ASCLS Voices Under 40 is a monthly recognition of one of our many talented and committed young professionals under 40 years old. The ASCLS Voices Spotlight was 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.

**Meet Sarah Bergbower, DCLS, MLS(ASCP)$^{CM}$, Associate Professor of Life Sciences at Olney Central College in Newton, Illinois.**



Sarah brings medical laboratory science into the classroom and helps make the profession more visible to students and the wider healthcare community. As an educator, she teaches across biological science disciplines and incorporates laboratory medicine into lectures, laboratory exercises, and outreach activities. She is motivated by the opportunity to help students understand the essential role laboratory professionals play in diagnosis and patient care—and to encourage the next generation to consider this rewarding career.

Sarah has been an active ASCLS member since her student years and has taken on leadership roles that support the growth and recognition of the Doctor of Clinical Laboratory Science credential. She served as vice chair and now chair of the ASCLS DCLS Advancement Committee, contributes to its repository work, and serves as an elected member of the ASCLS Nominations Committee. Through these roles, she has helped develop resources for DCLS students and practitioners and advocated for the credential's integration into clinical practice.

"I believe that clinical laboratory professionals are among the most invisible yet essential members of the healthcare team, and ASCLS as a professional society is a prominent vehicle through which we can emphasize the role of the laboratory professional. My involvement is driven by a desire to advocate for the profession to both the public and other healthcare providers, and to mentor the next generation of laboratory scientists and technicians. As an educator at a community college, I see firsthand how many students enter the field without knowing what clinical laboratory science truly is—ASCLS gives me the platform and the community to change that narrative at a national level."

Her professional contributions also connect research with practical improvements in care. Sarah contributed to a Choosing Wisely recommendation related to urine culture utilization in pregnancy, building on her doctoral research on testing algorithms and antibiotic stewardship

for asymptomatic bacteriuria. She earned her DCLS from the University of Texas Medical Branch (UTMB) while working full-time as a community college professor, and her dissertation was published in the *American Journal of Obstetrics and Gynecology MFM* and presented at national meetings.

Sarah's work has been recognized with honors including the ASCLS Omicron Sigma National President's Honor Roll and the Outstanding DCLS Student Award from UTMB. She remains committed to advocacy, education, mentorship, and increasing public and healthcare-provider awareness of laboratory professionals.

**Congratulations, Sarah!**