is never a pause in the action and, therefore, the casino can deal roughly 20% more hands per hour. That increases the number of hands that a player's bankroll is exposed to the house edge. It is better to avoid all CSMs and instead play on tables where the dealer manually shuffles the cards or uses a traditional auto shuffler that shuffles all the cards.

### Betting Limits

If you are a low roller, you shouldn't be betting \$25 a hand. Every table has a sign that specifies what the table minimum and maximum betting limits are. Therefore, check out the tables to find betting limits you feel comfortable playing. If all the low-limit tables are crowded, it is best to wait until a seat opens rather than take a seat at a \$25 minimum table.

### Number of Decks

In general, the fewer the number of decks of cards, the better the game is for players. However, you have to check all the rules. For example, a single-deck game that pays 6-5 for a blackjack is a terrible game, whereas if it paid 3-2 for a blackjack, it's a very good game.

### Favorable Rule

Player-favorable rules include being allowed to: double-down after pair splitting, double down on any two cards, re-split pairs, surrender your hand, and, as stated earlier, the dealer standing, rather than hitting, soft 17.

Be a smart player! Scout the tables before you sit down and play.



## Marek of the Mists: The Sword of the Moon Maiden

by Corey E. King

In the mist-shrouded kingdom of Storm's End, Marek has built a life among the Wolfe Gypsies, the clan that raised him after he was found abandoned. A gifted swordsman with a talent for spectacle and survival, he expects danger to come from challengers in the ring — not from an ancient evil gathering beyond the coast.

When a monstrous attack reveals that darker forces are moving, Marek is drawn into a quest involving a shattered celestial blade, a vanished village, a moon goddess and the demon Vuoto, whose followers are preparing for war. Joined by loyal friends, a wolf-husky and the woman he loves, Marek must decide whether he is merely an orphan or the champion Storm's End has been waiting for.

Fast-paced, illustrated and rich with banter, battles and found-family bonds, Marek of the Mists launches a fantasy saga of courage, identity and light against darkness.

Purchase at <https://tinyurl.com/marek-of-the-mists>.

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## Family Feud

### Dear Aunt Bingo,

Recently, my two older sisters, Rachel and Corinne, had a falling out. I won't go into the details of the feud (because the reason is kind of silly), but it ended up with them not being on speaking terms.

We come from a very stubborn family and something like this can go on for years unless someone steps in and tries to mend the fences. As the third sister and not being involved in the feud, that job became mine. And it wouldn't be the first time, either. The hard part in these situations is getting the two family members who are upset with each other in the same place at the same time. Rachel and Corinne are busy women with their own homes and families and their own lives, which makes it easy for them to disconnect.

Luckily, both of them play Bingo, and so do I, so I decided to make Bingo dates with each of them for the same day. The plan was to play dumb by saying I mixed up the days and didn't realize I had made plans with both of them, then get them to stay and possibly patch things up.

The plan worked pretty well. Rachel and I got there early (I drove both of us so that Rachel, the most stubborn one, couldn't bolt) and we had already bought our Bingo paper and were seated when I spotted Corinne coming through the door. I pretended to be flustered and ran to greet her.

I quickly explained to Corinne my "mistake" and that I hope she didn't mind. She shrugged it off and went to get her Bingo paper before coming over to sit with Rachel and me.

Before Corinne got to our table, Rachel started in on me, asking me how I could have been so stupid as to plan Bingo with both of them and how this was typical of the "ditsy" things I was always doing. When Corinne sat down, she began saying mean things, too, about how I couldn't even get a simple Bingo date right and it was a wonder I could feed and dress myself without help.

The next thing I know, my sisters are talking away with each like the best of chums about what an idiot I am and had always been. I could feel my face getting hot as I got angrier and angrier over the fact that I was trying to help them — and they had both turned on me. I was inches away from giving each of them a big red dauber dot right between the eyes and then storming out! How ungrateful!

That's when I looked up from my Bingo paper to see them both looking at me with big grins. "What?" I barked at them, still angry. They both burst out laughing.

"We made up weeks ago," Rachel said. "We were going to tell you, but when you scheduled Bingo with each of us separately for the same day, we figured you were trying to set up some kind of 'intervention,' so we agreed to go along with it, then we decided to have some fun with you and give you a hard time."

My darling sisters are lucky I didn't Bingo that night. Usually we share our winnings. That night I wouldn't have given either of them a dime.

—Lacey, Iowa, via email

### Dear Lacey,

Your story is priceless! I have sisters as well, and it took very little to imagine myself sitting in your seat and fuming at their bullying. Isn't it amazing how ten words from a sibling can instantly turn you from an adult into an angry 8-year-old?

