

**Arizona Psychiatric Society  
Annual Meeting  
2018 Psychiatric Update**

**APRIL 14, 2018**



**Jointly Provided by  
American Psychiatric Association  
and the Arizona Psychiatric Society**



**AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY**

**Arizona Chapter**

**In conjunction with  
the Arizona Chapter of the  
Academy of Child and Adolescent Psychiatry**

**Wild Horse Pass  
Conference Center  
5040 Wild Horse Pass Boulevard  
Chandler, Arizona 85226**



## **“2018 PSYCHIATRIC UPDATE”**

### **Arizona Psychiatric Society Annual Meeting April 14, 2018**

#### **AGENDA**

7:00 – 7:50 am **Continental Breakfast**

7:30 – 7:45 am **Physician Peer Poster Preview\***  
**(\*Posters and Authors Detailed Later in Program)**

7:50 – 8:00 **Welcome and Opening Remarks**

8:00 – 9:00 *“Burnout, Depression and Suicide in Physicians: Restoring Mental Health Resilience in Today’s Medical World”*

**Michael F. Myers, MD**

Professor of Clinical Psychiatry, Immediate Past Vice-Chair Education and Director of Training, SUNY Downstate Medical Center  
Brooklyn, NY

Dr. Myers’ Educational Objectives (Talk 1):

1. Recognize symptoms of burnout, depression and more in oneself and colleagues.
2. Acquire best practice strategies in coping with – and growing through – the suicide of a medical peer.
3. Incorporate new behaviors that preserve wellness and joy in one’s personal and professional life.

9:00 - 9:15 *Questions & Answers with Dr. Myers*

9:15 – 10:15 *“Stigma: Its Pernicious Effects on Health Care Professionals”*

**Michael F. Myers, MD**

Professor of Clinical Psychiatry, Immediate Past Vice-Chair Education and Director of Training, SUNY Downstate Medical Center  
Brooklyn, NY

Dr. Myers’ Educational Objectives (Talk 2):

1. Define the various types of stigma and summarize how stigma affects recognition of mental illness in health professionals, their families and colleagues.

Dr. Myers' Educational Objectives (Talk 2) (continued):

2. Explain the ways in which stigma affects timely diagnoses, treatment adherence and success.
3. Cite the changes that must occur at a macro level (systemic, institutional, organizational and training) in order to eradicate shame and stigma.

10:15 – 10:30 *Questions & Answers with Dr. Myers*

10:30 – 10:50 **Break / Visit Exhibitors / Physician Peer Poster Voting / RFM and Medical Student Poster Preview\*  
(\*Posters and Authors Detailed Later in Program)**

10:50 – 11:50 am *“Anti-Inflammatory Pharmacological Agents for Treatment-Resistant Depression”*  
**Charles Raison, MD**  
Mary Sue and Mike Shannon Chair for Healthy Minds, Children & Families and Professor, School of Human Ecology; Professor, Department of Psychiatry, School of Medicine and Public Health, University of Wisconsin-Madison  
Madison, Wisconsin

Dr. Raison's Educational Objectives:

1. Describe mechanisms that link the immune system to the brain and that account for the role of immune activation in major depressive disorder (MDD)
2. Explain the risks and benefits of using anti-inflammatory agents to treat MDD
3. Implement immune-based treatments for MDD based on best currently available evidence

11:50 – 12:05 *Questions & Answers with Dr. Raison*

12:05 – 12:35 **Lunch / Visit Exhibitors / Review Posters  
AACAP Members: Take Lunch to Ocotillo Room for AACAP Annual Business Meeting**

12:35 – 1:20 **APS Business Meeting and Awards  
“Legislative Update” – Joseph F. Abate, Esq., APS Lobbyist**

1:20 - 1:50

*“Report from AHCCCS and the Arizona Opioid Crisis”*

**Sara Salek, MD**

Chief Medical Officer, Arizona Health Care Cost Containment System (AHCCCS)

Dr. Salek’s Educational Objectives:

1. Provide high level overview of the AHCCCS’ strategic plan to decrease the morbidity and mortality associated with Opioid Use Disorder for AHCCCS members.
2. Identify how psychiatrists working in both private and public sectors can have an impact on combating the opioid epidemic.
3. Briefly describe the AHCCCS healthcare system integration efforts underway including AHCCCS Complete Care (ACC).

