

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 Gym, Bldg. 31.

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.net 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 26. 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

Photos will be taken during the conference. Please contact Vicki at vicki@starjumper.net if you have any concerns.

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 and contact information here:

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.

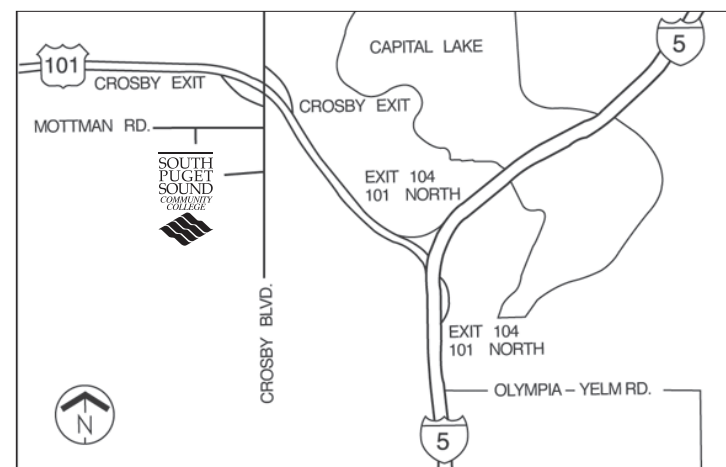
From Highway 101 from Shelton/Aberdeen

- 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 Gym Building (Bldg. 31).

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

Register online at www.starjumper.net



South Puget Sound Community College

2011 Mottman Rd. SW,
Olympia, WA 98512

Campus map: www.spscc.ctc.edu/map-and-directions

Day of event contact number: (360) 489-7846

Organizing Committee:

Nancy Deakins
Sarah Deakins
Sheila Fisher
Sharon Guile

Siobhan Guile-Boessow
Nancy Johnson
Theresa Kimball
Victoria Lewis

Nancy McKinney
Dawn McReynolds
Reesa Nelson
Vicki Ogden

Samantha Soto
Cindy Uhrich

expanding your horizons network

motivating young women in science + mathematics

Saturday, March 3, 2012
AT SOUTH PUGET SOUND COMMUNITY COLLEGE

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

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.



Mainstage Event: Museum of Glass Mobile Hot Shop

Come watch a female glass artist demonstrate the fundamentals and magic of glassblowing.

Sponsored by Olympia Federal Savings Bank.

Photo by Ken Emly, Courtesy of Museum of Glass

STUDENT WORKSHOP CHOICES

COLUMN A

A-1 Dead Men Really Do Tell Tales!

Check out a day in the life of a death investigator. Deputy Coroners use a combination of sciences to help determine who the person is and how, when, and where he or she died. Hands on activities will include examining bones.

Kristina Vilsack and Karen Peek, Deputy Coroners/Death Investigators - Thurston County

A-2 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

A-3 A Day in the Life of a Veterinarian – Scruffy the Dog

Gown up and scrub in for surgery! Learn to draw blood, review X-rays and diagnose real patients. Please join Dr. Meghan Hook and Dr. Kelly Murphy as they take you on a whirlwind experience through the life of a Veterinarian.

Dr. Meghan Hook, Steamboat Animal Hospital and Dr. Kelly Murphy, The Pet Doctor

A-4 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

Barbara De Ste. Croix, P.E., Development Services & Access Manager - Washington State Department of Transportation

A-5 Scientific Ice Cream

Use liquid nitrogen to make your own ice cream!

Kelly Myers, Electrical Engineering Graduate of University of Washington

A-6 Veterinarians: Pet Detectives

Learn about diagnostic tools used in a veterinary hospital! You will help find out what is wrong with pets by using clues from pet owners and technology, including X-rays and endoscopy videos.

Dr. Stacy Choczynski Johnson, South Bay Veterinary Hospital

Dr. Wendy Saunders, Healthy Pets Animal Hospital

A-7 A Day in the Life of a Veterinarian – Wildlife and Companion Animals

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

A-8 Experience the Science of Yoga and Meditation

Yoga is one part of the ancient science of taking care of body and life called Ayurveda. It's a system of healing that examines physical constitution, emotional nature, and spiritual outlook. Learn how a regular yoga practice and breathing with intention can help you to prepare for and deal with stress. It might even help improve your test scores!

