



## STALL STREET JOURNAL

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[ A WEEKLY DOSE OF KNOWLEDGE ]

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### Bay Tease:

½ cup  
Peach or  
Mango  
Nectar

2 cups  
Cranberry  
Juice

1 cup  
Pineapple  
Juice

## Refreshing Summer Drinks

Cool drinks feel great in warm  
weather. Stay hydrated with  
these nonalcoholic ideas.

### Arnold Palmer:

1 cup  
Iced Tea

1 cup  
Lemonade

### Cocoa Cooler:

½ cup  
Crushed Ice

2 packets  
Hot  
Chocolate  
Mix

4 oz. Half-  
and-Half or  
Almond Milk

### Orange Fizz:

1 cup OJ  
+ 1 cup  
Sparkling  
Water

Splash of  
Lime or  
Grenadine

### Sorbet Squeeze:

1 scoop  
Sorbet

2 cups  
Juice

## IN THIS MONTH'S ISSUE OF *STUDENT HEALTH 101*:

### *Active Listener or Problem Solver?*

*How to Help Friends Through Tough Times*



READ *STUDENT HEALTH 101* TODAY:

<http://readsh101.com/miami.html>