

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, a free book and a light snack. **Please make sure to pack your daughter a small lunch.** Parent Workshop is an additional \$15. All fees are non-refundable. Scholarships are readily available thanks to funding from Verizon Wireless and Women's Leadership Council of the United Way of Thurston County.

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 28. 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 Katya at 360-550-8511.

Photos and video will be taken during the conference. These materials may be used for promotional purposes.

Please contact Katya 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.spscc.edu/map-and-directions

Day of event contact number: 360.550.8511

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

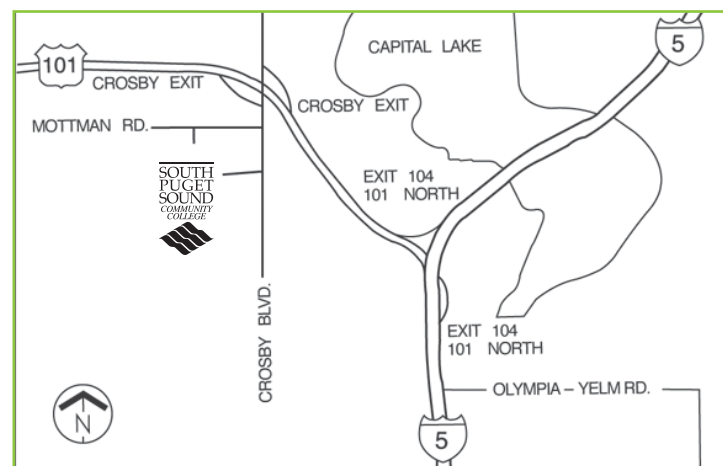
☐ Check box to request a scholarship

☐ 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

2015 Conference Program

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

Saturday, March 7, 2015

AT SOUTH PUGET SOUND COMMUNITY COLLEGE



Dr. Mindy Roberts,

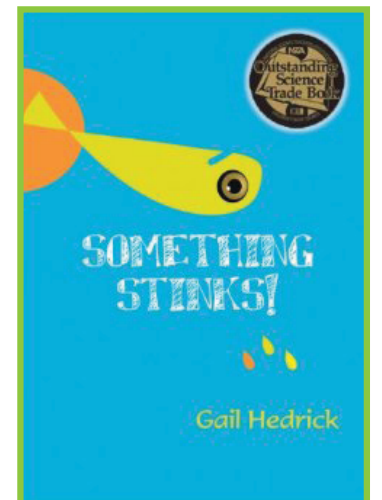
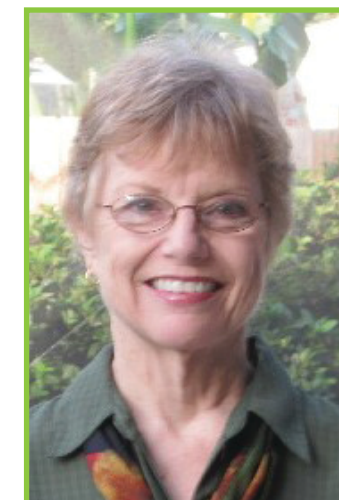
WA State Department of Ecology

Computer modeling and climbing mountains may not seem to have much in common. Mindy Roberts enjoys doing both. She applies computer models to help understand how pollution impacts Puget Sound. She also climbs mountains and teaches others to climb as well. Computer modeling and mountain climbing rely on technical knowledge to succeed. More importantly, both need diverse teams that include many ways of evaluating the same challenge and reaching the summit successfully.

Gail Hedrick

Every girl attending the 2015 conference will receive a free copy of *Something Stinks!* - an award-winning book by Gail Hedrick.

Ms. Hedrick will speak during opening remarks and will sign books during breaks.



Organizing Committee:

Leatta Dahlhoff
Nancy Deakins
Mary de Jesus
Kelly Green

Theresa Kimball
Katya Miltimore, *Chair*
Gwen Morris

Kylie Phillips
Lauren Pierson, *EYH Alumna*
Joy Ramstack Hobbs

Samantha Soto
Carolyn St. John
Cindy Uhrich

Conference Presenting Sponsor:



Conference Silver Sponsors:

STUDENT WORKSHOP CHOICES

COLUMN A

A-1 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.

Alison Vega, Au.D., Audiologist - EN&T Assoc. Southwest

A-2 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.

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

A-3 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 Defibulator (AED).

Cherie Leywa, Cindy Taylor, Cori Spotts, Paramedics/Firefighters - Lacey Fire Dept.

A-4 Build an E-Pet

Create your very own virtual pet using MIT's SCRATCH.

Visit www.scratch.mit.edu Eve Ragins, CodeSmart, Inc.

