

TS/EVH Conference
Centralia College
600 Centralia College Blvd.
Centralia, WA 98531



30th ANNUAL CONFERENCE

A day of career exploration in science, technology, engineering, art, and math with workshops for young women in grades 6-9.

SATURDAY, OCTOBER 18, 2025
7:45 AM-11:50 AM
CENTRALIA COLLEGE CAMPUS

CONFERENCE GOALS

This conference is an outreach effort to encourage young ladies to enroll in STEAM courses. It is offered in accordance with Federal GEPA standards and is designed to be gender inclusive.

STUDENTS

- To increase young women's interest in Science, Technology, Engineering, Art, and Mathematics (STEAM) through positive hands-on experiences
- To foster awareness of the diversity of career opportunities for women in STEAM-related fields
- To provide an opportunity to meet female role models who are working in STEAM fields

SCHEDULE

7:45 - 8:25 AM	Check-in, TAC Foyer
8:30 - 9:30 AM	Assembly, TAC Banquet Room
9:40 - 10:30 AM	Workshop #1
10:35 - 10:55 AM	Break/Snack, TAC Banquet Room
11:00 AM - 11:50 AM	Workshop #2

ASSEMBLY

Motion Commotion

Student volunteers participate in Sir Isaac Newton's 300 year-old experiments by using ordinary objects to demonstrate the physics at work around us each day. These entertaining demonstrations make physics incredibly easy to understand. Topics include energy conversions, forces, inertia and laws of motion.

Presented by, Oregon Museum of Science and Industry (OMSI)

PARENT CURIOUS CAFE

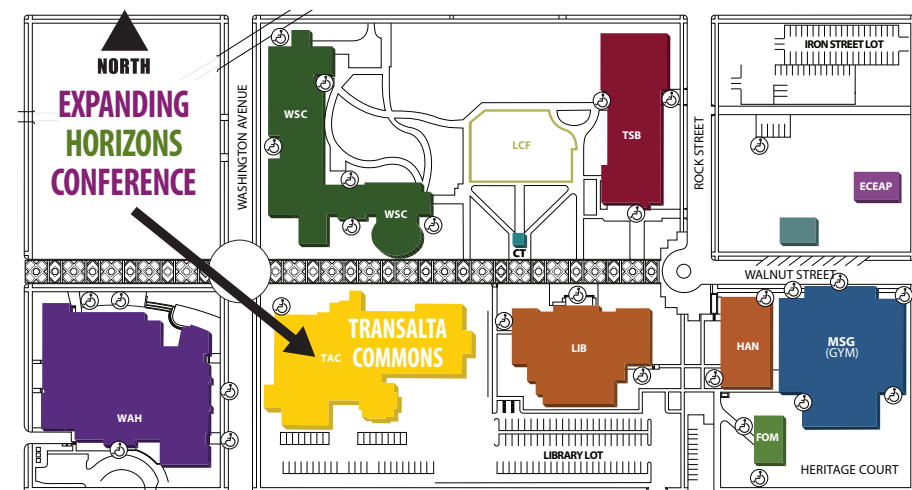
A separate, optional workshop designed specifically for parents will be conducted concurrent to the student workshops. There will be a variety of topics covered including how to fund a college or trade school education, what is the Running Start program, what to do with an empty nest and more.

SCHEDULE

7:45 - 8:25 AM	Check-in, TAC Foyer
8:30 - 9:30 AM	Assembly, TAC Banquet Room
9:40 - 11:50 AM	Parent Workshop, WSC 121



Door prize drawing will be held for students!



Directions to TransAlta Commons, 615 West Pear St., Centralia

- Take I-5 exit 82
- Travel east on Harrison Avenue and continue onto W Main Street
- Turn right onto Yew Street
- Turn left onto Pear Street
- TransAlta Commons (TAC) will be on your left and **parking is available in any college lot or on the street**



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600 Centralia College Blvd.
Centralia, WA 98531
www.centralia.edu
360-623-8969

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STUDENT HANDS-ON WORKSHOPS

Hands-on workshops provide participants with an opportunity to practice science, technology, engineering, art, and mathematics using interactive and fun approaches. Expand Your Horizons! Choose five workshops from the options listed below. You will be assigned to two of your five choices on a space-available basis.

