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North America's Bingo & Casino Newspaper

THIS ISSUE BROUGHT TO YOU BY THESE ADVERTISERS!

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FANTASTIC INDOOR SWAPMEET

GREEN VALLEY RANCH RESORT

PALACE STATION

PLAZA HOTEL CASINO

RAMPART CASINO

RED ROCK CASINO

SANTA FE STATION

SOUTH POINT CASINO

SUNSET STATION

VIRGIN RIVER HOTEL CASINO

\$22,491 PROGRESSIVE COVERALL



A fantastic win for Francisca at **Green Valley Ranch** bingo! She won the Progressive Coverall on the 49th number for a total of \$22,491. She is pictured here with her supervisor, Javier, her lucky charm. GVR plays daily on the odd hours from 9am-11pm. Congratulations, Francisca!

\$44,027 DUAL DAUB BINGO WINNER!



Carla was the lucky lady at Rampart Casino, hitting the Dual Daub in 35 numbers and winning a prize worth \$44,027! Rampart offers six sessions from 11am-9pm daily. Congratulations on the big win, Carla!

Vegas' Top Ten Values for July

- 1. Reopening · Palms · Daily · Free
- 2. Steak Dinner · Ellis Island Casino · Daily · \$9.99
- Buffet · South Point · Daily · \$10.95-\$39.95
- 4. Shrimp Cocktail Skyline Daily \$1.50
- 5. \$1 Beer Stage Door Casino and Lounge 24 hours \$1.00
- iLuminate · iLuminate · Tues-Sun · \$42/\$64
- 7. Hot Dog · South Point · Daily · \$1.50
- 8. \$1 Blackjack · OYO · Daily
- Lunch · Planet Hollywood · Daily · \$4.99
- 10. Prime Rib · Downtown Grand · Daily · \$5.50-\$10.50

List courtesy of Anthony Curtis' Las Vegas Advisor, a monthly newsletter devoted to helping you get the most for your money in Las Vegas. An annual subscription costs \$50 U.S./\$60 Canadian/\$70 foreign; sample issue \$5, Las Vegas Advisor, 3665 Procyon Street, Las Vegas, NV 89103. 800-244-2224. Website: www.lasvegasadvisor.com.



Super Bingo at Plaza Hotel & Casino July 31-Aug. 2

Nevada residents save 50 percent on event registration

LAS VEGAS – Home to Downtown Las Vegas' only bingo room, the Plaza Hotel & Casino will hold its \$160,000 Super Bingo tournament, July 31 through Aug. 2, and is offering a 50 percent discount to Nevada residents on their event registration.

Held in the Plaza's updated ballroom, Super Bingo typically draws nearly 1,000 people from across the country and as far away as Hawaii and Canada for the opportunity to win big playing fun-filled games of bingo over two days, with a \$50,000 super coverall both days, while socializing with like-minded bingo players.

Bingo-only registration is \$160 per person. For the July 31-Aug. 2 event only, Nevada residents can register for just \$80 per person. A registration request form is available online at https://www.plazahotelcasino.com/bingo/super-bingo-registration/. Hotel-and-bingo packages start at \$300 for a four-night stay (Sunday through Wednesday) with no resort fee.

All Super Bingo players receive one 6-on paper pack for both days, two daubers, free drinks via an open bar at all sessions, boxed lunch both days, and \$10 in free slot play after the first day's session.

The Plaza's Bingo room offers six daily bingo sessions at 11 a.m., 1 p.m., 3 p.m., 5 p.m., 7 p.m. and 9 p.m. and is uniquely located two floors above the main casino. By parking on the third floor of the Plaza's self-parking garage, guests have convenient and direct access to the Plaza's bingo room.

About the Plaza Hotel & Casin

Located in the heart of downtown Las Vegas, the Plaza Hotel & Casino combines a vintage Rat Pack attitude with modern styling and personal customer service for the ultimate Vegas experience. First opened in 1971 and built on the site of the original Las Vegas railroad depot, the Plaza has nearly 1,000 modern rooms and suites, a classic Vegas showroom, downtown's only bingo hall, and 30,000 sq. ft. of refurbished ballroom and meeting space. Larger outdoor events are hosted at the Plaza's Core Arena, downtown's only equestrian and multipurpose facility. Guests enjoy a variety of dining options led by the renowned Oscar's Steakhouse in the hotel's iconic glass dome overlooking the Fremont Street Experience. A new race & sports book along with hundreds of slot machines and nearly two dozen table games comprise an 80,000-square-foot casino floor. A fully renovated rooftop pool and recreation deck complete with private cabanas, hot tub, food truck, tennis court and dedicated Pickleball courts, provide a variety of outdoor amenities. For more information on the multiple award-winning Plaza Hotel & Casino, visit www.plazahotelcasino.com. Get updates via Facebook, Instagram and Twitter.

Lucky Lotto News

Nurse Wins on First Day of

A Kentucky nurse who served on the COVID-19 frontlines started off retirement with a bang, and she believes it's all thanks to fate. The Floyd County woman, who has chosen to remain anonymous, said she was just hours into her first day of retirement when she purchased a \$200,000 winning lottery ticket according to a press release from the Kentucky Lottery. "It was unbelievable. said the nurse, who retired after 36 years on the job. "I saw this as a sign it was meant to be for me to quit working." On that fateful day, she made a stop at the Double Kwik in Prestonsburg, where she decided to purchase a \$10 Tree-Mendous Winnings Scratch-off ticket, according to the release. Standing in the convenience store, she scratched off the lottery ticket to find that she had matched the number 20 on the last row, the release explained. After scratching off the prize amount below, the woman learned that she had won the game's top price: \$200,000. The news came at a great time for the nurse, who dedicated nearly four decades of her life to helping others and was feeling unsure about retirement. "It's been tough," she said of working on the COVID frontlines. However, thanks to the winning ticket, she now has a renewed spirit about retiring.

Much Needed Win

Joe Camp had suffered a particularly tough few months—losing his longtime job and mourning the death of his father—until his luck turned around last Christmas Eve morning. The Charlotte, North Carolina, resident headed to a gas station to buy a

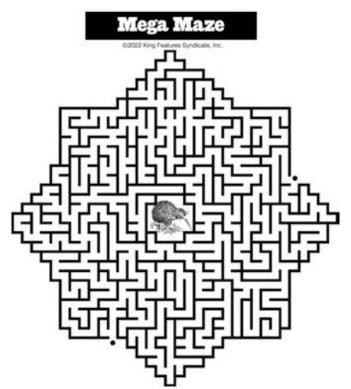
lottery ticket that morning, per his normal routine. However, he ended up winning \$250,000 on the Gold Rush ticket he bought that day, "I bought two tickets, I didn't win on the first one, so I tried the second and I scratched it off, and I fell to my knees at the gas pump." He told the NC Lottery, despite his recent hardships, that his friends and family kept him strong. "I was a teacher for 20 years, a preschool teacher, and I got laid off on September 6. A month after that, my dad passed away. And it put me in a dark place. But I have a lot of friends and family that just told me to keep sticking in there, keep believing in myself." As a father and grandfather Camp added that he's planning on putting his winnings aside for his family, including securing a new home and saving for his daughter's education.

Kentucky Win Better with Mom

Lisa Maltese, of Prospect, said she won \$111,615.38 while teaching her mom about the Celtic Coins Jackpot Instant Play on the lottery website, according release from the Kentucky Lottery Maltese told lottery officials that she "wanted to show" her mom who was visiting from Florida, how to play the game "step-by-step"—in the process, she ended up getting much more than she bargained for. Maltese began by placing a \$5 wager, after which "the screen started going into a bonus coin frenzy," she explained. After "a pyramid appeared" on her screen, she learned she had won the game's jackpot. "I just couldn't believe it," she told lottery officials. She went on to note that sharing the moment with her mom made it ever more special



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Heat-tolerant lettuce

The leaf lettuces are ideal for containers; pick the outer leaves and let the center continue to grow. This is called "cut and come again" harvesting. Head lettuces like Romaine, Bibb and Crisphead need to grow about 50 days to harvest, so plan for

Bibb, Summer Bibb Blend Crisphead: Michelle Leaf: Black Seeded Simpson, Green Salad

Romaine: Little Gem, Parris Island Cos - Brenda Weaver

Source: www.groworganic.com

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cash (\$76.000)

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(one entry for each dollar spent - each mail-in entry is worth 20 entries maximum of 1200 entries). See rules for bonus entry periods

Bikers. Ghosts and

During the day I don't believe in ghosts.

At night I'm a lot more openminded. —

Oops! We did it again; took another

jaunt to Vegas, that is. We get bored

and like to gamble and play bingo

there. Unfortunately, we did not

thoroughly check out our travel

dates. After making non-refundable

reservations, we discovered it was

NFL Draft Week, so we were there

with our closest friends; all 900,000

or more. We stayed downtown on

Freemont Street which was also

crowded, and it cost us sixty bucks to

get there from the airport. Zowie! Or

The next day we played bingo at

the Plaza. The cash balls were high;

on one of them, but alas, no. However,

We stayed at Binion's Hotel Apache.

Haunted it is, and I can verify. One

night I was awakened by a loud

buzzing in my ear and under my

pillow. It sounded like a muted cell

phone but mine was turned off. I sat

up in bed, then when I lay down again.

should I say ouch!

Tattoos

Anonymous



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second chance drawing on 11/18/22 for

any unclaimed prizes. Game pieces also

on specially marked 32 ounce bottles of

International Delight products inside the

the sound repeated. After three or

four times, I woke Robert to listen, but

he didn't hear a thing. When I heard it

again, I knew what to do. I said aloud,

but please leave us in peace and go

into the light. I said it twice and that

was the end. I didn't hear the sound

for the remainder of our stay there.

Maybe you can explain it because I

On Friday, we ventured southeast

to Laughlin on the Colorado River. Escape the crowds we said. Relax and enjoy the river view while gambling

we said. Ha! Joke was on us. Bikers

were in town for their annual get

together; motorcycles zooming and

varooming everywhere, no place to

park. And besides that, there was a

tattoo convention. Packed casinos,

long lines. Robert and I retired to

our room before sundown our three

nights there. I couldn't stand the noise

and other players breathing down my

neck as they waited for me to leave

my machine. Our host, Rudy, put us

in a nice room with a view and the

host's office had drinks and cookies.

