

ASCLS-ND

Inside this issue:

President's Message 1

Region V Report 2

Leadership Report 3

Chemistry Case Study 4

Student Rep Report 5

ASCLS-ND Financials 6

Parliamentary Procedure 7

House of Delegates 8

Delegate's Report 9

ASCLS-ND Awards/ Nominations 10-11

CLS and 4th Graders 12

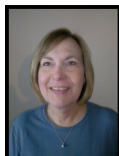
ASCLS-ND 50 year recognition 13

Leadership Roster 14

The Connection

September 2010

President's Message



Leola Olson
ASCLS-ND President

As summer is ending, my term of office for ASCLS-ND is just beginning. The terms of office for ASCLS-ND begin when the ASCLS annual meeting closes even though our state meeting and election of officers is in April. At the beginning of the year, it is customary for the President to give a State of the Union address. This is the beginning of my year so here is the "State of the Society" address.

August 2010 finds ASCLS-ND strong and active. Our members have a rich history of stepping up to the plate, and once again we have all of our elected positions and leadership positions filled. When sitting in the gallery of the ASCLS Executive Board meeting, I am surprised to hear how many societies struggle to fill all of their offices. I am proud that our membership is willing to serve the profession by accepting leadership roles in ASCLS-ND.

Our membership is growing. Past-president Mary Nagel's efforts to increase membership won ASCLS-ND a first place award at the ASCLS meeting in Anaheim for increase in membership. A lot of the increase was student membership, a good sign for continued growth and participation in our Society. Please reach out to our student and new members and welcome them into our ASCLS-ND family. Dawn Michelson, past-president, has established a mentorship program. If you know a new member who may benefit from mentorship or if you wish to be a mentor, please contact Dawn or me.

Our Society is well represented on ASCLS committees and activities. Mary Nagel is the co-chair of the ASCLS Member Recruitment committee and Dawn Michelson is the Region V representative on the ASCLS Leadership Development committee. Mary Coleman is the Region V representative on the ASCLS Nominations Committee. North Dakota currently has 3 members who serve on the Consumer Information Team, a team of medical laboratory scientists who answer questions posed by consumers who need help understanding what their laboratory results mean.

Our Society is active in providing continuing education and opportunities for fellowship to laboratorians. Plans are already in progress for the ASCLS-ND meeting in 2011 in Minot and 2012 in Bismarck. In addition to those meetings, Society leadership is investigating the possibility of having additional shorter educational meetings or fellowship rallies across the state.

Even though our Society is strong, we are still facing challenges. We cannot rest on our laurels.

Increasing membership is vital to allow ASCLS to be the Voice of the profession.

- Please invite the MLS and MLT students who come to your facilities to become student members, and tell them how important it has been to you to be part of a professional society. Let them know of scholarship opportunities to student members.
- Encourage graduates and new techs to become first-year-professional members (FYP)
- Invite those who have been in the field a while to become part of our team.
- Retention – **Thank you members who continue to pay their dues and remain loyal members.**

•Having excellent state meetings contributes to camaraderie among N.D. laboratorians. Members who live in towns that are not hosting the meeting can do much of the state meeting planning. Participating in state meeting planning is an opportunity to grow in our profession.

•ASCLS-ND strives to represent laboratorians from Williston to Wahpeton, rural and urban. Part of our focus this upcoming year is to reach out to all areas of the state.

I am proud to be a recycled state president and I thank all of you for being part of the ASCLS-ND team. To quote John Fogerty, "Oh, put me coach. I'm ready to play today. Put me in coach, I'm ready to play today. Look at me, I can be Centerfield." I am ready to serve my term, and look forward to having all of you on my team.

Region V Report



Deb Rodahl
ASCLS Region V Director

I have just completed my first year as the Region V Director representing Minnesota, North Dakota, South Dakota, and Wisconsin. In this year I have had the opportunity to attend meetings in all 4 states and see first-hand the great work that is being done in our region. ASCLS is a perfect example of what can be accomplished when we are all committed to the same ideals and goals. The work that is accomplished at the State, Region, and National levels is amazing and no other professional organization can boast of this level of involvement.

Locally: The work of ASCLS is most visible in our local conferences and meetings. These meetings showcase the many talents of our members starting with the Students who put together some pretty fantastic poster sessions and remind us of the potential we all have inside us. In addition many of our members speak at the local and national levels. To those of you who shudder at the thought of standing in front of a group of people to speak – it's easy when you speak about something you do on a daily basis or about a project you have been actively involved with. To see first-hand what professional activity is all about – attend – or better yet, get involved in your state and local meetings!

Regionally: A very dedicated group of Region V Members has been busy over the last 12 months to put together our first annual Region V Symposium, to be held in Rochester, MN October 7th and 8th. Be sure to see the program and registration information in this newsletter. The program show-cases many of our member's talents and offers 2 education tracks (scientific and management) for attendees. I hope to meet many more Region V members at this meeting!

