

## Registration Information

### How to select workshops

Choose three workshops from each column: A, B and C, for a total of nine workshops. We will do our best to honor your request but since this is not always possible you may have a totally unexpected opportunity.

### Parent pickup

Please pick up your student at 1:00pm. EYH encourages you to make clear arrangements with your student regarding transportation plans.

### Fees

The conference fee \$12.00. This includes all materials and snacks. The Parent Workshop is an additional \$12. All fees are nonrefundable.

### How to register

Pre-registration is required for both students and parents. There will be no on site registration. Help pilot our web based registration at [www.starjumper.com](http://www.starjumper.com) where you can make your payment with Paypal or complete and mail the form below with your check. Checks should be payable to **Expanding Your Horizons**. Register as soon as possible; student and parent workshops fill up on a first come, first served basis. Registrations received by October 13, will receive confirmation prior to the conference. The deadline to register is October 27 or until all classes are filled.

For technical problems or questions about our on line registration, call Kate Bligh at 456-4056

### Additional conference materials

An information packet will be given to each student on the day of the conference.

### Special Accommodations

To request special accommodations can call Nancy Johnson at 360-596-5222.

### EYH STUDENT REGISTRATION FORM

- Check box if scholarship is requested.  
 Check box if special assistance is required.  
 Check box if you are a returning EYH participant.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Indicate your first nine choices for workshops by putting the workshop letter and number in the blanks provided. Choose 3 workshops from each column.

Column A #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

Column B #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

Column C #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

### Parent Workshop Registration Form

- Check here to request a scholarship  
 Check here is special assistance is needed

Name \_\_\_\_\_

Email Address \_\_\_\_\_

**We need your help.** Let us know if you are interested in joining EYH to help plan future conferences by printing your name here:  
 \_\_\_\_\_

Workshop requests are filled on a first-come first-served basis. To receive notification of registration please register by October 13, 2006. The deadline to register is October 27 or until workshops are filled.

### Mail registration form and check to:

Expanding Your Horizons, 4820 Yelm Hwy, #B, PMB 167, Lacey, WA 98503.

Photos will be taken during the conference. Please contact us if you have and concerns.

SATURDAY

NOVEMBER 4, 2006

THURSTON COUNTY  
**EXPANDING Your HORIZONS**  
 $\frac{(x-2)^2}{65} + \frac{(y-11)^2}{13} = 1$   
 MATH & SCIENCE CONFERENCE FOR 6TH, 7TH, 8TH GRADE GIRLS

Register now for the great EYH workshops on-line or through the mail!

### Sponsored by:

South Puget Sound Community College  
 2011 Mottman Road SW • Olympia

### and

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## EXPANDING YOUR HORIZONS CONFERENCE GOALS

- Increase young women's interest in mathematics, science and technology.
- Provide an opportunity to meet women working in nontraditional fields.
- Foster awareness of careers for women in mathematics, technology and science-related professionals.

### ABOUT EXPANDING YOUR HORIZONS

About Expanding Your Horizons

"Why don't more girls take Math and Science courses? Math and science are not just for boys.

In 1975, after asking this question, a group of professional women began brainstorming and the result was the first Expanding Your Horizons conference.

Expanding Your Horizons conferences have been held in cities throughout the United States. More than 165,000 young women have participated in the program. In Washington State, conferences are held in 16 cities throughout the year.

The organizing committee welcomes new members; please check the registration form if interested.

