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Bellevue College
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The Expanding Your Horizons Network
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Local branches of
**The American Association of
University Women**
*AAUW advances equity for women and girls through
advocacy, education, philanthropy, and research.*
www.aauw-wa.org

For more information about our sponsors please visit their websites.

If you have questions about the EYH Middle School Conference
visit our website at: www.eyhbccmiddleschool.com or send
an email to: eyhbcc_middleschool@hotmail.com

**Registration information - in a printer friendly format –
is available on and may be downloaded from our website.**

If you have questions about the EYH High School Conference
at Bellevue College, scheduled for Friday, March 24th, 2017,
please send an email to: gogirlseyh@gmail.com

35TH ANNUAL



**CONFERENCE FOR MIDDLE SCHOOL GIRLS
AT BELLEVUE COLLEGE***



Grades 6 – 8

**Saturday, March 25th, 2017
8:00 AM to Noon**

Registration must be received by March 11th, 2017

Register online at www.eyhbccmiddleschool.com or by mail.

Bellevue College is a handicap accessible facility

*Conference Location: Bellevue College Main Campus
3000 Landerholm Circle SE, Bellevue, Washington 98007

STUDENT PROGRAM

7:45 – 8:40	Check-In, Cafeteria, Building C
8:40 – 8:50	Orientation and Welcome
9:00 – 9:50	Student* Workshop 1
10:00 – 10:50	Student* Workshop 2
11:00 – 11:50	Student* Workshop 3

***Only registered volunteers and presenters are allowed to be with student attendees during workshop sessions.**

ADULT PROGRAM

9:00 – 11:50 AM. AAUW Eastside Branches offer a vibrant program for parents, focused on the challenges young women face as they look toward higher learning and careers.

Adult chaperones, parents, and interested adults are invited to attend this program while the student conference is in session.

BIASES, OUR BRAINS, AND INSTILLING CONFIDENCE

We will begin with a panel of women sharing their diverse STEM career path stories. Each participant will share her best advice to help you raise daughters who have the confidence necessary to pursue careers in STEM fields. Then the panel and audience will participate in an interactive session, using your smart phone or personal tablet for feedback, to discover how social biases have spread across our culture. With the help of an experienced research associate, we will explore our individual biases, investigate our triggers and learn strategies to reduce the expression of social biases in our daily lives.

- **Women in STEM Careers** Our speakers include Stephanie Vasiloff, B.S. Engineering, SR Program Operations Manager, and Jodie Ryan, B.A. Spanish, German & BA, Sr. Cyber Security/Defense Operations, Microsoft Corporation. Julia Meo, Ph.D. Physics, Data Scientist for RichRelevance.
- **Bias and the Unlearning of Biases** Dr. Allison Skinner, Ph.D. Psychology and post doctoral research associate at the University of Washington, will help us discover our individual biases then offer strategies to unlearn these biases.

HOW TO REGISTER FOR EYH

Registration forms must be received no later than March 11th, 2017*

REGISTER EARLY FOR BEST SELECTION.

- 1) **REGISTER ONLINE:** Visit our website at www.eyhbccmiddleschool.com
- 2) **REGISTER BY MAIL:** Complete one registration form for each student or adult. Full page registration forms may be downloaded from the FAQ page at our website. Enclose registration form(s) with check or money order payable to AAUW/EYH Middle School and mail to: EYH – Middle School; PO Box 1937; Issaquah, WA 98027
- 3) **Fee for each student or adult attending is \$15.00.** Financial assistance, up to \$10.00, is available for each student attendee, enter amount requested on registration form. *Note that scholarships are not available with electronic payment.*
- 5) Full refunds are available by written email request through 10 March 2017. Online registration payment refunds will be assessed a \$3 transaction fee.
- 6) A confirmation email will be sent to the email address provided on the registration form. Information provided with registration will not be shared with outside organizations.
- 7) **GROUP REGISTRATION:** Please contact us by email as early as possible to coordinate your group registration. Payment for groups must be made by check.

*Limited space may still be available after March 11th. Contact us at eyhbcc_middleschool@hotmail.com for further information.

REGISTRATION FORM (Please print clearly)

You May Register And Pay On-Line at www.eyhbccmiddleschool.com

STUDENT NAME	Birthday Month & Year		
ADULT NAME (If attending adult program)			
PARENT E-MAIL (for registration confirmation)			
City:			
School & Grade:	<input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8		
Students will attend 3 workshops, one from each group described in this brochure. Enter the numbers of your workshop choices below:			
Choose your workshops	1 st Choice	2 nd Choice	3 rd Choice
Group 1 (pick 3)	_____	_____	_____
Group 2 (pick 3)	_____	_____	_____
Group 3 (pick 3)	_____	_____	_____
Conference space is limited. Workshops are assigned by date of receipt of registration forms; therefore <i>we cannot guarantee your workshop choices.</i> You will receive your workshop assignments on the day of the conference.			

