

## Expanding Your Horizons

SATURDAY MARCH 6, 2010

### Directions to Main Campus

#### From I-5

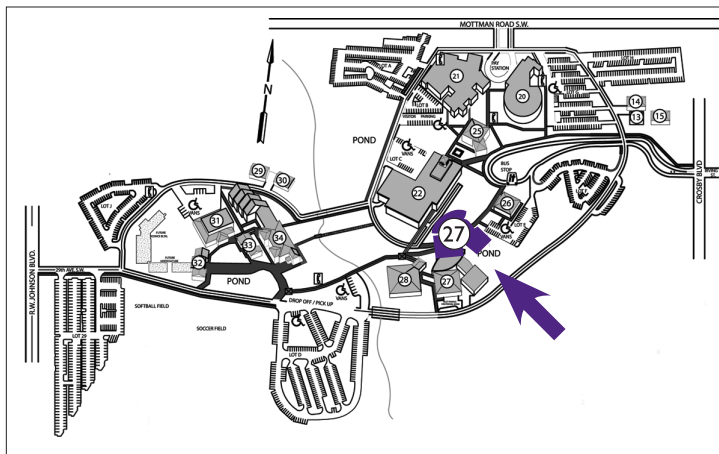
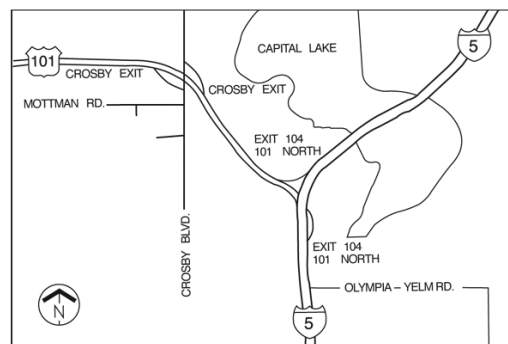
- North or South
- Take Exit 104
- Take first exit on RIGHT - Cooper Point Rd. Crosby Blvd.
- From exit ramp turn LEFT
- At second light, turn RIGHT onto Mottman Rd.

#### 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, Building 27.**

Please pick up your student at 1:30 p.m. in the Student Union Building.



### Expanding Your Horizons Conference Goals

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



SATURDAY  
March 6, 2010

MATH, SCIENCE AND TECHNOLOGY  
CONFERENCE  
FOR 6TH, 7TH, 8TH GRADE GIRLS

### 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 625,000 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.

### Mainstage Speaker: Deborah Reber



Author of "In Their Shoes: Extraordinary Women Describe Their Amazing Careers."

Deborah Reber arms girls with the tools to make smart decisions about their future, while inspiring them to realize their dreams. To learn more, see her website at <http://www.deborahreber.com>

### Registration Information

#### How to select workshops

Choose three workshops from each column: A, B and C, for a total of nine choices for 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 1:30 p.m. in the Student Union Building.

#### Fees

The conference fee is \$12. This includes all materials and snacks. The Parent Workshop is an additional \$12. All fees are non-refundable. Scholarships are available.

#### How to register

Pre-registration is required for both students and parents. There will be no on-site registration. Register online at [www.starjumper.org](http://www.starjumper.org) with payment via Paypal or credit card. Or register via mail, sending this completed registration form along with your check to *Expanding Your Horizons*, P.O. Box 4254 Tumwater, WA 98501.

Register as soon as possible; student and parent workshops fill up on a first come, first serve basis. The deadline to register is February 27. Confirmation will be made by e-mail only.

#### Additional conference materials

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

#### Special Accommodation

To request special accommodations call Nancy at 360-596-5222

### Student Registration Form

- Check box if scholarship is requested
- Check box if you are a returning EYH participant

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

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

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

Indicate your first nine choices for workshops by putting the workshop letter and number in the blanks provided.

