



Women @ Energy: Frances Alston

Frances Alston is the director of the Environment, Safety, and Health Directorate at Lawrence Livermore National



Laboratory. “It is important to expose young girls to role models that can serve, inspire, and encourage them to cultivate their interest in science and engineering. In addition, formal mentoring programs could be established to provide that one-on-one counseling and feedback relationship that is critical to understand-

ing key concepts.”

Women @ Energy: Lisa Belk

Lisa Belk is the Information technology manager for the Global Security (GS) Principal Directorate at the Lawrence Livermore National Laboratory. “The single best way to



enter my field of work is to earn a college degree! That degree will follow you wherever you go in life and serve as the starting point for your career, so be mindful about picking a major that will serve you in the long term. Embrace the idea that your career will change over the course of your working life, but that

degree will help define the direction. Adding graduate degrees to your portfolio further enhances the opportunities that will be presented to you throughout your career.”

Women @ Energy: Renée Breyer

Renée Breyer is the deputy associate director for the Strategic Human Resources Management Directorate and the Benefits Plan Administrator for the Lawrence Livermore National Laboratory.



“For female students to consider a STEM career, they need personal encouragement from instructors or counselors at an early age. In addition to hearing encouraging words from instructors and counselors, women need to see — in posters, videos and career events with women actually working in STEM disciplines — what a

typical day looks like for women employed as technicians in STEM workplaces.”

Women @ Energy: Kim Budil

Kim Budil is the Nuclear Counterterrorism Program manager in the Global Security Principal Directorate at LLNL. “Be open to opportuni-



ties; most of life is more luck than design. Build a network of people to support you through good times and bad. Take time to celebrate your successes and others.”

Women @ Energy: Debra Callahan

Debbie Callahan is a group leader for Inertial Confinement Fusion Target Design at Lawrence Livermore National Lab. “I think my



best advice would be to find mentors — both male and female. I have had several very good mentors in my career that gave me opportunities to succeed and pushed me to do things that I didn't know that I could do.”

Women @ Energy: Elizabeth Cantwell

Elizabeth R. Cantwell (Betsy) is director for Economic Development (Acting) at the Lawrence Livermore National Laboratory. Cantwell spearheads the Laboratory's progressive strategy to accelerate innovation and enhance national economic competitiveness.



“Engineering is always looking for interested girls! I recommend that you find a way to stay engaged and good at math. Math is key to every field of engineering. This might mean going beyond merely attending your classes and doing your homework to finding on-line resources, getting tutoring or building a support group

of people at school that all help each other with math.”

Women @ Energy: Lila Chase



Lila Chase is a computer scientist at Lawrence Livermore National Laboratory. "Parents have a primary role in opening up possibilities for their children and in equally encouraging them. I am grateful that my mom did not discriminate which of her

children could pursue a higher education. We also need stronger role models in education. Laboratory scientists have long participated in educational efforts to re-energize high school teachers in the sciences."

Women @ Energy: Sarah Chinn

Sarah C. Chinn is a deputy group leader for the Forensic Science & Assessment Support group at Lawrence Livermore National Laboratory. "One of the most important, yet often overlooked, aspects of



STEM work is the ability to clearly communicate your results. One of the best pieces of advice my undergraduate research advisor gave me was to take a writing class. Scientists are constantly writing papers, proposals, and presentations. When you can become captivated by an elo-

quently written research proposal or journal article, that is a beautiful thing!"

Women @ Energy: Diane Chinn

Diane Chinn is the director of the Accelerated Materials and Manufacturing Initiative at Lawrence Livermore National Laboratory.



"Changing the perception of what an engineer or scientist looks like is an important step toward making STEM education widespread for girls. We need to highlight role models for underrepresented groups and show the fun, interesting work that they do. Hearing

how role models achieved success has always been an inspiration for me."