1:50 – 2:50

*“Why Did Natural Selection Leave us Vulnerable to Psychiatric Disorders: Evolution of Psychiatric Disorders and Relevance to Pediatric Development”*

**Randolph M. Nesse, MD**

Founding Director, Center for Evolution and Medicine and Professor of Life Sciences at Arizona State University, Tempe, Arizona; and Professor Emeritus of Psychiatry and Professor Emeritus of Psychology at the University of Michigan

Dr. Nesse’s Educational Objectives:

1. Differentiate that evolutionary medicine does not explain diseases directly, but, instead, why natural selection has left aspects of the body vulnerable to disease.
2. Explain the adaptive value of low mood for individuals pursuing unreachable goals.
3. Recognize how the smoke detector principle explains high prevalence rates for anxiety and mood disorders.

2:50 – 3:05

Questions & Answers with Dr. Nesse

3:05 – 3:25 pm

**Break / Visit Exhibitors / RFM and Medical Student Poster Judging**

3:25 – 4:25 pm *“Utilizing Technology and Informatics in Psychiatry – Current Choices and Challenges and Future Trends”*

**Ipsit Vahia, MD**

Medical Director, Institute for Technology in Psychiatry and Member of the Faculty, Harvard Medical School

Medical Director, Geriatric Psychiatry Outpatient Programs, McLean Hospital/Harvard Medical School  
Belmont, Massachusetts

Dr. Vahia’s Educational Objectives:

1. Demonstrate how commercially available technology such as wearable fitness monitors can be leveraged for psychiatric diagnosis.
2. Outline how mobile health, telemedicine, and other new technologies like virtual reality are poised to impact psychiatric intervention.
3. Describe “digital phenotyping” and its relevance and importance to psychiatry.

4:25 – 4:40 pm *Questions & Answers with Dr. Vahia*

4:40 – 4:50 pm **Break / Poster Awards Announced**

4:50 – 5:50 pm *“In the Aftermath of a Tragedy: Take-Aways from the Las Vegas Shooting and Mental Health Disaster Response”*

Nevada Psychiatric Association Leadership Panel Presentation and Interactive Discussion

**Alison Netski, MD**

Chair- Department of Psychiatry and Behavioral Health  
UNLV School of Medicine  
Las Vegas, NV

**Dodge Slagle, DO**

Associate Professor at Touro University College of Osteopathic Medicine and Nevada Psychiatric Association Assembly Representative and Disaster Response Liaison  
Las Vegas, NV

**Moderated by Aaron Wilson, MD**

APS President and Disaster Response Committee Chair;  
Chief Medical Officer, Sierra Tucson  
Tucson, Arizona

Panel Educational Objectives:

1. Identify how to prepare for, participate in, and provide care in local disaster response.
2. Provide and coordinate trauma-based care during and in the aftermath of a disaster.

**5:50 pm**

**Adjournment**

**GENERAL LEARNING OBJECTIVES**

At the conclusion, the attendee should be able to:

- a. Apply current principles of psychiatry and identify practicable interventions in one or more of the practice focus topics addressed in the Annual Meeting.
- b. Effectively and efficiently manage psychiatric conditions presented through updates in standards of care.
- d. Learn new techniques, both pharmacological and psychosocial, and apply them towards the improvement of patient care.
- e. Keep abreast of current and new issues with in-depth presentations by authorities in these fields.

**ARIZONA PSYCHIATRIC SOCIETY OFFICERS**

Aaron R. Wilson, MD, President

Mona Amini, MD, MBA, FAPA, President-Elect and APA Assembly Representative

Don J. Fowls, MD, FAPA, Vice President

Jasleen Chhatwal, MD, Treasurer

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Gurjot Marwah, MD, FAPA, Past President

Roland Segal, MD, DFAPA, Past President

Payam M. Sadr, MD, DFAPA, Past President and  
APA Assembly Representative

Maya Heck, MD, Ernest Cochran, MD, and Brandon Yates, MD,  
Resident-Fellow Member Co-Representative

## **DISCLOSURE**

It is the policy of the APA to comply with the ACCME standards for commercial support of CME. Planning Committee members and related staff disclosures must be on file annually with disclosures made available on program materials. Faculty participating in provided or jointly provided programs by APA are required to disclose to the program audience any real or apparent financial relationships with commercial interests related to the content of their presentation(s). Faculty also are responsible for disclosing any discussion of off-label or investigational use of a product.

