

**\$150 IN PRIZES
PAGE 11 & 16**

FREE

**FEBRUARY
2013**

**FREE CLASSIFIED ADS
PAGE 17**

**BINGO BUGLE CRUISE
SEE PAGE 15**

**BLUE RIDGE EDITION
VOLUME 18 NO. 07**



BINGO BUGLE

North America's Bingo & Gaming Newspaper

AD INDEX

BEDFORD CO.

Bedford Moose - 6

LYNCHBURG AREA

- Brookville Band - 3
- Jefferson Forest Band - 6
- Elks Lodge #321 - 20
- Moose Lodge #1727 - 21
- Nelson Schools - 9
- Piney River Moose - 3
- Spout Spring Ruritan - 2

ROANOKE AREA

- Blue Ridge Voice - 1 & 14
- Melrose Athletic - 14
- Northwest Rec - 10
- Roanoke Catholic - 20
- Roanoke Wrestling - 9
- Scrappers - 24
- Wilmont Rec - 10

VINTON

Valley Hall Bingo - 13



SWEETHEART OF A WIN

Wanda Rhyne won the Queen of Hearts Progressive game at LB Moose Lodge #1727. The jackpot was at \$9,252! Progressive Bingo has become very popular and is played at most area bingo halls.

Notice

The winner of the \$100 Bugle Sweepstakes prize is **GARY W. SCHRADER** of Lynchburg. Your check is on it's way!

MONDAY

PRESIDENTS'
DAY



FEBRUARY

18

***Voice of the Blue Ridge & Miss Virginia, Inc. Present
COMPUTER-FREE BINGO! F R E E BIRTHDAY QUICKIES!***



Roanoke's All-Star Center
3435 Melrose Ave. (540) 985-3780
7 PM FRIDAYS & SATURDAYS

Use this ad for \$ 5 Off Any Feb. Session!
(1 ad / person / discount / night)

SPOUT SPRING RURITAN CLUB

BINGO - BINGO - BINGO - BINGO - BINGO

Tuesday & Friday Nights

DOORS OPEN AT 5:30 P.M. - EARLY BIRDS AT 7 P.M. - REGULAR GAMES AT 7:30 P.M.

24 Games - Over \$4,000 in Prizes!

Including 2 - Progressive Jackpots

* 1 - 62 Numbers - \$500 *1 Blocker 9 - \$500

EIGHT TV MONITORS

COMPUTER VERIFICATION FOR
YOUR CONVENIENCE & SECURITY

6 SMOKE REMOVERS FOR YOUR COMFORT

* 1 \$1,000 COVERALL JACKPOT * "LUCKY 7"



JUANITA CASH
\$1,000 WINNER

SPOUT SPRING RURITAN CLUB
HIGHWAY 460 - WEST OF APPOMATTOX
434-993-3889

LOOK FOR SIGN ON RT. 460 WEST
(20.3% OF GROSS PROCEEDS TO CHARITY)

BUGLE MEGA MILLIONS CLUB

Sign me up for the next
available club: Enclosed
is my check/M.O. for \$15.

NAME: _____

ADDRESS: _____

TOWN: _____ ST _____

ZIP: _____

PHONE: _____

email: _____

Send this application and
\$15 check/m.o. to:

BINGO BUGLE CLUB
c/o 136 YORKSHIRE CR.
LYNCHBURG, VA
24502-2757

NOTE: Make Check
payable to:

BINGO BUGLE CLUB
Call: 434-239-3072

Email:

bugle@lotterylowdown.com



- (1) Duncan Turner directed this 2005 film starring Felicity Huffman and Kevin Zegers. Name it.
- (2) In the 2004 film *Raising Helen*, what actress portrayed the title character?
- (3) Who starred as Rosalie Mullins in the 2003 film *School of Rock*?
- (4) Who starred as Roger Davis in the 2005 film *Rent*?
- (5) Who starred as Carl Denham in the 2005 film *King Kong*?
- (6) Who directed the 2004 film *Envy* starring Jack Black, Ben Stiller and Rachel Weisz?
- (7) What 2005 film was based on a comic book series entitled *Hellblazer*?

TRIVIA ANSWERS

1. *Transamerica*
2. Kate Hudson
3. Joan Cusack
4. Adam Pascal
5. Jack Black
6. Barry Levinson
7. *Constantine*

© Tribune Media Services

LIFE'S ADVICE



BINGO BUGLE NEWSPAPER

NOTE: NEW ADDRESS

136 Yorkshire Circle
Lynchburg, VA 24502-2757

434-239-3072

email: bugle@lotterylowdown.com

web site: blueridgebingobugle.com

PINEY RIVER MOOSE LODGE

Wednesday Night Bingo

Route 778, Lowesville, VA

From Lynchburg ... 29 North to 151 (L)
to Rt. 778 (L) 2 mi on Left

434-277-5439

Doors Open at 6 P.M.
Games start at 7 P.M.

Packs \$20, \$25, & \$30
3-On Add On - \$3.00

*Lucky "7" *Instants
*Smoke Eaters *Color Monitors
2 Jackpots nightly
(including 1 Progressive)
When FIFTY or more Players
all regular games pay \$100
& ONE \$500 & 1 \$300 JP NIGHTLY (guaranteed)
LAST WEDNESDAY OF THE MONTH
FREE HOT DOG!

LATE NIGHT SATURDAY BINGO
1st Saturday Each Month
Open 9 P.M. Game at 11 P.M.

10% to Charity



Depression Glass

Q: My mother used to go to the movies during the Depression to collect pink glass dishes. I went with her so she got double. What is a service for 12 worth? —
Irene, Delray Beach, Fla.

A: Those pink glass dishes are called "Depression glass" because in the 1930s, promoters lured housewives to theaters with the giveaway of free dishes. One week, a dinner plate. The next week it might be a cup, the following week a saucer, and so forth. In such manner whole sets were built. You saw a lot of movies to amass a complete service for 12! Powder soapboxes gave away dish premiums in the same manner.

Depression glass is collected primarily by pattern and maker. As different makers made many differing patterns, the first step is to ID the pattern. Your library should have books on current

values for Depression glass. Look for the Gene Florence books published by Collector Books, also Mauzy titles published by Schiffer. Once you know the pattern, check eBay, where much Depression glass is traded. Caveat: Repros abound, so be careful when buying there. FYI: Area Depression glass collector club shows are a great source for info. The National Depression Glass Association, www.ndga.net, has links to many regional collector groups and dealers.

Danielle Arnet answers questions of general interest in her column. Send e-mail to smartcollector@comcast.net or write Danielle Arnet, c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Please include an address in your query. Photos cannot be returned.

© Tribune Media Services

THURSDAY NIGHT BINGO

MADISON HEIGHTS BINGO HALL



Seminole Shopping Center, Rt. 29, Madison Heights

Brookville Band Boosters

Doors Open at 5:00pm/Game Starts at 6:45pm

Play a Paper Package & Electronic Package
\$50.00 (9 on 16 up regular/jackpot, 1 on 4 up Quickie,
54 Game Turbo Unit)

\$55.00 (18 on 16 up regular/jackpot, (2) 1 on 4 up
Quickies, 54 Game Turbo Unit)

Additional computers at discounted prices
Additional 54 Quickies on the computer for \$5

\$20 and \$30 Game Pack

LATE BIRDS

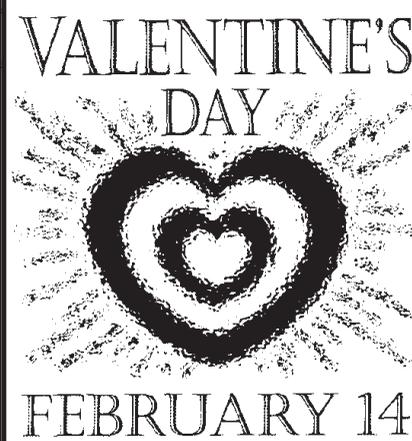
(10% use of proceeds)

WOULD YA' BELIEVE?



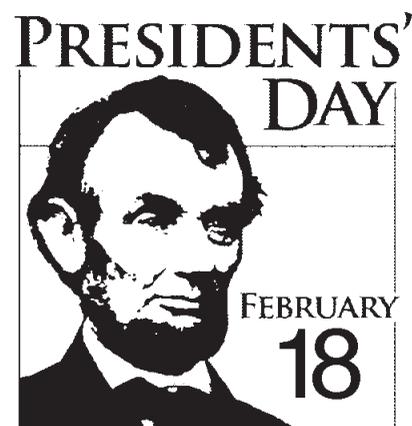
?There are 120 drops of water in a single teaspoon.
...Ants stretch and yawn when they wake up.
...A male sea otter shows affection by biting his mate's nose.
...Each fingernail on the Statue of Liberty is nearly a foot long.
...You can tell a cranberry is ripe when it can be dribbled like a basketball.
...A quarter has 119 groves around the outside edge, while dimes have 118.
...An eagle can kill a young deer and fly away with it.
...Armadillos can be housebroken.
...If you recycle one glass jar, you'll save enough energy to power a TV for three hours.

© King Features



© King Features Syndicate, Inc.
World rights reserved

MONDAY





**C. Lester wins at Valley Hall
Bingo in Vinton**



**Norma Grubbs wins JP at Spout Spring Ruritan
Club Bingo**



**Judy Houchin wins at RV WRESTLING
BINGO in Roanoke**



Sunday line up at Happy's Bingo in Roanoke



**Regular player, Wanda Rhyne, playing at LB
Moose 1727**



**Players at Madison Heights Bingo on
Saturday Morning**



**Regular E&H Bingo player, Louise Hector,
in Roanoke**

ATLANTIC CITY NEWS ...

Outdoor art exhibitions

Artlantic shows local talent as well as international artists

Refocused Freebies

A new study says casinos in Atlantic City are relying too much on free rooms and meals to attract gamblers, *Newsworks New Jersey* has reported. Atlantic City Casinos that give away rooms should refocus their marketing toward free parking and travel reimbursements, according to Seul Ki Lee, the Temple University professor who co-authored the study. Lee, who teaches at Temple's School of Tourism and Hospitality Management, says the traditional "comps" are not bringing in new business. "It has been used to take away gamers from nearby casinos, so they are essentially competing for the same demand when they are using rooms, food and beverages," Lee said. The study's numbers are deceptive because a casino room is perishable, a casino executive observes. A hotel room that goes unused for a night is an opportunity that is lost forever, and to have it sit empty doesn't do any good at all, the exec said. He added that Atlantic City is marketing itself as a destination, with amenities that casinos in surrounding states don't have. Those amenities include hotel rooms.

AC Football Sweepstakes

Atlantic City customers who are also NFL fans can win tens of thousands of dollars in cash or free slot play simply by tapping a touchscreen at a football sweepstakes kiosk at Borgata Hotel Casino & Spa and at other casinos, The Press of Atlantic City has reported. But casino executives are quick to stress that Atlantic City's football promotions are not some clever way to offer a form of online gambling or to skirt the federal law banning sports betting in all but four states. It's a

free promotion, with a chance to win based on picking the most winners or a random drawing. Atlantic City's casinos routinely offer drink and food specials during NFL games, but some of them also have football sweepstakes, giving fans a chance to hit pay dirt. Customers need only to be a member of a casino's loyalty program to play for free using their rewards cards. Both Borgata and Revel, Atlantic City's newest casino, have football contests offering \$1 million in prizes. Tropicana Casino and Resort has a "TFL," or Tropicana Football League, promotion that awards the casino's Diamond Club members free slot play for selecting the winning NFL teams. Revel has weekly prizes totaling \$50,000 for entrants with the most correct picks. If someone is incredibly lucky and selects every winner throughout the season, that person will grab Revel's \$1 million prize. Each week, Borgata gives away a total of \$60,000 in prizes for its NFL contest, including \$20,000 in cash to the entrants with the most winning picks and \$40,000 in bonus slot dollars awarded in random drawings.

