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www.itsnotwhoiam.com



SARA-ELIZABETH@ITSNOTWHOIAM.COM

# It's Not Who I Am

## My Brief Visit With President Clinton & Senator Clinton

On Aug. 13, while dining locally with my family, we had the pleasure of running into President Clinton and Senator Clinton. I walked up to the Senator and we started to talk and she actually remembered who I was from the Kids Speak Up program that I attended with the Epilepsy Foundation back in April in Washington D.C. She also remembered the lovely note she wrote me in May for my Third Annual Walk. We also talked about her Legislative Fellow, Elizabeth, who I have been in contact with over the past few months. We both agreed she is great!

I again thanked her for all of her hard work on the ADA Restoration Act, and she thanked me for all that I continue to do to help break the stigma surrounding epilepsy.

I also gave her my 3rd Annual

Walk for Epilepsy Bracelet (I had more at home) and she put it on right then and there.

President Clinton was also at the table and listened to our conversation.

She was so nice, and even posed for a picture with me and my sister before we left for the night and asked me to be sure to contact her Health Care Aid to set up a meeting with her if I attend next years Kids Speak Up program.



Sen. Clinton, Sara and Kymmie

## It Is Not Who I Am—The Sara-Elizabeth Story

If you've been keeping up with my past updates you should know that the book about me that was originally scheduled to be released 9/08, has been delayed to 9/09. You can read a teaser at my website on the [It Is Not Who I Am](#) page.

I decided that with this delay it would be nice to talk with the Author and do a little Q & A and share it with you right here. This is what Chris Passudetti had to say:

**Q: Why & what made you choose Sara-Elizabeth as a topic of interest for a book?**

A: I was in contact with the people at Scobre trying to decide the next project we would work on together & they told me about a line of non-fiction books they were working on. I had never done a non-fiction piece before, so I decided to give it a shot. The focus of these books is kids with extraordinary stories. When I heard the

radio ad for Sara's 2nd walk & read more about it all online I thought it fit perfectly. It was such an inspirational story, I thought other young people would read about it and try to find positive ways to overcome their own difficulties.

**Q: What is the most important message you are looking to get across in this book?**

A: There are several messages I want to get across in the book. Growing up is difficult, but if you see your difficulties as opportunities rather than burdens, there is no limit to the positive impact you can have on your community, no matter how old you are.

**Q: What type of research goes into writing a book like this one?**

A: In addition to the interviews there is a lot of internet and library research involved

## Cafe-Au-Lait?

No, I am not heading to the local coffee house. I am referring to the usually light or dark brown spots that may look like birth marks. They may enlarge/darken as children get older.

Did you know that Café-Au-Lait spots (CAL) are found in larger percentages of children with epilepsy than children without epilepsy?

Per [The Journal of Child Neurology](#) (2007), in an investigation with 210 children with epilepsy and 2754 without epilepsy, they concluded that 1.6% of the children without epilepsy had CAL spots and 2.83% of the children that had epilepsy did have CAL spots. They said this is a very significant statistic.

In a book like this. I read as many resources about epilepsy as I could get my hands on. From medical information about the disorder to the history of it, dating back hundreds of years.

**Q: Who will be the audience of this book?**

A: The audience for this book will be young people all over the country. This book will mostly be sold to middle schools and high schools, but the message is one that anyone can relate to and benefit from.

**Q: What has been the hardest part regarding the writing of this book?**

A: This is a great story that has been a lot of fun to write. The hardest part about it was getting it all to fit into my word count.

## Epilepsy Q & A:

**Q: What is the difference between seizures and epilepsy?**

A: Seizures are a symptom of epilepsy. Epilepsy is the underlying tendency of the brain to produce sudden bursts of electrical energy that disrupt other brain functions. Having a single seizure does not necessarily mean a person has epilepsy. High fever, severe head injury, lack of oxygen -- a number of factors can affect the brain enough to cause a single seizure. Epilepsy, on the other hand, is an underlying condition (or permanent brain injury) that affects the delicate systems which govern how electrical energy behaves in the brain, making it susceptible to recurring seizures.