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Motivating young women in science, mathematics, &

expanding your  
horizons network  
powered by techbridge girls™

WHERE STEM HAPPENS

**LEARN MORE AT**  
**[eyhbellevue.org/home](http://eyhbellevue.org/home)**

**REGISTER ONLINE AT**  
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**Middle School Girls Conference at Bellevue College-  
Register Today !**

### **So Why EYH ?**

- ⇒ Have fun with other girls doing hands-on activities together
- ⇒ Meet and interact with female role-models who are active in science, math, and technology-related careers
- ⇒ Build confidence with positive experiences in STEM

- ◇ Ages: 10-13
- ◇ Location: Bellevue College,  
Bellevue, WA
- ◇ Time: 8:00– Noon
- ◇ Date: Saturday, March 28th, 2020

Register: Feb 1 thru March 14:

Fee: \$20 per student, \$20 per adult

Partial Scholarships(\$10):

Limited availability per district

Questions:  
[gogirlseyh@gmail.com](mailto:gogirlseyh@gmail.com)

425-369-0177



You can see full workshop blurbs on [www.eyhbellevue.org](http://www.eyhbellevue.org).

## TRACK 1

### 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. *Smitha Navda*

### 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. *Nadya Lobalzo, PhD, Software Engr., Microsoft*

### Make It Fly

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. *Peg Curtin*

## TRACK 2

### A Vast Ocean of Opportunity

What do photos of life aboard ships, samples of ocean biology, and dichotomous keys have in common? Come see what life at sea is really like as a Marine Biologist and learn how they can help keep the oceans healthy.

*Melanie Rickett and Pearl Rojas, Fisheries Biologists. NOAA. Kristen Potwara, NOAA Affiliate.*

### The Making of a Cloud

Ever wonder what makes Seattle so cloudy? In this workshop, we will make clouds in a glass bottle, use the pressure of the atmosphere to crush cans instantly, and use basic physical principles to understand the sky's fluffiest features. *Rachel Atlas and Jacqueline Nugent. Dept. of Atmospheric Sciences, UW*

### Fun with Finances-Budget Beginnings

Come join us as we engage in interactive, hands-on discussions about money and budgeting. *Crystal Wright, CIPT, PMP, Examiner. Examination Unit, Div. of Consumer Services. WA Department of Financial Institutions*

## TRACK 3

### 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. *Judy Hung, VMD, Eastside Veterinary Assoc.*

### The Great Data Race Experience

Explore career options in STEM fields in a hands-on "Experience Room". What data informed the workshop presenter to experience eight (8) different careers in STEM fields from 1985-2020? *Cheryl McCurdy Christensen, CEO and Founder. Data2Develop, LLC*

### 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. *Stephanie Gardner, Manager of Interiors Engineering, Alaska Airlines*

## TRACK 4

### 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.. *Kayleigh Somers, PhD.*

### Find a home for Alex using Python

Students will learn the basics of Python while finding a home for our bee named Alex. *Beatris Mendez Gandica, Program Manager, Microsoft/Nuevo Foundation; Mollee Jain, Oliver Zhang, Jeremiah And Associates. Microsoft*

### 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 predict the spread of the epidemic and devise strategies to contain it. *Laura Matrajt*

## TRACK 5

### 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. Use the tools of the dentist and the dental hygienist so you will know exactly what is going on in your mouth. *Donna Quimby, DMD; Andrea Fonner, DDS. Eastside Pediatric Dental Group*

### Code Your Bracelet and Dance

Students will code their own bracelet and then they will dance. *Beatris Mendez Gandica, Program Manager, Microsoft/Nuevo Foundation; Mollee Jain, Oliver Zhang, Jeremiah And Associates. Microsoft*

### 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. *Eleanor Goodall, PhD*

## TRACK 6

### 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. *Carole Berg, Professor. Bellevue College Chemistry Club*

### S.T.E.M. Divas

Discover how to program a LEGO MINDSTORMS EV3 robot and how to navigate the EV3 software. *Marjorie Blanco, Software Engr., Carlos Blanco, Engineering Mgr., The Boeing Company.*

### 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*

## TRACK 7

### 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. Do you have what it takes to be an ER nurse? *Cindy Mizell, RN*

### Neural Signals from My Teenage Brain

NDT records the electrical signals coming from the brain and nervous system. We will explore basic concepts and review patient exams. *Elizabeth Thomas, R.EEG/EP T. NDT Adjunct Faculty. Bellevue College*

### 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. *Pamela Worner, Top Dog of Green Dog Enterprises*

## TRACK 8

### 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. *Erin Yang*

### So You Want to Work in an Aquarium?

Familiarize yourself with some of the Seattle Aquarium's critters through biofacts such as skulls and pelts as we spotlight a day in the life of our biologists. We'll even show you some of their secrets through a hands-on activity! *Seattle Aquarium Community Engagement Team*

