



American Society for Clinical Laboratory Sciences  
Oregon Constituent Society Newsletter

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# The Centrifuge

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Visit on the web:

[ASCLS-Oregon](http://ASCLS-Oregon)

## 2017 ASCLS National Meeting in Beautiful San Diego

by Patricia DeTurk, MST MT(ASCP), ASCLS-OR President

You are cordially invited to attend our 2017 ASCLS National Meeting in beautiful San Diego, the week of July 31 to August 3.

The National Meeting will take place at the OMNI Hotel, which is minutes away from San Diego Zoo, SeaWorld, Balboa Park, Seaport Village, La Jolla, Wild Animal Park, Fashion Valley, Horton Plaza, and Embarcadero Park. The San Diego Trolley is just steps from the front door with access to Old Town, Mission Valley, East San Diego and Qualcomm Stadium (home of the San Diego Chargers). Be sure to mention that you are attending the ASCLS Meeting to get the special rate, while rooms last.

It is great that this year's venue is on the west coast, which will make it easier for Oregon members to attend. The ASCLS scientific program will provide attendees with numerous opportunities to gather knowledge, including formal sessions, informal sessions, and member submitted papers presented by nationally renowned speakers.

New offerings this year are "SPARK" sessions - sessions that will allow members to discuss the hot topics in five disciplines.

There will be presentations on topics such as "Molecular Testing for RhD on Patients with Serologic Weak D

Phenotype" and "Usefulness of the Lipid Panel: From NCEP to ACC/AHA", just to name two (click on the link to see the preliminary program).

### [Annual Meeting Program](#)

Be sure to visit the Expo and see the latest trends in laboratory science at hundreds of vendor booths! Dedicated expo time has been included in Wednesday's schedule.

Again, we cordially invite you to explore laboratory science educational sessions and exhibits, network with your fellow laboratorians, and enjoy all that ASCLS and San Diego have to offer.

## Fun at the Beach! - Oregon Spring Seminar Recap Over 400 Total CE Hours and Baked Brie!

by Rachelle Barrett MLS(ASCP) SBB, General Chair Oregon Spring Seminar 2017

The 2017 Oregon Spring Seminar was brought back by popular demand in mid-May. The event was held at the Hallmark Hotel at Newport Beach Oregon. The accommodations couldn't have been nicer and the weekend happened to boast the nicest beach weather Oregon has seen this year, which

made it a shame to be indoors listening to lectures.

The event was structured to have class offerings on Friday and Saturday, leaving Sunday free for travel or family time. For those required to earn continuing education credit to maintain certification, this event

provided up to 9 credit hours over two days if a person attended all lecture times. Two lecture rooms were scheduled per time period. Twelve speakers shared their expertise in fields as far ranging as dealing with instrument downtimes, DAT and Syphilis.

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## Clinical Laboratory Assistants – Their Important Role

by Nicole Paresi, PBT(ASCP)

“If anything goes bad, I did it. If anything goes semi-good, we did it. If anything goes really good, then you did it. That's all it takes to get people to win football games for you.” — *Paul W. Bryant, Bear Bryant on Winning Football and Teamwork*

Clinical laboratory assistants (CLA) play a huge part in the pre-analytical role in the laboratory setting. The duties that the CLA may perform depend on the size of the clinic or laboratory, discretion of the management, and the CLIA regulations describing the CLA Scope of Practice. In a small laboratory, they might be in charge of many duties such as phlebotomy, specimen processing and packaging tests to be sent out to reference laboratories. In a larger laboratory, the position they hold might be a bit more limited or specialized. In either case the value of a good CLA is immeasurable.

According to the United States Department of Labor, phlebotomy jobs will increase 25% between 2014 and 2024 and jobs such as medical and clinical laboratory technologist and

technicians will increase by 16% in the next 10 years. As this growth happens we will need phlebotomists and CLA's to take on more responsibilities' and duties that traditionally were in the skill set of MLT's. This frees up the technicians and technologists time to spend on bench tasks. CLA's can collect the required specimen from the patient, receive and record samples, inoculate microbiology specimens, prepare and stain slides, clean and restock, centrifuge and separate blood samples and work the automated line.

