Dear Friends and Colleagues:

September is here and classes are well underway. In addition to welcoming back our continuing students, over the last couple of weeks our faculty and staff have had the pleasure of welcoming 167 new students into our Doctor of Pharmacy program and 9 new students into our Doctor of Philosophy program. In addition to a variety of orientation events, white coat ceremonies in Spokane and Yakima to welcome our first-year Pharm.D. students into the ranks of health care professionals, and commencing with classes, the department chairs and the college’s staff joined me in flipping several hundred burgers for our College of Pharmacy family at our annual BBQ to start the school year.

The most significant event for the college in the coming month is a focused site visit from the Accreditation Council for Pharmacy Education, scheduled for September 26 and 27 on the Pacific Northwest University of Health Sciences campus in Yakima. We continue to be extremely pleased with the quality of the students who have elected to pursue their pharmacy education in Yakima—37 first-year students have joined the 30 second-year students that composed our inaugural cohort on the PNWU campus. We are continuing to extend and refine our active- and collaborative-learning curricular delivery strategy, with second-year courses being added to the list this academic year. That strategy was a key element of our approach to extending the degree program to Yakima. We have much of which to be proud, and I am looking forward to meeting with the site visit team. I am confident that they will be impressed with the quality of our students and the educational experience they are receiving, and am just as confident that the team will provide us with constructive advice for continued improvement.

Wishing you all a happy and productive academic year,

Gary M. Pollack
Dean, College of Pharmacy
Washington State University
Meier receives recognition for inspiring curiosity

SPOKANE, Wash. – INSIGHT Into Diversity magazine announced that Washington State University’s Kathryn Meier is one of 65 scientists from across the country to receive the 2016 Inspiring Women in STEM Award. She is featured in the September issue.

She was selected for work and achievement that encourage others and inspire a new generation of young women to consider careers in STEM (science, technology, engineering and math).

She is associate dean for graduate education at the WSU College of Pharmacy in Spokane. The Ph.D. in pharmaceutical sciences program provides graduate training in cancer biology, drug discovery and translational pharmacology.

“Kay is an eloquent and passionate advocate for graduate education and an outstanding role model for the younger colleagues who will follow in our footsteps,” said Gary Pollack, dean of the College of Pharmacy.

A leader in research and academia, Meier has received international acclaim for her recent work on omega-3 fatty acids. She was featured as part of the WSU “Inspiring” series (https://wsu.edu/125/curiosity/).

Meier and the College of Pharmacy are committed to WSU’s land-grant mission to expand access to education and advance opportunity and equity to women and underrepresented groups in graduate and professional education.

Four pharmacy administrators named to new roles

SPOKANE, Wash.—The Washington State University College of Pharmacy announced four new administrative roles effective July 1.

In a move that reshuffles some aspects of the college’s administrative structure, the new roles position the college as a top-tier pharmacy school and support its mission for excellence in collaborative research and scholarship, and developing outstanding health care professionals and scientists.
Alumnus Nick Bruck delivered the keynote address at WSU Doctor of Pharmacy white coat ceremonies August 19 in Spokane and August 26 in Yakima. Bruck currently serves as the district pharmacy supervisor for Walgreens, an area that covers Eastern and Central Washington, Northern and Central Idaho, and Montana. Walgreens has donated a white coat for each incoming WSU student pharmacist for the last six years. The company is also longtime supporter of WSU student scholarships and was recognized in 2014 by WSU as a Crimson Benefactor of the College of Pharmacy.

“We will need strong leaders to be the trail blazers for the new pharmacy practice, expansion in the pharmacist’s role in medicine and health care, and continued expansion the pharmacist’s scope of practice,” Bruck told the class of 2020. “You are going to be the new pharmacy leaders in this continued transformation.”

Bruck shared insights from his experiences rising through the ranks at Walgreens. Bruck grew up in Spokane and earned a Doctor of Pharmacy degree from Washington State University in 2004. He started at Walgreens as a pharmacy intern and quickly worked his way up to be a pharmacy manager. He then became the youngest pharmacy supervisor in the company nationally. Bruck is licensed to practice pharmacy in Washington, Idaho, Montana, and Illinois.