We are recruiting committee members to help put together the second annual Region V Symposium to be held in Fargo, North Dakota in October 2011. It does not matter where you live, as the planning meetings are held via conference call! Please contact me at drodahl@earthlink.net if you are interested in participating.

Nationally: The 2010 national meeting was held in Anaheim California in July and was jam-packed with activities for all the attendees. First-timers to the meeting were invited to a reception to get a chance to meet members of the ASCLS Board and Staff and to meet each other. The week was filled with education and governance activities. Governance activities include sessions to see what the various ASCLS Committees have been doing over the year and gives them a chance to hear from members outside of the committees. It's a great opportunity to connect activities at the state level with the national level. Many sessions were available to update us on the future of ASCLS (Futures Task Force), providing the Face of the Profession, Licensure Activities, etc. Most importantly, the members who attend as "Delegates" to the meeting vote on important activities and help provide input on topics such as the re-write of our "Beliefs, Values, and Mission" statements. All ASCLS members have an opportunity to help plan the future of our organization and our profession.

I'm sure the following information has been published – but how **awesome** and **awe-inspiring** to see the recognition for the Region V activities this past year!

2010 Region V Recognition

Leadership Academy:

Christine Hinz (MN)
Kristin Burmann (WI)

New Leadership Academy Students:

Jessica Peters (MN)
Charlotte Romain (MN)

ASCLS Member of the Year Nominees: (Note: Region V had 4 of the 17 nominees)

Cindy Johnson (MN)
Leola Olson (ND)
Andrea Schwab (SD)
Stacy Walz (WI)

New Professional Nominees:

Alex Shepard (ND)
Nichole Taylor (SD)

Promotion of the Profession: Fundraising efforts

Minnesota – 1st place

Publications:

Paper Format: Minnesota – 1st place
Web Format: South Dakota – 1st place

Membership:

Greatest Percent Increase:
North Dakota-1st place

Greatest Percent Increase (non-student members):
North Dakota-2nd place

Greatest Percent Retention:
Wisconsin-3rd place

Scholarship Recipients:

Grant-in-Aid award – April Harkins (WI)

Ida & May Reilly Memorial Undergraduate Scholarships – KauChee Vang (MN)

Beckman Coulter Student Travel Grant – Phyu Thwe (WI)

ASCLS Poster Competition:
Undergraduate Category - Phyu Thwe (WI)

Omicron Sigma

476 total members recognized
35 came from Region V

Board of Director Awards:

Rick Panning (MN) – Work on the Government Affairs Committee
Jean Bauer (MN) – Chair of the CEAC (National meeting planning committee)

It is truly an honor to be representing Region V in ASCLS. I enjoy hearing from our members (or non-members) and can be reached at drodahl@earthlink.net

Sincerely,

Deb Rodahl
ASCLS Region V Director
651-779-8906

Leadership, the Future and Member Recruitment



Mary Nagel
ASCLS-ND Past President

I would like to thank the members of ASCLS-ND for another opportunity to represent you at our ASCLS National meeting in Anaheim, Ca. I started to count up the number of times I have attended the national meeting and this was my 17th trip. Ten of these were because of my strong belief in this organization, the opportunity to see my many friends again and to have a voice for our profession. I chose to attend on my own and will continue to attend these meetings in the future. OK, Mary Coleman, how many have you attended?

Our efforts in the area of member recruitment landed me on the National committee for Member Recruitment Services (MRC). Deb Rodahl, our Regional Director caught me at a weak moment and I was named by Marica Armstrong, incoming ASCLS President, to be Co-Chair of MRC with Tacey Park from Massachusetts. Most of my involvement with ASCLS has been at

the state and regional level and I think that it is time that I participate on a National committee. We have a great deal to accomplish with the charges that were handed down by the ASCLS board. I was encouraged by the many non-committee members that attended the meeting and their willingness to help. Our goal this year is to reach 13,000 members which will sustain ASCLS into the future.

At the National meeting, I had an opportunity to participate in an ASCLS Focus group in which the Futures Task Force is looking for input on items regarding ASCLS' position. Two groups of members were invited to participate (1 New / Young Member and 1 Seasoned Member group). Guess which group I belonged in. This was the first time I have participated in a focus group but as I sat around the table with other ASCLS members, we were encouraged to just throw out our opinions, sup-

porting positions, etc on each of the topics. Wow, anything and everything was recorded by Scott Aikey our silent Board member. This proved to me the power of my **voice, value and vision** that each of you have with our membership in ASCLS. The New/ Young professional group would be meeting later in the day and then all of the responses were going back to ASCLS Futures Task Force to be digested for the Fall Board meeting.

ASCLS has provided me with the skills, knowledge and network to be a leader in my profession and I owe a great deal to the many people that have mentored and supported me along the way. When I joined ASCLS in 1982, I had no idea that I would grow as much as I have professionally and personally in every other aspect of my life. Thank you ASCLS and North Dakota for the growth in my personal life.

