

# Peak Area Leadership in Science

Professional Development Opportunities  
for Secondary Science Teachers

## Three Ways to RSVP:

- [www.sciencehubs.org](http://www.sciencehubs.org)
- email: [RSVP@sciencehubs.org](mailto:RSVP@sciencehubs.org)
- call Tammy Johnnie at  
(719) 337-1552



## Chemistry of Food and Cooking I\*

Saturday, 20 January 2024

8:15 AM- 2:00 PM

USAFA Chemistry Department

Chemistry Department USAFA Presenters:

Dr. Andrea Kelley, Dr. Abby Jennings, Captain Spencer Sherman, Mrs. Stacey Lazelle, Mrs. Sandy Lamb, and Dr. Ron Furstenau

[\* There will be a Chemistry of Food and Cooking II Jan 2025 !]

Participants - meet Dr. Furstenau on the south steps of the Cadet Field House no later than 8:15 AM. You will be escorted to the Chemistry Conference Room; late arrivals will not be admitted. You must show a photo ID to be permitted to enter the USAFA gate.

You must RSVP in advance to attend this workshop. Space is limited.

### Remember to Bring...

- Your science notebook\*! And pen or pencil.
- Any personal items you may need during the meeting.

[NOTE: There will be restroom facilities available.]

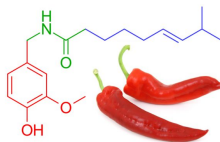
\* PALS provides a free science notebook at your first meeting of the year !



**SNACKS &  
WATER/POPP  
PROVIDED**



**Bring your own  
lunch.**



Additional Funding by



### HIGHLIGHTS

- Chemistry of Nutrition
- The Chemistry behind Cooking Hints
- Putting Cooking Hints into Action
- Chemistry of Peppers
- Extracting Capsaicin from Peppers
- Making Perfect Pancakes using Chemistry
- Incorporate 3-Dimensional Teaching and Learning Techniques
- Engage in scientific & engineering behaviors and deepen content knowledge across science disciplines through crosscutting concepts.
- Door Prizes and/or Teacher Materials

This workshop is made possible by GENEROUS funding from the  
**The Mikkelson Education Fund...**

**FOUNDATION  
MIKKELSON**

**Providing Support for Teachers  
to Improve Technical Knowledge and Skills**

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in Science**

Check out our website @  
**[www.sciencehubs.org](http://www.sciencehubs.org)**

Photo at top provided by Rose DiCenso.

In compliance with Colorado School of Mines regulations, children of participants may not attend Hub meetings or activities.  
**PLEASE** - If you sign up for this hub meeting and have to cancel, contact TAMMY asap. - **PLEASE**