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July 2018

Minnesota Edition • Vol. 27, No. 10

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BINGO BUGLE

North America's Bingo & Casino Newspaper

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Ad copy deadline for the August issue, Minnesota edition, is July 22. This paper assumes no responsibility for accuracy of ads submitted after the deadline date. All ads must include area code with telephone number.

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Minnesota Edition
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St. Paul, MN 55117**
email: bingomnnp@aol.com
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■ Bugle Cruise News

Your Ports of Call: Cozumel

Departing October 28, 2018, from New Orleans, the 30th Annual World Championship Bingo Tournament & Gaming Cruise sails the Caribbean for seven fun-filled days with stops at the Caribbean ports of Montego Bay, Grand Cayman and Cozumel aboard the majestic Carnival Dream.

The third port of call, Cozumel, Mexico, is an island paradise of tradition, flavor and adventure. The largest island in the Mexican Caribbean, Cozumel is situated near the eastern tip of the Yucatan Peninsula in the Mexican state of Quintana Roo. The island is approximately 30 miles long and 10 miles wide.

Cozumel derives its name from the Maya Indians who settled the island approximately 2,000 years ago. It is rich in history and natural wonders.

Located on the south side of the island is El Cedral, the oldest Maya structure on Cozumel, built in 800 A.D. Nearby is Punta Sur, a towering lighthouse that offers a 360-degree view of the island.

Cozumel is home to many nature preserves, including Cozumel Reefs National Park, Chankanaab Park and Lagoon, and Punta Sur Ecological Reserve. Another attraction is Dolphin Discovery, which treats visitors to a close-up encounter with playful dolphins.



Punta Sur is an ecological reserve for visitors interested in learning about the island's native flora and fauna. Encompassing a region known as the Colombia lagoon, Punta Sur is a unique environment of mangrove jungles, beaches and reef formations.

The only town on the island, San Miguel, is the site of two popular landmarks: Benito Juarez Park, the main square, and the downtown pier. Sundays are favorite times for afternoon strolls, music and dancing.

Cozumel is known worldwide as a premier diving destination. The warm, clear, turquoise waters and abundance of coral reefs and sea life attract divers from around the world.

Cozumel boasts a one-of-a-kind championship 18-hole eco-friendly golf course. While driving through the course, players may witness animal and plant life native to the area. Other popular recreational

land activities include horseback riding, tennis, hiking and ATV and jeep tours.

Cozumel is recognized for its wide variety of jewelry, including sterling silver, gold, precious and semi-precious stones, and brand-name watches. Village shops and retail boutiques in the hotels offer a wide selection of fashions, casual attire, perfumes, Mexican crafts and souvenirs. Several downtown specialty shops feature indigenous black coral in the form of jewelry and sculptures.

With its beautiful scenery and exotic locale, Cozumel is an ideal destination where visitors can enjoy amazing sites. Experience Cozumel and all the ports of call for yourself during the 2018 World Championship Bingo Tournament & Gaming Cruise. Visit bingobugle.com/cruise or phone the Bingo Bugle Cruise Hotline at 888-352-2464 for more information.

What is a Bingo Buddy?

By Bev Garges

One of my readers contacted me recently asking, “What is a Bingo Buddy, for Heaven sake? How come you won’t go to Bingo without yours?” Food for thought! I’ll try to explain.

Most Bingo games are held at night and it isn’t safe for a woman be out alone at night, especially if she has just won a jackpot. If someone tried to rob one of us, the other would beat him to a pulp. My Bingo Buddy always carries a big umbrella, which also comes in handy in case of rain.

With a Bingo buddy you always

have a ride, in case your car is low on gas or starts making that funny little noise again.

If one of us is strapped for money, the other is always good for a ten or twenty.

A good buddy always carries some unusual stuff in her Bingo bag. Mine always carries a roll of bathroom tissue so we don’t have to worry if the TP runs out in the “lavie.” She can come up with a needle and thread, a few Kleenex in case of little coffee spills, a mirror and a bottle opener. I carry cough drops, a bottle of Tylenol, a deck of cards, a jar of peanuts, and a saltshaker, a bag of quarters and a dice game. I still carry that earring I found in the parking lot that time.

When the chitchat starts, your Bingo buddy is always on your side, whether you are right or

wrong. No problem if your joke bombs, she will always laugh and call it hilarious, so you won’t have to explain or slide down in your seat red-faced.

My Bingo buddy and I call each other at least once during the day. We are checking to see if both of us are alive and well. We don’t say that to each other. We just pretend that we want to know what we are cooking for our snack at tonight’s game. She usually brings me a couple drumsticks, or a thermos of chicken soup if I am having a long losing streak, or just feeling blah.

Winning is not the important thing between Bingo buddies, even though we sometimes pray together for that lucky number to pop up. Maybe that’s because we always split our winnings even-steven.

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8 	9 \$50 King Electronic Penny 6 on 8 w/Any Electronic	10 \$50 King Electronic Penny 6 on 8 w/Any Electronic	11 	12 \$5 Paper Packs 2 & 7 Sessions	13 Match Play Buy packages at 7:00pm Play same Free at 9:30pm	14
15 \$50 King Electronic Penny 6 on 8 w/Any Electronic	16 \$50 King Electronic Penny 6 on 8 w/Any Electronic	17 \$50 King Electronic Penny 6 on 8 w/Any Electronic	18 	19 \$5 Paper Packs 2 & 7 Sessions	20 Special Buy Any Electronic Package for both 7 & 9:30 before 7 receive \$40 OFF	21 Penny 6 on 8 Sides with Any Electronic
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BINGO BUGLE®

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Thank you for reading The Bingo Bugle!



Bingo News

Couple Weds in Bingo Hall Where They First Met

Two elderly widowers who met several years ago and fell in love while playing Bingo are now known as Mr. and Mrs. Duane Buerth. Duane Buerth and Joy Cusare were married in May at Green Valley Ranch, a resort and spa in Henderson, Nevada, which is where the couple first met. Duane Buerth celebrated his 90th birthday the same day. The couple plays Bingo at Green Valley Ranch daily and says they plan to celebrate their wedding anniversaries there as well.

Mother-Son Bingo

Dozens of moms and their sons recently gathered at the Lincolnwood Fire Station in Lincolnwood, Illinois, for Mother-Son Bingo. Coordinated by Lincolnwood Parks and Recreation, the fire station has hosted Mother-Son Bingo for the past four years. The evening began with pizza, popcorn and desert, as well as the chance for the boys to look at fire equipment and try on firefighter gear, before the start of Bingo. Lincolnwood police and fire department staff served as Bingo runners and callers. Winners chose from such prizes as fidget spinners, sports balls and more. MB Financial Bank of Lincolnwood, which sponsored the event, supplied giveaways.

Car Crashes Into Bingo Hall

Police have released the name of a woman who was killed after a car crashed into a Bingo hall in Sophia, West Virginia. According to reports, Linda Keens was inside the Sophia Bingo Hall when a car driven by 51-year-old Peggy Griffin went through the building. Raleigh County Sheriff Scott Van Meter says Keens was pronounced dead after the accident. At least a dozen other people were injured. The sheriff's department said

in a statement that Griffin was attempting to pull her vehicle out of the Bingo hall parking lot when it was struck by another vehicle. The statement says Griffin's vehicle accelerated and continued along a sidewalk before striking the Bingo hall. At press time the cause of the accident was still under investigation.

Bingo Fundraiser Supports Florida Parks

This spring, the Town of Southwest Ranches, Florida, Parks Foundation turned to Bingo as a major fundraiser to support the town's parks. The second annual event, titled Bingo at the Barn, was a family-friendly event held in Rolling Oaks Barn, a large community building located in picturesque, 46-acre Rolling Oaks Park. For \$20 in advance or \$35 at the door, attendees received dinner, a Bingo card, and the chance to play two hours of Bingo gaming. Additional Bingo cards were available for \$1. All proceeds went toward development and enhancement funds to benefit parks in Southwest Ranches, which is located at the edge of the Florida Everglades.



Diane Eccles won the \$500 Bonanza in 58 numbers at West St. Paul Bingo Palace.

Thanks!

This month's Bingo Bugle is brought to you courtesy of the following advertisers:

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Marian KC 8

Mystic Lake Bingo 16

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Pot O' Gold Bingo..... 8

Roseville Bingo 9

Treasure Island Bingo 13

West St. Paul Bingo Palace 2

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Bingo Bugle Monthly Sweepstakes

entries may only be deposited at the above halls. Only One Entry per month, please! Duplicate or incomplete entries will disqualify all entries for that month.

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By Guy Williams

Restroom Wars

Hi Readers,
A few months ago I published a letter from a Bingo worker who shared the story of a group of female players that took over an empty men's restroom during a break between sessions and refused to give it up when some men showed up to use it. Eventually, the hall manager had to step in and calm things down. Following are some of the letters readers sent in reaction to that story. — **Guy**

Hi Guy,
LOL! I laughed when I read the article in your column about the group of women who took over the men's bathroom and refused to give it up. Funny, yes, but I also thought the men, all of them, were right to be irritated when the women refused to leave the men's room.
This is especially true if there are any handicapped patrons—male or female. Those booths/stalls are and should be off limits to anyone who is not handicapped.

