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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!

Player Profile: Men Nguyen

By Kenneth Bateman

A native-born Vietnamese, Men Nguyen was 24 when he escaped from communist Vietnam in

1978 and sailed with a group of compatriots to Malaysia. However, his ultimate destination was the United States, where upon his arrival later that year was given political asylum. Settling in Los Angeles where some relatives and friends were located, Men rapidly assimilated and in 1986 was awarded U.S. citizenship.

Two years earlier, Nguyen, fascinated by stories of the Glitter Gulch city of Las Vegas, paid the town a visit and played his first game of poker there. Men was fascinated by the game and left Las Vegas that weekend with a determination to master it. And master it he did! With staunch determination and an unshakeable positive attitude Men began visiting Las Vegas every weekend to play poker, learning from his mistakes and continuing to improve his game.

Men's development into a skilled poker player came amazingly fast, so much so that he actually won his first tournament in 1987, only three short years after his novice beginnings. Men used his winnings to open a dry cleaning business and a furniture store, but soon decided that there was a better future for him in the world of professional poker.

Older poker hands soon took to the friendly and gracious Men, and veteran players like Ken Flaton and Tommy Franklin were particularly helpful. Nguyen soon proved that he had the talent and mental toughness needed to succeed as a professional poker player. Men developed a desire to teach others, soon learning he possessed a natural ability to do so. In fact, Men has been involved in tutoring specially selected students for over a decade. He chooses from poker-playing wanabees who come to him with a sincere desire to learn, and have what Men considers the necessary attributes to be successful. His mentoring skills have earned him the nickname of "The Master".

Certainly Men's credentials as a teacher are impressive, but his accomplishments as a player are even more so. Consider that Men has finished in the money in tournament play over 120 times, and has won more than 75 tournaments in his nearly two decades of playing professional poker. Men has won player of the year awards on no less than four occasions; 1997, 2001, 2003 and 2005.

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Some Selective Tournament Victories:

· 1992 - Seven-Card Stud – \$120,600 · 1995 - Seven-Card Stud Split – \$96,000 · 1995 - Limit Hold'em – \$110,000 · 1996 - Omaha 8 or Better – \$110,000 · 2003 - Seven-Card Stud – \$178,560 · 2003 - Ace To Five Triple Draw Lowball – \$43,520

Currently residing in Bell Gardens, California with his wife Tuyet and their child, Men has never forgotten the gratitude owed to the United States for accepting him and allowing him to create the life he so enjoys. However, he has not forgotten his homeland either, and being the kind and generous person he is, he gladly shares some of his wealth with the less fortunate back home. Men has used some of his earnings to build a kindergarten in Vietnam and regularly sends money to needy children as well.

Kenneth Bateman writes numerous articles on the subject of poker and its players. To read more

player profiles, visit

<http://www.xlpoker.com>

Strategy And Tactics On Chess

By Robert Michael

Strategy and tactics is what the game of chess is all about. An army of 16 chess is commanded by each player. A game of chess has three sates if being played well. In the opening, the players bring out their forces in preparation for combat. The players maneuver for position and carry out attacks and counterattacks in the middlegame. The endgame is when with fewer pawns and pieces left on the board, it is safer for the kings to come out and join the final battle. Here are 10 ways to improve your chess game.

1. **Have a Plan.** Your opponent will have an easy time defending themselves if you threaten something here in one move, something over there in the next move and so on. For you to be effective, your pieces must work together. Your men can work in harmony when you develop a plan. The chess men are your "team"; to be a good "coach," you have to use all of their strengths together.
2. **Know what the pieces are worth.** You should think about the value of your men when thinking about giving up some of your pieces for some of your opponents. The player whose men add up to a great value will usually have the advantage.
3. **Look at your opponent's move.** You should stop and think every time your opponent makes a move. Ask yourself, why was that move chosen? Is a particular piece in danger? Are there other threats I should watch out for? You will be able to successfully carry out your own strategies by defending against your opponent's threats.

Player Profile: Men Nguyen

4. Develop quickly and well. An important element of chess is time. The player whose men are ready for action more quickly will be able to control the course of the game. You have to develop your men efficiently to powerful posts if you want to be that player.

5. Keep your king safe. The object of the game is to checkmate the opponent's king. Sometimes a player forgets that his opponent is also hunting for the king because they are too busy thinking about their own plan.

6. Make the best possible move. Ask yourself these questions when you are considering a move. Can I improve my position even more by increasing the effectiveness of a different piece? Will the piece I am moving go to a better square than the one it is on now? Does the move help to defend against my opponent's threats? will the piece I move be safe on its new square?

7. If it is a pawn, consider: Can I keep it protected from attack?

8. If it is another piece, consider: Can the enemy drive it away?

9. Always be alert. Once a player has reached a good position or given up hope if their position is bad there is a tendency for people to relax. If you have a better position, watch out! One careless move could throw away your advantage. You must always watch out for your opponent's threats.

10. Know when to trade pieces. The best time to trade men is when you can capture men worth more than the one you will be giving up, which is called "winning material". If your opponent is very careful,

that opportunity may not arise.

11. Think about the endgame. You should remember that every move you make might affect your chances in the endgame. Concentrate on your immediate plans, as well as your opponent's.

12. Control the center. The player who controls the four squares at the center of the board will have the better game, in many cases.

Hopefully these tips will help improve your chess game. Go practice - and have some fun!

Robert Michael is a writer for Ray Chess which is an excellent place to find chess links, resources and articles. For more information go to:

<http://www.raychess.com>



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