“I have been fortunate to learn from strong leaders, mentors, colleagues, and peers who have all contributed in one way or another to my success,” he said.

Here are a few points of wisdom that Bruck shared with the student pharmacists as he welcomed them into the Cougar family as health care professionals.

WSU Doctor of Pharmacy White Coat Ceremony keynote, Dr. Nick Bruck:
As you set off on the next chapter of your journey, I encourage you to keep the following things in mind:

1. As a profession, we need to work on communication. This includes communication with our patients, your peers, faculty, and health care team members. There are going to be some challenging times. You individually need to make sure you are working with your peers to make sure everyone succeeds as a team. This is the mindset of a true leader. If you see somebody struggling, pick them up. Share what works for you and listen to your peers, as they may have a different outlook or method, helping you grow as a practitioner. Everyone in this room was selected as they are capable. The continued support and caring for your peers will carry over to your patients throughout school and into the future.
2. Find a routine to reflect and follow up. As health care professionals, we are very good at evaluating the patient or chart in front of us, although after we move on to the next prescription or patient, the prior patient is forgotten. In your first year, look at your peers as your patients. After you have provided assistance you need to follow up. This can be in conversation, by text, or Facebook message. Your follow up, and follow through, as a practitioner is key to your success for better outcomes. Start early and now.

3. Health care spending is unsustainable. As a nation, we spend the most money on overall health care and statistically we have some of the worst outcomes. You will be one of the key drivers to deliver outcomes and ideas needed to make these changing models sustainable. There is going to be continued evolution in health care delivery models, and you need to take ownership of your profession and show the value of your services. There are many people in this room that have fought for years to get the profession to the level we are today, state wide and nationally. Be a part of this movement and ask questions and be proactive.

4. Take time to enjoy your experience as a student pharmacist and make time to build relationships. Throughout your next four years you will read many treatment guidelines, studies, textbooks, and attend many lectures. You will also look back at these four years as one of the best times of your life. You need to embrace the challenges and build lifelong friendships, as the WSU bond will never break. You will be working with the people sitting next to you in multiple capacities for the rest of your working career. These friends will be your support and push you to be better in all you do, both personally and professionally.

5. Les Brown — ‘Most people fail in life not because they aim too high and miss, but because they aim too low and hit.

You must consistently set goals for what you want to accomplish personally and professionally. One of my favorite books on goal setting and execution is Triggers by Marshall Goldsmith. I appreciate the framework that it provides on setting clear goals and developing the self-awareness, self-discipline, self-control, and commitment that are required to achieve worthwhile goals. This journey and your career as a pharmacist will require you to continuously challenge yourself and commit to lifetime learning.

Keep your goals clear, achievable and measurable. You will achieve a greater degree of success if you focus on one goal at a time and break that goal into monthly, weekly and daily goals.

As soon as you put on this white coat, you will be entering a legacy. When you graduate, you will be expected to continue to hold up this legacy. It does not matter where you go, WSU will be recognized as a national leader and you are now part of the WSU College of Pharmacy family. I challenge you to become a lifetime learner, work with the local, state and national organizations, build your network, and think outside the box making positive changes in the profession.

You will all go on to have great careers as pharmacists. You must always remember: as soon as you receive, give; and as soon as you learn, teach the next generation of pharmacists. Twenty years from now, we will see great change from the hard work and innovation you are getting set to put forth. Again, you are the new leaders that are going to build this profession, evolve this profession, and deliver the results to the health care industry, showing the absolute value pharmacist bring.

\[\text{Register online at pharmacy.wsu.edu/125}\]
Dear Alums, Colleagues and Friends of Pharmacy,

I hope you are enjoying our improved newsletter! These changes were made to keep you updated with current college news and events without overflowing your inbox. I also wanted to say “Thank you!” to all who took our survey last month. Your feedback was incredibly helpful as we moved forward with these newsletter changes.

Another school year is off to a great start. We were happy to welcome the Class of 2020 to our Spokane and Yakima campuses with orientation and white coat ceremonies in August. With the new school year also comes some exciting events! See our Upcoming Events section for all the details, but now is the time to register for our 125th Anniversary Gala at the Spokane Club. We would love to see you all there as we celebrate our past, present and future! To honor the high standards of past, current and future deans, we established the Dean’s Endowed Professorship. This new fund will support initiatives such as student pharmacist scholarships, advance the practice of pharmacy, and position WSU for the future as a top-tier pharmacy school.

