

Welcome to the 2009 **FAST** Learning Room

PARADOXES **PUZZLE** **PEOPLE**

Can a PARADOX trigger learning?

ONE FACT SEEMS CLEAR
WOW!

TWO FACTS SEEM TO CONFLICT
HOW?

THREE FACTS CAN RECONCILE
NOW

Be a **FAST** learner
with the Morgan County Forum
for Arts, Sciences & Technologies, Inc. (**FAST**)

Visit the **FAST** website at <http://www.fastlearner.org>

FAST PROGRAM HIGHLIGHTS, 2008-2009

2009 Great Grey Matter Challenge

On January 11, people of all ages met in the BSHS cafeteria to answer a wide range of questions on arts, sciences, technologies, social studies and pop culture. The Morgan Messenger team won first-place trophies. The session was a “warm-up” for those who later attended the March 29 Brain Games of the Eastern Panhandle Literacy Volunteers. Clipboards with similar questions are provided to let you win a free pedometer to help stay healthy.

Nutrition & Neuroscience - Captain Joseph Hibbeln

On May 3, Dr. Hibbeln discussed some of his research results showing how omega-3 deficits in people’s diets and tissues relate to the occurrence of depression, suicide, and aggression. He showed results that fish consumption during pregnancy supports higher IQ and more optimal social behaviors among the children. He recommends eating more omega-3, less omega-6 and fewer calories per meal. His lecture is on a DVD Kiosk.

2009 Song-writing Contest Top Ten entries

On May 20, awards were made for the top three of seventeen entries that were judged by a multi-generational panel of ten Morgan County residents. The top ten entries are displayed on a DVD Kiosk.

2009 Very Short Video Contest entries

In 2008, **FAST** began to shift from a 2-day annual County Fair poster exhibit contest toward requesting very short teaching/learning video messages that can be viewed on the internet 24/7/365 in a “virtual museum”. On July 18, 22 short 40- to 120-second entries were submitted in four categories: Arts, Sciences, Technologies and Social Studies. Award-winning entries are displayed on a DVD Kiosk.

This 2-DAY **FAST** FAIR EXHIBIT shows:

Portion Distortion = Paradox of perceived benefit and harm when super-sized food hurts health **DVD Kiosk at entrance**

ART makes people think of perceived reality

A1 - Paradoxical Reality

DVD Kiosk

-> Elephant; Aristotle; puns; visual paradox; reality disappears
-> Escher posters

A2 - Language Shapes Thoughts

DVD Kiosk

-> Picture-ideas became alphabets (poster)
-> Phoenician phonemes ; alphabets; consonants and vowels;
naming living room; naming colors; naming life forms (videos)

A3 - Sound wave patterns & voiceprint spectra

-> See your name in sound waves. (Computer & printer)

SONG CONTEST – Top Ten Songs

DVD Kiosk

SCIENCE tests & interprets perceived reality

S1 - "It's Only Sugar" exhibit of added sugar eaten by a high school class of 10 boys & 10 girls (poster exhibit)

S2 – Expend or Expand & Morgan County Menus (handouts)

NUTRITION & NEUROSCIENCE – Dr. Hibbeln **DVD Kiosk**

S3 - Food Choices can Help or Harm - Some vitamins make hormones that can make problems (videos) **DVD Kiosk**

S4 - - Community input for school wellness program (poster)

TECHNOLOGY builds better realities

T1 – Managing Reality - moon phases, shadows, motion, eclipse, rainbows, formulas (videos) **DVD Kiosk**

T2 – Cacapon geology – Lots of layers tell a history. Which layer has natural gas? Which has your well water? (exhibit)

T3 – Enough water? Rings in this oak tree tell of 200 years with changing sun and rain and seasons (exhibit)

VERY SHORT VIDEO CONTEST ENTRIES **DVD Kiosk**

Curious about Curiosity? Join the Morgan County Forum for Arts, Sciences & Technologies (**FAST**).

In 1743, Benjamin Franklin started the country's first forum where people could communicate their **records and interpretations of "all philosophical Experiments that let Light into the Nature of Things, tend to increase the Power of Man over Matter, and multiply the Conveniences or Pleasures of Life."** Then, the study of Nature (science and technology) was called "natural philosophy", and the club was the American Philosophical Society.

It included doctors, lawyers, clergymen, merchants, artisans and tradesmen like Franklin. They helped America's economic independence by improving agriculture, manufacturing, and transportation. They also helped prepare Lewis and Clark about scientific, linguistic, and anthropological aspects of their exploration of the Louisiana Territory.

In 2003, the Morgan County Forum for Arts, Sciences and Technologies (**FAST**) began community discussions to help all Morgan County residents find ways to **"let Light into the Nature of Things, tend to increase the Power of Man over Matter, and multiply the Conveniences or Pleasures of Life."**

FAST is a tax-exempt, non-profit charitable corporation under IRS Code, Section 501(c)(3). It is supported by grants, donations, membership dues, and other income related to its purpose. Its primary mission is informal education to advance the use of arts, sciences and technologies in the daily lives of individuals in Morgan County. You can send tax-exempt donations to **FAST**, P.O. Box 674, Berkeley Springs, WV 25411. More information is at <http://www.fastlearner.org>.

FAST supports a wide range of informal learning experiences, including the "*Morgan County Menus*" booklet, community discussions of nutrition and health, Senior Life Services Center activities, internet access to WV codes and local government documents, community music and theater projects, plus advanced training. The 2009 Very Short Video Contest awards over \$1200 for teaching/learning videos that may be viewed 24/7/365 in a new **FAST** virtual museum.

Join **FAST**, contact us at wemlands@att.net and **help us plan the FAST learning virtual museum website.**