



ASCLS is excited to introduce the ASCLS Voices Under 40, a monthly recognition of one of our many, talented, and committed young professionals under 40 years old. The ASCLS Voices Spotlight has been developed to honor ASCLS members who have shown exceptional commitment to ASCLS, the laboratory profession, and their community at large at a younger age in their professional career. Each month we spotlight one of the Shining Voices who were selected from many nominations across the country.

Please meet Crystal Paul, MLS(ASCP)^{CM} from Rosemount, MN.

Crystal is employed by HealthPartners, as a Regional Clinic Laboratory Supervisor. HealthPartners is a nonprofit, integrated care delivery and financing system based in Bloomington, MN. In her role as an RCLS, Crystal oversees 5 clinic labs and 4 Well@Work sites along with her duties on various technical teams, which will include a technical team that finds ways to promote the Medical Laboratory Profession. Crystal notes that "without the connections I have made through ASCLS, I highly doubt I would be in the position I am today."



Crystal serves ASCLS in many capacities. She has been significantly involved with Region V Leadership Academy and served as ASCLS-MN secretary for many years. Notably, she has been involved with leading the Clinical Laboratory Collaborative (CLC) at the state level. The CLC meeting brings together multiple lab organizations and societies to help promote the profession. Of her involvement with the CLC and being significantly involved in the planning of the 2021 virtual CLC meeting, Crystal said "While it has been one of the hardest things I have done in my time in the professional society, it has also been very rewarding. We [were able to] reach so many more lab professionals with the virtual platform."

Crystal says her motivation to be involved in ASCLS revolves around promotion of the profession. "I had no idea what a Medical Laboratory Professional was when I was in college, so I ended up changing majors a few times before I found an MLS program... My involvement in ASCLS has given me the tools to lift the curtain and showcase how amazing our profession is."

Crystal was highly recommended for this award by her peers. One of her nominators had this to say "Crystal never shies away from an opportunity, is

always willing to step up when a need arises, and is an ambitious dependable team player. Crystal...exemplifies the values that ASCLS stands for while working tirelessly to support its endeavors."

Outside of ASCLS, Crystal says her greatest achievement has been earning a position as Regional Clinic Laboratory Supervisor. To set herself up for success in this position, Crystal completed extensive leadership coursework and additional trainings. Crystal also credits ASCLS for helping her develop in all facets, saying that "ASCLS has allowed me to expand my horizons within my profession, myself, and my community".