



MEDICAL LABORATORY SCIENCES

FEBRUARY, 2021

# THE UPDATE

Official Newsletter of the Undergraduate and Graduate Programs

## Test to Stay Safe

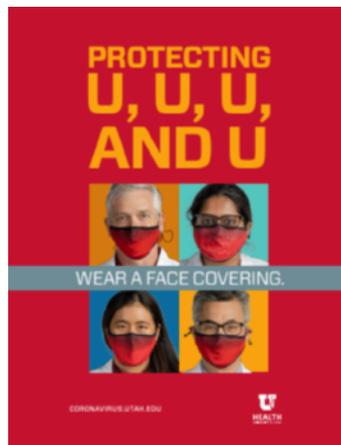
New to spring semester is asymptomatic testing at no cost for our students, faculty and staff who are coming to campus. This testing will be done at two different locations on campus, the Officers Club in Fort Douglas and the Saltair room in the Union building. Saliva samples will be collected for PCR based testing and results will be emailed to your uMail account within approximately 24 to 36 hours.

Testing requirements differ for students living on campus, those attending in person classes, whether you are asymptomatic or symptomatic, etc. For further instructions and information about scheduling your testing appointment, follow the link below:

<https://alert.utah.edu/covid-19-testing/>

It has been a long year, but there is light at the end of the tunnel. Continue to take care of yourselves and reach out if you are in need.

We encourage you to visit the [Mindfulness Center website](#), it provides valuable resources to cope with our current situation. From online pre-recorded meditations, self-help resources, to workshops and mindfulness sessions.



## Fall 2021 Admissions

Application materials for fall 2021 admissions to the MLS program are now available on the [website](#).

Completed applications must be submitted online between January 1st and March 1st. Late applications may be considered depending on class size. Applicants must have a minimum GPA of 2.5 and a plan to complete all MLS pre-requisites prior to fall semester 2021 in order to be considered for admission.

For more information about pre-requisites and the application process visit our [website](#) or schedule an appointment with the [Pre-MLS Advisor Application](#).

If you are a transfer student, make sure you also apply for admission to the University of Utah [here](#).

Our main office number is 801-581-7913.

## Karen Hageman Brown Scholarship Recipient

We are delighted to announce that the MLS Undergraduate Scholarship Committee has selected Katy Ray as the recipient for the 2021 Karen Hageman Brown Scholarship.

Katy is a Junior MLS student. Upon completion of the MLS Program plans on working in the lab for a few years to gain experience. She hopes to work in a fertility clinic at some point to help others grow their family; she would also like to teach MLS courses. Her favorite thing to do outside of school is to spend time with her family (especially her little cousins) and to go camping!



## Featured Faculty - MLS Lab!

During the next two newsletter issues we will highlight our faculty and staff working in the MLS teaching laboratory.

Kristina Pierce MS, MLS(ASCP)<sup>CM</sup>, earned a Bachelor of Science degree in social sciences in the 1980s, then worked for many years as a hospital transcriptionist. She first learned about medical laboratory science when a group of brand-new university graduates showed up in the pathology department where she worked. They were so kind, collegial, and efficient that she thought, "that's what I want to do." It took Kris until her 50s to earn her Medical Laboratory Science degree and then subsequent Master's in Science in Laboratory Medicine and Biomedical Science. She has worked in the teaching lab since she graduated and has developed a real affection for students coming through the program. She also works part-time at Primary Children's Hospital in Microbiology where she focuses primarily on new and upcoming molecular methods to test for infectious diseases.

Each day from the teaching lab she marvels at the beauty of the Oquirrh Mountains across the valley. When Kris is not working, she has lots of activities that seem to revolve around the seasons. She spends a lot of time knitting and spinning in the winter, a little time snowshoeing and sledding, and lots of time reading and writing. In spring and autumn, she witnesses the slow revival of the earth from its sleep, or its gradual decline into somnolence. She never gets tired of the changing seasons. In summer, anything is fair game. She loves to be outside on a mountain trail or ministering to her mini farm which now consists of one dog, eight chickens, and a zillion bees. Her grandson is her chief chicken wrangler and egg gatherer. This year, her goal is to teach him about the beauty of rocks as she's never met a rock she didn't like. "My heart is my family, which consists of four adult children and my grandson. We share the dream of someday moving to a large hunk of property in the boondocks and establishing a 3-family commune where we can do whatever we want. It is good to have dreams!"