From Vacant Lot to Outdoor Art

Artlantic is a series of creative outdoor art exhibitions envisioned by curator Lance Fung in vacant spaces in the heart of Atlantic City. Beginning in 2012 and continuing through 2016, various international artists and architects, working in conjunction with emerging and local talent, are transforming the empty lots into vibrant art playgrounds that welcome residents and visitors alike. Each year will bring a new exhibition. Currently the project features two installations titled Atlantic: Wonder. The design of the larger location evokes roller coasters, past and present, on the Steel Pier. Its spiral form is mirrored by a similar spiral pattern at the second location. Artlantic also offers complimentary programs for the Atlantic City community that encourage participation and collaboration. Artlantic is funded through a partnership of the Atlantic City Alliance and the Casino Reinvestment Development Authority.

juice, or your favorite dressing.

Rice

Rice is a healthful and filling grain. Choose brown rice to add the health benefits of whole grain to your meal. Line a tortilla, lettuce or cabbage leaf, or a sheet of nori (seaweed) with cold, cooked rice. Then add your favorite filling, such as tuna, cheese, nuts, sliced vegetables, citrus fruits or whatever your taste buds dictate! Add a sauce if you like such as salsa, light sour cream or soy sauce. Roll up your treat and slice it into 1- to 2-inch sections for a noontime treat—either heated or cold.

Dips

Everyone loves dipping foods, so make your lunch a festive dipping occasion! Pack foods that are long and thin: sliced peppers, carrots or celery; asparagus, beans or pea pods; pretzels, bread sticks or cheese strips; or apple, orange or pear slices. Peanut butter, light cream cheese, yogurt, soy sauce, salsa, tomato sauce and salad dressings make great dips and can quickly be poured into a small container for lunch on the go. If you have more time, try crafting your own dips. Canned pumpkin can be blended with light cream cheese with a little maple syrup for a sweet dip. Chickpeas, garlic, lemon juice and tahini (sesame paste) puréed together make a nice hummus base to which you can add spices for more flavor. Minced garlic, chopped basil, Parmesan cheese and olive oil make a hearty pasta; add ground nuts for more texture.

Safety

Don't forget safety! If you're packing your lunch to take with you, keep your foods at a



Many Vets Struggle as College Students

A study this summer shows that a large percentage of veterans who use their benefits to go to school are dropping out. There are a number of reasons:

- Peers are different: For veterans who've been in combat, interacting with laid-back students can be stressful.
- Colleges teach in a different way from the military: Topics will be different, in line with civilian life and jobs. There is less structure and certainly less rank-directed respect.
- There are stresses that other college students don't generally have—PTSD, TBI or more subtle brain injuries, or a need for hyper-vigilance.
- Military skills don't easily translate into classroom successes. The more war-oriented the military experience, the harder it is to function in class and study settings.

The Department of Veterans Af-

safe, cold temperature. Put your water bottle in the freezer the night before, and pack the bottle close to the perishable foods in your lunch pack. That way you can enjoy ice-cold water with your lunch.

My recipe for Protein-Packed Pasta Salad is a great way to use leftover pasta and vegetables. It's also an interesting way to incorporate alternative sources of protein into your diet in the form of lentils. It's delicious hot or cold and makes lunch a luscious affair!

PROTEIN-PACKED PASTA SALAD

Lentils are often used as a meat substitute throughout North Africa and the Middle and Far East, and provide the protein in this nourishing salad. Lentils come in three main varieties and colors: French brown, Egyptian red and yellow lentils. Lentils are easy to cook, but canned varieties also work well in this salad.

- 2 cups (about 6 ounces) spaghetti or small, whole-wheat shell macaroni
- 1 (15-ounce) can lentils, drained
- 6 cherry tomatoes, cut in half
- 3/4 cup chopped broccoli, green beans or asparagus
- 1/4 cup chopped red or green bell pepper
- 1/2 purple onion, diced
- 1 stalk celery, diced
- 1/2 large carrot, sliced into rounds
- 1 teaspoon salt
- 1 teaspoon freshly ground black

pepper

- 1/8 teaspoon cayenne pepper
- 1 cup Light Italian salad dressing
- 3 cups Romaine lettuce, torn

fairs is acknowledging the military/civilian divide, and it hopes to pair third and fourth-year student veterans with incoming veterans.

If you're in school and thinking about quitting, don't—not until you've explored every opportunity to make it right for you. You worked hard to earn those benefits. Go to www.vetsuccess.gov and follow the link to On Campus. Click the map or the link to Campus Locations and Contacts. Ask for help. Find out if there's a chapter of Student Veterans of America at your school. Call 202-223-4710 or go online to www.studentveterans.org. Also ask about veterans-only classes, or introduction to college programs for veterans.

1. Cook pasta according to the package directions. Drain pasta and set aside.
2. Drain the lentils. In a large mixing bowl, combine lentils, pasta, tomatoes, broccoli (or green vegetable of choice), bell pepper, onion, celery, carrots, Italian seasoning, salt, pepper and cayenne pepper. Toss to mix.
3. Pour Italian salad dressing over pasta mixture. Toss to coat. Cover and chill for 2 hours to allow the flavors to combine. Serve on a bed of Romaine lettuce. Makes 4 servings. (Tips provided by Trina Barno, a health and nutrition educator with University of Minnesota Extension.)

Angela Shelf Medearis is known as The Kitchen Diva! She's the executive producer and host of The Kitchen Diva! cooking show on Hulu.com. Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks, including The New African-American Kitchen and her new cookbook, The Kitchen Diva Cooks! Visit her website at www.divapro.com.

© King Features



Luscious Lunches

Are you sick of sandwiches, chips and baby carrots? The healthy and resourceful ideas below can spice up your lunchbox, require minimal preparation time and will help you look forward to your noon meal again.

Pasta Noodles

Cook up a batch of noodles the night before and store them in the refrigerator, or use leftover pasta noodles, and you have the beginnings of a tasty cold salad for lunch. Fill one-half of a bowl-sized portable container with cold noodles. Add bite-sized cooked meats or fish, or throw in some beans or nuts. Chop a tomato, some mushrooms, peas, black olives, onions, spinach, celery, carrots, asparagus—anything you find appealing and have on hand. Grapes, raisins, strawberries and apples can be added, too. For more flavor, add cheese, an herb blend, some light mayonnaise, olive oil and lemon

JF

SATURDAY NIGHT BINGO

JEFFERSON FOREST BAND BOOSTERS

**DOOR OPENS AT 5:00 P.M.
EARLY BIRD GAMES AT 6:30 P.M.
REGULAR GAMES AT 7:00 P.M.
LATE GAMES AFTER REGULAR GAMES
GAME PACKS: \$20 & \$30**

**Color Monitors
Ample Parking & Security
Lucky "7"**

**Computer Verification
Electronic Bingo
\$20, \$30 \$40
Progressive Bingo**

Progressive Instant Games

Thanks for your support for the Central VA Finest Band program

MADISON HEIGHTS BINGO

**Seminole Shopping Center
Rt. 29. Madison Heights**

Sponsored by the Jefferson Forest Band Boosters supporting the Band Programs at Forest Middle School & Jefferson Forest High School. 100% profit donated to these programs.
10% use of proceeds.

BEDFORD MOOSE LODGE #1897 BINGO

**WEDNESDAY
NIGHTS**

**TWO GUARANTEED \$500 JACKPOTS
NOW PLAYING "LUCKY 7"**

**EARLY BIRD - REGULAR - DOOR PRIZE
\$25 ADMISSIONS PACK
Doors open at 5:30 p.m. - Early Birds start at 7 p.m.**

"1" Free Early Bird Pack
With Purchase Of 12 Card
Admission Pack

"2" Free Early Bird Packs
With Purchase of 18 Card
Admission Pack

"3" Free Early Bird Packs
With Purchase of 27 Card
Admission Pack

ATM AVAILABLE



12% of gross to charity

A Bingo player's idea of heaven; part two

By Lou Hilford

Oversized Chairs

Let's be honest with this one. The chairs that were comfortable a few years ago, Bingo Players, along with the general population, have grown bigger, heavier and wider. The more comfortable the chair, the easier it is to play longer hours.

Wider Tables

Tables wide enough to be seated opposite other players with room for paper, extra daubers, hand-held units and the essential "lucky charms" that accompany every experienced player.

Seating Variety

The most successful Facilities offer seating variety including: booths with tables for 2-6 players, bar-tops and stools for single players, elevated areas for groups, sofa and coffee tables for friends and rows of tables for those who still prefer them. In other words, a mix and match option for everyone. Another welcome option would be to allow players to reserve their favorite spot for any game, any session and any special promotion or event.

Sight and Sound

With today's technology, there is no excuse for players, anywhere in the Hall not to be able to see and hear the game. Audio-Visual Systems, however, should be a two-way street. Halls should be able to promote their coming events and earn additional revenues through advertising. Players should be able to watch television specials, news and sports while being able to order food and beverage. Both Halls and players should be able to take advantage of mobile equipment.

Food and Beverage

The day of the "greasy spoon" snack bar is long gone. Although most halls still feature snack bars, it should be noted that many Halls now offer full-service restaurants and lounges. In either case, a choice of healthy foods in addition to the traditional fast foods, will increase revenue.

Entertainment and Fun

There is no reason for a Bingo Hall or its games to be dull and boring. The use of entertainment Hosts with or without traditional Callers is a growing trend. The greater use of innovative paper products; the option of electronic POD (Play On Demand) games; and the option of interactive and strategic games is changing the Bingo landscape. To this new mix, the use of local live entertainers performing before, during and after session should also be considered.

Paying for Games

In most Halls, cash is still king. Players line-up to pay and to cash out at Cashiers' windows. In some Halls, players can pay for games from Floor Staff, but still have to return to the Cashiers to cash out. Payment options must be increased to using both credit and debit cards; to using the electronic bingo equipment itself; and to the greater use of ATM's and Kiosks. Let's increase the fun by allowing players to buy more games even after the game has started.

Reward Programs

Let's have a logical, intelligent and simple Rewards Program. Points for every activity in the Hall and Points that can be used for every program, product and service in the Hall. To those facilities that have both Casinos and Bingo Halls—let's include the Bingo Players in your Reward Programs.

Special Events and Promotions

For the purpose of this "heavenly" report, these two programs are inter-changeable. They are, however, very different in the operation of Halls. Well planned, they are important in obtaining community publicity, retaining current players, recruiting new players and adding substantial revenues to the bottom line.

BUGLE CRUISE NEWS

■ The World Championship Bingo Tournament & Gaming Cruise—Your Ports of Call: New Orleans; Part one of a four-part series

When planning a World Championship Bingo Tournament & Gaming Cruise vacations, players sometimes fail to remember that part of that vacation can include spending a little pre-cruise time in the city from which the ship will set sail.

This is something worth giving extra consideration to in 2013 when the 25th Annual World Championship Bingo Tournament & Gaming Cruise host ship *Carnival Conquest* begins its journey from the “Big Easy”—the exciting city of New Orleans.

New Orleans has many major attractions including stylish boutique hotels, live music, antique and vintage shops, cafés and neighborhood restaurants. Perhaps the most well-known area of the city is the French Quarter which dates from the French and Spanish eras and contains many popular shops, bars and clubs. Notable tourist attractions in the Quarter include Bourbon Street, Jackson Square, St. Louis Cathedral, the French Market (including Café du Monde, famous for café au lait and beignets) and Preservation Hall.

Preservation Hall is a musical venue in the French Quarter founded to protect and honor New Orleans’ unique musical heritage—which was born in its pre-American and early American days from a unique blending of European instruments with African rhythms. As the only North American city to allow slaves to gather in public and play their

native music (largely in Congo Square, now located within Louis Armstrong Park), New Orleans became the birthplace of an indigenous musical style we have come to know as jazz.

Also located in the French Quarter is the old New Orleans Mint, a former branch of the United States Mint, which now operates as a museum, and The Historic New Orleans Collection, a museum and research center housing art and artifacts relating to the history of New Orleans and the Gulf South. The National World War II Museum, opened in the Warehouse District in 2000 as the “National D-Day Museum,” is dedicated to providing information and materials related to the Invasion of Normandy. Nearby, Confederate Memorial Hall, the oldest continually operating museum in Louisiana (although under renovation since Katrina), contains the second-largest collection of Confederate memorabilia in the world. Art museums in the city include the Contemporary Arts Center, the New Orleans Museum of Art (NOMA) in City Park, and the Ogden Museum of Southern Art.

