



American Society for Clinical Laboratory Sciences
Oregon Constituent Society Newsletter

The Centrifuge

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Special Interest Articles:

- Betsy Baptist's Legacy and Scholarship Winners
- Diversity within ASCLS

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Betsy Baptist's Legacy - Her Impact on our Profession

by Jackie Rice, MT(ASCP), Centrifuge Editor-in-Chief

In January 2016, ASCLS-OR announced two \$5,000 scholarships available to students enrolled in their final year of an Oregon MLT or CLS program. These scholarships are possible due to the Betsy Baptist Scholarship Endowment, a very generous bequest made upon her passing in 2012. Recently the Centrifuge staff asked for thoughts on Betsy from some who knew her well.

Describe how you came to know Betsy.

"I first met Betsy when I was a sophomore in high school when she as one of the speakers at a career fair. I credit her with introducing me to the profession of Medical Laboratory Science.

"Betsy was my parasitology professor while I was a student in the OHSU Medical Technology program. I

spent 8-9 hours a day five days a week in her classroom for 3 weeks. She was also my clinical coordinator when I did my two-week rotation through the parasitology lab at OHSU."

Please describe Betsy.

"Betsy was tiny in stature but she was mighty! I remember my first day in the program. Parasitology Student Laboratory was my first rotation. She spent the first part of the day showing us where everything was located in Gaines Hall. Her actions made me feel welcomed and special. Betsy was curious about everything. She had a particular fondness for parasites (obviously), insects, and other animal sorts of creatures."

"Betsy was quiet but always had a twinkle in her eye. She had a

wicked, dry sense of humor. As a teacher – she was the best; she made her students sweat, but was right there helping us get through the difficult stuff. I know she lived a frugal life – the program, the students, her colleagues, the profession – these were her life."

What do you remember about her involvement in ASCLS and the Oregon Society?

"Betsy was president of ASCLS-Oregon, long before I was a member of the Society and served in other roles. One that I do know of, is her involvement in recruiting future students to the profession."

"She was the Oregon ASCLS newsletter editor for many years and was known for her committee work."

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Expanding Your Opportunities

by Vathani Logendran, MLS(ASCP)^{CM}, Centrifuge Assistant Editor

When it comes to your job, what excites you the most? Likely responses include providing accurate results, performing lab work, and impacting patient care in a pivotal

way. It is easy, though, to lose some of that inspiration and excitement the longer you work in the field. Going to the ASCLS National Meeting of 2015 in Atlanta brought

more enthusiasm for Clinical Lab Sciences than I ever could have imagined.

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Diversity within ASCLS

By: Vathani Logendran, MLS(ASCP)^{CM}

CAUTION
 IF YOU THINK OSHA IS A SMALL TOWN IN WISCONSIN, YOU'RE IN TROUBLE

Diversity. Inclusivity. Unfortunately, these words are not at the forefront of our minds when we think about the media, politics and most everything in our society.

Not long ago, the Chicago Tribune discussed these issues in a fantastic article entitled, "Lack of Oscars Diversity Mirrors the Rest of America." This article truly resonated with me. Towards the end, there was the following thought-provoking excerpt: "...for minorities, the issue of diversity always is front and center. Often, we're the only ones thinking about it. One of the privileges of being in the majority is that you don't have to think about what it means to be in the majority. It means you don't have to worry about whether your point of view is being represented."

As a first generation Sri Lankan American, I can relate to this on many levels. I was born and raised in a predominantly White state, and thus, have always been a minority. I have also had the dual

experience of being raised by parents that grew up in Sri Lanka while I, myself, grew up in America. The issues of diversity are in my daily thoughts because I am constantly faced with being the only "this or that" in the room. It wasn't until I did AmeriCorps NCCC, a team-based national service program, that I was surrounded by a diverse group of people and perspectives. Through that program, I felt like I could relate more to people than I had ever been able to prior to that. It was a refreshing experience, one that the vast majority of people sadly never get.

One of the hardest battles still presenting itself to those in the minority, however, is continuing to be encouraged and involved when it appears that there is a lack of diversity and inclusion to begin with. Despite this, I try to look for the positives in every situation because there's always at least one. An individual who doesn't fall into the

majority can still bring a new and much-needed perspective, even if that viewpoint is coming from just one individual.

