

The Gauntlet



GAMER of the Month Audrey Ewing

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At first, many people were confused as to what I meant by “GAMER”. Having only heard the term spoken aloud, people initially thought I meant a “video gamer”. I explained that by “GAMER of the Month” what I really meant was a student people wanted to get to know a little better, maybe learn some cool facts about. After polling about twenty GAMES students, several people showed an interest in learning more about Shea Sparks, a first year student.

I started off the interview by asking the standard questions. Her birthday is July 30, and she has two younger sisters, thirteen and fourteen. Her family lives in Forsyth, Georgia. Her favorite color is teal, and her absolute favorite food is macaroni and cheese, specifically in micro-wavable cup form. A perfect day to Shea is waking up early, reading, and then getting things done, such as studying or organizing. Shea highly values organi-

zation, productiveness, and success. This might have contributed to why she chose mind control as her super power, to “stop people from doing things they shouldn’t”. Although, if she could wake up tomorrow with one quality or ability, it would be the ability to read a book in ten minutes.

I asked Shea, “If money was no object, what would you do all day?” Her response was that she would either watch Netflix or read, which I must say isn’t too far off from what I would probably say. Her obvious love of reading led me to ask her if she could only read one book for the rest of her life, what would it be? She couldn’t come up with a book immediately, so we moved onto who she would want as a dinner guest, given the choice of anyone. She automatically said Jean St. Bauby, a French journalist who suffered from “locked-in syndrome” which causes permanent paralysis of the body.

Interestingly enough, Jean St. Bauby wrote Shea’s decided favorite book, *The Diving Bell and the Butterfly*, on his memoirs, by amazingly dictating one letter at a time blinking when the correct letter was reached.

I also learned that, like many GAMES students, Shea is a Biology major. Her dream career is to be a brain surgeon. To go along with her dream career, Shea considers her greatest accomplishment this far to be that she has attended the Congress of Future Medical Leaders held in Washington, D.C. Despite her high goals and success thus far, her greatest fear is failing. My final question was, “If you could go back in time, what year would you travel to?” Her response was, “2008. Just ‘cause I was a kid, and everything was great.” I have to agree. Don’t we all wish sometimes that we could just go back to being kids?

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Upcoming Events:

- **October 15:** International Food Festival Midterms Men’s Basketball Game
- **October 16:** Corn Maze at Daisy Adams Farm
- **October 18:** Cochran Country Fest
- **October 22:** Chess Tournament
- **October 28:** Blood Drive
- **October 31:** Halloween Party

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“A new approach to dealing with exercising to improve memory.”



“It is OUR responsibility to know what is required to complete our degree.”

New Georgia Institute of Technology study links intense workouts with memory enhancement

According to a Georgia Institute of Technology study, conducting an intense workout of at least twenty minutes can enhance long-term memory for past events in healthy young adults by about ten percent. The study was recently posted in the journal, *Acta Psychologica*, and took a new approach to research dealing with exercising to improve memory. Existing research has correlated acute stress with memory enhancements. In other studies, Hormonal and norepinephrine releases in rodent brains have been found to be linked to memory enhancements, and the current study found participants' saliva to have increased measures of alpha amylase, related to norepinephrine.

Participants in the study were asked to lift weights once, two days before testing. Ninety photos

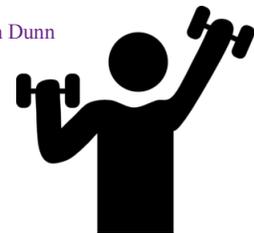
were shown to participants at the start of the test on a computer screen. The images were evenly split between three categories: positive, negative, and neutral. Participants were then moved to leg extension resistance exercise machines. Then, half of the group expanded and contracted each leg fifty times according to the participant's maximum. The control group allowed the machine and experimenter to move their legs. Blood pressure and heart rate were monitored for each participant and saliva samples were taken to measure stress through neurotransmitters.