To tour the port, you can ride the *Natchez*, an authentic steamboat with a calliope, which cruises the Mississippi the length of the city twice daily. New Orleans has also become widely known for its beautiful cemeteries with their distinct above-ground tombs. They are often attractions in themselves, the oldest and most famous of which, Saint Louis Cemetery, greatly resembles Père Lachaise Cemetery in Paris.

This is but a sampling of what there is to see and do during a pre-Tournament Cruise visit to the Big Easy. Visit www.bingobugle.com/cruise or phone our Bingo Bugle Cruise Specialist Roxanne Vasquez at 1-888-FLA-BINGO (1-888-352-2464) for further details.

THE BUGLE UNSCRAMBLER

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

MYTHE

--	--	--	--	--	--

©2002 Tribune Media Services, Inc. All Rights Reserved.

RABEG

--	--	--	--	--	--

ENSCOD

--	--	--	--	--	--

RUPPEA

--	--	--	--	--	--

Answer: A

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Answers: THYME-BARGE-SECOND-PAUPER
Answer: What the gossip columnist became when she got divorced: A NAME DROPPER



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

The Sign of Aquarius Horoscope Highlights

■ Born January 30th-February 18th

Born January 20th thru 29th: The perfect day to invest in something you've spent plenty of time contemplating on the 13th.

Ultimate February days: 4, 8, 13, 17

Born January 30th thru February 8th: Curb any extravagances 8th-18th...you'll understand why soon, and be relieved (if you behaved well).

Ultimate February days: 5, 9, 13, 18

Born February 9th thru 18th: A day of reckoning the 19th is met with added (and unanticipated) rewards!

Ultimate February days: 1, 5, 14, 19

SECRET MESSAGE

- ★ Here is a pleasant little numerical puzzle designed to spell out a message or fortune for you.
- ★ 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 upper left-hand corner and circle your key number, left to right.
- ★ Read the special message spelled out for you.

2	6	5	2	8	2	8	7	4	6	3	6	5
F	D	S	O	L	C	I	Y	Y	O	U	Y	T
4	6	4	3	5	7	3	2	6	8	4	7	4
O	O	U	N	A	O	S	U	U	F	P	U	L
6	8	2	3	6	2	5	7	5	3	4	8	7
R	E	S	E	V	E	Y	F	F	L	A	I	O
4	8	3	5	8	6	5	7	6	8	4	8	6
N	S	F	O	M	E	C	R	R	A	A	D	Y
2	4	3	4	6	4	5	7	8	3	8	7	3
N	C	I	R	B	U	U	M	E	S	E	B	H
8	5	4	5	6	4	5	8	7	2	6	8	6
A	S	I	E	E	S	D	S	O	E	S	I	T
4	8	7	2	7	8	3	2	3	2	3	2	2
E	E	N	R	D	R	A	G	I	I	D	E	S

Healthy Living

Vitamin D

■ Maintaining healthy levels

Anytime of year can be the right time to make sure you are getting enough of the “sunshine vitamin”—vitamin D.

Vitamin D not only helps maintain strong bones and calcium levels in the blood, but there is growing evidence linking this important nutrient to overall good health. In fact, if you are among the 77 percent of American adults who are vitamin D deficient, research shows you may be at an increased risk for rickets, osteoporosis, cardiovascular disease, autoimmune disease and certain types of cancer.

To help, here are four tips to help you:

1. Know your number. A simple blood test ordered by your physician can assess your vitamin D level. By knowing your number, you and your physician can develop a plan to help you maintain healthy vitamin D lev-

els.

2. Get some sun. Sun exposure plays a crucial role in the daily production of vitamin D. However, too much unprotected exposure increases the risk of skin cancer. Research finds that as little as 10 minutes of direct sunlight a day is all you need.

3. Eat right. Eating foods rich in vitamin D such as salmon, canned tuna fish in oil, white mushrooms, carrots, dark leafy greens and fortified brands of milk, juices, and cereal products helps maintain adequate levels.

4. Consider supplements. Taking daily vitamin D supplements is another way to help maintain adequate amounts. Your doctor can help you determine which supplement type and amount is right for you.

As always, check with your doctor before making any significant changes to your lifestyle or diet. For more information visit www.siemens.com/VitaminD. © NAPSA



The Cadillac

■ **A comfortable station in life**

Dear Dream Lady,

(Edited) I sat in a new white Cadillac and tried to use the arm controls to open the passenger door. My late friend Carl said he read the manual and door should have opened. He did it by using seat controls! Then I pushed the button on the garage opener and backed out. I took the road to Minneapolis (never been there), got there, and drove on a cobblestone road. I heard a train, the guard gate went down, but I never saw the train. I drove into an arcade, but the car did not belong there. I circled and a boy scout "guard" pointed to a hand-made winter village he made, then the alarm clock rang.

Harry G., Sun City, Arizona

Dear Harry,

The Cadillac symbolizes a comfortable station in life and also that you have a goal. The confusion about the doors tells me you are upset about something

you have not been able to solve. The fact that you drove into an arcade and were not welcome tells me the same thing. I hope that you have already solved those responsibilities and that things are back to normal. Let me know.
—*Dream Lady*

Dear Dream Lady,

(Edited) I had a frightening dream about being on a ferryboat to a palatial island where couples boarded, but only single men returned. The couples were "overly happy" and my cell phone gave me one message – RUN – then it went dead. The man I went over with was trying to murder me (as were others) and the island was in circular layers like a parking garage. Somehow my mind told me it was a nightmare and I had to get off the island to wake up. I took a gigantic leap into the water and woke up. I was upset all day.

Fran P., North Las Vegas, Nevada

Dear Fran,

This is a classic nightmare and I am very surprised that your "waking brain" interfered with your sleeping brain to wake you and help you escape from your nightmare. That is extremely rare! Clearly, you have suffered a major life change where you fear for your life, whether it is your health or your physical well-being. Examine what is going on. You are clearly a survivor, so do whatever it takes to get yourself out of the potentially dangerous situation you are in. My thoughts are with you. —

Dream Lady

ADDRESS CHANGE—Please mail your dreams to P.O. Box 414, Entiat, WA 98822.

Enclose a SASE if you want a personal reply before publication.

Sautéed Cabbage with Peas

Onion, sautéed until golden, adds a wonderfully nutty flavor to this simple side dish.

- 2 tablespoons margarine or butter
- 1 medium onion, thinly sliced
- 1 small (about 2 pounds) head savoy cabbage, cored and cut into 1/2-inch-thick slices, with tough ribs discarded
- 3/4 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon coarsely ground black pepper
- 1/2 cup chicken broth
- 1 package (10-ounce)

- frozen baby peas
- 1/4 cup chopped fresh dill

1. In a 12-inch skillet, melt margarine or butter over medium heat. Add onion and cook, stirring often, until tender and golden, about 8 minutes.
2. Add cabbage, salt, sugar and pepper, and cook until cabbage is tender-crisp, about 5 minutes, stirring often. Stir in broth, and cook 10 minutes or until cabbage is tender. Spoon mixture into bowl; cover and refrigerate up to 1 day.
3. To complete, return cabbage mixture to skillet; add frozen peas and dill. Cook over medium heat, stirring frequently, 12 to 15 minutes, until heated through. Serves 8.

**BINGO BUGLE
LOTTERY LOWDOWN (c)
MEGA MILLIONS' CLUB**

Why should you join a Mega Millions' Club?

- * **Save Money -- club members pay only \$15 for 150 shared chances to hit the big one! (10 sets of shared numbers for 15 drawings)**
- * **Don't miss a drawing - Club Treasurer purchases tickets for each drawing of club's duration.**
- * **All members receive a guaranteed minimum of \$3.00 coupon for future club.**
- * **Nothing to watch - if you don't follow drawings nightly, "LL" does it for you. A recap of all drawings is sent to you at Club's completion.**

JOIN TODAY! SEE COUPON ON PAGE 2 OF THIS ISSUE FILL IT OUT, SEND IT IN WITH YOUR CHECK/M.O. FOR \$15.00 .. JOIN IN THE FUN!

(CHECK TO BUGLE CLUB)

***New Clubs start every 4 - 6 weeks .. You will receive your numbers, club rules, and full details.
(Odds of winning grand prize: 1 in 175,711,536)***

SPECIAL GAME NOTICE

The Concord Vol. Fire Department will host a Longaberger Basket or cash bingo on Saturday, March 9, 2013 with snow date of March 16 at the Spout Spring Ruritan Club. Doors open at 11:30 a.m. & Games start at 1:00 p.m. There will be small and large raffles, 50/50, King of the Mountain game, door prizes & more. Food, drinks & deserts will be available for purchase. Tickets are \$20 in advance & \$25 at the door. For tickets and more information call 434-993-2129 or 434-332- 4461.



**THURSDAY
&
SATURDAY**

Nelson Bingo

2 DAYTIME BINGO GAMES

MADISON HEIGHT BINGO
NEXT TO "BIG LOTS"

**DAYTIME
BINGO
846-6310**

THURSDAY MORNING

DOORS OPEN..9:30 A.M. GAME STARTS.10:45 A.M.

AND

SATURDAY AFTERNOON

DOORS OPEN ... 11:00 A.M. GAME STARTS 12:30 P.M.

FULL PROGRAM WITH LATE BIRDS

Admission \$25 and \$30 packs

Bundle Deals

Regular Bundle.....\$55.00 12 on/12 up w/ JP's, 1 set quickies,
1/\$40 Turbo Box, 3 games Cloverleaf

Large Bundle....\$60.00 18 on/12 up w/ JP's, 2 sets quickies,
1/\$40 Turbo Box, 3 games Cloverleaf, 3 games BUG

Use of Proceeds 10%

ROANOKE AREA WRESTLING

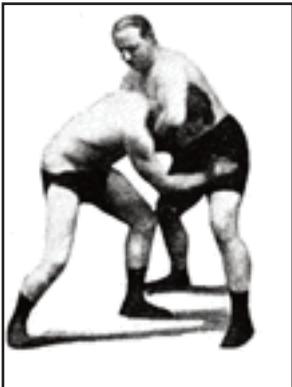
BINGO - BINGO - BINGO

SUNDAY AFTERNOON

GATOR HALL

WILLIAMSON PLAZA

ROANOKE



BINGO				
11	19	31	52	70
3	27	41	47	69
8	30	FREE	55	73
2	22	44	57	65
6	18	34	54	64

NEW ROANOKE GAME!

Doors open 12 Noon

Early Bird @ 1:30 PM - Regulars Follow

Computers Available - Lucky 7 - Bonanza

SUNDAY, FEBRUARY 10TH (RIBS)

MEAL WITH PACKAGE PURCHASE

AND a 40" TV given away (75 or more players) on 2/3, 2/17, & 2/24

E&H BINGO HALL

**1529 WILLIAMSON ROAD
ROANOKE, VA
540-344-3218**

**MINIMUM NIGHTLY PAYOUT \$4700.
MORE AS PROGRESSIVE GAMES INCREASE
MONDAY/TUESDAY/THURSDAY & FRIDAY NIGHTS
REGULAR PACKS - \$15.00
SPECIAL PACK - BUY ONE 3-ON, GET ONE FREE!
TWO LUCKY SEVEN GAMES EVERY NIGHT!
NEW PROGRESSIVE GAME - 4 POSTAGE STAMPS**



NORTHWEST REC CLUB

USE OF PROCEEDS - 12%



WILMONT REC CLUB

USE OF PROCEEDS - 10%

**BREAKFAST BINGO
MONDAY, TUESDAY, THURSDAY, & FRIDAY
AT 10:15 A.M.**

**REGULAR BINGO
MONDAY, TUESDAY, THURSDAY, & FRIDAY NIGHTS
Doors Open at 5:00 P.M. Mini Bingo at 5:30 P.M.
Regular Games at 7:00 P.M.**

