



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

- Wolf Haven
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- Capitol City Press
- The Soroptomist International Club of Olympia

Expanding Your Horizons SATURDAY NOV. 3, 2007

Directions to Main Campus

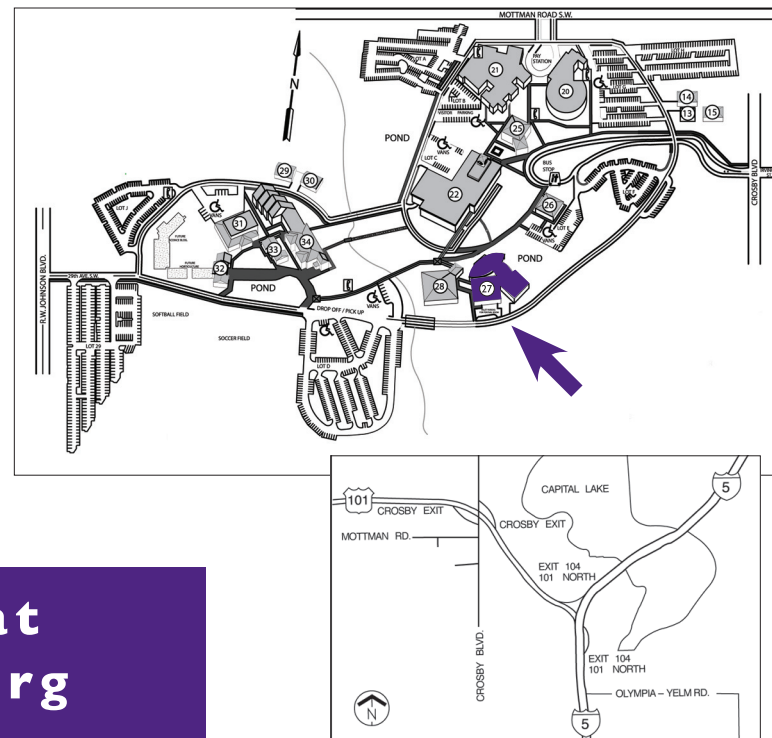
From I-5

- 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.**



SATURDAY November 3, 2007

MATH AND SCIENCE 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 165,000 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.

On the Mainstage



Sonic Sounds & The Scientific Method

A Mad Scientist will take you on an exploration of serious scientific principles with fun, exciting and dramatic effects. Sounds waves will be investigated as we follow the scientific method in an effort to

create the world’s greatest “mouse-chaser-away-er!” It will be a wild adventure.

Registration Information

How to select workshops

Choose three workshops from each column: A, B and C, for a total of nine 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 1:00 p.m. EYH encourages you to make clear arrangements with your student regarding transportation plans.

Fees

The conference fee is \$12. This includes all materials and snacks. The Parent Workshop is an additional \$12. All fees are non-refundable.

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 pack will be given to each student on the day of the conference.

Special Accomodation

To request special accomodations 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.

**Register Online at
www.starjumper.org**

PARENT WORKSHOP:

HEALTHY CONNECTIONS FOR 2007-2008

Once again, Expanding Your Horizons will offer a workshop for parents. The workshop supplies information that helps parents promote and guide their daughters' interest in science, technology, engineering and math. Also, a child development expert will give insight into pre-adolescent mental, physical and emotional growth. The Parent Workshop is very popular, so be sure to sign up early!

The Agenda:

Math & Science Standards - WASL news plus what parents/girls need to know about preparing for college and job-related math (Transition Mathematics Project).

Mind-Body-Spirit: Nurturing Minds for Learning - Tips on how to help your daughter thrive during the middle school years and beyond.

Tech Prep: The AP of Career Technical Education – Learn what it is and how to prepare for this exciting program, which offers college credit for high school students through career-technical programs of study.

Running Start: Put Your Track Shoes On! – Helpful information for creating a middle school and high school plan that allows your budding scientist or engineer to enroll in a community college while still in high school. This program puts students on the fast track to universities and careers.

