

Epilepsy News

The Quarterly Newsletter of Epilepsy Newfoundland and Labrador

Winter 2004

You CAN Take Control of Your Epilepsy Part 3 - Managing Your Medication Levels For the Best Control

This, the third in our three part series on taking control of your epilepsy focuses on a topic that doesn't get a lot of attention, yet is perhaps the most important thing you can do to manage your epilepsy and reduce or eliminate seizures. It involves managing your medication levels.

Part one of our series focused on identifying the specific type of seizure you have, and part two talked about making sure that you were taking the best anti-epileptic drug for your seizure type. This knowledge is vital information for anyone working to get or keep their seizures under control and lays a perfect foundation for taking control into your own hands. If you missed either of the first two articles of this series, you can find a copy in our newsletter archives on our website, or contact us, and we'll happily send you a paper copy.

Therapeutic Levels

Most drugs for epilepsy do not work instantly. As anyone who has ever taken them will tell you, they must be built up over time until they reach a certain level to maintain effectiveness. This is known as a **therapeutic level** and varies for everyone.

A therapeutic level is not just one set amount. It can actually be a range of amounts. Below the range, and the drugs may not be strong enough to give you seizure control. Above the range, and the drugs may be too strong and may cause unwanted side effects. But within that range is the optimum level for you to reach as much seizure control as possible.

Anti-epileptic drugs can only be effective for controlling your seizures when they are within the therapeutic range in the body.

The level of anti-epileptic medication in your blood changes throughout the day. When medications are first taken, the drug levels rise until they reach maximum effectiveness. Then gradually they will be eliminated by the kidney and liver until they are very low again. The key to maintaining good seizure control is to ensure that although the levels rise and fall throughout the day, that both the highs and lows all stay within the therapeutic range.

How To Ensure Your Medication Stays Within Your Range

So what can you do to make sure that your medication is doing its best for you? Several things actually.

1. **Take your medications at the exact time prescribed by your doctor.** If there is one single thing that you can do work towards seizure control, this is it. More than anything else, this can make the difference between frequent seizures and seizure freedom. If the times you need to take your medications are difficult to arrange, talk to your doctor about adjusting them correctly. Do NOT do this on your own.
2. Note the patterns of any seizures you may have. Write down the time they happen. It may mean that your level falls too low before it is time to take your next dose and your doctor may need to adjust the frequency of your meds, or the strength
3. Note any side effects that you experience. This might mean that your levels are going too high for your therapeutic range. Discuss this with your doctor who may adjust the strength or frequency of your medications.
4. It is important to note as well that many things that you do or eat can affect the way the medications in your blood are used and eliminated. Other medications, food, alcohol and certain activities can either speed up or slow down the elimination of the anti-epileptic drugs, potentially changing its potency and effectiveness. This could mean that your drug levels raise much higher than they should, or fall very low risking possible breakthrough seizures.

For many with epilepsy, better seizure control is possible, and often easily obtained. You can do it. The time to begin is now.

Pamela Anstey, Information Coordinator, ENL, January 2005

The series was developed based on information shared and learned during the Seizures and Epilepsy Education Program with Dr. Robert Mittan, Ph.D., a Clinical Neuropsychologist and worldwide epilepsy educator.

This series of articles is for information only. Please discuss with your doctor or neurologist before making any changes to your treatment or medications. Never discontinue epilepsy medications without doctor supervision.

Epilepsy News is printed quarterly by:

Epilepsy Newfoundland & Labrador

261 Kenmount Road
St. John's, NL A1B 3P9
Telephone: (709) 722-0502
Toll Free: 1-866-epilepsy
Fax: (709) 722-0999
Email: epilepsy@nf.aibn.com
Website: www.nfld.net/epilepsy

Editor: Pamela Anstey

BOARD OF DIRECTORS

President:

Ron Stone (Mt. Pearl)

Vice-President:

Ross Hewlett (Springdale)

Secretary:

Anne Marie Hagan (St. John's)

Treasurer:

Patti Thistle (Paradise)

At Large:

Pauline Duffy (Kippens)
Rosemary Hannon (Bishop's Falls)
Inspector Bob Garland (Labrador City)

Executive Director:

Gail Dempsey

Medical Consultant:

Dr. A.O. Ogunyemi, M.D., FRCP (c)

Information Officer:

Pamela B. Anstey, B.A., I.T.G.