As far as the director of the Bingo hall stepping in, clearing the women out of the men's room, letting the men use it, then allowing the women back in—clearly she did what she had to do at that moment. But if they and she were smart, they should get at least five or six extra port-a-potties for the women—five standard and one for handicapped use.
By human nature there are 20 or more women in the world for every 10 men. After all, if it weren't for us women, there would be no men!
But I'm also a fair woman; sorry ladies, but the men are absolutely right on this one. Don't bully if you don't want to be bullied or called out on it! — **Anita Reyes, Stockton, California**

Hi Guy,
I was not surprised to see the letter in your column about the women taking over what was (temporarily) an empty men's room. I have personally seen this in the past, but never in this kind of spontaneous, unapproved way.
Regardless, these women should have had the common courtesy to leave the men's restroom when men arrived to use it. "Taking a stand" and refusing to give it up was, frankly, "bitchy"—especially since they had not asked permission beforehand.
I give credit to the hall manager for stepping in to settle things. But I'm not sure rewarding the "ladies" behavior by basically handing the restroom over to them was the way to go. — **Lynn C., via email**

Hi Guy,
(Condensed) With such a large number of women and so few men at the games, I'm surprised the ladies didn't make a move long ago to take over all the restrooms, or that there wasn't already some plan in place so that 30 women were supposed to stand in line for one bathroom while a second bathroom sat empty.
It makes sense that both restrooms get used, regardless of the equipment contained inside. — **Laurence R., via email**

Hey guys! (And gals!) Write to: Guy's Turn c/o The Bingo Bugle, P.O. Box 527, Vashon, WA 98070, or email Guy directly at Tonder22@aol.com. Be sure to include your name and address.



Tamara Lincoln won the \$1,199 Odd Ball at West St. Paul Bingo Palace.

JULY SPECIAL EVENTS



CELEBRATES
JULY 4TH

2nd

World UFO Day

4th

Independence Day

56th

National Apple Turnover Day

6th

Last Quarter Moon ☾

12th

Pecan Pie Day

13th

New Moon ○

13th

Friday the 13th

16th

Global Hug Your Kids Day

18th

National Hot Dog Day

19th

First Quarter Moon ☾


22nd

Parents' Day

27th

Full Moon ☾

Veterans
Post



More Than a
Headstone

Twice a year in national cemeteries across the country, veterans are honored with ceremonies and visits. Memorial Day has long been the day to honor those who died in service to our country. Now, with the generous donations of Worcester Wreath and the non-profit Wreaths Across America, tens of thousands of veterans' graves also are decorated at Christmas ... as they should be.
But I have a challenge for you. We all live near a cemetery or two. Small cemeteries dot communities across the country, and many of them don't get the attention they deserve. Some are not tended well nor visited often.
My challenge to you is this: Investigate a local cemetery and identify the graves of a half-dozen veterans. The older the grave, the better, as there will not likely be family that visits. Note the names and dates of birth of those half-dozen veterans (as well as the locations, should the cemetery be large).

Take the graves of those veterans into your care. Visit each grave at least twice a year, and not on the days that others will -- Memorial Day and during the Christmas season. Pick another day, as well as the veteran's birthday.
This project needn't cost much. Check your local big-box or craft stores for small flags, perhaps 4 by 6 inches, on sticks. Or look online for sites such as www.united-states-flag.com (877-734-2458). Its flags are made in the U.S.A. The 4-by-6-inch flags on 10-inch wooden sticks cost as low as 15 cents each.
Take along a pair of clippers and trim around the headstone. Take the kids or grandkids along, if you wish, and teach them about honoring veterans.
Then, issue the same challenge to others. It's the right thing to do.

B	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
I	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
N	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
G	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
O	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75





by Frederick Woodruff
Explore more at ASTROINQUIRY.COM

Horoscopes for July 2018

ARIES (MAR 21-APR 20): Critical advice for you from the author Margaret Atwood: “Potential has a shelf life.” If you are sitting on the egg of a great idea, it’s time to apply heat and hatch your project. You can always tweak and make improvements as you go along, but what’s important this month is getting stuff moving in the direction that you envision. The new moon on the 12th delivers encouragement from a partner who shares a similar dream.
Lucky Days: 3 - 9
Lucky Numbers: 32 - 48

TAURUS (APR 21-MAY 21): As Uranus sets up shop in your sign, for a seven year visit, prepare to meet new dimensions of yourself that you’ve never dreamed possible. Here’s the key phrase for this phase of life: “Expect the unexpected.” It’s an odd paradox, but no less true, that when we embrace impermanence we will feel the most secure. Try to adopt this Zen meditation into your new philosophy of life, it will carry you far, and inspire confidence.
Lucky Days: 11 - 23
Lucky Numbers: 6 - 31

GEMINI (MAY 22-JUN 21): Let’s talk about intuition. Although you have the quicksilver mind of a keen multitasker you sometimes overlook messages from the more sensitive, psychic side of your nature. Remember, you have a “twin” that is receiving input from another dimension. This month it’s important that you listen more intently to that small, inner voice. Key insights are ready to be delivered and you don’t want to miss the guidance.
Lucky Days: 20 - 28
Lucky Numbers: 4 - 18

CANCER (JUN 22-JUL 22): Think about your symbol: A hard shell on the outside and very tender meat on the inside. What you’ll need to maneuver this month is a reversal of psychological forces. Try to bring your more vulnerable side forward, but keep a steely, focused resolve on the inside. To get what you need now, to clear up financial challenges, means bringing your best qualities out into the world, and many of those attributes involve your empathetic and sensitive nature.
Lucky Days: 2 - 25
Lucky Numbers: 41 - 54

LEO (JUL 23-AUG 23): Life for most lions unfolds in dramatic ups and downs. Rarely do events feel level and metered. But you wouldn’t have it any other way, after all, you’re the star of this particular production called life, and you become bored easily. You’re preparing to exit a particularly sluggish phase, and building up force to break into a period of newfound creativity. The lunation on the 12th will offer you secret insights from your muse. Keep an ear open to her poetry.
Lucky Days: 8 - 23
Lucky Numbers: 35 - 43

VIRGO (AUG 24-SEP 23): Venus, the planet of —well, you know!—has just set up shop in your solar zone. What to expect? More attention and affection. When you send out positive vibes you will draw in what you desire doubly quickly. Also, you’ll want to make room for beauty. Is it time for a makeover? Venus says: “Yes! ASAP!” But also your home is waiting for some lovin’ too. How can you bring more glamour and sparkle to your abode? Get busy.
Lucky Days: 4 - 16
Lucky Numbers: 23 - 27

LIBRA (SEP 24-OCT 23): It’s true—no one is as diplomatic as you. In fact you take pride in holding the middle ground as much as possible. Maintaining the peace. Making the world a more loving place. Well, the new moon on the 12th changes things up for you in the politeness department. You might have to disturb a few apple carts to get what you want in the career department. The cosmos is goading you to

assert yourself and claim what is rightfully yours. The person to please most right now? Yep, it’s you.
Lucky Days: 3 - 22
Lucky Numbers: 19 - 36

SCORPIO (OCT 24-NOV 22): The luck planet, Jupiter, is finally moving forward again in your sign. Now is the time to round up some hints and tips from skilled winners. Surround yourself with rugged individualists to learn their secrets of successful self-promotion. You tend to shy away from pushing yourself into the arena, but this transit only comes once every twelve years, so you want to make the most of it.
Lucky Days: 7 - 29
Lucky Numbers: 4 - 38

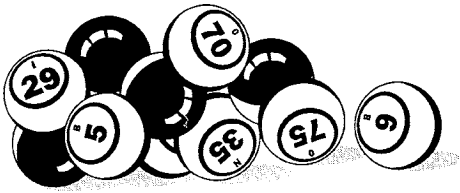
SAGITTARIUS (NOV 23-DEC 21): Each of us wages a struggle between bad habits that waste our time and good habits that promote vitality and creativity. And being a dual sign (half human/half animal) you know well these two sides of your nature. The choice is simple this month. Promote your good habits and advance. Or slip into the negative zone and get stuck in a rut. The new moon on the 12th gives you a boost in the right direction.
Lucky Days: 12 - 22
Lucky Numbers: 23 - 43

CAPRICORN (DEC 22-JAN 20): The rhythm of your life right now is moving slowly, with little satisfaction or reward. This can be frustrating, especially to the part of your nature that has its eye on the prize. But this stall can work to your benefit. Try applying

the wisdom from money maven Napoleon Hill: “Plan your work and work your plan.” Do just that as you wait for life to pick up speed and it will.
Lucky Days: 14 - 25
Lucky Numbers: 3 - 52

AQUARIUS (JAN 21-FEB 19): You have the proverbial fire in your belly this summer as hotheaded Mars continues to move through your solar zone. This can make you antsy and rambunctious. Being a rebel without a cause can be glamorous, but also annoying to those closest to you. See if you can channel your zeal into a project that not only inspires you but also points the way for others to follow your lead.
Lucky Days: 4 - 24
Lucky Numbers: 54 - 55

PISCES (FEB 20-MAR 20): The new moon on the 12th, in your house of artistic expression, gives you the green light to move your latest project into the spotlight. This isn’t the summer for being coy or reserved. Take what you’ve incubated during the first half of the year and set it free. As the writer Annie Dillard said: “Don’t save something good for a later place. Don’t try to keep anything for yourself ’cause it’ll turn to ashes.”
Lucky Days: 3 - 28
Lucky Numbers: 9 - 42



Dear Dream Guy

Dream Dances

Dear Dream Guy,
Last month I went to visit my sister in Texas and while staying at her home I had a series of dreams that involved Native Americans performing different dances and rituals. In each of the dreams I was only a spectator, one of several women who were present, holding hands in our own circle. My husband was there, but he was off to the side with another bunch of men, watching us watch the ceremony. When I would wake up I felt deep appreciation for the dreams. Is it possible that I was influenced by the native culture that is part of the land where my sister lives? And what might the ceremonial dances mean for me? — **Susan M., Chicago, IL**

Dear Susan,
During the nighttime our unconscious mind is porous to not only the movements of our ‘everyday’ mind and emotions, but also to the room and house that we sleep in; and also the city and the state we are in. In fact, we are open and vulnerable to the entire planet we share as Earthlings while we slumber at night. Native cultures, although still participating with modern

times, maintain a much more defined link to their heritage and their relationship to nature. This lineage is often honored within their ceremonies and dances. Because you were in the company of other women, while observing and responding to the rituals in the dream, this might indicate that you are becoming more aware of your connection to the matriarchal realm. That your husband was removed and off to the side with other men is significant. Contemporary women are beginning to reject the bondage of our patriarchal heritage. They are becoming conscious of a greater potential within themselves and no longer experience self-worth strictly through their relationships with men. The dream might be inspiring you to explore more and to honor more frequently your female heritage —not just from your mother and grandmother— but from Mother Earth herself. — **Dream Guy**

Dear Dream Guy,
In the dream I’m flying somewhere but going nowhere. Not reaching a destination. I’m just flying and flying with no direction. The flying is pleasant enough, but what about arriving

somewhere? Why am I so aimless in the dream? What is that about? — **Bernadette K., Oakland, Ca.**

Dear Bernadette,
The beauty of dreams and dreaming is that we are removed from our conventional sense of time, space—and gravity. Being up in the air, with a ‘bird’s eye view’ can mean many different things, but usually there is a sense of new perspective coming into view. The dream might be preparing you for this sort of insight. The fact that the dream is pleasant, despite the fact that you have no destination, no arrival anywhere, is very much in keeping with the Chinese philosophy of the Tao. In that school of thought one is at her best when the mind is not filled with assumptions or plans or predestinations. If you have ever heard the expression, “Just go with the flow,” you are familiar with the nature of the Tao. Your dream is suggesting this to you as well. Enjoy the movement and the mystery; the destination and your ‘arrival’ will be revealed through the new perspective you are developing. — **Dream Guy**

Send your dreams to Dream Guy, P.O. Box 527, Vashon, WA 98070. Dre Not all dreams are published.