### Conference Schedule • November 4, 2006, 8 am-1 pm

8-8:20	Check-in
8:20-8:35	Inspirational Moment and Housekeeping
8:45-9:35	Workshop I
9:42-10:32	Workshop II
10:40-10:55	Break
11:00-11:50	Workshop III
12:00-1:00	Main Stage Event (The Queen of the Forest Canopy)

## DIRECTIONS TO MAIN CAMPUS

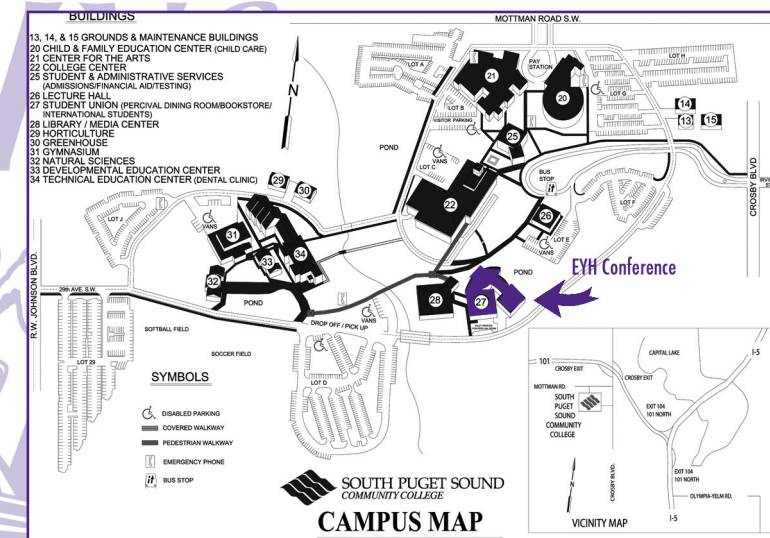
### From I-5

- North or South
- Take Exit 104
- Take first exit on RIGHT — Cooper Point Rd./Crosby Blvd.
- From exit ramp turn LEFT
- At second light, turn RIGHT onto Mottman Rd.

### From Highway 101 from Shelton/Aberdeen

- Take Cooper Point Rd./Crosby Blvd. Exit
- From exit ramp, turn RIGHT
- At light turn RIGHT onto Mottman Rd.

Main entrance is the first left off Mottman Rd. Conference signs will guide you to parking and the Student Union Building.



## On the Mainstage: Dr. Nalini Nadkarni, "the queen of the forest canopy"

Dr. Nalini Nadkarni has been both a pioneer in forest canopy studies and in fostering research communication between scientists and the general public around the world. Dr. Nadkarni is a Member of the Faculty in Environmental Studies at The Evergreen State College. She received her undergraduate degree from Brown University and her PhD in Forest Ecology from the University of Washington. She carries out field research on forest canopy ecology — the world of the treetops - in Washington State and in Costa Rica with grants from the National Science Foundation and the National Geographic Society.

In 1994, she co-founded the International Canopy Network, a not-for-profit organization that fosters communication among researchers, educators, and conservationists concerned with forest canopies.





## Column A

### A1 Calories Count!

Take the Calories Count Challenge with this nutrition professional. What is a calorie? Where do they come from and where do they go? Learn how calories affect us and how to make calories count the right way allowing us to get all the healthy foods we need and still have room for some treats.

Dixie Havlak, Registered Dietitian - Lifetime Nutrition

### A2 Vets: Docs for All Species

What does it take to become a vet? Learn about that whole process and then learn how to do physical exams, apply basic first aid and perform CPR for your animal patients.

Dr. Joanna Westcott, DVM, Veterinarian - TLC Animal Clinic

### A3 Keep ‘em Smilin’

Learn how you can use your education in health sciences to promote health through public service...a varied and fascinating alternative to private practice!

Dr. Joseli Alves-Dunkeson, DDS, MPH, MBA, Supervisor of MCH Oral Health Program - Washington State Department of Health

### A4 All Creatures Great and Small

Use various techniques to experience veterinarian practice including suturing, injections, lab diagnostics, x-ray viewing, bandaging, simulated large animal obstetrics and more.

Dr. Sharon Starry, DVM, Veterinarian - Yelm Veterinary Hospital

### A5 Let Worms Do the Work ... Compost Happens!

Learn how to make dirt out of things you throw away! This will be part in the classroom and part outdoors looking at the compost piles and bins that the college uses. Learn how bugs are the stars of the show when it comes to making compost and then find out how compost can be used to help plants grow like crazy!

