

Handwritten notes on lined paper, possibly a page from a notebook. The text is mostly illegible due to blurring and low resolution, but appears to contain several lines of text, possibly including a list or a series of short paragraphs. There are some red markings or highlights on the page.





The favorite pastime of many college students is drinking alcohol. But how healthy is it? The answer is one of virtual common sense, it's not. The only nutritional value to alcohol is calories. It can damage your liver, prevent your body from taking in nutrients and impair your ability to think clearly. It only gets worse the next day with *the hangover*. The best way to treat a *hangover* is the beverage of life, Water! Drink plenty of water before you go to bed if you decided to drink in excess. This will prevent dehydration. Another way to fight a hangover is providing your body with more sugar. A great way to do .0