FALL SYMPOSIUM



VOICE ~VALUE ~VISION

ASCLS Region V Fall Symposium Program & Information

Dates: October 7 - 8, 2010

Location: The Kahler Grand Hotel
20 SW Second Avenue, Rochester, MN 55902
Phone (507)280-6200

Website: www.thekahlerhotel.com

Contacts for Meeting or Registration Questions

Tom Massmann Tom.Massmann@Allina.com

Lezlee Koch lezleek@sio.midco.net

Fall Symposium Website: www.ascls-sd.org/region-v-meeting/id51.html

Chemistry: A Case Study

A 62-year-old female presented to her internal medicine physician for her annual check-up. She has been previously diagnosed as a type II diabetic. The patient's complaints included moderate fatigue and rib pain. It was also noted that the patient had lost 15 pounds since her last visit.

	Patient Result	Reference Range
WBC	9.0	3.9 – 11.3 x 10 ³ uL
RBC	3.51	4.10 – 5.30 x 10 ⁶ uL
Hgb	11.3	12.0 – 16.0 gm/dL
Hct	33.6	37.0 – 47.0 %
MCV	96	83 – 99 fL
MCH	32.2	28.0 – 32.0 pg
MCHC	33.6	32.0 – 36.0 g/dL
Platelets	189	150 – 400 x 10 ³ uL
Neutrophils	5.20	1.80 – 7.70 x 10 ³ uL
Lymphocytes	2.60	1.0 – 4.80 x 10 ³ uL
Monocytes	0.80	0.0 – 0.80 x 10 ³ uL
Eosinophils	0.30	0.0 – 0.45 x 10 ³ uL
Basophils	0.10	0.0 – 0.20 x 10 ³ uL
Sodium	138	135 – 135 mEq/L
Potassium	3.9	3.5 – 5.1 mEq/L
Chloride	102	101 – 111 mEq/L
CO ₂	29	21 – 32 mEq/L
Creatinine	1.26	0.60 – 1.10 mg/dL
EGFR	43	>60 ml/min
BUN	21	10 – 25 mg/dL
Glucose	153	75 – 99 mg/dL
Calcium	9.8	8.4 – 10.2 mg/dL
Total Protein	8.7	6.2 – 7.8 g/dL
Albumin	3.1	3.2 – 4.6 g/dL
ALT	19	8 – 40 U/L
AST	18	17 – 99 U/L
Total Bilirubin	0.7	0.1 – 1.3 mg/dL
Alk Phos	69	40 – 120 U/L
Hemoglobin A1C	7.8	4.0 – 6.0 %
Est. Avg. Glucose	177	
Triglycerides	159	30 – 149 mg/dL
Cholesterol	196	100 – 199 mg/dL
HDL Cholesterol	<5 duplicated *	40 – 59 mg/dL
LDL Cholesterol (calc.)	Not available	<101 mg/dL

Student Rep Report



Nicole Hager
ASCLS-ND Student Rep

To tell the truth, the first thing that interested me about ASCLS as a student were the scholarship opportunities. Other than that, I didn't really know a lot about ASCLS or understand the benefits and importance of belonging to a professional society. Now after being at the national meeting in Anaheim, California I see that there is so much that an organization like ASCLS can offer.

Being newly selected as North Dakota's Student Forum Representative, I didn't really know what to expect at the national meeting as a student. Would the students shy away into the corner or would they be too busy living in up in California to care about the meeting? To my happy surprise, the student involvement at the national meeting was amazing! There was student input on every committee from Member Recruitment to Government Affairs. I sat in on a few different committee meetings and was impressed with the students. They were willing to give ideas and more importantly their ideas were listened to. ASCLS should pride itself on their students. Not many organizations are so willing to help their students succeed which I think is awesome on the part of ASCLS. ASCLS really went out of their way to welcome the student members at the national meeting and make them feel at home. A first timers reception was open to all students and those attending the national meeting for the first time. A buffet of different candy, popcorn, and chocolate covered apples were served. I

had a chance to talk to the national Student Forum Chair, a girl from California, and to compare Clinical Lab Science programs with another girl from Texas.

A student forum committee meeting was held and led by Lisa, the Student Forum Chair, and Marcia Armstrong. The fact that the incoming president would be at a student meeting shows just how much respect students are given in this organization. At the meeting Lisa talked about all the things ASCLS can do for you as a student. There is a wonderful resource on the student page of ASCLS (<http://www.ascls.org/student/StudentForum.asp> or you can find it under the Committees tab) that personally I didn't know about beforehand. Not only does ASCLS offer scholarships, it offers a place to ask questions about the profession you're going into. You can be hooked up with a mentor who's been through it all already; passing boards, getting certified, finding a job. Also on the website is a link that tells you what ASCLS really is, something as a student or even as a new professional you might not really know much about. The website is a great resource and I suggest checking out all that www.ascls.org has to offer.

Also presented at the meeting was the question, "What do you want ASCLS to do for you?" Students have different needs than a ten year member or even a new professional member. The Student Forum Committee meeting gave students the ability to air some of their concerns

such as "I have this degree now what can I do with it?" or "How do I study for boards?" The hope is that by finding out what matters to students, ASCLS can become even more student friendly and make their student site an even better resource.

