My father likes to tell the story of a mentor who told him that the basic key to becoming a successful pathologist is to practice the three A’s: ABILITY, AFFABILITY, and AVAILABILITY. Not only must a pathologist be capable to be successful (being capable and being able does not necessarily mean to have titles or diplomas, but to know what to do and to be able to convey your knowledge), but he or she must practice in a pleasant and approachable manner (meaning to be sincerely caring and friendly, not obsequious), and to always be available (be there when you are needed).

It is a source of pride to me that my father has added to this formula of success, through his years of experience, by adding more to this equation. The key to success in pathology now includes seven A’s, but above all it also takes three essential C’s and one P. Altogether it is a “CAP” for you.

The three sine qua non C’s: COMMITMENT, COURAGE, and CONFIDENCE that you will achieve success. Also, a successful pathologist must always project a positive ATTITUDE. He or she must show (continued on page 2)
ADAPTABILITY, especially in these trying and changing times (“flexible like the palm tree facing a hurricane—bending over but never cracking; bending but never compromising your principles and core values”). The pathologist should be ACTIVE (proactive in his or her hospital, in the local community, and in professional societies). And above all, the pathologist should always be ACCOUNTABLE for every action and decision he or she makes. The P is for PERSEVERANCE—never give up. Tenacity is what it takes, not brilliance that may shine just for a little while.

In following these principles, I am forging success in my practice. I am grateful to my father for his insight and for the opportunity to be ACTIVE within the College and to truly follow the “CAP” ideal. Being active in the College of American Pathologists through the Residents Forum has been a true blessing for me personally and professionally—so much so that I am proud to have recently converted and formally entered into the ranks of Fellowship. I encourage all new graduates to join me as a Fellow and become active in the College so you can utilize all of the benefits the College offers.

One big concern among residents and new graduates is the implementation of cytology proficiency testing as mandated by the law. If you have not heard, all personnel who read Gyn cytology must pass a proficiency test in order to practice. Did you know that the CAP will sponsor several workshops focusing on preparation for the cytology proficiency test at the annual meeting? Best of all, they are included in the $50 meeting registration fee for Junior Members! Also, if you are preparing for the board examinations, the CAP education courses are excellent review (and, yes, they are also covered in the $50 fee for Junior Members). So be sure to mark your calendars for the CAP annual meeting in Chicago from September 11-14, 2005 (see www.cap2005.org for more details).

Also, by the time you read this newsletter, the 2005 CAP Practice Characteristics Survey should be in your possession (if you are a Junior Member or CAP Fellow). In it, the Residents Forum placed several questions regarding the impact of two graduating classes in 2006. Be sure to take a look. The results illustrate the need for "ADAPTABILITY" as new graduates enter the workforce.

The next Residents Forum meeting will be on September 10, 2005, the Saturday prior to the CAP annual meeting. We will be holding elections for all positions, and I will be passing the torch to a new group of young leaders. This year, we have experienced a great deal of change in a short period of time. But overall, the Residents Forum has never been stronger. It has been a record year for us as we have representation at the highest levels of the College and in the Future of Pathology workgroup. We have affected positive change for our constituents and continue to work in the best interest of all Junior Members. I thank you for the opportunity to serve as your Chair this past year.

As this is my last Chair’s Message to you, I wish you all great happiness, and I challenge each and every one of you to practice the keys for success: Commitment, Courage, Confidence, Ability, Affability, Availability, Attitude, Adaptability, Activity, Accountability, and Perseverance. Remember: the formula is “C₃A₇P,” indeed a hendecahedron (a list of 11 commandments) to be complied with if you truly expect to become a successful and totally accomplished pathologist. But most of all, remember to be Active! Make your voices heard, make the difference in your education, and claim the success that is in your grasp.

I look forward to seeing you in Chicago!
Now is the time to speak up and take action on issues that affect you as a resident today. You don’t need to be an Emeritus Fellow, an attending physician, or tenured professor to make a difference at the College. The Residents Forum makes sure of that.

All residents and Junior Members are encouraged to attend and participate in the Residents Forum meeting on Saturday, September 10, preceding the CAP ‘05 annual meeting. The forum will consider resolutions on topics such as fellowship applications, resident in-service examinations, cytology proficiency testing, board examination sites, and career guidance. Residents can also take advantage of invaluable networking opportunities at the Saturday evening Welcome Reception and the Chicago Blues Party on Monday, celebrating the College’s new president. Talk to other members and make new connections so you’ll be better prepared for tomorrow.

Use CAP ‘05 education courses to review for your board exams; attend all CAP ‘05 events for only $50. Register at www.cap2005.org or call 800-758-5590.

Your $50 CAP ‘05 registration fee gets you your meeting badge, praiseworthy camaraderie, fine education, and complimentary food events!

Contact Jan Glas at jglas@cap.org with any RF-related questions.

Highlights include:

**Saturday, September 10**
8:00 AM–12:30 PM—Residents Forum Meeting
12:30–1:30 PM—Residents Forum/House of Delegates Luncheon
1:30–5:00 PM—CT102 Rules and Tools for Cytology PT: A CAP ‘05 Live Event (one of six half-day sessions being held Saturday, Sunday, and Monday)
5:30–7:30 PM—Reception: Welcome and Meet Your Delegate

**Sunday, September 11**
5:30–7:30 PM—Spotlight Reception and Event: Neil Goldberg’s Cirque

**Monday, September 12**
12:15–1:15 PM—MB101 Making the Most of Your CAP Membership—A complimentary box lunch will be provided to all pre-registered attendees.
6:30–9:30 PM—Celebrate Your New President! Chicago Blues Party!