### ***Faculty Disclosures***

Neither Dr. Nesse, Dr. Salek, Dr. Vahia, Dr. Wilson, or Dr. Netski, nor his/her spouse/partner has any financial relationships with commercial interest, and neither of Dr. Nesse, Salek, or Dr. Wilson will discuss unapproved uses of a commercial product, or investigational use of a product not yet approved for this purpose, during their presentation at this educational activity. Dr. Vahia or Dr. Netski, if discussing unapproved uses of a commercial product, or investigational use of a product not yet approved for this purpose, will disclose this off-label use during his or her presentation. Dr. Myers has disclosed a relevant financial interest in Medical Education Speakers Network and book royalties from American Psychiatric Association Publishing Inc., Sage Publications, and Amazon Create Space; Dr. Raison has disclosed a relevant financial interest in serving as a consultant to Novartis Pharmaceuticals; Usona Institute; Emory Healthcare; and North American Center for Continuing Medical Education; and Dr. Slagle has disclosed a relevant financial interest in serving in the Speaker's Bureau for Teva; and if Drs. Myers, Raison, or Slagle are discussing unapproved uses of a commercial product, or investigational use of a product not yet approved for this purpose, each will disclose this off-label use during his presentation.

### **Arizona Psychiatric Society Planning Committee**

Aaron Wilson, MD, Planning Committee Chair

Gretchen Alexander, MD, FAPA

Mona Amini, MD, MBA, FAPA

Jasleen Chhatwal, MD

Amie Kafer, DO

Joanna Kowalik, MD, MPH, FAPA

Gurjot Marwah, MD, FAPA

Payam M. Sadr, MD, DFAPA

Kathy W. Smith, MD

Ole Thienhaus, MD, DLFAPA

Wendy J. Watson, MD

Teri Harnisch (Staff)

### ***Planning Committee Disclosures***

Neither Drs. Wilson, Alexander, Amini, Chhatwal, Kowalik, Marwah, Sadr, Smith, Thienhaus, and Watson, and Mrs. Harnisch, nor his/her spouse/partner, has any financial relationships with commercial interest, and they will disclose any conflict of interest that may arise during the planning of CME activities and recuse themselves from any discussions where a potential bias could exist. Dr. Kafer has disclosed that she has a financial interest through the ownership of stock options in Pfizer, Inc., and has stated that she will disclose any conflict of interest that may arise during the planning of CME activities and rescue herself from any discussions where a potential bias could exist.

### **ACCREDITATION**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the American Psychiatric Association (APA) and the Arizona Psychiatric Society. The APA is accredited by the ACCME to provide continuing medical education for physicians.

### **DESIGNATION**

The APA designates this live activity for a maximum of **7.75 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **TARGET AUDIENCE**

Member Psychiatric physicians, non-member psychiatric physicians, and physicians of other specialties.



## EVALUATION AND CME CERTIFICATE

### PHYSICIAN CME CERTIFICATES

At the conclusion of the conference, physician participants will be provided with an opportunity to claim hours of participation and receive an official CME certificate by completing the online CME conference evaluation.

1. Go to <http://apapsy.ch/chandler>
2. Click "Access Activity" and log in with your APA username and password or create a new account.
3. Enter the Group ID **AZ182** on the Purchase page and click "Submit" to proceed to the evaluation and certificate. Select "AMA PRA Category 1 Physician" as your certificate type.

You must claim your CME credit within 60 days of the conference. Certificates will not be issued after **June 14, 2018**. For customer support, please email [apalms@psych.org](mailto:apalms@psych.org).

### CERTIFICATE OF ATTENDANCE FOR NON-PHYSICIANS

Non-physician participants will have the opportunity to receive a certificate of attendance. At the conclusion of the conference, participants should complete the online conference evaluation at <http://apapsy.ch/chandler> in order to print a certificate of attendance. Follow the instructions above, but select "Certificate of Participation" as your certificate type.