Women @ Energy: Dona Crawford

As associate director for Computation at Lawrence Livermore National Laboratory, Dona Crawford leads the Laboratory's high performance computing efforts. "Starting in elementary school, we need to communicate the exciting parts of what we're doing in a way that connects with aspiring young scientists. Then we need programs to sustain their interest."



Women @ Energy: Kimberly Cupps

Kimberly Cupps is the Livermore Computing Division leader at Lawrence Livermore National Laboratory.



"I have always had an innate interest in solving problems and that was cultivated from a young age with chemistry sets, puzzles and interesting dinner table conversations. Math and Computer Science, the two fields I pursued, present challenging problems to be understood and solved."

Women @ Energy: Trish Damkroger

Trish Damkroger is responsible for ensuring the day-to-day messaging, administration, and management of a 900-employee workforce in LLNL's Computation Directorate. "My main inspiration was my



father. He was the first person in his family to go to college. He became an electrical engineer and traveled around the world in technical marketing for HP. He would bring me back dolls from around the world. I thought engineering was a way to travel the world while doing something useful."

Women @ Energy: Yahel De La Cruz

Yahel De La Cruz is a software engineer for the Information Communication Services Department matrixed to Strategic Human Resources Management Directorate at LLNL. "Providing STEM opportunity



and exposure, in addition to becoming a role model, can change a young girl's view of her future career and open door to limitless opportunities. Women in the workforce can volunteer to mentor young junior high and high school students. Even something as simple as bringing a young engineer to work for half a day might spark interest in technology."

Women @ Energy: Francesca DeMello

Francesca DeMello is a computer scientist at Lawrence Livermore National Laboratory in the Computation Directorate's Applications, Simulations and Quality Division. "The key to STEM engage



ment is exposure. It's all about the spark that happens when you learn something new that you can't stop thinking about; it all seems possible when the face you see doing it, looks like yours."

Women @ Energy: Pascale Di Nicola

Pascale Di Nicola works at the National Ignition Facility and is in charge of a working group for pointing performance and is a core member of the Target & Laser Interaction Sphere. "Find yourself a



good mentor, somebody who will engage you in pushing your limits and will know what you can do even when you feel you are not able to. Look for what talents you have in your team, as there is a lot to learn from them too. Be passionate about what you are doing, feel responsible for your work, be

proud of what you achieve but remember that this is more often a team effort than an individual success."

Women @ Energy: Lori Diachin

Lori Diachin is the director for the Center for Applied Scientific Computing (CASC) in the Computation Directorate at Lawrence Livermore National Laboratory. "If you love solving problems and being challenged, then explore STEM topics as the basis for your career. For me it was important to develop a good network of supportive colleagues and mentors to give advice and help me navigate difficult situations. Try not to second-guess yourself too much – you're very likely much better than you give yourself



credit for!"

Women @ Energy: Evi Dube

Evi Dube is a computational scientist who has worked at Lawrence Livermore National Laboratory for almost 30 years. "I think the



key is to have these groups realize the job a combination of experience, team work, individual contributions, computations, travel and growth. I know my daughter worries that she will be "stuck in meetings and sitting all day," which is a huge turn off for her. Understanding that the job is a mix of

social and individual time, with the growth aspect and challenges I think will be a draw."

Women @ Energy: Peg Folta

Peg Folta is responsible for a 100-person workforce with an expertise in applying the latest computing technologies to plan, configure, control and analyze a broad variety of experiments at the National Ignition Facility at Lawrence Livermore National Laboratory, the largest and most energetic laser in the world.

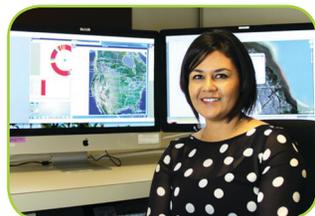


"The combination of spending a lifetime doing what I excelled at in a variety of domains with a potential of having an impact on a grand scale was thrilling. It is what kept me in STEM and brought me to the national lab."



Women @ Energy: Marisol Gamboa

Marisol Gamboa is a computer scientist working for the Global Security Directorate at Lawrence Livermore National Laboratory.