### 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! *Mackenzie Gavery*

## TRACK 9

### Stormwater Engineering to Save Our Environment

What does it take to clean rain water that runs over the streets into a stormwater pipe which discharges into a salmon-bearing stream? Explore the world of stormwater engineering. *Tarelle Osborn, Principal Engr., Jana Hindman, Project Engr., Madison Pearson, Marketing Mgr., Osborn Consulting*

### Health Claims - Fact or Fiction

Discover how professionals in biomedical research oversight ensure that therapeutic products are safe and effective. Learn how to identify the real data from the false claims. *Margaret Van Waardenburg, CCRA, RAC, Clinical Research Associate. Novartis Pharmaceuticals*

### Build Your Own Climate Model

The atmosphere covers the Earth like a blanket, locking in energy from the sun to support life on the surface. We will build a simple model in Python to explore how the atmosphere maintains Earth's unique climate. *Rachel Atlas, Alyssa Poletti, Lindsey Taylor, and Katie Brennan. UW*

### Medicine Woman

Explore different opportunities in the exciting field of pharmacy. Experience what it is like to compound your own product and customize it to fit your needs or preference. *Kara Chao, Doctor of Pharmacy Seattle Genetics, Inc. Renee Johnston, Pharm. D. Community Health Clinic of Snohomish County*

## TRACK 10

### 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.*

### CSI: Solving Crime with Fingerprints

Develop fingerprints like a real CSI! Apply chemicals, lift powdered prints, see fingerprints "glow" with an alternate light source. *Rachel Forbes, Alexandra Matt and Amanda Forbes, Latent Print Supervisors. Seattle Police Dept.*

### 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? Find answers to these questions and make slime as an example of simple polymers! *Susan E. Williams, Boeing Research & Materials Team*

## TRACK 11

### You're an Ichthy-What?

Ichthyologist = a person who studies fishes. Learn about the UW's 12 million preserved fish specimens, what it's like to do field work, and try to identify some of our local fish species. *Jennifer Gardner, U.W. Master's Student, Fish Systematics and Biodiversity Lab School of Aquatic and Fishery Sciences, UW*

### Sustainable Design-Solution for Our World

Concerns over plastics are in the news regularly. Using demos, hands-on activities and discussion, this session will introduce green chemistry and engineering concepts to build a green economy.

*Saskia Van Bergen, Green Chemistry Scientist. WA State Department of Ecology*

### What Exactly Does an Architect Do?

Students will learn the diverse skills it takes to be an architect and the different roles that contribute to making a building a reality through doing a team design exercise. *Heather Pogue, Founder and Lead Architect. Jeunesse Architects.*

## TRACK 12

### Lotions = Labels and Lab

What makes your favorite lotion so special? Come investigate ingredients and the claims on labels. Learn lotion chemistry and make a lotion with the fragrance of your choice. *Reitha Weeks, PhD., Biotech Camp Program Coordinator. Shoreline Community College.*

### Nurses Save Lives

Nursing is both exciting and fulfilling! You get to help people using skills and science. Come learn how to take vital signs, start an IV, and dress wounds. *Monica Heinberg, Registered Nurse*

### Keeping Buildings Standing

Ever wonder how buildings stand up in hurricanes, earthquakes, and really windy days? Learn some basic ways structural engineers make sure buildings stay safe. *Jora Lehrman, PE, SE, LEED AP BD+C, Assoc., Engineer. Melissa McKinney, Consulting Engineer. KPFF.*

## TRACK 13

### The Sky's the Limit with Nursing!

Nurses can work almost anywhere from hospitals, IT, cruise ships, to medical development. The options are endless. We will review career pathways and nursing basics with hands-on anatomy and physiology. *Melissa Hutchinson, DNP, APRN-CS, CCNS, CCRN; Natina Dudley, MSN, RN, NHDP-BC; Collyn West, MSN, RN, CNL, PCCN. VA Puget Sound Health Care System*

### Egg Drop Swoop!

Good engineering design, sound mathematics, and creative thinking are needed to design a vehicle to transport precious cargo safely to earth. Can your design protect an egg when dropped? *Erin Peterson, Mathematician. The Boeing Company.*

### Ace Your Immune System

Learn about actual clinical cases where Acupuncture and Herbal Medicine brought patients balance and better health. *Mayme Fu, Acupuncturist and Herbalist. People's Acupuncture*

## TRACK 14

### You Can Be an Urban Forester

Learn why we need trees, how to identify different tree species, use forester tools, diagnose tree problems. *Kelly Wilkinson, Urban Forester. City of Kirkland*

### Polymers in Biology

Polymers are transforming everything around us, from new biodegradable plastics to implants that can save a life. We'll be studying the different properties we might want for these applications, and making polymers of our own! *Teresa Rapp, Postdoctoral Fellow. DeForest Lab, Department of Chemical Engineering, UW, Seattle*