Kristen Rubis, Registered Yoga Teacher & Licensed Massage Practitioner - Sacred Awakenings

COLUMN B

B-1 Calories Count

Become your own nutrition pro while learning: What is a calorie and is it good or bad? Where do calories come from and how many are OK to eat? In this workshop you will work with a Registered Dietitian, your nutrition professional, to answer these questions and more.

Dixie Havlak, Registered Dietician - Lifetime Nutrition

B-2 Reach for the Canopy – Trees

What recycles trees? Learn how to identify three important groups of insects that enable wood to decay in forests.

Karen Ripley, Forest Health Program Manager - 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? 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 - EN&T Assoc. Southwest

B-5 Physical Therapy Brings Motion to Life!

Join us for an inside look at one of the most positive professions in health care! Learn how physical therapists help dancers, athletes, and people of all ages and from all walks of life to restore their mobility and function after illness or injury.

Maia O'Brien, Physical Therapist - Group Health Cooperative

B-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

B-7 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!

*Tonya Vaughan, Facilities Planner 2 - Washington State Department of Social and Health Services
Kim Kendall, Office Assistant - Adair Homes*

B-8 Solve the Mystery Disease

Did you see the movie, Contagion? Ever wonder how epidemiologists do their work to identify causes of disease? Come learn how to use your observation skills with a little math to identify what is causing the mystery outbreak.

Cathy Wasserman, PhD, Epidemiologist - Washington State Department of Health



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 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., Energy Engineer & LEED Accredited Professional - Washington State Dept. of Enterprise Services

C-5 Show Me the Money

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

Karen Raines, Senior Accounting Officer, and Paula Prothero, Member Services Officer - Washington State Employees Credit Union

C-6 "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 where 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-7 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

C-8 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



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

Our 2012 conference offers a workshop that gives practical advice for parents as they guide their daughters on the journey from middle school to high school to 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:

Financial education

Learn how to help your daughter navigate her financial future.

College knowledge

Help your daughter start planning for college now.

Internet safety

Learn what you can do to keep your teens safe online in the ever-changing internet environment.

Where did my daughter go?

Raising healthy teens is hard work. Listen to advice from a mental health professional who works with teen girls.

Be sure to check our website, www.starjumper.net for updates.

For General Information:

Phone: Sharon Guile 943-1527

Web: www.starjumper.net. Watch for updates!

E-mail: info@starjumper.net

Find us on Facebook: Thurston County Expanding Your Horizons

Parent Workshop Schedule

8:30 – 8:45	Check-in (Gym, Bldg. 31)
8:45 – 8:55	Welcome & Inspiration (Gym, Bldg. 31)
9:05 – 9:50	Financial Education (Bldg. 26)
9:50 – 10:35	College knowledge (Bldg. 26)
10:35 – 11:05	Internet safety (Bldg. 26)
11:05 – 11:35	Break & light snack (Gym, Bldg. 31)
11:45 – 12:35	Where did my daughter go? (Bldg. 26)
12:45 – 1:20	Main Stage Event (Gym, Bldg. 31)
	Museum of Glass: Mobile Hot Shop
1:20 – 1:30	Wrap up and Prizes
1:30	Please pick up your student (Gym, Bldg. 31)

Student Workshop Schedule

8:30 – 8:45	Check-in (Gym, Bldg. 31)
8:45 – 8:55	Welcome & Inspiration (Gym, Bldg. 31)
9:05 – 9:55	Workshop I (Various)
10:05 – 10:55	Workshop II (Various)
11:05 – 11:35	Break & Light Snack (Gym, Bldg. 31)
11:45 – 12:35	Workshop III (Various)
12:45 – 1:20	Main Stage Event (Gym, Bldg. 31)
	Museum of Glass: Mobile Hot Shop
1:20 – 1:30	Wrap up and Prizes (Gym, Bldg. 31)
1:30	Please pick up your student (Gym, Bldg. 31)