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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!

Choosing The Right Game

By Rehan Husain

Success of party depends on types of games played. Games must be selected wisely,

remembering the nature and desire of the party boys. Take a tip from the following about the different types of successful games.

The next event called for great lung power. When the men with the greatest chest expansion were chosen, one from each school, goal lines and starting lines were set and each man was given a balloon the color to represent his school. We picked the needed balloons off the wall. The rules of the game were then given. Each man got down on his hands and knees and was told to blow his balloon across the room to the goal line without touching the balloon. The man who blew his balloon across the goal line first received ten points.

Not to be one-sided we next held a debate, two men to a team. The question was "Resolved that Eatmore is a better school than Sowhat." Naturally the Eatmore boys took the affirmative and the Sowhat boys the negative. Constructive speeches lasted three minutes and rebuttal two minutes. The guests' then chose the winning team and ten points were awarded the winning side.

"Shot-put" next took the limelight. Empty milk bottles were placed on the floor, and the contestants stood erect and dropped beans into the bottle. The winner, the one with the most beans in the bottle, received ten points.

"Chinese Get-up," played tournament style, was next. Each Eatmore boy picked an opponent from the Sowhat school group. Each pair of boys sat on the floor back to back with their arms folded across their chests. At a signal they all tried to rise without unfolding their arms. This is lots of fun and boys love it. The Eatmore winners then competed with the Sowhat winners until there was one remaining winner. If two men from the same school are winners then twenty-five points can be awarded each man.

The scores of all the games were then added up and the losing team retired to one side of the dining-room table which was covered with a paper tablecloth. A plentiful supply of hot wieners and a heaping platter of buttered buns were set before the losers, who were given aprons. The losers then

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served the hot dogs over the counter (dining table) to the winners. Mustard or piccalilli was served upon request. After the winners were completely filled up a fresh supply was brought for the losers.

The main difficulty with this party is getting the boys to go home at the scheduled time. Each one has a stunt he'd like to offer. When this happens you can be sure the boys have had a good time. For some time after the party, Eatmore and Sowhat were by-words with the boy.

Mitch Johnson is a regular writer for [http](http://www.kids-games-n-crafts.com/)

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. His articles have also

appeared on

<http://www.comicbookstips.info/>

and

<http://www.ezcomicbookshub.info/>

Warming Up For A Round Of Golf

By Ken Snowie

When it comes to warming up for a golf game, a lot of golfers think that hitting the driving range is enough. Actually, working on your different swings and getting familiar with the weather conditions will help to make your golf game the best it can be.

Golfing on a windy day is much different than if the air is calm. Your golf game is also affected on days when the temperature is hot than when it's more moderate. Here are a few warm-up tips from those who hit the golf courses regularly.

Starting out by driving is fine, but make sure that you start slowly. By choosing a short iron for the first few drives, you are allowing your muscles to loosen up. Gradually work up to longer drives, but keep in mind that the goal isn't only to see how far out you can drive the ball - control is more important than distance and this is your chance to gather your skills to exercise that control.

Just driving the ball is not enough. Some people think an adequate warm up is simply making a few good drives. Practice a little chipping and putting as well. Try to make the most of your swing, especially if you've had lessons recently. A round of golf means more than just teeing off.

Getting your mood under control is a vital warm-up tip in golf. The goal is not to take your frustrations out on a golf ball; it won't help your game at all. Take time to focus on your game, get calm, and forget about your troubles. A bad mood can greatly affect your golf game.

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A warm-up session is not the place to try out new clubs, swings, or try new techniques at all. This is the time you make the effort to play your best game, as if you were at the first tee. It's fine to try a few practice swings if have been practicing them already, and you want to try it in your first game, but don't get carried away during your practice session. The point of the warm-up session is to loosen your muscles and build your confidence. You can't do that if you are trying something totally new, and you keep making mistakes. By using the techniques you're used to, you will be ready to congratulate yourself on your triumph during your warm-up and your game.

If you think that you don't need a good warm up session before your golf game, think about how you typically play if you don't warm up. How is your first tee? How are the subsequent tees? Did you have to spend most of the game making up for poor strokes in the beginning? The warm up is your chance to make your mistakes before they end up on your scorecard. By taking the time to warm your muscles and mind up, you'll play a more confident game of golf.

If you would like to learn more about golf click on

<http://www.bestgolftips.info>



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