The next day elections were held for the 2010-2011 Student Forum. Unfortunately I was not able to run for any of the open positions because North Dakota picks a student that will have graduated before the national meeting (a problem some other states have also), but South Dakota's Student Representative was elected as Student Forum Chair. After talking to her a little bit, I know she will do an awesome job getting students involved.

The national meeting was really a trip of a lifetime (that I hope to do many times again!). I learned so much about ASCLS, what it does as an organization and what it does for you as a professional. It was so exciting to walk around and see people that you've read about or had read their books as was the case with Member of the Year, Shirlyn McKenzie. It was an amazing experience getting to know some of my fellow NDSCLS members in and finding out that the student voice is being heard!

After my time at the national meeting, I would really like to encourage all student members to get involved with ASCLS, even if it's just joining the ASCLS Facebook page. Trust me, it's worth it.

Is Your Information Up-to-date?

Please take a moment to make sure your information is current. You can do this by going to the website at <http://www.ascls.org/members/login.asp>

Case Study Conclusion

The chemistry techs referred to the Beckman-Coulter LX20 HDL-C procedure for possible interferences. The procedure states, "Inaccurate results (usually negative interference) may be produced in patients with elevated serum immunoglobulins." The techs then diluted the specimen times 2 and times 3 with saline. HDL results were 28.8 mg/dL when diluted times 2 and 30.1 mg/dL when diluted times 3. An HDL of 29 mg/dL was reported with a calculated LDL of 135 mg/dL.

The techs called the physician regarding the possible interference by elevated immunoglobulins. An immunofixation electrophoresis test was ordered. The IFE showed an M-spike in the gamma region. The monoclonal protein peak accounted for 2.35 g/dL of the total 2.74 g/dL of the protein in the gamma region. The IFE pattern showed an IgM type kappa monoclonal protein. Decreased IgG.

	Patient Result	Reference Range
IgG	660	768-1632 mg/dL
IgA	101	68-378 mg/dL
IgM	2990	60-263 mg/dL

In 2004, Baca et.al reported the failure of the Synchron LX and Vitros 950 assays to detect HDL-cholesterol in the presence of a paraprotein. (1) Smogorzewska et al reported artifactually increased total bilirubin and low HDL in a patient with a monoclonal IgM paraprotein in the same year. (2) They reported that 2/15 patients with monoclonal immunoglobulins displayed inaccurately low HDL-C results.

Paraproteins are known to cause lipoprotein abnormalities. Some paraproteins may associate with and alter the physicochemical characteristics of HDL particles, affecting their behavior in assays designed to directly assay HDL-C. (1)

Extremely low or undetectable HDL-C is an unusual occurrence. It may be prudent to consider the presence of a paraprotein in patients with these results.

1. Arthur Baca¹, Richard J. Haber², Kirk Sujishi³, Philip H. Frost² and Valerie L. Ng¹ *Clinical Chemistry*. 2004;50:255-256 Artfactual Undetectable HDL-Cholesterol with the Beckman Synchron LX and Vitros 950 Assays Temporally Associated with a Paraprotein
2. Agata Smogorzewska, James G. Flood, William H. Long and Anand S. Dighe *Clinical Chemistry*. 2004;50:1691-1693 Paraprotein Interference in Automated Chemistry Analyzers

ASCLS-ND Financial Report: March 2010 – August 2010

Beginning Balance -	\$15,877.55
Credits -	
Interest	\$8.06
ASCLS-State Meeting – Fargo	\$16,924.00
TOTAL	\$16,932.06
Debits	
State Meeting (lodging and Misc)	\$97.94
ASCLS-ND Scholarships (4@\$500.00)	\$2000.00
National Meeting (registration, lodging, mileage, airfare, etc)	\$6511.50
Legislative Days (lodging)	\$393.95
tbg conference calling	\$42.59
ASCLS Awards, etc	\$166.64
Webmaster (Membership and Site fees)	\$116.24
TOTAL	\$9328.86
Ending Balance -	\$23,480.75

Parliamentary Procedure

Submitted by: Leola Olson

At the ASCLS meeting in Anaheim I attended a session on Parliamentary Procedure presented by Myra Myers. I decided that I should go to this presentation because as incoming state president, I thought I could use a few pointers in running a good meeting. I was prepared to be bored to tears, however, I was pleasantly surprised that parliamentary procedure is not nearly as stuffy and dreary as I had anticipated. The following is from Myra's presentation.

Roberts Rules of Order were written by Civil War army engineer Henry Martyn Robert who eventually retired from the Army as a brigadier general. Although he is best known for Robert's Rules of Order, he spent his career developing harbors, canals, dams in the United State. After he retired, he directed the building of the sea wall in Galveston after the 1900 hurricane.

He wrote the manual in response to his poor performance in leading a church meeting at a Baptist church in New Bedford, Massachusetts. He resolved that he would learn about parliamentary procedure before attending another meeting.