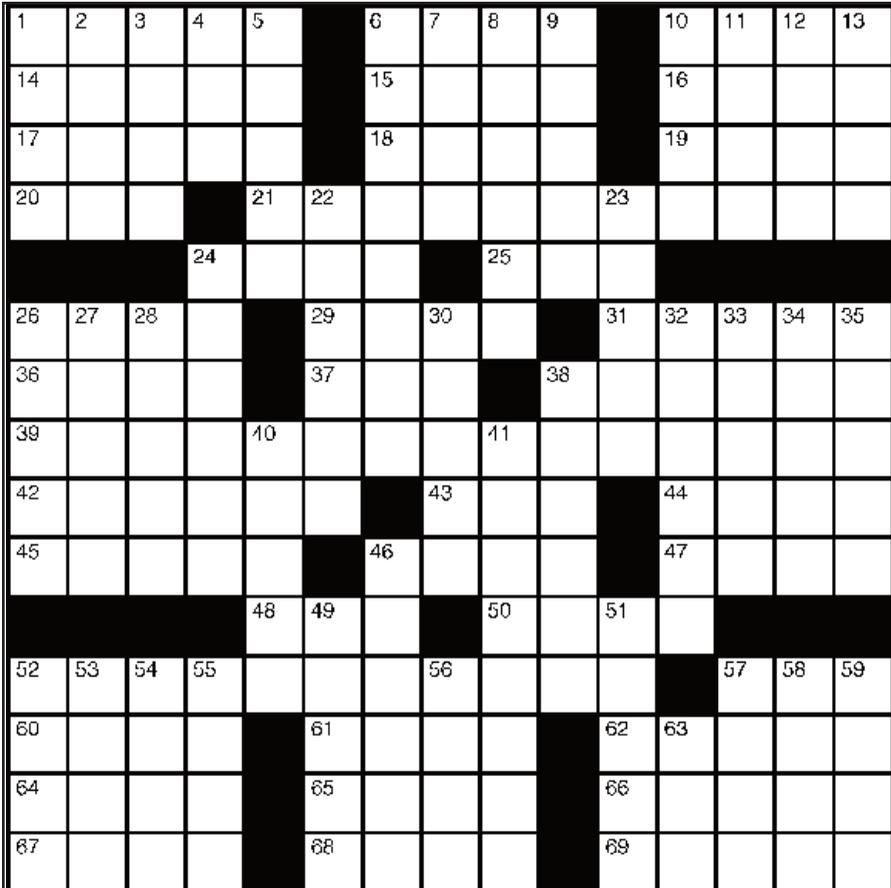
Poor Man's Bingo Starts at 10:15 P.M.

***BINGO - BINGO - BINGO - BINGO - BINGO - BINGO
- JOIN US IN ROANOKE -***

COFFEE BREAK

FOR ADVERTISING
INFORMATION
CALL: 434-239-3072

BUGLE CROSSWORD



Answers On Page 17

ACROSS

- 1 Greek market
- 6 Snooped
- 11 Dancer Charisse
- 14 Lifting device
- 15 Church passage
- 16 Peggy or Brenda
- 17 Parisian breakfast?
- 19 Traveler's stop
- 20 Sun. homily
- 21 Jabba the ___
- 22 White-water conveyances
- 24 Brussels breakfast?
- 28 Bronte or Dickinson
- 30 Gulf of Mex. neighbor
- 31 Drunkards
- 32 Inserts
- 34 Indy stop
- 37 Fast driver
- 39 On the line
- 41 CIA precursor
- 42 Eaves hanger
- 44 Scrutinized
- 45 Shell rival
- 46 Opera songs
- 47 London breakfast?
- 52 Bolshevik leader
- 53 Lat. list-ender
- 54 Some MDs
- 57 Ms. Gardner
- 58 Dublin breakfast?
- 62 Court divider
- 63 Ray
- 64 Stood
- 65 Kildare and Welby, e.g.
- 66 Peer recognition
- 67 Beginners

DOWN

- 1 Landon and others
- 2 Actor Richard
- 3 Dental malocclusions
- 4 Stimp's pal
- 5 Roguishly
- 6 Singer LaBelle
- 7 Mob violence counter-measure
- 8 O.T. book
- 9 Urban RRs
- 10 Exits Amtrak
- 11 Precipice
- 12 Streisand film
- 13 Thick
- 18 Embrace
- 23 Eglin, e.g.
- 25 Ultimatum word
- 26 Twangy
- 27 Produce a literary work
- 28 Exxon, formerly
- 29 Swabbing tools
- 32 Rio Grande tributary
- 33 Robert of "Vega\$"
- 34 Bearing the cost of
- 35 Home decor company
- 36 Turner and Williams
- 38 Lessen
- 40 Actress Garr
- 43 Revives
- 45 Will Smith biopic
- 46 Waterborne
- 47 Large antelope
- 48 Less than once
- 49 Tiny pests
- 50 King Arthur's father
- 51 H.S. teachers
- 55 Guadalajara money
- 56 Understands
- 59 Major studio, once
- 60 McKellen of "The Lord of the Rings"
- 61 Young fish

© Tribune Media Services

BUGLE WORD GAME

HOW TO PLAY: Read the list of words. Look at the puzzle. You'll find these words in all directions—horizontally, vertically, diagonally, backwards. Draw a circle around each letter of a word found in the puzzle, then strike it off the list. Circling it will show a letter has been used but will leave it visible should it also form part of another word. Find the big words first. When letters of all listed words are circled, you'll have the given number of letters left over. They'll spell out your MAGICWORD.

SHOPPING ONLINE (sol.: 8 letters)

A-Account; B-Bargains, Browse, Button, Buyer; C-Cart, Change, Choose, Click, Compare, Cost, Coupons, Credit card, Customer; E-Easy, E-mail, Encrypt; F-Features, Find; I-Items; M-Merchandise, Merchant; O-Order; P-Password, Products, Purchase; R-Rates, Return; S-Safe, Sale, Save, Search, Secure, Selections, Services, Ship; Sign in, Site; T-Total; V-Visit; W-Wish list

INTERNET

Answer:

B A R G A I N S E C I V R E S
U M R E M O T S U C H O O S E
Y E S I D N A H C R E M I N R
E R I E W O C H A N G E N R U
R C G R I T O S E T A R T U T
C H N U S T S E N C R Y P T A
R A I C H U T K C I L C U E E
E N N E L B R O W S E E R R F
D T I S I V U I T E M S C S A
I E L A S N H C R A E S H R S
T C A R T O R D E R L I A M E
C D S S T C U D O R P T S N A
A N A P A S S W O R D E E E S
R I V T S N O I T C E L E S Y
D F E R A P M O C O U P O N S



One of the five words below does not belong with the others. Which one is the odd man out?

- NOMINATED
- SOMETIMES
- RATED
- RADICAL
- GUMDROP

© King Features

Stickelers Answer

GUMDROP does not belong with the others. The other four words alternate vowel-consonant-vowel-consonant, etc.

DECEMBER BUGLE SWEEPSTAKES WINNERS

CONGRATULATIONS

15 DRAWING "LL" MEGA MILLIONS'

WATCH YOUR MAIL

CLUB WINNERS

**Frances Hedrick
Evington
Moose 1727**

**James Jones, Sr.
Valley Hall
Rocky Mount**

**Tom Wilson
Richmond
Bugle Web Site**

**Mary M. Schrader
Lynchburg
Timberlake Exxon**

**Sharon Hutzell
Roanoke
Scrappers**

**Claire Anne Hale
Rocy Mount
Valley Hall**

**H.J. Thomas
Charlotte, NC
All Star Center**

**Patrice Stedman
Lynchburg
Exxon**

**Betsy Williamson
Dover, DE
Bugle Web Site**

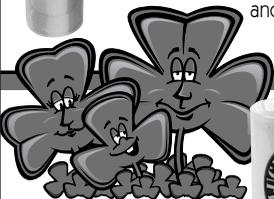
**Gary W. Schrader
Lynchburg
Timberlake Exxon**

SEE OUR COMPLETE LINE OF PRODUCTS ON LINE ANYTIME AT
www.bingonoveltyworld.com

LUCKY CLOVER SPECIAL



This lucky set includes
 Irish Troll Doll
 Green Travel Mug
 Clover Purse Holder
 and Set of 10 Clover Waiters
all for only \$16.60



LUCKY BINGO TROLL MUG \$3.95



RELIABILITY • QUALITY • SERVICE

NAME _____
 STREET _____ PLEASE PRINT CLEARLY
 ADDRESS _____
 NO P.O. BOX'S PLEASE
 CITY _____ APT. # _____
 STATE _____ ZIP _____
 PHONE _____

SHOP ONLINE 24/7
www.bingonoveltyworld.com
 WHEN IN LAS VEGAS VISIT OUR SHOWROOM AT
 4154 CAMERON ST., LAS VEGAS
 MON-FRI 9-4 (PST)

SHIPPING CHART
 Up to \$25.00 add \$7.95
 \$25.01-\$50.00 add \$9.95
 \$50.01-\$75.00 add \$11.95
 \$75.01 and over add \$13.95
(Before Tax & Shipping & Handling in Continental U.S.)

To charge by phone on
Call 1-800-732-4646 (M-F 8:30AM-4:30PM PST)
 Mail Check or Money Order To:
BNW, Inc. 4154 Cameron St., Las Vegas, NV 89103

\$25 Serv. Chrg. on Returned Checks
 (check & fee may be electronically
 presented to your bank)



GRIPPER DAUBERS \$8.95 (Set of 4)



MINI LUCKY TROLL DAUBERS \$5.95 (Set of 5)

LEPRECHAUN T-SHIRT



\$9.95
 M, L, XL, 2XL & 3XL
 Available in Blue,
 Gray or White

ITEM	QTY	PRICE	TOTAL
Lucky Clover Special		x\$16.60	
Leprechaun T-Shirt (Choose Size & Color) M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL <input type="checkbox"/> Blue <input type="checkbox"/> Gray <input type="checkbox"/> White <input type="checkbox"/>		x\$9.95	
Gripper Daubers (Set of 4)		x\$8.95	
Mini Lucky Troll Daubers (Set of 5)		x\$5.95	
Lucky BINGO Troll Mug		\$3.95	
SUB-TOTAL			
SHIPPING (SEE CHART)			
SUB-TOTAL			
NV RES. ADD 8.1% SALES TAX			
TOTAL			

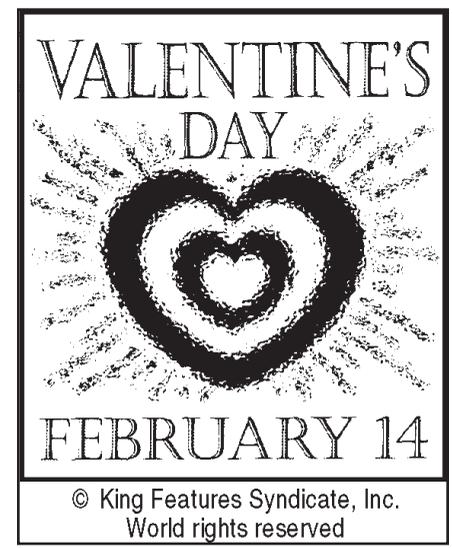
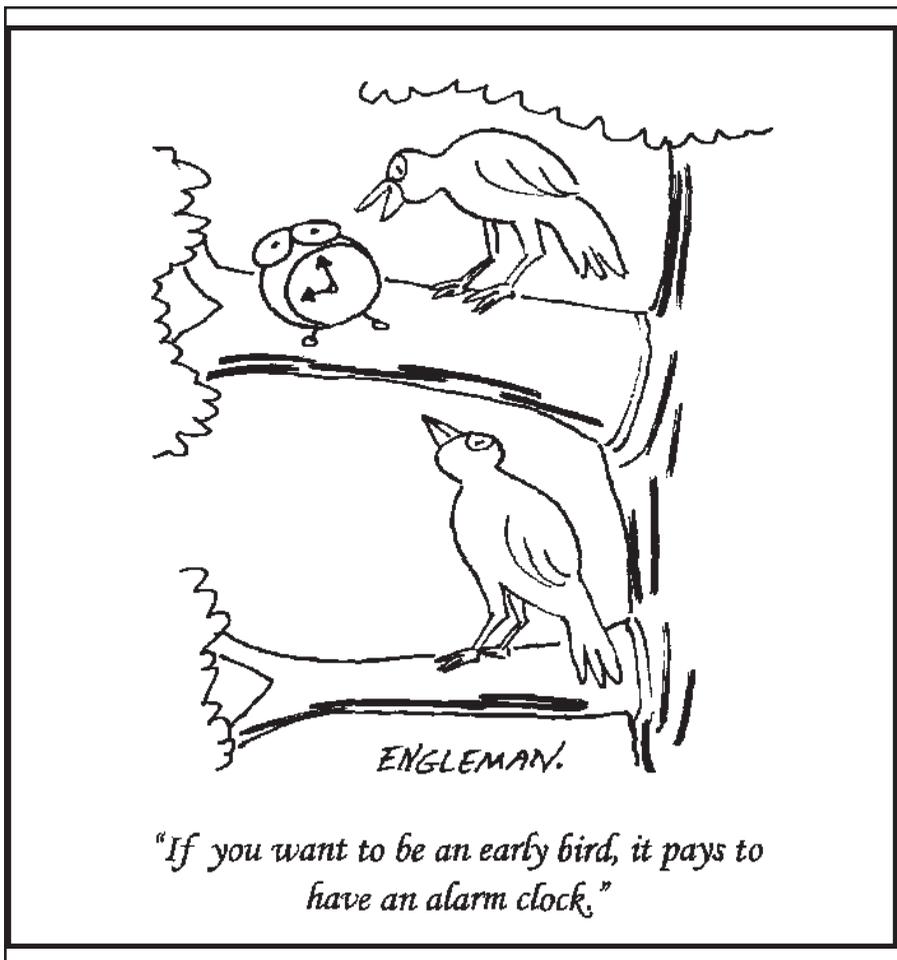
If more space needed, attach extra paper