I got fatter while my pocketbook got

slimmer as I kept trying to change my

luck. We would venture downstairs

early in the morning before late risers

got their carcasses out of bed, not that

it made any difference. Lady Luck

was unkind so on Monday we drove

back to Vegas with our bankroll in

significant decline. Usually, we play

bingo while in Laughlin, but this time

we didn't because we were afraid to

move our car as parking spots were

at a premium. If you looked like you

were leaving, you were followed to

your car by circling vehicles; like lions

stalking their prey, they were ready to

pounce on any empty spot.

"I hear you and I know you're here,

1 Grand prize: 1968 Camaro and \$20,000

To enter: On a 3x5 card, print the words:

Mail to: CSS / Restomods "1968 Camaro" Sweepstakes 5607 Pittsford Palmyra Road

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at restomods.com/shop with a purchase



Numerous Mistakes in 1 Hand

By Jonathan Little

I was recently told about a hand from a \$2/\$3 no-limit game that illustrates a few detrimental mistakes many amateur players make on a regular basis. A player in third position limped with a \$450 effective stack at a nine-handed table, as did our Hero in the cutoff with Ks-10h.

Hero told me that he limped with his K-10 instead of raising because he thought the initial limper had a tight range and likely had him dominated. If that is the case, K-10 should be folded. If you are confident your opponent has a premium range, you should not get involved with hands that are easily dominated, such as A-8 and K-10.

An unknown player on the button raised to \$15. The initial limper called, as did

At this point. Hero has to put \$12 more into a pot that will be \$50 (minus the rake) after he calls. It is reasonable to

DAD SAID I SHOULD COME IN HERE AND HELP YOU.

Amber Waves

MOM SENT ME OUT HERE

think Hero will realize about 25% equity. so calling is probably fine (assuming he does not think he is horribly dominated) That said, Hero is certain to find himself in difficult postflop situations, especially when he flops a pair and faces a bet on all three streets -- so again, folding is ideal.

The flop came Oc-9c-2d. The initial limper and Hero checked to the preflop raiser, who bet \$25 into the \$50 pot. Only Hero called.

Hero again has an easy fold. A gutshot straight draw with an overcard is nothing to be proud of when you are likely against a strong range. If the opponent bet smaller, perhaps \$18 or less, calling (or raising) may be reasonable, but again, folding is almost certainly the best play because in order to bet into two opponents, the bettor must have something reasonable, like a decent pair or draw.

The turn was the 3c. Hero led for \$40 into the \$100 pot.

I actually don't mind Hero's bluff. When you check/call the flop, you should actively look for spots to take away the pot on the turn, either by leading or check/ raising. Given stacks are still quite deep. I would have check/folded to a turn bet, but check/raising may be fine if Hero expects the opponent to continue bluffing with all their unpaired hands (which may or may not be the case). I would have been a bit more patient when choosing my bluffing spot, waiting for hands containing one club, giving me some additional outs when I happen to get called.

The opponent called. The river was the Jh, giving Hero a straight. Hero bet \$75 into the \$180 pot and his opponent raised all-in for \$370 total.

At this point, Hero has to call \$295 more into a pot that will be \$920 after Hero calls, meaning he needs to win about

MOM INSISTS SHE IS FINE AND THAT SHE IS CERTAIN YOU NEED MY ASSISTANCE



30% of the time or more to justify calling While a straight is quite high up the handranking chart, I would be quite surprised if a generic player in a \$2/\$3 game is bluffing all-in anywhere near 30% of the time. Hero also does not have any clubs in his hand, making it quite reasonable for the opponent to have a flush (including the nut flush). If the opponent was known to bluff in spots like these where Hero could easily have a flush, then calling may make sense, but against almost everyone, Hero has an easy fold. When you represent extreme strength by leading on a scary turn and then continue betting on the river. you can be confident when you get raised that you are against the flush the vast majority of the time

Hero called and lost to the nuts. Ac-5c. As Hero told me, he got what he deserved.

Jonathan Little is a professional poker player and coach with more than \$6 million in live tournament earnings. He is also the author of numerous best-selling poker books, including his recent e-book, "The Main Event With Jonathan Little." For more information on Jonathan, check out JonathanLittlePoker. follow him on Twitter: JonathanLittle.

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Final Flight by Eric C. Anderson

Broken Promises by Anne Willow

Julia needed a new start. The unexpected

death of her favorite aunt sends Julia to

the artist town of Grand Marais. There

she starts to weave tattered threads into

a new tapestry while rediscovering her

love of sketching and running the antique

shop, Past Imperfect. Everything is just

starting to go right when a mysterious

package arrives bearing an antique letter

Julia's natural curiosity is piqued, but

before she can untangle the mystery it's

found embedded in Tom Peterson's chest.

The tapestry of her new life begins to

unravel as she is named a prime suspect.

Now Julia works to solve the mystery and

On a clear, cold night high above East Asia, a China Air passenger jet disappears from radar with all aboard. It's an anomaly a fluke And then a couple of hours later, it happens again.

It's 2023. Former Air Force maintenance officer Jason Montgomery and Rob "Ski" Kalawski have just landed the gig of their lives. China Air's aging fleet of Boeing 777s desperately needs navigation hardware and software upgrades. It's a multimillion-dollar contract, and they're just the guys to do it. Right? Wrong. Jason's just the middleman, but he finds himself trapped between yakuza gangsters, a tattooed dragon-lady sales exec and murderous Russian mobsters

@ NAPSI

the murder.

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Thank you for reading The Bingo Bugle!

RPII OARBEE **♥**EUPER TYIP FRYAIT * RFO PYLE **♥**BOTRA **♥**EPR BOUPLE OLYRA TEYB

Until next month, may Lady Luck Unscramble these twelve letter strings to form each into an ordinary word blow you kisses as you dance out the (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from door with dollars. Win big and may any marked () letter string as each unscrambles into more than one your winnings be bigger that the word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each fireworks on the 4th of July. Contact string's word either across or down to knot all twelve strings together. me at nlpvzw6172@email.com to share your comments.

those to grow in-ground.

\$3000plus at 11am and \$5000plus at 1pm. Wish I could say we hit one Bibb: Buttercrunch, Speckles, Summer I did end my l-o-n-g losing streak and bingoed twice at both sessions; better than nothing, but not as good as hitting the big bucks would have Bowl, Red Deer Tongue

Page 4; Bingo Bugle (Nevada) July 2022

GETTIN' LUCKY IN THE Neighborhood

CONGRATULATIONS (B) (I) N) (G) (O) WINNERS

國際國際國









网络教教教教教教

多数数数数数





\$6,364 38888

LUCKY LOCAL \$63,169 DOUBLE PROGRESSIVE

LUCKY LOCAL \$5,943

LUCKY LOCAL \$51,232

LUCKY LOCAL \$5,400

4-OF-KIND KING PLUS BONUS BALL

LUCKY LOCAL \$10,000 SUPER COVERALL

PEDRO

LUCKY LOCAL \$5,100

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CASINOS

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*Total from January 1, 2021-June 1, 2022

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BINGO BUGLE CROSSWORD



- plished 32 Altar affirma- 55 Deep black 11
- tive gem 33 Tram, usually 36 Otherwise DOWN 38 Grecian vessel
- 39 Supporting 40 Pedro's pal 43 TV schedules

31 Ewe's mate

- 47 Oscillation rendering 49 Locate 50 Picture on a
- PC 51 Zero

- Stumble 7 Longing 8 Contract
- 10 Dillon or Damon
- Not idle 17 Verve 19 "Help!" 22 That guy Pronto, on a 23 Resistance

battles

REMOVE THE

NEW WORD

- measure 2 Spelling of TV 24 Garland for 3 Valhalla VIP 14-Across 4 Got by some- 25 Hostel 26 Series of
- how 5 Couches
 - 27 Crib 28 Big bother 29 Deteriorate 31 Scooted

MAGIC MAZE

MAGIC MAZE ● A'S TO MAKE A

ENHENBYWTROLJGE

BYIWUORPNKIGDBZ

RXVASWIQOMKIGEC

EAYLHBWTUBSQPDR

ANLEACJGAHLRFEE

C(FAILINGS)CEONTD

TTTCAIRUYXIAAAI

OEWVYUSEAQODPTA

RNMAKJHFPLESEOR

CBLZIYXVUMTRORP

OMLKINHGGNIYARP

Praying

Raider

Roads

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Predication

Rotated

Twain

Wheat

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

Unlisted clue hint: A NUCLEAR -

Imperial

Launch

Laying Loaner

- 36 Charged bit
- 37 Painting on plaster 39 Profession 40 Unrepaired
 - 41 Isinglass 42 Privy to 43 Roman 57
 - 44 *Once a time ... 45 Shetland, for one
 - 46 Underworld 48 Moreover

HOCUS-FOCUS



Find at least six differences in details between panels.

FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS

SUDOKU



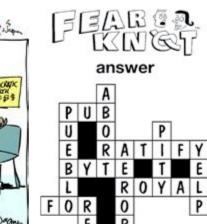
DIFFICULTY THIS WEEK: ◆◆ Moderate
 ◆ ◆ Challenging

SCRAMBLERS



flerring to me as her son in-law

COUPON OPEN EVERY FRIDAY SATURDAY & SUNDAY 1717 S. Decatur Blvd. a West Oakey 877-0087 Booth Rental Info www.fantasticindoorswapmeet.com





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RUPEE

Conceptis Hitori Each puzzle consists of a square grid with numbers appearing in all squares. The

1	5	3	1	2	1	(5)	3	
5	4	1	3	4	5		(1)	3
3	4	3	1	5	3	4		1 (
4	4	2	3	3	4		2	
2	1	5	4	4	2	1	5	4

- more than once.
- · Shaded (black) squares do not touch each other vertically or horizontally. · When completed, all un-shaded (white)

squares create a single continuous area.