"Kris is such an integral part of our program. Her management of the teaching lab keeps our experiential teaching running smoothly, and her love for students and genuine concern for their experience during their time in the program really reinforces the small community we develop each year. Students and faculty are very lucky to get to work with her." – Lacey Murphy



## \*\*Student Resources\*\*

ASUU Student Child Care Program: Drop-in child care program: Call or email for more information! 801-585-7393 / [ascuchildcare@sa.utah.edu](mailto:ascuchildcare@sa.utah.edu)

Get the most out of you U Card Benefits: Go to [ucard.utah.edu](http://ucard.utah.edu)

FEED U: Available to all U students. For more information go on their Facebook @FeedUFoodPantry account or [website!](http://website!)

## \*\*Upcoming Events\*\*

FEB: MLSPC Blood Donation Challenge

FEB 5: MLS Virtual Winter M&E

FEB 12: Lecture with Dr. Wilkins

MARCH: MLS Panel

## MLS Virtual Winter M&E

Get ready for the upcoming event hosted by the MLS program. We encourage you to register and be part of a much needed activity!

The Medical Laboratory Sciences Division has been hosting Meet & Eat (M&E) events for the last year and a half. M&E events are social gatherings that provide a study-free evening to unwind and laugh. The purpose of these event is to help students build relationships, broaden student's network, and provide an opportunity to expand one's social circle. We are very sorry for not being able to meet in person, but we still hope you can join us via Zoom this week!

If you haven't yet, take a look at the recipe below, it's pasta time! If you are not into pasta that's fine! You are welcome to join us while you cook your own recipe from the comfort of your own kitchen.

During the event, Lauren Bustamante, Pre-MLS Advisor and Takara Blamires, Undergraduate Program Director will be preparing the meal live via Zoom.

For this event, attendees should purchase their ingredients ahead of time, event will be held via Zoom. Should be a good time! Register [here](#).

Date: Friday, February 5th from 5-6PM

## \*\*Important Reminders\*\*

FEB 12: Deadline to apply for John M. Matsen Undergraduate Scholarship application

FEB 28: Deadline to apply for F.A. Davis Spring 2021 Scholarship

**SUN-DRIED TOMATO SPAGHETTI (for 2 people)**

Calories per plate: 610 Prep: 10 MIN Cook: 20 MIN TOTAL BUDGET: \$10

**INGREDIENTS**

- 1.5 oz. sun-dried tomatoes
- 1 clove of garlic
- 4 oz. grape tomatoes
- 4 oz. spaghetti
- 1/2 oz. sliced almonds
- 2 oz. veggie stock concentrate
- 2 Tbsp cream cheese
- 1/4 cup parmesan cheese
- Green Herb blend (parsley and chives)

**INSTRUCTIONS**

**PREP**

Bring a large pot of salted water to a boil. Wash and dry all produce. Finely chop sun-dried tomatoes. Peel and mince or grate garlic. Halve grape tomatoes lengthwise; place in a small bowl and toss with a drizzle of olive oil, salt, and pepper. Pick parsley leaves from stems; finely chop leaves. Thinly slice chives.

**COOK PASTA**

Once water is boiling, add spaghetti topsoil. Cook until al dente, 8-10 minutes. Reserve 1/3 cup pasta cooking water (1/2 cup for 4 servings). Drain pasta.

**TOAST ALMONDS**

While spaghetti cooks, heat a large, dry pan over medium-high heat. Add almonds and cook, stirring often, until fragrant and lightly browned, 2-4 minutes. Turn off heat; transfer to a second small bowl. Wipe out pan.

**MAKE SAUCE**

Heat 1 Tbsp butter and a drizzle of olive oil in pan used for almonds over medium heat. Add sun-dried tomatoes and garlic; cook, stirring occasionally, until fragrant, 1-2 minutes. Season with salt and pepper. Stir in stock concentrate and 1/2 cup plain water (1/2 cup for 4 servings). Bring to a simmer and cook until slightly reduced, 3-2 minutes. Reduce heat to low and whisk in cream cheese until fully incorporated.