Bingo Cruising

We became a threesome on that cruise—Charlie, Kate and I. Kate and Charlie ran around the deck in their pursuit of fitness while I lounged around and talked and talked to Charlie when he was done exercising. We three had massages—which Charlie gallantly paid for and we really enjoyed Bingo together, twice every day. Charlie was still lucky. He won once every session, usually enough to cover all three of our buy-ins. I couldn't ascribe it to the cards this time as he swapped cards with me once just to make the point. I couldn't believe how cold those cards became as soon as we swapped and decided it was some kind of magic he alone possessed. It was, however, super just to sit next to him and watch him be on repeatedly. Then came the big playoff at the end of the last game at the end of the cruise. I was expecting Charlie to win and sat poised next to him. The first special was two diagonal lines. One through the middle and the other anywhere. It made me think of Harry Potter's "Diagon-ally" which I happily shared with the others. "Come on, ally," murmured Charlie as the game progressed. "I need you, ally," and I laughed to myself at his murmurings. Kate was finally in the game as she was on and repeatedly chanted the number she needed. I really waned her to win. It certainly seemed to be her turn, so I began chanting her number, G-54. "What, do you need it, too?" she asked. I started to tell her I was rooting for her when I suddenly realized I, too, was on for G-54.

Charlie's number came up in the screen and I noted the next number after was G-54. He did not call "Bingo" but let the number go by so that Kate and I could win. It was a generous, if risky, play, but nobody else called the win and Kate and I split a hefty \$400. I was so excited I could scarcely concentrate on the next part of the game—which was a blackout. The game became exciting as Charlie was on and we all hovered over our cards. Finally, a small woman to our right called "Bingo" in a tiny voice and it was clear the worker had not heard her. "Bingo!" Charlie boomed out loud enough to stop the game and give the woman her win. "You are still a hero," said Kate. "Gallant to the end." It was an exciting end to an exciting trip. Tomorrow morning we would dock in Seattle where Cliff and Rodney would be waiting. It turned out Charlie's wife came to the dock, so we all got to meet. The woman was as sour as her picture looked and I would not have had her as a friend. Charlie, however, immediately liked Cliff and Rodney and insisted we all have lunch together "to round out the trip." "What was the very best thing about the cruise?" asked Rodney when we were all seated in a nearby restaurant. We all chimed in at once. "The food," said Kate. "Playing Bingo next to Charlie when he was winning," I said. "Meeting these two lovely ladies," said Charlie while we watched his wife's face turn even sourer.



VALLEY HALL BINGO

1320 Washington St.
Vinton, VA

540-343-5685

ENJOY
YOUR
WEEKEND
WITH
OUR
BINGO

THE
VALLEY'S BEST
BINGO HALL

ENJOY THE BEST OF
BOTH WORLDS ...

SMOKE FREE OR
DESIGNATED
CLOSED IN
SMOKING ROOM....

EVERY DAY, EVERY GAME, ONLY \$18

BINGO SPONSORS

Saturday 1:45 P.M.

William Byrd H.S. Booster Club

(12% to charity)

Saturday, 6:45 P.M.

Roanoke Valley Soccer Association

(12% to charity)

Sunday, 1:45 P.M.

Top Dog Booster Club

(12% to charity)

Sunday, 6:45 P.M.

Roanoke Valley Soccer Association

(12% to charity)

WE ARE NOW PLAYING "LUCKY 7"

Doors Open at Noon

Play Starts at 1:45 & 6:45 P.M.

8 Color Monitors - Computer Verification

Handicap Accessible - Security on Duty

- Bingo Novelty Shop -

\$500 Instant Bingo - 4 Sessions Every Weekend

"Guaranteed Winner Every Game"

\$23,000 in Prizes Every Weekend

Happy 2013

From The Volunteers and

Management Of

VALLEY HALL BINGO

NEW!

Progressive Bingo Game!

Presented by
**Voice of the
Blue Ridge**

-and-

Miss
**VIRGINIA
BINGO**

ALL STAR CENTER
Friday and Saturday
Games start at 7:00 pm
3435 Melrose Ave., N.W.

Roanoke
(540) 985-3780

Use of Proceeds-15.7%



★ WIN BIG \$

★ Two \$500 Jackpots Nightly

★ Lucky "7"

★ Bonanza

*Average 2 Night Payout of
Over \$26,000 EVERY WEEKEND!*

★ \$25 and \$20 Admission Packs

★ Smoke Eaters & Non-Smoking Section

★ Great Food! Deli Opens at 5:30

★ Ample Lighted Parking

★ Color Monitors

★ Friendly Atmosphere

★ 32 Games Nightly

★ Computer Verification

★ Security

★ Air Conditioning

NEW POLICY! NO MORE COMPUTERS!

MELROSE ATHLETIC CLUB BINGO

"The Best Bingo Game In Town!"

EVERY SUNDAY

Bingo Hall @ Happy's

5411 Williamson Road Roanoke

540-793-1807 or 540-597-6415

Electronic Bingo, Lucky 7, Queen of Hearts, \$1000 Jackpot, Treasure Chest!

Doors Open at 4:30 pm - Game Starts at 5:30 pm

SPECIAL ... ON THE 4TH SUNDAY OF THE MONTH EACH PLAYER
WILL RECEIVE WITH THEIR PACK A MEAL VOUCHER TO
HAPPY'S RESTAURANT....

"SAVE ON NEW BUNDLE PRICES"

25TH
ANNUAL

BINGO BUGLE

**WORLD CHAMPIONSHIP
BINGO TOURNAMENT
AND GAMING CRUISE**

**SILVER
JUBILEE
ANNIVERSARY CRUISE**
to the Caribbean



**25
GO
YEARS**

DON'T MISS THE CELEBRATION

October 27th - November 3rd, 2013!

Sail Aboard Carnival's **CONQUEST**

New Orleans • Mahogany Bay • Belize • Cozumel

Slot, Poker and Blackjack
Tournaments Too!

OVER \$100,000
IN CASH AND PRIZES
PLUS \$25,000
IN BONUS BINGO CASH

**EARLY
BIRD
DISCOUNT**

Book By
February 1st, 2013

CALL TOLL FREE
Cruise Specialist Roxanne Vasquez
888-352-2464
www.bingobugle.com/cruise

BUGLE PLAYERS' GUIDE

MONDAY

Moose Lodge #1727
Lynchburg
7:00 P.M.
Page 21

NorthWest Rec Club
Roanoke
10:30 A.M. & 7 P.M.
Page 10

Roanoke Catholic
Roanoke
(All Star Bingo)
7 P.M.
Page 20

Elks Lodge #321
Lynchburg
6:30 P.M.
Page 20

TUESDAY

Ruritan Club
Spout Spring
7:00 P.M.
Page 2

Wilmont Rec Club
Roanoke
10:30 A.M., 12:30 P.M.
& 7:00 P.M.
Page 10

Roanoke Catholic
Roanoke
(All Star Bingo)
7 P.M.
Page 20

WEDNESDAY

Gator Bingo
Roanoke
6:30 P.M.
Page 12

Moose Lodge #1897
Bedford
7:00 P.M.
Page 6

Piney River Moose
Lowesville
7 P.M.
Page 3

THURSDAY

Brookville Band
Madison Heights Bingo
6:45 P.M.
Page 3

NorthWest Rec Club
Roanoke
10:30 A.M. & 7:00 P.M.
Page 10

Nelson School Booster
Madison Heights
10:00 A.M.
Page 9

Gator Bingo
Roanoke
6:30 P.M.
Page 12

FRIDAY

Ruritan Club
Spout Spring
7:00 P.M.
Page 2

Voice of the
Blue Ridge
Roanoke
7:00 P.M.
Page 1 & 14

Wilmont Rec Club
Roanoke
10:30, 12:30 P.M.
& 7:00 P.M.
Page 10

Elks Lodge #321
Lynchburg
6:30 P.M.
Page 20

Scrapper's Bingo
Roanoke
6:30 P.M.
Page 24

SATURDAY

Nelson School Booster
Madison Heights
12:30 P.M.
Page 9

Jefferson Forest Band
Madison Heights
6:30 P.M.
Page 6

Valley Hall Bingo
Vinton
1:45 & 6:45 P.M.
Page 13

Voice of the Blue Ridge
Roanoke
7:00 P.M.
Page 1 & 14

SUNDAY

Valley Hall Bingo
Vinton
1:45 & 6:45 P.M.
Page 13

Melrose Athletics Bingo
Roanoke
5:30 P.M.
Page 14

Roanoke Wrestling Bingo
Roanoke
1:30 P.M.
Page 9

**Cruise Information
can be found on
Page 15**

CALL TODAY!

Bingo Bugle Sweepstakes Entry Form February, 2013

NAME: _____

ADDRESS: _____

TOWN: _____ ST: _____ ZIP: _____

PHONE: _____

RECEIVED BUGLE AT _____

Prizes: Ten 15 drawing memberships to Bugle Mega Millions' Club (a \$15 Value)

**Enter at your favorite Bingo Hall OR:
Send entry to: Bingo Bugle Sweepstakes
136 Yorkshire Circle
Lynchburg, VA 24502-2757**

**Questions? Call 434-239-3072
Email: bugle@lotterylowdown.com**

**COMMENTS: __ONE SPECIAL DRAWING FOR \$100 WILL
BE HELD ON THE 20th OF JANUARY ALONG WITH THE
10 CLUB PRIZES. MAIL THIS TODAY!**



Lucky Predictions for February 2013

ARIES: March 21 to April 20

1st thru 6th...
Golden opportunities 4th/5th\$\$
7th thru 12th...
A different kinda win the 9th\$!
13th thru 18th...
Dare you to bet the 13th!\$!
19th thru 24th...
Made-n-the-shade 23rd-24th!\$
25th thru 28th...
Wouldn't be prudent.

TAURUS: April 21 to May 21

1st thru 6th...
Fun, but not rewarding.
7th thru 12th...
On a roll 7th-8th\$\$
13th thru 18th...
Mighty fine 15th/16th\$!
19th thru 24th...
Bet on BLUE 20th-21st\$\$
25th thru 28th...
Practical plans for \$\$\$ 25th-26th\$

GEMINI: May 22 to June 21

1st thru 6th...
No competition the 1st\$
7th thru 12th...
PURPLE pays 8th-9th\$\$
13th thru 18th...
RED's #1 the 13th!
19th thru 24th...
Slide into ORANGE 23rd/24th\$!
25th thru 28th...
Friends helpful 27th-28th!\$

CANCER: June 22 to July 22

1st thru 6th...
Abundantly yours 2nd-3rd\$\$
7th thru 12th...
All but the 10th, disregard.
13th thru 18th...
A home run 15th-16th!
19th thru 24th...
You're in top form 20th-21st\$
25th thru 28th...
BROWN/GREEN the 25th\$

LEO: July 23 to Aug. 23

1st thru 6th...
The time is ripe 1st/4th/5th!
7th thru 12th...
Not likely.
13th thru 18th...
Don't hold back 13th-14th\$
19th thru 24th...
YELLOW/PURPLE rule 18th\$\$
25th thru 28th...
Wam-bam-boom the 27th!