Michelle Andrews, Education and Outreach Specialist II - Thurston County Solid Waste

### A6 A Day in the Life of a Veterinarian

Gown up and scrub in for surgery! Learn to draw blood, review x-rays and diagnose real patients. Please join Dr. Kim Martin as she takes you on a whirlwind experience through the life of a veterinarian.

Dr. Kim Martin, DVM, Veterinarian - Steamboat Animal Hospital

### A7 Spark the Heart!

Can you revive a dead heart? Use CPR and the latest emergency medical tools to treat a cardiac arrest. See a demonstration of an Automatic External Defibrillator (AED).

Cindy Taylor, Paramedic/Firefighter - Lacey Fire Department

### A8 Ring Around the Rosey

True tales from the secret world of bacteria, fungi and parasites. Hear and see fascinating medical microbiology cases encountered in a hospital laboratory. This will bring out the detective in you!

Susan McDonald, Microbiologist - St. Peter's Hospital

### A9 Nurses: Everyday Heroes

Registered Nurses play an important part in people's lives. Nurses are there when people are born and when they are fighting to live, providing comfort and care when needed. They are specialists in surgery, psychology, pediatrics, research, teaching and camping while they help their communities stay healthy everywhere.

Dawn Cutler, RNC - Family Birth Center

## Column B

### B1 Accomplished Girls in Cyberspace

Learn where to find copyright-free photos to use on your own free, safe webpage design. Write poetry and publish it on the Internet and include a copyright-free photo.

Deborah Hale, Director of Media Services/Program Coordinator - ESD 113

### B2 Splash When You Crash

Calling all bicyclists...Join us in building the best performing bicycle helmet or ""brain bucket"" for an egg. Of course...we'll be testing and scrambling eggs/brains - join the fun!

Megan Hall / Liana Liu, Highway Engineers - Federal Highway Administration

### B3 Whatever Floats Your Boat

Enter the race to build a mousetrap boat. Make a sea-worthy craft from simple materials to carry a mousetrap across our racing pool.

Sharon Love / Cathy Nicholas, Highway Engineers - Federal Highway Administration

### B4 Blast Off to Mars!

WANTED: Women with a heart for adventure, a yearning for exploration and a mind for discovery! You will blast off and discover how female astronauts eat, sleep and live in space. Come learn about being an astronaut and about the future of women in space as we return to the moon and journey to Mars.

June Dhamers, Teacher, Member of NASA Network of Educator Astronaut Teachers - North Thurston Public Schools

### B5 Make Up Make Up

Create your own cosmetic item and in the process discover the many different fields of science that it takes to create one product for the commercial market.

Sandra Blazevich, Vice President - Strategies Training Systems and CE Credits Online

### B6 Where in the World...?

Do they serve chips at a survey party? What's a chainman and how does that work up to a Party Chief? Check out the cool equipment used by Professional Land Surveyors.

Gwen Roy, PLS, State Land Surveyor - Department of Natural Resources

### B7 O.T.'s are Over-the-Top

Learn how to help children and adults with disabilities become more independent. See and use an OT's "cool tools" and learn how it all works.

Gail Barry, Occupational Therapist - Centennial Elementary

### B8 Cooking - Chemistry in Action!

Your friendly chef is a chemist and a mathematician! Learn how that all works while making a tasty treat!

Chef Linda Strong - Cedar Bay Culinary

### B9 Chocolate Asphalt

How is a road made? What properties are important? Learn about road building and blacktop paving by simulating the process with chocolate pavement. Warning: nuts will be used and eaten during the course of this workshop.

Nanette Graham, Civil Engineer - Department of Corrections

## Column C

### C1 Quakin', Shakin', and Bakin' in Washington

Find out what causes earthquakes and volcanoes by learning about plate tectonics.

