

# Circle K Marks 50th Year in New York

## Santer Elected 2010-11 Governor, Convention draws 180 Delegates

At the Convention marking the 50th anniversary of Circle K in New York held March 19-21, delegates from across the district elected Rickie Santer as Governor for the 2010-11 service year, which began April 1.

Santer just completed serving a year as Lt. Governor for the Long Island Division of Circle K, during which a new club was added to the division. A Key Club President and Lt. Governor while a student at Division High School in Levittown, he is a member of the Adelphi University Circle K.

In his message to Circle K members as he completed his year, Past Gov. Michael Zebrowski reported the district formed five new Circle K clubs during the year, increasing the number of Circle K members in the district to 946, the most in many years.

Members have performed close to 30,000 hours of documented service to their communities, supporting the four Circle K International Service Partners, the KPTC, Kamp Kiwanis, and a plethora of other organization and causes.

They also drew 180 delegates to the convention, which celebrated the 50th anniversary of Circle K in New York, nearly double the attendance of recent years, Zebrowski reported



**Circle K Gov. Rickie Santer addresses the delegates at the Circle K convention. Behind him are John Keegan, Circle K Administrator; Circle K Past Gov. Michael Zebrowski and Kiwanis Gov. David Booker. In the picture below, Circle K delegates work on a service project at the convention.**



### Pediatric Lyme Disease

DPG John Gridley



At present, the best way to avoid Lyme disease is to avoid deer ticks. Although generally only about 1 percent of all deer ticks are infected with Lyme disease bacteria, in some areas more than half of them harbor the germs. If you are pregnant, you should be especially careful to avoid ticks in Lyme disease areas because infection can be transferred to your unborn child. Although rare, such a prenatal infection may make you more likely to miscarry or deliver a stillborn baby.

Although highly effective, repellents

can cause some serious side effects, particularly when you use high concentrations repeatedly on your skin. Infants and children especially may suffer from bad reactions to DEET. If you repeatedly apply insect repellents with concentrations of DEET higher than 15 percent, you should wash your skin with soap and water, and wash any clothing as well.

Check for ticks. The immature deer ticks most likely to cause Lyme disease are only about the size of a poppy seed, so they are easily mistaken for a freckle or a speck of dirt. Once indoors check for ticks, particularly in the hairy regions of your body. Wash all clothing. Check pets for ticks before letting them in the house. Pets can carry ticks into the house. These ticks could fall off without biting the animal and then attach to and bite people. In addition, pets can develop symptoms of Lyme disease.

If a tick is attached to your skin, pull

it out gently with tweezers, taking care not to squeeze the tick's body (Tick removal kits are available from the Pediatric Lyme Disease Foundation, simply call me or any of the board members to receive one.) Apply an antiseptic to the bite.

Studies suggest that a tick must be attached for at least 48 hours to transmit Lyme disease bacteria. Promptly removing the tick could keep you from getting infected.

Get rid of ticks. Deer provide a safe haven for ticks that transmit *B. burgdorferi* and other diseases causing microbes. You can reduce the number of ticks, which can spread diseases in your area, by clearing trees, debris, and removing yard litter and excess brush from your yard that attract deer, stray pets, and rodents.