VIRGO: Aug. 24 to Sept. 23

1st thru 6th...
Oh-so-nice 2nd-3rd\$\$
7th thru 12th...
High achiever the 7th\$\$

13th thru 18th...
More than adequate the 20th!
19th thru 24th...
Keep it up the 21st!
25th thru 28th...
Full moon luckiest 25th\$\$

LIBRA: Sept. 24 to Oct. 23

1st thru 6th...
Play it cool to win 4th\$
7th thru 12th...
Good vibrations 8th-9th\$!
13th thru 18th...
Wait 'til the 17th-18th!
19th thru 24th...
All except 20th-21st great!
25th thru 28th...
Your safest bet 27th!\$

SCORPIO: Oct. 24 to Nov. 22

1st thru 6th...
Could be good 2nd and 6th!
7th thru 12th...
Try it all to win 7th and 11th\$\$
13th thru 18th...
Nope.
19th thru 24th...
BLUE/GREEN perfect 20th-21st\$\$
25th thru 28th...
Right on target 25th-26th\$!

SAGITTARIUS: Nov. 23 to Dec. 21

1st thru 6th...
Ahead of the pack the 1st!
7th thru 12th...
An artful gain 8th-9th\$
13th thru 18th...
Winning on RED 13th-14th\$
19th thru 24th...
Center stage to win 23rd\$!
25th thru 28th...
Don't underestimate 27th-28th\$\$

CAPRICORN: Dec. 22 to Jan. 20

1st thru 6th...
Straight to the \$\$ 2nd-3rd!
7th thru 12th...
Hard card luck the 7th\$
13th thru 18th...
Just incredible the 15th!\$\$
19th thru 24th...
Let it go.
25th thru 28th...
Bringing in lots of \$\$ 26th!

AQUARIUS: Jan. 21 to Feb. 19

1st thru 6th...
You've arrived... 1st/4th/5th!
7th thru 12th...
Could it be magic 8th-9th\$?
13th thru 18th...
RED's darn lucky the 13th\$\$
19th thru 24th...
PURPLE surprise the 18th\$\$
25th thru 28th...
Suits you fine 27th-28th\$

PISCES: Feb. 20 to March 20

1st thru 6th...
YOU ROCK 2nd and 6th!\$!
7th thru 12th...
Get real and win the 10th\$\$
13th thru 18th...
Show 'em how 15th-16th\$\$
19th thru 24th...
Stay on track 20th-21st!
25th thru 28th...
Nothing worth betting on.

Color associations refer to lucky objects, daubers, cards, machines, clothing/jewels you wear, or a dominant color in the room.

CLASSIFIED ADS

This column is for two types of classified ads. **PRIVATE PARTY ADS** are for you, the reader, looking to buy or sell an item. These ads are **FREE** and run up to 3 months. (or whenever sold) **BUSINESS ads** are twenty-five cents per word with a minimum of \$10. Send your ads to:
Bingo Bugle
136 Yorkshire Circle
Lynchburg, VA 24502-2757 or email to:
bugle@lotterylowdown.com

FREE ADS

Free Ads for:
Autos
Motorcycles
Bikes
Toys
Furniture
Lawn Mowers
Tools
For Sale or Wanted

Email to:
bugle@lotterylowdow.com

AUTO

2001 Honda Accord
160 K Mi. Good condition - Many Extras. 336-817-5317
Best Offer

2006 Mercury Premier
165 K Mi.
\$6400 obo
434-610-8553

AVAILABLE

Bingo Hall available for rent. Tuesday nights in Roanoke. Seats 100+ ..

Call 540-312-7871

See Special Game on Page 8 to benefit the Concord Vol. Fire Department

CLASSIC AUTOS

'65 Mustang HT
Orig. owner w. documentation
Loaded w/accessories
\$16,000

'65 Mustang Conv.
2nd Owner
Excellent!
\$18,000

'97 T-Bird V8
Original Owner
Black w/silver striping
\$4,500

540-890-3524

WANTED TO BUY

Coleman Packhorse
1 wheel orange plastic trailer
Will pay up to \$1,000.

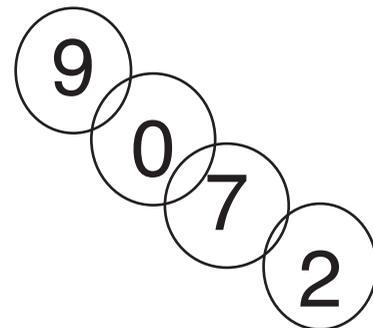
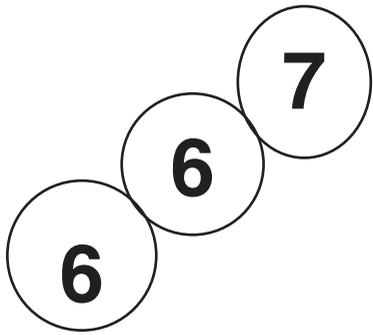
540-890-3524

CROSSWORD ANSWERS

A	G	O	R	A		P	R	I	E	D		C	Y	D		
L	E	V	E	R		A	I	S	L	E		L	E	E		
F	R	E	N	C	H	T	O	A	S	T		I	N	N		
S	E	R		H	U	T					R	A	F	T	S	
			B	E	L	G	I	A	N	W	A	F	F	L	E	
E	M	I	L	Y				C	A	R	I	B				
S	O	T	S		P	U	T	S	I	N		P	I	T		
S	P	E	E	D	E	R		A	T	S	T	A	K	E		
O	S			I	C	I	C	L	E			E	Y	E	D	
					A	M	O	C	O			A	R	I	A	S
E	N	G	L	I	S	H	M	U	F	F	I	N				
L	E	N	I	N			E	T	A	L		G	P	S		
A	V	A			I	R	I	S	H	C	O	F	F	E	E	
N	E	T			S	K	A	T	E		A	R	O	S	E	
D	R	S			H	O	N	O	R		T	Y	R	O	S	

LOTTERY LOWDOWN

(c) 2013



Not Affiliated With The VA. Lottery Dept.

LONG TIME COMING

G. B. of Salem is waiting for 2-4-6 to come out in Exact Order. "Seems like I've been waiting forever" says G.B. The last Exact hit for 2-4-6 was October 21, 2008. Yes, that is a long time. Maybe soon?

CASH AT HAND WIN

Tony Almond of Lynchburg won the Cash At Hand Scratcher top prize of \$150,000 when he bought a ticket at Quik-E Foods on Lakeside Drive. Four of the original Ten top prizes remain unclaimed as of this writing.

BLACK GOLD WINNER

Sheik Lan of Roanoke bought a \$5 Black Gold Scratcher and won \$5. He bought another and hit the Top Prize of \$150,000! It was purchased at the Plantation Market in Roanoke. Prize money to go towards children's education.

BUGLE SWEEPS WINNER

Congratulations to GARY W. SCHRADER of Lynchburg. Picked up his Bugle at the Richland Hills Exxon in Lynchburg. Enjoy your win Gary. As "LL" says, "You can't win, if you don't play!"



Lucky Lotto Forecasts for February 2013

ARIES: March 21 to April 19 • First few weeks during the time that Venus and Jupiter align nicely with each other and with Aries proves to be uniquely advantageous for you! Winning comes as second nature 8th-9th. Many wonder what your "trick" is! #13 on the 13th for the win. Avoid playing 20th-21st.

Best Days: 4, 5, 8, 9, 13, 18

Best Numbers: 1, 10, 13, 29, 32, 46

TAURUS: April 20 to May 20 • Designed to win the 6th. Shun a serious faux pas 9th-10th by stepping back from the game. Stakes are higher and the road is easier toward the latter half of Feb. 20th it's all good for you. Full moon is promising the 25th, but you must be attentive and willing to act fast!

Best Days: 6, 10, 15, 20, 21, 25

Best Numbers: 4, 12, 17, 26, 39, 45

GEMINI: May 21 to June 21 • Be the designated driver 8th/9th, and take everyone where you know you'll be lucky. Remain sober and play new games in an unusual style—this puts you in the lead. Something to look forward to: enjoy unique advantages the 13th. There's more in store the 18th!

Best Days: 8, 9, 13, 17, 18, 23

Best Numbers: 9, 15, 27, 33, 35, 42

CANCER: June 22 to July 22 • You're in for a pleasant surprise the 2nd (comes out of nowhere!). Just eliminate the 6th, 13th, and 27th (no good). You rake up enough dough most of February, but it finds ways of slipping through your fingers again. Late the 24th/early the 25th, hand over fist profits!

Best Days: 2, 10, 11, 15, 20, 24

Best Numbers: 6, 14, 24, 30, 38, 40

LEO: July 23 to August 22 • Bamtastically good the 4th! Others wonder why you're not quite with it 10th-12th, but your hunch is correct...there are better days ahead. The 13th do you see \$\$ money \$\$ on that tree?? (we do!) Takes some practice, but you can get it right the 18th. Fun on every level the 23rd!

Best Days: 1, 4, 5, 13, 18, 23

Best Numbers: 11, 20, 27, 35, 40, 48

VIRGO: August 23 to Sept. 22 • As if perfectly scripted, the story is told of you "winning the day" against all odds the 2nd. Do yourself a huge favor and lay low the 4th. You're back in business 6th-7th, but a tough decision is required...don't fret...you're up for it! Start of a super weekend the 15th.

Best Days: 2, 6, 7, 15, 16, 20

Best Numbers: 3, 10, 22, 36, 44, 49

LIBRA: Sept. 23 to Oct. 23 • Monday the 4th is pretty darn lucky. Hop onto the wheel of fortune during the Aquarian New Moon 8th-9th...you're sure to spin off and take a nice uphill ride into plenty! The story's not finished (much more, ready for the taking) the 17th-18th. Fantastic weekend 22nd-24th.

Best Days: 4, 8, 9, 17, 18, 23

Best Numbers: 2, 24, 26, 32, 43, 47

SCORPIO: Oct. 24 to Nov. 21 • You appear (to them) out of nowhere the 2nd, and walk off with the jackpot. While this boosts your confidence, you must be prudent and wait for the next best time the 7th. You're no one's fool the 21st...slide in for the win. Full Moon the 25th illuminates your path to

the cash!!

Best Days: 2, 7, 11, 20, 21, 25

Best Numbers: 7, 13, 23, 27, 35, 46

SAGITTARIUS: Nov. 22 to Dec. 21 • Find the newest casino (local or while traveling) with the biggest variety of games/state-of-the-art upgrades. It is there that you'll soar to the highest heights of victory 8th-9th. Cross out on your February gambling calendar: 10th-11th and 25th (so not good).

Best Days: 1, 4, 8, 9, 13, 23

Best Numbers: 5, 9, 18, 23, 28, 37

CAPRICORN: Dec. 22 to Jan. 19 • Jump into the driver's seat and go go go 25th-26th (best overall bang for your buck!)...there are fewer obstructions, and a clear path to a top paying finish line! Wise to steer clear of any speculation 12th-14th. March will be good, and late April even better.

Best Days: 2, 6, 11, 15, 25, 26

Best Numbers: 7, 13, 22, 35, 38, 41

AQUARIUS: Jan. 20 to Feb. 18 • February belongs to you, especially thru the 18th (Jupiter and Venus well aspected to your Sun = double whammy of good luck!). Traveling a little further to your favorite casino 4th-5th is worth the trip. Good fortune follows you everywhere 8th-9th! Pumped to play and happy with how you nail it the 13th.

Best Days: 4, 5, 8, 9, 13, 18

Best Numbers: 1, 15, 28, 34, 37, 40

PISCES: Feb. 19 to March 20 • First part of February you feel as if you could take it or leave it (leaving it may be the wisest approach of all). While work and relationships are coming along nicely, gambling and speculation seem to be in the "iffy" zone. Your game improves immensely after the 19th!

Best Days: 2, 7, 15, 20, 21, 25

Best Numbers: 2, 12, 18, 25, 36, 52

JOIN A BUGLE MEGA MILLIONS' CLUB TODAY! SEE COUPON ON PAGE 2 OF THIS ISSUE

YOU CAN'T WIN IF YOU DON'T PLAY!