Notes from Pam

Well, the days have finally begun to get longer once again, and that can only mean one thing - we are well into Winter and Spring is just around the corner! Can you tell I'm not much of a snow person? Now don't get me wrong, I have nothing against those who love the snow. I'm grateful for you. In fact, you can have all of my snow too! (

With winter moving along, so too comes March, and Epilepsy Awareness Month. Although we are busy all year round, it is in March that we go that extra mile to get the word out about epilepsy and seizure awareness. We will be doing our part here at ENL. With several events and activities planned ranging from answer sessions to fun parties, we are hoping to reach hundreds and hopefully thousands with the word on epilepsy.

But you are a part of that process too. Our members, supporters, and anyone in this province who has been touched by epilepsy - every single person can make a difference. YOU can make a difference. It doesn't even take that much time or effort. We live in such a large province that it is impossible for me to visit everywhere. But there are people in your town that want help, support and information.

So I want to issue you a challenge. Will you take just a half hour of your time to help people in your town with epilepsy? Just 30 minutes to help change your town, and this entire province for the better.

Don't think you can do much in 30 minutes? Yes you can! You can place pamphlets from us in waiting areas, put up epilepsy posters in public places, talk to a Brownie or Cub group about seizures, agree to post a free ad on the local community channel, put a notice in your church bulletin for us, canvass your street for our Door To Door campaign, or anything else that you can think of. Just imagine how many more people we could reach, if we each gave just 30 little minutes.

Pamela Anstey
Information Officer

Disclaimer

The materials contained in the Epilepsy Newfoundland and Labrador newsletter are to provide general information about epilepsy to the public. The information presented is not intended as medical or legal advice. Epilepsy Newfoundland and Labrador, its employees, board members, medical advisors, volunteers, agents and sponsors do not assume responsibility for inaccuracies or omissions or for the consequences from the use of the information obtained in this newsletter. Epilepsy Newfoundland and Labrador is not liable for any outcome or damages resulting from information in either a direct or indirect form. We recognize that each individual's experience of epilepsy is different. Consult your physician and/or neurologist with any questions you have.

People with epilepsy should never discontinue anti-epileptic medications or make changes in activities unless specifically advised to do so by an attending physician.

If you have only one smile in you, give it to the people you love. Don't be surly at home, then go out in the street and start grinning "Good morning" at total strangers.

~ Maya Angelou

Advances in Epilepsy - Could Stem Cell Research be the Key?



New solutions for learning and mood disorders caused by epilepsy may be a step closer to reality. Producing more brain cells might help, latest research shows.

Brain injury caused by an acute seizure can prompt the production of new cells, which researchers say is most likely the result of growth factors released from injured or dead brain cells. What remains unclear are

the effects of long-term seizure disorder or epilepsy on brain cell development. Addressing these issues, say researchers, is important since both human and animal studies have shown that learning and memory function are affected by epilepsy.

In lab tests, rats with epilepsy produced 64%-81% fewer new cells in the brain's hippocampus region. The hippocampus region of the brain oversees learning, memory, and mood.

Coaxing the brain into making up for the shortage could make a difference. "In the future, we could theoretically treat chronically epileptic patients with stem cell factors that induce new neuron production and see if it alleviates their learning and memory problems and depression," says Duke University's Dr. Shetty, PhD.

Shetty, a research professor of neurosurgery, worked on the study with Duke colleagues and experts from Durham VA Medical Center in North Carolina. Their report appears in the December issue of the journal *Neurobiology of Disease*.

Exercise, enriched environments, and antidepressants could also help. "All of these treatments are known to considerably increase adult brain cell production in the hippocampus," says Shetty.

Boosting brain cell production might even curb seizure activity. In Shetty's study, rats producing fewer new brain cells were more likely to have epilepsy. However, there appears to be a fine line between overdoing it and falling short. Sudden seizures can trigger a fast and furious spurt in brain cell production, the study shows. But that wasn't good news.

The rats with sudden seizures couldn't handle all those new brain cells at once. It was too much, too soon. As a result, the new brain cells weren't effectively used and the spurt made matters worse.

