Avoid sitting directly on the ground or on vegetation. However, if you garden, hike, or walk in the outdoors, you can still protect yourself:

- Wear enclosed shoes, long pants and a long-sleeved shirt.
- Use a tick repellent labeled directions.
- Check yourself and your pets for ticks after spending time outdoors.
- If you find a tick, remove it with a tick twister or tweezers. Grip the tick as close to the skin as possible and pull upward with steady, even pressure.
- If a tick is stuck in your skin, do not try to pull it out. Take a photo of the tick, then place it in a container with rubbing alcohol and take it to your doctor.
- If you develop a rash or other symptoms, see a doctor immediately.

ELIMINATING TICKS FROM YOUR PROPERTY

- Remove weeds and grass that give ticks a place to hide.
- Keep lawns and gardens, especially at the edges of woods and around old stone walls.
- In tick-infested areas, your best protection is insect repellent that contains DEET. Wear light-colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants and a long-sleeved shirt.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back, especially when gardening.

NY Everyday Heroes Project Going Strong

Kristen Reed, 18, of Ogdensburg was elected as an International Representative on the Circle K International Board at the CKI convention in Portland, Oregon, this summer. She is a sophomore at SUNY Potsdam majoring in politics/communications with a minor in pre-law.

Gridley

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Does past infection with Lyme disease make a person immune?

Lyme disease is a bacterial infection. Even if successfully treated, a person may become reinfected if bitten later by another infected tick.

What is the treatment for Lyme disease?

Early treatment of Lyme disease involves antibiotics and almost always results in a full cure. However, the chances of a complete cure decrease if treatment is delayed.

What can I do to prevent Lyme disease?

Deer ticks live in shady moist areas at ground Level. They will cling to tall grass, brush and shrubs, usually no more than 18-24 inches off the ground. They also live in lawns and gardens, especially at the edges of woods and around old stone walls.

Deer ticks cannot jump or fly, and do not drop onto passing people or animals. They get on humans and animals only by direct contact. Once a tick gets on the skin it generally climbs upward until it reaches a protected area.

In tick-infested areas, your best protection is to avoid contact with soil, leaf litter and vegetation. However, if you garden, hike, camp, hunt, work, or otherwise spend time in the outdoors, you can still protect yourself:

- Wear light-colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants and a long-sleeved shirt.
- Tuck pant legs into socks or boots and under shirts.
- Check clothes and any exposed skin frequently for ticks while outdoors and check again once indoors.
- Consider using insect repellent. Follow label directions.
- Stay on cleared well-traveled trails. Avoid contacting vegetation.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back, especially when gardening.

The Kiwanis Club of Five Towns, Long Island Southwest Division – presented Everyday Hero Awards to two local waiters at Goldie’s Restaurant in Gibson NY. The Everyday Hero Award given by Kiwanis, is to praise our local community for everyday duties. These two men have taken care of the Five Towns Kiwanis Club for years and are well appreciated. Pictured from L-R: Past Governor Al Bevilacqua, Mr. “E”, Kevin Smith, and President Anthony Campanile. The Everyday Hero Award Program is going to continue during the 2007-08 year with the Dream Catchers.

McVey K-Kids Bring Pride and Service to Community

The Kiwanis Club of Nassau University Medical Center, Long Island South Central Division – This year the dedicated children of the McVey K-Kids club, sponsored by NUMC Kiwanians have completed some worthwhile and very worthy projects during their 10-month program.

The K-Kids club meets bi-weekly and took on the following projects – they made bookmark cards and cards for veterans; and they prepared snack bags for the children of a local homeless shelter to take to school with them. The McVey K-Kids made decorations for the patients’ rooms on the pediatric floor on NUMC. They also sent Valentine’s care packages for the Troops in Iraq. They distributed angel pins and sang seasonal songs for the residents of a local nursing home.

Another one of their projects was “Pillow Hugs” for the children of “Double H Hole” in the wall camp for Terminal and Chronically ill children to use in their infirmaries. The kids raised over $1800 in pennies for patients to be given to the Leukemia Society to support their programs. They also participated in the Math-a-thon to raise money for St. Jude’s hospital and they helped out on Kiwanis One Day by cleaning up the Bird Sanctuary in East Meadow.

The McVey K-Kids made birthday cards for “Shane” to help him achieve his goal of getting into the Guinness book of world records. They organized and participated in a “Snowing Kindness Program” by purchasing holiday gifts for under privileged children. They collected can goods and supplies to help East Meadow Kiwanians with their yearly Thanksgiving Basket Program.

McVey K-Kids also helped sell homemade baked good to raise money for “Share our Strength” an organization whose goal is to end hunger in Long Island communities. These children met each task with enthusiasm and laughter. We are inspired by their passion. Great job, McVey K-Kids!

Editor’s Note: The following article by Past Governor Tony Palangi was written and sent to the ESK before his death. Tony was most diligent about preparing his article for the paper. He called me periodically to let me know it was on its way. I will sorely miss the kind-loving conversations we had about Kiwanis and his outlook on the world.

Rest in peace dear friend, until we meet again. — Maureen Neuringer, ESK Editor