With Cougar pride,

Linda Garrelts MacLean, BPharm, RPh
Vice Dean of External Relations
Clinical Professor

ALUMNI NEWS

STUDENT HIGHLIGHT
Kathryn Rand, class of 2018, was the student speaker for the 2016 white coat ceremonies. Spokane event photos » Yakima event photos »

COUGAR PRIDE
The wave the flag for pharmacy competition is back. Submit your photo here for a chance to win Cougar Gold cheese.

GENEROSITY
Gerald Danquist, class of 1965, recently named a conference room in the Pharmaceutical and Biomedical Sciences building, the “Gerald A. Danquist Innovator’s Conference Room.”

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ALUMNI UPDATES

- **Keith Campbell**, class of 1964, was honored with the Bill Mueller Outstanding Mentor Award from the Washington State Pharmacy Association.

- **Josh Akers**, class of 2007, received the Innovative Pharmacy Practice Award from the Washington State Pharmacy Association. Josh serves as the manager of the Kelley-Ross Clinical Pharmacy Institute, where he oversees the division of the company dedicated to innovation and creating new practice models.

Want to be listed in our alumni updates? Send us your career information or let us know what you’ve been up to! gocougs@pharmacy.wsu.edu

FACULTY SCHOLARSHIP

Publications

- Pharmacotherapy Associate Professor **Joshua Neumiller** and Pharmacotherapy Clinical Professor and Associate Dean for Professional Education **Brian Gates** co-authored with 10 others, “Medication interventions for chronic kidney disease patients transitioning from hospital to home: study design and baseline characteristics,” published in the American Journal of Nephrology on August 4, 2016 (2016;44:122-129). Read abstract

- United States Transuranium and Uranium Registries Associate Research Professor **Sergei Y. Tolmachev** and one co-author published the peer-reviewed abstract, “Estimation of actinide skeletal content from a single bone analysis,” in the July 2016 issue of the radiation safety journal Health Physics, the official journal of the Health Physics Society (111(1): S40; 2016).

- United States Transuranium and Uranium Registries Research Associate **Maia Avtandilashvili** and **Sergei Tolmachev** published the peer-reviewed abstract, “Updating ICRP 70 skeleton weight vs. body height equation,” in the July 2016 issue of Health Physics (111(1): S40; 2016).

- **Maia Avtandilashvili**, **Sergei Tolmachev** and two co-authors published the peer-reviewed abstract, “USTUR Case 0785: Modeling Pu decorporation following complex exposure,” in the July 2016 issue of Health Physics (111(1): S41; 2016).


- **Stacy McComish** and **Sergei Tolmachev** co-authored with four others, “Red marrow dosimetry for former radium workers,” published in the July issue of Health Physics (111(1): S56; 2016).

- Pharmaceutical Sciences Research Associate **Nahid Akhtar** (Ahmed lab), Pharmaceutical Sciences Research Associate **Anil K. Singh** (Ahmed lab) and Pharmaceutical Sciences Associate Professor **Salah-uddin Ahmed** published, “MicroRNA-17 suppresses TNF-α signaling by interfering with TRAF2 and cIAP2 association in rheumatoid arthritis synovial fibroblasts,” in the Journal of Immunology, a publication of the American Association of Immunologists (DOI: 10.4049/jimmunol.1600360).

- **Salah-uddin Ahmed** and two co-authors published, “Transforming growth factor β activated kinase 1: a potential therapeutic target for rheumatic diseases,” in the journal Rheumatology, the international peer-reviewed journal of the British Society for Rheumatology (DOI:10.1093/rheumatology/kew301). Read abstract
Presentations


- **Joshua Neumiller** and two co-presenters delivered the PowerPak web-based continuing education program, “Clinical updates in Type 2 diabetes: new strategies for insulin replacement therapy,” provided by the Global Education Group and Integritas Communications and published online August 5, 2016.