“Create more opportunities for everyone to experience the possibilities STEM offers. Demonstrate by example how it impacts the world we live in and how it opens up new possibilities. The experience of personally solving a problem with software I created had a profound impact on me,

much more so than simply hearing or reading about computer scientists.”

Women @ Energy: Dianne Gates-Anderson

Dianne Gates-Anderson is an environmental process engineer at Lawrence Livermore National Laboratory, where she began working in 1996. “I loved chemistry from my very first chemistry



course in the tenth grade. Of the sciences, I found chemistry the most fascinating because you can use the principles of chemistry to explain so much about everything around you.”

Women @ Energy: Jessie Gaylord

Jessie Gaylord is a lead software engineer for the National Ignition Facility at Lawrence Livermore National Laboratory.



“Be curious and try new things, and when you find something you are good at, go for it. Make sure to lay a solid foundation for what you want to do in school. Find people in the field to help you get started, to get support from when you need it, and to make friends with so you have

fun while you work.”

Women @ Energy: Maya Gokhale

Maya Gokhale has been a computer scientist at the Lawrence Livermore National Laboratory since 2007. Her career spans research conducted in academia, industry, and national labs, most recently Los Alamos National Laboratory. “I would first encourage



people to study as much math as possible. I’d also encourage students to seek internships and get as wide experience as possible in fields that interest you. What drew and kept me in this field was the opportunity to do real, concrete projects and see the tangible results of my work.”

Women @ Energy: Robin Goldstone

Robin Goldstone is a computer scientist working in the High Performance Computing Division at Lawrence Livermore National Laboratory. “I am surrounded by



smart people from all disciplines: physicists, engineers, mathematicians and computer scientists, all working together to solve some of the world’s most challenging technical problems. It is exhilarating and rewarding.”

Women @ Energy: Kelley Herndon Ford

Kelley Herndon Ford is deputy project leader for a cyber-security research project in Global Security, Associate Division Leader for Global Security Computing Applications Division, and principal investigator for an LDRD project at Lawrence Livermore National Laboratory. “You’ll likely work on many

different projects in your professional life, so I encourage you to experience a diverse set of disciplines — don’t focus too narrowly too soon. Once you find something you like, work hard, ask for help and don’t give up.”



Women @ Energy: Tanzima Islam

Tanzima Islam is a postdoctoral research staff member working in the Center for Applied Scientific Computing Division

at Lawrence Livermore National Laboratory. "I believe early exposure to the fun side of science and math goes a long way in sowing "dream-seeds" in kids about STEM. This can be done by arranging hands-on science demonstrations where kids can do something cool, such as basic chemical experiments

or working with older kids to write software for switching the lights on or off with voice command."



Women @ Energy: Chandrika Kamath

Chandrika Kamath is a computer scientist at Lawrence Livermore

National Laboratory. "My mother shared with me her love of mathematics and inspired me to see the beauty in numbers and patterns. I found the logic of science appealing and my father, though not in STEM, encouraged me to follow my older siblings into engineering, even though this was a rare choice for girls in India

at that time."



Women @ Energy: Annie Kersting

Annie Kersting was first hired at Lawrence Livermore National Laboratory as a postdoctoral fellow and really enjoyed doing cutting-edge science on important problems. "Get a great education, become an expert in your field, but also consider a double major, as multidisciplinary training is really a must these days. Take writing

classes, because being able to

clearly and concisely convey your thoughts in writing is a very important skill. Don't give up and pursue your dreams."



Women @ Energy: Kris Kulp

Kris Kulp is the group leader for the Pharmacology and Toxicology Group and the Director of the Lawrence Livermore National Laboratory Institutional Postdoc Program. "My high school guidance

counselor once told me "girls from our high school don't get to be doctors." Fortunately, I was too stubborn to believe him, but we need to make sure that this type of ignorance is gone from our thinking."



Women @ Energy: Rose McCallen

Rose McCallen is the project lead for the ALE3D Research and Development Team at Lawrence Livermore National Laboratory.

