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It's Not Who I Am

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Book of the Month By Ashleigh T.

A young lady named Ashleigh, from Virginia had to pick a nonfiction book to write her Book of the Month Report on. She chose "Being Sara". Her mother, Heather, contacted me to tell me that her daughter was reading my story and decided to write her report on it. Heather, has epilepsy and the story had special meaning to Ashleigh because of this.

I asked that when Ashleigh got her report back with her grade (which was an A!) to please send me a copy. I wanted to share it in my news letter.

Here is Ashleigh's report:

"Sara has nine pets, two dogs, two cats, a bunch of fish, a guinea pig, a lizard named Jessica, and two chinchillas, Winky and Hedwig. Sara has epilepsy. She takes lots of medicine. Her favorite color is yellow. Her most favorite cartoon is Sponge Bob Square Pants. She has so many red carpet dreams. She is an actress that's why she has so many red carpet dreams. She did a performance in New York. She is in drama class in high school. I remember something, she has two sisters. Their names are Machele and Kymmie."

Ashleigh-great job! I give you an A+. You can also get your own copy of Being Sara at www.Amazon.com.



Ashleigh T — 4th Grade

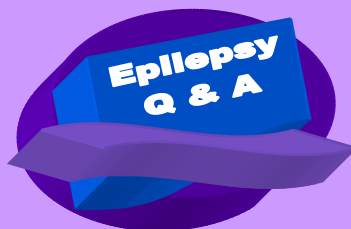
Sara-Elizabeth Receives Recognition for Philanthropy

I received the Youth in Philanthropy Award presented by the Hudson Valley chapter of the Association of Fund Raising Professionals at the National Philanthropy Day event held on Nov. 10. I received the award during a celebratory luncheon at the Poughkeepsie Grand Hotel. The award recognizes an outstanding youth that demonstrates the true spirit of philanthropy through time, treasure and talent.

The nomination for the award was based on my efforts to raise awareness and funds for epilepsy programs, as well as to break the social stigmas that surround epilepsy. Over the past six years, my outreach has helped fund classroom programs that educate children and adults on what epilepsy is and how it affects those who have this disorder.

To date, we have raised nearly \$60,000.00 for these programs and we have made donations to several related organizations, including The National Epilepsy Foundation, The Epilepsy Foundation of Northeastern New York, The Epilepsy Society of Southern New York and Epilepsy Life Links—Northeast Regional Epilepsy Group.

In the Future, I plan to continue my outreach indefinitely through my annual events "Sara's Walk For Epilepsy" and "Sara's 5K Sprint for Epilepsy" both of which take place in the spring in New Paltz. As well I am planning a new event that will take place within the area next fall.



Q. Which doctors treat epilepsy?

A. Neurologists, pediatric neurologists, pediatricians, neurosurgeons, internists and family physicians all provide treatment for epilepsy. Specialized care for people whose seizures are difficult to control is available in large medical centers, neurological clinics at university and other hospitals, and from neurological specialists in private practice.