The group returned forty-eight hours later and were shown one hundred eighty pictures, ninety old photos and ninety new photos. The control group remembered fifty percent of the photos, and partici-

pants who exercised remembered about sixty percent of the photos. Lisa Weinberg, the Georgia Tech grad student who led the project indicated that other resistance exercises will most likely yield the same result. Memory enhancement can be achieved without conducting exercises requiring the person to be in good enough shape for exercises such as biking or running.

The team who conducted the study has made plans to expand the study in the future to research other types of memory enhancement through resistance exercise.

Austin Dunn



Felipe's FYI First Year Information

Dear First Years,

Congratulations! Has it sunk in that you are now full time college students? By now you've probably realized that the rumors about things like "Freshmen Fifteen" seem to have a hint of truth. Well, worry not my GAMiES! This section is designed to help you out while you journey through your new life here at MGSC.

-Felipe-

Through anonymous surveying the topic that many first years were concerned with was...

- **Next Semester (Schedules):** You've probably heard about meeting up with Dr. Pasto for Spring registration if you're one of the few who read emails. If you haven't done so, sign up for a time to meet up with him. The longer you wait the less options you will have. Remember that Dr. Pasto is our advisor NOT our counselor! It is OUR responsibility to know what is required to complete our degree, and therefore you should be well informed about your requirements and prerequisites for certain courses. I suggest you make a list of courses needed and plan out future semesters, as this will help you prevent an overloaded final semester. Come to your appointment with Dr. Pasto well prepared; that means know what you need and when you need it. Hate to break it to you guys but this is not high school. We don't have a counselor on our case all the time. We get to decide which courses we take and when we take them. All the information you will need can be found at www.mga.edu under "Quick Links" located at the top of the page. The "Catalog" link will lead you to the school's catalog where you can locate your major and the courses needed for graduation. The "Course Schedule" link will lead you to a tentative list of courses to be offered next semester, remember to choose courses offered at the Cochran campus, or online, and are for the 2015 Spring semester. Remember, choose your classes wisely. Don't wait to the last minute; be well prepared and well informed.

Liberian Ebola Patient in Dallas Receives Experimental Drugs

Liberian authorities said Thursday that they will prosecute Dallas Ebola patient, Thomas Eric Duncan, for allegedly lying on his airport departure screening about whether he had had contact with a person infected with the virus. On the form, Duncan answered "no" to questions about whether he had cared for an Ebola patient or touched the body of someone who had died in an area affected by Ebola.

Duncan is now in serious condition in a Dallas hospital and is being treated with an experimental antiviral drug, Brincidofovir, made by Chimerix of Durham, North Carolina. M. Michelle Berrey, president and chief executive of Chimerix,

said in a statement that the company was working closely with federal and local health officials, including the Centers for Disease Control and Prevention.

"We are hopeful that Brincidofovir may offer a potential treatment for Ebola virus disease during this outbreak," the company said in a statement.

However, what is the point of bringing this man over to the United States when he obviously has forged his documents to claim that he does not have a fatal disease and has possibly spread Ebola to over 38 people?

Even it is possible that he has

spread the Ebola virus to over 38 people and counting, officials say that they are carefully monitoring those who have had contact with Duncan. Dr. Tom Frieden, head of the CDC, states this about prevention methods:

"We do that by identifying every possible contact, monitoring them for 21 days, and if they get any symptoms, isolating and monitoring them as well. That's how you stop Ebola."

Jenny Kim



Second Year Column

My fellow seniors! We are about seven months away from completing one of the most important phases in our lives: HIGH SCHOOL! I am beyond excited as well as you all should be. But, before the celebration can begin, we have to do our part now to finish the race well. What does that entail? For starters, we need to start applying to schools and applying for scholarships. One way to apply to schools is through the Common App, which is like a general application website. It allows you to fill out most of the simple information needed for any college application. Some schools require more than just completing the Common App, such as additional essays and personal information. Regardless, the Common App is a great tool that should be used to apply to the school of your choice. Not all schools use the Common App. For those schools that do not use it, you should just visit their webpage and access their application online.