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

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

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

Parent's E-mail: \_\_\_\_\_  
(for registration confirmation)

### Parent Workshop Registration Form

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

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

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

Photos will be taken during the conference. Please contact Vicki at [vicki@starjumper.org](mailto:vicki@starjumper.org) if you have any concerns.

Register Online at  
[www.starjumper.org](http://www.starjumper.org)

## STUDENT WORKSHOP CHOICES

### COLUMN A

#### A-1 Dead Men Really Do Tell Tales!

In a fictional case, a body is found on the beach. Using a combination of sciences, help determine who the person is and how, when, and where he died.

*Madelyn Schwartz and Kristina Vilsack, Deputy Coroners/Death Investigators – Thurston County*

#### A-2 Show Me the Money

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

*Hannah Olson and Christi Knittle, Member Services Officers – Washington State Employees Credit Union*

#### A-3 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.

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

#### A-4 Design Your Dream House

Learn the magic of computer design! Re-design, re-arrange and re-do your house with a touch of the mouse!

*Cherie Dunwoody, Facilities Planner 2 – Washington State Department of Social and Health Services*

*Tonya Vaughan, Facilities Coordinator 2 – Washington State Department of Natural Resources*

*Kim Kendall, Student in Building Information Modeling classes*

#### A-5 Digging in the Mud: Finding the Past in Archaeology

Learn how archaeologists find ancient baskets and wooden tools in wet archeology sites, and then use microscopes to find out what plants they are made from. This workshop combines science and math with digging in the mud! You will use experimental archaeology to weave baskets like the ancient ones found in Mud Bay.

*Kathleen Hawes, Anthropology Lab Director – South Puget Sound Community College*

#### A-6 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*

*Cherie Leyva, Paramedic – Medic One Thurston County*

#### A-7 Disease Detectives

Learn how disease detectives - also known as epidemiologists - solve the puzzle of an outbreak and save lives. Participate in investigating a real outbreak - can you crack the case?

*Dr. Elizabeth Pulos, Epidemiologist - Tacoma Public Health, Communicable Disease*

*Dr. Myduc Ta, PhD, MPH, Epidemic Intelligence Officer – Washington State Department of Health*

### COLUMN B

#### B-1 Junk Food Jockey

Jockey your way through the maze of popular teenage foods, using the tools of a registered dietitian. Rate 25 of your favorite foods to determine whether they are good, bad, or in between. Use labels and basic nutritional science to make your analysis. You may be in for some surprises!

*Dixie Havlak, Registered Dietitian – Lifetime Nutrition*

#### B-2 Forests & Fungi

Have you ever seen a sick looking tree? Learn about the fungi that interact with trees in the forest and see some of the fungi that might be nibbling on your trees roots or needles.

*Amy Ramsey, Forest Pathologist – Washington State Department of Natural Resources*

#### B-3 Get Out of My Hair – Toxins in Personal Care

Let's talk about personal care products! Everyone uses items such as shampoo, lotion, nail polish, and perfume but what's in them? Learn about some of the ingredients of concern and how to choose safe, healthy products that will keep you looking and smelling great. You will make an all-natural lip balm to take home to remind you that you can keep looking and smelling good without toxic products!

*Jennifer Johnson, Environmental Educator – Thurston County Public Health and Social Services*

#### B-4 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*

*Alison Vega, Au.D., Audiologist*

#### B-5 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, Veterinarian – Hawks Prairie Veterinary Hospital*

#### B-6 Who Dunit?

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

*Jill Arwine, Senior Forensic Scientist – Washington State Patrol Crime Laboratory*

#### B-7 Geometry with Origami

Fold, cut, and bend origami paper and make many different geometric shapes and objects! You will be surprised what you can do with the traditional Japanese folding art.

*Chiyo Sanada, Calligrapher and Sumi-e Artist – Sen-nen Design*

#### B-8 Building Blocks

What does it take to get a building built? Learn about all the pieces and players that go into building a building. Develop your own solution to a real building design project.