Parliamentary procedure is a process that involves fairness and efficiency. It is based on the same logic that is appli-

cable to any decision making process. If you ever forget the basics of parliamentary procedure, ask yourself two questions: What is fair? What is efficient?

Some of the basics are:

- Parliamentary procedure enhances fairness and courtesy in the decision making process.
- Sound procedures lead to better decisions.
- No matter how small the group, informal rules and procedures still must be in place and clearly understood to enable fair decision making and ensure that all participants have an equal opportunity to be heard and contribute.
- If you think parliamentary procedure is restrictive, complicated or confusing, you are probably not using it correctly.
- When parliamentary procedure is applied correctly, it provides an orderly system to accomplish your business and protect the rights of your members.

Parliamentary Procedure Basics

- It maintains order and prevents more than one person talking at a time. All discussion is filtered through the chairman.
- It focuses attention on one thing at a time. Discussion is limited to a specific question or motion and only when the motion is pending.
- It leads the discussion to a resolution. Once a motion has been made, something has to be done with it.
- It provides continuity by the use of minutes.
- It provides structure through an agenda. The key to running effective meetings is through planning.
- A second to a motion insures that at least two members find it important enough to engage the group's time.
- Speaking rules help prevent domination by a few individuals. For instance, members may speak only twice on each question; the chair alternates between pros and cons.

Upcoming Events

Region V Meeting

October 7-8, 2010
Rochester, MN

Clinical Laboratory Educator's Conference

February 17-21, 2010
Ft. Lauderdale, FL

2011 Annual Meeting

July 26-30, 2011
Atlanta, GA

House of Delegates



Alice Hawley
ASCLS President-Elect

It was such an honor to be able to be one of your ASCLS-ND “delegates” – or as the Webster dictionary states, “a person designated to act for or represent another or others; a deputy; a representative” at the National ASCLS meeting in Anaheim. Being a delegate at this level was a new experience for me and I hope I can share some of the experience with you, a fellow ASCLS member and a laboratory professional, the person I was there to represent.

It was brought home to me that ASCLS is a “living” organization that is striving to become the best we can be as we were called to order and then asked to observe a moment of silence for those members who had passed away over the last year. The Board of Directors was introduced and then our President, Mary Ann McLane, gave her president’s report.

President McLane praised the numerous committees whose goal was to help carry out her mission of “putting a face” on our profession. There were over 236 contributions of video and audio from ASCLS members in response to the “Provide the Face” challenge. The HOPE (Helping Other People Event) project hosted by the ASCLS Promotion of the Profession Committee (PPC) saw over 600 pounds of food and ~\$300.00 collected from the National meeting attendees to benefit the Orange County National Harvest Food pantry. This year saw the beginning of the joint Board of Certification exam which was made possible by the input of many ASCLS and ASCP professionals seeking to create the best practice in certification. Another benefit/opportunity that was mentioned were the professionals that not only helped each other celebrate those great milestones such as attaining specialty degrees but those who also reached out to each other in times of need - like being part of a

family not just a profession, a member benefit that many don’t even realize exists.

Many committees made it their goal this year to bring a focus to the benefits of belonging to ASCLS. No other national society has the benefits of CE for all levels of their profession – from the newest professional to those who are in management – as well as the rights of its members to vote. Being in the laboratory is more than just a job or how we use our skills, it should be a profession in which we are a “certified” team, dealing with all the issues. It should be our role to raise up leaders, to encourage education, to promote our skills, to increase the public’s knowledge of who we are and if we don’t speak for ourselves, then who will?!

Some upcoming events that will be used to help “Provide the Face” are the USA Science Festival in Washington, DC called Solving Medical Mysteries being held in October 2010. The Future’s Task Force will be doing surveys during the 2010-2011 year to get the members’ thoughts on how to focus our efforts to bring about the best outcomes. The Social Networking Task Force will continue to work on getting us into the 21st Century by utilizing various technology tools to help keep us current with new technology options, to help attract more new professionals all while exposing us more to the public.

ASCLS will continue to lead the lab community and ask the tough questions. We will continue to strive for “best practices” and put efforts into state of the art research. As Mary Ann McLane stated, “We can’t go back and change the beginning, but we can be sure to impact the ending!”

After President McLane’s encouraging comments, the minutes were read and accepted and election of officers took place. All races

were uncontested. The bylaws were voted on and changed to allow for another delegate – a first year professional - from each state. This will require a change in bylaws at the state level as well.

Discussion was also begun on developing a new ASCLS Beliefs, Core Values and Mission statement. Our past Mission statement promoted the profession, an internal focus, while the new goal would be to establish our role in promoting the customer in regards to public safety and quality of care, an external-patient health care focus. The proposed draft generated lots of lively discussion with members wanting to be sure that any new statements would contain the same passion for both our profession and our roles in healthcare as the previous mission statement. The hope is that this would represent a “true coming of age” for our profession. The committee will continue to develop a final draft and then present it to the states to be voted on by the delegates at the 2011 National meeting. Be looking for us to publish this proposed new Mission Statement in a future newsletter as soon as it becomes available.