### 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! Lt. *Camari Olson Bellevue Fire Department*



Primary sponsors of this conference are:



**Bellevue College**  
[www.bellevuecollege.edu](http://www.bellevuecollege.edu)

The Expanding Your Horizons Network  
[www.eyhn.org](http://www.eyhn.org)



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](http://www.aauw-wa.org)

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If you have questions about the EYH Middle School Conference visit our website at: [www.eyhbellevue.org](http://www.eyhbellevue.org) or send an email to: [gogirlseyh@gmail.com](mailto:gogirlseyh@gmail.com)

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

# expanding your horizons network

powered by **techbridge girls**

CONFERENCE FOR MIDDLE SCHOOL GIRLS  
 AT BELLEVUE COLLEGE\*



Grades 6 – 8

**Saturday, March 28<sup>th</sup>, 2020**  
 8:00 AM to Noon

Registration must be received by March 14<sup>th</sup>, 2020

Register online at [www.eyhbellevue.org](http://www.eyhbellevue.org) or by mail.

Bellevue College is a handicap accessible facility

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

- Registration forms must be received no later than March 14<sup>th</sup>, 2020\*
- REGISTER EARLY FOR BEST SELECTION.**
- 1) REGISTER ONLINE: Visit our website at [www.eyhbellevue.org](http://www.eyhbellevue.org) and register with electronic payment.
  - 2) REGISTER BY MAIL: Complete one registration form for each student or adult. Full page registration forms may be downloaded from 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 1201, Bellevue WA 98009-1201
  - 3) Fee for each student or adult attending is \$20.00. Financial assistance, up to \$10.00, is available for each student attendee, enter amount requested on registration form. Note that scholarships require a counselor's signature on the mailed-in registration along with payment.
  - 4) Online registration will receive confirmation upon payment. For mail-in registration, a confirmation email will be sent to the email address provided on the registration form.
  - 5) GROUP REGISTRATION: Please contact us by email as early as possible to coordinate your group registration. Payment for groups must be made by check or money order.

## HOW TO REGISTER

- Meet some EYH Alumni: Hear from young women who have attended EYH in the past and are pursuing STEM careers. Our guests include 2 seniors in high school – team members who created this year's EYH website.
- Ritija Indapure senior analyst, will describe her non-linear career path which started in India and continues today in Issaquah. She will talk on **Unleashing your superpower** – evidence that girls can solve the world's toughest problems by creativity, curiosity, and commitment in STEM fields.
- Jen Eklund, Ph.D., is currently serving as a Project Manager and Education Liaison at the Institute for Systems Biology in Seattle. In that role, she facilitates opportunities for scientists, engineers, teachers, and students to engage in professional learning. Jen along with her colleagues **Becky Howsman** and **Rachel Calder** will immerse you in an equitable secondary school science experience aligned to the Next Generation Science Standards.
- **Martyn Henselman**, Director CTE Bellevue will highlight pathways to careers in STEM fields that begin in middle school. Today, Career and Technical Education is a component of every student's basic education experience and a genuine contributor to student engagement and success.

8:50-11:50 AAUW Eastside Branches offer a vibrant program for parents, focused on the challenges and opportunities young women face as they look forward higher learning and careers. **Adult Chaperones, parents, and interested adults are invited to attend this program while the student conference is in session.**

## ADULT PROGRAM

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

7:45 – 8:35	Check-in, Cafeteria, Building C
8:35 – 8:45	Orientation and Welcome
9:00 – 9:50	Student* Workshop 1
10:00 – 10:50	Student* Workshop 2
11:00 – 11:50	Student* Workshop 3

## STUDENT PROGRAM

**REGISTRATION FORM (please print clearly)**  
 You May Register And Pay On-Line at [www.eyhbellevue.org](http://www.eyhbellevue.org)

STUDENT NAME			
ADULT NAME (if attending adult program)			
PARENT E-MAIL (For registration confirmation)			
City:			
School & Grade:	<input type="checkbox"/> 06 <input type="checkbox"/> 07 <input type="checkbox"/> 08		
Students will attend 3 workshops in the Track they are assigned:	Choose your Tracks 1 <sup>st</sup> Choice _____ 2 <sup>nd</sup> Choice _____ 3 <sup>rd</sup> Choice _____		
Conference space is limited. Tracks are assigned by date of receipt of registration forms; therefore we cannot guarantee your Track choice.	You will receive your workshop assignments on the day of the conference.		

## REGISTRATION FEES

<input type="checkbox"/> Student Conference	\$20.00
<input type="checkbox"/> Adult Program	\$20.00
<input type="checkbox"/> Student Financial Assistance (Enter amount, up to \$10 requested)	--
Counselor's Signature: _____	
<b>AMOUNT ENCLOSED</b> (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 28<sup>th</sup>, 2020. 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

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