



It's Not Who I Am

What Would You Do?

Science tells us that as we evolve physically, we also evolve mentally. This should help us understand & react responsibly to situations that seem like they can only create more chaos.

This however, was not the case a couple of weeks ago. It was early in the week on a slightly humid afternoon when a few friends & I decided to see a movie. It was action packed & full of explosions & suspense. As the credits rolled & everyone was departing the theatre, a girl several rows behind us gasped & fell to the ground, having a tonic-clonic seizure.

Immediately, people began to crowd around as her family pulled her into the center of the theatre for her safety. As she was moaning & thrashing, people were gawking & whispering.

It seemed like minutes before anyone moved to the door to seek help. Only when the police & ambulance arrived, did people finally clear out. During a situation such as this, people should have immediately made room to let the family help her & to leave a clear pathway for the EMT's.

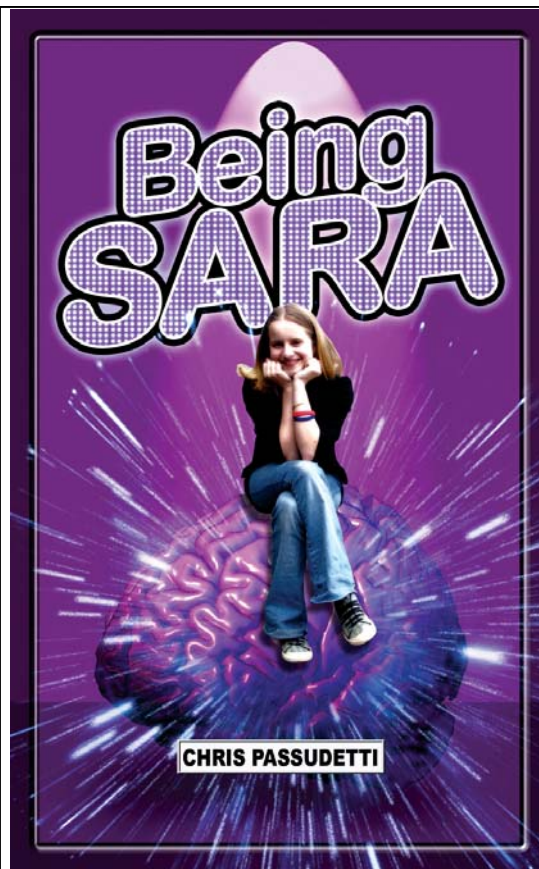
What would you do if you witnessed something like this?

Money Saver or Life Taker?

Buying generic forms of the same medications you need can help save Americans up to \$10 billion dollars a year. But at what cost?

The Epilepsy Foundation conducted a new study showing how switching from brand name to generic or vice versa can cause seizures to worsen, and in some cases become life threatening.

Switching from one medication to another is worrisome and can cause serious effects to ones health. For more information on this newly released study, log on to www.epilepsyfoundation.org



The cover of the upcoming biography of Sara-Elizabeth, written by Chris Passudetti, published by Scobre Press.

In just a couple shorts weeks (September 1, 2009 to be exact) my biography, Being Sara, will be available for purchase! The author, Chris Passudetti and the publishers, Scobre Press, have worked really hard and have done a wonderful job on the book. I wanted those of you that receive my e-news letter to be the first to see the cover. Here is what the back cover has to say:

Some scientists say you only use about 10 percent of your brain. So what's going on in the other 90 percent, and what kinds of things would you be able to do if you could somehow use your entire brain? Could you see the future, or make things move just by using your mind? The possibilities seem endless.

Unfortunately, the brain doesn't function perfectly for everyone. Growing up, Sara Elizabeth Clark struggled with a serious brain disorder that made even the simplest activities extremely difficult.

Now a healthy teenager, Sara hasn't mastered the art of predicting the future, but she has done some pretty incredible things. Whether starring in a local play, appearing in a commercial, or even auditioning for a Hollywood movie, Sara is well on her way to making her red carpet dreams come true. But what she's accomplished as an epilepsy activist is probably the most amazing thing about Sara. She is one teenager who knows exactly who she is and plans on making a difference simply by *Being Sara*.

Epilepsy Q & A—

Q: Is epilepsy ever contagious?

A: No, epilepsy is never contagious. You cannot catch epilepsy from someone else and nobody can catch it from you.