"LL" NUMBERS TO WATCH FOR FEBRUARY, 2013

PICK 3

2-4-6 - 5-8-9

2-7-7 - 1-2-2

PICK 4

1-2-1-6 - 1-0-6-5

3-7-0-8 - 1-2-0-1

Cash 5

08-16-18-27-28

10-16-20-29-34

Powerball

15-32-41-45-57 +10

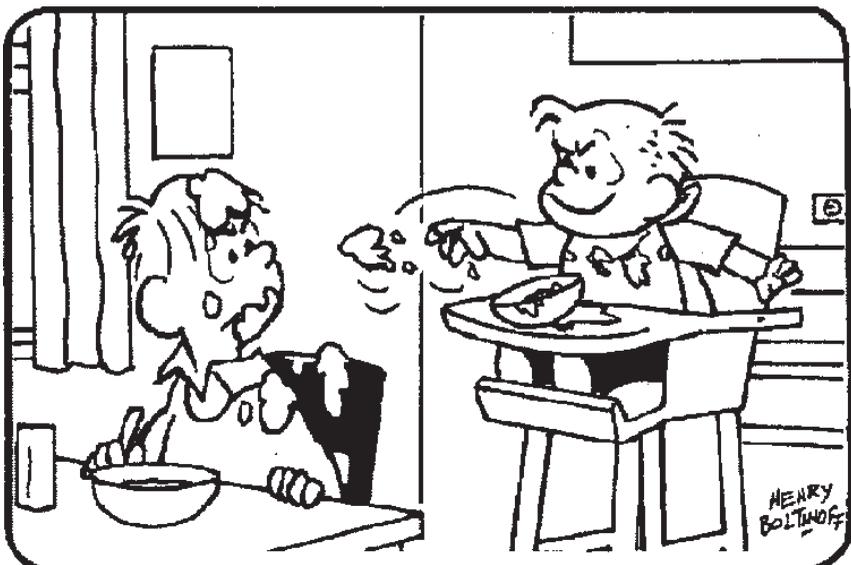
04-17-25-31-54 + 09

Good Luck!

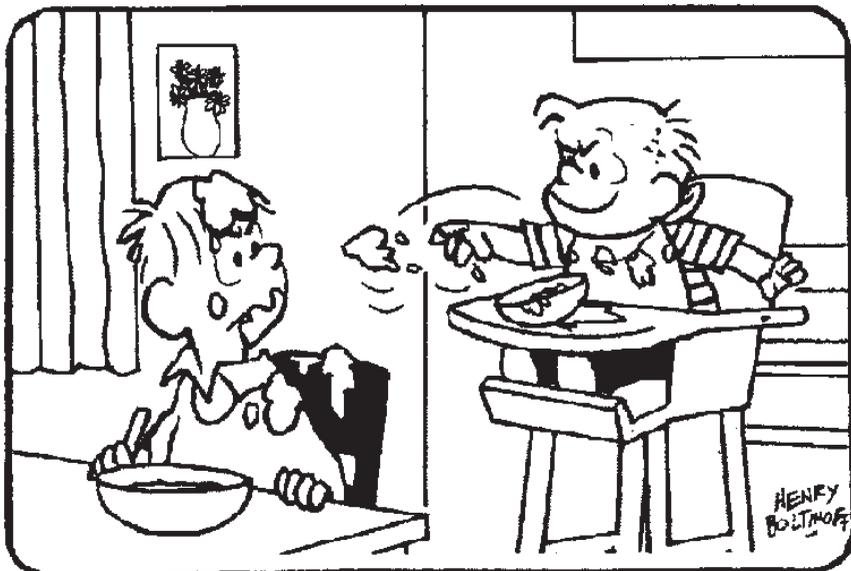
"LL"

HOCUS-FOCUS

BY HENRY BOLTINOFF

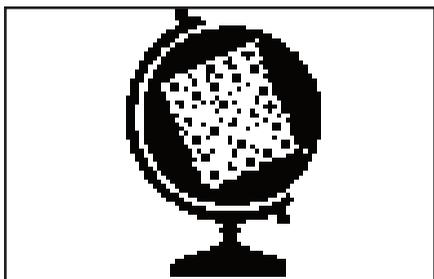


Find at least six differences in details between panels.



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Baby's shirt has stripes. 2. Picture is different. 3. Curtain covers window. 4. Boy's bowl is larger. 5. Wall outlet is missing. 6. Boy's glass is missing.



This month: *Bingo bookkeeper will stand trial for embezzling*

The Bingo Defense

BBC News reported that a bookkeeper in Scotland will stand trial after being accused of embezzling more than £42,000 (US\$67,000) from her Dundee employers. The woman is alleged to have taken the cash from the roofing company between 2009 and 2010. At Dundee Sheriff Court the 45-year-old woman pled not guilty to embezzling the money, and claimed that some of the money in her bank account is from Bingo winnings. Her lawyer told the court that there were a number of Bingo wins during the course of the period in question, which required a manual search of records at the Bingo company's head office in the south of England to confirm. The court approved a

continuation to allow time for the investigation.

Bingo Funds Work Training

EXCEED, a nonprofit organization in California that helps disabled adults find work, offered a series of Bingo tournaments at its facility in Perris to help fund its efforts. The Press-Enterprise reported that the weekly games welcomed players 18 years or older only. First-time players received a free regular game pack with the purchase of a \$13 minimum. EXCEED serves adults with developmental disabilities by helping them find work and giving them vocational and life skill training. It runs a warehouse where clients are paid to do various jobs, such as attaching labels and sealing packages.

Bingo Hall is Alleged Front for



Returning series

■ *The best underrated comedy returns to Thursday nights*

Q: My Thursday nights just aren't the same without *Community*. When will the show return, and will it be on Fridays, which is what I heard last? — *David S., via email*

A: NBC recently announced that *Community*—which stars Joel McHale, Gillian Jacobs, Danny Pudi, Yvette Nicole Brown, Alison Brie, Donald Glover and Chevy Chase—has ping-ponged back to its original Thursday night beginning February 7. It will take the place of *30 Rock*, which will have concluded its final season by then.

Q: I can't stand the waiting! When will *Smash* be back? — *Eric P., via email*

A: The musical melo-drama returns to NBC on February 5.

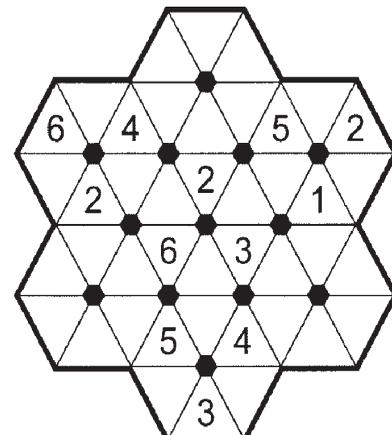
Q: I am so bummed that *Unforgettable* was canceled. I love Poppy Montgomery in just about everything she's in! Any chance we can convince CBS to bring it back?

A: In a rare turnabout, CBS decided to un-cancel the procedural drama, which stars Poppy and former *Nip/Tuck* star Dylan Walsh. After the cancellation, the series was being shopped around to other networks, when CBS decided to give it another go. It will return with 13 all-new episodes in summer 2013.

SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



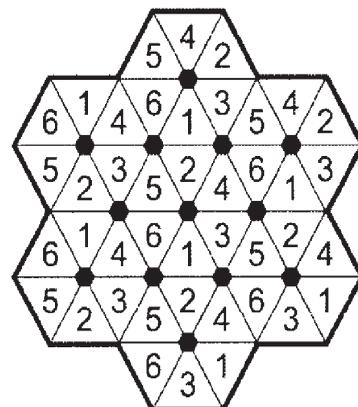
DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

© King Features

SNOWFLAKES

solution



BINGO LAND

STORIES FROM THE REAL WORLD & CYBERSPACE

By Jeffrey Charboneau ... Special to the Bingo Bugle

Organized Crime

AGI Online has reported that the largest Bingo hall in Europe, Las Vegas Bingo, was seized in Palermo, Italy. Authorities alleged that it was a major money laundering center on behalf of the Cosa Nostra crime syndicate. The establishment was allegedly owned by dummy entities under the control of reputed boss Nino Rotolo, leader of the "Pagliarelli" Mafia group. The Palermo court has already sentenced the front men of the operation to six years for money laundering. The assets seized are worth more than 10 million euros (US \$13 million).

Black Tie Bingo

The fifth annual Black Tie Bingo was held in Fort Smith, Arkansas, to raise money for the Fort Smith Library Endowment Trust. The City Wire reported that approximately 150 guests came

dressed in formal attire to support the library and enjoy conversation with friends and games of Bingo. The Black Tie Bingo event is the largest fundraiser for the library's endowment trust, a foundation established to help provide long-term support and prosperity for the library system. Hors d'oeuvres, wine and an open bar started at 7 p.m., followed by a formal dinner. After dinner, guests readied their Bingo cards and daubers. KFSM-5 Arkansas news anchor Daren Bobb served as master of ceremonies for the event. Games of regular Bingo and variations of the game were played.

**ROANOKE CATHOLIC BOOSTER CLUB
NOW PLAYING ...
MONDAY & TUESDAY NIGHTS
STILL COMPUTER FREE!**

* Doors Open at 5:30 P.M. * Game Starts at 7 P.M.

* Progressive Instants and a chance at Jackpot up to \$10,000 (Monday Only)

* 3 Nightly \$500 winners * Two \$500 Jackpots Nightly

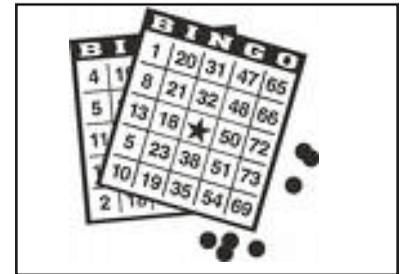
* Lucky "7" * Bonanza

* Color Monitors * 30 Games Nightly

* Computer Verification * Security * Large Hall * Air Conditioning

* Good Food Available

**Game Held At:
ALL STAR CENTER
3435 Melrose Ave
Roanoke, VA
540-985-3780**



LYNCHBURG ELKS LODGE #321

6235 Old Mill Road
Lynchburg, VA 24502



MONDAY

- * Electronic Bingo
- * Progressive Pot
Lucky 7
- * Two \$500 Jackpots
- * 25 Games
- * Bonanza
- * Instant Progressive

1 Free \$20 Electronic
Machines as Door
Prizes Every
Monday Night!

Game Starts at 6:30 P.M.
Doors Open at 4:00 P.M.



- * Smoke Eaters
- * Snack Bar Food
- * Free Coffee
- * Great Prizes
- * Open To The Public

4 New Smoke Eaters
Recently Added!

10% of Gross Proceeds
To Charity



FRIDAY

- * All Paper Games
- No Electronics
- * Progressive Pot
Lucky 7

* Two \$500 Jackpots
* 23 Games

Game Starts at 6:30 P.M.
Doors Open at 4:00 P.M.

4 ADDITIONAL SMOKE EATERS INSTALLED

Lynchburg South Moose Family Center Bingo

Every Monday Night

Doors Open at 5 PM

Early Birds at 6:15

Lucky 7 - 2 Progressive Games

2 \$500 Jackpots

Queen of Hearts Over \$1,500. as of 1/25

WOTM 1417 BINGO

Sunday Afternoon, February 3, 2013

Game Starts at 2 PM

Bundles, Instants, 2 \$500 Games

Doors Open at Noon

Lynchburg South #1727 & Women of the Moose 1415

Waterlick Road, Lynchburg

(16% of gross to charity)



Support your local Bingo hall
 ■ *Without your support charitable organizations suffer*

Dear Aunt Bingo,

We just had a church Bingo close because of lack of attendance. I was talking with my sister on the phone last week and she said that one of her favorite Bingos closed a few months ago. I think this is terrible and I am worried that more Bingos might close.

I hope you will print this letter in your column to encourage people to keep supporting their local Bingos and do all they can to encourage new players to come and enjoy the Bingo games. —*Staci C., Illinois, via e-mail*

Dear Staci,

These are wise words—for two reasons. First, we all love Bingo and want as many opportunities to play in as many Bingo halls as possible. Secondly, charity Bingo is a crucial source of revenue for countless charitable organizations. Without the support of local Bingo halls, the good works of these charities will either be scaled back or may disappear altogether.