Cheating: Not As Easy as People Think

Dear Aunt Bingo:

As a Bingo Bugle reader, Bingo worker and Bingo player, I continue to be amazed by people who think that wives, husbands, and other relatives of hall workers, and workers who also play Bingo in their free time, somehow have some kind of “in” and win more than anyone else.

What is this magical power they think we have? Bingo paper is printed and distributed by independent vendors. The numbers on the Bingo paper are random. So are the numbers that the caller calls. The caller is sitting on a stage where everyone in the room can see him or her.

The balls are tumbled in a sealed glass chamber that everyone can see into. There are monitors connected to cameras that show each ball as it comes up.

The whole Bingo gaming process is quite fair, random, and easy for everyone in the room to “supervise.” Why, then, do I see letters in yours and other writers’ columns from readers who think there is cheating going on, particularly with family members and Bingo workers who sometimes play? And it’s not just letters: I have experienced firsthand accusations of somehow cheating when I win, and so have other Bingo workers I have heard stories from and people we are related to.

Just this week I was playing Bingo at a hall where I am not a worker. There were many players there who I recognized from the hall where I do work, and they recognized me.

I had a lucky night and managed to Bingo on one of the games. When I did, a woman sitting at the table across from me gives me a dirty look and says, “Figures.” A woman sitting with her gives me a dirty look as well and says, “Yeah, right?”

Obviously this bothered me (and not for the first time), and I decided to say something. “Excuse me?” I said. “Do you have a problem with me winning?”

Without hesitation, the first woman said: “It’s really interesting how often I see Bingo workers win. It happens all the time.”

“It’s fishy,” her companion added.

“You have got to be kidding,” I said, and proceeded to rattle off the list of facts I mentioned earlier in this letter about the randomness of Bingo, and that I didn’t appreciate their attempts to spoil my enjoyment of winning or insinuating that I had somehow magically cheated my way to a split \$150 jackpot.

My accusers just sat there silently, with no apology or even an acknowledgment of what I’d said. Fortunately, I did get quite a few smiles and nods from other players who heard me, plus a nice pat on the shoulder from the Bingo worker who brought me my winnings.

Aunt Bingo, please ask your readers to be a little more thoughtful about accusing innocent players of cheating, just because they have some kind of “inside connection” to the game. Yes, I am a worker who also likes to play and yes, my sister and mom like Bingo and happen to be related to me. But no, we have absolutely no inside track to cheating other players out of “their” prize money.

— **Fed Up in Nevada**

Dear Fed Up:

Wow, I wish I’d been in that Bingo hall when you made your speech. I’m sure it will be a long time before those players accuse anyone else of cheating!

I hope you know that when we publish letters from readers who make claims of cheating or fixed games, it is not because we necessarily agree with them. We believe that if someone is willing to take the time to send in a letter

or email to us on a Bingo-related topic, then it is obvious that they feel strongly about that subject and are looking for a forum to express their opinion and get some type of feedback.

Let’s see what kind of feedback your letter receives. — **Aunt Bingo**

Share your views! Write to Aunt Bingo c/o the Bingo Bugle, P.O. Box 527, Vashon, WA 98070, or email her at STENGL456@aol.com.

top ten

World's Most-Common Surnames

1. Lee (or Li)

2. Zhang

3. Wang

4. Chang

5. Nguyen

6. Garcia

7. Gonzalez

8. Hernandez

9. Smith

10. Smirnov

Source: Wikipedia

BINGO BUGLE MONTHLY CONTEST

The
Bingo Bugle
Monthly
Sweepstakes!

WIN
UP TO
\$1000
CASH

✂ — Only one entry per bingo location per month — ✂

Please fill out this entry form COMPLETELY and deposit at your local Bingo hall:

Name _____, Date _____

Phone Number (____) _____

Address _____

City _____, State _____, Zip _____

At what Bingo hall did you deposit the entry form:

The Bingo Bugle Sweepstakes drawings are open to everyone. You may submit a facsimile of this form if none are available to you. Random drawings are held each month. Odds of winning are determined by the total number of entries received. Please — only one entry per person, per bingo location, per month. Winners will be published in the Bingo Bugle.

All contest entries must be deposited in Bingo Bugle advertiser halls (eligible halls are listed in the advertiser listing on page 3).

Entries are limited to one entry per person, per bingo location, per month. (Example: If you visit 10 different bingo locations in one month and deposit your entry at each location, you can win up to \$100! If you visit one bingo hall per month, you can win up to \$25.) All entries must be filled out completely and include the name of the bingo location you visited. Entries that are not filled out properly, or that we cannot read due to illegible handwriting, or are considered a duplicate will be disqualified. We look forward to your entry(s) every month and appreciate your continued readership. Good Luck!

Winners of the monthly contest will be announced each month in the Bingo Bugle. We mail checks after the 20th of each month.

If you have not received payment after six weeks, please contact us at (651) 600-9019.

July Winners

Rober Chapman.....\$25, North St. Paul VFW
Susan Helmeke.....\$25, Mystic Lake Casino Bingo
Rosemary Desmond.....\$25, West St. Paul Bingo Palace
Joyce P. Korsten.....\$25, Marian KC Bingo
Deloris Miller.....\$25, Buffalo American Legion #270

PLEASE READ CONTEST RULES BEFORE DEPOSITING YOUR ENTRY. WE DON'T LIKE TO DISQUALIFY ENTRIES.

Monthly Winners to Date:

March: Kim Mueller, Mystic Lake Casino; Anita Schoelar, North St. Paul VFW; Brittany Plaster, Little Canada Market Place Bingo; Noel V. Ellingson, Buffalo American Legion; Norma Nelson, Marian KC Bingo. **April:** Jean Strait, Roseville Bingo Hall; Michelle Saunders, Treasure Island Bingo; Steve Rice, West St. Paul Bingo Palace; Karen Peterson, Pot O' Gold Bingo. **May:** Nancy Henry, Buffalo American Legion Bingo; Phillip Brown, Mystic Lake Casino Bingo; Jim Eddy, Little Canada Market Place Bingo; Dorothy Schoeller, North St. Paul VFW Bingo. **June:** Pam Moeller, Roseville Bingo Hall; Josephine M. Meyer, West St. Paul Bingo Palace; Barbara Lawry, Pot O' Gold Bingo; Bob Henrich, Treasure Island Bingo.

Little Canada Market Place BINGO HALL

2900 Rice Street • Little Canada • (651) 483-1203 • *Check for all our specials on Facebook!*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 All Packs \$5 <small>at 9:15</small>	2* Crazy Coverall <small>at 7:15</small>	3* 50% OFF <small>at 10:30 & 7:15</small> Guaranteed \$500 Bonanza	4 CLOSED Happy 4th of July!	5 All Packs \$5 <small>at 10:30, 7:15 & 9:15</small>	6 \$10 of EXTRAS FREE in a \$35 machine or more <small>at 10:30 a.m. & 7:15</small> \$5 Packs at 9:15	7 All Packs \$5 <small>at 9:15</small>
8* 1st, 2nd & 3rd Chance Coverall <small>at 7:15</small> \$5 Packs at 9:15	9 Customer Appreciation BINGO Free Tacos and Door Prizes <small>at 7:15</small>	10* 50% OFF <small>at 10:30 & 7:15</small> Guaranteed \$500 Bonanza	11* All Games Pay \$125 <small>at 7:15</small>	12* All Packs \$5 <small>at 10:30, 7:15 & 9:15</small>	13 \$10 of EXTRAS FREE in a \$35 machine or more <small>at 10:30 a.m. & 7:15</small> \$5 Packs at 9:15	14* 50% OFF <small>at 7:15</small> \$5 Packs at 9:15
15 All Packs \$5 <small>at 9:15</small>	16* All You Can Play for \$50 <small>at 7:15</small>	17* 50% OFF <small>at 10:30 & 7:15</small> Guaranteed \$500 Bonanza	18* 1st, 2nd & 3rd Chance Coverall <small>at 7:15</small>	19 All Packs \$5 <small>at 10:30, 7:15 & 9:15</small>	20 \$10 of EXTRAS FREE in a \$35 machine or more <small>at 10:30 a.m. & 7:15</small> \$5 Packs at 9:15	21 All Packs \$5 <small>at 9:15</small>
22* Stay and Play	23* 2nd Chance Bingo <small>at 7:15</small>	24* 50% OFF <small>at 10:30 & 7:15</small> Guaranteed \$500 Bonanza	25* BIG BLOWOUT <small>at 7:15</small> BIRTHDAY CASH TORNADO <small>6:30-7:15</small>	26 All Packs \$5 <small>at 10:30, 7:15 & 9:15</small>	27 \$10 of EXTRAS FREE in a \$35 machine or more <small>at 10:30 a.m. & 7:15</small> \$5 Packs at 9:15	28* 1st, 2nd & 3rd Chance Coverall <small>at 7:15</small> \$5 Packs at 9:15
29 All Packs \$5 <small>at 9:15</small>	30* All Games Pay \$125 <small>at 7:15</small>	31* 50% OFF <small>at 10:30 & 7:15</small> Guaranteed \$500 Bonanza	Just west of 35E on Rice Street at the Market Place Shopping Center! <small>*No other coupons or discounts at these sessions</small> <small>Little Canada Rec Association #34510</small>			

BLOWOUT SESSION

We pay over \$3,900!