A-5 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-6 Reach for the Canopy – Trees

What is that tree? What about that mushroom? Learn how to identify trees in the woods and some of the things that make trees sick.

Amy Ramsey-Kroll, Forest Pathologist - 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 Microscopic Clues About the Past

How do we know what the environment was like thousands of years ago? Diatoms are microscopic glass casings preserved by algae in the bottom of lakes for thousands of years, giving us clues about past environments. In this workshop we'll look at diatoms under the microscope and find out what they can tell us.

Joy Ramstack Hobbs, Research Scientist, Science Museum of Minnesota

A-9 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

COLUMN B

B-1 It's a Puzzle- Play and Participate with Parts to create a Plan! Play with the Parts; solve the Puzzle; Create a Floor Plan! Architecture is a wonderful combination of Art and Science! Learn about the concepts, science and tools needed to create a phenomenal home. With the knowledge & parts in hand, you will have fun solving the puzzle of designing a home. Discover your potential!

Cheryl Heinrichs- Architect, Owner, Cheryl Heinrichs Architecture, Olympia, WA
Janet Knoblach- AIA LEED AP, Project Manager, WA State Dept. of Enterprise Services

B-2 Who Dunit?

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

B-3 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-4 "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.

Kate Schalk, Land Surveyor – WA State Dept. of Natural Resources
Julie Csisek, PLS – Renton Technical College

B-5 Show Me the Money

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

Suzanne Klenk, Community Relations Coordinator and VAULT Instructor,
Washington State Employees Credit Union

B-6 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-7 Can a toilet paper roll hold your weight?

Learn how columns are used in bridges and other types of construction by conducting an experiment on a smaller scale... a toilet paper tube. What would you need to do to get it to hold your weight?

Barbara De Ste. Croix, P.E., Development Services & Access Manager &
LisaRene Schilperoort, P.E., Traffic Design and Operations – WA State Dept. of Transportation

B-8 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.

South Puget Sound Community College chemistry faculty: Prof. Marie Dunn, Prof. Linda Baker, and Dr. Gal Keren-Aviram

B-9 Quakin', Shakin', and Bakin' in Washington

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

Beth Norman, Geologist - Pierce Community College

COLUMN C

C-1 STEM in Veterinary Medicine

Did you know that veterinary schools now enroll 70-80% female students? Learn about the importance of STEM subjects in your education and in medicine. Future veterinarians, let's get geared up about science, technology, engineering, and mathematics as we rotate through 4 interactive veterinary practice stations.

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

C-2 A Day in the Life of a Veterinarian – Wildlife and Companion Animals

Come travel through a common pet disease-- straight from gathering history from a client to diagnostic testing (learn to draw blood, review x-rays, scrub in for fake surgery, etc) and make a treatment plan.

Dr. Kim Martin, Veterinarian, Hawks Prairie Veterinary Hospital

C-3 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; Michelle Barnett, Engineering Tech/ Construction Manager; Laurie Pierce, Operations & Facilities Director
Meghan Feuk, Lab Technician; Brittany Skinner, Operator; All with LOTT Clean Water Alliance

C-4 Air Experimenté

Got clean air? Come learn and experiment how to keep our air clean and reduce pollution.

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

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

Our 2015 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, scholarships (both SPSCC and the great community) and college preparation programs
(Parent workshop titles and presenters are subject to change)

Where Do Traditional Communication Skills Fit in a Tech-Savvy World?

Workshop with Gail Hedrick, author of Something Stinks! In addition to texting and emailing, why it's important for your daughters to develop the skills of reading, writing, speaking and listening.

For General Information:

Phone: Katya Miltimore, 360-550-8511
Web: www.thurstonEYH.org Watch for updates!
E-mail: info@thurstonEYH.org
Find us on Facebook: Expanding Your Horizons Thurston County
www.facebook.com/ThurstonEYH

Student Workshop Schedule

9:00 – 9:25	Check-in/Registration (Gym, Bldg. 31)
9:25 – 9:50	Opening Ceremony/Gail Hedrick, author of Something Stinks! (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 Dr. Mindy Roberts, Wrap Up and Prizes (Gym, Bldg. 31)
2:10	Please pick up your student (Gym, Bldg. 31)

Parent Workshop Schedule

9:00 – 9:25	Check-in/Registration (Gym, Bldg. 31)
9:25 – 9:50	Opening Ceremony/Gail Hedrick, author of Something Stinks! (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 Gail Hedrick (Bldg. 35)
1:40 – 2:10	Presentation by Dr. Mindy Roberts, Wrap Up and Prizes (Gym, Bldg. 31)
2:10	Please pick up your student (Gym, Bldg. 31)

Be sure to check our website, www.thurstoneyh.org for updates.