REGISTRATION FEES

<input type="checkbox"/> Student Conference	\$15.00	\$
<input type="checkbox"/> Adult Program	\$15.00	\$
<input type="checkbox"/> Student Financial Assistance (Enter amount, up to \$10 requested)	--	--
AMOUNT ENCLOSED (total fees minus financial assistance requested)		\$

PARENT / GUARDIAN PERMISSION

I hereby grant permission for my daughter to attend the Expanding Your Horizons Conference on March 25th, 2017. I give permission for a conference organizer to seek emergency medical treatment for her if I cannot be contacted.

Signature _____ Date: _____

Contact on Day of Conference:

Name _____ Phone: _____

Alternate _____ Phone: _____

Check if photographs MAY NOT be used for publicity

These activities are neither sponsored nor endorsed by any School District or any of their schools. The Distributing School Districts assume no responsibility for the conduct during, or safety of, the activities. The Distributing School Districts shall be held harmless from any cause of action, claim, or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including attorney's fees and judgments or awards.

Distributing School Districts have neither reviewed nor approved the program, personnel, activities, or organization announced in this flyer and undertakes no responsibility to supervise these events.

STUDENTS: You will attend 3 Workshops!

From each group pick your 1st, 2nd, and 3rd choices, then list your choices by number on the student registration form.

A printer friendly workshop listing and full page registration form may be downloaded from our website at www.ehbccmiddleschool.com

STUDENT WORKSHOPS

GROUP 1	WS#	Workshop Title (Workshop Descriptions Follow)
	101	Keeping Our Urban Forest Healthy and Sustainable
	102	It's A Greasy, Slimy World
	103	Bridging The Gap
	104	Modeling Business Success
	105	Save The Oceans (and the Fish and Birds too!)
	106	Wings For My Dreamliner
	107	Up In the Air!
	108	Be an Energy Detective!
	109	Let The Games Begin!
	110	Landscape Masterpiece
111	One Fish, Two Fish, Red Fish, Blue Fish	

GROUP 2	WS#	Workshop Title (Workshop Descriptions Follow)
	201	Nurses Can DO Anything!
	202	Old & New Chemistry - Historical Demo, Liquid Crystals & Flaming Snowballs
	203	Eat This! Don't Eat That!
	204	Matters of the Heart
	205	ER Physician to the Furry
	206	Hey, What's Going On In There?
	207	The Mystery In The ER
	208	Let's Get Physical!
	209	More Than Just Puppies & Kittens
	210	Dead Bodies DO Tell Tales
211	Microbes All Around Us	

GROUP 3	WS#	Workshop Title (Workshop Descriptions Follow)
	301	Playing Games In The Digital World
	302	Invent This! How Great New ideas Are Developed & Patented
	303	Hot Zones – Predicting Epidemics
	304	Flex Your Mussels
	305	Travelling The Internet
	306	FoldIt: Solving Puzzles For Science
	307	Designing Websites
	308	Fight Crime!
	309	Find YOUR FIT in I.T.
	310	Chicago Fire Meets ER
311	Build a Better Website	

GROUP 1

101 Keeping Our Urban Forest Healthy and Sustainable

Learn how to identify trees, diagnose tree problems, and understand why some trees can fall. We'll look at blueprints for a real construction project and consider how to protect the trees on the site. Deb Powers, Urban Forester, City of Kirkland

102 It's A Greasy, Slimy World

Paints and plastics and airplane composites are variations of polymers-liquid, flexible or stiff. Will an oil leak from autos or airplanes melt plastic? Can oil eat paint? Can oil be environmentally friendly? Chemists and chemical engineers test to answer such questions. Find answers to these questions and make slime as an example of simple polymers! Presented by Susan Williams and members of the Boeing Research & Materials Technology Division, The Boeing Company.

103 Bridging The Gap

Working as a team, try basic bridge building techniques. Use popsicle sticks and hot glue to create and test your own bridge Which bridge can hold the most weight? There will be a prize for the strongest bridge. Stephanie Gardner, Manager of Interiors Engineering, Alaska Airlines.

104 Modeling Business Success

Creating a successful business means making the right decisions at the right time. Explore how financial professionals use mathematical models to make strategic business decisions. Shreya Ramaswamy, Finance Manager, Microsoft.