"I believe the biggest influence for me pursuing and sticking with my dreams in STEM was my family. My parents believed in my potential to pursue my dreams and they told me that determination and hard work is all it would take."



Women @ Energy: Carol Meyers

Carol Meyers is a mathematician at Lawrence Livermore National Laboratory, working in the areas of counterterrorism, energy grid planning, and nuclear enterprise modeling. "I love that I get to think

about a diversity of big problems, such as: how do we modernize the country's electric grid? How can we safeguard the nation's nuclear deterrent? What kinds of countermeasures are most effective in combating terrorism? I feel very fortunate that I have had the chance to work on such big problems and

contribute my own small part to addressing them."



Women @ Energy: Kathryn Mohror

Kathryn Mohror is a computer scientist on the Scalability Team at the Center for Applied Scientific Computing at Lawrence Livermore National Laboratory. "Creating positive role models goes a long way.



Movies and TV shows that portray women as strong and technically gifted help girls realize they have choices in their career paths."

Women @ Energy: Kristine Monteith

Kristine Monteith is a computer scientist at Lawrence Livermore National Laboratory. "I get to research some really interesting and



academically challenging problems. I enjoy being able to contribute to national security and feel like the work I do makes a difference. Also, I have the most amazing supervisors and co-workers. Every day, I get to associate with brilliant and fascinating people. It's a privilege to work

with them."

Women @ Energy: Hye-Sook Park

Hye-Sook Park has developed experimental techniques in plasma physics, materials science, nuclear physics, and astrophysics that



have significantly enriched fundamental science, applied science, and national security science. "I wanted to demonstrate that I could be as smart as the boys in science. Physics was the male-dominated field when I was young in Korea. I wanted to see whether I could be in this 'forbid-

den' group. I now know that the science community is not forbidden to the girls — it is just so amazingly unexplored field for both boys and girls."

Women @ Energy: Anh Tu Quach

Anh Tu Quach, pictured in black, third from right, on a tour of the world's largest, most energetic laser, the National Ignition Facility, with esteemed visitor Duy-Loan Le, Texas Instruments' first female senior fellow.



"Science revolves around inborn curiosity; observe any baby intensely examining a colorful new object or one who repeatedly throws a toy down to see how many times the adult will pick up the toy in this "experiment"

to witness this natural curiosity. We need to take care not to let that curiosity wither and die. We need to tend that fire through targeted programs, diverse mentors, and accessible resources."

Women @ Energy: Terri Quinn

Teresa 'Terri' Quinn is responsible for an organization consisting of three divisions with over 400 technical staff working in high-performance computing, computer security, and IT at the Lawrence



Livermore National Laboratory.

"My advice for women and girls is to don't let others erode your confidence in your abilities. You have every right to be who you want to be and to pursue whatever career that interests you."

Women @ Energy: Dawn Shaughnessy

Dawn Shaughnessy has recently been appointed group leader for the newly created Experimental Nuclear and Radiochemistry



Group, in the Chemical Sciences Division at Lawrence Livermore National Laboratory. "I enjoy being challenged every day and working in STEM means there is always a new issue or problem to solve and I always feel satisfied that my work is helping to understand the world around us. Science is an area where

I truly feel proud about the work I do every day."

Women @ Energy: Rea Simpson

Rea Simpson is a group leader for the Core Services Group and assistant division leader for the IT Solutions Division in Computation at Lawrence Livermore National Laboratory.



“Work hard in school and take classes that prepare you for college. Focus on learning even if the class doesn’t seem like something you will ever use in your work life. All knowledge has value. Also find a mentor. Read a lot and make sure you read some non-fiction books. Read biographies of people you look up

to or aspire to be like.”

Women @ Energy: Suzanne Singer

Suzanne L. Singer is a post-doctoral researcher at Lawrence Livermore National Laboratory where she supports engineering and energy security with projects in energy efficiency and renewable energy.