Unfortunately, our field faces these issues as well; lack of diversity, lack of differing opinions and lack of inclusivity. I believe that ASCLS as an organization should be at the forefront of fighting these issues by encouraging openness, diversity and inclusion. Members of ASCLS need to feel a sense of belonging. In fighting these issues, I believe that we can bring more diversity to this profession. Diversity of any kind can only foster new ideas and a better represented community. Whether we are in the majority or the minority, the true hope is that we will never stop listening to each other and always embrace the differences we have. #inclusionmatters

What are your thoughts on this? What can you do to promote inclusion in this profession and ASCLS?

Upcoming Education Events

**Northwest Medical Laboratory Symposium
 October 12-15, 2016, Portland, OR**

Earn up to 24 P.A.C.E. hours, catch up on the latest trends, network with colleagues! Visit [NWMLS](#)

ASCLS National Meeting

August 1-4, 2016, Philadelphia, PA

Earn up to 16 hours P.A.C.E. hours, network with your peers, participate and learn about how ASCLS advocates for the profession, see the latest technology at the Clinical Lab Expo. Visit [ASCLS Annual Meeting](#)

ASCLS-Oregon Officers 2016-2017

Patty DeTurk	President
Open	President Elect
Maja Chioupkova	Past President
Open	Secretary
Krista Moore	Treasurer
Open	Student Representative
Open	First Year Professional
Helen Wand	Board Member At-Large
Patty DeTurk	Principal Agent
Emily Barbur	P.A.C.E. Chair
Heidi Smith	Director of Scholarships

Betsy Baptist's Legacy (cont. from page 1)

What impact did she have on your life?

"Betsy introduced me to the profession of Medical Laboratory Science at a career fair in high school. However, I credit her for something even bigger, introducing me to ASCLS. At the beginning of the 12 months program, she described the importance of joining a professional society. I had joined as a student and early in the spring, she came to talk to me. First she asked if I was a member of ASCLS, then she told me about the opportunity to apply for the ASCLS-Oregon student representative position. I submitted my application and was selected as the student representative that year. I attended my first ASCLS annual meeting a couple of months before I graduated from the program. I believe the opportunity to serve in that role, then serve as the president of ASCLS-Oregon as well as the president of ASCLS all started when Betsy encouraged me to apply for the ASCLS-Oregon student representative."

"There are no words to adequately describe Betsy's impact on my life. She was my teacher, my colleague and my friend. She was also a pen pal for a good number of my early career years – always encouraging me."

What impact did she have on the profession?

"Betsy had a quiet, yet steady impact on the profession, encouraging young people to become MLS'. She was a member of ASCLS for 65 years, remaining a member after she retired in December 1982 until her death. For 51 years, she was a member of Alpha Mu Tau fraternity, an honorary leadership society, whose purpose is to raise money for scholarships."

"I'm not sure you can count the number of Med Tech's (at least in the state of Oregon) Betsy

trained/educated in the ways of parasitology."

What is the advice she would offer to today's professionals and students?

"I believe she would recommend to the students of today the same thing that she recommended to students when she was teaching. Join the professional society, ASCLS. Joining means one is a professional. One does not need to commit to becoming state president, but one does need to be a member."

"Always, always strive to do your best, no matter what. Keep putting your best foot forward, no matter what."

What would she say about the value of being involved in your professional society?

"She would say that joining and being a member of ASCLS is a sign of being a professional."

Other insights about Betsy?

"Betsy loved our profession. We will be able to see the evidence of her love of our profession for a very long time as a result of her generosity to ASCLS-Oregon, in the form of scholarships for future Medical Laboratory Scientists and Medical Laboratory Technicians. She left a legacy through the hundreds of students she taught and she continues to leave a legacy through these scholarships."

The OHSU archives include an interview with Betsy conducted in 1999, located at this address: <http://digitalcommons.ohsu.edu/cgi/viewcontent.cgi?article=1013&context=hca-oralhist>

The annual scholarship announcement is made each year by ASCLS-Oregon and is available to students in their final program year at PCC's MLT program or OIT's CLS program.



Events Calendar: 2016

Event	Date	Where
Board of Directors Meeting	May 15 1:00 – 2:30 PM	OIT Wilsonville, OR
Selecting delegates to National Meeting, and selecting new officers	February to June	
Board of Directors Meeting: Delegates to National Meeting selected, New officers elected	July 10 1:00-2:30 PM	Portland, OR
Annual Meeting & Clinical Lab Expo	August 1 – 4	Philadelphia, PA
Northwest Medial Laboratory Symposium	October 12 – 15	Portland, OR

The Centrifuge is published triannually by ASCLS-Oregon for the Oregon Clinical Laboratory Science community.

