**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.

**Parents in Classrooms**

During the conference, parents should plan to attend the parent workshop (or the time could be used to explore local shopping and restaurants). We aim to minimize all distractions in the classrooms; we also ensure that all adults in the workshops have gone through background checks. If a parent needs to accompany their daughter in the workshops, we ask that they receive advanced permission from the organizers.

**Parent pickup**

Please pick up your student at 2:10 p.m. in the Student Union, Bldg. 27.

**Fees**

The conference fee is $15. This includes all materials, conference T-shirt, and a light lunch consisting of a small sandwich and chips. Due to the size and nature of this event, we are unable to accommodate dietary restrictions. Please bring an alternative lunch if necessary. Parent Workshop is an additional $15. All fees are non-refundable. Scholarships are readily available thanks to funding from our sponsors.

**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 credit card. Or register via mail: sending this completed registration form along with your check to Expanding Your Horizons, PO 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 March 2. Confirmation will be made by e-mail only.

**Additional conference materials**

Each student will receive an information packet on the day of the conference.

**Special Accommodation**

To request special accommodations, call Joy Ramstack-Hobbs 651-895-7673 or Katya Miltimore 360-550-8511.

**South Puget Sound Community College**

2011 Mottman Rd. SW, Olympia, WA 98501

**Conference Presenting Sponsor:**

**Conference Silver Sponsors:**

**Conference Partner:**

**Conference Keynote:**

**Exploring the Deep Sea**

Telissa M. Wilson has participated in multiple deep sea research cruises as a part of her graduate research on gelatinous organisms called cnidophores. In addition to researching cnidophores, she is also a molecular biologist for the Washington State Department of Agriculture.

Tiffany Bachtel is a Master of Environmental Studies graduate student and DEEPC researcher at The Evergreen State College. They will be sharing their experiences exploring the deep sea, and introducing us to the strange and beautiful creatures they have studied.
COLUMN A

A-1 Scratch Programming - Build a Maze Game
Put your Scratch skills into action! Learn to make a classic maze game in Scratch.

A-2 Disease Detectives
Do you like a good mystery? Well, as epidemiologists, it's all about solving mysteries, but instead of figuring out "who did it?" like a police detective would, they figure out "what caused it." Come see how one of these doctors uses their skills to find clues and solve outbreaks.

A-3 Life’s a Beach!
Join us for a day in the life of a Beach Naturalist! Perform a beach transect and explore our Puget Sound wildlife habitats. This beach adventure is sure to be a blast!

A-4 Forensics and Fingerprints
Become a Forensic Science Detective! Learn about the science behind fingerprints and how unique they truly are.

A-5 Light-reflected and Redirected!
We will be looking at single and multiple reflections, Mirrors, halide lamps, and periscopes. Each session is limited to 15.

A-6 Chemistry in Your World: Redox Reactions
Redox reactions are everywhere in the world, around us, and power everything from our bodies to our phones. Come learn about the fundamentals of redox chemistry and the importance of this chemistry to our everyday lives. Explore some of the many applications, including electroplating of jewelry and other materials.

A-7 You Just Won $10,000!!!
What if you just won $10,000? What would you do with it? What could you do with it? What is $10,000 really worth anyway? No matter how much money you make or how old you are, it is important to understand how to manage your finances. Come join us as we engage in interactive, hands-on discussions about money and budgeting!

A-8 Can you see the Polar Bear?
Did you know that Polar Bears cannot see with an infrared Camera? Do you know what an infrared Camera is? Let's explore answers to these questions together.

A-9 Chocolate Asphalt
How is a road made? What properties are important? Learn about road-building and blacktop paving by simulating the process with chocolate pavement. Rolling roads will be used and water during the course of this workshop.

A-10 Pst...did you know that cavities are contagious?
Do you know that there has been a link between 1,000 and 1,500 bacteria living on each tooth? Explore the fascinating world of dentistry and oral health. Learn some dental anatomy and what dentists find and treated a variety of oral health issues.

A-11 Your Body’s Wall of Protection
Do you know what you eat and drink are classified as appetizers of the site? Explore the various functions of the skin site and how it provides protection for the body by making natural remedies to prevent and/or treat acne and sunburns.

A-12 Spark the Heart!
Come view a real heart, created from the latest medical tools to treat a cardiac arrest. See a demonstration of an Automatic External Defibrillator (AED). Check it out!

COLUMN B

B-1 Mind Mapping and the 5 Why’s
We’ll take you on a journey of discovery that will uncover the best ideas ever! We’ll take risks by experimenting with a graphic organizer. We will use a tool that is as smart as all of us. When there’s something wrong with your project... your experience... your project... ask the 5 Why’s. We’ll explore problem solving, creating new ideas, getting everyone together to get started on that group project, and generating creative energy!

B-2 The Dogs to Endangered Wildlife
Discover how dogs are being trained to save endangered species and catch wildlife poachers and smugglers. What if you just won $10,000? What could you do with it? What is $10,000 really worth anyway? No matter how much money you make or how old you are, it is important to understand how to manage your finances. Come join us as we engage in interactive, hands-on discussions about money and budgeting!