Finding the best solutions will take more work. Meanwhile, there is promise in the process. "Understanding the brain's long-term response to epileptic injury will enhance our ability to treat the disease," he says. The decline in brain cells may be to blame for the decrease in memory and learning observed in epilepsy.

Miranda Hitti, WebMD Medical News, January, 2005

Switching from a Brand Name to a Generic Medication? - Read This First!

A survey has revealed that people with epilepsy who are given a different version of their regular drugs can experience an increase in the number of seizures.

Epilepsy is the most common serious neurological condition. About three-quarters of people with epilepsy have their condition controlled with anti-epileptic drugs, or AEDs. These don't cure epilepsy, but they prevent seizures from happening.

However, the results of a recent survey highlight the importance of ensuring the consistency of supply of AEDs. Supply problems can arise with individual manufacturers or because of the increasingly common practice of parallel importing, whereby drugs intended for use in other countries are imported into this country.

The survey of more than 1,800 people with epilepsy found that, during 2003, one-third of them were given a different brand of their usual AED. Of these, almost 25 per cent said they suffered an increase in seizures as a result. According to Phillip Lee, chief executive of Epilepsy Action, "Lack of consistency of supply in AEDs can have a huge impact on people with epilepsy."

The effects caused by the change in medication on the lives of people who previously had their epilepsy under control can be significant, says the organization, and may result in their driving licence being revoked, adversely affect their school or job, as well as increase the risk of premature death.

The need for consistency of supply was highlighted in the National Institute for Clinical Excellence's Guideline for the diagnosis and management of epilepsy. This stated that "changing brand of AED is not recommended" and can lead to "increased potential for reduced effect or excessive side effects".

Mr Lee advises people with epilepsy who have concerns about different versions of their AEDs to talk to their GP and pharmacist, "as potential problems can be avoided by working together".



Adapted from Epilepsy Action News, January, 2005

Epilepsy Newfoundland and Labrador 2005 Scholarship Winners

Each year Epilepsy Newfoundland and Labrador offers two scholarships, available to post secondary students with epilepsy to assist them with continuing their education and pursuing their dreams.

The Jim Hierlihy Memorial Scholarship, valued at \$1000 was awarded this year to Chad Janes of Grand Falls - Windsor. Chad is a student at the College of the North Atlantic pursuing a long term goal of a career in medicine. He has had epilepsy since he was seven and shares how it has affected him over the years.

"Growing up with epilepsy, my life has been very different than that of most children. I did not go to arcades with friends or spend time at home playing video games. I did not get into other fads, but I have had the free time to develop other interests such as reading and writing."

Many people would consider epilepsy a tremendous burden. But without it, I would not now be trying to get my first book published or have other generous opportunities such as this [scholarship]."

The Mature Student Scholarship, also valued at \$1000 honours an older student with epilepsy who has taken the initiative to return to studies to advance in their present career or train for the career they had always wanted.

This year the Mature Student Scholarship was awarded to Cathy Thompson of St. John's. Cathy is very involved in the arts, and desired to teach. In September she convocated with a degree in English, and is now continuing on with a Degree in Education. She hopes to be able to share her love of the theatre with others through her teaching.



She has a great deal of insight into what it means to have epilepsy.

"I was diagnosed with epilepsy when I was 18. I saw a doctor at the Grace Hospital who told me that, "you were born with epilepsy and you will die with epilepsy - it is not a condition you will grow out of." My life changed irrevocably that day."

Epilepsy is such a personal condition and, I imagine, had a different meaning to those who live with it. Living with epilepsy has led me towards a more spiritual view of life and this world, and I have always wondered if, because it is a disorder of the brain, it has led me to be more self-reflective."

What I have realized over the years is that epilepsy is not something that is apart from me, it is not a condition that controls me - it is a part of me, it is me. Once I learned to integrate it with my personality, I learned I am a unique individual because of it."

Epilepsy Newfoundland and Labrador takes great pleasure in extending our sincerest congratulations to both Chad and Cathy. You offer great proof that epilepsy does not have to be a barrier to reaching your goals. If you would like to read more about our winners, visit our website for the full story and pictures.

If you would like to find out how to apply for one of our scholarships, call us at 709-722-0502 or toll free at 1-866-epilepsy(374-5377) or visit our website at www.nfld.net/epilepsy and download all the forms and information you need.

