



THAT DARN TIC



A NEWSLETTER BY AND FOR KIDS WITH TS

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Nate (9 years old)
Broken Arrow, Oklahoma

My name is Nate and I am 9 years old in the 3rd grade at Arrow Springs Elementary. I have a lot of tics like a clicking noise I make in my throat. If I touch something once, I have to touch it again. I also growl from within my throat. I've had to tell all

the teachers that I've had that I have TS, so they won't get on me in class. Sometimes people say my clicking sounds like Maggie on "The Simpsons" sucking on her pacifier! But luckily no one makes fun of me because my friends and classmates have known me since I've had my tics and no one seems to notice.



Gianni (9 years old)
Aston, Pennsylvania

My name is Gianni and I have TS. I was told I had TS in September, but I had tics when I was a lot younger. I don't care that I have TS. It does not make me any different than anyone else. My tics are mumbling, blinking hysterically, twitching my head around and a lot more. I am a huge Phillies fan. I went to the game where the Phillies won the World Series. I act in plays at the Media Theatre. It is really fun. I play baseball and I am on the Red Sox. I don't take medicine for my tics, but sometimes they do get out of control. TS gets on my nerves sometimes. I am hoping that doctors will find a cure for TS.



Kai (9 years old)
Cinnaminson, New Jersey

My name is Kai. I am 9 years old. I have three little sisters and a great dog named Cannon. I like to play on Club Penguin, and I like Pokemon and Bakugan. I'm pretty normal except I have Tourette Syndrome.

In Kindergarten I was diagnosed with TS. It changed my whole life. I went to a lot of doctors and they took samples of my blood and after a while the doctors put it all together. Some of my tics right now are nose sniffing, throat clearing, stomping my feet, hitting things to feel pressure and I also have vocal tics.

Now some people look at me, but I just tell them, "I have Tourette's."

Tourette's will not push me over the edge!



Emily (12 years old)
Lane Manlius, New York



Me with Brody, my Mom's massage therapist's son

Hi! My name is Emily and I am 12 years old. I ran the Walt Disney World 5K and Half Marathon for TEAM TSA in January 2010. I finished the 5K and three miles of the half marathon.

We raised \$10,000 and about 20 people came to do the 5K.

I have ADD and TS.



Jeshua (10 years old)
Minneola, Florida

**The Boy with
Tourette's**

My name is Jeshua and I have Tourette's. I have lots of friends. Some of their names are Gavin, Adrian, Dillon and Elijah. One day, one of my friends asked me, "What is Tourette's?" I told him that Tourette's is a problem in the brain. It makes me do

things that I have no control over.

Two of the things that I do is I shake and blink a lot. I take special medicine to try and stop it. Even though I have Tourette's, it does not stop me from doing the things that I love. I like to play a lot. I am really good at building things like Lego's and Bionicles. I love to plant things. My favorite color is green. I love to play video games. I love cats and Guinea pigs. I talk in my sleep. My favorite food is chicken nuggets with hot sauce. I would eat it for breakfast, lunch and dinner. I hate it when my parents try to make me try new foods. I love my parents though, and they take really good care of me. I don't like to have Tourette's, but I know that it won't last forever.

The End.



Santiago (15 years old)
Argentina

Hi! I'm Santiago. I'm 15 years old and I'm from Argentina. I have had TS since I was 6 years old, and I recognize that my life has been really different than the lives of the other kids. I felt sad, angry and depressed because of my tics and my social problems. I remember the other kids laughing at me because of my involuntary movements (and it has not changed). At the beginning it was horrible; I was totally embarrassed, but one day I told myself that I don't have to listen to the jokes of the others and I have to live my life as I want. And it worked. Now, I'm a normal teenager, with friends, a girlfriend and a happy life. "Living La Vida Loca" is my slogan.

Of course I still have tics, but I feel that I'm free of them. When somebody asks me why I'm doing those movements, I smile and say, "Because I have Tourette Syndrome." I don't feel embarrassed saying that now as I did in the past. I must say that all my changes since I started to suffer from TS are thanks to my psychologist Maria Ignacia. She helped me with this problem and she helped me to become the person that I am now.

Scotty (13 years old)
Mission, Kansas



Hi! My name is Scotty. I was born on April 25, 1996, around 4:00. I came out very bruised up, but other than that I was a cute and healthy little baby.

When I started preschool and perhaps a little bit before then I started making these really disgusting hawking noises. Thankfully my non-knowing friends thought I was trying to make a roaring lion sound, and they tried to copy me. So then we had a whole entire group of ... "lions." As I said, I'm thankful that none of my friends teased me. My mom and dad thought that I was hawking up mucus for fun. But I don't blame them. Believe me, it was a loud and embarrassing noise. That lasted until about the end of third grade.