*Jeanne Rynne, Regional Coordinator – Office of the Superintendent of Public Instruction*

*Sheila Swalling, Architect – Swalling Walk Architects*

### COLUMN C

#### C-1 Quakin', Shakin', and Bakin' in Washington

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

*Beth Norman, Geologist – Pierce Community College*

#### C-2 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 and Liana Liu, Highway Engineers – Federal Highway Administration*

#### C-3 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, Ingrid Allen, and Yamilee Dolcy, Highway Engineers – Federal Highway Administration*

#### C-4 Carbon Footprint

How much of your personal greenhouse gas emissions are due to where you live? How much are due to what you eat, or what you buy? Measure your own carbon footprint, and find out how to make it smaller.

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

#### C-5 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? Join in an outdoor treasure hunt here you can check out the cool equipment used by professional land surveyors.

*Gwen Gervelis, PLS, State Land Surveyor - Department of Natural Resources*

*Julie Csisek, PLS – Renton Technical College*

#### C-6 Welding is HOT!

How do those pieces of steel join together? Find out how fire and steel form structures. Learn the science of welding and discover your artistic side.

*Students from the SPSCC Welding Program*

#### C-7 Anatomy of a Computer

Explore the brains and guts of a computer. Learn the bones and bloodlines that make it work. Hook up and turn on to technology.

*Suzette Canady, CompTia Certified PC Technician – Department of Information Services*

#### C-8 Chocolate Asphalt

How is a road made? What properties are important? Learn about roadbuilding 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, P.E. Civil Engineer - Department of Corrections*

*Colline Cummins, Capital Projects Assistant - Department of Corrections*

#### For more information:

Phone: Sharon Guile 943-1527

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

E-mail: [info@starjumper.org](mailto:info@starjumper.org)

#### Organizing Committee:

Donna Ching

Nancy Deakins

Stephanie Goebel

Sandra Gordon

Sharon Guile

Nancy Johnson

Nancy McKinney

Reesa Nelson

Vicki Ogden

Rebecca Teter

Michaela Payton

### PARENT WORKSHOP: ADVICE TO HELP IGNITE YOUR DAUGHTER'S FUTURE

Our 2010 conference offers a workshop that gives practical advice for parents as they guide their daughters on the journey from middle school → high school → college & career. These are critical and exciting times so we highly encourage your participation in the parent workshop!

**Please register early – this workshop fills to capacity quickly!**

#### The Agenda:

##### Nutrition 101 for Parents of Tweeners & Teeners – A

nutrition expert will give insight to adolescent female nutritional needs and dangers.

**Internet Safety** – Learn or update your knowledge of internet safety tools and practices.

##### Running Start, Tech Prep and Planning for the Future – Student

Outreach professionals will share excellent pre-college programs and internet career/college planning tools.

Be sure to check our website, [www.starjumper.com](http://www.starjumper.com), for updates.

#### Parent Workshop Schedule

8:30 – 8:45 Check-in (Student Union, Building 27)

8:45 – 8:55 Welcome & Housekeeping

9:05 – 9:55 Nutrition 101

10:05 – 10:55 Internet Safety

11:00 – 11:15 Break & light snack

11:20 – 12:10 Running Start, Tech Prep and

College Planning

12:20 – 1:15 Main Stage Speaker Deborah Reber

(Student Union, Building 27)

1:15 – 1:30 Wrap up and Prizes

1:30 Please pick up your student

(Student Union, Building 27)

#### Student Workshop Schedule

8:30 – 8:45 Check-in (Student Union, Building 27)

8:45 – 8:55 Welcome & Housekeeping

9:05 – 9:55 Workshop I

10:05 – 10:55 Workshop II

11:00 – 11:15 Break & Light Snack

11:20 – 12:10 Workshop III

12:20 – 1:15 Main Stage Speaker - Deborah Reber

(Student Union, Building 27)

1:15 – 1:30 Wrap up and Prizes

(Student Union, Building 27)

1:30 Please pick up your student

(Student Union, Building 27)

Deborah Reber's books will be available for sale.