As the meeting drew to a close our newly elected president, Marsha Armstrong of Hawaii, greeted us and gave her acceptance speech as the 76th President of ASCLS. Many commendations were made honoring fellow ASCLS members on accomplishments achieved over the last year and the delegation from Georgia also gave a presentation to invite everyone to the 2011 National Meeting in Atlanta.

The meeting was adjourned and all I can say was that this was truly a great experience. I hope that you will get involved with ASCLS-ND as one of your benefits. Who knows, maybe we will see you in Atlanta next July!!

Delegate's Report



Nikki Dillmann

This year I had the privilege of being elected as a delegate for the ASCLS national conference in Anaheim, California. As this was my first time ever attending a national event, I had no idea what to expect. What I wasn't expecting was to need a sweatshirt in July in California. I left 90° weather in North Dakota for 70° with a cool ocean breeze. This was, however, the only disappointment I had.

If any of you ever get the opportunity to attend a national event, take advantage. You will really understand what it means to be a part of a professional organization. I got to see ASCLS working at a national level. I know sometimes you attend board meetings or other things and wonder, is this really leading anywhere? Oh yes, it is. I first experienced the workings of this national organization at the Board of Directors meeting. Each region had a chance to discuss any updates or concerns with the board. Anyone present had the opportunity to speak on a subject. It is interesting watching people argue and discuss in an

organized, business-like manner.

Now, for all you student and new professional members who are wondering, what can I do for our profession? I am just a student or am new to this profession. Well, I saw some young professionals accomplish some pretty amazing things. Many are active in government affairs and have a chance to make our lab voices heard to the legislature. Others work on promoting our profession and providing the face of the lab to other professions that don't understand what the laboratory is all about. Still others are establishing social networks that allow students and new professionals to ask questions or get advice about ASCLS and just lab work in general. These people are you and I. **Don't ever think you can't make a difference, because you can.** I saw this firsthand at the ASCLS national meeting and made me realize that I have the opportunity to make my voice heard and be a part of something great, even as a new professional.

Part of my role as delegate was to attend the House of Delegates where we vote on any changes that were proposed during the year. The biggest change that we voted on that will affect us at the state level is adding another delegate position for each state. The states' will now be able to send the New Professional Representative to the national meeting as a voting member along with their current delegates. This will lead to some changes at the state level that I am excited to be a part of.

Now I can probably go on and on about my weeks' experiences at the ASCLS national meeting but I can't hog all the room in the newsletter. Let me just say that between the Board of Director's meeting, scientific sessions, the hundreds of exhibits, and the House of Delegates, I had an exhausting, but exciting time. It was a rewarding experience for me and reminded me that I have a voice for my opinions and ideas, that I value what I do and what I have yet to accomplish, and that I have vision for a bright, fulfilling future as an ASCLS professional.

Publication Submission Deadline

The publication submission deadline for articles for the next issue of *The Connection* is Monday January 3, 2011. Submit any articles to:

Shannon Jongeward
shannon@gra.midco.net

ASCLS-ND National Nominations and Awards

Submitted by Mary Nagel

As President of ASCLS-ND 2009-2010, I had the privilege of nominating several of our members for National awards. It is an honor in itself to be nominated for these awards and I would like to share with you my thoughts on the nominees.

Alexander Shepard – New Professional Member of the Year 2010 Nominee



Alex Shepard became a member of ASCLS-ND in 2009 as a student and represented ASCLS-ND at the National meeting in Chicago 2009. Alex received an ASCLS-ND student scholarship for his professionalism and scholarly achievement in a NACCLS accredited program. Alex attended our Region V meeting in October and has participated at the Regional Board meeting at my request. He was introduced to regional opportunities and shows great interest in pursuing opportunities to stay involved with ASCLS. Alex was not required to attend the Region V meeting and requested the time off from his employer to do so after a conversation with me and how ASCLS-ND and the Region worked together. Alex sees the importance of belonging to a professional organization that has “grassroots” involvement. He sees the involvement at all levels; state, region and national.

Alex is very active on the ASCLS-ND Board as our student representative and has participated in Board meetings even after completing his work as a Medical Laboratory Scientist working nights at a local hospital. He has not missed a Board meeting to date and brings to the board meetings fresh insight regarding students and young professionals working in the field.

Alex worked hard to revise our student representative and scholarship applications this year to include new requirements that were set by the ASCLS-ND Board. He is also developing an evaluation rubric for the scholarship applicants along with our FYP representative.

Alex has made several contacts with student members this year as well as CLS and CLT Program Directors to introduce them to scholarship and benefits of ASCLS membership. He has given a presentation on ASCLS membership and benefits to the University of North Dakota CLS club in Grand Forks, ND. Alex is eager to share his experience with students regarding his attendance at the 2009 National meeting.

Alex has also written several articles for the ASCLS-ND State Newsletter and we are excited to have Alex continue on the ASCLS-ND Board in 2010-2011 as he serves in the role of First Year Professional (FYP). Alex is one of ASCLS-ND “Keys to the Future” nominees as well. I am encouraging Alex to continue on with ASCLS in leadership roles and I would like to see him in the Leadership Academy when he is ready.