3 5 4 5 6 2 1

JUMBLE

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

ULERM	1
©2014 Tribune	Content Agency, LLC
LENKT	
\Box	
HARPE	M
\cap	$\overline{}$

CUPSMA

Oh, my! That doesn't sound good With you sitting in this damp basement, no wonder you're sich THE COMPUTER PROGRAMMER WITH THE BAD COLD WAS A

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

Print your answer here:

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.

CryptoQuote

AXYDLBAAXR IS LONGFELLOW

NRIITKG TI VGVSJD. LVVX MBV NKFVS MBRM ZKHVI LSKH LKZWITGJ KG FBRM VCZTMVI

DKW. - KNSRB FTGLSVD 60002 King Features Synd., Inc.

NOW ON ASTROLOGY PAGE

GO FIGURE! by Linda Thistle

CryptoQuip

Clue: W equals M

X'W TICDEWXPB SZC QMYFIXSC

WEDXGMV GMSCBFIL FQ WMPL

DSCTQMSZCID XD TIFOMOVL

MVSCIPMSXYC TFT.

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The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once

Take one of these before each meal,

DIFFICULTY: *** * Moderate ** Difficult * * * GO FIGURE!

	+		×		24
×		÷		×	
	×		+		17
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1. Reduce in size 2 Plenty Saunter Nepal's neighbor 4. 'Cat Ballou' acto Director Scorsese 5. Veranda Kangaroo's pocket 6. More daring State line 7. Courtroom official Poke with the elboy 8. Peril 9. On the very edge Adobe block 10. Put inside Turn inside out

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from

Even Exchange by Donna Pettman

MASTER for an I, you get MISTER. Do not change the order of the letters.

By David L. Hoyt and Jeff Knurek

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S	A	C	L	E
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PURI SCALE	INALITY CONTRACT
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	151+ = Champ 101-150 = Expert 61-100 = Pro 31-60 = Gamer 21-30 = Rookie 11-20 = Amateur 0-10 = Try again
and the second s	Busters Bonus n-busting words into the u find them?
Find 11 BIRDS in Write your answe	the grid of letters. ers below.

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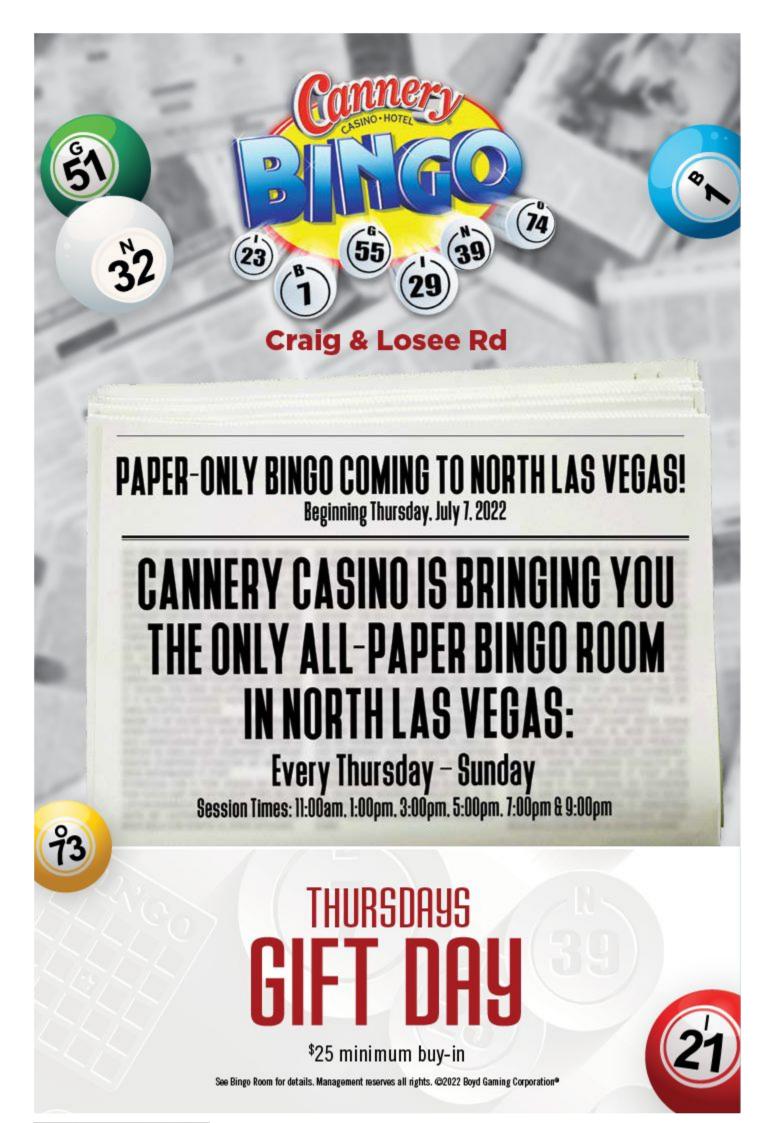
Page 8; Bingo Bugle (Nevada) July 2022

Baiter

Bloat

Chain

Page 9; Bingo Bugle (Nevada) July 2022





The Iron-Clad Secret to the Best Pizza at Home

Most pizza lovers agree: What sets pizzeria pizza apart from homemade pizza is that glorious crispy, crackly crust. That's because commercial pizza ovens cook at temperatures between 700 F to 800 F. Yeah, well, that's not happening in most home kitchens. But we can achieve a similar effect by using a pan made of cast iron. This will act as an oven within your oven, yielding a temperature high enough to get that irresistible crispy, yet tender crust (cue the angel chorus).

Safety warning! This technique is not for the kiddies or the faint of heart. We're going to get that cast-iron skillet screaming hot. Use caution and protect your skin and your surfaces from the heat.

The impositions L word, are below but.

The ingredients I used are below, but feel free to make substitutions. Use this guideline, no more than 2 cups shredded cheese and 1 1/2 cups assorted toppings (vegetables and meats) or you risk your pizza becoming soggy and not cooking completely through the center.

CAST-IRON SKILLET PIZZA

Yield: 2 to 4 servings Time: 45 minutes

- 1/4 cup olive oil divided 6 ounces Italian sausage, casings removed
- 1/3 cup onion, thinly sliced 1/3 cup bell peppers, green and red, thinly sliced
- 1/3 cup mushrooms, thinly sliced 12 to 16 ounces pizza dough — store bought or homemade equivalent 1 1/2 cups mozzarella cheese, shredded
- 8 ounces pizza sauce purchased or recipe below
- 2 tablespoons olives, sliced
- Bring the dough to room temperature and have your ingredients sliced and ready before you begin. If you're using my pizza sauce recipe, make that now, as well. Prepare the dough by placing on a lightly floured surface and shaping into a 14-inch round.
- 2. Preheat the oven to 475 F. Preheat a 12-inch cast iron skillet on the stove top on medium-low heat. Add one tablespoon olive oil to the skillet and cook the sausage, breaking into crumbles. Drain on paper towel and set aside. Place the onions, peppers and mushrooms in the skillet, cooking enough to soften. Set aside.
- 3. Now, add 2 tablespoons olive oil, using a brush to spread the oil up the sides of the pan. Carefully place the dough round into the pan. The dough starts cooking the moment it hits the hot pan, so work quickly to avoid the bottom burning. Evenly sprinkle half the cheese over the entire crust. It'll act as a barrier, preventing the sauce from seeping into the crust making it soggy. Dollop the sauce over the cheese layer, using the back of a spoon to spread it out. It's OK if it's not perfect.

 Next, add the sausage, onion, peppers and mushrooms. Top with remaining cheese and olives. Brush any exposed crust with remaining olive oil.

5. With caution and heavy oven mitts, place the skillet into the hot oven. Bake for 12 to 14 minutes. The cheese should be bubbling and slightly browned, and the crust should be golden.

6. With extreme caution, remove skillet from the oven and place on a heat-protected surface. Run a knife around the outside edge of the pizza to prevent the cheese from sticking. Post a picture to impress your friends. Let cool for 10 minutes before devouring.

PETITE PORTION PIZZA SAUCE

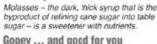
- l (8 ounce) can tomato sauce
- l teaspoon garlic powder l teaspoon Italian seasoning
- 2 teaspoons sugar

Drain tomato sauce through a coffee filter set in a strainer over a bowl for 15 minutes to remove excess liquid from the sauce. Into the drained sauce, stir in garlic powder. Italian seasoning and sugar.

Pizza night just got a whole lot better Drool. Eat. Repeat.

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 and join the conversation on Facebook at DivasOnADimeDotCom. Email Patti at divapatti@divasonadime.com.

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Healthy Living

Not just for cookies

Just Like Cats & Dogs

I GET IT TAKES A WHILE TO GET RESULTS

TH THESE LOW-CALORIE, LOW-SALT MEALS

ASSUME THAT GOES FOR THE TASTE AS WELL?

 Blackstrap molasses, one of severa types, provides more iron for less

calories than red meat and is fat-free

• Molasses is an excellent source
of cooper, needed for many of the
body's functions, incuding bone
development, and of manganese,
which helps produce energy from

protein and carbohydrates

• It is also a very good source of calcium, needed for strong bones and teeth, potassium, important for muscle contraction, and magnesium, a lack of which can contribute to high blood pressure and muscle spasms

Foods, TNS Photo Service Graphic: TNS



by Henry Lamburin

Stick with the Strategy

My late father-in-law Pete (at age 91) played jacks-or-better exclusively and he had a knack for getting dealt the following hand: a paying flush that also contains four cards to the royal flush. In fact, once he was dealt this hand twice in the same session. Here's what happened.

Pete was down a couple hundred bucks when his "favorite hand" popped up on the screen. He nudged me and said, "What should I do?"

Now Pete has been dealt this hand many times and he knows the correct playing strategy, which is to hold the four card royal and draw one card (i.e., you give up the paying five-card flush because it has a lower expected value than holding the four-card royal flush). So, I said to him, "You know what the right play is. Why are you asking me?"

He then explained his logic for why he decided, at this point in time, to hold the paying flush. It went something like this: "I think it's better to hold the paying flush when you are losing because it can help you get back to even. Plus, it's tough to get the royal, and when you're down, it's nice to get that payoff."

