

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 2:10 p.m. in the Gym, Bldg. 31.

Fees

The conference fee is \$15. This includes all materials, conference T-shirt, and a light lunch. Parent Workshop is an additional \$15. All fees are non-refundable. Scholarships are readily available thanks to funding from Verizon Wireless.

How to register

Pre-registration is required for both students and parents. There will be no on-site registration. Register online at www.thurstonEYH.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 Joy Ramstack Hobbs 651-895-7673 or Kelly Green 360-338-8020.

Photos and video will be taken during the conference. These materials may be used for promotional purposes. Please contact Kelly at chair@thurstonEYH.org if you have any concerns.

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 2:10 p.m. in the Gym.

South Puget Sound Community College
2011 Mottman Rd. SW,
Olympia, WA 98512
Campus map: www.spccc.edu/map-and-directions

Day of event contact number: 651-895-7673 or 360-338-8020

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

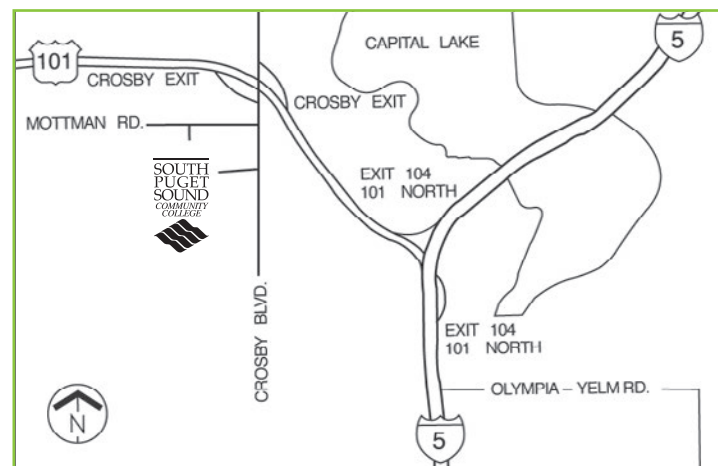
Check box to request a scholarship

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:



The school district is not a sponsor of this event and assumes no responsibility for it.

Register online at www.thurstonEYH.org

SCIENCE, TECHNOLOGY, ENGINEERING & MATH CONFERENCE FOR GIRLS IN 6TH, 7TH & 8TH GRADE

Saturday, March 5, 2016

AT SOUTH PUGET SOUND COMMUNITY COLLEGE



CONFERENCE KEYNOTE

Water: Conserving and Protecting Our Most Precious Resource.

Wherever they are, people need water to survive. Water sustains agriculture, industry, energy, and life. Addressing local and global water challenges requires new thinking, new technologies, and innovation. The future is full of opportunity to overcome our planet's water crisis. Think differently about water, make changes in your own life, get involved, and be inspired by possibility.

Amber Smith

Education Manager at the WET Science Center/LOTT Clean Water Alliance

Organizing Committee:

Leatta Dahlhoff
Nancy Deakins
Mary de Jesus

Kelly Green, Co-chair
Lindsey Kennelly
Theresa Kimball

Katya Miltimore
Gwen Morris
Kylie Phillips

Joy Ramstack Hobbs, Co-chair
Samantha Soto

Conference Presenting Sponsor:



Conference Silver Sponsors:



STUDENT WORKSHOP CHOICES

COLUMN A

A-1 Your Body's Wall of Protection

Did you know that hair and nails are classified as appendages of the skin? Explore the various functions of the skin and how it provides protection for the body by making natural remedies to prevent and/or treat acne and pimples.

Gwen Morris, Clinical Compliance Auditor, Cas Of Cary, Inc.

A-2 The Sky is Falling

This workshop is really out of this world—learn about asteroids, comets and meteors. Where do they come from? What are they made of? What happens when they reach planet Earth? You will see sublimation in action and even check out a piece of a meteorite.

Kathleen Ensenat, Professor of Physics and Astronomy - South Puget Sound Community College

A-3 Money Talks!

Is your money always saying “Goodbye?” In this interactive workshop, you will learn the basics of budgeting, as well as helpful tips on saving money. Start saving now and your wallet will thank you!

Amanda Stevens, Community Development Manager - TwinStar Credit Union

A-4 Fish Habitat is Where It's At!

