



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 careers. Each month we spotlight one of the shining voices who were selected from many nominations across the country.

Meet Kate DeAngelo, MLS(ASCP)^{CM}, from Twin Falls, Idaho!

Kate currently works as a medical laboratory scientist at St. Luke's Magic Valley in Twin Falls where she was recently announced as a St. Luke's Safety Hero Award Recipient. There she serves as a night shift generalist, performing patient testing, quality control, and maintenance in all departments throughout the night.

Kate has been very active in ASCLS, serving as ASCLS-Idaho's and Region VIII's Ascending Professional representative for multiple years, an Idaho Board of Directors member for three years, and a national Awards Committee Member for five years. She is also a 2019 graduate of the Region VIII Leadership Academy and has worked with ASCLS-Idaho's Leadership Academy for two years.



Kate is well known in ASCLS for her accomplishments, as she has won many awards before now. She is the ASCLS Ascending Professional Leadership Award winner for 2022, which she considers her best personal accomplishment in ASCLS, representing five years of hard work, participation, and stepping out of her comfort zone. She is also the ASCLS-ID Member of the Year for 2020 and ASCLS Key to the Future recipient for 2018. She also received a Regional Omicron Sima award in 2020 from Region VIII and State Omicron Sigma awards from Idaho in 2018, 2019, and 2020.

Kate's motivation for active involvement in ASCLS comes from the ongoing growth that she sees in herself and helping others. "Making positive contributions to the Society is what drives me to step up and be a voice in the profession."

Outside of ASCLS, Kate is an accomplished runner, having crossed 18 half-marathon finish lines! She has traveled across the United States, from Maui to New York City, and many cities in between. Most recently, she had the incredible opportunity to run a half marathon in London and will soon be representing the United States in Paris, France, at the Olympics! "Crossing the finish line represents many months of training, preparation, and discipline. When I first started running in 2017, I never thought I would fall in love with it. I enjoy combining my love of running with my passion for travel. Traveling to many places has given me opportunities to experience life through a different lens."

Congratulations, Kate, on your many accomplishments!