**FINISH PASTA**

Stir grape tomatoes in sauce. Add drained spaghetti, 1 Tbsp butter (2 Tbsp for 4 servings), and half the Parmesan (save the rest for serving). Toss to combine. If needed, stir in reserved pasta cooking water a splash at a time until pasta is coated in a creamy sauce. Stir in half the chopped parsley and chives and season with salt and pepper. Turn off heat.

**SERVE**

Divide pasta between bowls. Top with almonds and remaining Parmesan, chopped parsley, and chives. Serve.

Optional add-on: grilled chicken

Original recipe from: HelloFresh

## 2021 Orientation Leader Applications Open

The Office of Orientation & Transition is gearing up for another summer of New Student Orientation. The 2021 Orientation Leader applications are now open! A few things to note:

- This is an opportunity for all students (first-year, transfer, international) as long as they aren't graduating before the end of August 2021
- This is a contracted position through August 2021
- Additional information and the official position description can be found [here](#)
- Applications can be found [here](#). Applications close Wednesday, February 10th.

If there are any questions, please contact [orientation@utah.edu](mailto:orientation@utah.edu).



DEPARTMENT OF  
PATHOLOGY  
MEDICAL LABORATORY  
SCIENCES  
30 NORTH 1900 EAST,  
Room 5R472 SALT LAKE  
CITY, UT 84132

### Social

Instagram: [@UofUMLS](#)  
Facebook: [@UofUMLS](#)  
Twitter: [@UofUMLS](#)  
[mlsadvising@path.utah.edu](mailto:mlsadvising@path.utah.edu)

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### Online

[medicine.utah.edu/  
pathology/medical-  
laboratory-science/](http://medicine.utah.edu/pathology/medical-laboratory-science/)

### Phone

(801) 581-7913

Make each day your  
MASTERPIECE -  
John Wooden

## MLSPC

The MLSPC wants to thank all our generous donors for contributing to the Road Home donation drive! We were able to drop off toiletries, clothes, and coats. We also purchased baby bottles and disposable facemasks for adults and children with the cash donations. Thank you for helping out our local community!

For the month of February we are hosting another blood donation challenge! Get out and donate whole blood or platelets before March 1<sup>st</sup>, post a picture of your donation to one of our social media platforms with the hashtag #mlspcblooddrive and be entered to win a \$20 gift card to LabRoots.com! According to the Red Cross, approximately 36,000 units of red blood cells, 7,000 units of platelets, and 10,000 units of plasma are needed daily in the U.S. Please consider donating this month if you are able. To find out your eligibility or where to donate, follow the Links below

[Red Cross](#)  
[ARUP Blood Services](#)

Also, there should be no deferral period for those who have recently received an mRNA COVID-19 vaccine, so don't let that stop you!

We are also excited to host Dr. Diana Wilkins for Part Two of our lecture series about Reading and Analyzing Research Articles in preparation for starting our undergraduate journal club. We will meet via Zoom for a live interactive lecture on February 12<sup>th</sup> from 4:00-5:00pm. Click on the flier below to RSVP and receive the Zoom meeting information, we hope to see you there!

As always, we'd love to have you! If you are interested in joining the MLSPC you can apply online [here](#)!



**READING AND ANALYZING RESEARCH ARTICLES**

Part 2 of a live interactive lecture

WITH DR. DIANA WILKINS, PHD, MS, MT(ASCP)  
DIVISION CHIEF  
MEDICAL LAB SCIENCES PROGRAM  
UNIVERSITY OF UTAH,  
SCHOOL OF MEDICINE

12 February 2021  
4:00 PM  
Zoom

Scan to RSVP



GIVE LOVE A DIFFERENT WAY  
THIS VALENTINE'S

# MLSPC BLOOD DONOR CHALLENGE

DONATE THIS FEBRUARY FOR A CHANCE TO WIN A \$20 LAB ROOTS GIFT CARD

1. FOLLOW US ON INSTAGRAM @THEMLSPC
2. UPLOAD A PICTURE OF YOUR DONATION WITH #MLSPCBLOODDRIVE
3. GET ENTERED IN A LAB ROOTS GIFT CARD RAFFLE