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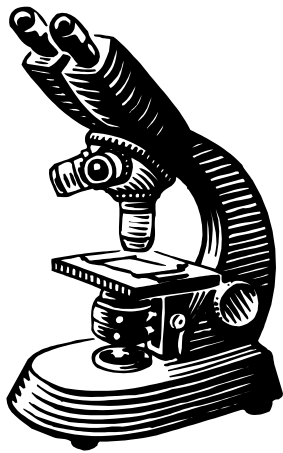
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For submissions, events, recognition and announcements or suggestions, please send an email to:

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Student Corner

Betsy Baptist Scholarship Recipients – 2016



**GOT LAB
RESULTS?**

**THANK A
MEDICAL LAB
SCIENTIST!**

Congratulations to Ana Radu and Jillian Redmond – recipients of the 2016 Betsy Baptist Scholarships! Each recipient will receive a \$5,000 scholarship to use toward the completion of their final CLS program year. This scholarship is possible because of bequest from Betsy Baptist, a long-time clinical laboratory educator at OHSU.



Ana Radu is a student in the OIT CLS program. She hails from Carmichael, CA, but was born in Pitesti, Arges, Romania. She graduated with a bachelor of science degree in biology, with a chemistry minor, from California State University, Sacramento. She is vice

president of the Tech N' Training Club at OIT-Wilsonville. Her volunteer experiences at clinical facilities helped her determine that she wanted to work in a medical setting. Ana is most interested in immunology, hematology and blood banking, planning to specialize and get involved in management. Ana loves singing, music, photography, art and the outdoors.



Jillian Redmond is a student in the OIT CLS program. Her hometown is Grants Pass, OR and she holds a bachelor of science degree in microbiology from Oregon State University. Her interest in

the field began with one of her favorite jobs on campus - doing research in a laboratory. She realized the hands-on aspects of her research was much more interesting than writing the papers associated with it. One of her advisors suggested she look into a career in clinical laboratory science, and she's glad she did. Her professional goals after graduation include working in a hospital as a generalist, followed by a supervisory position. After that, Jillian plans to pursue specialization in microbiology or molecular diagnostic as a lab director, potentially working at the CDC or state public health lab. In her spare time, Jillian enjoys writing and hopes to travel the world some day!

Expanding your Opportunities (cont. from page 1)

The National Meeting provides the opportunity to rub shoulders with MTs and MLTs from all over the country while learning facts about the field that you never knew. It is truly inspiring to be around individuals, young and old, that care about promoting and celebrating our profession. From the educational seminars to the elections to the social events, the ASCLS National Meeting

has something for everyone. You will leave with new bonds and an unfound appreciation for your colleagues and for this amazing field.

Being involved allows you to provide opportunities for others while enhancing your own professional experience. We strongly urge you to go to the ASCLS National Meeting this year in Philadelphia! The annual meeting

takes place from August 1st to August 4th. Seize your opportunity to shape your career in the best way possible.

For more information, check out this link: <http://www.ascls.org/ascls-meetings/annual-meeting-new>. Early bird registration for the National Meeting must be done by Monday, June 16th. The deadline to register online is July 29th.



If you have an announcement, article or essay you would like to contribute to **The Centrifuge**, please feel free to submit it for publication! Has someone you know receive a promotion? An award or prize? Special recognition? Done something unique that deserves highlighting? Learning about one another's accomplishments helps to inspire us all. Please send ideas and submissions with the subject line, "The Centrifuge Submission" to: Jackie Rice jacric2001@yahoo.com

Pardon our dust – the ASCLS-OR website is currently under construction

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Centrifuge Newsletter Reader Survey

Earlier this year, the editorial staff of the Centrifuge conducted an online survey to get feedback on *your* newsletter. The purpose was to learn about the topics you would like to see addressed in the newsletter, what information you find useful and any other ideas and suggestions you have. We sent a link to the survey using the member email list and got a limited response. So we are extending the response time. Please use the link below to go the survey and provide your input. The responses will be summarized and analyzed for improvements to the Centrifuge.

<https://www.surveymonkey.com/r/KH7HL75>

Test your clinical chemistry knowledge!

What is the first reaction in BUN assays, no matter what the total testing format?

- A). Urease breakdown of urea
- B). Trinder reaction
- C). Colorimetric urea complex
- D). Phenol nitroprusside complex

Courtesy: OIT/CLS Clinical Chemistry Lab Exam, Instructor: Abraham Furman, PhD



Oregon Coast