



# Celebrating WIC WEEK!

Only **9.9%** of the  
Construction Workforce  
Is **Female.**

## What Makes Our WICs Tick?

### Meredith Arnold, GIT Staff Geologist



F&R Raleigh's Meredith Arnold is an example of how hard work, a positive attitude and giving back to your community can be combined into a job that you mold and make your own. As a Staff Geologist, Meredith manages numerous drilling crews and subsurface explorations...and not the environmental projects she had originally intended. Meredith is an inspiration to her coworkers through her desire to give back, organizing a super successful holiday toy drive every year to benefit the kids in the Raleigh community. She is not only loved by all of us, she is respected for the unique perspective she brings to her projects.

#### **Was this career an accident or a plan?**

MA: *This career was an accident. I have an environmental science (geology concentration) degree and applied for a CMT technician position at another firm, got it and started there. I came to F&R in that same role but when my Manager, Patrick Alton, saw I had a geology background I moved over to geotech. I decided it was a good fit for me almost immediately when I was able to see rock and soil samples from our drill rigs on a daily basis. And it was a plus for me that I got to travel for work!*

#### **What are some roadblocks you have met along the way in your career/education?**

MA: *I don't have a formal engineering background and we are an engineering firm. I try to learn a little bit more about the engineering properties with each project I work on, but it still can be a roadblock. However, I find that as a Project Manager, my ability to stay organized (I think a definite female advantage) definitely helps me out with juggling multiple projects!*



**Why do you feel there is such a shortage of females in this industry?**

MA: *I honestly don't know or understand why there aren't more females in this industry. Obviously as things are progressing for all people, more women and minorities are entering this industry and all STEM fields, but in many areas in this country and all over the world there are still a lot of outdated views. I think we need to start with elementary/middle/high schools encouraging young girls and women to go into the STEM fields, if they are interested, and show them that there are more women in STEM than they may think!*

**What is your dream project – the type of project that just thrills you every time you get to work on one?**

MA: *As a geologist I love rock coring, so whenever we have jobs where that is part of our scope are usually my favorite projects!*

**What project are you most proud of?**

MA: *I am most proud of a roadway project I managed where we drilled for upgrades to a 7 mile stretch along US 70 near Goldsboro, NC. I managed 3-5 crews on site at once and we drilled almost 400 borings. It was the biggest project I had managed thus far. I am also proud of another project in Angier, NC I managed, where we drilled for a 4 mile bypass around Angier, that included over 150 borings, and I completed most of the CADD work on this project as well.*

---

If you'd like to rock the construction world like Meredith F&R has a place for you! Visit our careers page at: [FandR.com/careers](http://FandR.com/careers) and see how you fit into our family.

---



**FROEHLING & ROBERTSON**

*Engineering Stability Since 1881*