\$10 off Silver

\$15 off Gold

\$20 off Platinum

\$10 OFF 11

admissions all sessions on your birthday!

Crazy Coverall Bingo: Five Games Pay \$500 Each!

2nd Chance Bingo: Every Single and Double Game has Two Winners!

STAY & PLAY SPECIAL

Buy first session, receive second session FREE!

We now have Etabs and Linked Bingo!

Mon. 7:15
Tues. 10:30 AM & 7:15
Wed. 7:15
Thurs. 10:30 AM, 7:15 & 9:15
Fri. 10:30 AM, 7:15 & 9:15
Sat. 7:15 & 9:15
Sun 7:15 & 9:15

North St. Paul VFW

THE ONLY HALL BINGO GAME IN TOWN!

2483 E. 7th Avenue, North St. Paul • (651) 777-2855 • License A-00018

— **BINGO 7 PM** —

Thursday —

\$1,000 PROGRESSIVE GAME and \$1,000 COVERALL

Bonanza \$500 Progressive

1 Lucky Buck Drawing for \$300
Every Tuesday at 7:30 PM

— **BAR BINGO** —

PROGRESSIVE BAR BINGO

Saturdays, 1:30 PM (upstairs)

PROGRESSIVE \$1,000 COVERALL

1 Lucky Buck Drawing for \$300
Every Saturday at 7:30 PM

Free Birthday Packages — Last Thursday of Every Birthday Month!

BINGO - PULLTABS - Upstairs & Downstairs in the Hall

MEAT RAFFLE Tues. & Fri., 5 PM; Sat. 1:30 PM

Concessions • Handicapped Accessible • ATM Available Upstairs

MARIAN K of C BINGO

1114 W. AMERICAN BLVD.
BLOOMINGTON

Player Incentive Program

E-Pull Tabs
Now Available!
E-Bingo Is Coming!

\$7 Packages

BAR BINGO
Wednesdays 7 PM

PULL TABS

WIN UP TO \$2,000

FOOD

\$500 COVERALL

ON BONANZA AND \$1,000 ON U-PICK-M PROGRESSIVES

www.kofcbloomington.com

For information call (952) 888-1492
Marian Knights of Columbus Lic. A-00085

SUNDAY 7 PM Warmups 6:30 PM

MONDAY 7 PM Warmups 6:30 PM

SATURDAY 1 PM Warmups 12:30 PM

DOORS OPEN 1 HOUR BEFORE SESSIONS

Handicapped Accessible

BINGO BUGLE WEEKLY

SUNDAY

Buffalo American Legion (763) 682-2262
304 10th Ave. S., Buffalo
Matinee 2 PM★

Little Canada Market Place (651) 483-1203
2900 Rice St., Little Canada
Evening 7:15 & 9:15 PM►

Marian KC Hall (952) 888-1492
1114 W. American Blvd.
Bloomington
Evening EB 6:30, Reg 7 PM►

Pot O' Gold (651) 631-1318
Snelling Ave. & Cty. Rd. E St. Paul
Matinee 2 PM★
Evening 7:15 & 9:15 PM►

Roseville Bingo (651) 697-1090
2525 N. Snelling, Roseville
Matinee 1 & 3 PM★
Evening 7 & 9 PM►

West St. Paul Bingo Palace (651) 450-9714
1675 S. Robert St., St. Paul
Matinee 2 PM★
Evening 7 PM►

MONDAY

Little Canada Market Place (651) 483-1203
2900 Rice St., Little Canada
Evening 7:15 PM►

Marian KC Hall (952) 888-1492
1114 W. American Blvd.
Bloomington
Evening EB 6:30, Reg 7 PM►

Pot O' Gold (651) 631-1318
Snelling Ave. & Cty. Rd. E St. Paul
Early Session 10 AM★
Evening 7:15 & 9:15 PM►

Roseville Bingo (651) 697-1090
2525 N. Snelling, Roseville
Matinee 1 & 3 PM★
Evening 7 & 9 PM►

Stillwater Bowl (651) 439-2444
5862 Omaha Ave. N.
Stillwater
Evening 7 PM►

West St. Paul Bingo Palace (651) 450-9714
1675 S. Robert St., St. Paul
Evening 7 PM►

TUESDAY

Little Canada Market Place (651) 483-1203
2900 Rice St., Little Canada
Early Session 10:30 AM★
Evening 7:15 PM►

Pot O' Gold (651) 631-1318
Snelling Ave. & Cty. Rd. E St. Paul
Matinee 1:15 PM★
Evening 7:15 & 9:15 PM►

Roseville Bingo (651) 697-1090
2525 N. Snelling, Roseville
Matinee 3 PM★
Evening 7 & 9 PM►

West St. Paul Bingo Palace (651) 450-9714
1675 S. Robert St., St. Paul
Matinee 2 PM★
Evening 7 PM►

WEDNESDAY

Little Canada Market Place (651) 483-1203
2900 Rice St., Little Canada
Evening 7:15 PM►

Pot O' Gold (651) 631-1318
Snelling Ave. & Cty. Rd. E St. Paul
Early Session 10 AM & 12 PM★
Evening 7:15 & 9:15 PM►

Roseville Bingo (651) 697-1090
2525 N. Snelling, Roseville
Matinee 3 PM★
Evening 7 & 9 PM►

POT O' GOLD BINGO HALL

3776 Connelly Avenue • Arden Hills, MN 55112 • 651-631-1724

EVERY EVENING: **Jackpot Coverall Pays up to \$1,000 (\$600 guaranteed)**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 GOLD +2 sides \$45 PLATINUM +2 sides \$65	2 Pick-A-Pot All Sessions Hot Ball Evening Sessions Full Boat	3* 50% OFF All Sessions Hot Ball	4 5X Points All Sessions Hot Ball \$500 @ 7:15	5 ALL SESSIONS 1 FREE Side with Silver, 2 FREE Sides with Gold or Platinum Package	6 2 PM: TWO FREE SIDES with Gold or Platinum Evening Sessions: HOT BALL All-Nighter	7 2 PM: TWO FREE SIDES with Gold or Platinum Evening Sessions: HOT BALL Full Boat
8 GOLD +2 sides \$45 PLATINUM +2 sides \$65	9 Pick-A-Pot All Sessions Hot Ball Evening Sessions Full Boat	10* 50% OFF All Sessions Hot Ball	11 5X Points All Sessions Hot Ball \$500 @ 7:15	12 ALL SESSIONS 1 FREE Side with Silver, 2 FREE Sides with Gold or Platinum Package	13 2 PM: TWO FREE SIDES with Gold or Platinum Evening Sessions: HOT BALL All-Nighter	14 2 PM: TWO FREE SIDES with Gold or Platinum Evening Sessions: HOT BALL Full Boat
15 GOLD +2 sides \$45 PLATINUM +2 sides \$65	16 Pick-A-Pot All Sessions Hot Ball Evening Sessions Full Boat	17* 50% OFF All Sessions Hot Ball	18 5X Points All Sessions Hot Ball \$500 @ 7:15	19 ALL SESSIONS 1 FREE Side with Silver, 2 FREE Sides with Gold or Platinum Package	20 2 PM: TWO FREE SIDES with Gold or Platinum Evening Sessions: HOT BALL All-Nighter	21 2 PM: TWO FREE SIDES with Gold or Platinum Evening Sessions: HOT BALL Full Boat
22 Winners Circle!	23 Pick-A-Pot All Sessions Hot Ball Evening Sessions Full Boat	24* 50% OFF All Sessions Hot Ball BIRTHDAY PARTIES!	25 5X Points All Sessions Hot Ball \$500 @ 7:15	26 ALL SESSIONS 1 FREE Side with Silver, 2 FREE Sides with Gold or Platinum Package	27 2 PM: TWO FREE SIDES with Gold or Platinum Evening Sessions: HOT BALL All-Nighter	28 2 PM: TWO FREE SIDES with Gold or Platinum Evening Sessions: HOT BALL Full Boat
29 GOLD +2 sides \$45 PLATINUM +2 sides \$65	30 Pick-A-Pot All Sessions Hot Ball Evening Sessions Full Boat	31* 50% OFF All Sessions Hot Ball	Queen/King for a Session played every Wednesday in July!		pot-o-gold-bingo.com * No other coupons or discounts at these sessions	

25 Low-Cost, High-Value Sessions Weekly!

Sunday	2:00, 7:15, 9:15
Monday	10 a.m., 7:15, 9:15
Tuesday	1:15, 7:15, 9:15
Wednesday	10 a.m., Noon, 7:15, 9:15
Thursday	Noon, 2:00, 7:15, 9:15
Friday	2:00, 7:15, 9:15, 11:15
Saturday	2:00, 7:15, 9:15, 11:15

Daily Progressive Game (Bonanza) prizes available on our website

pot-o-goldbingo.com

Like us on Facebook!
[potogoldbingoardenhills](https://www.facebook.com/potogoldbingoardenhills)

BIRTHDAY BONUS!

Receive 1 free admission package every session on your special day.

All Sessions in July except Tuesdays:

\$10 Off Silver, \$15 Off Gold, \$20 Off Platinum Package

Full Boat Machine for \$50 (\$132 value)

ALL-NIGHTER

Buy 7:15 & 9:15 sessions,
Play 11:15 session FREE!