Many Clinical Laboratory Assistants will continue their education and either obtain a two-year associates degree and become a MLT or go on even farther for a bachelor's degree and become a Medical Technologist (Clinical Laboratory

Scientist) or MT (CLS). The CLA is a great career or stepping stone to another position in the laboratory setting. Besides the tasks that a CLA might do in the lab, another important factor is that this position saves the company and our patients money. It makes fiscal sense to hire CLA's to do as much as their scope of practice allows. This keeps the cost of running the tests down and has a trickle-down effect to the overall cost of health care.

In closing, nationally our healthcare system is changing therefore we must make sure that everyone and every position we have is being utilized to the greatest extent.

*Nicole Paresi, PBT(ASCP), presented on this topic at the recent Oregon Spring Seminar.*

## Thank you to Vathani Logendran, MLS (ASCP)<sup>CM</sup>, ASCLS-OR New Professional

ASCLS-OR wishes Vathani Logendran well in her new opportunity and is ready to welcome her back upon her return. Here are some thoughts from Vathani:

“ASCLS has changed my life both personally and professionally in numerous ways. When I was an MLS student in 2015, I was brimming

with excitement at the chance to go to the ASCLS National Meeting in Atlanta, Georgia that year. The meeting brought so many opportunities! I ran for and was elected the ASCLS Student Forum Vice Chair for 2015-2016. During that year, we accomplished a lot of amazing work! Having those experiences made

me want to continue being involved in ASCLS. I wanted to serve in ASCLS on a local level, so I ran for ASCLS-OR New Professional. I reached out to multiple high school students about this profession, and even got some of students interested in pursuing the field of CLS. I also started the

“New Professional Spotlight” in The Centrifuge, which highlights a different amazing New Professional who is a member of ASCLS, and is passionate about our field.

I recently applied for one of my biggest dream jobs. In July of this year, I will

*Continued page 5*

**Fun at the Beach – Oregon Spring Seminar Recap**  
(cont. from page 1)

The Oregon Spring Seminar, usually a smaller event as compared with the Northwest Symposium in the fall, did not have a vendor fair. Instead it was a low-pressure event that provided opportunities to network and recruit for job openings amongst colleagues. With nearly seventy professionals and twenty students from PCC in attendance the event allowed for a nice interaction between experienced and inexperienced laboratorians.

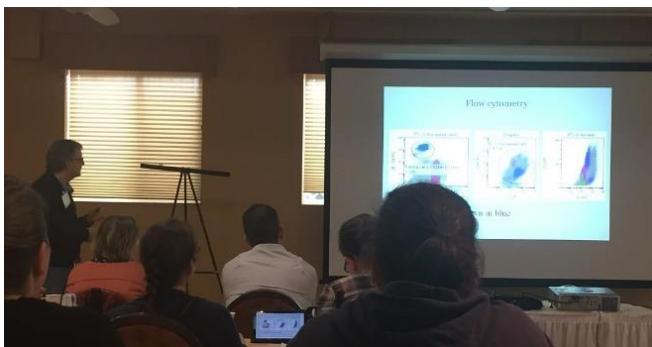
This year’s Spring Seminar event hosted a cocktail hour on Friday night featuring some baked brie and a selection of desserts to munch on, followed by an ASCLS board meeting as well as a deli group lunch on Saturday. As always, the Oregon Spring Seminar was a chance to catch up with old friends, learn something about the profession, and encourage new people to become involved in the professional organization.



View from the Oregon Spring Seminar venue – Hallmark Hotel, Newport, Oregon



Enjoying the seminar - Ryan Howey, Vathani Logendran, Patty DeTurk, Rachelle Barrett, Laura Sage. Rachelle was seminar general chair.