My one disappointment with your story is that you didn't share with us what the "silly" feud was between your sisters that started this all. You missed out on some sweet revenge! —Aunt Bingo

Write to Aunt Bingo c/o the Bingo Bugle, P.O. Box 527, Vashon, WA 98070, or e-mail her through her editor at [tara@bingobugle.com](mailto:tara@bingobugle.com).

# Fun Fact

In 1867, on Coney Island, New York, an immigrant named Charles Feltman invented the first "hot dog bun," enabling beachgoers to enjoy his "Frankfurter" sausages without needing plates or silverware. Over the next 60 years, Feltman's "hot dog" stand grew into Feltman's Ocean Pavilion, serving up to 40,000 hot dogs each day.

Source: [www.feltmansofconeyisland.com](http://www.feltmansofconeyisland.com)

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## Savvy Senior

by Jim Miller

## Telehealth

### Dear Savvy Senior,

I don't drive much anymore, so getting to the doctor can be a hassle. They suggested telehealth visits, but I'm not very tech savvy. How does Medicare cover these kinds of appointments?

—Trying to Keep Up

### Dear Trying,

You're certainly not alone. Many older adults are running into the same issue. Getting to appointments is not as easy as it used to be, and the idea of using technology for doctor visits can feel a little intimidating at first. The good news is that telehealth has made it much easier to get care without leaving home, and it's usually much simpler to use than people expect. Medicare covers many of these services, too, making it easier to stay connected with your health care providers. Here's a look at how it works and what Medicare pays for.

### What is telehealth?

Telehealth is simply a way to see or talk to your doctor from home using a phone, tablet or computer. Visits can be done by video, where you and your doctor can see and talk to each other, or sometimes by a regular phone call.

And don't worry, you don't need to be a tech expert. Many doctor's offices use simple systems and will walk you through it step by step. In some cases, all you have to do is click a link they send you or answer your phone at the scheduled time.

It's also important to understand that telehealth visits are not just quick chats. They are considered full medical appointments. Your doctor can go over symptoms, review medications, discuss test results and recommend treatment.

### Does Medicare cover it?

Yes, Medicare does cover many telehealth services. While telehealth has been part of Medicare for years, it was expanded significantly during the COVID 19 pandemic so people could safely get care from home. Those expanded benefits are still in place today.

Right now, Medicare allows you to receive telehealth services from home no matter where you live. Covered visits include a wide range of care, such as reviewing lab results, managing prescriptions, routine checkups, preventive screenings and even evaluating minor illnesses like colds, coughs or infections. In many cases, follow up visits and ongoing care for chronic conditions can also be handled this way.

Another big plus is flexibility. If you are not comfortable with video or do not have internet access, some telehealth visits can still be done using just a regular phone call. And it is not limited to your primary doctor. Many types of health care providers can offer telehealth services.

### What's ahead?

Here's where things get a little uncertain. The expanded telehealth coverage that began during the pandemic is not permanent, at least not yet. Under current law, these broader telehealth benefits are set to continue through Dec. 31, 2027. After that, Medicare will likely scale back coverage to more limited rules unless Congress steps in and extends the changes.

Even so, some telehealth services are expected to continue long term. Mental and behavioral health care, diabetes education, nutrition therapy and certain dialysis related visits should still be covered. Audio only phone visits for mental health care are also expected to remain available.

If you are curious about telehealth, start by calling your doctor's office and asking what options they offer. They can guide you through the process and help you feel comfortable before your first appointment.

It may feel unfamiliar at first, but many people find that once they try telehealth, it's a simple and convenient way to stay on top of their health, especially when getting to appointments is difficult.



## Coming Clean about Dirty Halls

### Dear Guy,

We get that it can be tough to keep a public place clean, but two of the three Bingo halls my wife and I attend are borderline filthy. The tables often have sticky residue, there will be dried spots of who-knows-what on the chairs, dust bunnies the size of dust horses are under the tables, and bits of trash in the corners remain there week after week which tells you how long it has been since the floors were swept.

The workers are there many days each week. We can't believe they don't mind being surrounded by such filth. How do we point out this issue to the workers without them getting angry at us and thinking we are a couple of stuck up troublemakers? —P&M, Colorado, via e-mail

# United States Botanic Garden

The Botanic Garden is the oldest continuously operating public garden in the United States. George Washington, Thomas Jefferson and James Madison helped establish it on the National Mall in 1820; George Washington's letter written in support of it is on display in the Library of Congress. Its displays include rainforest plants, succulents, grasses, shrubs, orchids, medicinals, endangered species, butterfly gardens, a children's garden, water gardens and seasonal exhibits. —Brenda Weaver

Source: [www.usbg.gov](http://www.usbg.gov)



## You Can't Win a Tournament Early, but You Can Lose One

By Chad Holloway

They say you can't win a poker tournament in the early stages, but you can certainly lose one. Tournament poker is a game of patience, and it takes time for the field to go from hundreds or even thousands of players down to a single winner.

