



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

Sponsored by:

South Puget Sound Community College
2011 Mottman Rd. SW, Olympia

and

- Casa Mia
- Olympia Coffee Roasting Company
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Expanding Your Horizons

SATURDAY NOV. 1, 2008

Directions to Main Campus

From I-5

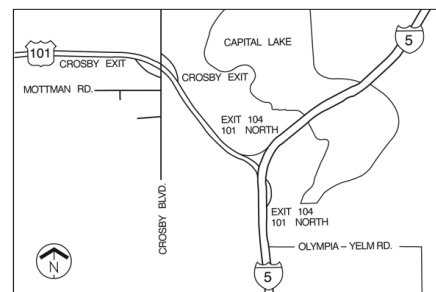
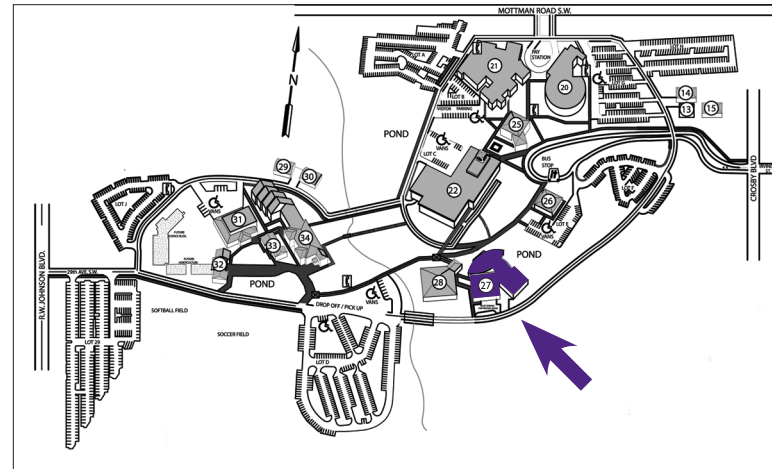
- North or South
- Take Exit 104
- Take first exit on RIGHT - Cooper Point Rd. Crosby Blvd.
- From exit ramp turn LEFT
- At second light, turn RIGHT onto Mottman Rd.

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 12:30 p.m. in the Student Union Building.



Register Online at
www.starjumper.org

SATURDAY November 1, 2008

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.

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.

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 12:30 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 with payment via Paypal or credit card. Or register via mail, sending this completed registration form along with your check to Expanding Your Horizons, 4820 Yelm Hwy, #B, PMB 167, Lacey, WA 98503. Register as soon as possible; student and parent workshops fill up on a first come, first serve basis. Registrations received by October 13 will receive confirmation prior to the conference. The deadline to register is October 27 or until classes are filled.

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 if you have any concerns.

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.

Neoma Greenfield and Madelyn Schwartz, 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 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

A-5 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, Veterinarian - The Kitty Clinic

A-6 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

A-7 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, Veterinarian - VCA Tanglewilde Animal Hospital

A-8 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 and Olivia Ness, Anthropology & Lab Managers - South Puget Sound Community College

A-9 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

A-10 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. Then you will learn how compost can be used to help plants grow like crazy!

Colleen Uuereb, Education and Outreach Specialist II - Thurston County Solid Waste

COLUMN B

B-1 Tiny Little Pill

Did you ever wonder how they know what a new prescribed drug will do to a person...will it cure the problem or give them an unexpected side effect? Find out what clinically proven means and what all those ads on TV calling for test subjects are all about. This workshop will explain who the key people are in the lucrative field of Clinical Drug Trials as you take a look at real case reporting, find errors in trial data and find out just what that tiny little pill will do for you or against you.

Andrea Bigelow, Senior Clinical Research Associate - PAREXEL International

B-2 Teenage Diet Disasters

In this workshop you will learn what a registered dietician does as she fixes the diets of four teens: a bulimic, a vegetarian, an overweight girl, and a person with early diabetes. Then use your new nutrition knowledge to make sure you don't have any diet disasters yourself!

