

GEMS Workshops 2007



1. The Science of Fitness

Are you strong and flexible? Can you run for a long time, or very quickly? True fitness is a combination of all these abilities and more.

Laura Dierenfield, Health Education Leader, Tutu's House



2. One Size Does Not Fit All

Work with a doctor to figure out the healthiest choices for YOUR body.

Marta Derieg, M.D., F.A.A.P. and Manu Jewel, Pediatric and Adolescent Medicine



3. In the Wake of Our Ancestors

Imagine yourself sailing to Tahiti. Plot, plan, and learn to navigate a double-hulled canoe using only the stars, wind and waves.

Catherine Fuller, Navigator, Polynesian Voyaging Society and Teacher, Iolani School



4. Coral Reef Critters

Explore tide pools and peek into the world of the animals living there. Solve the mystery of the unknown sands.

Sara Peck, UH Sea Grant Extension Service, West Hawaii



5. Elements of Design

Learn how architects work with the forces of nature like sun, wind, and rain as you design a tea house for a Japanese garden.

Kari Kimura, AIA, Partner of Roth Kimura, LLP



6. Cosmetics and Kitchen Chemistry

Learn how to make skin lotion using materials and equipment found in your kitchen.

Barbara Zazzi, M.S., Professor, Hawaii Community College



7. Helping Hands

Make a cool tool that can help people recover from an injury.

Valerie Hoke, Occupational Therapist, Hawaiian Rehabilitation Services



8. Creative Computer Programming

Transform yourself into a "Program Master" and create a "PokeGEMS" name-tag to take home.

Liz Chock and Myrna Tsubota, Software Engineers, W.M. Keck Observatory

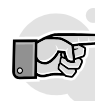


9. The Art and Science of Food

Discover the delicious connections among nutrition, math, cooking, and science.

Chefs Jean Hull, American Culinary Federation, and Simone White, Hawaii Community College

Turn the page for more Workshops!



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10. Underwater Adventure

Learn fun, fascinating facts about ocean ecology, marine technology, and the science of snorkeling and SCUBA diving.

Wendy Laros, SCUBA Instructor, Jack's Diving Locker



11. Lost on GEMS Island?

Use the basics of land surveying to make your way around your own tropical island.

Chrystal Thomas Yamasaki, Surveyor, Wes Thomas and Associates



12. Reach for the Stars

Explore planets, stars, and galaxies, and find out how astronomers can tell how far away these are without ever going there.

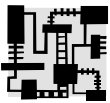
Marianne Takamiya, Ph.D., Professor, UH Hilo Physics and Astronomy Department



13. Smile!

Discover how dentists and hygienists keep those "gems" in your mouth healthy by placing a filling and cleaning your teeth.

Dr. Leesa Miyasato and Staff, Waimea Smiles



14. e-Jewelry: Electrifying Fashion

Make electronic jewelry to wear!

Sarah Anderson, Engineering Assistant, W.M. Keck Observatory



15. Bio-Treasure Hunt

Explore the hotel grounds to scout for insects, test soil pH, examine plants, and look at different microclimates.

Virginia Easton Smith, Extension Agent, UH Manoa College of Tropical Agriculture and Human Resources



16. Chocolate Really Does Grow on Trees!

Become a cacao farmer for a day and turn this amazing plant into a tasty treat.

Melanie Bondera, Kanalani Ohana Farm



17. Dig into the Past

Discover how we learn about our ancestors by finding what they left behind. Dig, screen, and sort artifacts, and analyze the data to find out how people lived in the past.

Archaeologists Jeanne Knapp, Pacific Consulting Services, Inc.; MaryAnne Maigret, Hawaii State Parks; and Leann Leslie, Hokulia