Perhaps you've been dealt this hand, got cold feet, and held the paying flush like Pete wanted to. I mean, who wants to risk giving up a winning hand for the long-shot chance of getting the royal, and end up with potentially nada? Holding the paying flush is very tempting (Pete's words), but it's the wrong play to make. What follows is what I told him about his flawed logic... perhaps what I said will also help you become a better video poker player.

What you are telling me is that

when you are winning you are going to hold the four-card royal but when you are losing, you are going to chicken out and hold the paying flush, right? Well, guess what? There is one and only one mathematically correct way to play that hand and it's to go for the royal. Sure, it's a risky play but the risk is worth it. The fact that you happen to be losing has no bearing on how you should play that hand. You can't let the state of your current bankroll influence playing decisions. You have to play like a robot and follow the basic playing strategy for every hand. Even if you end up with nada this time, the next time that you are dealt this hand you should follow the same strategy and draw one card for the royal. I concluded my lecture by reminding him that playing video poker is a journey; on some days you are going to win and others you will lose, and along the journey, you are going to have to take some "smart" risks. The bottom line is this: You will never achieve the 99.5 percent return on the game if you don't religiously follow the basic playing strategy and take

some justified risks. End of sermon.

Pete agreed that he was wrong, and I was right. Therefore, he listened to my advice, held the four-card royal, and hit the "deal" button.

and hit the "deal" button.

I wish I could tell you that he miraculously got the card he needed for the royal flush but that's not what happened. He drew a garbage card and wound up with no payout on the hand. However, that doesn't mean he made the wrong play...in fact, he made the mathematically correct play. And when you are dealt this hand, draw one card and get garbage, don't fret because one time you will hit the royal. And the generous 4,000-coin payout would more than make up for the times that you were dealt "garbage."

So, what's the moral to this story? Namely this: If you want to be a winning video poker player, you've got to discipline yourself to follow the basic playing strategy even if it means that sometimes you have to give up a paying hand and take a shot at the royal flush.



LAFF-A-DAY



"It's a good story, but not as good as the one you told Mom when you dragged in at



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2. New Zealand

3. Ireland

4. U.K.

5. Norway

6. France

7. Singapore

8. U.S. 9. Germany

10. Spain
*Pack of Marlboro

Pack of Marlboro cigarettes Source

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JULY BINGO





\$5,500 SIZZLIN' SUMMER SESSION

JULY 23 · 3PM SESSION EARN ENTRIES NOW - JULY 22

BOULDER STATION \$15,000 BASEBALL BINGO

AUGUST 20 · 10AM SESSION \$45 BUY IN 25 GAMES PAY \$300 5 CHANCE COVERALL

> SANTA FE STATION

\$15,000 STARS & STRIPES BINGO BASH

JULY 30 · 3PM SESSIONS \$50 ENTRY FEE 20 GAMES PAY \$500 EACH 5 COVERALLS PAY \$1,000 EACH

> PALACE STATION

\$2,000 SUNS OUT / CARDS OUT MEGA SESSION

JULY 23 · 3PM SESSION EARN ENTRIES NOW - JULY 22

> SUNSET STATION

\$7,500 MEGA SESSION

JULY 30 - 3PM SESSION EARN ENTRIES NOW - JULY 29



\$20,000 END OF SUMMER BINGO GAME

SEPTEMBER 3 · 11AM \$50 BUY-IN PURCHASE BY AUGUST 8, GET 4 FREE PACKS! 10 GAMES PAY \$500 15 GAMES PAY \$1,000



FOURTH OF JULY
BONUS BALL
JULY 4

BINGO
SANTA
BINGO
SUNSE

BINGO ON 0-74, WIN \$1,000

RED ROCK & GREEN VALLY RANCH | 1PM PALACE | 3PM SANTA FE & BOULDER | 7PM BINGO ON O-74, WIN \$500 SUNSET | 11AM

\$25,000 SUPER SESSIONS

OCTOBER 14-16
PACKS STARTING AT \$15

ELECTRONIC SPECIALS AVAILABLE

OCTOBER 14 BOULDER • 7PM

OCTOBER 15 GREEN VALLY RANCH • 1PM PALACE • 7PM

OCTOBER 16 RED ROCK • 1PM SANTA FE • 7PM



SEE BINGO ROOM FOR DETAILS AND RULES. MANAGEMENT RESERVES ALL RIGHTS.

STATIONCASINOSBINGO.COM

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FOURTH OF JULY SPECIAL SESSIONS

Monday, July 4, 2022 - 11am & 7pm

"DOUBLE PAY ALL THE WAY" \$500 GUARANTEED COVERALL - GAME 10

FREE FOURTH OF JULY DAUBERS

All Sessions with minimum buy-in while supplies last



"INDEPENDENCE" BALL SESSIONS

Bingo on B-4, receive \$500

Sundays, Tuesdays, & Thursdays; 1pm-3pm-5pm-7pm Sessions GOOD FOR \$1,000 ALL SESSIONS 7/4/22



"DOUBLE PAY"

Mondays - 9am Session; Fridays - 9pm Session Games 3, 5, 7 and 9



"TROLL CROSSINGS" & \$100 SECOND CHANCE COLOSSAL

Wednesdays - 3pm & 7pm Sessions and Saturdays - 7pm Session





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Standing Room Bingo

"It's only a week until festival!" proclaimed Kate happily. "And we get to run the Bingo." She was so happy I hadn't the heart to tell her I was not as enthusiastic about the project as she seemed to be. The festival committee had blocked out a large portion of the Family Services building for Bingo and Kate and I were to be in charge as callers. It would be a long two days with only brief breaks in the program.

"We get to try out new games and make our own rules," continued Kate. "I can hardly wait."

The first of what I have come to call the "great disasters" occurred two days later when the festival board phoned to say that some of the chairs had been commandeered to fill a need at the outdoor concert. "What will we do?" I wailed.

The unflappable Kate replied, "We will set up a section for standers. You condiments for our hot dogs.

know, people who will stand to play Bingo. We'll have some fast games for them and keep them moving during

I was astonished to believe it would really work. We would both have to call during those standing sessions, but we could figure that out and maybe have fun doing it. I felt my mood lightening when the phone rang again and the festival committee reported that the hot dogs we had intended to provide for the players would not be coming, as they were needed again for the outdoor concert.

I sat down dispiritedly.

"We'll do our own hot dogs," said the intrepid Kate. "Where is that old wiener turner we used to have? We can use that, warm the buns in the oven and provide condiments. We will manage just fine."

I was impressed with Kate's spirit and lively interest in the big game.

When the phone rang a third time, I refused to answer. Kate picked up and growled a "hello."

"We really hate to tell you this," said the caller, "But we don't have enough paper Bingo sheets. We ordered them but they didn't come in. I don't know what to tell you."

"I'll tell you what," said Kate ferociously. "You find those old Bingo cards with the covers that slide over the numbers and get them delivered to our building, It's still our building, isn't it? Or are you going to put us out on the street?"

Kate is a terror once she gets riled

There were no more phone calls and when we went to the Family Services Building, the old cards had been delivered, as had a box of

We set up a standing area—which Kate would run for the first session and had a smaller area for regular Bingo where I would call

Our games were a hit from the off. We had many standees and the tables were always full. A volunteer showed up to run the hot dog stand and we were declared an unmitigated

CryptoQuip

Boggle BrainBusters

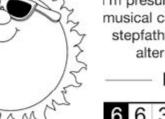
Answers:

OWL EMU SWAN LARK

DOVE WREN TERN

RAVEN CRANE EAGLE

I'm presuming the favorite musical category of many stepfathers is probably alternative pop.



Go Figure!

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×		÷		×	
9	×	1	+	8	17
+		×		+	
8	×	4	-	5	27
26		24		29	

Hitori



Even Exchange

	ansv	vers		
rink,	Shrine	6.	Bolder,	Во
ple.	Amble	7.	Judge,	Nu

Tiber, Tibet

9. Brink, Brick 10. Insert, Invert

JULY 31 - AUGUST 2

\$50,000 GOVERALL EAGH DAY! SECOND CHANCE \$5,000 AND THIRD CHANCE \$2,500



19 RECULAR GAMES \$1,199 EAGH DAY! ENVEY FEE ONLY \$100

AND A FOUR KIGH STAY FOR \$ 1 40
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YOU ASK THE SENEOR QUESTION

~ WE TIND THE SAWY AHSWER

How to Start a **Walking Program** and Stay Motivated

Dear Savvy Senior,

My doctor recently suggested I start a walking program to help get my weight and blood pressure under control, but I've never exercised much and am 66. Can you recommend some tips? -Hate to Exercise

Dear Hate,

You should follow your doctor's orders. Years of research have shown that walking may be the single best exercise you can do to improve your health as you age. It burns calories, which will help you lose weight, builds endurance, enhances muscle tone and it doesn't pound your joints.

It also helps improve or prevent many age-related health problems including high blood pressure, diabetes, heart disease, arthritis, osteoporosis, dementia and even depression.

But walking is not only good for what ails you. It's also one of the easiest and most convenient exercises you can do and is completely free. All you need is a good pair of walking shoes that fit well and a little desire. Here are some things you should know to help get you started and stay motivated. Getting Started

Start out slow if you need to. For many people this means head out the

door, walk for 10 minutes, and walk back. Do it every day for a week. If that seems easy, add five minutes to your walks the next week and keep adding five minutes until you are walking as long as you desire. It's also a smart idea to finish your walk with a few simple cool down stretches. Stretching will make you feel better and help prevent

professionals recommend walking about 30 minutes, five or more days a week. Or, for optimal health benefits aim for 10,000 steps per day, which is the equivalent of about five miles.

Your walking pace is also important. While strolling around the park or neighborhood at an easy pace is good for you, a brisker pace that has you breathing heavily, but you are still able to carry on a conversation, provides better health, fitness and weight loss benefits

Staying Motivated

While starting a walking program takes initiative, sticking with it takes commitment. Here are some tips to help you stay motivated:

--Find a walking buddy: Having a friend to walk with can provide motivation and support along with companionship.

--Wear a fitness tracker or pedometer: These devices measure how far you've walked in steps and miles, providing motivation by spurring you to meet a particular goal and showing you if you've met it. Or, if you use a smartphone there are free pedometer apps you can download MyPacer.com, Google.com/ fit or Accupedo.com.