Learn about the science of river erosion as well as habitat loss and restoration through this hands-on activity using a flowing river model! Participants will also discover optimal water quality for salmon through experiments using our digital water quality testing probes.

Laurel Low and Michaela Lowe, Science Educators with AmeriCorps partnering with US Fish & Wildlife Service

A-5 How to Reconstruct a Car Wreck

Learn how State Patrol detectives use math, DNA, and physics in collision reconstruction, sometimes called Advanced Vehicular Investigations.

Stacy Moate, Detective Sergeant - Criminal Investigation Division, WA State Patrol

A-6 What's Bugging the Forest?

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 - WA State Dept. of Natural Resources

A-7 Radiation: Myth Busters

In 1898 Marie Curie, a scientist, discovered a new mysterious highly radioactive element which glowed in the dark. They named it Radium. See the glow. Find out what inspires modern mythology like “Spiderman” “The Teenage Mutant Ninja Turtles,” and the “Hulk.” Try your skill at detecting radiation in household objects; learn about beneficial uses of radiation; careers involving the safe use of radiation; and tips for fashionable protective gear.

Anine Grumbles, Laboratory and Academic Program Manager WA State Dept. of Health, Office of Radiation Protection

A-8 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!

Elisa Kaufman, Education & Outreach Specialist - Thurston County Public Health and Social Services

A-9 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).

Cherie Leyva and Sharie Peterson, Paramedics/Firefighters - Lacey Fire Dept.

A-10 got DNA?

Find out about this amazing molecule that is in almost every cell of your body! DNA is what makes you who you are: It carries the instructions for everything from your hair color to your breathing. You'll get to actually extract DNA from cells and take it home with you.

Sarah Cabbage and Diane Palmquist, Biology Instructors, South Puget Sound Community College

COLUMN B

B-1 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

B- 2 Stop the Invasion

Learn how to tell the difference between invasive species and their native look-a-likes and how you can help combat these invaders.

Raquel Crosier, Executive Coordinator - WA Invasive Species Council, Recreation and Conservation Office

B-3 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 - WA State Dept. of Enterprise Services

B-4 Dental Assisting - The Art of Teeth

Explore taking dental x-rays, molding dental composite filling material into sculptures, and making thumb molds with dental impression material.

Dr. Dana Larson, DDS, Dental Assisting Program Director and Evelyn Harry, EFDA, CDA, AAS, Clinic Dental Assistant and Student Supervisor - South Puget Sound Community College

B-5 Quakin', Shakin', and Bakin' in Washington

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

Beth Norman, Geologist - Pierce College

B-6 Bivalve Biology

Have you ever eaten an oyster, a clam, a mussel? Ever wondered what they are made of? What parts of their body are similar or different to ours? In this session you will get to dissect your own oyster and learn about how amazing these creatures are at keeping our ecosystems healthy!

Warning: potential for eating raw oysters during this workshop. Do not select if you have a shellfish allergy.

Erin Ewald, Environmental Compliance Manager, Taylor Shellfish

B-7 The Amazing World of Polymer Chemistry

What do slime, nylon, rubber, and Styrofoam have in common? They are all polymers! Here you can learn about, and make all different kinds of polymers.

Sidnee-Marie Dunn and Dr. Gal Aviram-Keren, Professors of Chemistry, South Puget Sound Community College

B-8 “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.

Julie Morland, PLS – Renton Technical College

B-9 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

B-10 Who Dunned?

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

Courtney Paduch, Sara Trejo, and Stacey Redhead, Forensic Scientists - WA State Patrol Crime Laboratory

COLUMN C

C-1 ElemenTree

Bring your inner Sherlock and discover a world of native Washington trees, their differences, and what their rings can tell us.

Jessica Halofsky, Research Ecologist, University of Washington

C-2 Real Life Nursing

They talk, they blink, they do everything but walk. Explore the use of simulation in healthcare education. Talk to our life like models and see just how real they are.

Laurie Choate, Assoc. Dean of Nursing- South Puget Sound Community College

C-3 Let There be Light

Now you see it, now you don't. Explore how the color of light affects what we see (or don't see) and what we think we see.