WEEKLY PROGRAM

West St. Paul Bingo Palace
(651) 450-9714
1675 S. Robert St., St. Paul
Evening 7 PM

THURSDAY

Buffalo American Legion
(763) 682-2262
304 10th Ave. S., Buffalo
EB 6:30 PM
Evening 7:15 PM

Little Canada Market Place
(651) 483-1203
2900 Rice St., Little Canada
Early Session 10:30 AM
Evening 7:15 & 9:15 PM

North St. Paul VFW 1350
(651) 777-2855
2483 E. 7th Ave.
North St. Paul
Evening 7 PM

Pot O' Gold
(651) 631-1318
Snelling Ave. & Cty. Rd. E
St. Paul
Matinee Noon & 2 PM
Evening 7:15 & 9:15 PM

Roseville Bingo
(651) 697-1090
2525 N. Snelling, Roseville
Matinee 1 & 3 PM
Evening 7 & 9 PM
Late Nite 11 PM

West St. Paul Bingo Palace
(651) 450-9714
1675 S. Robert St., St. Paul
Matinee 2 PM
Evening 7 PM

FRIDAY

Bayport Legion Post 491
(651) 491-2418
263 N. 3rd St., Bayport
Evening 7:15 PM

Little Canada Market Place
(651) 483-1203
2900 Rice St., Little Canada
Early Session 10:30 AM
Evening 7:15 & 9:15 PM

Pot O' Gold
(651) 631-1318
Snelling Ave. & Cty. Rd. E
St. Paul
Matinee 2 PM
Evening 7:15 & 9:15 PM
Late Nite 11:15 PM

Roseville Bingo
(651) 697-1090
2525 N. Snelling, Roseville
Matinee 1 & 3 PM
Evening 7 & 9 PM
Late Nite 11 PM

West St. Paul Bingo Palace
(651) 450-9714
1675 S. Robert St., St. Paul
Evening 7 PM

SATURDAY

Little Canada Market Place
(651) 483-1203
2900 Rice St., Little Canada
Evening 7:15 & 9:15 PM

Marian KC Hall
(952) 888-1492
1114 W. American Blvd.
Bloomington
Matinee EB 12:30
Reg. 1 PM

North St. Paul VFW 1350
(651) 777-2855
2483 E. 7th Ave. (upstairs)
North St. Paul
Matinee 1:30 PM

Pot O' Gold
(651) 631-1318
Snelling Ave. & Cty. Rd. E
St. Paul
Matinee 2 PM
Evening 7:15 & 9:15 PM
Late nite 11:15 PM

Roseville Bingo
(651) 697-1090
2525 N. Snelling, Roseville
Matinee 1 & 3 PM
Evening 7 & 9 PM
Late Nite 11 PM

West St. Paul Bingo Palace
(651) 450-9714
1675 S. Robert St., St. Paul
Matinee 2 PM
Evening 7 PM



Treasure Island Bingo

1-800-222-7077
MATINEES

Monday - Saturday
Warmups 11:45 a.m.
Regular Session 12:30 p.m.
EVENING

Monday - Saturday
Warmups 6:45 p.m.
Regular Session 7:30 p.m.
AFTERNOON

Sunday
Warmups 3:15 p.m.
Regular Session 4 p.m.
Bingo sessions are subject to change
pending inclement weather.
For up-to-date bingo information,
call the bingo hotline at:
1(888)777-5668, extention #2653

Mystic Lake Bingo

MATINEES

Monday - Friday
12:45 p.m. and 2:45 p.m. (Early Birds)
Saturday and Sunday
Early Birds 1:00 p.m.
Warmups 1:30 p.m.
Regular Session 2:30 p.m.
EVENING
Every day
Early Birds 7:00 p.m.
Warmups 7:30 p.m.
Regular Session 8:00 p.m.

For current bingo information and weather
related inquiries, please call our bingo
hotline at 952-496-7272

play BINGO!

Thursday — Early birds 6:30,
regular session 7:15
Sunday — 2:00



Buffalo
American Legion
Post 270

304 10th Ave. S., Buffalo MN 55313
buffalo.legion@buffalolegion.com
(763) 682-2262
GCB License: 00917
Open Monday - Saturday 11 AM to 1 AM
Sunday 11 AM to midnight



Bayport American
Legion Post 491

263 N.3rd St. 651-439-5463

– BAR BINGO –

Monday 7 p.m.
STILLWATER BOWL
5862 Omaha Ave. N., Stillwater
651-439-2444

Friday 7:15 p.m.
BAYPORT LEGION POST 491
263 N. 3rd St., Bayport
651-439-5463

Saturday 2 p.m.
THE BUNGALOW
1151 Rivercrest Rd., Lakeland
651-436-5005

Kelly (651) 491-8972 Lic.#00467

ROSEVILLE BINGO HALL

Welcome to Roseville Bingo Hall! We always PAY!!! And we always PLAY!!!

2525 N. Snelling Ave. (1 block north of Rosedale) • 651-697-1090 • Look us up on Facebook!

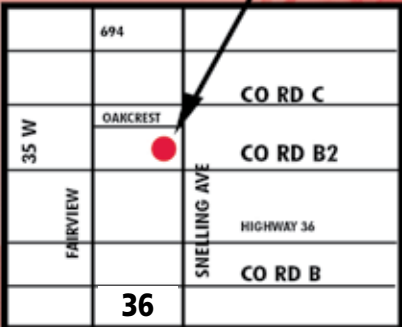
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1,3,7,9 & 11 PM  Play Bingo!	2 1,3,7 & 9 PM \$20 OFF The 'MAX'	3 3,7, & 9 PM \$5 Packages All sessions	4 3,7, & 9 PM 7 & 9 PM COVERALL Guaranteed \$1,000 on Red, White or Blue	5* 1,3,7,9 & 11 PM \$50 BUY-IN!*	6* 1,3,7,9 & 11 PM All Nighter!* Buy 7, 9 and 11 PM before 7 PM and 11 PM is FREE!	7 1,3,7,9 & 11 PM 'Star' 'Rose' or 'Max' 2 Free Sides
8 1,3,7,9 & 11 PM  Wear Roseville's Lucky Shirt and receive \$10 OFF each session!	9* 1,3,7, & 9 PM \$50 BUY-IN!*	10 3,7, & 9 PM PLINKO	11 3,7, & 9 PM PLINKO	12 1,3,7,9 & 11 PM 'Star', 'Rose' or 'Max' 2 Free Sides	13 1,3,7,9 & 11 PM \$20 OFF The 'MAX'	14 1,3,7,9 & 11 PM  Play Bingo!
15 1,3,7,9 & 11 PM  Wear Roseville's Lucky Shirt and receive \$10 OFF each session!	16 1,3,7 & 9 PM \$20 OFF The 'MAX'	17 3,7, & 9 PM 50% OFF All sessions at the admission counter	18 3,7, & 9 PM Pick A 'Rose' 'Star', 'Rose' or 'Max' Two Free Sides	19* 1,3,7,9 & 11 PM  Buy 7 PM and 9 PM is FREE*	20* 1,3,7,9 & 11 PM All Nighter!* Buy 7, 9 and 11 PM before 7 PM and Late Night is FREE!	21 1,3,7,9 & 11 PM 'Star' 'Rose' or 'Max' 2 Free Sides
22 1,3,7,9 & 11 PM MEGA MAX Buy any 2 sessions, 1 & 3 or 7, 9, 10 save \$40 each session on a Max Machine	23* 1,3,7, & 9 PM \$50 BUY-IN!*	24 3,7, & 9 PM PLINKO	25 3,7, & 9 PM PLINKO	26 1,3,7,9 & 11 PM 'Star', 'Rose' or 'Max' 2 Free Sides	27 1,3,7,9 & 11 PM \$20 OFF The 'MAX'	28 1,3,7,9 & 11 PM  Play Bingo!
29 1,3,7,9 & 11 PM July Birthday Party 3 & 9 PM Free \$10 package, gift certificate and goodie bag!	30 1,3,7 & 9 PM \$20 OFF The 'MAX'	31 3,7, & 9 PM 50% OFF All sessions at the admission counter	Electronic Bingo Machines (paper also available) • Pull Tabs • Concessions • ATM * No other coupons, points or birthdays			

We have more
sessions than any
other bingo hall!

Check us out —
30 sessions!

- Monday 1, 3, 7 & 9 p.m.
- Tuesday 3, 7 & 9 p.m.
- Wednesday 3, 7 & 9 p.m.
- Thursday 1, 3, 7, 9 & 11 p.m.
- Friday 1, 3, 7, 9 & 11 p.m.
- Saturday 1, 3, 7, 9 & 11 p.m.
- Sunday 1, 3, 7, 9 & 11 p.m.

We Are Here



Midway Speedskating - 00070-007
Roseville Area Youth Hockey - 03191-03

PLAY MINNESOTA BINGO!

Carlton, MN

Carlton Daze! July 27- 29. — a community-wide celebration which includes softball tournaments, golf outings, basketball tournament, craft shows, auctions, kiddie tractor pull, outdoor movie, a 5k race and an ultra marathon, bingo, live entertainment, a parade and food galore! Hwys. 45 & 210, Carlton. For info call (218) 384-3322.

Delano, MN

Delano 4th of July Celebration! June 29 thru July 6. The oldest 4th of July celebration takes place in Delano and there is no shortage of Independence Day spirit. The 30-minute closing firework show on July 6 (apprx. 10:30 p.m.) is one of the best in the state, ending with a giant rocket. The charming town also hosts a parade, the oldest and largest 4th of July parade in the state, and other family-friendly events such as BINGO! Central Park, Delano. For info visit www.delano4th.com.

Ely, MN

Bingo! July 25. Join Ely area Seniors for Bingo each Wednesday. Cost is ten cents per card. Ely's Senior Center, 27 S. 1st Ave. E., Ely, MN.

Elysian MN

Elysian 4th of July Celebration! June 29-July 4. Parades, dances, kid's activities, food, fireworks and more take place over several days, ending the celebration on July 7 with the 35th Annual Elysian Rookie's and 4th Annual Elysian Kid's Triathlon and the chamber's annual raffle drawing.