--Join a walking club: To find one in your community, call your nearby medical center, mall, health club, senior

center, running shoe stores or Area Agency on Aging to see if they sponsor or know of any clubs or groups. Or try MeetUp.com or the American Volkssport Association (AVA.org), to search for non-competitive walking clubs in your area, or start one.

--Keep a journal: Use it to keep track of your walking minutes, steps, or mileage and total it up at the end of each week to see how you're progressing. There are also free apps like MapMyWalk.com and Walkmeter. com that use GPS to map your walk and measure your distance and time, which is fun and motivating.

--Have a backup plan: If bad weather, allergies or other factors limit your outdoor walking have a backup plan like walking at your local mall, buying a home treadmill or joining a health club.







BINGO LAND

STORIES FROM THE REAL WORLD & CYBERSPACE

Bingo Questions and Answers

Question: What is the biggest Bingo in the world?

Answer: The largest game of Bingo involved 70,080 participants at an event organized by Almacenes Exito S.A. in Bogotá, Colombia on 2 December 2006.

Question: Where is the largest Bingo

Answer: According to Casino City data, Foxwoods features the largest Bingo parlor in the world with the capacity to hold 4,000 players.

Question: What are some basic tips for playing Bingo?

Answer: Here are six essential bingo

(1) Get there early. Make sure you have plenty of time to purchase cards, visit with friends, get something to drink, set up your station, and get your head in the game before it begins. You do not want to miss a single number or start the game all stressed out

(2) Bring a Bingo dauber, masking tape, and a pencil, ballpoint pen or highlighter pen. A Bingo dauber enables you to quickly mark the numbers on your cards that have been called. Masking tape can help you keep your game papers secured to your table (so you don't waste time adjusting them). and a pencil or pen can be used to mark out more complex patterns on your cards so you know which squares are needed to win. You may also want to bring some good luck charms.

(3) Choose your seat carefully. The key is to avoid distractions so you can stay focused. You may want to sit as close to the caller as possible to improve

(4) Stay alert. Whether you are playing in-person or online, missing even one number can make the difference between winning and losing—the number one way to win at Bingo is to stay alert! Strategies for staying focused and aware can vary from person to person, but some tips:

* Avoid drinking alcohol.

Consider drinking coffee or tea instead

* Don't go to Bingo on a day when you're especially tired.

* Take advantage of scheduled breaks.

(5) Play games with lower attendance. Fewer players means that each player has a greater chance of winning. Try attending Bingo games on weeknights when the crowds tend to be smaller (note that some Bingo prize pots are based off the number of cards purchased, so although a small group of players increases your chances of winning, it may mean a smaller prize)

(6) Figure out how many cards you can handle. The more cards you have. the better your chances are of winning. This is true for in-person Bingo, as well as online. However, this only holds up if you are able to truly check the numbers on all of your cards effectively

By Bob Whittmore

A Near-Riot at Bingo

Hi, everyone. This month a sad tale. And I actually saw it happen. As many of you know, I am now retired and back in southern Indiana, near the town where I grew up. I am able to play, two nights a week, in the same grade school cafeteria where I first saw Bingo played in 1957. I have renewed old childhood. I can't wait for Friday and old School and play.

But, recently, I saw something that I have never seen before at a Bingo hopper. So, in that final game, instead of game. It's the kind of thing you would expect to see in a big-city hall or in Vegas or Atlantic City. But, sadly, it happened still can't believe it.

If you remember, some months "tote board" and all new equipment, including the machine that stirs the balls and pushes them up a tube—one at a Bingo, in my opinion. time—for the caller.

about was the result of a relatively new screamers. See you next week. E-mail caller not being fully versed on how the me at: bobonbingo@earthlink.net.

equipment operated. It was near the end of the evening-in the final minutes of the COVER-ALL for the big prize of the evening. Up front I could hear a rumble starting.

Soon, people were yelling at the caller. And it got worse. Suddenly about a dozen people stormed the caller's desk. It looked like a riot!

Some players had noticed that only about a half a dozen or so balls were left in the hopper, but the tote board showed that fifteen or so numbers had not been called yet-WHERE WERE THE MISSING BALLS? People were demanding a refund. They wanted a "recount."

Not liking conflict, and especially not liking to see it happen in my old grade school, I got up and left. The following weekend I talked to the manager of the games and he told me what happened. The relatively new caller hadn't realized friendships with a lot of people from my the importance of totally turning the equipment off after each game. Her Sunday nights when I can go back to the failure to do this meant the air pressure within the device was preventing some of the balls from falling back into the having all 75 numbered balls, there may have been as few as 60 in play.

The problem was NOT the equipment in a town of 11,000 in Indiana. And, I No cheating was going on. The caller was NOT trying to rig the game. IT'S NEARLY IMPOSSIBLE TO CHEAT ago the hall got a brand new electrical AT BINGO. Anyone who can get that angry just because someone made an honest mistake should not be playing

I still can't believe how usually The incident I am going to tell you quiet people suddenly turned into

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RAMPART JULY BINGO PROMOTIONS

July 4th - Patriot Ball

B-4 - all sessions

Receive an extra \$500 when you Bingo on B-4

Monday Lunch Buffet Bounce Back

sessions, validation required.

Father's Day - Sunday, June 19

- . Play Bingo on Sundays, receive a coupon for a free lunch buffet on Monday

Price Bingo when paying with points - Every Tues & Wed

Birthday Bonus - play Bingo on your birthday and swipe at the kiosk

- . Win free slot play or free Bingo packs
- See Bingo cage for details

- Fridays & Saturdays at 7pm & 9pm

Double/Triple Pay Sessions

- Thursday at 7pm
- 1st chance coverall \$1,000; 2nd & 3rd Chance \$250

Bonus R Balls - Twice a Week

- in addition to the regular payout

Winning Wednesdays

- (a \$16 value)
- . Minimum buy-in required see Bingo Room for details



Take the Money and Run?

Dear Guy,

My friend John (not his real name) and I play Bingo together pretty often. In fact, the only time John and I don't play Bingo together is right after he has won a big jackpot at Bingo or on a big pull tab. After that, he disappears.

John has this theory that once lightning has struck like with a big Bingo win then it will not strike again for a long time. He says that playing Bingo for the next few weeks after you win is a waste of money. He stavs away from the Bingo hall for six or eight weeks after he gets a big win, sometimes more. Then one day he will show up and start playing regularly again and go for his next win.

he is crazy-you win when you win, and it could be the next day or the next year when you win again. But he insists that he is right about taking a break after winning and not spending money on Bingo for a while because it is money wasted.

Guy, would you mind weighing in on this? John and I are both pretty stubborn and both of us think we are right. What do you think?

Bingo Player Win or Lose, Iowa

Receive an extra \$500 when you Bingo on B-14. All

- · All players at all sessions Minimum buy-in required

4X \$1,000 Coveralls

- Sundays at 11am & 1pm

Double Pay All The Way plus 3X \$1,000 Coveralls

. Every Friday & Saturday at 9pm

- . Monday Saturday at 1pm

- . Every Monday & Thursday at the 11am, 3pm & 9pm sessions
- Bingo on B-7 or any number ending in 7 and receive an extra \$500
- Validation required

- Free small rainbow pack in the electronic unit every session

winningest Bingo player is the one who's right. -Guy Hey guys! (And gals!) Write to: Guy's Turn c/o The Bingo Bugle, P.O. Box Vashon, WA 98070, or e-mail Guy directly at tara@bingobugle.com. Be sure to include your name and address (you may request that your name not be I and other players have told him that published), as typically Guy will not

include anonymous letters in his columns

list when he returns.



Many of us have experienced winning

streaks. Not your friend John. He's so

quick to run and hide after a single jackpot

that he never gives his winning streak a

John reminds me of how much

superstition drives the way we perceive

and play Bingo-where we sit, what we

wear, the lucky charms we bring, who the

caller is...the list of "influences" we feel

are at play all around us and affect our

I think John's superstition is that if he

keeps playing after a jackpot win he'll

be a permanent loser. But if he takes the

money and runs (at least for a month or

two), lady luck will not consider him

greedy and will put him back on her lucky

John has decided that this is what he

needs to do to insure future winnings.

The big question, then, is: Which of you

wins at Bingo more? As we all know, the

chances of winning goes on and on.

chance to catch some heat!

Nevada Happenings

David Blaine Announces Residency Magician, extreme illusionist, and stunt artist David Blaine will be doing some kind of show when he takes the stage at the Resorts World Theater for a six-date micro-residency this fall. The dates are September 30. October 1, 28, and 29, and December 16 and 17. If you're not aware of Blaine's death-defying exploits, extreme endurance experiences, and Guinness World Book records, look him up. What he does is beyond belief.

Monster Jam Returns

The last Monster Iam to be held in Las Vegas was in Oct. 2019, so fans of the action-packed monster-truck competition will be pleased to hear that it will return to Thomas & Mack Arena on July 22-24. Celebrating its 30th anniversary this year, Monster Jam features world-class athletes locked in intense competitions of speed and skill. The popular Monster Jam Pit Party fan experience is scheduled for both Saturday and Sunday, where fans can see the massive trucks up close, meet their favorite drivers and crews, take photos, and enjoy other family-friendly fun. It's the only place that allows people to get up-close access to the Monster Jam teams for an inside look at how these trucks are built and operate

Celeb Restaurants Set for STRAT Comedian and TV star George Lopez's Chingon Kitchen and KISS co-founders Gene Simmons and Paul Stanley's Rock & Brews will open at the STRAT by the end of this year. Chingon Kitchen has two locations in southern California and one in Arizona; one is at Yaamava' casino. It serves Mexican staples with some added

touches, such as wood-fired came asada

and spit-fired al pastor. Rock & Brews has

20 locations in several states, including

one at Yaamava' and an entire Rock &

Brews hotel-casino that opened last week

in Oklahoma; the menu consists of typical

sports bar food: wings, burgers, tacos,

Joining Jack Binion's Steak restaurants

at Caesars Entertainment properties in

Mississippi, Louisiana, Indiana, Iowa,

and Maryland will be another steakhouse

named after Jack Binion, former president

and COO of the original Horseshoe in

downtown Las Vegas. The new Jack

Binion's Steak was set at press time to

open at Bally's, soon to become the (neo)

Horseshoe, during the World Series of

Poker. If the Las Vegas menu is anything

like the others, it will be decidedly

upscale: on the Horseshoe Bossier City

menu, appetizers, such as steak egg roll.

oysters, and crab cake, are \$12-\$18, pastas

\$28-\$45, steaks \$23-\$70, sides \$8-\$10,

The last piece of the MSG Sphere

exosphere puzzle was fit into place

recently, marking the completion of the

primary structural work on the ultra-high-

tech arena. The last piece was a round beam

sporting a U.S. flag and (for some reason)

a potted fir tree that capped the largest

spherical superstructure in the world.