Jayna Williams, LC (Lighting Consultant), Designer – CCI Solutions

C-4 Career Opportunities in Dentistry

Find out about career opportunities in dentistry, and make dental forms.

Dr. Melissa Edwards, DDS – Edwards Family Dentistry

C-5 Robots Can Line Dance

Become a creator of technology not just a user. Learn how to use simple computer programming to make domobots synchronize their movements into a wave or dance routine.

Jessica Wade, 8th Grade JAMS & Robotics Teacher, Jefferson Middle School

C-6 Micro-Organisms: Our Smallest Workers

Come with us on a fun virtual field trip of LOTT's wastewater treatment plant. You'll learn from women working at the treatment plant how wastewater gets cleaned up and about some of the different jobs that are involved. Then put on your lab coat and gloves for a hands-on microscope lab to see some of the cool micro-organisms up close!

Amber Smith, Environmental Educator | Laurie Pierce, Operations & Facilities Director Terri Prather, Process Control Supervisor | All with LOTT Clean Water Alliance

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

Our 2016 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:

College Planning 101: Timelines and Resources

Discussion of timelines of key things parents need to think about over the next several years of their daughter's schooling and certain deadlines they should be aware of. Workshops will also cover important concepts such as community support resources including other free and low-cost camp/workshop opportunities for their girls, Running Start, scholarships (including College Bound, SPSCC and the greater community) and college preparation programs.

Evolving Parents

Workshop with Emily McMason, writer and award-winning local parenting coach. In addition to learning tips on how to talk to your tween or teen, Emily will address parenting through the middle-school years. *(Parent workshop titles and presenters are subject to change)*

For General Information:

Phone: Joy Ramstack Hobbs 651-895-7673
or Kelly Green 360-338-8020

Web: www.thurstonEYH.org. **Watch for updates!**

C-7 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. Take a whirlwind experience through the life of a Veterinarian.

Dr. Amy Joynt, Veterinarian - Hawks Prairie Veterinary Hospital

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 & Lead Project Manager – WA State Dept. of Corrections

C-9 Air Experimenté

What is air pollution and where does it come from? Think you know? You might be surprised. Also learn how weather affects air quality and what you can do right now to keep your air clean.

Odelle Hadley, PhD, Senior Air Monitoring Specialist Jennifer DeMay, Engineer and Emissions Inventory Specialist, Olympic Region Clean Air Agency

C-10 Wound Closure in Wet Lab

Bring your skilled hands and problem solving skills to learn about the importance of materials and engineering in wound closure. A veterinarian will lead you through this hands-on suturing lab. We will learn about basic suture types and operate on realistic specimens.* ***(This workshop is not recommended for students who may be immunocompromised or unable to work with poultry specimens and sharp tools.)***

Dr. Stacy Choczynski Johnson, Veterinarian, & Assisting Staff from South Bay Veterinary Hospital

Student Workshop Schedule

9:00 – 9:30	Check-in/Registration (Gym, Bldg. 31)
9:30 – 9:50	Opening Ceremonies (Gym, Bldg. 31)
10:00 – 10:50	Workshop 1 (Various)
11:00 – 11:50	Workshop 2 (Various)
12:00 – 12:30	Break and Light Snack (Gym, Bldg. 31)
12:40 – 1:30	Workshop 3 (Various)
1:40 – 2:10	Presentation by Amber Smith, Wrap Up and Prizes (Gym, Bldg. 31)
2:10	Please pick up your student (Gym, Bldg. 31)

Parent Workshop Schedule

9:00 – 9:30	Check-in/Registration (Gym, Bldg. 31)
9:30 – 9:50	Opening Ceremonies (Gym, Bldg. 31)
10:00 – 10:50	College Planning 101, Part 1
11:00 – 11:50	College Planning 101, Part2
12:00 – 12:30	Break and Light Snack (Gym, Bldg. 31)
12:40 – 1:30	Workshop with Emily McMason
1:40 – 2:10	Presentation by Amber Smith, Wrap Up and Prizes (Gym, Bldg. 31)
2:10	Please pick up your student (Gym, Bldg. 31)

E-mail: info@thurstonEYH.org
Find us on Facebook: [Expanding Your Horizons Thurston County www.facebook.com/ThurstonEYH](https://www.facebook.com/ThurstonEYH)