Happy St. Paddy’s Day!

If you plan to party down on the 17th, eat a bowl of Lucky Charms (Bread products and foods high in protein, like milk and cheese, slow the absorption of alcohol) before you drink. Drinking on an empty stomach is no good. Really.

Whether you choose green beer or some other Kermit-colored-cocktail, alternate your drinks with water so you won’t be green at the end of the night.

Sip or sink. Drink each alcoholic beverage slowly. Remember, your liver can only handle about one serving of alcohol an hour (i.e., 12 oz. beer, four to five oz. of wine, or one to 1.5 oz. of hard liquor). Rapid consumption of alcohol via shots, funnels, and drinking games are sure to win you a big hangover.

Safe Traveling Tips for a “sweet” Spring Break

 횊 Be AWARE: take note of your surroundings and the people around you.
 횊 Take calculated risks: Try to avoid arriving at places at night.
   o Have enough money with you prior to arrival to make sure you do not have to rely on an ATM when going somewhere new.
   o Do not go off without your friends.
 횊 Have fun, but WATCH your drink:
   o Keep in mind that being tipsy in your own neighborhood is a lot different than being in a foreign place!
 횊 Leave ALL your valuables locked up in your hotel.
   o Bring copies of your passport with you and leave at the hotel.

Lounging in the sun?
 횊 Reapply your sunscreen every two hours, after going in the waves, or sweating.
   o No one enjoys being a lobster!
 횊 Protect your skin & eyes now.
   o Wear sunglasses to protect your eyes against UV rays.
 횊 Drinking alcohol in the sun will increase your risk for dehydration even quicker
   o Switch back and forth from alcohol to water if you choose to drink.