105 Save The Oceans (and the Fish and Birds too!)

Our Earth has many sources of energy and we use those types of energy to keep our cars moving and our homes warm. But do these energy sources present risks to our environment? Explore different materials and attempt to contain and clean up an oil spill. Then, we'll investigate the effects of an oil spill on marine wildlife. (Using the Oil Spill Agilent Kit). Presented by members of the Society of Women Engineers.

106 Wings For My Dreamliner

How do airplanes stay up in the air? Build and launch your own gliders. Explore the aerodynamics of airplane design and some of the things aeronautical engineers do. Cari Downie and Tracy Westry, Aeronautical Engineers, The Boeing Company

107 Up In the Air!

Have you ever wondered what it would be like to fly an airplane? What are all those switches and levels in the cockpit for? Experience the world of flight through the pilot's eyes. Sinead Shah and Cindy Feuerstein, Pilots, United Airlines

108 Be an Energy Detective!

Homes and buildings use 40% of our country's energy, and a lot of that is wasted. Experience how energy consultants work to track down leaks and find ways to reduce energy use. We'll perform tests and compare improvement options, and you'll be able to use what you learn to reduce energy waste in your home too! Pam Worner, Top Dog of Green Dog Enterprises, Inc.

109 Let The Games Begin!

Do you like playing electronic games? Would you like to create your own? Explore electrical circuits while you construct your own game and challenge your family and friends. (Using the Electronic Matching Game Agilent Kit). Presented by members of the Society of Women Engineers.

110 Landscape Masterpiece

#Dreaming, #LoveFlowers, #ArtAndScience = City or country. Landscapes or veggies. Desk work or outside time. Learn more about Landscape Design by putting 'plants' to paper and see if your career dreams can come true. Kirsten Lints, CPH, Gardens ALIVE Design.

111 One Fish, Two Fish, Red Fish, Blue Fish

Fisheries Observers work on fishing boats alongside fishermen to monitor the harvest of fish to ensure their sustainability for future generations. Learn how scientists estimate the amount of fish caught at sea and how fishermen use that information to fish in the best spots. Practice catching "fish" and see if you can make a profit while avoiding protected species. Cassandra Donovan, Kayleigh Somers PhD, Vanessa Tuttle, NOAA

GROUP 2

201 Nurses Can DO Anything!

Nursing is fun and exciting. This workshop will demonstrate why nursing is a cool profession. You will get a chance to practice being a nurse by looking for creepy, crawly germs, and practicing giving a shot. Lisa Stubenrauch, RN; Gianna Johnson, LPN, Jenn Daley, RN; Laura Hokenson, LPN; Issaquah Nursing and Rehabilitation Center

202 Old & New Chemistry - Historical Demo, Liquid Crystals & Flaming Snowballs

Learn how to use a chemical process to create liquid crystals like those used for laptop and cellular phone screens. Watch a reaction that ignited a man's interest in chemistry and create a flaming snowball just for fun. Carole Berg, Chemistry Instructor, Bellevue College, and Chemistry Club Students.

203 Eat This! Don't Eat That!

Almost daily we hear about a new diet to lose weight, feel healthier, or avoid illness. Allergies to gluten, tree nuts, and soy are real medical conditions that can be life threatening but have led to new "fad" diets. Find out what's behind these eating trends and if they really apply to you. Stephanie Petruso, M.S. Nutrition.

204 Matters of the Heart

Your heart is an amazing muscle, working 24/7 to deliver oxygen to all parts of your body. Find out how medical practitioners diagnose heart and circulatory system problems using tools from a simple stethoscope and blood pressure cuff, to very complex equipment, such as ultrasound and angiography. Tiffany Michel, RN, MSN, Clinical Research Associate, Precision for Medicine.

205 ER Physician to the Furry

What is it like to do an emergency exam on a small animal, start IV fluids, give oxygen therapy and CPR? Gown up for surgery. Is a career in small animal ER medicine for you? All Critters Animal Hospital Team Members

206 Hey, What's Going On In There?

Learn the answer as you place a filling in a molar, extract a tooth and clean tartar from teeth. Find out why removing plaque is so important to getting a healthy smile. Use the tools of the dentist and the dental hygienist so you will know exactly what is going on in your mouth. Donna J. Quinby, DMD, Andrea Fonner, DDS, and Eastside Pediatric Dental Group Team Members.

207 The Mystery In The ER

It takes a keen eye, critical thinking, and some very sophisticated tools to figure out what ails the patient who comes to the ER. Take a look at some cool diagnostic instruments used by medical practitioners. Watch your heart beat on screen. Practice your bandaging skills on the patient's injured limb. Do you have what it takes to be an ER nurse? Evergreen Healthcare Nursing Staff.

