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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Alcohol Free Party

By George Meszaros

Parties are fun but planning them is work. The more carefully you plan your next party the more likely you succeed. Better planning means better party. A successful party can help you entertain friends, family or coworkers. It can help you maintain or start long lasting friendships. If you play your cards right, a successful party can help you get promoted more quickly.

How much money you spend on the party is one of the most important aspects of party planning. You have to know how much money you can afford to spend per guest. The budget determines what kind of food and drinks you can serve. A large budget doesn't guarantee a successful party and a tight budget doesn't guarantee a disappointing party.

You can save a lot of money by serving soft drinks, and avoiding alcoholic beverages all together. If your party is during the day, you can more easily get away with no alcoholic beverages. Most people don't drink during the day. An alcohol free evening party may be a stretch.

If it is a party with children present, you can easily explain an alcohol free party. An alcohol free party yields a more peaceful environment, and fights are much less likely. It is much more easier to control sober guests than a bunch of drunks. Baby showers provide a great opportunity for a sober party as a form of solidarity for the pregnant mother.

If you decide to serve alcohol avoid salty thirst triggering foods. Serve food before you serve alcohol. It's better to eat while drinking than to drink on an empty stomach. Designate a friend or family member to be the bartender for the evening rather than allowing people to serve themselves. Be prepared to take away car keys, and know your designated drivers.

Not only that you save money because non-alcoholic drinks cost less, at the end of the party there are no arguments about who's going to drive home!

George Meszaros with

<http://www.partyfantastic.com>

Super Bowl Harbinger of Problem Drinking

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Super Bowl Harbinger of Problem Drinking 17.6 million American adults are either alcohol dependent or abuse alcohol. Super Bowl Sunday has long been associated with over consumption of alcohol and drunk driving.

17.6 million American adults are either alcohol dependent or abuse alcohol. According to the recently released 2001–2002 National Epidemiologic Survey on Alcohol and Related Conditions, alcohol dependence – particularly among men – has decreased; however, rates of alcohol abuse have increased.

Super Bowl Sunday has long been associated with over consumption of alcohol and the problems of alcohol abuse. Mothers Against Drunk Driving has compiled statistics for Super Bowl day alcohol related driving fatalities every year since 1999. These statistics show that an average Super Bowl Sundays see 55.4% increase in alcohol related traffic fatalities over other days of the year.

Part of the problem may be that imbibing alcohol is encouraged during the Super Bowl. Nearly 20% of the commercials, 10 out of 58, aired during Super Bowl XXXIX will advertise Anheuser–Busch products. Last year Anheuser–Busch's commercials were among both the most controversial and popular.

Also promoting Super Bowl alcohol consumption, About.com's football writer James Alder, whose goal is to, "provide you with all the necessary resources every serious football fan needs...", offers Super Bowl party recipes for alcoholic Jello shots, including instructions in how to make them stronger.

SOBERnet, a website on alcohol abuse and alcoholism, offers an alternative recipe for a successful Super Bowl party at www.sobernet.us

Serve alternative nonalcoholic drinks. Have a key check, and don't let party goers drive drunk. Provide transportation

via a designated non-drinking driver or taxi. Plan post game

activities, as only time can help someone sober up. And, don't drink and drive.

David Westbrook is a writer who has spent years workign with alcohoics and addictsFor more information on alcohol abuse and alcoholism log on to <http://alcoholismresources.com>

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