

**ESK Editor  
Webmaster**

**Marty  
Toombs**



This issue of the Empire State Kiwanian looks different than what you have been accustomed to seeing, but it marks a change in more than appearance.

Over the years printing and postage costs have increased even as more and more Kiwanians have gotten access to the Internet, which is seen by the fact that traffic on the district web site is now 10 times greater than it was eight years ago.

During the past few months, district officials have taken a new look at the way the district was communicating with its members and have decided it's time to update how that is being done.

Under the new plan, the Empire State Kiwanian will continue as the print publication for District Kiwanians, as part of a coordinated communications effort that calls for increased use of the district's web site, [www.kiwanis-ny.org](http://www.kiwanis-ny.org). With the appointment of a single person as ESK Editor and Webmaster, the intent is to make the best possible use of both the ESK and the web site, taking advantage of the strengths of each.

Publication deadlines and space limitations are always a factor for any print

publication. Often items don't get the attention they are due because of timing issues, and cost issues prevent print publications from growing to accommodate the volume of information that might be available.

Those issues don't apply to a web site, which can be updated continually and has no space limitations. Web sites also can include other media, such as videos.

This new plan means that many items of division and club news that previously had to wait until the next issue of the ESK for publication can now be published quickly on the web site, and without the space restrictions of a print publication. The changes in the web site needed to accommodate the club and division news were implemented Oct. 1. During October and November, 44 news items were published. Included are Hixson award presentations, club service projects, K-Kids and Circle K projects, and honors received. Many items feature multiple pictures from the events.

The latest news items are featured on the site's front page, and those that have been posted remain available and can be searched by club name and in other ways.

While the web site has those advantages, this printed publication has advantages as well. It arrives in the mailbox of every district Kiwanian without requiring them to remember to look at the web site, and provides a source of information which does not require a computer. The ESK remains a key part of the district's communica-

tions plan.

In its new role, the ESK will focus on upcoming Kiwanis events in the New York District and in Kiwanis International. This issue features information about the upcoming Mid-Year Conference, which will include a visit from Kiwanis International President Paul Palazzolo.

The ESK focus will be on information. Items such as registration forms for district events will be posted on the district web site for easy download. These changes mean there will be fewer and smaller issues of the Empire State Kiwanian than in the past, but the total quantity of information published in the newsletter and on the web site will be much greater than ever before.

Every club in the district is welcome to be a part of the new effort by submitting information on club projects to be added to the district web site. Fund raising efforts, service projects and special awards are all welcome.

When sending news, be sure to include all the information that will be needed to explain the event to people visiting the web site. The preferred method of submission is by e-mail to [webmaster@kiwanis-ny.org](mailto:webmaster@kiwanis-ny.org); e-mails will be acknowledged. Printed information and photographs can be sent to me at 84 Bridge St., Seneca Falls, NY 13148.

If you are looking for help with preparing articles or taking good pictures, that's available on the web site at [www.kiwanis-ny.org/esk.htm](http://www.kiwanis-ny.org/esk.htm).

Your comments are always welcome at [webmaster@kiwanis-ny.org](mailto:webmaster@kiwanis-ny.org).

**Pediatric Lyme  
Disease**

**PG John  
Gridley**



Using antibiotics appropriately, your health care provider may effectively treat your Lyme disease. In general, the sooner you begin treatment following infection, the better. Antibiotics such as doxycycline, deferoxime axetil, or amoxicillin, taken orally for a few weeks, may speed the healing of the EM rash and may prevent subsequent symptoms such as arthritis or neurologic problems. Doxycycline also may effectively treat most other tick borne diseases. When Lyme disease occurs in children younger than 9 years, or in pregnant or breast-feeding women, they may be treated with amoxicillin, cefuroxime axetil, or penicillin because doxycycline may stain the permanent

teeth developing in young children or unborn babies.

If you have Lyme arthritis, your health care provider may treat you with oral antibiotics. If your arthritis is severe, you may be given ceftriaxone or penicillin intravenously (through a vein). To ease discomfort and to further healing, your health care provider might also give you anti-inflammatory drugs, draw fluid from your affected joints, or surgically remove the inflamed lining of those joints.

Some people with Lyme disease who go untreated for several years may be cured of their arthritis with the proper antibiotic treatment. If the disease has persisted long enough, however, it may permanently damage the structure of the joints.

If you have neurologic symptoms, your health care provider will probably treat you with the antibiotic ceftriaxone given intravenously once a day for a month or less. Health care providers usually prefer to treat people with Lyme disease who have heart symptoms with antibiotics such as ceftriax-

one or penicillin given intravenously for approximately 2 weeks.

Following treatment for Lyme disease, you might still have muscle aching, neurologic symptoms such as problems with memory and concentration, and fatigue.

NIH-sponsored researchers are conducting studies to determine the cause of these symptoms and how to best treat them. Studies suggest that people who suffer from chronic Lyme disease may be genetically predisposed to develop an autoimmune response that contributes to their symptoms.

Researchers are also conducting studies to find out the best length of time to give antibiotics for the various signs and symptoms of Lyme disease. Unfortunately, a bout with Lyme disease is no guarantee that the illness will not return. The disease can strike more than once if you are reinfected with Lyme disease bacteria.