**Tuesday, September 13**
7:00–8:30 AM—Top Five Abstract Presentations

**Sunday through Wednesday, September 11-14**
APPLY NOW AND SAVE ON DUES

Well what are you waiting for? There is no better time than the present to apply for Fellow membership in the College of American Pathologists. Please act now to take advantage of this special membership offer from the CAP, which is available only to new diplomates of pathology.

◆ Junior Members who apply for Fellow membership on or before September 2, 2005, will receive an attractive CAP notepad and pen. For your convenience, a Fellow application can be obtained via the CAP Web site: www.cap.org/apps/docs/cap/membership/pdf/cap_member_fellow.pdf.

◆ Fellow dues for diplomates of pathology, who join the College within one year of completing residency, are $100 for the first year—a discount of 63% ($170) off the annual Fellow dues of $270.

◆ Fellow dues for diplomates of pathology who are performing fellowship training are $50—a discount of 81.5% ($220) off the annual Fellow dues of $270.

◆ As a new Fellow of the College of American Pathologists, you still will be able to register for the College’s annual meeting, CAP ’05 – The Pathologists’ Meeting, for only $50—a discount of 93.5% ($725) off the regular Fellow registration fee of $775. WOW!

Please feel free to contact the CAP Membership Department at 800-323-4040 ext. 7309 if you have any questions about the application process.

CAPITOL BRIEFINGS

Bill Would Extend Length of Hardship Loan Deferral

Legislation that would lift the current three-year limit on economic hardship deferment of student loans and allow deferment through a medical school graduate’s entire postgraduate training has been introduced in the Senate.

Sen. Chris Dodd (D-Conn.) introduced the Medical Education Affordability Act (S. 1246) June 14 with Sens. Jim Jeffords (I-Vt.), John Kerry (D-Mass.), and Russ Feingold, (D-Wis.), as original co-sponsors.

Under the bill, medical school graduates who qualify for economic hardship could defer repayment of student loans through their entire internship, residency, or fellowship compared with the current deferment limit of three years. The extended deferment would be available only if the training program is required for the borrower to begin professional practice or service or if it leads to a degree or certificate from a health professional school, hospital, or health care facility that offers postgraduate training. Also under the bill, a borrower would not be required to re-apply annually for deferment for the length of the program.

In remarks for the bill’s introduction, Dodd noted that the current three-year limit on deferment is out of step with the postgraduate training requirements of some specialties.

“Unfortunately, for those specialties that require a residency of more than three years … student loan repayment begins before a resident’s medical or dental education is completed,” he said. “This situation creates an enormous financial burden for residents who have, in most cases, incurred significant debt.” Pathology, with its four-year residency requirement, is among the specialties the legislation would benefit.

In 2004, Dodd said, the average debt for graduating medical students was $115,000 and for graduating dental students, $122,263.
Upcoming Grant Deadlines

Be sure to check out these upcoming grant deadlines and new opportunities!

For Grants in Research:

New!! Proposals for CAP Foundation Scholars Research Program will be accepted for six-month and one-year time periods. Projects should be aimed at translating basic science discoveries into clinical practice and patient care. Deadline for proposals is October 7, 2005.

For more information, visit the grant Web site: www.cap.org/apps/docs/cap_foundation/scholars.html

For Grants in Leadership Development:

The CAP Foundation Young Leader Award opportunity is for up to two pathology residents or Fellows to attend up to two consecutive Residents Forum (RF) meetings. Expenses will be reimbursed up to $750 for travel, lodging, and meals for each meeting. Winners of this round of funding will attend the 2006 RF meeting in New Orleans. Deadline is November 4, 2005.

For more information, visit the grant Web site: www.cap.org/apps/docs/cap_foundation/young.html

Make a Gift and Receive a Gift!

Contributors who make a $150 gift to the CAP Foundation at CAP ’05 will receive a USB memory stick!

Special thanks to IMPAC Medical Systems, a leading provider of information technology solutions for pathology and oncology, for donating the USB devices for this promotion. Join them in supporting pathology’s major grant-making organization.

Visit the CAP or IMPAC booth to make your tax-deductible gift. To show our appreciation, the first 100 donors will receive a convenient-to-use USB device!

Plan to participate in these CAP Foundation events at CAP ’05:

- The CAP Foundation will introduce its Young Leader Awardees at the Residents Forum on Saturday, September 10, and will also provide a CAP Foundation update.

- Fifth Annual CAP Foundation e-Auction takes place from Sunday, September 11, until 3:00 p.m. CT on Tuesday, September 13. Pathology books, retail certificates, and great bargains on hotel packages are all available for you when you bid online at www.capfoundation.cmarket.com. The auction will be available through www.cap.org.
One More Thing—Please Help Us to Stay in Touch with You!

Update your contact information—mailing address, e-mail address, telephone numbers—online at www.cap.org. Log in, click “My CAP,” choose “Profile Update,” or contact the CAP Membership Department by telephone (800-323-4040 ext. 7309), fax (847-832-8517), or e-mail (membership@cap.org).

See you at

THE PATHOLOGISTS’ MEETING™

cap’05

SEPTEMBER 11 - 14

www.cap2005.org