**For customer support, please email [apalms@psych.org](mailto:apalms@psych.org).**

For any additional questions or feedback regarding the Annual Meeting, please contact Teri ([teri@azmed.org](mailto:teri@azmed.org), 602-347-6903).

## POSTER PRESENTATIONS

To keep abreast of the current research and case studies of the Arizona psychiatric community, the APS Annual Meeting includes poster presentations by the following individuals, included as part of the Poster Presentation Session at the 2018 APS Annual Meeting. The Resident-Fellow Member and Medical Student submissions are judged by a panel of judges and the Peer Physician submissions are for peer review and feedback:

### RESIDENT-FELLOW MEMBER AND MEDICAL STUDENT POSTER SUBMISSIONS

**First Author:** Yana Alekseeva, MD, Resident, UofA Phoenix

**Secondary Authors:** Jeffrey Burrow, MD, Larry Mecham, DO

**Topic:** Drug Induced Mania, Influenza Induced Mania

**Title of Poster:** OSELTAMIVIR INDUCED MANIA IN A 52 YEAR OLD MALE WITH HISTORY OF DEPRESSION

**First Author:** Jeffrey Burrow, MD, Resident, UofA Phoenix

**Secondary Authors:** Sarah Detlefs MD, Charles Phillips DO

**Topic:** Lithium, Drug Exposure in Pregnancy and Newborn

**Title of Poster:** LITHIUM EXPOSURE THROUGH BREASTMILK IN A PREMATURE NEWBORN

**First Author:** Matthew Erisman MD, Resident, UofA Tucson

**Secondary Authors:** Lalanthica Yogendran MD, MPH and Jason Curry, DO

**Topic:** Early Psychiatric presentations of Huntington's disease; Discussion of signs and symptoms of Huntington's Disease.

**Title of Poster:** IDENTIFYING EARLY PSYCHIATRIC SYMPTOMS IN THE DETECTION OF HUNTINGTON'S DISEASE

**First Author:** Maya Heck, MD, Resident, MIHS

**Secondary Authors:** Regan O'Brien, MD & Gwen Levitt, DO

**Topic:** Electronic cigarettes; nicotine use disorder

**Title of Poster:** NICOTINE LIQUID AS A POTENTIAL POISON: SURVEYING PROVIDERS ON THE RISKS OF A DANGEROUS NEW FAD

**First Author:** Stephen Mecham DO, Resident, UofA Phoenix

**Secondary Authors:** Rachel Antol MS3, Shehzad Ayub DO

**Topic:** Serotonin Syndrome, Genetic testing

**Title of Poster:** TRIPTAN-INDUCED SEROTONIN SYNDROME: A CASE STUDY

**First Author:** Lorin Mowrey, Medical Student, UofA College of Medicine, Phoenix

**Secondary Authors:** Zachary Oleskey, Mohammed Mortazavi, M.D., Jennifer Andrews, PhD

**Topic:** Post-Concussion Syndrome, Treatment of Post-Concussion Syndrome

**Title of Poster:** POST-CONCUSSION SYNDROME IN THE ADOLESCENT POPULATION: AN ACTIVE REHAB PROTOCOL AND THE IMPROVEMENT OF NEUROPSYCHIATRIC SYMPTOMS IN A COHORT

## PHYSICIAN PEER POSTER SUBMISSIONS

**First Author:** Gwen Levitt DO

**Submitted by:** Physician Peer Submission, MIHS

**Secondary Authors:** Jennifer Weller, PhD

**Topic:** HIV seriously mentally ill and choosing cognitive testing. Areas of cognitive deficits found in study population.

**Title of Poster:** BANG FOR YOUR BUCK: CHOOSING COGNITIVE TESTS FOR SERIOUSLY MENTALLY ILL PATIENTS WITH HIV

**First Author:** Shabnam Sood, MD

**Submitted by:** Physician Peer Submission, MIHS

**Secondary Authors:** Rajan Khosla MD; Dhruv Khosla; Gilbert Ramos MA; Bikash Bhattarai PhD.

**Topic:** Probiotics and its effect on mood and anxiety in IBS

**Title of Poster:** IT'S MORE THAN GUT FEELINGS - PROBIOTICS AND MOOD IN IRRITABLE BOWEL SYNDROME

## PRESENTATIONS AND HAND-OUTS

As an environmental and cost-saving measure, the speaker presentation materials are available in electronic format in single slide view to enhance readability at:

<http://azpsych.org>. Please select the page, 2018 Annual Meeting, subpage 2018 Meeting Packet.