Mike Suter, Senior Clinical Scientist, Hematology, presents case studies at the Oregon Spring Seminar. This slide shows flow cytometry used to detect plasma cells in multiple myeloma. Over 400 continuing education credit hours were earned by participants in the 12 workshops offered at the seminar.

**Events Calendar: 2017/2018**

Event	Date	Where
ASCLS Annual Meeting & Clinical Lab Expo	July 31 - August 3, 2017	San Diego, CA
Northwest Medical Laboratory Symposium (NWMLS) <i>Earn up to 26 contact hours.</i> <a href="http://www.asclswa.org/NWMLS.html">www.asclswa.org/NWMLS.html</a>	October 18-21, 2017	Lynnwood, WA
ASCLS-OR Board of Directors Meeting	TBD: Oct. 18-21 at NWMLS	Lynnwood, WA
ASCLS Clinical Laboratory Educators’ Conference	February 22-24, 2018	Houston, TX
ASCLS Legislative Symposium	TBD: March 2018	Alexandria, VA

**The Centrifuge** is published three times a year by ASCLS-OR for the Oregon Clinical Laboratory Science community.  
**Editor-in-Chief:** Jackie Rice  
**Associate Editor:** Patricia DeTurk  
**Assistant Editor:** Vathani Logendran (open for 2017/2018)

## New Professional Spotlight – Geoff Gardner

Interview by Vathani Logendran, MLS(ASCP)<sup>CM</sup>, ASCLS-OR New Professional Board Member



Geoff Gardner

### What is your name and when did you graduate?

I'm Geoff Gardner and I graduated from the OIT Clinical Lab Sciences program in December of 2015.

### Where do you work and what position?

I work at the Washington Regional Medical Center Core Laboratory in Fayetteville, Arkansas. I do hematology, chemistry, and blood bank.

### Why did you decide to become an MLS?

I originally had a job in an entomology lab and I really

loved working with the microscopes.

### What was your favorite part of being a student at OIT in the CLS program?

My favorite part of the student training was identifying unknowns in microbiology lab. It was fun and rewarding to come to the right conclusion using observation and testing. And of course, I loved playing ping-pong, hanging out with friends, and class potlucks.

### What's your biggest piece of advice you would give to current and future students?

Don't beat yourself up if you can't remember everything because there is a lot to know. Get to know your teachers - they are great resources and future references for you. Take your job seriously. I like to joke around but I don't

joke when it comes to results.

Your peers and superiors will notice everything you do so keep a good attitude and try your best.

### What is the most challenging part of your job?

The challenges at work come mainly from the gray areas that are not in the procedure manual. As I gain experience, I know more and more about all kinds of different situations.

### What is your favorite part of the job?

My favorite part of the job is when I do an awesome job, meaning my TAT (turnaround time) was good, my trouble shooting was on point, and I helped with the diagnosis.

### Why are you a member of ASCLS?

I am a member of ASCLS because the articles keep me more informed and educated about my field.

### What are your hobbies?

My hobbies are hiking, biking, playing guitar, listening to music, and the occasional letting loose with friends.

### What is your biggest goal both career and personal life related?

My biggest goal is to be successful in my personal and professional life. I would like to be respected by my peers for a job well done, and I would like my family to be happy, well-fed and safe. I also want my children to know that I can help them out in any situation.

## Student Representative Update

By Laura Sage MLS(ASCP)<sup>CM</sup>,

ASCLS-OR Student Representative Board Member

Alright, Oregon MLS and MLT students. I know it's getting down to the wire for you. MLT 2<sup>nd</sup> year students, as of writing this article you are in your externships and just a few weeks from graduation. First years, you're buckling down for finals, a short break, and then back to that steady school grind. MLS students, you've also got finals, and then one more term until breaking apart for your externships. I know that stress. And I know you have higher priorities right now

than reading a long-winded article. So let me TL;DR this for you:

**ADVICE FOR STUDENTS!** (taken from myself, my classmates, and past MLS grads [applies to MLT students too!])

1. Ask ALL the questions! No joke. This is number 1 because it is most important. Don't feel bad for asking questions, whether at school, your externship, or your job. If someone is judging you for asking a

question, they have a problem, not you. This is people's LIVES we're working with here. You may not be looking into those patients' eyes every day, but if you're not sure about something, it's better to swallow your pride and ask, than to act like you know it all and hurt somebody.

