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ISSUE

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It's Not Who I Am



Highland
Rotary Club

Bob Miller's
& KIDS CLUB

I had a double whammy day on Sept. 16! I was late for school (happily, of course) to make an important speech as well as speak on a local talk radio show.

I began my day in a Highland Diner with the Highland Rotary Club to speak on behalf of my fundraising efforts and EFNENY. I was more than honored to make this appearance and I thank them for the invite and their hospitality..

After I said my piece, I answered several questions from the many interested listeners.

I could not stay for the rest of their meeting because I needed to get back in the car and be on my way to my next appointment with Mix 97.7 morning radio show with Bob Miller. I met Mr. Miller, the star of the morning show and chatted with him for a while ON AIR!!! We discussed my new book and all my advocacy with the EFNENY. I was presented with a Plaque for my special achievements with my outreach to help those with epilepsy.

Photos of my visit will soon be on their website, www.mix97fm.com.

I Am Now On Face Book

Ok, I have been asked so many times and I always said no, but I have finally yielded and given in. I now have a Face Book Page!!!

Please visit my page 'Being Sara'. I hope you visit my face book page and become my friend.

I promise to try and look at my page at least once a day to see what is going on with everyone, as well as answer any messages you might leave.

I plan on posting my events, activities, and any other plans I have here.

So if you want to keep up with me, visit my page on Face Book!

Remembering My Friend Kyle Meek

January 1991—September 2008



Kyle and O'Toole

In this issue of my e-news letter, I pause to remember my friend Kyle Meek.

Kyle was not only a friend, but a brother to me and many other people whose lives he touched. Kyle had Duchenne Muscular Dystrophy. He unfortunately passed away a year ago on September 4, 2008.

I along with many others still miss him horribly. Kyle had a quote that he said on many occasions; "Pain is inevitable, but suffering is optional." I think this inspirational quote kept him going. He knew and understood life filled with pain, but he refused to let that stop him.

He was one of the strongest and most inspirational people I ever came in contact with, and I couldn't have been more blessed to have been his friend. He was a great influence to everyone he met because he never gave up.

Kyle was very involved in Canine Companions for Independence, www.cci.org. I encourage everyone to please make a donation in his memory. That's what Kyle would have wanted. And that's what O'Toole, his now retired working dog living with Kyle's parents would want as well. We all love and miss our dear friend Kyle.

Epilepsy Q & A—

Q: What causes epilepsy?

A: In about seven out of ten people with epilepsy, no cause can be found. Among the rest, the cause may be any one of a number of things that can make a difference in the way the brain works. For example, head injuries or lack of oxygen during birth may damage the delicate electrical system in the brain. Other causes include brain tumors, genetic conditions (such as tuberous sclerosis), lead poisoning, problems in development of the brain before birth, and infections like meningitis or encephalitis. Epilepsy is often thought of as a condition of childhood, but it can develop at any time of life. About 30 percent of the 125,000 new cases every year begin in childhood, particularly in early childhood and around the time of adolescence. Another period of relatively high incidence is in people over the age of 65.