Now, the upper half of the 580,000 square

feet of programmable LED paneling will

be installed, completing the largest LED

screen on the planet. MSG Sphere is on

schedule for completion in 2023 and at the

topping-off ceremony, according to The

Hollywood Reporter, company executives

"vowed" it will open in time for the

Formula 1 race in November of next year.

For the latest in Vegas news visit www.

MSG Sphere Topped Off

Jack Binion's Steak Opening

pizza, as well as barbecue.









Americanisms

"Biology is the least of what makes someone a mother." - Oprah Winfrey



FLASHBOARD NUMBERS

B: 02 04 08 13 14 19 21 27 29 30 1: 31 32 33 37 38 N: G: 50 52 55 57 58 61 65 68 70 71 0:



LUCKY LOTTO

18 - 57 - 6 - 46 - 36 *7*

Lucky Predictions for July 2022

ARIES: March 21 to April 19 1st thru 6th. Barrel 'o fun the 1st!\$\$ 7th thru 12th. Gift from afar 10th \$\$ 13th thru 18th. Swingin' & winnin' 14th! 19th thru 24th. Best odds the 23thS 25th thru 31st. Y'know how it's done 28^{6} \$\$

TAURUS: April 20 to May 20 1st thru 6th... Bags of \$\$ the 4th! 7th thru 12th No dice 'til the 12th\$ 13th thru 18th. Back on track 16th\$ 10th thru 24th Heaping \$\$\$ 204 25th thru 31st... Beaucoup bucks 25th-26th!

GEMINI: May 21 to June 21 1st thru 6th. Great triumph the 1*\$! 7th thru 12th... Easy gain the 6th5 13th thru 18th. Step up & win 144-154\$\$ 19th thru 24th. RED card fun 19th 25th thru 31st. Money explosion 28thS!

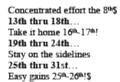
CANCER: June 22 to July 22 1st thru 6th.. Window of chance 3rd\$! 7th thru 12th.. Charged up 2 win 84\$! 13th thru 18th. Extra bag for \$\$ (16th) 19th thru 24th. All good the 20th! 25th thru 31st.. A week to remember\$!

LEO: July 23 to Aug. 22 1st thru 6th Surrounds you 1# & 64\$\$ 7th thru 12th. Make it last 10t-11th! 13th thru 18th. Better luck the 18th 19th thru 24th Dam good chances 23rd 25th thru 31st... You reign supreme 28%\$\$

VIRGO: Aug. 23 to Sept. 22 1st thru 6th.. Serves you well the 3rd\$ 7th thru 12th. Driven to win the 8th 13th thru 18th Hard cards HOT 1345\$ 19th thru 24th. Born to win 20th\$ 25th thru 31st. Bundles of \$\$ 26th/31#!

LIBRA: Sept. 23 to Oct. 23 1st thru 6th Lucky dog 1st-2nd\$\$ 7th thru 12th. Outstanding bet the 10th! 13th thru 18th Make it so the 14thS 19th thru 24th Swift returns the 23rd\$! 25th thru 31st... Irresistible chance 28th!\$

1st thru 6th... You can do no wrong (3rd) 7th thru 12th



Hella good chance 19th!

Lucky adventures 23nd\$\$

Observe while waiting

Amazing luck 8th_9th!

As you imagined 16th! S

Dreams materialize 20th-21#\$\$

25th thru 31st...

1st thru 6th..

Plan, but delay

7th thru 12th.

13th thru 18th

19th thru 24th

25th thru 31st.

25th thru 31st.

SAGITTARIUS: Nov. 22 to Dec. 21 1st thru 6th.. Fortunate fluke the 1*\$\$ 7th thru 12th. Go 4 da gusto (10th)\$! 13th thru 18th Luck visits 186\$\$ 19th thru 24th.

RED hicky 28th \$1 CAPRICORN: Dec. 22 to Jan. 19 1st thru 6th... Plenty of chances 3rd\$\$ 7th thru 12th. You magnetize \$\$ 8th 13th thru 18th Aim high the 16th! 19th thru 24th Fabulous wins 20th-21#5

25th thru 31st. Focus on the 31#\$\$ AQUARIUS: Jan. 20 to Feb. 18 1st thru 6th. Show 'em up 5th-6th\$ 7th thru 12th. might fade as quickly as they materialize. Lucky Days: 9 - 13 Leave town to win 10th 13th thru 18th Lucky Numbers: 43 - 44 You got da moves 144/184\$ 19th thru 24th

more elbow grease than you're accustomed PISCES: Feb. 19 to March 20 Lucky Days: 3 - 5 Lucky Numbers: 10 - 56

Success awaits 25th-26th\$! Color associations refer to lucky objects, daubers, cards, machines, clothing/jewels you wear, or a dominant color in the room.

PREDICTORS LUCKY CARD FOR JULY 2022

2	26	44	55	66
3	30	34	57	75
	18			
4	16	41	54	74
1	27	40	48	70

MOON PHASES & SPECIAL EVENTS JULY 2022

4th Independence Day **6th** National Fried Chicken Day 7th First Quarter Moon . Body Painting Day 8th 12th Pecan Pie Day 13th Full Moon 15th Be a Dork Day 17th Peach Ice Cream Day

Last Quarter Moon

SCORPIO: Oct. 24 to Nov. 21 24th Parents' Day 28th New Moon International Day of Friendship 30th

20th



Horoscopes for July 2022

ARIES (MAR 21-APR 20): A bold month for you as you decide to break through boundaries and restrictions. And you'll worry about consequences later. The full moon on the 13th brings to the surface old memories that are best left ignored or purged. You're all about forward momentum and the world appreciates your self-assertive way. Although a little tact can mitigate extremes Lucky Days: 7 - 11 Lucky Numbers: 34 - 38

TAURUS (APR 21-MAY 21): Concentrated passion is one of your calling cards, although your easy-going demeanor often belies what's bubbling beneath appearances. With Mars goading you into uncharted terrain this month, try to align with peers who can offer feedback or counsel as you attempt the untried. Relationships, especially love interests, take on a fairytale like glow that

GEMINI (MAY 22-JUN 21): You're blessed with a considerable amount of focus this month. See if you can apply this mental discipline to a project that requires to generating. The full moon on the 13th involves Mercury, your ruler, which puts you in the spotlight for whatever dramas are swirling in your home environment. Use your quick wit to unplug from potential

CANCER (JUN 22-JUL 22): Take some time out around the 13th to prepare for the full moon which highlights an array of emotional truths that you'd prefer to dodge. But don't. Those memories and feelings are charged with a backlog of power, the kind of energy you'll need to move through the rest of the year. Allow yourself to see the full picture, not just a small segment.

Lucky Days: 9 - 11 Lucky Numbers: 7 - 40

LEO (JUL 23-AUG 23): July is a heated month, where you surprise yourself-and others-with how flinty your temper feels. Peel back the surface and you'll see that you're resistant towards limitation of any sort. Setting a constructive course for yourself will pay off big time, once you acknowledge the need for discipline. Lucky Days: 12 - 29 Lucky Numbers: 9 - 43

yourself earlier this year have a good chance Lucky Days: 9 - 12 of coming to fruition. The full moon on Lucky Numbers: 8 - 23

the 13th brings with it a chance to recruit fans and friends to your cause too. You've mastered working for yourself in a way that benefits others too. Nice job!

Lucky Days: 5 - 22

LIBRA (SEP 24-OCT 23): You're attempting to strike a balance between personal wishes and what you imagine is expected of you from others. This is a perfect time to challenge your old ideas about appeasement and cooperation, two topics that you give a lot of attention to. The full moon on the 13th backs you into a corner where you'll need to announce a new direction and intention for yourself. Don't he timid

Lucky Days: 10 - 23 Lucky Numbers: 5 - 32

SCORPIO (OCT 24th-NOV 22nd): Remember the old rock 'n' roll song A Whole Lot of Shaking Going On? That might become your theme for July. Two rambunctious planets are opposing your sign this month, quaking your foundation and nudging you towards a radical reappraisal of your values. Rather than overthink this challenge, allow your keen intuition to move you safely through any confusing or uncertain dilemmas Lucky Days: 8 - 18

Lucky Numbers: 54 - 58 SAGITTARIUS (NOV 23rd-DEC 21st): Your keywords for July are: Bigger and bolder. With your ruler in an incandescent fire sign confidence becomes you. This means amplifying your presence in ways you haven't tried before. Set a plan to promote yourself more through the remainder of the vear. Involve vourself with your community and offer your skills by instructing or

guiding others in inspirational ways. Lucky Days: 4 - 11 Lucky Numbers: 2 - 5

CAPRICORN (DEC 22nd-JAN 20th): The full moon on the 13th in your sign this month involves final chapters and closures. Ask yourself what you're left with after you've cleared your world of redundancies? It might be hard to embrace new or unusual routines, but the rest of the summer finds you experimenting with innovative solutions and novice efforts. Keep your chin up, you're on your way to a wonderful autumn.

