

# CWSF 2011 - Toronto, Ontario



## Nathan Murtha, Douglas Sheppard

### Stimulate Your Brain

**Challenge:** Discovery  
**Category:** Senior  
**Region:** Halifax  
**City:** Middle Sackville, NS, Hammonds Plains, NS  
**School:** Millwood High School  
**Abstract:** Subjects were split into two groups; a control group and the experimental group. The experimental group was given stress balls to squeeze in their right hands, in order to stimulate the left hemisphere of their brain (peripheral control crosses hemispheres). Subjects were given a quiz, via computer, to test flow logic. It was found that the stimulated group performed better than the unstimulated group.

### Biographies

**Nathan** - Nathan Murtha was born in Edmonton, Alberta, and moved to Calgary when he was five years old. Five years after moving to Calgary, he moved to Halifax, where he now attends Millwood High School as a senior. Nathan started the peer tutoring program at Millwood High. The program offers free extra help in any subject three days a week, and has helped a number of people with understanding their coursework. He also volunteered with Capital Health earlier in 2010, and was a volunteer landscaper with the Scott Manor House (a provincial historical sight in Nova Scotia). Nathan works at the Halifax Citadel, a national historic sight in Halifax. He enjo...

**Douglas** - Currently I am a High School student planning to study business in university, either at Saint-Mary's University or Memorial University of Newfoundland. Working as a Sig-Op reservist, at 723 Communication Squadron Halifax. Heading to Kingston Ontario, becoming trades qualified this summer. I intend to pursue a military career in the future. I am on the school rugby team but due to lack of numbers we where unable to have a team this year. Scuba diving, hunting, fishing, basically anything outdoors are my favourite past times. I absolutely love to travel; hopefully in the distant future i intend to have at least once been to every continent.

### Awards

### Value

Excellence Award - Senior - Bronze Medal Sponsor: Youth Science Canada	\$300
The University of Western Ontario Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Western Ontario	\$1 000
University of Ottawa Entrance Scholarship Senior Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Ottawa	\$1 000
<b>Total</b>	<b>\$2 300</b>