Province wide Epilepsy Question and Answer Teleconference

Have epilepsy questions you would like to ask an expert?

WE HAVE YOUR OPPORTUNITY!

During March, Epilepsy Newfoundland and Labrador will be hosting our annual province-wide Q&A Forum on Epilepsy, with this province's only Epileptologist, Dr. A. Ogunyemi.

Come join one of Newfoundland and Labrador's most knowledgeable neurologists on epilepsy and seizure disorders, in a province wide Question and Answer Forum. Ask Dr. Ogunyemi the questions that are important to you, and find out even more about epilepsy.

**Participation is open to anyone in the province.
REGISTRATION FOR THIS EVENT IS FREE**

If you live in St. John's and the surrounding areas the conference will be held on March 24th at 7pm, with the location for the St. John's area to be announced soon.

If you live outside of St. John's, we are pleased to be able to include everyone in the province who wishes to participate in this annual forum via teleconference. If you have access to a phone, you can join us! Please register before March 5th in order for us to make the necessary arrangements.

For more information or to register for the forum, contact

**PAM ANSTEY, Information Coordinator
Epilepsy Newfoundland and Labrador
(709) 722-0502 or toll free at 1-866-EPILEPSY**

Dog Phones 911 for Fallen Owner

Faith the service dog phoned 911 when her owner fell out of her wheelchair and barked urgently into the receiver until a dispatcher sent help. Then the 4-year-old Rottweiler unlocked the front door so the responding police officer could come in.

"I sensed there was a problem on the other end of the 911 call," said dispatcher Jenny Buchanan, who answered the call from Faith. "The dog was too persistent in barking directly into the phone receiver," Buchanan said. "I knew she was trying to tell me something."

Faith is trained to summon help by pushing a speed-dial button on the phone with her nose after taking the receiver off the hook, said her owner Leana Beasley, 45, who suffers grand mal seizures.

Guided by experts at the Assistance Dog Club of Puget Sound, Beasley helped train Faith herself. "She's a real trooper," Beasley said Thursday.

The day of the fall, Faith "had been acting very clingy, wanting to be touching me all day long," Beasley said. The dog, whose sensitive nose can detect changes in Beasley's body chemistry, is trained to alert her owner to impending seizures before they happen.

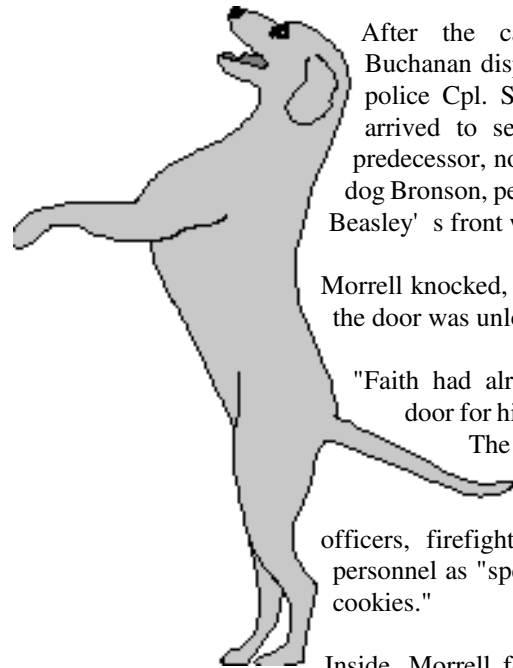
But that wasn't what was happening on Sept. 7, and Faith apparently wasn't sure how to communicate the problem. During Beasley's subsequent three-week hospital stay, doctors determined her liver was not properly processing her medication for the seizures.

"So my whole system was not working right," she said. Faith "was just very concerned," Beasley recalled. "She wouldn't let me out of her sight. She wanted to be touchy-feely."

After her adult son left for the graveyard shift, Beasley tried to go to sleep. But Faith kept jumping up on the bed, which is off limits. "It's kind of hard to sleep when you've got an 80-pound dog running around in circles on your bed," she said.

So Beasley got up and checked to make sure all the doors were locked and that there was no one outside. She made another attempt at sleep, but Faith would have none of it. "Within five minutes she was doing the same thing all over again."