2. You can get through your externship (yes, even if you go to Reno or Idaho) I went to Reno and it was actually fun! I was single and had nothing tethering me to

Portland, so it was easier for me to pick up and leave for a few months. The hardest part is finding housing for such a short time if you have to go that far. Labbies stick together though – many people have found housing and other resources through friends of friends of friends of friends. It worked! And if you have more questions, about ANYTHING, EVER, reach out and ask! We love to help each other.

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### President-Elect Update

Ryan Howey, MLS(ASCP)<sup>CM</sup>

Greetings Oregon, I'm taking a break from Portland's amazing spring weather to give you an update about my goings on as your President Elect. I just got back home from the Oregon Spring Seminar which was back in action after some time off. We had some new faces on the planning committee and some new events on the schedule, and I think it all went off quite well. Well enough that I am hoping Rachelle Barrett will come back and chair the next one. Thanks again to Rachelle and everyone else who's hard work went into making the event a success.

Speaking of events, the ASCLS Annual Meeting is just around the corner. Right about now, state societies are counting their members and choosing their delegates. In July, when the delegates and other professionals head to Southern California we will gather to talk shop, talk politics and network. I always enjoy the meeting, seeing all the familiar faces from the other states and catching up on what's new in the world of laboratory science. It's at the annual meeting where the grassroots nature of our society comes out—this is where our voices can be focused in a way that can effect change. I hope everyone considers making the trip to San Diego.

In other news, our most recent Oregon ASCLS board meeting in May was productive. After a long tenure, our treasurer resigned her position and new one was elected. We talked about the business of putting on the seminar, about open positions on the board, but one of the highlights for me was choosing the recipients of the Betsy Baptist Scholarship. This scholarship affords us the chance to rewards students who show academic motivation and commitment to the ASCLS. I remember quite well the struggle of working and going to school, and I would like to wish good luck to all this year's recipients.

The last thing I would like to do before I go is to put out a call for volunteers. This summer I will be rotating into my position as OR-ASLCS President, and when I do I would like to have a president elect there with me. We had a few new faces at our state's meeting this year and I would like to see more as time goes on. I have met so many bright and motivated MTs and MLTs in my travels with ASCLS I know there is a lot of talent out here in Oregon and I would love nothing more than to help usher in the next generation of ASCLS leadership. Together we can make a difference for our colleagues and the lab profession as a whole.

### Student Representative Update

(cont. from page 4)

#### 3. Take your board exam ASAP.

I know you want to relax and chill out for a while after graduation, but the numbers don't lie – people who take the exam within a month of graduation are way more likely to pass than waiting longer than that. I know this is true for the MLS exam, and I'm sure it's true for the MLT one too. I'm not saying you have to take it the day after graduation (more power to ya if you want to though), but don't wait too long. Experience true freedom sooner and get that BOC done, son!

That's it, my top three! Good luck, and remember: We are all here for you!

### Thank you, Vathani Logendran

(cont. from page 2)

be embarking on an amazing experience in Botswana for two years with the Peace Corps. I will be doing Youth Development and Capacity Building AIDS/HIV work. Botswana has the third highest prevalence of AIDS and HIV in the world. Much of my job will allow me to teach life skills to youth, and do AIDS/HIV prevention, education, and clinic work. I'm incredibly grateful and humbled to have the opportunity to do public health work abroad.