Forest Lake, MN

Forest Lake 4th of July Celebration! June 29-July 4, 2018. This multi-day event ranks among the largest Independence Day celebrations in the Midwest. Featuring a carnival, bingo, food, old time baseball game, parade, entertainment, and fireworks! 355 W. Broadway Ave., Forest Lake. For info call (651) 464-2600.

Hinkley, MN

2018 Corn & Clover Carnival! July 6 & 7. Rides, food, one of the state's biggest parades, kiddie parade, clowns, FREE kid's activities, vendors, Pedal to the Metal kiddie tractor pull, sidewalk chalk art contest, street dance, Bingo, and Pyroborealis!!! 208 Fire Monument Road, Hinkley. For info call (320) 384-7837.

Lake Lillian, MN

Lake Lillian Fun Days! Aug. 3-5. Events include kid's tractor pull, outdoor movie, pancake feed, kids activities, BINGO, raffle, bean bag tournament, grand day parade, a street dance and much more! Lake Lillian. For info call (320) 664-4111.

Luverne, MN

4th At The Lake Celebration! July 4, 10 a.m.-11:30 p.m. Enjoy a great day at the lake in Luverne for our 4th of July Celebration. Triathlon, log-rolling, sand castle contest, bingo, sand castle contest, live music and fireworks! Off Highway 75 in Luverne, turn west on Edgehill and drive four blocks. For info call (507) 283-4061.

Mankato, MN

Red, Hot, Boom! July 4. Experience the 4th of July with the free, family-friendly Rockin' Fourth of July Concert at Mankato's Vetter Amphitheater at Riverfront Park. The show starts at 7 p.m. with City Mouse and the Mankato Symphony Orchestra begins at 8 p.m. Bingo will also be offered as a fundraiser at 6 p.m. Riverfront Park, 310 Rock Street, Mankato.

Minneapolis, MN

Minneapolis Aquatennial Target Fireworks! July 20, 6-10 p.m. The Minneapolis Aquatennial, held from July 12-20, doesn't compete with the rest of the state for best fireworks on Independence day, it instead gives us one of the largest and most spectacular shows in the country a couple weeks later. On July 20th, live music starts at 6 p.m. with food and lively company. West River Parkway, Minneapolis. for info visit www.aquatennial.com.

Morris, MN

Prairie Pioneer Days! July 14-15, 8 a.m.-5 p.m. Two days of summer fun! Arts & craft vendors, food vendors, kids games, 5 & 10 K Walk/Run, musical entertainment, kids tractor pull, car show, Bingo, ribfest, fireworks, and a Grand Parade. 7th Street in Morris. More information: (320) 589-1242.

Mora, MN

Kanabec County Fair July 25-29. **Join the chamber in BINGO**, Friday, Saturday, and Sunday of the fair in the Boy Scout Building - Split the Pot \$\$\$! This is a FREE traditional county fair! Demolition derby, motor cross racing, draft horse pull, animals, rides, competitions, business exhibits, book sales, beer garden ... what more can we say but FUN! Union Street, Mora. (320) 679-5792.

New Hope, MN

Duk Duk Daze Festival July 13, 14 & 15. City festival with carnival rides, Bingo, craft fair, fireworks, great food, beer garden, softballs tournament and more! New Hope. Contact: (763) 531-5129.

Pelican Rapids, MN

Pelican Fest! July 13 & 14. Two fun-filled days full of parades, turkey barbeques, bingo, and many other fun activities through out the day and ending with a street dance each night. Pelican Rapids. For info call (218) 863-1221.



Donna Jean Aeilts won the \$599 Even Steven at West St. Paul Bingo Palace.

Pennock, MN

Pennock Fun Days! Aug. 3 - 5. Come and join the celebration! Events include a hog roast, street dance, kiddie parade, bean bag tournament, movie in the park, grand parade, tractor pull, craft show, vendors, musical entertainment, children's activities, scavenger hunt, bingo and much more! Pennock, MN. Contact: (320) 599-4546.

Pipestone, MN

Come play BINGO at the Pipestone Senior Center every first Thursday of the month (Jan. to Dec. 2018). Only \$1 per card or buy three cards and get the fourth one FREE. Enjoy a fun afternoon with friends. Afterwards, coffee and cookies will be served. Pipestone Senior Center, 217 S. Hiawatha Ave., Pipestone.

Prior Lake, MN

Rock & Rockets! Mystic Lake Casino Hotel, July 4, 5-10:30 p.m. Fireworks at 10 p.m. Located in the Mystic Amphitheater. Join us as we celebrate the red, white and blue with local artists and "The Voice" stars Kat Perkins and Jesse Larson. Feast before the fireworks! Food trucks include The Outlaw Grill, R.A. MacSammy's, Fun Fare – Global Street Eats, Pharaoh's Gyros, Purple People Feeders, O'Brien's Public House, Northbound Smokehouse and Brewpub, and Russell's Traveling Kitchen. All guests are welcome to bring lawn chairs or blankets. Coolers, picnic baskets and outside food and beverages are not permitted.

The Grean Midwest Rib Fest, July 27-29 at Mystic Lake Casino Hotel. Free. Three days of free concerts and outdoor fun! We're leaving it to the top pit masters in the nation to show off their skills and compete for thousands in cash prizes. Food and beverages available for purchase. BBQ contestants include: Aussom Aussie, Austin's Texas Lightning BBQ, Big Boned BBQ, Chicago BBQ, Howling Coyote Roadhouse BBQ, Just North of Memphis

BBQ, Porky Chicks BBQ, Rasta Joe's BBQ, Texas Outlaw BBQ and Uncle Bub's BBQ. Vote for your favorite ribs in the Best of the Fest people's choice award!

Remer, MN

Bigfoot Days! July 6 & 7. Great annual event that has been growing since Remer declared it's the Home of Bigfoot in 2016! Family picnic, a BBQ Contest, Bingo, a 5K Run and more! The MN Bigfoot Research Team and the Northern MN Bigfoot Research Team will be on hand to update you on what's new in the world of Sasquatch. Remer, MN. For info call (218) 566-1680.

Rushford, MN

Rushford Days, July 16-22, is a week filled with fun events and activities. Car cruise, food vendors, bingo, fest tent, softball tournament, pancake breakfast, basketball tournament, tractor pull, kids' pedal tractor pull and many more kids' games/activities, car show, Grande Parade and so much more! 401 Elm St., Rushford. For info call (507) 864-3338.

St. Joseph, MN

Joe town Rocks! July 3 & 4. One of Central Minnesota's biggest and best family-friendly 4th of July celebrations. Free concert and fireworks on July 3; parade, water ball contest, quilt auction and a raffle drawing on July 4. Food, beverages, and games available in the festival stands. Children enjoy the merry-go-round and the train ride. Adults enjoy bingo, the cake walk, candy stand, the country store, the handiwork & craft stand, and live music. 12 W. Minnesota Street, St. Joseph. For info call (320) 363-7505.

Trimont, MN

Trimont FunFest! July 13-15. A family-oriented event celebrating the joys of summer in a small town! Sports, BINGO, games, entertainment, food, raffles, parade, silent auction, and more! Anderson Park, Trimont. For info call (507) 236-0755 or (507) 639-9921.

Welch, MN

Prairie Island Indian Community Wacipi Pow Wow, July 13-15. FREE! The Prairie Island Indian Community hosts the annual Wacipi Dance Championships and Singing Contest during the Wacipi Celebration July 13-15. Experience Native American history and traditions through these exciting competitions. Visit the many vendor booths or try a variety of Native foods that are available. For more information, call 651-267-4020 or visit facebook.com/PIICWacipiPowWow.



Minnesota CASINO Highlights

Mystic Lake Casino Hotel

Live from the Mystic Showroom

July 1 - Yanni (World Tour), 8 PM

July 5 - Melissa Etheridge, 8 PM

July 21 - Trevor Noah (comedian), 8 PM

Oct. 6 - Dane Cook (comedian), 7 & 8 PM

Oct. 11 - The Avett Brothers (folk-rock/roots band), 8 PM

Oct. 26 - Straight No Chaser, 8 PM

Live from the Mystic Amphitheater

July 3 - Pit Bull, 8 PM

Aug. 11 - Reba Mcentire (country), 8 PM

Sept. 7 - O.A.R. Just Like Paradise Tour (with guest Matt Nathanson), 6:30 PM

Sept. 16 - Counting Crows (with guest *Live*: 25 Years and Counting), 7:15 PM

Box office: 952-496-6563, 952-445-9000 for Casino information

Treasure Island Resort & Casino

Live from the Island Events Center

July 1 - Big & Rich and Gary Allen (country), 7 PM

July 7 - Russell Peters, 7 PM

July 17 - TRAIN, 8 PM

July 21 - Jerry Lee Lewis (rock 'n' roll legend), 8 PM

July 23 - Nelly (age 17+), 8 PM

Aug. 24 - Joan Jett & The Blackhearts (with very special guest Eddie Money), 8 PM

Live from the Treasure Island Amphitheater

July 2 - Island Rock Party with Vince Neil, 5 PM

July 3 - AMERICA (free concert), 8:30 PM

July 22 - Nickelback, 7 PM

Aug. 10 - Martin & Martin (Steve Martin and Martin Short), 8 PM

Aug. 11 - Kid Rock with special guest Uncle Kracker, 8 PM

Aug. 31 - Lady Antebellum and Darius Rucker with special guest Russell Dickerson, 7 PM

Sept. 15 - Amy Schumer & Friends (comedian), 8 PM

Sept. 20 - Deep Purple and Judas Priest (with special guest The Temperance Movement), 7 PM

Call 1-800-222-7077 for Casino, or 1-800-745-3000 Ticketmaster.

Black Bear Casino

Live from the Otter Creek Events Center

July 14 - Scott McCreery (country), 7 PM

Aug. 18 - Here's to 25 Years! Outdoor concert celebration.