So Beasley got up again and decided to make some hot chocolate. The last thing she remembers is reaching for the tea kettle. "I didn't feel anything," she said. "I just went unconscious."



After the call from Faith, Buchanan dispatched Richland police Cpl. Scott Morrell. He arrived to see Faith and her predecessor, now-retired service dog Bronson, peering at him from Beasley's front window.

Morrell knocked, and then realized the door was unlocked.

"Faith had already opened the door for him," Beasley said.

The dog has been trained to recognize police officers, firefighters and medical personnel as "special friends with cookies."

Inside, Morrell found Beasley on the kitchen floor — unconscious after striking her head in the fall and suffering a seizure — and called for medical assistance.

Faith watched intently while a paramedic tended Beasley and at one point tried to tell him that another seizure was imminent. He didn't recognize the signal, but minutes later, "Boom, I went into another seizure," Beasley said.

She woke up in the hospital several days later. Faith joined her after her transfer to the Veterans Administration hospital.

Authorities learned about Faith's intervention when Beasley stopped by to thank Buchanan and Morrell after her release from the hospital.

The Associated Press, October 2004

If you would like more information on seizure and service dogs for people with epilepsy, please contact the Epilepsy Newfoundland and Labrador Offices at (709) 722-0502 or toll free at 1-866-EPILEPSY.

Or click online to the Lions Foundation of Canada Dog Guides Schools at www.dogguides.com.

All Lions Foundation service dogs are provided cost free for eligible participants.

The future lies before you, like paths of pure white snow. Be careful how you tread it, for every step will show.

Asked and Answered

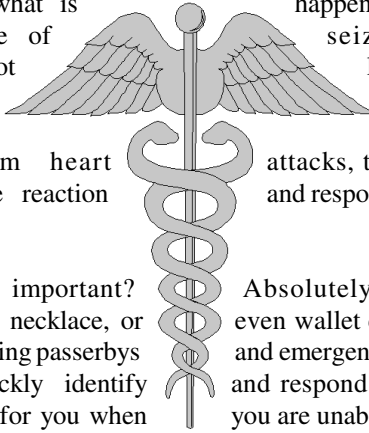
Q *Someone suggested I should be wearing a Medic Alert bracelet because of my seizures. Is that important?*

A For people who have epilepsy, we know that when a seizure hits, it can be mighty hard to let anyone know what is going on at the time.

In the confusion and uncertainty, people around may not understand what is happening, especially if it is a type of seizure that looks unusual, or not like a seizure at all. Seizures have been mistaken for all sorts of things from heart attacks, to intoxication, affecting the reaction and response that a person might get.

So, is it important? Absolutely. Any medical alert bracelet necklace, or even wallet card can be very useful in helping passerbys services quickly identify and respond to your seizure. It can speak for you when you are unable to do so.

Should people wear them? Most definitely. Do people wear them? Sadly, not often. Sometimes people feel that the stigma of identifying ones self as having epilepsy is enough to keep it in hiding. But this should not be the case. Perceptions on epilepsy are changing every day, and often the stigma we think exists, isn't nearly as prevalent as we imagine. In any case, perceptions should never delay you in getting the help you need, when you need it, as quickly as possible.



Would you be interested in participating in an online Asked and Answered Message Board?

Epilepsy Newfoundland and Labrador is working on the development of an online forum where you can post any questions you have regarding epilepsy, seizures, medications, etc. and have them answered by one of our knowledgeable staff. You will also have the chance to discuss with other members in this province solutions situations, or personal stories you may have.

We are looking for your feedback. Is this something you would like to see? If so, let Pam Anstey, our Information Coordinator, know by calling or emailing her at the office.

Medication Profiles

Each quarter we will be profiling the most common anti-epileptic medications in Newfoundland and Labrador. If you would like more information than what is printed here, or information on a different drug, visit our website at www.nfld.net/epilepsy or feel free to give us a call and we'll mail the information.

Topamax (topiramate)

What is Topamax(topiramate)

Topiramate is one of the more common anti-epileptic drugs used to control seizures. Quite often it is sold by the brand name Topamax.

Topiramate works well for treating complex partial seizures, simple partial seizures, and secondarily generalized seizures. It works less well for treating tonic clonic (grand mal), or absence seizures.

