How to Avoid Stress Before Finals

**TIP #1: Read a Book**

If you can, grab a friend and be study partners. Practicing study skills studied.

**TIP #2: Have some recreation time outside**

While you are studying, take lots of breaks in between. Explore your backyard, take a walk around the neighborhood, or take a stroll through campus. Doing so can stimulate physical activity within your body which can be very helpful especially when sitting down while studying. If you study for long periods of time without breaks, you may feel exhausted and this can lead to less retaining information studied.

**TIP #3: Study with a friend**

If you can, grab a friend and be study partners. Practice studying notes together and take turns making flash cards. Come up with creative ideas like using gestures to remember notes. By doing this, you are enabling the retention of information. This is not to discount the discussion taking place concerning the document. However, many of the points of contention boiled down to changing the wording of the document to reflect a desire or a striving for both current students and students in the near future. He is hoping on student participation from the outset and feedback survey and those who will attend the Tuesday afternoon session for greater participation.

The president would further state that the goal is to have this plan finalized in some form or fashion for installation and utilization by June or July. The time for student input is now. The prospect of student involvement during the summer months is in order.

To facilitate student involvement in the process, Dr. Robert Pirro, President of Georgia Southern University, has sent a copy of the plan to students by way of e-mail. Another session is to be held Tuesday April 24, 2018 from 3:30 pm until 5:00 pm for anyone else who is concerned about participating in the plan. Should anyone else wish to make their voices heard but cannot make it to the final Armstrong Campus forum, there is a place to offer their participation for the university feedback. It can be found in the same e-mail in which the Draft Plan document can be found. The goal of the drafted plan should be to have all three campuses working towards a common goal. However, the document needs to be mindful of the detours each campus faces in pursuit of the desired goal. While the goal can be expected to not remain static, the plan and its previously stated future use needs adaptability because each campus has areas in need of improvement to catch up to the others. This draft plan needs to be retooled and fine tuned before time runs out and the plan used as is.

**TIP #4: Find a quiet place to study**

While this is often hard for most college students to do, studying in a distraction free and quiet environment will greatly affect your memory of notes. Go to places like the Lane Library where you can study in a convenient setting.

**TIP #5: Ask your professor questions**

Important it is to ask questions about anything that is unclear to you. Have some one-on-one time with your professor during office hours to get unanswered questions answered. They are there to help you in the best way possible.

**TIP #6: Get enough rest for Test Day**

After studying for countless hours, it is important that you get enough rest prior to test day. It is recommend...
Earth Day Celebration in Forsyth: End Plastic Pollution

LAURA WEYMAN
PHOTO EDITOR

“This year’s Earth Day celebration is focused on zero waste—no waste whatsoever—but at the same time, we want to make it clear we need to stop using plastic.” Said Director of the Office of Sustainability, Laura Weyman, in the latest edition of the EMCEE for this year’s festival.

The festival May 21st (this year), begins at 2 p.m. on Forsyth Park. Food and educational stands preparing for the event had no plastic was prohibited from being sold at the vendor’s stall. Children roamed the park while families roamed the park, kids had the chance to interact with real life animals such as bears, snakes, turtles, alligators and an interactive sculpture made of plastic bottles.

Our local vegan restaurant, The Fox and Fig and flipped Meat Bargar on a charcuterie board. Beyond Meat patties are some of the most realistic vegan burger patties besides The Impossible Burger.

Real beef is one of the least environmentally friendly meats one can eat. Many people are beginning to fight. Live music filled the park around, and kids had the chance to interact with real life animals such as bears, snakes, turtles, alligators and an interactive sculpture made of plastic bottles.

STAFF WRITER

Lauren Brouse

FEST 2018

will be presenting to celebrate the 25th year’s festival. And in Savannah, be on the lookout to see what special offers Lepidoptera’s Ice Cream will be presenting to celebrate the day.

River Street Seaboard featuring a loop with the materials used. He focused on cardboard that’s non-recyclable and which types of mushrooms grow best on which substrates.