- **Pharmaceutical Sciences Clinical Assistant Professor Connie Remsberg** and Pharmacotherapy Clinical Associate Professor and Assistant Dean for Assessment and Accreditation **Brenda Bray** presented the poster, “Evaluation of teaching innovations within a pharmacy calculations course,” at the American Association of Colleges of Pharmacy Annual Meeting in Anaheim, California, on July 24, 2016.

- **Connie Remsberg** and Pharmacotherapy Clinical Associate Professor and Assistant Dean for Recruitment and Student Success **Jennifer Robinson** presented the mini-session, “Moving the needle: a novel way to support student success and decrease attrition,” at the American Association of Colleges of Pharmacy Annual Meeting in Anaheim, California, on July 26, 2016.


- **Maia Avtandilashvili** and **Sergei Tolmachev** presented, “Updating ICRP 70 skeleton weight vs. body height equation,” at the 61st Annual Health Physics Society Meeting in Spokane, Washington, on July 19, 2016.


- **George Tabatadze**, **Sergei Tolmachev** and one co-presenter delivered, “Digital autoradiography of 241Am spatial distribution within trabecular bone regions,” at the 61st Annual Health Physics Society Meeting in Spokane on July 19, 2016.

- **Salah-uddin Ahmed** presented, “Novel targeted therapeutics for regulating synovial inflammation in RA,” for the rheumatology grand rounds at the University of Washington School of Medicine on June 14, 2016.

Grants

- Pharmaceutical Sciences Associate Research Professor **Gang Chen** received $5,000 over one year from the WSU Office of Research for the project titled, “Pharmacogenetics of THC-COOH glucuronidation in human liver microsome and human intestine microsome.”

- Pharmaceutical Sciences Assistant Professor **Zhaokang Cheng** received $747,000 over three years from the National Institutes of Health for the project titled, “Promoting chemoresistance in the heart.”

- Pharmaceutical Sciences Associate Research Professor **Hui Zhang** received $453,000 over three years from the National Institutes of Health (R15) for the project titled, “Mechanism of chronic alcohol consumption-induced cancer associated cachexia.”

- Experimental and Systems Pharmacology Professor **Jean-Baptiste Roullet** and Experimental and Systems Pharmacology Professor and Chair **K. Michael Gibson** received $125,521 over one year from the National Institutes of Health through a collaboration with Speragen Inc. for the project titled, “Preclinical evaluation of NCS-382 in succinic semialdehyde dehydrogenase.”
STUDENT ACHIEVEMENT

**Doctor of Philosophy (Ph.D.) students**
- Sara Dumit (Tolmachev lab, pharmaceutical sciences) with faculty co-presenters Maia Avtandilashvili, Sergei Tolmachev, and one other presented, “USTUR Case 0785: Modeling Pu decorporation following complex exposure,” at the 61st Annual Health Physics Society Meeting in Spokane on July 19, 2016. The peer-reviewed abstract of the presentation was also published in Health Physics (111(1): S41; 2016).
- Sabrina Fechtner (Ahmed lab, pharmaceutical sciences) was first author with faculty co-author Salah-uddin Ahmed and one other on the review article, “Transforming growth factor β activated kinase 1: a potential therapeutic target for rheumatic diseases,” published in the journal Rheumatology (DOI:10.1093/rheumatology/kew301). Read abstract

**Doctor of Pharmacy (Pharm.D.) students**
- The WSU Doctor of Pharmacy program welcomed 167 student pharmacists into the class of 2020 during white coat ceremonies held in Spokane and Yakima this August.
- Kathryn Rand delivered the welcome address to the WSU Doctor of Pharmacy Class of 2020 on August 19 in Spokane and August 26 in Yakima, Washington.

125TH ANNIVERSARY TRIVIA

Great job to everyone that answered our trivia question! Congratulations to our winner Kelly Groth, class of 1998, who correctly answered that the most common last name for WSU College of Pharmacy graduates is Nguyen.

In case you missed it, each month we will post a college trivia question in this newsletter. Those who answer it correctly will be entered in a monthly drawing for two complimentary tickets to our 125th Anniversary Gala on November 4.

When did the College of Pharmacy open their Pharm.D. extension program in Yakima, Washington?


Click here to answer »