Beth Norman, Geologist - Pierce Community College

### C2 Racing Rockets

How far and how fast can your team get your rocket to go? What makes it go? What other things does momentum explain in daily life? Learn about momentum and propulsion, with a safe and fun activity.

Dr. E.J. Zita, Professor of Solar Astrophysics - The Evergreen State College

### C3 Do You Hear What I Hear?

Discover the hidden complexities of communication. Experience for yourself a hearing disorder, and learn how much we rely on what our ears funnel into our heads.

Barbara Harrington, Audiologist - Group Health Cooperative

### C4 Who Dunit?

How are fingerprints discovered? What can we learn from them? Take your own fingerprints and discover your pattern type.

Eileen Slavin, Senior Forensic Scientist - Washington State Patrol Crime Laboratory

### C5 Show Me the Money

Spend a fun and interactive workshop learning how to manage your money.

Erin Pearson, Education Specialist / Barb Agee, Member Services Officer - Washington State Employees Credit Union

### C6 Move it!

Learn the magic of computer design! Re-design, re-arrange and re-do your bedroom without lifting a finger.

Darlena Heglund / Patricia Young, Planners - Department of Natural Resources

### C7 Purple Pipes, Green Roofs and Grey Water

What's all that about? Explore sustainable building techniques. Find out what sustainable means and learn how the buildings you live in, study in and work in can make a gentler mark on the environment.

Donna Albert, P.E. / Penny Koal, R.A., Project Managers & LEED Accredited Professionals - Washington State Dept. of General Administration

### C8 Amazing Architecture

Create your dream space. Explore planning, creating and designing like the architects do it.

Diana Peeples, AIA, Architect/Project Manager - Department of Social and Health Services

### C9 1-2-3 How many fish don't I see?

Just how many fish are in a lake? Learn how to count what you can't see.

Dr. Annette Hoffmann / Dr. Kristen Ryding, Statisticians - Science Division Washington State Dept. of Fish & Wildlife

**Thurston County Expanding Your Horizons extends a special thank you to Rich Hamack of Razorbox.com for all his help designing our on-line registration. Razorbox.com provides businesses with a one-stop solution for high-quality web sites, domain names and email accounts. Razorbox is based in Olympia, and is proud to support Expanding Your Horizons.**

## Parent Workshop: New & Improved!

Our 2006 conference offers, once again, a workshop for parents to help promote and support your daughter's interest in math, science and technology. This workshop is very popular, so be sure to sign up early.

## The Agenda:

**Preparing for the WASL – Greg Williams**, Director, Student Engagement Initiative, Office of Superintendent of Public Instruction

**Running Start - Kathy Lundeen**, Dean for Enrollment Services at South Puget Sound Community College.

**Tech Prep Educational Options - Linda Drake**, Pierce County Careers Connection

**On-Line Learning Options – Ron Mayberry**, Principal and **Wendy Nevin**, Instructor/ Secondary Education Coordinator, Internet Academy

The Parent Workshop will run from 8:45 to 11:45. The registration fee is \$12; scholarships are available upon request. You may register for this workshop using the Registration Form inside. Be sure to check our website, [www.starjumper.com](http://www.starjumper.com), for updates.

## Conference Schedule • November 4, 2006, 8 am-1 pm

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Workshop III

12:00-1:00

Main Stage Event (The Queen of the Forest Canopy)

## For More Information

Phone:

Jeanette Whitcher, 357-9748

Web:

[www.starjumper.org](http://www.starjumper.org) Watch for Updates!

email:

[info@starjumper.org](mailto:info@starjumper.org)

## Organizing Committee

Kate Bligh  
Jeanette Whitcher  
Eunice Robb  
Laurel le Noble  
Nancy McKinney  
Nancy Johnson

Shaila Fisher  
Sharon Guile  
Sandra Gordon  
Vicki Ogden  
Ilene Dickerson  
Nancy Deakins  
Tracey Lloyd