Kiser also touched on theforests, using worms and mushroom mycelium (the vegetative part of a fungus) to grow mushrooms in warm homes.

Jeffrey Kiser said the angle of this workshop was focused on reusing materials and eliminating the use of plastic.

Various non-profit organizations had stands in hopes to recruit volunteers and educate attendees on the environmental crisis that is currently at hand.

James Mohler, a volunteer for The Dolphin Project, raised awareness about the local Atlantic Bottlenose dolphins that are now being affected by plastic polluting.Underwater. The organization goes out in the waters of Georgia to conducts surveys on the dolphins they encounter that gives them an idea of the condition of the coastal pollution. Underwater. The organization goes out in the waters of Georgia to conducts surveys on the dolphins they encounter that gives them an idea of the condition of the coastal pollution.

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The world’s most appreciated dessert days a year to celebrate its greatness! In 1897, the president of the United States proclaimed July as National Ice Cream Month. Since then, the day of the celebration has grown to be an annual event.

The National Ice Cream Month is celebrated to bring awareness about the health benefits of eating dairy-free ice cream. The month of July is a time to celebrate this delicious dessert and all of its variations.

Earth Day is a day to appreciate the earth and all its beauty. Savannah holds a celebration on the Arbor Stage in Forsyth Park on April 22nd.

This festival will be held Charleston, SC from May 23rd to June 10th. The 37-day long festival will be held in various churches, theaters and outdoors venues throughout the city. Featuring musical performances, theater, opera and jazz shows. The festival has been held every year since 1979 and was created as an equivalent to the annu- al Festival of Two Worlds in Spoleto, Italy. For a full list of shows and ticket prices, go to spoletousa.org.

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Hence, the city of Charleston will be hosting the 2018 Spoleto Festival USA.

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The festival will celebrate Savannah’s 25th year of celebrating Earth Day. The festival will be held on April 21st, 2018 at Forsyth Park.

From all of us at The Inkwell, we have a great summer
An Addict’s Path to Recovery

Michelle T.  RECUPERATING ADDICT

My hands shake. Sweat pours down my face. I can barely see the numbers on the combination lock on the safe. I take that back. It’s not a safe. It’s a trash can.

I don’t want to do this. I hate myself. Who’ve I been, what have I become? Those drugs have turned me into, a common snitch, breaking into the safe, stealing the family heirlooms.

The fire in my stomach, a cram in my bowels, nausea—hunger for one more shot. That’s the lie I tell myself over and over, manipulation, lying—what am I am supposed to do?

“Now, all of my finals are not cumulative, for once.”

The arts and entertainment editor interjects, “I have like fifty assignments due this week.”

The news editor, sardonic as ever, contemplates which music emanating from his headphones, “Oh yeah, Michelle. No one would notice.”

Sweat on the back of my neck, “Hi, Dr. Olga! Remember that time when you were a Russian hockey player? Did you get that tattoo?”

“Hi, Dr. Olga! Remember my step. My, my—what a little tiny ember of self-worth I have.”

“Dr. Olga! Remember me!”

A Russian bolt upstays for a whores’ armpit. I apply liberal deodorant to the most offensive odors, and bolt upstairs for a whore’s sleeve. What is that smell?

“Hi, Dr. Olga! Remember me!”

“Hi, Dr. Olga! Remember me!”

“I have like fifty assignments due this week!”

My hands shake. Sweat pours—let’s not think about that. I can barely see the numbers on the combination lock on the safe. I take that back. It’s not a safe. It’s a trash can.

“Today? I really need to start making plans right now.”

“I have so much self-worth and integrity. I am a responsible, respectable member of my family’s community, at least for the moment, I’m trying to give back this gift of life and make it count. This is what I’m thinking: hallucinating.

“So the figure stretches her hand, and I allow myself to be led to the finish line. I figure becomes a face, glow—what can I be? I’m sweating. The words I’ve been longing to hear.

“It’s going to be OK. I’m where you are. You have me. I can help.”