This year Alex attended Legislative Days in March 2010 representing ASCLS-ND and has been in contact with others regarding legislative issues and shows a great deal of interest in this area. Alex has energy and enthusiasm for his profession and knows that ASCLS will be a benefit to him in his job as well as personal relationships. I am pleased to nominate Alex as a “New Professional of the Year” award recipient.

Leola Olson – ASCLS Member of the Year 2010 Nominee



Leola Olson has been a member since 1976 and very involved with ASCLS at the state, regional and national level. Leola’s greatest accomplishment in her professional career was as an advocate for our state to receive licensure. Leola continues to monitor legislation and has been used as a resource for other states as they are trying to obtain licensure. Leola is an advocate for government affairs and has attended ASCLS legislative days representing North Dakota. Leola has been a resource and mentor to many ASCLS – ND members. She has held offices at the state level, including ASCLS-ND President in 1989, member of Region V council and has served a term as Region V director for ASCLS. Leola brings a wealth of expertise and knowledge to North Dakota and ASCLS. Leola is once again back in the President-Elect role representing ASCLS-ND. ASCLS-ND is in a building year of developing and mentoring our leaders and Leola has been playing an active role in this process as she has agreed to repeat as Pres-Elect and work with me to develop leaders. She has been working diligently on membership as Membership chair for our state and along with our FYP board member held a recruitment session for students, once again mentoring our young leaders.

Leola maintains a full time job and continues to promote ASCLS. She has been Program chair for many ASCLS-ND Spring meetings held in Bismarck, ND. She continues to volunteer on the Consumer Web Response Team to answer question for Chemistry every Monday. This is a surmountable task as a majority of these questions are very time consuming and take a great deal of thought. Leola has also presented at our ASCLS-ND spring meetings on topic related to Safety and Compliance as well as Chemistry. It is my honor to nominate Leola Olson for the ASCLS MOY award.

The Connection – Society Publication Awards

Shannon Jongeward has received 1st place award for the last several years in the Paper Version (Color) category. 2010 award went to Minnesota. Shannon continues to produce a quality newsletter. ASCLS-ND wants to thank you Shannon for all you do.



ASCLS Membership Awards

ASCLS-ND received two Constituent Society Membership Awards at the National meeting in Anaheim and was recognized during the awards ceremony with the presentation of certificates from ASCLS National President Mary Ann McLane.

Greatest Percent Increase in Membership – 1st place

Greatest Percent Increase in Non-student Membership – 2nd place

These awards were well deserved through our state's efforts in recruiting members by promoting our state meeting, members recruiting others and with the efforts of our educators in our MLS and MLT programs. I was really honored to receive these awards on behalf of ASCLS-ND.



ASCLS National Winners with North Dakota Connections

Winner of the 2010 New Professional member of the Year Award was our very own **Tori Rensink**. Tori was our past ASCLS-ND Student Representative and FYP who moved to Montana and remains involved with ASCLS-Montana. Susie Zanto who accepted the award on behalf of Tori, thanked North Dakota. ASCLS-ND congratulates Tori.

2010 ASCLS Member of the Year, **Shirlyn McKenzie, Tx** joined ASCLS with the encouragement of Linda Larson while at the University of North Dakota. ASCLS-ND congratulates Shirlyn.

Pictures from Anaheim



Taking in a ball game



Region V Caucus



House of Delegates



From L to R: Alice Hawley, Nikki Dillmann, Leola Olson, Nicole Hager, Linda Ray, Mary Nagel



Providing the evening entertainment?

Clinical Laboratory Science Comes to the Fourth Grade

Submitted by Karen Peterson

Written by: Amy Riveland

While many of us associate February with Black History Month or American Heart Month, February is also "Plant the Seeds of Greatness Month," a time set aside to create goals and inspire others to plan for their futures, and while the fourth graders of Magelssen Elementary, still have a little time to decide what they would like to be when they grow up, they did get to learn firsthand about a career in Clinical Laboratory Science when Karen Peterson came for a visit.

Karen (Steinbrenner) Peterson is the Education Coordinator for the Clinical Laboratory Science program at the University of North Dakota, Grand Forks. Peterson, a '92 Fosston High School Graduate, returned to Magelssen Elementary as a guest speaker to teach the students about the profession of Clinical Laboratory Science.

Peterson said "An interesting fact about CLS is there is a huge shortage of Laboratory professionals. It is often referred to as "a hidden profession" because we work behind the scenes and therefore people don't know the profession exists. Part of my career passion is to let the world know
1. There is more to Clinical Laboratory Science than drawing Blood.
2. We are a vital part of the health care team and most importantly
3. The job is a lot of fun."

Fourth graders in both Miss Rortved's and Mrs. Vig's classrooms got hands-on experi-

ence with some of the fun CLS has to offer. Armed with 15 microscopes, stacks of Petri dishes, various slides and a boat load of knowledge, Peterson spent the first part of the day with Ms. Rortved's class and the second half with Mrs. Vig's group of students.