To help offset printing costs, attendees who elected to receive printed copies of the presentations are asked to make a voluntary cash donation of \$20 onsite at the meeting. If you elected electronic and would like to have a printed copy of the presentations mailed to you, please contact Teri ([teri@azmed.org](mailto:teri@azmed.org), 602-347-6903).

## SPECIAL RECOGNITIONS

The Arizona Psychiatric Society recognizes the following members for their outstanding achievements.

### Society Awards

**Aaron R. Wilson, MD**, in recognition for his distinguished service and leadership as President of the Arizona Psychiatric Society, 2017-2018. *(Presented by President-Elect Mona Amini, MD, MPH)*

**Shehzad H. Ayub, DO**, as the 2018 recipient of the **Howard E. Wulsin Excellence in Teaching Award** for his outstanding contributions to psychiatric education. *(Presented by Ernest Cochran, MD)*.

Past recipients of the Howard E. Wulsin Excellence in Teaching Award include: Howard E. Wulsin, MD, DLFAPA, 2005; Eric Michael Reiman, MD, 2006; John Cecil Racy, MD, DLFAPA, 2007; James Brian McLoone, MD, DLFAPA, 2008; William Scott James, MD, DLFAPA, 2009; Michael Edward Brennan, MD, DLFAPA, 2010; Aimee C. Kaempf, MD, 2011; M. Christian Cornelius, MD, 2012; and Martin B. Kassell, MD, DLFAPA, 2013; Richard D. Lane, MD, PhD, 2014; Andrea Joy Waxman, MD, 2015; Devna Rastogi, MD, 2016, Ron Wright, PhD/MD/PhD, 2017.

**Career Achievement in Psychiatry Award** (fifth annual presentation of the same), *being presented by Dr. Carol Olson, and on behalf of the Society, to:*

**Michael Edward Brennan, MD, DLFAPA**

Past recipients of the Career Achievement in Psychiatry Award are: David J. Coons, MD, DLFAPA, 2014; Barry Morenz, MD, DLFAPA, 2015; Martin B. Kassell, MD, DLFAPA, 2016; and Jehangir “Jay” Boman Bastani, MD, DLFAPA, 2017. Established in 2014, this annual award has been created for the purpose of recognizing from within the Arizona Psychiatric Society a member whose career achievements have ennobled the profession of psychiatry and best exemplify the APS values of providing compassionate patient care and support of peers, leadership, community service, education, advocacy, and clinical excellence.

**Resident Recognition Awards**, being presented by Dr. Wilson, on behalf of the Society, to the following Resident-Fellow Members of APS:

**George Hadeed, MD, University of Arizona College of Medicine, Tucson Campus**

**Maya Heck, MD, Maricopa Integrated Health Systems**

**Ernest Cochran, MD, Banner – University Medical Center Phoenix**

Past recipients of the Resident Recognition Awards are: 2014 - Jason Curry, DO, Matthew A. Goldenberg, DO, and Felicitas Koster, DO; 2015 – Jasleen Chhatwal, MD, Krystal Chavez, DO, Alicia Cowdrey, MD, and Ryan M. Wilke, DO; 2016 – Jesse Reinking, DO, Alicia Cowdrey, MD, and Matthew Markis, DO; 2017 - Brandon Lee Yates, MD, Beth Darling, DO, and Wanda Shao, DO. Established in 2014, this annual award has been created for the purpose of providing Arizona psychiatric residency training programs with an opportunity to recognize a Resident-Fellow member who best exemplifies one or more of the APS values of providing compassionate patient care and support of peers, leadership, community service, advocacy, and clinical excellence.

**Special Presidential Commendation Awards** are being presented by Dr. Wilson, on behalf of the Society, to:

**Jasleen Chhatwal, MD, Leadership Award**, in recognition of outstanding contributions to the field of psychiatry through advocacy, public health commentary, leadership, community outreach, mentoring, education, and patient care.

**Tariq M. Ghafoor, MD, Leadership Award**, in recognition of outstanding contributions to the field of psychiatry through advocacy, leadership, mentoring, education, and patient care.