B-3 Strong Girls = Strong World
Do you get bored at school? Do you have daily career-path activities to support you? Can we help you? We will be exploring a specific sector followed by an interactive, hands-on meeting with sound boiling, gentle boys and other skills to teach you so you can feel grounded and empowered. All Welcome, Girl Power Rocks!

B-4 Do You Hear What I Hear?
Hearing keeps us connected to the world around us. Audiology comes into play so that hearing and hearing loss can be explained. What is this all about and why is this important? Children are the future of our world. Keep them hearing.

B-5 Decoding Starlight: What Are These Colors Tell Me?
Students will learn how the Hubble Diagram and expansion rates are used to classify stars and determine the elements they contain. Emission bulbs will be viewed through diffraction gratings to see the chemical fingerprints of several common elements.

B-6 Money Talks!
Kristen Rabis, Executive Director, Enpower 4 Girls
B-7 Counting Clams? A Breath of Fresh Air - Weather, Air Quality and You
Amanda Stevens, inBread, PhD, Assistant Professor & Chemistry Students, Saint Martin's University

C-1 Sustainable Farming:
From Egg to Plate, & the Science in Between
Explore the farm to table process! Experience a farm demonstration covering squares with a photograph, vine cells under a microscope, see fish at various stages and how their warm water is processed. Learn about the importance of farming and how aquaculture can be a sustainable choice. Salmon will be available to finish during this workshop.

C-2 See the Rainbow Captivating Chromatography
Donna Albert, Flavor Chemist at FlavorScientist.com
C-3 Rescuing and Rehabbing Wild Birds
Stephanie Estrella, Senior Veterinarian, Discovery Center of the Pacific Northwest
C-4 Beat the Heat!
The concept of heat transfer is crucial in engineering design. Come learn about the three modes of heat transfer, conduction, convection, and radiation and why they are so important! Sheldrew Davis, M.D., Lab Instructor, School of Engineering, Saint Martin's University

C-5 Creating and Reaching Harbing Wild Birds
What happens when someone finds an orphaned or injured bird? Learn how wildlife rehabilitators care and train captive, born wild birds, perform physical exams, administer fluids, apply casts and bandages, determine the elements they contain. Emission bulbs will be viewed through diffraction gratings to see the chemical fingerprints of several common elements.

C-6 Mighty Microbes
Join us for a fun workshop about how the LOTT Clean Water Alliance cleans and recycles wastewater. Women working on the treatment plant will talk about their clean water jobs and how they got their start there. Then put on your lab coat and gloves for a hands-on microscope lab to see some cool microorganisms up close! If you are lucky enough, find a tardigrade! Antoinette Smith, Research Scientist, Process Control/Environmental Compliance Supervisor

C-7 Veterinarian Survival Skills
Become a creator of technology not just a user. Learn how to use simple computer programming to make computer-synthesized movements into a warm or dance routine.

C-8 Sea Turtles: Are They Important? Are They Threatened?
Amanda Stevens, inBread, PhD, Assistant Professor & Chemistry Students, Saint Martin's University

COLUMN C

PARENT WORKSHOP: ADVICE TO HELP IGNITE YOUR DAUGHTER’S FUTURE
Our 2019 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. These are critical and exciting times so we highly encourage your participation in this parent workshop!

Please register early -- this workshop fills to capacity quickly!

The Agenda
College Planning with SPSCC
Parent workshop led by SPSCC staff will share free community resources on campus, academic and non-academic ways to prepare your student for higher education, college funding source options, and dual enrollment opportunities.

Voice: raising middle school girls to speak for their minds and bodies in the imbalanced era.

Come hear parent coach Erin McComb talk about how we can support girls through these formative years.

2019 Workshop Schedule

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<thead>
<tr>
<th>TIME</th>
<th>STUDENTS</th>
<th>PARENTS</th>
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<tbody>
<tr>
<td>9:00 – 9:30</td>
<td>Check-in/Registration (Student Union, Bldg. 27)</td>
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<tr>
<td>9:30 – 9:50</td>
<td>Opening Ceremonies (Student Union, Bldg. 27)</td>
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<tr>
<td>10:00 – 10:50</td>
<td>Workshop 1 (Various)</td>
<td>College Planning, Part 1</td>
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<tr>
<td>11:00 – 11:50</td>
<td>Workshop 2 (Various)</td>
<td>College Planning, Part 2</td>
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<tr>
<td>12:00 – 12:20</td>
<td>Lunch Break</td>
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<tr>
<td>12:40 – 1:30</td>
<td>Workshop 3 (Various)</td>
<td>Workshop with Emily McComb</td>
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<tr>
<td>1:40 – 2:10</td>
<td>Keynote presentation by Teresa Wilson and Tiffany Rachael \ Wrap Up and Prizes (Student Union, Bldg. 27)</td>
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<tr>
<td>2:10</td>
<td>Please pick up your student (Student Union, Bldg. 27)</td>
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