Lucky Days: 6 - 22 Lucky Numbers: 7 - 17

AQUARIUS (JAN 21st-FEB 19th): Serendipity has an old-fashioned flavor about it this month. Perhaps you'll reconnect with favorite pastimes or hobbies from your childhood. Those activities might feel brand new at the start. But further examination shows you've been in command of those talents your entire life; you just forgot to call them to the fore. Let's hear it for the good

Lucky Days: 9 - 19 Lucky Numbers: 3 - 56

PISCES (FEB 20th-MAR 20th): Goethe wrote: "À talent can be cultivated in tranquility; character, only in the rushing stream of life." With your ruler in a brash fire sign now is the perfect time to bust out of your cocoon and show the world the skill sets you've developed on the sly. Also VIRGO (AUG 24-SEP 23): Enjoy the rest critical is gaining respect and approval from of the summer as you're in a rewarding sweet spot this month. The plans you outlined for most. You're ready for the big leagues now.

COFFEE BREAK ANSWERS

SCRAMBLER ANSWER: 1. Chasm 2. Clear 3. Fable 4. Bristle Today's Word: CHISELER JUMBLES: LEMUR KNELT HAMPER CAMPUS

Answer: The computer programmer with the bad cold was a —HACKER HOCUS FOCUS DIFFERENCES: 1. Sun is missing. 2. Ear flap is missing. 3. Camera cord is shorter. 4. Stick is shorter. 5. Arm patch is missing. 6. Stripe is missing. CRYPTOQUOTE ANSWER: Passion is energy. Feel the power that comes from cusing on what excites you. - Oprah Winfrey

SUDOKU ANSWERS

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MAGICMAZE ANSWERS

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1pm cashball winner, Marilyn won the 1pm cashball for \$5,717 at Green Valley Ranch! Congratulations Marilyn!



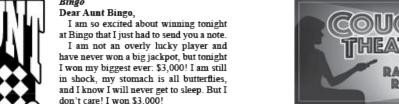
Keeping Tabs on Bingo

Dear Aunt Bingo,

There is a Bingo I go to several times a week. I've been keeping track of my wins and costs to know if I'm ahead of the game. I've also been keeping note of who wins the games. One thing I've noticed is: the people who buy the pull tabs win the most Bingo games. Is there some way they can rig the computers so the pull-tab buvers' machines win most often? RRN, Chicago, Illinois

Dear RRN.

I applaud that you track your wins and losses; it's important during these inflationary times to pay close attention to ALL your spending, be it gas, groceries, or Bingo. As far as the games being rigged so that pull-tab winners also will win at Bingo, I'm afraid that's a stretch. It's far more likely that what you are witnessing is that people who play lots of Bingo cards also tend to purchase lots of pull tabs, and naturally increase their odds of winning by doing so. -Aunt



I have always wondered what it must feel like to win a big pot. And now I know! It is GREAT! If I never win another Bingo again, right now I couldn't care less. I am the big winner of the night and everyone in the hall hated me and wished they were me. And I love it. Woohoo!

Carol, via e-mail

Dear Carol,

Congratulations! I, for one, certainly don't hate you, and definitely know that exhilarating feeling you are talking about when you come away the big winner. Enjoy your moment, spend the money wisely, and I hope your next jackpot comes soon. -Aunt Bingo





Short Ribs Long on Flavor Dear Annie.

home for dinner. They served short ribs. They were absolutely delicious. I want to try making my own version of short ribs. Have you ever made them? Please send me a recipe for short ribs.

Shira from Scottsdale, Arizona

Dear Shira,

Here is a recipe for short ribs that I made a few weeks ago. I hope you like it as much as my son and I liked it. I served it with rice pilaf. Here's the recipe for both. -Annie



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SHORT RIBS OF BEEF

3 pounds of beef short ribs flour cooking oil salt and pepper

- l teaspoon powdered mustard ½ teaspoon cumin
- ½ teaspoon chili powder
- l teaspoon garlic salt ½ cup chopped onion
- l green diced pepper
- l small can tomato sauce
- ½ cup vinegar
- 34 cup brown sugar

Trim the ribs of excess fat roll in flour, and brown in a heavy skillet or Dutch oven in hot oil. After the meat is browned, add all ingredients, salt and Recently I was a guest at a friend's pepper to taste and cook over low heat until the meat is done. This should take 1/2 to 2 hours. Serves 4.

- ½ cup rice, uncooked
- 1/4 cup onion, grated 2 cups chicken stock
- ¼ cup celery, chopped finely ½ stick butter, melted
- 1/4 cup carrots, chopped fine

Combine all ingredients in a casserole dish. Cover tightly and bake for 45 minutes at 375 degrees. Serves 4.

Your comments and questions about cooking and entertaining will be addressed in this monthly column. Write to "Ask Annie" c/o Annie Ennis, 17050 SE 91st Culvert Court, The Villages, FL 32162. So Ask Annie. Don't forget you can E-mail me at aennis@thevillages.net. And let's



by cindy elavsky

Q: I've been watching the miniseries Under the Banner of Heaven on FX. All the actors are top-notch. Can you tell me about the lead actress who plays Brenda? Also, who plays detective Pyre's wife in the movie? She looks just like Kirsten Dunst, but I didn't see her name in the opening

A: A relative newcomer to American audiences. Daisy Edgar-Jones is an English actress, but 2022 is definitely her year. Just 23 years old, she has that star quality that should soon make her a household name. In addition to playing the lovely and charming yet stubborn Brenda in Under the Banner of Heaven, she can be seen as the lead in the upcoming film Where the Crawdads Sing, based on the best-selling novel of the same name. If you have Hulu, you can also watch her in another series. Normal People, which is set in Ireland.

Rebecca Pyre, wife of Andrew Garfield's Detective Pyre, is played by Adelaide Clemens. She does bear a strong resemblance to Dunst, but she's an Australian actress with an impressive list of credits. Most notably she played Tawney Talbot in another heartwrenching drama, Ractify, which aired on Sundance TV from 2013 to 2016.

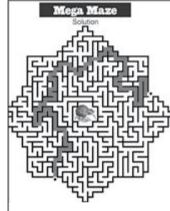
Write to Cindy at King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803; or e-mail her at letters@ cindvelavsky.com.

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1. Doctor Strange in the
Multiverse of Madness (PG-13)
Benedict Cumberbatch,
Elizabeth Olsen
2. The Bad Guys(PG)
animated
3. Sonic the Hedgehog 2(PG)
James Marsden, Jim Carrey
4. Firestarter(R)
Zac Efron, Ryan Kiera Armstrong
5. Everything Everywhere
All at Once(R)
Michelle Yeoh, Stephanie Hsu
6. Fantastic Beasts: The Secrets
of Dumbledore(PG-13)
Eddie Redmayne, Jude Law
7. The Lost City(PG-13)
Sandra Bullock, Channing Tatum
8. The Northman(R)
Alexander Skarsgard, Nicole Kidman
9. Family Camp(PG)
Tommy Woodard, Eddie James
10. The Unbearable Weight
of Massive Talent(R)
Nicolas Cage, Pedro Pascal
Source: Box Office Mojo

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PICKS OF THE MONTH

Navalny (R) - As a force behind Russian opposition against the Kremlin, Alexei Navalny is recognized worldwide as a leader in organizing the Russian people against Vladimir Putin. But those who rally against Putin know that this fight comes with severe consequences. At first, Navalny was blacklisted, but as his opposition gained more traction, he became a red dot on Putin's radar. Mistakenly thinking that Putin wouldn't be foolish to attempt assassination on someone so public, Navalny was poisoned in 2020 and hospitalized, where he then fought for his life and was able to prevail. However, this fearless man refuses to stop his fight against the Kremlin. Follow Alexei Navalny's journey in a new awardwinning documentary film. Streaming May 26. (HBO Max)



Obi-Wan Kenobi (TV-PG) — Taking place 10 years after Star Wars: Revense of the Sith, when the villainous Darth Vader emerged, Jedi Master Obi-Wan Kenobi watches over a very young Luke Skywalker on Tatooine. Obi-Wan pleads with Owen, Luke's uncle, to keep Luke hidden until Obi-Wan can train Luke himself Meanwhile Obi-Wan embarks on an escapade as he is forced to run from the dark side that desperately searches after him. Ewan McGregor and Hayden Christensen reprise their roles from the prequel trilogy as Obi-Wan and Darth Vader, respectively. The first two episodes of this limited series premiere Friday, May 27. (Disnev+)

Emergency (R) - The trend of college comedies has died down since the early 2010s, which brought us movies like Neighbors and Pitch Perfect. But this satire film from Amazon might reawaken the college comedy subgenre and shake things up! Two college students, Sean and Kunle, set a challenge to hit seven parties in one night. With their plans solidified, they head home to pregame and change after class when they find an unconscious girl in the living room. Now with a completely different mission in mind, Sean and Kunle must figure out how to safely rid themselves of the girl, all without knowing that her friends are attempting to track her through her phone. Emergency easily hooks in viewers with a diverse and refreshing cast who provide great turmoil for us to enjoy. Premieres May 27 (Prime Video)





Unconventional **Breakfasts**

If you're like me, after decades of traditional breakfast fare such as toast, juice, milk, eggs, bacon, pancakes, and so on-you eventually get tired of looking forward to the first meal of the

Years ago. I decided to shake it up a bit. A few times each week. I like to eniov a less traditional breakfast and opt for something...a bit different. Read

One morning, I woke up with a crazy hankering for some alphabet soup. The old, condensed soup that's been around forever. Odd craving, but I gave into it. It was delicious and just what I wanted. and now it's a part of my unconventional breakfast rotation.

A couple of days ago, while on the road early in the day, I popped by a local fast-food chain to grab some sort of breakfast sandwich to take home with strips looked mighty tasty. Ranch dip unconventional breakfast.

sounded good, too. So, at 8:00am, I'm munching on chicken breast strips, ranch dressing and a cola. Super unhealthy choices. I'm sure, but they hit the spot. Leftovers! Leftovers are sometimes

the best, gastronomically, and economically. I usually prepare our dinners a little more sensibly/healthier than take-away food from a restaurant, so my leftover spaghetti with a "hidden vegetables" sauce isn't a bad choice for breakfast.

Other things on toast: Tuna salad, chicken salad, egg salad, avocado slices, pimento cheese, leftover mashed potatoes... I acknowledge that I'm basically having lunch for breakfast, but it balances out when we have breakfast for dinner, right?

Ramen: It's quick, it's easy, it's cheap. Who doesn't want to relive their college days at 6:30 in the morning? Add an egg for extra protein.