**Edwin Kim, MD, Leadership Award in Residency**, in recognition of outstanding contributions to the field of psychiatry through the inspiration, planning, and bringing together of the 2018 Opioid Essentials Workshop and Live Waiver Training event.

### **Distinguished Fellows**

The following Arizona Psychiatric Society member will be awarded Distinguished Life Fellow status by the APA at the Convocation of Distinguished Fellows at the 2018 APA Annual Meeting:

**Gwen A. Levitt, MD, DFAPA**  
**Carol Kline Olson, MD, DFAPA**  
**Randall K. Ricardi, DO, DFAPA**  
**Payam Sadr, MD, DFAPA**  
**Richard Spiegel, MD, DLFAPA**  
**Shabnam Sood, MD, DFAPA**

### **Fellows**

The following members of the Arizona Psychiatric Society will be awarded Fellow status by the APA at the Convocation of Fellows at the 2018 APA Annual Meeting:

**Gretchen B. Alexander, MD, FAPA**  
**Christina J. Arredondo, MD, FAPA**  
**Lee Ann Kelley, MD, FAPA**  
**Gurjot K. Marwah, MD, FAPA**

## **Life Members**

The following members of the Arizona Psychiatric Society are being recognized by the APA for reaching the following Life membership status as of January 2018:

**Eric Benjamin, MD, LAPA**  
**Emerson B. Bueno, MD, DLFAPA**  
**William J. Burke, MD, LFAPA**  
**Donald Curran, DO, LAPA**  
**Patricia A. Fangohr, MD, LAPA**  
**Gary Grove, MD, DLFAPA**  
**Richard D. Lane, MD, PhD, DLFAPA**  
**Kevin R. Wandler, MD, LFAPA**  
**Karen L. Weihs, MD, DLFAPA**

Of special note, we recognize the following members who achieved the pinnacle of 50-Year Members in the APA as of January 2018:

**Raman N. Bhavsar, MD, LAPA**  
**Robert F. Meyer, MD, LAPA**

These members will be acknowledged in the Convocation at the 2018 APA Annual Meeting.

Congratulations to these members of the Arizona Psychiatric Society on their distinguished careers, and thanks for their continued support and membership in the Arizona Psychiatric Society and the American Psychiatric Association.

## **PUBLIC WI-FI FOR MEETING GUESTS**

Public Wi-Fi is available from Wild Horse Pass for up to one log-on per attendee. Please help by logging on to only one device for the meeting. Please note this is a public access network. For the WHP Public Wi-Fi, simply connect to WHP-Guest. If it opens the browser with the splash page, hit connect, if it doesn't pop up, go to your browser and go to [wingilariver.com](http://wingilariver.com), which will then bring up the splash page.

## SUPPORTERS

The Arizona Psychiatric Society would like to thank the following companies for their participation and support of the 2018 Annual Meeting.

### Exhibitors and Premium Sponsors:



**American Professional Agency, Inc.**



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Of Johnson & Johnson**



**Professional Risk Management Services, Inc. (PRMS)**

Exhibitors:



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BEHAVIORAL HEALTH SYSTEM

**Aurora Behavioral Health System**



**Banner**

**Behavioral Health**

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# GALEN


**Galen US, Inc.**

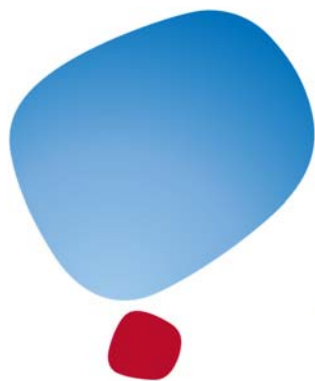
# MEADOWS

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Behavioral Healthcare

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**Meadows Behavioral Healthcare**

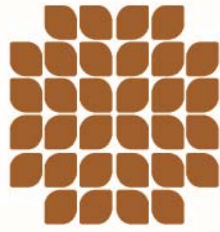


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**The exhibitor drawing prizes are sponsored by the Arizona Psychiatric Society and the Physician Payment Sunshine Act does not apply to your participation in the raffle or in the event that you are chosen as the recipient of one of those prizes.**

## PROGRAM NOTES