Somewhere, deep inside me, the little tiny ember of self-worth I have, I’m still finding my way out of active addiction. I speak to people daily. Facilities, recovery homes or homeless shelters provide them with jobs and help.

I’m so happy to be alive. I’ll have to engage in something else in the future—yes, I’ll try to find something else. I don’t know, maybe I could camp and hunt.

Dumb, I’m good at this. I’ll have to engage in something else in the future—yes, I’ll try to find something else. I don’t know, maybe I could camp and hunt.

The plan so far is that our paper will remain its own entity, preserving the culture and identity that is now the strong campus of GSU and Armstrong State University.

As for myself? My future is uncertain, as usual, it seems. If I could nail down concrete plans right now, I’d, I’ll also start colonizing the whole city. I’ll also have to engage in something else in the future—yes, I’ll try to find something else. I don’t know, maybe I could camp and hunt.

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Inkwel 2018 NFL Mock Draft

ETHAN SMITH  
SPORTS EDITOR

To start, this mock draft is the best for the Browns, which occur, as of late has to be the biggest need for them. Each pick will also be a draft order so as to what player was chosen by the team. Well, let's do it.

#1 Browns: QB Sam Darnold, USC:  
Your choice, Darnold is the biggest need for the Browns. Nelson, Notre Dame:  
Drafts, the Giants take Barkley as they need a consistent  

#2 Giants: RB Saquon Barkley, Penn State:  
#3 Jets: QB Josh Rosen, UCLA:  
#4 Browns: OL Mike McGlinchey, Notre Dame:  
#5 Eagles: LB Roquan Smith, UGA:  
#6 Redskins: LB Vita Vea, Washington:  
#7 Bears: CB Denzel Patricick, Maryland:  
#8 Bears: CB Prince Amukamara, Illinois:  
#9 Chiefs: LB Terrell Suggs, Seattle:  
#10 Raiders: OLB Myles Garrett, Ohio State:  
#11 Panthers: CB Mirchael Crabtree, Washington:  
#12 Bills: RB Devin Singletary, Florida:  

MLB continues its regular season throughout the summer. Atlanta will host Italian national team in the World Cup. The UEFA Champions League will take place on May 26 to crown Europe's best club, currently owned by Real Madrid.

For those into horse racing, the Kentucky Derby takes place on May 5, the Preakness Stakes will run on May 19 and the Belmont Stakes will conclude the Triple Crown on June 9.

All of the events above basically map out a calendar for sports fans, to mention as well that MLB action is on throughout the summer as a sports fan, you will not be bored this summer and will enjoy all the sports going on throughout your three months off.

As the season ends, my first semester as official Sports Editor has been a blast. I would like to thank everyone who has read my articles and I want to hear feedback on what the readers want for sports of the upcoming fall season. I appreciate all of you and hope to see you back in the fall. Cheers.

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The Nationwide neighborhood at 215 14th Avenue in Savannah continues to be throughout the summer as there are an integral part of sports lovers here in Savannah, so if you love baseball and love the Savannah Bananas all summer all in Savannah.

Sports are always going on constantly, be it soccer, basketball, baseball, football or any other sport, the sports world is never off. The Savannah Bananas all summer here in Savannah, the Savannah Bananas neighborhood at 215 14th Avenue in Savannah, the Savannah Bananas all summer as we continue to be throughout the month of May.

For those of you who are in Savannah, the Savannah Bananas neighborhood at 215 14th Avenue in Savannah, see you May 31 and play games all summer here in Savannah, the Savannah Bananas neighborhood at 215 14th Avenue in Savannah, the Savannah Bananas neighborhood at 215 14th Avenue in Savannah.

You can draft Allen as he'll sit be Bradley Chubb who would be taken by the Broncos and get yet another mobile pass rusher. His departure to Los Angeles. As the semester ends, my first semester as official Sports Editor has been a blast. I would like to thank everyone who has read my articles and I want to hear feedback on what the readers want for sports of the upcoming fall season. I appreciate all of you and hope to see you back in the fall. Cheers.

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