General admission \$50. Gates open at 1 PM

Sept. 14 - Lee Brice (country), 7 PM

www.blackbearcasinoresort.com

Located at the intersection of I-35 and Hwy. 210 in Carlton, Minnesota, 20 minutes south of Duluth and approximately two hours north of the Twin Cities. Phone: (218) 878-BEAR (2327)

Toll Free: 1-888-771-0777 (US & Canada)

Northern Lights Casino

Live from the North Star Hall

July 14 - Kickin' It Old School 4 (outdoor tent event), 6 PM

Aug. 3 - The Oakridge Boys (outdoor tent event), 7 PM

Aug. 24 - Cheech & Chong, 7 PM

Sept. 28 - Gabriel Iglesias (comedian), 7 PM

Call 877-LIGHTS-9 FOR TICKETS! Or buy tickets online!

Receive \$5 Slot Play Coupon with each ticket purchase.

Shooting Star Casino

Live from the Events Center

July 13 - Trick Pony (country), 8 PM

July 20 - Charlie Pride (country), 8 PM

July 27 - AWF Wrestling, 7 PM

Aug. 10 - Jim Belushi and The Board of Comedy, 8 PM

Aug. 24 - The Roots & roots Tour (country legends Aaron Tippin, Sammy Kershaw and Colin Raye), 8 PM

For ticket info, call 1-800-313-7469.

Poker Talk



Errors Abound in a Micro- stakes Game

By Jonathan Little

Mistakes are mistakes at the poker table, and you'll be punished for errors even in micro-stakes games.

In a \$.10/\$.20 no-limit hold 'em cash game with \$35 effective stacks, the players in first and second position limped in, as did the player in the hijack seat. Our Hero raised to \$.70 with 7c 7s.

If Hero was going to raise, he should have raised larger. By making it \$.70, he'll frequently be called by all the limpers, resulting in him seeing a flop with what will usually be a marginal underpair. He might also get three-bet by one of the limpers, forcing him to fold.

I would have preferred to see Hero limp behind, allowing him to try to flop a set. There was really no point in raising. Another reasonable line of play would have been raising to about \$1.70, which would usually either steal the pot before the flop or result in only one player calling, allowing Hero to play a pot in position.

Surprisingly, only the small blind and the second limper called.

It's worth noting that when you limp and someone raises to only a small amount more, you should call and see the flop with most of your range. The only hands that would make sense to fold are uncoordinated hands such as Ah 6c or Ks 7d, but those hands should not be limped in the first place.

The flop came 9h 9s Jc. Everyone checked to Hero, who bet \$1.50 into a pot of \$2.60.

When more than two players see a flop, you should tend to play in a more straightforward manner because it's likely that someone connected with the board. With this particular flop containing some high cards, Hero needed to proceed with caution. This was a spot where Hero should have either checked or bet small, perhaps \$.70. If Hero gets called after making a bet of \$1.50, he's surely up against either a better made hand or a strong draw that will often fare well against 7-7. I would have checked behind with the intention of folding to any turn bet.

Only the small blind called. The turn was the 8d. The opponent checked, and Hero bet \$3.00 into a pot of \$5.60.

This bet made no sense. The opponent easily could have been holding 10-9 or a Q, in which case he certainly wouldn't fold. The opponent also would have been unlikely to fold a J or 8 to this modest turn bet. There was no reason for Hero to turn his hand into a bluff, although I suppose he could have made a sizable river bet to try to make the opponent fold any hand worse than trips, but that would have been optimistic.

The opponent called. The river was the Jh. The opponent bet \$9 into a pot of \$11.60.

I disliked the opponent's lead because it made it impossible for Hero to bluff. The opponent should have checked his entire range, giving Hero the change to bluff. Instead, Hero made an easy fold.

While this hand may seem like a standard micro-stakes hand to some people, in my eyes, Hero lit \$4.50 (the amount of his last two bets) on fire. In a \$.10/\$.20 game, that is 22.5 big blinds, which is a hefty, completely unnecessary loss.

Jonathan Little is a professional poker player and coach, and the author of numerous best-selling poker books, including his recent ebook, "The Main Event With Jonathan Little." For more information, check out JonathanLittlePoker.com, and follow him on Twitter: [@JonathanLittle](https://twitter.com/JonathanLittle).

What's New in Nevada

BIG PLANS FOR DOWNTOWN

In a move that surprised many, a project was announced recently that could change the look of the old "Downtown Las Vegas" in a major way. The announced plans included a new casino with 777 guest rooms. The new gaming facility would be located within the current Fremont Street Experience and the project would start from the ground up. If approved, this would be the first time in many years that a project in the area started from scratch.

PALMS SAYS YES TO UNION

Media in Las Vegas have reported that workers at the Palms Casino Resort Spa have voted overwhelmingly to unionize; they are to be represented by the Local

165 branch of the Bartenders Union and the Local 226 chapter of the Culinary Workers Union. Secret balloting was held over a two-day period. Among the 900 workers, more than 84% voted to join a union.

BIG HIT IN VEGAS

Officials at the Paris Las Vegas casino recently reported that a player hit one of its Megabucks slot machines to the tune of \$11.2-million. The announcement affiliated with the company International Gaming Technology. The huge payout is the third Megabucks progressive jackpot in the Vegas area in less than a year. Each time the Megabucks jackpot hits, the progressive prize resets to \$10-million.



Blackjack Basic Strategy

The basic playing strategy is the optimum way to play your hand in blackjack when the only information available is your hand and the dealer's upcard. If you play every hand dealt to you using basic strategy you will reduce the house edge to half a percent or less (depends on the number of decks and the playing rules). Suffice it to say that learning the basic strategy is vitally important if you are serious about winning at blackjack.

You'll find basic strategy tables in books (e.g., my "Blackjack: Take The Money & Run"), and on the Internet. One way to memorize it is to prepare "flash cards" using index cards. On the front side of each index card write your hand

(e.g. 9), and on the back write the correct strategy (e.g., "Double on 3-6 otherwise hit"). Prepare an index card for every hand in the strategy table. When you are done, you will have a set of flash cards that you can use to memorize the basic strategy.

Spend about 10-15 minutes a day going through your flashcards. The cards on which you did not get the strategy correct set aside. After you go through your entire pack of flashcards, take the cards where you made a playing mistake and run through them again. Keep doing this exercise every day until you can are able to recall from memory the correct playing strategy for each hand. Now you are ready for the next drill.

On page 141 in my book, there is a strategy table that lists only the dealer's upcard and your hand (everything else is blank). Make copies of the table (or create a "blank" table yourself), and then fill in the correct strategy for every hand from memory. Compare the strategy table that you created with the strategy table in books. Your goal is to be able to accurately reproduce the basic strategy table from memory,

Next, take a deck of cards and place one card face up on a table. This is the dealer's upcard. Then flip over two cards at a time representing your hand and decide how you would play the hand. Check how you would play each hand against the basic strategy table. Keep practicing with a deck of cards, only changing the

dealer's upcard. And, nowadays, there are relatively inexpensive blackjack software programs that you can purchase for your smart phone or PC that will help you learn the basic strategy.

So there you have it, two different approaches to learning the basic strategy. Whether you use paper and pencil to prepare your own flashcards and strategy tables or use the built in features of a software program, either are valid tools to help you master the basic playing strategy.



Mary Emma Peterson won th \$1,199 Odd Ball at West St. Paul Bingo Palace.



Metro Area Casino Buses

Free Bus to
Mystic Lake Casino:
1-888-8FreeRide
mysticlake.com
for a time and schedule
near you.

Free Bus to
Treasure Island Resort
and Casino:
1-800-222-7077, ext. 2594
for a time and schedule
near you.

ISLAND BINGO JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NO MATINEE SESSION SECOND CHANCE EVENING 4PM	2 MATINEE 12:30PM EVENING 7:30PM	3 TWO FOR TUESDAY MATINEE 12:30PM EVENING 7:30PM	4 4TH OF JULY BINGO 50+ WEDNESDAY MATINEE 12:30PM EVENING 7:30PM	5 MATINEE 12:30PM EVENING 7:30PM	6 MATINEE 12:30PM LUCKY 7s EVENING 7:30PM BINGO GONE WILD	7 CHEAP SEATS MATINEE 12:30PM SATURDAY NIGHT LIVE EVENING 7:30PM
8 NO MATINEE SESSION SECOND CHANCE EVENING 4PM	9 MATINEE 12:30PM HALF PRICE NIGHT EVENING 7:30PM	10 TWO FOR TUESDAY MATINEE 12:30PM EVENING 7:30PM	11 50+ WEDNESDAY MATINEE 12:30PM EVENING 7:30PM	12 MATINEE 12:30PM EVENING 7:30PM	13 MATINEE 12:30PM LUCKY 7s EVENING 7:30PM	14 CHEAP SEATS MATINEE 12:30PM SATURDAY NIGHT LIVE EVENING 7:30PM
15 NO MATINEE SESSION SECOND CHANCE ANNIVERSARY SUNDAY EVENING 4PM	16 MATINEE 12:30PM EVENING 7:30PM	17 TWO FOR TUESDAY MATINEE 12:30PM EVENING 7:30PM	18 50+ WEDNESDAY MATINEE 12:30PM EVENING 7:30PM	19 MATINEE 12:30PM EVENING 7:30PM	20 MATINEE 12:30PM LUCKY 7s EVENING 7:30PM BINGO GONE WILD	21 CHEAP SEATS MATINEE 12:30PM SATURDAY NIGHT LIVE EVENING 7:30PM
22 NO MATINEE SESSION SECOND CHANCE EVENING 4PM	23 MATINEE 12:30PM HALF PRICE NIGHT EVENING 7:30PM	24 TWO FOR TUESDAY MATINEE 12:30PM EVENING 7:30PM	25 50+ WEDNESDAY MATINEE 12:30PM EVENING 7:30PM	26 MATINEE 12:30PM EVENING 7:30PM	27 MATINEE 12:30PM LUCKY 7s EVENING 7:30PM	28 CHEAP SEATS MATINEE 12:30PM SATURDAY NIGHT LIVE EVENING 7:30PM
29 NO MATINEE SESSION SECOND CHANCE EVENING 4PM	30 MATINEE 12:30PM EVENING 7:30PM	31 TWO FOR TUESDAY MATINEE 12:30PM EVENING 7:30PM	4TH OF JULY BINGO EXPLOSION Wednesday, July 4, both sessions Island Bingo is bursting with FREE slot play! We'll draw five winners of \$50 FREE slot play during the matinee session and 10 winners of \$50 FREE slot play during the evening session on July 4. Just use your Island Passport Club card at admissions to receive a drawing slip.			