208 Let's Get Physical!

Physical therapy is more than just teaching patients new exercises. You will find out how physical therapists work hand-in-hand with medical doctors to treat patients with all kinds of injuries. We'll conduct a postural analysis and learn how the results can affect the treatment plan. Dr. Katie Burdeaux, DPT

209 More Than Just Puppies & Kittens

Learn what a day is like to be in the scrubs of a small animal veterinarian. Versatility is a must when it comes to providing the best care for canine and feline patients. From wellness exams to surgeries to end of life care, we do it all...and then some. If you are interested in working with people and animals, then this workshop is for you. Dr. Judy Hung and team members, Eastside Veterinary Associates.

210 Dead Bodies DO Tell Tales

Was it really a Vampire? Or did the victim simply die of fright? Explore the real world of "Bones" and "CSI". Find out how medical examiners use clues and forensic evidence to solve the mystery of "cause of death." Presented by Medical Investigators with the Snohomish County Medical Examiner's Office.

211 Microbes All Around Us

Bacteria are everywhere, including all over our bodies and in the environment around us. This workshop will demonstrate how microbiologists learn about the characteristics of the tiny, living organisms existing in our world and on us, from our skin, to our shoes. Dr. Alicia Taylor, Senior Scientist, Exponent.

GROUP 3

301 Playing Games In The Digital World

Do you like playing video games? Do you think you could create one? Find out how designers, artists, producers and programmers work together to build video games. You'll start with a game and then modify it to your specifications, changing gravity or designing new challenges to delight the player! Jen Sward, Associate Dean of Faculty, DigiPen Institute of Technology

302 Invent This! How Great New ideas Are Developed & Patented

Invent a better scooter and help the scooter company grow their business through new features that the company can apply for a patent. You'll help design an improved scooter and describe what makes it new and unique. Will it qualify for a patent? You'll learn how to evaluate a patent application and you can decide! Eleanor Goodall, PhD, Patent Agent, Intellectual Ventures

303 Hot Zones – Predicting Epidemics

The Centers for Disease Control (CDC) sends out dire warnings every year about budding epidemics, like Ebola or Influenza. Epidemiologists discover the contagion, but it is mathematicians who predict the spread of the epidemic and devise strategies to contain it using computer simulations. In this workshop you will use some tools to predict and control the spread of Hot Zones. Laura Matrajt, Mathematician, Fred Hutchinson Cancer Research Center.

304 Flex Your Mussels

Did you know that delicious shellfish, such as clams, mussels and oysters, can actually help the environment by improving water quality? Take a peek into the unseen world of biological water filtration that happens right here in Puget Sound! We will use microscopes to observe shellfish feeding in action and get an up close look at the microscopic plants and animals they encounter. Presented by NOAA Fisheries Scientists.

305 Travelling The Internet

How does the Internet work? Experience the Internet in a fun new way. We will simulate Internet "travel" by forming groups where each student will be a router/ computer/ server and pass information to other students in different "networks". Harini Balasubramanian, Amazon, Inc

306 FoldIt: Solving Puzzles For Science

Do you like puzzles? Scientists use puzzle-solving in the gaming world to solve real-world problems! We'll show you how to play FoldIt, and talk about the science behind protein folding. Una Nattermann & Graduate Students & Senior Fellows, UW Biochemistry Department.

307 Designing Websites

Use programming and scripting languages to create beautiful websites that do all kinds of cool things, from playing music to posting pictures. This workshop will showcase some very easy programming languages that you can learn right away, while helping you to understand the complexity of websites you use everyday. Monique Costalas, Software Engineer

308 Fight Crime!

How do police officers keep order in the community and what tools are used to ensure your safety? An inside look at the equipment police use to fight crime. Marin Wolff and Alina Oliver, Police Officers, City of Bellevue.

309 Find YOUR FIT in I.T.

Information Technology or "IT" offers fast paced, team oriented careers. Practice gathering customer requirements, and designing, building, and testing your product. You'll experience the many different roles involved in the field of Information Technology, moving one step closer to finding your FIT in IT. Nadya Lobalzo, PhD, Program Manager, Microsoft.

310 Chicago Fire Meets ER

Go behind the scenes for the real view of "When the Bell Rings", "Fast and Furious", "Back Draft", "Flat Line" and "Contagion". Be on the Frontline and Keep your Finger on the Pulse! Peek into the career of a firefighter. Camari Olson, Bellevue Fire Department

311 Build a Better Website

What are your favorite websites and why? If you had your own site, what would it look like? Learn the basic concepts and languages to create a web page, modify its appearance and make it interactive. By the end of this workshop, you will have the skills to "build" your own web page. Kimberly Curtis & Women in Tech at ebay.