



NOVEMBER 8
9 A.M. - 1:30 P.M.

SESSION SCHEDULE

	9 - 9:55 a.m.	10 - 10:55 a.m.	11 - 11:55 a.m.
<p>Culinary Kaleidoscope. Taste the Rainbow! BALLROOM A</p> <p>In this colorful workshop, you'll discover how the vibrant colors in fruits and veggies make them powerful super foods. Get hands-on with fun recipes, learn to cook healthy meals, and explore how eating the rainbow keeps your body strong and healthy!</p>	Group A	Group C	Group B
<p>How Your Brain Senses the World BALLROOM B</p> <p>Ever wondered how your brain makes sense of sight, sound, taste, touch, and smell? You'll dive into the science behind it all, discovering how your brain decodes signals from your senses. You'll even learn how to trick your brain with some cool sensory experiments! Plus, explore how your senses team up to help you understand and navigate the world around you. It's time to put your brain to the test—are you ready?</p>	Group B	Group A	Group C
<p>Balancing You, Me, and Us for a Healthy Relationship BALLROOM C</p> <p>Participants will understand the importance of maintaining balance between themselves and the other person (bestie, partner, etc.) in their lives. They will also learn the characteristics of a healthy relationship and how those characteristics can enhance their relationships overall.</p>	Group C	Group B	Group A

Noon - 1:15 p.m. — Join us for **lunch, photos and a DJ!**

GROUPS

- Group A** - Cleveland, McKinley, Ernie Pyle, Garfield, John Adams.
- Group B** - Grant, Van Buren, Wilson, Jimmy Carter, Jefferson.
- Group C** - Harrison, Polk, James Monroe, Washington.



IN PARTNERSHIP WITH



SPEAKERS | 2024



Dr. Sumira Phatak

Sumira Phatak pursued a baccalaureate in biology at Northeastern Illinois University and doctorate in toxicology at Utah State University. The focal point of her dissertation was to understand the transgenerational impact of the Western dietary pattern on colorectal cancer, the epigenome, and microbiome. Other work included investigating dietary interventions with functional foods or micronutrients and evaluating the synbiotic fermentation potential of prebiotic whole food powders with lactic-acid producing probiotics. She then screened proposed environmental obesogens commonly used in food packaging during a postdoctorate at UC Irvine. Subsequently, she accepted a regulatory role in nutraceuticals as a nutritional toxicologist. Other prior experience includes exotic and companion animal nutrition, and wildlife biology- which previously brought her to the Four Corners area studying bubonic plague in Gunnison's prairie dog. Most recently, Sumira was thrilled to return to the Land of Enchantment as a postdoctoral scholar in the Matthew Campen Laboratory at UNM. Having an appetite for adventure, she is also an avid outdoor enthusiast, experimental foodie, and aspiring artisan.



Dr. Nikki Maphis **(seen here wearing a crochet brain hat!)**

Dr. Maphis obtained her bachelor's degree from Miami University of Ohio before gaining professional experience at the Cleveland Clinic and the University of New Mexico. She subsequently earned her PhD in Biomedical Sciences with a concentration in Neurosciences, as well as a certificate in Professional Sciences Management, from the University of New Mexico's Biomedical Sciences Graduate Program. Recently, she served as an ASERT Postdoctoral Fellow, a program that integrates training in both academic science and science education. Currently, she serves as a postdoctoral fellow in the Department of Neurosciences at UNM, where she is using state-of-the-art tools to uncover how neurons fire in response to alcohol and if this could increase risk for development of Alzheimer's disease and other dementias. Dr. Maphis is working towards her long-term goal of securing a tenure-track professor position at a university in the near future. In her free time, she enjoys hiking, climbing, listening to live music, and playing with her dogs.



Maria "Maribel" Garza **ENLACE Comunitario**

Maria "Maribel" Garza is Enlace Comunitario's (EC) Associate Director of Prevention & Outreach. Maribel has been with EC for over 15 years and coordinated both of EC's intergenerational leadership programs, starting with the Youth Leaders. Youth Leaders trains teens (13-17), the majority of whom were former child witnesses or survivors of domestic violence (DV), to become peer educators-to mitigate DV-affiliated behaviors in youth. The Youth Leaders and program have grown markedly during Maribel's time with EC, with hundreds of Youth Leaders trained and deployed into the community. This past year, Maribel oversaw the expansion of our prevention team and programs into five area schools through the provision of our two prevention classes: Incredible Years Parenting Class and Healthy Relationships Class- the latter of which has a Teen Healthy Relationships corollary, which the team successfully piloted in the summer of 2024.