A. Disease Detectives

Do you like a good mystery? Well, an epidemiologist’s job is all about solving mysteries. Instead of figuring out who did it?” they figure out “what caused it.” Come play an intriguing detective game to discover which clues lead you to the answer to the mystery!!

Elizabeth Long, Surveillance Epidemiologist

B. Money Talks

Is your money always saying, “Goodbye”? In this interactive workshop you will learn the basics of budgeting and helpful tips on saving money. Your wallet will thank you!

Amanda Stevens, Community Development Manager

C. The Skin You’re In

Learn how the sun affects your skin and how to look for sun damage. Learn how acne forms and how acne medicines work. Sample some skin products and have the opportunity to stitch like a medical student. (Slides of skin conditions will be shown.)

Angelina Stupak, PA-C, Physician’s Assistant Certified in Dermatology and Emily Sullivan

D. Hope Lives in the Ocean

Use environmental sensors, microscopes and survey gear to understand how native marine environments can help us combat climate change. Learn what we can do to help!

Kyra Anderson, Environmental Scientist

E. Flavor Spheres

Working in a kitchen also means being a scientist, and modern food science is made by inventive cooks just like you! In this session you will create edible spheres of various flavors using some simple chemical processes to transform liquids into tasty, squishy, colorful “marbles”! Who says you can’t have science and eat it, too? (Note that we will be using gelatin, so the spheres will not be vegetarian, but they will be gluten-free.)

Dr. Kelsea Jewell, Biology and Nutrition Professor

F. Becoming a Prosecuting Attorney

But, officer, I’m innocent! Learn the rights of the defendant and the prosecutor’s burden of proof. Examine a police report. Determine crimes. Learn the “in’s and out’s” of preparing for a trial.

Rachel Hunt, Attorney

G. You’ve Got to Draw the Line Somewhere

Explore the world of architecture and redesign a house.

Roussa Cassel, and Marnie Boomer Roberts, Architects

H. The Speed of the Blood

How important is cardio vascular health, and how do heart diseases affect your heart and blood vessels? Build a blood flow model and measure the speed of blood through the “vessels” to find out.

Diane Marines, Nurse Practitioner

I. Wingin’ It: Saving Birds One Wing at a Time

Discover how biologists protect and restore the bird population along Washington’s coastline. You will work with models and learn techniques to protect and sustain the precious bird population in our state.

Allison Anholt, Wildlife Biologist

J. The Fire Within

Learn what life in the firehouse is like, try on firefighting gear and see what exciting opportunities exist for women in fire service.

Laura Hanson, Firefighter/EMT

K. “Being the Voice for the Voiceless”

CSI: Discovering the ins and outs of death investigations.

Chelsie Niemczek, Deputy Coroner & Autopsy Technician

L. The Other Family Doctor

Discover how to become a veterinarian and what kinds of jobs are available in the field. See how a vet works with live animals and get hands-on experience with physical exams, suturing, injections, and animal first aid, including CPR.

Brandy Mauel, DVM, Veterinarian

M. Cracking the Code

Humans may share 99.9% of their DNA, but that 0.1% difference holds the code for everything that makes you unique. Come find out what it takes to be a chemist in a newborn screening lab, learn about DNA, and even play a genetics game using Punnett squares!

Kayleen Slade, Chemists

N. Bright Smiles, Bright Futures!

As future dentists, you will be learning about good dental health while practicing filling cavities and using sealants on plastic model teeth.

Trisha Goldsby, DDS, Dentist

O. Nursing Hero’s in Scrubs 101

What are the different options in nursing? What do nurses do? Learn the answers to these questions and spend some time in an actual nursing simulation lab, practicing the techniques that nurses use to help patients.

Mary Capen MSN, RNFA, CNOR, Professor of Nursing

P. The Joy of Color

What colors make you happy? Calm? Creative? Using fabric paints, decorate a scarf, hat, or bag to show your mood and then wear it proudly!

Di Morgan, Artist, Teacher

Q. Altered Reality

Want to become a neuroscientist for the day? We’ll conduct an experiment to explore how our brains adapt to new situations using vision-altering goggles. You’ll also learn more about what it’s like to be a scientist as a career.

