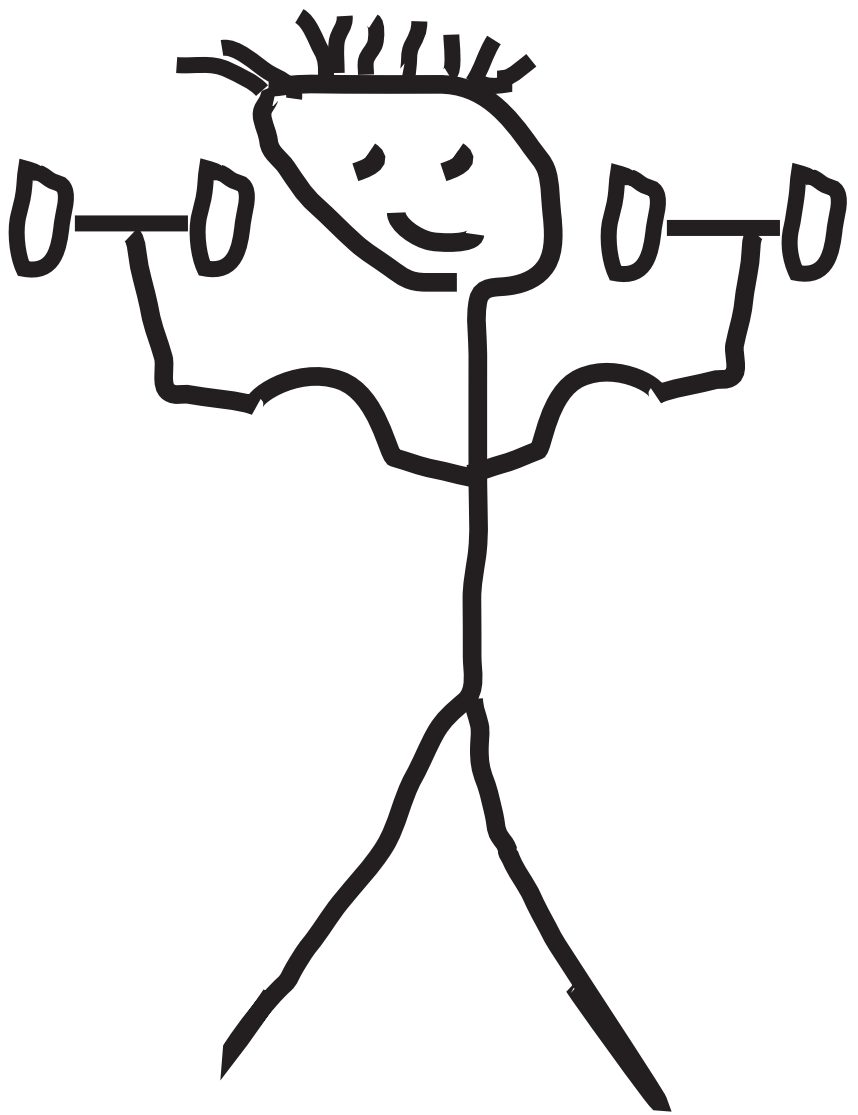
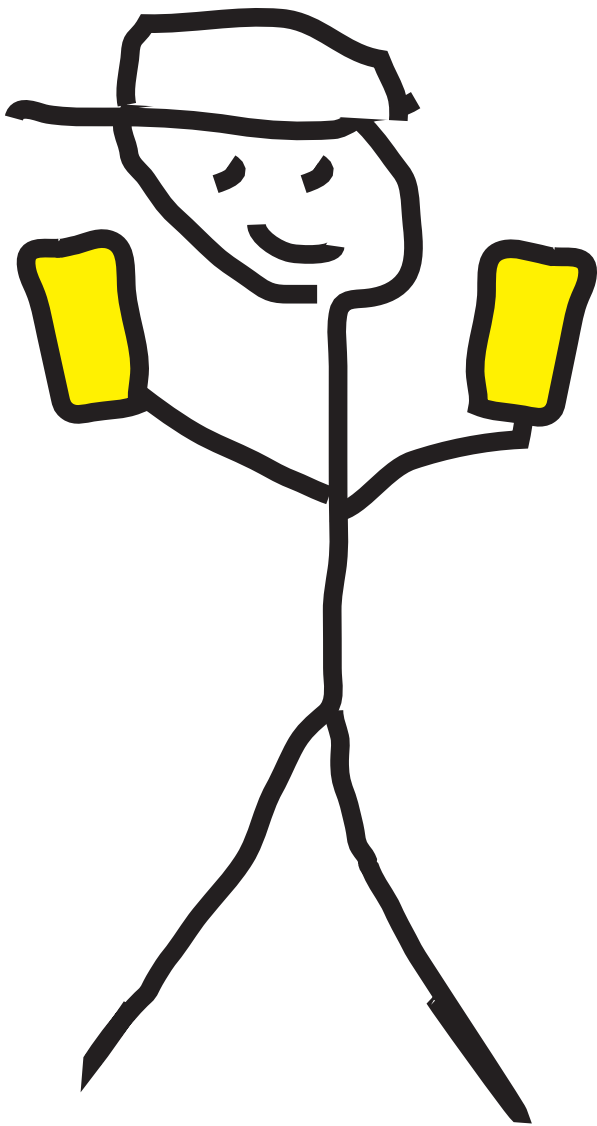


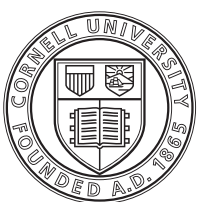
# SOMETHING TO CONSIDER

99 . . . 100!



**Alcohol and peak athletic performance don't mix.**

Alcohol impairs muscle strengthening and repair. Even if you only drink after a game, alcohol reduces your body's ability to recover from any injury sustained. If athletic performance is important to you, learn more about alcohol at [www.gannett.cornell.edu](http://www.gannett.cornell.edu)



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