I would like to express my sincerest gratitude to every individual in this field that I have encountered and worked with. I would not have gotten any of the experiences I did in this amazing field otherwise. I would also like to give a special thanks to the ASCLS and ASCLS-OR officers and members who have helped me and encouraged me in everything I have done. I have met some of the best people I know through ASCLS, and these experiences have made my appreciation for the field all the greater. This is not a goodbye, but a see you later. Thank you!!!"





If you are interested in becoming more involved in ASCLS-OR by serving on a committee, becoming a board member, or providing ideas and input, please contact president Patricia DeTurk at [pathwaysnw@aol.com](mailto:pathwaysnw@aol.com)

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? Please send ideas and submissions with the subject line, "The Centrifuge Submission" to: Jackie Rice [jacric2001@yahoo.com](mailto:jacric2001@yahoo.com)

Visit the website at [www.ASCLS-Oregon.org](http://www.ASCLS-Oregon.org)

Like ASCLS-OR on Facebook (click on the Facebook logo below):



## Betsy Baptist Scholarship Recipients - 2017

Congratulations to OIT students Jennifer Sisco and Autumn Slover and PCC student Cali Castile – recipients of the 2017 Betsy Baptist Scholarships! Each recipient will receive a scholarship to use toward the completion of their final MLS or MLT program year. This scholarship is possible because of a generous bequest from Betsy Baptist, a long-time clinical laboratory educator at OHSU.

**Jennifer Sisco** is a student in the OIT MLS program. She is originally from the big state of Texas and her educational background prior to admission to the MLS program is in general studies at Chemeketa Community College. She became interested in the field through her work in an animal hospital doing lab testing as a lead vet tech. After graduating from the MLS program,

Jennifer plans to work as a generalist for a while and get a feel for all sections of the lab before possibly deciding on a specialization. She is married with a teenage daughter and many pets, including chickens!

**Autumn Slover** is a student in the OIT MLS program. She's a local, hailing from Corvallis. Her most recent educational work prior to OIT was at Oregon State in pre-clinical laboratory science. Autumn believes laboratory science is a perfect fit for her because she loves to solve things, likes being challenged and believes it will ultimately help her make a difference in finding a cure for Parkinson's-like disorders, a condition her mother suffered from. She is the mother of two and enjoys taking them to sporting events. Her other interests

include horse-back riding and getting out in the sunshine.

**Cali Castile** is a student in the PCC MLT program. Cali is from Portland and holds an associate of science degree from PCC in science and attended Portland State, studying speech and hearing science. She chose a career in MLT because it seemed to fit her interests and that has been reinforced during her studies (many of us can relate to being able to unleash our inner geek in this profession!). She has two children who always root for her and learn alongside her. Cali's ideal job setting after graduation is a busy laboratory that exposes her to a variety of instrumentation and testing, and offers a rapidly changing environment that keeps up with changes in technology.

## Thank You Krista Moore for 10 Years of Service as ASCLS-OR Treasurer

Krista Moore has served as ASCLS-OR treasurer since 2007. During that time, she has managed the financials of the organization and supported Oregon Spring Seminars as the treasurer. Her financial knowledge, follow-up and reporting skills have been crucial to ASCLS-OR. Her primary goal as treasurer was to maintain enough funds to allow people to attend the national meeting because they come back with so much energy and desire to encourage others to join.

Krista is a chemistry technical specialist at Kaiser and holds BS degrees in chemistry and medical technology. Two of her personal interests are finding new ways to cook healthy and to travel the world. We wish her well!

### Please Consider a Role as an ASCLS State Board of Directors Officer

To quote from ASCLS-OR's incoming president's article in this issue:

"The last thing I would like to do before I go out as president-elect is to put out a call for volunteers. This summer I will be rotating into my position as OR-ASLCS president, and when I do I would like to have a president elect there with me. We had a few new faces at our state's meeting this year and I would like to see more as time goes on. I have met so many bright and motivated MTs and MLTs in my travels with ASCLS I know there is a lot of talent out here in Oregon and I would love nothing more than to help usher in the next generation of ASCLS leadership. Together we can make a difference for our colleagues and the lab profession as a whole."