What are the most important things to know?

Seek immediate medical attention if you experience blurred vision, changes in vision, or pain in or around the eyes during treatment with topiramate. These may be early signs of a serious side effect.

Do not stop taking topiramate without first talking to your doctor, even if your symptoms have improved. It is important to continue taking topiramate to prevent seizures from recurring.

Carry or wear a medical identification tag to let others know that you are taking topiramate in the case of an emergency.

Use caution when driving, operating machinery, or performing other hazardous activities. Topiramate may cause dizziness or drowsiness. If you experience dizziness or drowsiness, avoid these activities.

Alcohol should be avoided while taking topiramate. Alcohol may cause increased sedation or drowsiness. It may also increase the risk of having a seizure.

Drink several extra glasses of fluid each day during treatment with topiramate to minimize the risk of kidney stone formation. Additional fluid may be necessary during hot weather, vigorous exercise, and illness.

Side effects of topiramate

If you experience any of the following serious side effects, stop taking topiramate and seek emergency medical attention:

- ! an allergic reaction (difficulty breathing; closing of your throat; swelling of your lips, tongue, or face; or hives);
- ! blurred vision, changes in vision, or pain in or around the eyes
- ! worsening of seizures.

Other, less serious side effects may be more likely to occur. Continue to take topiramate and talk to your doctor if you experience

- ! dizziness, poor coordination, sluggishness, or drowsiness;
- ! irregular back-and-forth movements of the eyes;
- ! nausea, loss of appetite, or weight loss;
- ! tremor, numbness, or tingling;
- ! confusion, difficulty concentrating or decreased memory;
- ! speech or language difficulties; or
- ! changes in behavior, depression, nervousness, or agitation.



Announcements and Notices

We Need Your Support! - Epilepsy Awareness Month's annual Door to Door campaign will begin in full force on March 1st. With the help of many generous and caring people just like you, I am sure that this year will be a resounding success once again. It's because of our volunteers and the generosity of those who give even a small donation that we can continue to bring numerous programs and services to individuals, family and friends who are influenced by the effects of epilepsy.

Will you give just a little time to help?

If so, perhaps you could collect a street or small area in your hometown, or perhaps you would be willing collect among your friends and family? Perhaps you would be willing to be a Zone Captain? If you are able to offer even an hour or two of your time, please give me a call. You can reach me at 722-0502 or toll free at 1-9866-EPILEPSY (374-5377).

There are collector prizes to be drawn for at the end of the campaign and a special draw just for Zone Captains.

If you cannot help, please give generously when one of our volunteer canvassers comes to call at your door. Every penny stays right here to help the people of this province live a better life today.

Michelle Monahan
Resource, Volunteer, and Campaign Coordinator



Epilepsy Express Secret Word Contest - Not long ago, we released a new information pamphlet called the *Epilepsy Express*. You may have seen it. In it there was a contest which invited you to visit our website and enter your name for a prize draw. This draw will take place quarterly, and you can enter every time if you wish.

The first winner of the Secret Word for Understanding Contest is:

Yvonne Henderson
of Natuashish, Labrador

Yvonne wins a special prize pack, as well as a free subscription to *Epilepsy News*, *Epilepsy Matters*, and *Talking about Epilepsy*

Congratulations Yvonne! If you would like a copy of the *Epilepsy Express* sent to you, just call Pam Anstey, the Education Coordinator at the ENL Office.

Calendar of Upcoming Events for March - As you know, we can't do all that we do without money. Epilepsy Newfoundland & Labrador does all of our own fundraising in order to continue providing programs and services for, and on behalf of individuals who are living with Epilepsy. We can't do that without your support. The planning is all done; the community supporters are all on board, now we just need you to jump in and participate where you can. All of the events require volunteers to make them successful. We need you to sell tickets, help on the door, place posters at your workplace, etc. etc. etc. Call us to talk about what you can do to make Epilepsy Awareness Month a success.

Friday March 3rd, 8pm - The Knights of Columbus on St. Clair Ave. will be holding a card party for us. Bring your own cards and basket. Tickets are \$5 each and can be purchased at our office at 261 Kenmount road or from the Knights of Columbus. All money raised will go to Epilepsy Newfoundland and Labrador.