Let's all act on Staci's call to action. Help support your favorite Bingo hall by bringing a new player—a son, a daughter, a spouse, a neighbor—to the next games you attend. This simple act will help guarantee the future of the game we love and the good works it supports. —*Aunt Bingo*

Dear Aunt Bingo,

My wife and I play Bingo almost every night. We usually go to the same casino to play. We are confused about how much to tip when either of us wins a game. Please help. —*Perplexed, via email*

Dear Perplexed,

I suggest that you ask a handful of other players at the casino what the accepted tip is for that particular establishment and then decide for yourself based on what they tell you.

I also found the following advice

online at Yahoo Answers: "At non-profit Bingo there is no tipping. The workers are volunteers. Casino Bingo is for-profit and even if the workers are paid they expect tips of about 10 percent. A good idea is to observe what other players are doing and follow suit."

Caesars Las Vegas has a blog with all kinds of gaming advice. For slots and Bingo, the blog says: "If you get lucky, it's a thoughtful touch to tip the attendant. Tips of 5-10 percent of your winnings is a good idea. If you win a big jackpot, don't be shy about sharing your good fortune."

—*Aunt Bingo*

Dear Aunt Bingo,

Last night I played Bingo at a Bingo hall in Arizona. When I entered the hall and went to the table I normally sit down, I looked down and found a debit card on the floor. I immediately went to the Bingo cashier, and she knew who the person was that lost the debit card. She gave it to her, and I did not even get a thank you from that woman. How rude are people? Lucky the right person found it. —*DS, via e-mail*

Dear DS,

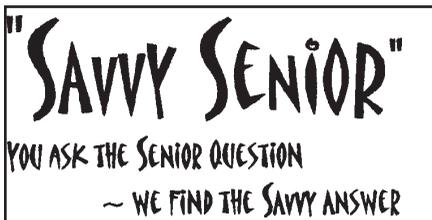
Manners definitely seem to be falling by the wayside more and more these days. Usually its young people who lack manners, which makes it all the more amazing when

we see rude behavior from our peers.

This woman's behavior aside, the important thing to remember is that you did the right thing and the card was returned to its owner. Thank you! —*Aunt Bingo*

Share your views! Write to Aunt Bingo c/o the Bingo Bugle, P.O. Box 527, Vashon, Washington 98070, or email her at STENGL456@aol.com. Be sure to include your name and address (you can request that your name not be published), as typically she will not include anonymous letters in her columns.

BINGO				
11	19	31	52	70
3	27	41	47	69
8	30	FREE	55	73
2	22	44	57	65
6	18	34	54	64



Tinnitus

■ *Tips and treatments for ringing ears*

Dear Savvy Senior,

What can you tell me the about the constant ear ringing syndrome known as tinnitus? At age 56, I have had it for several years but it has gotten more and more noticeable lately. Is there anything I can do?

Ringing Rhonda

Dear Rhonda,

Tinnitus (pronounced ti-NIGHT-us) is a common disorder that affects nearly one in six Americans. Here's what you should know along with some tips and treatments that may help.

Ringing Ears

Tinnitus is the sensation of hearing a ringing, buzzing, roaring, hissing or whistling sound in one or both ears when no external sound is present. The sounds, which can vary in pitch and loudness, are usually worse when back-

ground noise is low, so you may be most aware of it at night when you're trying to fall asleep in a quiet room. For most people tinnitus is merely annoying, but for many others it can be extremely disturbing.

What Causes Tinnitus?

It's important to know that tinnitus is not a disease, but a symptom that can be caused by a variety of underlying conditions. The best way to find out what's causing your tinnitus is to see an audiologist, or ear, nose and throat doctor (otolaryngologist). The various things that can cause tinnitus are:

Exposure to loud noise: This is the most common cause.

Hearing loss: For many people, hearing loss can cause tinnitus.

Earwax: A build-up of wax deep in the ear canal can cause temporary tinnitus and hearing loss.

Medications: Over 200 different drugs can cause ringing ears including aspirin, especially when taken in high doses.

For a list of drugs that can cause tinnitus call the American Tinnitus Association at 800-634-8978.

Health conditions: Various medical conditions can also trigger tinnitus such as high blood pressure, vascular disease, diabetes, allergies, thyroid problems, ear or sinus infections, Meniere's disease, otosclerosis, temporomandibular joint (TMJ) syndrome, a tumor, an injury to the head or neck and more.

Treating the Causes

While there's currently no cure for tinnitus there are some ways to treat it depending on the cause. For example, if your tinnitus is caused by a medical condition (high blood pressure, thyroid problems, ear infection, etc.) treating the condition may reduce or eliminate the noise. If you have wax build-up in your ears, removing it can help. Or, if you think a medication you're taking may be causing the problem, switching to a different drug, or lowering the dosage may provide some relief.

Other Treatments

Another treatment option for tinnitus that can help suppress or mask the sound so it's less bothersome are "sound therapies." These can be something as simple as a fan or a white noise machine, or something more sophisticated like small electronic masking device that you wear, or a music therapy device like Neuromonics (see neuromonics.com) that actually trains your brain not to hear the tinnitus. Or, if you have hearing loss, hearing aids can help mask your tinnitus by improving your ability to hear actual sounds. Your audiologist or hearing health professional can help you with these options.

There are also certain medications that help, too. While there's currently no drugs specifically designed to treat tinnitus, anti-anxiety drugs, antidepressants, antihistamines, anesthetics, as well as drugs intended to treat alcoholism, epilepsy and even Alzheimer's

have been effective in relieving symptoms in some people. Alternative treatments like acupuncture, hypnosis, massage therapy, biofeedback, meditation, the herb ginkgo and zinc supplements are also worth looking into. And counseling and support groups can also be helpful.

Other things you can do to help quiet the noise is to avoid things that can aggravate the problem like salt, artificial sweeteners, sugar, alcohol, tonic water, tobacco and caffeine. And protect yourself from loud noises by wearing earplugs.

Savvy Tip: For more information, visit the American Tinnitus Association's at ata.org.

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.



Lucky Predictions for February 2013

ARIES: March 21 to April 20

1st thru 6th...
Golden opportunities 4th/5th\$\$
7th thru 12th...
A different kinda win the 9th\$!
13th thru 18th...
Dare you to bet the 13th!\$
19th thru 24th...
Made-n-the-shade 23rd-24th!\$
25th thru 28th...
Wouldn't be prudent.

TAURUS: April 21 to May 21

1st thru 6th...
Fun, but not rewarding.
7th thru 12th...
On a roll 7th-8th\$\$
13th thru 18th...
Mighty fine 15th/16th\$!
19th thru 24th...
Bet on BLUE 20th-21st\$\$
25th thru 28th...
Practical plans for \$\$\$ 25th-26th\$

GEMINI: May 22 to June 21

1st thru 6th...
No competition the 1st\$
7th thru 12th...
PURPLE pays 8th-9th\$\$
13th thru 18th...
RED's #1 the 13th!
19th thru 24th...
Slide into ORANGE 23rd/24th\$!
25th thru 28th...
Friends helpful 27th-28th!\$

CANCER: June 22 to July 22

1st thru 6th...
Abundantly yours 2nd-3rd\$\$
7th thru 12th...
All but the 10th, disregard.
13th thru 18th...
A home run 15th-16th!
19th thru 24th...
You're in top form 20th-21st\$
25th thru 28th...
BROWN/GREEN the 25th\$

LEO: July 23 to Aug. 23

1st thru 6th...
The time is ripe 1st/4th/5th!
7th thru 12th...
Not likely.
13th thru 18th...
Don't hold back 13th-14th\$
19th thru 24th...
YELLOW/PURPLE rule 18th\$\$
25th thru 28th...
Wam-bam-boom the 27th!

VIRGO: Aug. 24 to Sept. 23

1st thru 6th...
Oh-so-nice 2nd-3rd\$\$
7th thru 12th...
High achiever the 7th\$\$
13th thru 18th...
More than adequate the 20th!
19th thru 24th...
Keep it up the 21st!
25th thru 28th...
Full moon luckiest 25th\$\$

LIBRA: Sept. 24 to Oct. 23

1st thru 6th...
Play it cool to win 4th\$
7th thru 12th...
Good vibrations 8th-9th\$!
13th thru 18th...
Wait 'til the 17th-18th!
19th thru 24th...
All except 20th-21st great!
25th thru 28th...
Your safest bet 27th!\$

SCORPIO: Oct. 24 to Nov. 22

1st thru 6th...
Could be good 2nd and 6th!
7th thru 12th...
Try it all to win 7th and 11th\$\$
13th thru 18th...
Nope.
19th thru 24th...
BLUE/GREEN perfect 20th-21st\$\$
25th thru 28th...
Right on target 25th-26th\$!

SAGITTARIUS: Nov. 23 to Dec. 21

1st thru 6th...
Ahead of the pack the 1st!!
7th thru 12th...
An artful gain 8th-9th\$
13th thru 18th...
Winning on RED 13th-14th\$
19th thru 24th...
Center stage to win 23rd\$!
25th thru 28th...
Don't underestimate 27th-28th\$\$

CAPRICORN: Dec. 22 to Jan. 20

1st thru 6th...
Straight to the \$\$ 2nd-3rd!
7th thru 12th...
Hard card luck the 7th\$
13th thru 18th...
Just incredible the 15th!\$\$
19th thru 24th...
Let it go.
25th thru 28th...
Bringing in lots of \$\$ 26th!

AQUARIUS: Jan. 21 to Feb. 19

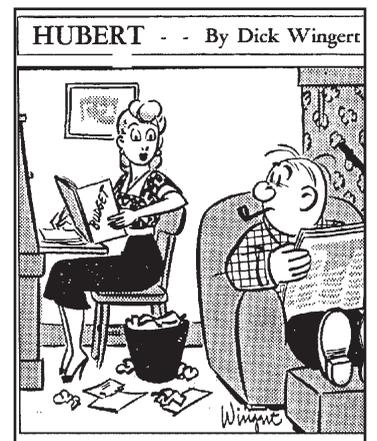
1st thru 6th...
You've arrived... 1st/4th/5th!
7th thru 12th...
Could it be magic 8th-9th\$?
13th thru 18th...
RED's darn lucky the 13th\$\$
19th thru 24th...
PURPLE surprise the 18th\$\$
25th thru 28th...
Suits you fine 27th-28th\$

PISCES: Feb. 20 to March 20

1st thru 6th...
YOU ROCK 2nd and 6th!!\$
7th thru 12th...
Get real and win the 10th\$\$
13th thru 18th...
Show 'em how 15th-16th\$\$
19th thru 24th...
Stay on track 20th-21st!
25th thru 28th...
Nothing worth betting on.

Color associations refer to lucky objects, daubers, cards, machines, clothing/jewels you wear, or a dominant color in the room.

Funny Toons



Enter the Bugle Sweepstakes at your favorite mall or mail entry to:

**Bugle Sweepstakes
136 Yorkshire Circle
Lynchburg, VA
24502-2757**

ENTRY FORM ON PAGE 2

VIRGINIA

Scrappers

BINGO

**EVERY FRIDAY NIGHT @ GATOR HALL
5301 WILLIAMSON ROAD, ROANOKE
DOORS OPEN AT 5PM, FREE WARM-UPS
BEGIN AT 6PM, EARLY BRIDS AT 6:30
REGULAR GAMES AT 7PM**

**NEW
GAME
FORMAT**

**TEXT SCRAPPERS
TO 90210 FOR
EXCLUSIVE DEALS**

**2 PROGRESSIVE
GAMES!
WITH 2
\$500 JACKPOT!**

**WIN BIG WITH
TREASURE CHEST
& QUEEN OF
HEARTS!**

**BUNDLES
STARTING AT
ONLY \$45
WHICH INCLUDES
5 LUCKY 7's**

**We encourage all Players to supports their local bingo games.
When you spend your money at a local bingo game, your money stays in the community.
PLAY LOCAL, STAY LOCAL. Use of Proceeds:14%**

Free Dinner To All Players on Feb. 15 For Valentine's Day