Dr. Lindsay Schwarz, Associate Professor

R. You’ve Gotta Have Heart

Get ready to explore the incredible world of the human heart and circulatory system. Investigate how blood moves through the body and why the heart is the ultimate life-pumping machine. Make a model of blood, participate in a fun, interactive demonstration of circulation and build a stethoscope to listen and discover how your heart keeps you alive – 24/7.

Dr. Brenda Polite, Family Medicine Physician

S. An Arresting Profession

Find out what it’s like to patrol the main streets and back roads of Lewis County and learn about the importance of forensic science in law enforcement. Get arrested, handcuffed and finger printed, all in the safety of the classroom.

Julie Jacobo, Police Officer

T. Geological Wonders: Gemstones and Fossils

Explore the Earth’s incredible history and power. Learn how living trees become stone, and eventually gemstones. See and feel fossils, including mammoth and mastodon teeth. Ask a geologist all your questions!

Ashley Cabibbo, Megan Kjelland, Geologic Data Managers

U. Specs, Scopes and Beautiful Eyes- an inside look at Optometry

Get a close up look at what an eye doctor sees, learn about the fashion and technical aspects of the job and how to keep YOUR eyes beautiful!

Mary Ferris, OD, FAAO, Optometrist

V. Watercolor Loves to Dance

Explore the behavior of watercolor using different surfaces, tools and substances to provide texture and color variations. Each student will leave with a finished and matted art piece designed with the watercolor “experiments.”

Sue Wachter, Industrial Artist

**Check us out on Facebook:
at American Association of University Women,
Lewis County**

**Click on the QR code to access a promotional
video.**



EXPANDING YOUR HORIZONS

REGISTRATION INFORMATION

Fees

The conference fee is \$10 per family and includes all materials and snacks. The fee is non-refundable. **Please make checks payable to: AAUW/EYH.** Scholarships are available to students who otherwise would not be able to attend.

How to Register

Early registration is recommended as workshop requests are filled on a space-availability basis. Complete the registration form (to the right side) and mail with fee or scholarship request to:

TRIO TS

**Centralia College
600 Centralia College Blvd.
Centralia, WA 98531**

You will receive confirmation by mail and a complete information packet on the day of the conference.

**DEADLINE TO PRE-REGISTER IS
WEDNESDAY, OCT. 8.**

Additional Information

TRIO TS 360-623-8969
or email: ts@centralia.edu



CO-SPONSORS



**American
Association of
University
Women**

**Lewis County
Branch**

EYH REGISTRATION FORM

Please check all that apply:

- _____ \$10 fee is enclosed (checks payable to AAUW/EYH)
_____ I have included an optional donation to help fund scholarships for this program
_____ I am requesting a scholarship to cover my registration fee
_____ I am a TRIO TS participant and TS will cover my registration fee

If more than one student is attending, please use a separate registration form.

Student’s First and Last Name

_____ / _____

Student’s School

Grade

Mailing Address

_____ / _____

City and Zip

Phone Number

STUDENTS ONLY: Indicate your first FIVE choices for workshops by selecting one workshop letter in each of the blanks provided. You will be assigned to two of your five choices on a space-availability basis.

1st: _____ 2nd: _____ 3rd: _____ 4th: _____ 5th: _____

Liability Release (required)

I understand that every precaution will be taken to ensure safety and will hold harmless Centralia College, CC TRIO programs, AAUW-Lewis County Branch or event presenters liable for any unforeseeable accident, illness, injury or property loss/damages that may occur during the October 18, 2025 EYH Conference.

Parent or Guardian (please print name)

Parent or Guardian Signature

Photo Permission (required)

I understand that photographs may be taken at this event, and I give my permission for my child’s image to be used for promotional purposes. I understand that the images and recordings may be published in local newspapers, the TRIO or AAUW websites, or used in other marketing material promoting the EYH conference. Names and other private information such as addresses, phone numbers or email will NOT be published.

Parent or Guardian (please print name)

Parent or Guardian Signature

PARENTS: If you plan to attend the optional parent workshop, please RSVP here:

Parent Name

Phone Number

If you need to request a disability accommodation, please contact Disability Services at 360-623-8966.