When Peterson plans her presentations for elementary students it is important to her to cover things the students can relate to or have had experience with, the topics of the day included Strep throat, blood cells and cancer cells, and flatulence...what makes farts stink!

Peterson said, "Most fourth graders, some time in their lives, have had Strep throat, so we did all the steps that would be performed in the lab when diagnosing a patient with Strep throat. The students had the opportunity to do a rapid kit that lab techs would perform in the clinic, and they looked at it on plated media so they could see what it looked like under the microscope as well." She continues, " We also looked at the normal white blood cells in the peripheral blood under the microscope, what a normal bone marrow looks like and then we moved on to what cancer can look like in the peripheral blood."

While the students stayed engaged throughout each topic, Peterson admits her favorite part is talking with the students about why "toots" stink!

The students were provided Petri dishes containing odorous specimens of the gases found in the human body which cause toots to stink. She explains, "The majority of the normal flora found in the gastrointestinal tract are gram negative rods and one of the most notable characteristics of gram negative rods is the fact that most of them have a very distinct, not so pleasant smell. It is the gases produced by these gram negative rods that cause 'toots' to stink!" While science can be overwhelming for some, Peterson presented in an engaging manner, and reached her audience in a way that was understandable and fun.

Peterson defines herself as a Clinical Laboratory Scientist by trade and a teacher at heart. She said, "I am fortunate enough now to be in a position where I have the resources to reach out to people of all ages and let them know that the word "Science" may be scary but more importantly science is fun, exciting, amazing, interesting, constantly changing... and if I can reach just one kid with my message, I've done my job."

Mrs. Vig added, "Karen came to our class as part of our health unit. She did an amazing job with the kids. We had a lot of parents comment on how excited their child was about their experience with her and we hope she'll come back next year!"

Perhaps a seed or two of greatness were planted!



Fourth graders looking at cells under the microscope



Karen showing the class a slide

Jean Holland (Formerly Saumur): 50 years as an ASCLS-ND member (1960 -2010)

Jean resides at Prairie View Wing, Valley 4000, 4000 24th Ave. South Grand Forks, ND 58201. This summer some of her colleagues and friends gathered at her residence to celebrate her 50 years in ASCLS-ND. We also were asked by Mary Nagel, Past President of ASCLS-ND, to share some memories of Jean's professional career.

Jean was my instructor in the Pathology Department at the University of North Dakota when I took Medical Technology (now called Clinical Laboratory Science) in the mid 1950's. She was an excellent teacher who gave her students a valuable background in Hematology. After I graduated, I worked in the lab at Deaconess Hospital in Grand Forks, ND until Dr. Cardy asked me to join the Pathology Department. Jean and I then became fellow faculty members for over thirty years. We shared a variety of duties, from teaching, to advising students. We co-edited the publication of the North Dakota Society for Medical Technology (now ASCLS-ND) for 25 years, which received many national awards. Over the years we were not only fellow workers but friends as well. Jean's work ethic and professionalism were always an inspiration for all those around her.
Eileen Simonson Nelson

"Jean was a great hematology morphologist. We learned so much about hematology morphology as well as hematology theory from her. She was also a perfectionist, "in a good way". Because of her high standards, we had the best Wright-Giemsa stain, and the best photos of cells. She was also a very professional person, and served as a great role model for us."

Mary Coleman, Jane Johnson, Mary Koponen, Linda Larson, and Eileen Simonson Nelson

Jane Johnson also added: "Jean hired good people and then trusted them to do a good job. She never hovered over you, but was very supportive and had confidence in your abilities. Jean was interested in the students and in the people with whom she worked, always asking about our families. She was a great mentor, in fact, she mentored me through writing and getting an article published after I had moved to Bismarck. She was greatly respected for her expertise and professionalism. She made working in Pathology fun. She could laugh with us and at herself."

Mary Koponen also added: "The learning scopes and slides she had taught me so much. Thanks to her teaching, I was able to get into special oncology and flow cytometry when an opening came up."

Linda Larson also added: "Jean started the UND Cytogenetics Lab with Dr. Wasdahl. The lab was a major part of the UND Department of Pathology for many years. "

I do know that Jean expected and required perfection on the typing of the reports, which, of course, she should. When it came to patients and their tests it was all business. She never let you forget there was a real person waiting for that test result. However, as others mentioned, she had a great sense of humor and a great laugh, that she used often. *Cathy Perry, UND Pathology Administrative Officer*



From L to R: Ellis Larson, Linda Larson, Karen Tankersley, Jean Holland, Mary Koponen, Eileen Simonson Nelson, Clara Syverson, and Mary Coleman

2010-2011 ASCLS-ND Leadership Roster

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Past President	Mary Nagel	mcnagel@live.com		218-779-5333
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Board Member	Jim Svihovec	jimsvihovec@catholichealth.net		
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New Professional Rep	Alex Shepard	alex.shepardnd@gmail.com		701-205-6557
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