Friday, March 11th - The Bella Vista on Torbay Road in St. John's will be holding a karaoke night, so come along and sing a few tunes, have a laugh, and raise money for epilepsy. They have agreed to donate the cover charge to ENL.

Sunday, March 20th, 7pm - Tols Time Out Lounge in Mount Pearl St. Paddy's Day Party. There will be a live band, lots of fun and chances to win great prizes. They have agreed to donate the cover charge for the night to ENL.

Saturday, March 26th - the Rob Roy will be holding a Newfie Night with the cover charge going to ENL.

Make Your Money Work. We have invited Banks, Credit Unions, and drugstores province-wide to partner with ENL to help raise awareness & funds. They will be asking customers for a donation to Epilepsy and customer donor cards will be displayed at the various establishments. Ask your bank, credit union, or drugstore if they will be participating. It's not too late to have them included.

Tea for Epilepsy. We have invited restaurants province-wide to inform their customers that for every cup of tea they purchase a donation will be made to ENL. Check your favorite restaurant for our posters. If they are not participating, find out why.

Everyone can do something. Nobody can do it all. Call our office and let us know how you can help.

Bonnie Green
Special Events Coordinator

With Our Sincere Thanks

CHRISTMAS TEA FOR EPILEPSY

Three months before Christmas, Bonnie Green came to our office to ask if she could volunteer to help raise funds for Epilepsy. We gratefully accepted, and the rest is a blur.

The idea for a ' Christmas Tea ' was conceived, logo developed, and our major sponsor Tetley contacted. Tetley was delighted to donate 10,000 individually wrapped teabags...and just like that we had a campaign.

Bonnie contacted schools, offices, MHA' s etc. asking that they support Epilepsy. She prepared beautiful Christmas baskets with teabags, cookies, prizes, and bows. Some, such as MHA' s gave a donation for the teabags and provided them, in their office, to their constituents; some offices took the teabags and provided them at break time...accepting donations for Epilepsy; some did their own thing...selling tickets on the baskets, asking their customers to contribute, etc.

All participating establishments received posters indicating that they were supporting Epilepsy Newfoundland & Labrador; as well as generous amounts of our ' Epilepsy Express ' pamphlets, giving them more to digest than cookies and tea. All in all it was a great success, as you can see by the number of community minded folks who supported this cause. We thank each and every one of you for doing your part.

(Oh, by the way, our volunteer Bonnie Green did such a great job that we were able to convince HRDC to provide funding for us to hire her for one year.)

Epilepsy Newfoundland and Labrador would like to extend our sincere thanks and gratitude to all who participated in the Christmas Tea for Epilepsy Project. It is because of the generosity of people like you that we can continue to help the more than 10,000 men, women, and children with epilepsy in Newfoundland and Labrador. You have made a difference in someone's life.

EPILEPSY CHRISTMAS TEA PARTICIPANTS

Our Grand Givers

Newtel Pioneers - \$500.00
Husky Oil - \$500.00
Joan Burke - Minister of Human Resources - \$500.00

The Tea Masters (\$100.00 donations and up)

Scotiabank - Water Street	VOCM Cares
Barrett' s Funeral Home	The Telegram
Breens Bakery and Deli	Rogers Cable
Jim Burton - Sutton Group	HRD Income Security Program
Best Western Traveller' s Inn	Patterson Palmer Law Office
Minister Diane Whalen	Norm Doyle - MHA
Minister Tom Rideout	Confederation Bldg, 10th Floor
R&B Falcon Canada	Villa Nova Junior High

The Tea Specialists (\$50 and up)

Hostess Frito Lay	City of St. John' s City Depot
RBC - Water Street	St. Patrick' s Mercy Home
Sam Wells - Goldwell Abba	Nfld School for the Deaf
Belbin' s Steak House	Liberal Caucus
Mazda - Kenmount Road	Curtis Dawe Barristers
Hyundai	Bank of Montreal - Elizabeth. Ave
Hickman Motors	NF and Lab Nurses Union
David Norris Remax	Carnell' s Funeral Home
Loyola Hearn - MP	Marine Inst. Student Union
Bob Ridgeley - MHA	Nu-Quest Distribution
White, Ottenheimer & Baker	

The Tea Apprentices (Donations up to \$49)

