Your travel4seniors.com editor has been visiting Sin City for the past half century and more. Following Navy service in the Korean War and living in Los Angeles in the late 1950s, I was invited to the then-new Sands Resort by my high school classmate who was the hotel's public relations director.

In addition to meeting Sinatra and his Rat Pack, I also experienced the city's famed buffets for the first time. The average all-you-can-eat charges then at any Strip hotel were $3 breakfast, $4 lunch and $6 dinner. Also, at many times, the $25 nightly charge for a room included at least one free buffet daily. Of course, prices have gone up a tiny bit since then.

After retiring in 1990 and moving from Philly PA to Tucson AZ, I began regular Vegas visits of about four times a year. Buffet prices then averaged $5 breakfast, $8 lunch and $10 dinner. Today's prices are much higher, and listed at the bothersome .99 rates that are supposed to make you feel they're lower.   Of course, the cheapest buffets are not on the Strip, but in restaurants and less luxurious hotels in Vegas suburbs. My first choice is Caesars Palace Bacchanal Buffet, and it's the most costly in town because of all the expensive fresh and fancy foods. Brunch $39.99, dinner $54.99.

Another favorite is the MGM Grand Buffet, with brunch $21.99, dinner $29.99. Next is the Orleans French Market Buffet, with brunch $11.99 and dinner $18.99. Another favorite is the Buffet at Bellagio, with brunch $28.99 and dinner $38.99.

Be aware, when you arrive at your Vegas hotel, you may get coupons that offer free and price discounted buffets. Before joining the chow line, check on how you may reduce those 99¢ bargains.