You have to survive from one level to another as the blinds and antes increase. Early on, it's hard to win big pots but easy to lose them, especially if you play recklessly.

A good example of how things can get out of hand took place in Level 7 of the Mid-States Poker Tour's \$1,100-buy-in, \$1.5 million GTD Main Event at the Venetian in Las Vegas. Players started with 25,000 in chips and began action with the blinds at 100-100. That meant they started extremely deep-stacked, with 250 big-blind stacks.

Blinds were 300-600 with an ante of 600 when a player in the cutoff (the seat directly to the right of the button) raised to 1,500 and the player in the small blind called. Action was then on Joe Cada, one of the most decorated poker players in the world, with more than \$14 million in live tournament earnings.

In 2009, Cada topped a 6,494-player field to win the World Series of Poker Main Event for \$8.5 million at the age of 21. (He's the youngest player to ever win that tournament.) Since then, Cada has won three other events

at the WSOP and holds four gold bracelets, the most prestigious prize in poker.

Not only that, but Cada nearly won the \$10,000-buy-in Main Event again in 2018, ultimately finishing fifth in a 7,874-player field to earn \$2.15 million.

Cada was in the big blind and opted to reraise (also known as three-betting) to 6,500. The original raiser thought long and hard before four-betting to 13,000, and the small blind got out of the way. Cada five-bet all in, and his opponent called off for 40,000. Cada tabled Kd Kh, which was well ahead of his opponent's 10h 10c. The board ran out 2c Jh 6s 4h 5h, and Cada collected the pot while eliminating his foe in the process.

In my opinion, the player in the cutoff got a little too frisky with pocket 10s and could have played them in different manner, one that wouldn't have cost him all his chips. For instance, instead of four-betting, he could have just called the additional 5,000 to see a flop, leaving himself 35,000 or so behind.

Taking a "small ball" approach helps limit the size of the pot and reduces variance. By four-betting more than a quarter of his stack, the cutoff was seemingly committing himself, and ultimately he felt compelled to call off his stack.

After Cada moved all in, alarms should have been going off in his opponent's head. A five-bet signifies extreme strength, so Cada was sure to have either a bigger pocket pair or two cards over a 10. At best, the cutoff was coin-flipping for his tournament life early in the event. Is that really the spot you want to be in?

Chad Holloway is a 2013 World Series of Poker bracelet winner and head of live reporting USA for PokerNews.com. Follow him on Twitter: @ChadAHolloway.

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Q: I love my two fluffy cats, "Jake" and "Manny," even though I am allergic to the dander in their fur. Antihistamines help, but not completely. Would an air purifier help keep the air clear? —Jemma G. in Kansas City, Missouri

A: An allergy to pet dander can be tough to keep under control — so much so that some pet owners give up their pets. I'm so glad you've kept your family together.

Pet dander is generally underneath a dog or cat's coat, near the skin. They shed fluffy bits of fur almost constantly, and dander is carried off with that fluff. Because dander can be tiny, it's hard to isolate and get rid of.

An air purifier may help, but only if it's the right one to trap dander. Get an air purifier with a HEPA filter — one that can be changed easily. HEPA (high efficiency particulate air) filters trap particles as small as 0.5 microns. Avoid "ionizing" air purifiers as these don't trap as many dander particles; plus they can be expensive. The size depends on how much of your home you'd like the air purifier to work in; for example, desktop-sized units have a range of less than 200 square feet, which makes them ideal for desks or next to your bed.

No single strategy will reduce dander or other allergens. Tackle the issue from multiple angles. Dusting and vacuuming the house frequently can reduce dander, and brushing your cats' hair daily will reduce extra shedding. If these activities trigger allergies, consider wearing a filter mask and goggles to hopefully reduce the reaction.

Send your tips, comments or questions to ask@pawscorner.com.

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# Terrarium

A terrarium is a group of plants growing inside an enclosed, clear container. Once watered, these plants create a mini-environment, transpiring moisture through their leaves that condenses on the inside of the container and flows back to the soil. Some plants to consider using are arrow-head vines, begonias, ferns, swedish ivy and pothos. —Brenda Weaver

Source: [www.thegardenhelper.com](http://www.thegardenhelper.com)

Lid

Do not place it in full sun!

Clear glass container

Plants

Moisture

Rocks

Soil

Sphagnum moss

Charcoal

Pebbles

By David L. Hoyt and Jeff Knurek

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ROSE LILY TULIP  
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 ORCHID LAVENDER

**CryptoQuip answer**

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