Previously Loved - Production Team	T.P. Hickey Insurance
Stacey' s Agencies	Business Services Centre
New Moon Restaurant	St. John' s Intl Airport Authority
Wal-Mart - Avalon Mall	Upper Gullies Elementary
Uptown Hair Design	Holy Cross Junior High Staff
CableTec	St. Kevin' s High School
Jungle Jims, CBS	St. John' s Nursing Home Board
College of the North Atlantic	Business Dev. Bank of Canada
Canada Trust - Mount Pearl	St. Luke' s Home
AON Reed Stenhouse	Scotiabank - Cornwall Ave
WalMart - Mount Pearl	CIBC Torbay Road
Zellers - Topsail Road	Sheila Osbourne - MHA
Price Chopper - Topsail Rd	Holy Spirit High School
Paradise Bakery	Kavanagh and Associates
Dept Transportation&Works	HRDC Pleasantville
Paradise Elementary	Domestic Moving & Storage
City Tire	City of St. John' s - 1st Floor
Brookfield Employees Assn	City of St. John' s - 2nd Floor
Scotiabank - Centennial Square	City of St. John' s - 3rd Floor
Trans Canada Credit	City of St. John' s City Clerk
Scotiabank - Elizabeth Ave	City of St. John' s Info Services
Shoppers - Villa Nova	British Confectionary
Shoppers - Churchill Square	The Co-Operators
Hair and Nail Expressions	Municipal Assessment Agency

No duty is more urgent than that of returning thanks.

~ St. Ambrose

Time Out

Did You Know ?

- ▲ *The length from your wrist to your elbow is the same as the length of your foot.*
- ▲ *Your mouth produces 1 litre (1.8 pints) of saliva a day.*
- ▲ *On average, you speak almost 5,000 words a day - although almost 80% of speaking is self-talk (talking to yourself).*
- ▲ *The muscle that lets your eye blink is the fastest muscle in your body. It allows you to blink 5 times a second. On average, you blink 15 000 times a day. Women blink twice as much as men.*
- ▲ *Hippocrates, the Father of Medicine, suggested that a woman could enlarge her bust line by singing loudly and often.*

An Impressive Group

The people listed here this puzzle are some of the brightest and best from all spectrums of life. From philosophers to musicians.

Find all the names in the puzzle. The letters left over when read row by row, left to right will reveal what they have in common.

R J O A N O F A R C
 A F A A M E O D N N
 S N U H T S I P A E
 E E E N D C O N P V
 A P A W K D O L O O
 C D E E T B U W L H
 I T N H E O E B E T
 P S I L L E N P O E
 G N U O Y L I E N E
 S Y H G O G N A V B

BEETHOVEN
 BUDDA
 CAESAR
 DANTE
 DICKENS
 JOAN OF ARC
 NAPOLEON
 NEIL YOUNG
 NEWTON
 NOBEL
 VAN GOGH

How Can That Be?

A woman named Bonnie from St. John's married ten different men from all over the province. None of the men died, and she never divorced. But she didn't break any laws.

How is this possible?

One kind
 word
 can warm
 3 winter
 months.

Japanese Proverb



"I'm waiting for a face-lift."

Yes, Sir!

by Elizabeth Cornish

My little brother was three years old, and had been told several times to get ready for bed. The last time my mom told him, she was very insistent. His response was, "Yes, Sir!" Since he was talking to our mother (and she is a woman), we didn't expect him to call her "Sir."

"You would say 'Yes, Sir' to a man. I am a lady, and you would say 'Yes, Ma'am' to a lady," Mom said. To quiz him on his lesson, she then asked him, "What would you say to Daddy?"

"Yes, Sir!" came the reply.

"Then what would you say to Mommy?"

"Yes, Ma'am!" he proudly answered.

"Good boy! Now what would you say to Grandma?"

He lit up and said, "Can I have a cookie?"

Cave In!

Five miners charged out of the mine shaft as the timbers crashed behind them. Jim was not the first one out. Wayne was neither first nor last. Brian ran out immediately behind Jim. Bill wasn't the second one out. Eddie was two men behind Bill. In what order did they run from the mine?



Truth and Lies



June can never tell a lie, Pam can never tell the truth. One of them said, "The other one said she is Pam." Which one said that?