Dixie Havlak, Registered Dietitian - Lifetime Nutrition

B-3 Dem Bones

Learn how to keep your skeleton healthy and strong. You'll learn how to read X-Rays to diagnose a broken bone and make a cast to treat your diagnosis.

Jeanne Boudrieau, Family Nurse Practitioner - Mark Reed Healthcare Clinic

B-4 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-5 Get Out of My Hair – Toxins in Personal Care

Explore personal care product labels – learn about health concerns, how to read labels, helpful web sites, and safer alternatives. 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

Cathy Hansen, Environmental Health Specialist - Thurston County Public Health and Social Services

B-6 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

B-7 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-8 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 and teaching while they help their communities stay healthy.

Dawn Cutler, RNC - Family Birth Center

B-9 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

COLUMN C

C-1 Technology in Shellfish Farming

Go clamming with a satellite! Find oysters from space! Use Google to find geoducks! It's all possible and fun too as you learn how GPS (Global Positioning Systems) technology is used in shellfish farming.

Cathy Carlson, Chief Financial Officer - Seattle Shellfish LLC

C-2 Quakin', Shakin', and Bakin' in Washington

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

Beth Norman, Geologist - Pierce Community College

C-3 Geometric Quilt Making

The Amish do it. Your great great great grandmothers probably did it. You can do it too! Quilt making is a mathematical skill. Use your math smarts to discover how to arrange geometric shapes. Learn to measure and flip angles, create blocks, build in seam allowances. Assemble your own paper quilt.

Joan Webster - WSU Master Textile/Quilting Volunteers

C-4 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 and Wendy Metbee, Highway Engineers - Federal Highway Administration

C-5 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.

Mary Gray, Ingrid Allen and Sharon Love, Highway Engineers - Federal Highway Administration

C-6 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. and Penny Koal, R.A., Project Managers & LEED Accredited Professionals - Washington State Dept. of General Administration

C-7 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 Roy, PLS, State Land Surveyor - Department of Natural Resources
Karen Zollman, LSIT - Seattle Public Works*

C-8 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-9 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-10 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

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

Our 2008 conference offers a workshop for parents to help promote and guide your daughter's interest in Science, Technology, Engineering and Math (STEM). The parent workshop is very popular, so be sure to sign up early!

The Agenda:

IGNITE the Future: Members of I.G.N.I.T.E. (Inspiring Girls in Technology Evolution) will share their wisdom on what it took and what it means to be a successful High Tech professional. How did they combat media, societal, and peer pressure to NOT be involved in STEM careers?

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

Career Coaching Girls toward Careers in Science, Technology, Engineering, and Math – A mother daughter team shares their journey – what spurred her interest in math and science? How did parental involvement support and nurture her STEM career pathway planning?

Nutrition 101 for Parents of Tweeners and Teens – A nutrition expert will also be on hand to give insight to pre-adolescent female nutritional needs and dangers.

Parent Workshop Schedule

8:30 – 8:45	Check-in (Student Union, Building 27)
8:45 – 8:55	Welcome & Housekeeping
9:05 – 9:15	Parent Workshop Introductions
9:15 – 10:00	IGNITE
10:00 – 10:45	Internet Safety
10:45 – 11:00	Break
11:00 – 11:45	Career Coaching
11:45 – 12:30	Nutrition 101
12:30	Wrap-up and Questions

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
11:20 – 12:10	Workshop III
12:15 – 12:30	Main Stage Conclusion and Prizes (Student Union, Building 27)
12:30	Please pick up your student (Student Union, Building 27)

For more information:

Phone:	Sharon Guile 943-1527
Web:	www.starjumper.org. Watch for updates!
E-mail:	info@starjumper.org

Organizing Committee:

Sue Berg	Sharon Guile	Vicki Ogden
Donna Ching	Nancy Johnson	Rebecca Teter
Nancy Deakins	Nancy McKinney	Jeanette Whitcher
Sandra Gordon	Reesa Nelson	