Parent Workshop Schedule

8:00 – 8:20	Check-in (Student Union Building 27)
8:20 – 8:35	Welcome & Housekeeping
8:40 – 8:45	Parent Workshop Introductions
8:45 – 9:30	Math & Science Standards
9:30 – 10:15	Mind-Body-Spirit
10:15 – 10:30	Break
10:30 – 11:15	Tech Prep
11:15 – 12:00	Running Start
12:00 – 1:00	Main Stage Event

Student Workshop Schedule

8:00 – 8:20	Check-in (Student Union Building 27)
8:20 – 8:35	Welcome & Housekeeping
8:45 – 9:35	Workshop I
9:45 – 10:35	Workshop II
10:40 – 10:55	Break
11:00 – 11:50	Workshop III
12:00 – 1:00	Main Stage Event

For more information:

Phone: Jeanette Whitcher, 357-9748
Web: www.starjumper.org Watch for updates!
E-mail: info@starjumper.org

Organizing Committee:

Nancy McKinney	Shailla Fisher	Nancy Johnson	Reesa Nelson	Karan Wade-James
Nancy Deakins	Sandra Gordon	Tracy Loyd	Vicki Ogden	Jeanette Whitcher
Ilene Dickerson	Sharon Guile	Tracy McFarland	Unice Robb	

COLUMN A

A-1 Quakin', Shakin', and Bakin' in Washington

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

Beth Norman, Geologist - Pierce Community College

A-2 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!

Diana Wadley, Education and Outreach Specialist II - Thurston County Solid Waste

A-3 How to be a Whale Biologist

Learn some of the techniques used by marine mammalogists to study whales and seals. Try out your skills tracking humpback and blue whales by matching identification photographs of their natural markings. See what researchers are learning using radio and satellite tags. Discuss the best strategies to prepare yourself for a career in marine mammal science.

Gretchen Steiger, Research Biologist, Marine Mammalogy - Cascadia Research

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 Chef

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!

Alice Frye, CADD Program Student, South Puget Sound Community College

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 - TLC Animal Clinic

A-8 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

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 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

COLUMN B

B-1 Solve the Mystery Disease

Can you figure out what is causing the mystery epidemic? Learn how to use your observation skills with a little math to identify the likely cause of the disease.

Cathy Wasserman, Epidemiologist - Washington State Department of Health

B-2 O.T.'s are Over-the-Top

Learn how to help children and adults with disabilities become more independent. See and use an Occupational Therapist's "cool tools" and learn how it all works.

Gail Barry, Occupational Therapist

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 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, Deputy Coroner/Death Investigator - Thurston County

B-5 Traveling in the World as a Doctor

Medicine is an incredibly interesting and exciting field. There are so many options. Family Medicine allows for a wide variety of experiences. Dr. Diane Dakin and Dr. Lisa Johnson will discuss some of the experiences they have had in Brazil, Dominican Republic, Nicaragua and Cambodia.

*Dr. Diane Dakin, Physician - Group Health Cooperative
Dr. Lisa A. Johnson, Physician - Providence St Peter Hospital Family Medicine Residency Program*

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).

Cherie Levya, 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, teaching and camping while they help their communities stay healthy everywhere.

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

B-10 Calories Count!

Take the Calories Count Challenge with this nutrition professional. What is a calorie? Where do they come from and where do they go? Learn how calories affect us and how to make calories count the right way allowing us to get all the healthy foods we need and still have room for some treats.

Dixie Havlak, Registered Dietitian - Lifetime Nutrition

COLUMN C

C-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

C-2 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

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 and Linda Becker - 4-H Master Textile Quilters

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

*Mary Gray, Highway Engineer - Federal Highway Administration
Liana Liu, Highway Engineer - 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.

*Megan Hall, Highway Engineer - Federal Highway Administration
Cathy Nicholas, Highway Engineer - 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? Check out the cool equipment used by Professional Land Surveyors.

Gwen Roy, PLS, State Land Surveyor - Department of Natural Resources

C-8 NetSmartz and iSafe websites for teens

Become an Internet safety leader! Gain an understanding of the dangers that exist online and how to deal with them. Learn about cyberbullying, online enticement, and giving out too much personal information. Work with students across the globe to promote cyber safety awareness. Learn about i-Mentors, who promote online safety and DRiVE the 411 back to friends, family, and community.

Deborah Hale, Director of Media Services, Program Coordinator - ESD 113

C-9 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

C-10 Building Blocks

What does it take to get a building built? Learn about all the pieces and players that go into building a building. Develop your own solution to a real building design project.

*Jeanne Rynne, R.A. Architect - Puyallup School District
Kara Walk, R.A. Architect - Ambia Architects*