If we have any leftover baked or grilled fish in the fridge, I'm definitely reheating that and adding it to a bowl of brown rice with a little soy sauce and calling it breakfast.

Another brown rice breakfast might include leftover chicken or turkey, chopped, and combined with any leftover veggies (or beans-black beans are good) tossed in to make it even more hearty and healthy.

Okay, one more brown rice breakfast: brown rice with eggs-either fried or scrambled. A good choice if you're short on leftovers, I should note-I choose brown rice a lot because it keeps me fuller longer and is probably a better choice than the white rice varieties.

The next time you're having a mental block on what to have for breakfast. look beyond the bacon and eggs, go past the cereal boxes, and look inside your pantry for soups-or check me. However, once at the mic in the out the leftovers in the fridge. You drive-thru, the picture of those chicken may just discover your new favorite

Gaming **News**

Global Gaming Hits \$200 Billion For the first time in history, the global gambling industry will surpass \$200 billion in revenue this year, according to SafeBettingSites.com. The gaming industry will bring in more than \$200 billion in revenues for the first time in 2022. The United States and China will continue to be the biggest gaming markets, accounting for fully half of that amount. The total of \$203.1 billion for the year will surpass 2021's \$192.7 billion, which would be a 5.4% increase year over year. The Asia-Pacific region is expected to be most significant, with \$96.3 billion in revenues, followed by North America at \$54.3 billion. However, the United States should retake the throne of the biggest national market with \$50.4 billion in revenues, followed by China with \$50.2 billion. Together, they'll add up to nearly \$100.6 billion, just under half for the world.

Daily Wagers

According to a SportsBettingReport. com survey, 24% of Americans who gamble on sports say they place sports bets every day. The survey polled surveyed 1,250 Americans 18 and older who bet on sports earlier this month. Among the findings, 39% of daily sports gamblers bet, on average, half or more of their monthly take-home pay; 60% claim that gambling is a source of extra income, while 35% say it's their main source of income; 80% of daily gamblers say the habit has a positive effect on their lives; 26% of women and 23% of men are daily sports gamblers.

Kansas Legalizes Sports Betting Sports betting is now legal in Kansas, but don't expect bets to be placed there anytime soon. A convoluted legal challenge that involves historic horseracing machines will hold things up, at least for a while Assuming the situation is settled, Kansans will be able to bet in person at designated brick-and-mortar outlets, plus remotely online.

Women and Sports Betting:

Women are flocking to sports betting in droves, according to data supplied by Global Wireless Solutions. More than 4.6 million women signed up for sports betting apps in 2021, a growth rate of 115% over 2020, compared to 63% for men. Of course, many men signed up for sports betting prior to 2020, which accounts for 250% more men than women on sports betting apps in 2021. but millions of women are discovering that betting on sports enhances the spectator experience. Global Wireless reports that some sports book apps have more women than men. For example, BetRivers and its associated New Jersey outlet SugarHouse show a ratio of 54% women to 46% men; in 2021, slightly less than 380,000 men signed up with the company, compared to 600,000 women. However, women use the apps less frequently than men: 70% of women "engage with" from only oneto-five weeks per year, compared to 61% of men.

Wynn Accused of Being Agent for China

The U.S. Department of Justice is suing Steve Wynn for, of all things, failing to register as a foreign agent. The feds allege that Wynn "acted at the request of the People's Republic of China out of a desire to protect his business interests in Macau." Apparently, for

three months over the summer of 2017, Wynn lobbied the Trump administration on behalf of the Chinese government. which was looking to extradite a Chinese businessman who was charged with corruption. The Dept. of Justice is accusing Wynn of "conveying the request directly to Trump over dinner and by phone" (the two are friends) The feds claim that they "repeatedly advised Wynn to register as a foreign agent and he refused. How might the U.S. government punish Wynn if he loses in court? The Justice Department wants Wynn to proffer "a true and complete registration statement" and "other and further relief as the court may deem just and proper." This is the first such lawsuit, filed under the Foreign Agents Registration Act. in more than three decades.



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Veterans Post



Wait Times for VA **Medical Care**

A recent audit by the Department of Veterans Affairs Office of the Inspector General outlined what so many of us already knew — that it's difficult to understand the wait times for appointments and medical care at the VA. It seemed to some of us that the rules changed day by day, that our appointments were at the whim of whatever program was being followed at the time. Turns out that we were right

In a perfect world, wait times at the VA always begin with an accurate starting point. If, for example, a veteran wants to seek civilian care because the wait is too long at the VA, he doesn't qualify for that outside care until he's waited a certain amount of time. Precisely when that period of time begins is at the heart

Since 2014, the OIG discovered. the VA has used various methods of calculating wait time and figuring out when the criteria is met to seek civilian care. The rules for those calculations were in writing back to 2014. But without following those rules consistently, wait times varied and wandered all over the place. It didn't help that the website gave misleading information about how dates were to be calculated, with differences between wait times for new patients and what was written in the scheduling

Enter the OIG, with its excellent investigators who always leave no stone unturned. While the recent audit doesn't assign blame (which the OIG won't hesitate to do when it's called for), the VA knew about these problems. The OIG has officially asked the VA to respond and let them know what steps they're going to take to fix this.

To read the details, go to www.va.gov/ oig/pubs/VAOIG-21-02761-125.pdf. Don't miss the timeline on the cardiology patient whose provider wanted him seen pronto. There was a 66 day wait.

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By Samantha Weaver

- ★ During World War II, French actress/ dancer Leslie Caron's wealthy family suffered such severe financial reversals that she was once forced to make shoes out of her grandmother's opera gloves.
- ★ Until 1937, it was illegal for men to be topless in the U.S., even on beaches.
- Is there a "junk drawer" in your house? If so, you're in good company, as a whopping 80% of Americans have at least one, but the average household actually boasts three. The most common items found in these catchalls are super glue (57%), writing utensils (also 57%) and duct tape (51%). What's in yours?
- ★ Gary Kremen, the founder of Match. com, one of the world's largest and most popular online dating websites, lost his girlfriend to a guy she met on Match.com.
- The origin of the phrase "in the limelight" comes from the early days of theater, when spotlights were produced by directing a flame at calcium oxide, or
- ★ In 1922, Americans consumed around 1,000,000 Eskimo Pies a day, which not only hiked up the cost of cocoa beans by 50%, but also single-handedly lifted Ecuador's economy out of a depression.
- * An "endling" is a term used for the last animal of an entire species. When an endling dies, the species is considered

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GEWAEWRDDSS HERE IS A PLEASANT LITTLE GAME that will give you a

ON

message every day. It's a numerical puzzle designed to spell

out your fortune. Count the letters in your first name. If the

number of letters is 6 or more, subtract 4. If the number is less

than 6, add 3. The result is your key number. Start at the up-

per left-hand corner and check one of your key numbers, left Then read the message the letters under the

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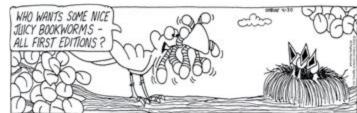
Bug The nutmeg tree is cultivated in many tropical islands and countries, where the soil is very moist and loaded with sand, clay, silt and organic matter. Transferring potted sprouts to the soil must be done carefully, as the root systems are very sensitive to bruising and damage. Sources: www.plantguide.org, spices.biodiversityexh

Nutmeg

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ANIMAL CRACKERS

By Fred Wagner









Comfort foods healthu'

by Healthy Exchanges

No-Bake Creamy Strawberry Pie

This is almost like whiling away the hours in a strawberry patch and indulging to your heart's content

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix l (4-serving) package sugar-free
- strawberry gelatin
- 1 cup water
- 1 cup reduced-calorie whipped topping 2 cups finely chopped fresh
- 1 (6-ounce) purchased graham cracker
- 1. In a medium saucepan, combine dry pudding mix, dry gelatin and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat. Place saucepan on a wire rack and allow to cool for 30 minutes stirring occasionally
- 2. Fold in whipped topping. Add strawberries. Mix gently just to combine. Evenly spoon mixture into pie crust. Refrigerate at least 2 hours. Makes 8
- * Each serving equals: 141 calories, 5 g fat, 2 g protein, 22 g carbohydrate., 200 mg sodium, 2 g fiber; Diabetic Exchanges 1 1/2 Starch/Carbohydrate.
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DEAR DR ROACH: I am a postmenopausal woman with osteoporosis. My physician has just prescribed Calcitonin Salmon nasal spray. Is this treatment very effective rebuilding bone mass, and how long does a patient use the drug? Also, are there any serious dangers using this drug? - M.L.

ANSWER: Calcitonin usually derived from salmon, is not typically used long term for osteoporosis. Other drugs, such as those in the alendronate (Fosamax) class, are more effective. The Food and Drug Administration advisory panel has recommended its use be limited to less than six months due to concerns about possible increased cancer risks. It also can cause allergic-type reactions, including swelling of the lips and tongue. I seldom see it prescribed anymore outside of short-term use for pain relief in vertebral fractures due

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.

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END OF SUMMER



BINGO SPECIAL

Monday, August 22, 2022

\$60 Pre-paid Buy-in Includes: One 9-on Pack - Custom Dauber and One Anytime Buffet

22 - \$500 Games and 2 - \$1,000 Games \$2,500 Finale Coverall and \$1,500 Second Chance

> Additional 6-on Packs \$20 Each (2 additional 6-on packs required for electronic play)

> Buy 5 (\$75) - Get 5 Free Buy 10 (\$90) - Get 10 Free Buy 15 (\$120) - Get 15 Free Finale Coverall (3-on Strip) - \$2 Each

Sales Open At 9:00am - Session Time 10:30am - 1:30pm 45 Minute Intermission Between First And Second Half

Bingo on B-8 - Receive additional \$1,000 Bingo on any other number ending in "8" Receive additional \$250

Good on games 1 – 11 and 13 - 23. Must have last number called and be within the game pattern.
All prizes are aggregate and available more than once in session.

Pre-paid reserve seating available starting June 1, 2022, for in person, cash only, reservations in the Virgin River Bingo room. Credit reservations available online at https://virginriver.com starting June 1, 2 Last day for online reservations is August 15, 2022. No refunds after August 15, 2022.

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