Please email Ryan at [howey.r@gmail.com](mailto:howey.r@gmail.com) if you are interested or have any questions.

### Question of the Day

A scientist puts a bacteria in a petri dish at exactly noon. Every minute, the bacteria divides into two. At exactly 1 pm, the petri dish is full. At what time was the dish half full?

Email [pathways@aol.com](mailto:pathways@aol.com) by July 15 with the correct answer and you'll receive a prize!

Look for the correct answer in the next issue of The Centrifuge.

#### ASCLS-OR Leadership August 1, 2017 – July 31, 2018

For contact information, follow this link: [ASCLS-OR Leadership](#)

Ryan Howey	President
*** Open ***	President Elect
Patty DeTurk	Past President
Jackie Rice	Secretary
Tiffany Mach	Treasurer
Rachel Eberhard	Student Representative
Laura Sage	New Professional
Helen Wand	Board Member At Large
Patty DeTurk	Principal Agent
Emily Barbur	P.A.C.E. Chair
Heidi Smith	Director of Scholarships
*** Open ***	Membership Chair



## Thank You and Congratulations to New ASCLS-OR Leadership Volunteers

“If your actions inspire others to **dream more, learn more, do more, and become more, you are a leader.**” — *John Quincy Adams (1825–1829)*

Welcome, and thank you to these new volunteers in ASCLS-OR state leadership:

**Tiffany Mach  
MLT(ASCP) – incoming  
board of directors  
treasurer**

Tiffany works at Portland Adventist Medical Center in Gladstone, Oregon. She graduated from the PCC Medical Laboratory Technology Program. Her work background includes Providence as a generalist and Allergy Associates as a generalist and lab supervisor.

Tiffany says, “I think involvement beyond our regular job duties increases our overall job satisfaction. I enjoy the networking aspect of being involved, and I like feeling like I'm part of something bigger in the medical field.”

On a personal note: “I have two kids, a boy and a girl, a dog, two cats, and 5 chickens. I'm a classic introvert. I like music, books, and movies. I love to go thrift store treasure hunting. I also enjoy yoga, my bike, and spontaneous beach trips.”

Tiffany is really excited to get to know the board members and contribute however she can.

**Rachel Eberhard  
MLS(ASCP)<sup>CM</sup> –  
incoming board of  
directors student  
representative**

Rachel is employed at St. Charles Health System as an MLS generalist. Her hometown is Redmond, Oregon. She holds degrees in biological sciences from California Polytechnic State University and clinical laboratory science from OIT. She graduated from OIT in 2016.

She says: “I became involved in ASCLS-OR because, as a student, I wanted to be involved as much as possible with others in my new profession. The Student Representative from 2015-2016 came to speak to my OIT class about the benefits of ASCLS including education opportunities, career information and being a part of a community of scientists. I was excited to join ASCLS then as a student and I am excited to continue my membership as a voice for students.”

Rachel's personal interests include playing volleyball, hiking and exploring Bend and spending time with family. Her family has been in the dairy business for over 60 years in Central Oregon. She takes pride in the

business her grandfather has created and enjoys the products every day.

Her goals for serving on the ASCLS-OR board of directors include expanding the ASCLS outreach to include university students that have not discovered laboratory science as a career option. She is excited to be a voice for students on the BOD and share her passion for the profession.

**Bri Mortier – alternate  
delegate to annual  
meeting**

Bri is a student in the OIT MLS program and is from Eugene, Oregon. She holds a biohealth degree from Oregon State University. She is currently waiting to find out where she will be doing her clinical rotation.

She became involved with ASCLS because she thinks it's important to be involved with other professionals and she appreciates the mission of ASCLS to continue improving laboratory science and patient care.

Her personal interests are equestrian sports where she has been involved since she was a child. In college Bri started playing polo and has a love for all animals!