Heather Olson is a Chemist at PNNL with 31 years of experience at the bench preparing samples for high-throughput Mass Spectrometry-based Omics analyses. She is a Team Lead with 12 sample prep staff reporting to her. The prep staff are experts are preparing samples from environmental extremes (e.g. rocks, landfill slime) to human-based clinical studies with hundreds or thousands of samples. Mentoring has been one of her passions for her entire career. She has worked with High School students to Post-Doctoral staff, visiting teachers and collaborating scientists.