

# EYH 2023 Workshop Catalogue

| Group A |   | Group B |  | Group C |   |
|---------|---|---------|--|---------|---|
| A-1     | <p><b>A Breath of Fresh Air - Weather, Air Quality and You</b><br/> <i>Odella Handley, Senior Air Monitoring Specialist &amp; Nancy Wood-Siglin, Air Quality Specialist, Olympic Regional Clean Air Agency</i></p> <p>What is air pollution and where does it come from? Think you know? You might be surprised! We will also learn how weather affects air quality and what you can do right now to keep your air clean.</p>   | B-1     | <p><b>Aerial Mapping Using Drones</b><br/> <i>Keisha Chinn, Environmental Information Program Manager, Washington State Dept of Transportation (WSDOT)</i></p> <p>Come learn more about drones and how they can be used for environmental planning and monitoring of wetlands, stream restoration, salmon runs, natural hazards, and much more! Explore the use of aerial data to make 2D and 3D maps and models using Global Positioning Systems (GPS) and Geographic Information Systems (GIS).</p>  | C-1     | <p><b>Disease Detectives</b><br/> <i>Elisabeth Long, Epidemiologist, Washington State Department of Health</i></p> <p>Do you like a good mystery? Well, an epidemiologist's job is all about solving mysteries. Instead of figuring out "who did it" like a police detective would, they figure out "what caused it." Come use your critical thinking and logic to investigate what it takes to protect the public's health and track down an outbreak.</p> |
| A-2     | <p><b>Test Flights: An Introduction to Aerodynamics</b><br/> <i>Courtney Jamon &amp; Lauren Troyer, Science Teachers, Olympia School District</i></p> <p>Learn how airplanes fly, the four forces of flight, and how the shape of the wing impacts flight performance. Then pick a wing design to build and test. Discover which design does the best and compare that to what happens in real life.</p>  | B-2     | <p><b>Hiring! Shellfish Farm Managers</b><br/> <i>Mary Elizabeth Bissel, Education Outreach Manager &amp; Aimee Christy, Shellfish Biologist, Pacific Shellfish Institute</i></p> <p>Washington produces more oysters than any other state! Do you have what it takes to grow shellfish? Pacific Shellfish Institute invites you to try your hand at shellfish farming – from producing shellfish seed in the hatchery to growing them out on the beach! View baby oyster larvae and plankton under microscopes, sieve seed, set up various types of oyster grow-out methods, tie bowline knots, and prepare your product for sale.</p>                                    | C-2     | <p><b>Eyes Under Puget Sound</b><br/> <i>Sandra Weakland, Benthic Ecologist, Washington State Department of Ecology</i></p> <p>Ever wonder what types of creepy crawlies lurk in the mud beneath the waters of Puget Sound? Learn how marine scientists collect and identify these fascinating marine invertebrates. Use a microscope and get up close and personal with worms, sea stars, clams, crabs and more!</p>                                       |
| A-3     | <p><b>Invest to Impress!</b><br/> <i>Amanda Stevens, Foundation and Education Development Manager, TwinStar Credit Union</i></p> <p>Ever dreamed of being rich? How do you get there? In this session we will be looking at the importance of not only long-term saving, but also how investing can be a tool to help build your wealth. Learn about savings, CD's, bonds as well as get an introduction to the stock market.</p>   | B-3     | <p><b>Mighty Microbes</b><br/> <i>Megan Feuk, Lead Water Quality Analyst; Michelle Barnett, Senior Construction Mgr; Terri Prather, Operations and Facilities Dir; Faith Rasmussen, Water Quality Analyst I; Tricia Swinyer, Environmental Educator; LOTT Clean Water</i></p> <p>Join us for a fun workshop about how the LOTT Clean Water Alliance cleans and recycles wastewater. Women working at the treatment plant will talk about their clean water jobs and how they got started in their career. Then put on your lab coat and gloves for a hands-on microscope lab to see some cool microorganisms up close! If you're lucky maybe you'll find a tardigrade.</p> | C-3     | <p><b>BIM &amp; 3D Modeling in Construction</b><br/> <i>Jessie Robertson, BIM Manager, FORMA Construction</i></p> <p>Remember playing with LEGO®s as a little kid? Maybe you still do! In this workshop we'll be using LEGO® Bricks to learn how to use 2D Drawings and 3D models to construct buildings.</p>   |
| A-4     | <p><b>Trash your Trash for Clean Water</b><br/> <i>A. D'Andra Buchanan, Civil Engineer, City of Lakewood</i></p> <p>Rainfall, snow and water all come down from the sky and get swept away down drains and pipes which also includes the trash we see on the side of the road! That can affect the water you drink and the water quality for life in the Puget Sound. Get your hands clean by figuring out how to clean water and then test your own design to see if your dirty water is the cleanest of the class.</p>  | B-4     | <p><b>The Elements Behind Nature's Dark Art</b><br/> <i>Kayla Duran, Site-Based Program Manager, Big Brothers Big Sisters of Southwest Washington</i></p> <p>Come learn the science behind nature's dark art of cyanotype (also known as sun prints) with Big Brothers Big Sisters of Southwest Washington. Spend some time enjoying the sun while using science to create art with nature!</p>  | C-4     | <p><b>Spark the Heart</b><br/> <i>Cori Spotts, Firefighter/Paramedic, Lacey Fire District 3</i></p> <p>Can you revive a dead heart? Use CPR and the latest emergency medical tools to treat a cardiac arrest. Learn how an Automatic External Defibrillator (AED) works, and practice saving a life.</p>  |
| A-5     | <p><b>Strong Girls = Strong World</b><br/> <i>Kristen Rubis, Owner, Yoga 4 Teens</i></p> <p>Do you get stressed out? Do you have daily calming practices to support you? Yoga 4 Teens can help! We will share in art and an opening circle; followed by meditation and breath work with sound healing chimes, gentle yoga and other self care tools to support you so you can feel grounded and empowered. This time together will deepen your unique character and help you cultivate confidence so you can walk through this world in a more empowered way. Teen Power Rocks!</p> | B-5     | <p><b>You Just Won \$10,000!</b><br/> <i>Crystal Wright, Former Financial Examiner</i></p> <p>If you just won \$10,000, what would you do with it? What is \$10,000 really worth anyway? No matter how old you are or how much you have, it is important to know how to manage your money. Come join us as we talk about how we can use money to meet our day to day needs AND make our future goals come to life!</p>   | C-5     | <p><b>Game-ified Math And Physics</b><br/> <i>Sara Rose, Adjunct Faculty Physics/Math/IBEST &amp; Jingyi You, Math Professor, South Puget Sound Community College</i></p> <p>Work out with your brain with math and physics games! The concepts of motion and geometric graphing are the focus of this fun in-lab time with a math and a physics professor. Let's swell those brain muscles and improve our brain power.</p>                                |
| A-6     | <p><b>It's a Lifesize Puzzle About the Past!</b><br/> <i>Jessica Delgado-Morris, Archaeologist, Aqua Terra Cultural Resource Consultants</i></p> <p>How do Archaeologists learn about past cultures? What does it mean when we find objects from the past and what does it mean to put the puzzle pieces together? Come do a real survey with us and play with ceramics to find out!</p>  |         |  |         |   |