Three things are important to do for a college application: essays, fees, and recommendations. Essays can be a pain to write because the topics given are often boring and dull. Once you write an essay for one application, it can always be recycled for another application; so write it well. Application fees are quite costly. With them, you can forgo paying the application fee for some colleges. Most fee waivers are given based on demonstration of financial need; others are given through various schools. For those of you who took the SAT in the past, you may have some fee waivers available to you on the College Board website. Letters of recommendation are super important. Colleges use them to determine your character and see what you would potentially contribute to their school. Find a teacher who you think will write something meaningful about you. Teacher recommendations can improve your chances of getting accepted.

Deadlines are important. **PAY ATTENTION TO DEADLINES!** Time flies by before you know it, so stay aware of when certain material for your application is due. Missing a deadline could ultimately jeopardize your acceptance into that school.

I know it sounds cliché, and we hear it all the time, but the future will be here before you know it. Stay on top of things, and finish well.

Elizabeth Alabi



"What is the point of bringing this man over to the United States?"



"The future will be here before you know it."

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Logic Puzzle

$$\text{If } 1 + 1 = 5$$

$$2 + 2 = 20$$

$$3 + 3 = 45$$

$$\text{Then } 4 + 4 = ?$$

The Gauntlet Poll

1. What is your major?

2. What is your favorite subject?

Send your answers to
thegauntletinbox@gmail.com

No GAMES No Life

Debates and inquiries into the unknown

When you watch the world go by, what do you think? Does the world fascinate you? Do you still look out your window asking for more? Just because there is ice on the North Pole does not mean we cannot live. Just because an asteroid might kill a man doesn't stop us from going to space. There are echoes of pain across the planet--some are ignorant, some understand, and some never will.

We are blank--a clean, empty slate. Together we will attempt to clear the mysteries of this world, but be warned; sometimes the answers are worse than the mystery itself. There are many paths through the dense fog, but blank will attempt to steer you towards the end. Try to prove us wrong, or we haven't done our job.

Question 1: How do you win?

Everyone always wants to win, but there can be millions of obstacles holding us back. Life as we know it is an environment of probability based on constantly changing variables and constants as far as we know, so how do you win?

Winning is a logical solution where one party gains more than another. We can then assume, since most variables can be solved with equations, life as we know it can be solved with an equation; we can then assume the equation contains constantly changing variables and constants based on our previous statement. How do you solve an equation with constantly changing variables?

Human beings are constantly defining these variables on a daily basis, voiding them, and creating constants to slowly solve the equation of everything. Science and math are examples of humanity's attempts, successes, and failures at defining the variables in the equation of everything. However, humanity is not only defining variables but also creating new ones every day. This results in an exponential difficulty. Will humanity be able to overcome this constantly growing anomaly?

Randomness is the only true constant in this world that we know of. With randomness as a true constant, the equation of everything appears as a random number generator. The random number generator will either yield a useable value or useless data. Assuming this, humanity can apply the value to solve for the equation to determine if the output from the random number generator is useable. This also results in the exponential difficulty. The equation of everything then becomes too complex to be valid. How do we simplify this equation?

This world demonstrates a pattern of simplification. The world is a sandwich. Sandwiches are made through complex processes such as poultry and wheat farming, but sandwiches provide a simple form of nutrition. Therefore, the equation of everything is potentially simple, but the exponential difficulty affects its simplicity; attempting to solve the equation of everything only makes the equation more complex. The only way to simplify the equation of everything is to simplify more of the equation than the amount of the equation becoming complex. Solve the equation.

Send your solutions, comments, and suggestions to thegauntletinbox@gmail.com

Sincerely, []

October Contest

Attempt to instill fear into the Gauntlet Staff in no more than five words.

- The winner of this contest will have their response published in the next issue of The Gauntlet.
- Send all responses to thegauntletinbox@gmail.com