IT'S BINGO TIME

Tlcasino.com | Island Bingo Hotline 1-800-222-7077, extension 2653





BUGLE CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	13
14						15			16					
17						18								
19					20			21						
22					23		24		25		26	27	28	29
30				31					32					
		33	34			35		36		37				
38	39					40				41				
42						43				44				
45					46		47		48			49	50	51
52							53				54			
				55		56		57		58				
59	60	61	62				63			64				
65										66				
67							68				69			

- ACROSS
- 1

Dropped the ball
- 6

Pantry pest
- 9

Puts in a cooler
- 14

Successor of Pope John X
- 15

Like many indie films
- 17

"You Be ___": 1986 Run-D.M.C. hit
- 18

Dr. Brown's classic drink
- 19

Pasadena institute
- 21

Mysterious power
- 22

Slush Puppie maker
- 23

Little snicker
- 25

Cries out for calamine
- 30

Three times, in an Rx
- 31

Notes after do
- 32

Prefix for "time"
- 33

___-wop music
- 35

Starting device: Abbr.
- 37

Belgian banknotes
- 38

Speedmaster watchmaker
- 40

___ Na Na
- 41

Gypsum painting surface
- 42

Whittled
- 43

President pro ___
- 44

Salt Lake City collegian
- 45

Remains in the fire?
- 47

Wolfgang's veto
- 49

Baseball uniform part
- 52

Doesn't go for the green, in golf
- 53

U.K. military award
- 54

Buckwheat noodle
- 55

Earn after taxes
- 57

"I Know Why the Caged Bird Sings" autobiographer Maya
- 59

Writer of medical thrillers
- 64

Book with interstates
- 65

Like California, to a Hawaiian
- 66

Gape
- 67

One in a cast
- 68

WKRP's Nessman
- 69

Pasture groups

DOWN

1

Draw out

2

Tighten, as sneakers

3

Contact skating sport

4

Party-planning site

5

Use the good china, say

6

Lead-into-gold practitioner

7

Negative connector

8

Overly cute, to a Brit

9

Act too quickly

10

Source of much website revenue

11

"Need ___ on?"

12

Had no one to catch

13

BART stop, e.g.

16

Rudimentary

20

Revolutionary Guevara

24

Top-of-the-line, and what each of the four longest puzzle answers begins with?

26

Dressing holder

27

Kind of tackle made illegal in the NFL in 2005

28

Hall of Famer Slaughter

29

Only fair

31

Cartoon bird that first appeared in "Fast and Furry-ous"

34

Fancy moldings

36

Some first-born children

38

Volkswagen rival

39

Doll's cry

46

Short job details?

48

Electrified particle

50

On the train

51

Stops to think, say

54

Luigi's lucky number?

56

Work very hard

58

Deep cut

59

Zimbabwe neighbor: Abbr.

60

Non-Rx

61

Night flier

62

Olympics skater Midori

63

Neruda wrote one to salt

BUGLE SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

JUMBLE

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

SOWNO

PHEDT

CREANP

RUSBAD

Ans. here:

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek

All you can eat! Challenge accepted.

Your doctor told you to knock off. This place is not going to help your diet.

ALL YOU CAN EAT

PICKING UP FOOD CAN MAKE IT HARD TO ---

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

"SAVVY SENIOR"

YOU ASK THE SENIOR QUESTION

~ WE FIND THE SAVVY ANSWER

The New MIND Diet May Help Prevent Alzheimer's

Dear Savvy Senior,

I've heard that there's a new diet that can help prevent Alzheimer's disease. What can you tell me about this? My 80-year-old mother has Alzheimer's and I want to do everything I can to protect myself. — **Concerned Daughter**

Dear Concerned,

It's true! Research has found that a new diet plan — called the MIND diet — can have a profound impact on your brain health as you age, and can even lower your odds of getting Alzheimer's disease.

The MIND diet takes two proven diets—the heart-healthy Mediterranean diet and the blood-pressure lowering DASH diet—and zeroes in on the foods in each that specifically affect brain health.

The MIND diet, which stands for “Mediterranean-DASH Intervention for Neurodegenerative Delay,” was developed by Martha Clare Morris, a nutritional epidemiologist at Rush University

Medical Center, through a study funded by the National Institute on Aging.

The study followed the diets of nearly 1,000 elderly adults, who filled out food questionnaires and underwent repeated neurological testing for an average of 4.5 years.

It found participants whose diets most closely followed the MIND recommendations had brains that functioned as if they were 7.5 years younger, and it lowered their risk of developing Alzheimer's disease by as much as 53 percent. And even those who didn't stick to the diet perfectly but followed it moderately well reduced their risk of Alzheimer's by 35 percent.

The MIND diet has 15 dietary components. The emphasis is on eating from 10 brain-healthy food groups, and limiting foods from five unhealthy groups. Here's a rundown of the healthy foods you should work into your diet:

- Green leafy vegetables (like spinach and salad greens): Eat at least one serving per day.
- Other vegetables: At least one other vegetable a day.
- Whole grains: Three or more servings a day.
- Nuts: Five one-ounce servings a week.
- Beans: At least three servings a week.
- Berries: Two or more servings a week.
- Fish: Once a week.
- Poultry (not fried): Two times a week.
- Olive oil: Use it as your primary

cooking oil.

- Wine: One glass a day.

And the five unhealthy food groups you should limit include:

- Red meat: Eat fewer than four servings a week.
- Butter and margarine: Less than a tablespoon daily.
- Cheese: Less than one serving a week.
- Pastries and sweets: Less than five servings a week.
- Fried or fast food: Less than one serving a week.

One of the best things about the MIND diet is that it's easier to follow than most other diets and you don't have to stick to it perfectly to gain the benefits, which makes it more likely you'll follow it for a long time. And the longer you eat the MIND way, the lower the risk of getting Alzheimer's disease.

Another advantage is that the MIND diet can help you lose some weight too, if you keep your portions in check and are careful about how the food is prepared.

It's also important to understand that even though diet plays a big role, it's only one aspect of Alzheimer's disease. So get regular exercise, if you smoke, quit, and learn how manage your stress to lower your risk even more.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of The Savvy Senior book.

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ASK ANNIE

LET'S GET COOKING!

by Annie E. Ennis

Summertime Spareribs

Dear Annie,

It's summertime. Can you tell me a simple recipe for spareribs? My husband is doing the grilling, so make it easy please. — **Georgie from Atlanta, Georgia**

Dear Georgie,

Here's an easy recipe for spareribs and a “somewhat” homemade sauce. I like this sauce better than the store bought flavored barbecue sauces. This recipe uses the oven and the barbecue grill. Enjoy! — **Annie**

SPARERIBS WITH A HONEY-MUSTARD BARBECUE SAUCE

3 pounds spareribs
1 teaspoon salt
¼ teaspoon pepper
2 cups mustard
1 cup barbecue sauce (plain)
½ cup honey
2 teaspoons onion powder

Using a foil pan, season the spareribs with the salt and pepper. Add a cup of water, cover the pan with aluminum foil, and bake for about 45 minutes to an hour in a preheated 375-degree oven. Drain most of the liquid from the pan. Combine the mustard, barbecue sauce, honey and onion powder in a blender. Process until smooth. Spoon over the ribs. Grill over a low flame for about one hour. Carefully watch the ribs, turning them over and making sure they do not burn. Serves 6. The sauce can also be used as a glaze for pork tenderloin, chicken, turkey or fish.

Your comments and questions about cooking and entertaining will be addressed in this monthly column. Write to “Ask Annie” c/o Annie Ennis, 8312 SE 168th Trinity Place, The Villages, FL 32162. So Ask Annie. Don't forget you can E-mail me at aennis@thevillages.net. And let's get cooking.

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JULY

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SIDEBOARD BOGO -M+E-	2 BINGO -M+E-	3 BREAKFAST BINGO MYSTERY BINGO -E-	4 \$12,000 FIRECRACKER MATINEE \$30 PACKAGES	5 BUCK NIGHT -E-	6 COSMIC -E-	7 COSMIC COUNTRY NIGHT
8 SIDEBOARD BOGO -M+E-	9 \$10 MATINEE ONE SESSION AT 2 PM	10 BREAKFAST BINGO	11 DOUBLE DAYS -M+E-	12 GET IT WHILE IT'S HOT -M+E-	13 COSMIC -E-	14 COSMIC -E-
15 SIDEBOARD BOGO -M+E-	16 GET IT WHILE IT'S HOT -M+E-	17 BREAKFAST BINGO	18 BINGO -M+E-	19 BINGO -M+E-	20 COSMIC -E-	21 \$60,000 BINGO BLOWOUT \$25,000 -M- \$35,000 -E- COSMIC BINGO -E-
22 DOUBLE DAYS -M+E-	23 \$10 MATINEE ONE SESSION AT 2 PM	24 BREAKFAST BINGO	25 1/2 PRICE NIGHT -E-	26 BINGO -M+E-	27 COSMIC -E-	28 COSMIC -E-
29 SIDEBOARD BOGO -M+E-	30 BINGO -M+E-	31 BINGO -M+E-	<div><div>GET IT</div><div>—while—</div><div>IT'S HOT</div></div> <div><div>THURSDAY, JULY 12 & MONDAY, JULY 16</div><div>Your name could be drawn to receive a bingo hand held device! Good for one regular session game with 28 Level 2 sideboards during the matinee session and 28 Level 3 sideboards during the evening session. If the device bingos, you win!</div></div>			

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