

KBSDS in the Community



The Schmidt's l-r: Savanna, Ty, Anne, Ted and Matt.

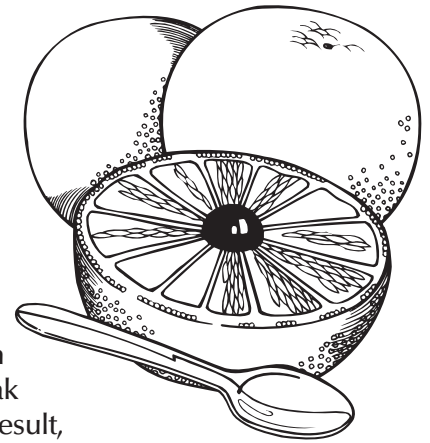
Ted Schmidt received the Walter E. Craig Distinguished Service Award at this year's Arizona State Bar Convention. The award is bestowed on a single attorney who best manifests adherence to the highest principles and traditions of the legal profession and serves the public in his community. Described as "a stellar example of the good that a lawyer can do," Ted's long history of community leadership includes support for local youth sports programs, Boy and Girl Scout leadership, and sponsoring the University of Arizona's Tara Nicole Schmidt "Have A Dream" Scholarship.



Jim Dyer started his term as President of the Pima County Bar Association on May 30, 2006. The PCBA provides legal education and support for local attorneys. Through its monthly newspaper, *The Writ*, the Bar Association keeps its membership

informed and includes a monthly column by the President. The Bar Association has long been at the forefront in providing legal services to the members of the community who could not otherwise afford those services. It is an original co-sponsor of Southern Arizona Legal Aid's Volunteer Lawyers Program, which coordinates lawyers from the community to provide legal representation and advice to the low-income individuals.

Citrus: Not Always Good for You



Grapefruit and some other citrus fruits and juices can block the enzymes in your stomach that are necessary to break down medications. As a result, medications you take after ingesting grapefruit may have a greatly enhanced effect, or no effect at all. According to Food-Medication Interactions, the following are some of the drugs which may have adverse effects when combined with grapefruit:

Cordarone (Amiodarone)	Relpax (Eletriptan)	Orap (Pimozide)
Lipitor (Atorvastatin)	Vepesid (Etoposide)	Viagra (Sildenafil)
Entocort (Budesonide)	Halfan (Halofantrine)	Zocor (Simvastatin)
BuSpar (Buspirone)	Mevacor (Lovastatin)	Rapamune (Sirolimus)
Pletal (Cilostazol)	Mifeprex (Mifepristone)	Geodon (Ziprasidone)

There are at least 50 other medications affected by grapefruit and related citrus. As a result, you should not eat grapefruit, Seville oranges, or pummelos when taking prescription medications, at least until you check with your doctor.

—Jim Dyer

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