“We need to expose Native Americans and other underrepresented, and often underserved, populations to science and math at an early age and continuously stimulate STEM education. There are some efforts to identify cultural and socioeconomic barriers to academic success, foster learning opportunities across many education levels, and provide support mechanisms through mentorship.”

“We need to have girls and women get comfortable in the scientific arena, which starts when they are very young. Having people who work with, or have jobs related to STEM

Women @ Energy: Punita Sinha

Punita Sinha is a computer scientist at Lawrence Livermore National Laboratory. She is currently the group leader of the B Physics Simulations CS group leader, where she works on and manages a team of computer scientist



working on HPC (high performance computing) multi-physics, massively parallel simulations codes. “We need to have girls and women get comfortable in the scientific arena, which starts when they are very young. Having people who work with, or have jobs related to STEM

fields, around them gives them a role model, and/or familiarity with the area. Our media tends to focus on entertainment and political news, only the public TV or public radio tend to have shows or events on science.”

Women @ Energy: Rebecca Springmeyer

Rebecca Springmeyer serves as deputy division leader for Livermore Computing and principal investigator for the Advanced Simulation and Computing Computational Systems and Software Environment. “I think a good way to encourage greater diversity in



STEM is to invite a more diverse set of students at all ages to visit labs and technical companies and then hire them into intern positions when they are still in high school. This can provide a pipeline of more diverse students and it can give young women and other underrepresented groups

experience in STEM and motivation to continue with their science education and pursue careers in STEM.”

Women @ Energy: Robyne Teshlich

Robyne Teslich is the Information Technology Services program leader for the Chief Information Officer at Lawrence Livermore National Laboratory. “I work in a place that has



the fastest supercomputers, one of the most powerful lasers, and contributes to the safety and security of our nation. I work in information technology, which is a fundamental part of everyone’s job and is changing constantly. I love the challenge, the technology, and the people.”

Women @ Energy: Eileen Vergino

Eileen Vergino, standing, at a water quality workshop she helped lead in Jordan with her colleagues from Iraq. “I truly care about the



work I do. Having a chance to participate in science that really makes a positive contribution to US national security is what gets me out of bed every day. I came to the Lab because I have always believed that the work matters.”



Women @ Energy: Jeene Villanueva

Jeene Villanueva is a computer scientist at Lawrence Livermore National Laboratory. She has over 15 years of experience as a developer and recently became the group leader of the Computational Engineering Group. "It is exciting to be able to help decision makers gain insight into challenging problems by developing and providing tools they need."



Women @ Energy: Deanna Willis

Deanna Willis is a communications specialist at Lawrence Livermore National Laboratory. "Children are inherently inquisitive. Read to them. Explore with them. Make science relatable and exciting with hands-on projects and outings. I don't know the answers to half the things my kids ask me, so we research and learn together."



Women @ Energy: Carol Woodward

Carol Woodward is a computational scientist in the Center for Applied Scientific Computing (CASC) at Lawrence Livermore National Laboratory where she has also served as a Group Leader and Postdoctoral Program Manager.



"When a child believes they are good at something they don't hold back on it. We need to further sustain the interest into upper grades and college through extra-curricular projects and events and through courses accessible to more than just the "top" students."

Women @ Energy: Ulrike Meier Yang

Ulrike Meier Yang is leading the Computational Mathematics Group at the Center for Applied Scientific Computing at Lawrence Livermore National Laboratory. "Do not be afraid to ask questions when



you do not understand the material. Do not give up when things get difficult. It also helps to find a mentor or working group. Things always get easier when one can discuss them with others. And most importantly, have fun."

Women @ Energy: Darlene Yazzie



Darlene Yazzie is a Computer Support Technician within the Computations Directorate at the Lawrence Livermore National Laboratory.

"Science and math has to be demonstrated as a "fun" thing with excitement to entice interest in elementary students; this will pique their interest throughout their school years. STEM can help students understand that having a successful career takes hard work and self-determination to persevere and do well in school."