In fourth grade I gained a tic, which I call the "breathing tic." It's basically where I push out all of the air in my body in one long heave. Shockingly it doesn't feel that good. As of two years ago, I have developed a shrieking tic where I make the loudest screech ever made by a human. I also have probably one of the most famous tics, "the eye-blinking tic!" This tic requires me to squeeze my eyes so tight for so long that my vision is really blurry, and sometimes I even see everything in neon colors.

I am now 13 and emotional, and although my tics have been pretty bad these past few months, they are a whole lot better than they used to be. I still have my blinking eye, screeching, breathing and some new tics. But looking on the bright side, I have started a blog and a website ... both of which are about Tourette's. Even though I have Tourette's, I am still able to lead a wonderful normal life with family, friends and the pursuit of happiness. :)

**You Can Become a
Tourette Syndrome
Youth Ambassador!**

TSA's Youth Ambassador Program trains kids and teens (ages 14 and older) to talk about TS. The program gives young people with TS, their siblings, friends and classmates the preparation they need to speak about TS before their peers.

Learn more at:
<http://www.tsa-usa.org/People/kids/YouthAm.htm>



Marques (13 years old)
Flushing, New York

QC Knights and TS Knights Meet the Challenge!

Like Medieval knights in armor, the teachers from the Queens College (QC) athletic women's swimming team under the leadership of long-time Director of Aquatics at QC, Alicia Lampasso-Dillon (she is in the photo above at the far right), came to my rescue and the rescue of other boys and girls 8 to 18 years of age who, like me, struggle every day to win the battle against symptoms of TS.

My fight against TS began when I was diagnosed between 7 ½ and 8 years of age. The victories have been sweet but the battle is not over! At the age of 13, I find my symptoms to be more intense and more difficult to conquer because they are coming at me three to four at a time without letup. After noticing my symptoms becoming less tense whenever I went swimming during vacation time, I decided to pick up a sword as my weapon of defense against TS by swimming.

So with the assistance of my mother in September 2009, I inquired from several local colleges the opportunity to receive swimming lessons at little to no cost. Shortly afterwards, I received a response from Coach Knight Alicia. After allowing us to bring awareness about TS to QC, she not only generously gave me private swimming lessons but as a noble Knight would do, she extended her offer to my friends who have TS to join me in the training field by receiving group swimming lessons at the QC Saturday program. This allowed me to have a shield of protection to freely tic with my fellow knights in the locker room and swimming deck without feeling that the battle is mine alone.

The Saturday program not only gave our TS swimming group an opportunity to get together and enjoy each others' company, it also proved to be therapeutic as several of the knights expressed how their symptoms from TS were less tense and sometimes non-existent after swimming. After lessons we leave the training ground and walk across to Gino's Pizzeria. Nothing fills the appetite of a training knight more than pizza with extra cheese,

pepperoni and the works! There, we let down our guards and laugh while talking about whatever we want to talk about knowing somehow the subject will usually lead to stories about our battles against TS.

After eight weeks of training, it was time to come to the battlefield. On December 30, 2009, we the Knights of the TS swimming group, joined the Lady Knights and Coach Knight Alicia as the swimming relay ceremony began. The relay took place in front of family, friends and nobility.

The knights took to the water using all their training skills to win the relay. Breathing, strokes and kicking as each teammate passed the kick-board on to the other teammate to a final victory! Some of the TS Knights received 3rd place ribbons, some 2nd place ribbons, others 1st place ribbons. Except in this ceremony, every Knight was a winner!

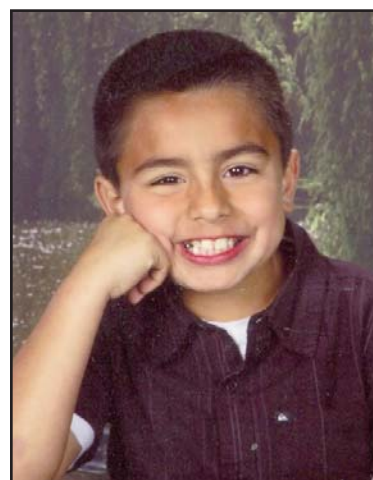
To celebrate we went to our favorite spot, Gino's! There we popped open a champagne bottle of our finest sparkling apple cider and celebrated sweet victory by taking a drink to our code of chivalry:

"The TS knights will never let their tics or other symptoms from TS conquer their ability to do their best!

The TS knights will educate and bring awareness about TS to everyone, everywhere they go!

The TS knights will destroy the myths about TS!"

I am Marques, the TS Knight in Armor (see photo - that's me in the center). The TS Knights, our parents and I are all thankful to QC, Alicia and the Lady Knights for an awesome opportunity! I will continue to bring awareness about TS in my monthly published comic strip called "Emes" that can be seen by clicking onto "HIT" magazine at <http://homeinstructionschools.com>.



Alex (9 years old)
Knights Landing,
California

My name is Alex and I am 9 years old and I am in the 4th grade.

I have a tic in my hands and neck. I was 8 years old when my tics started. Kids always ask me about my tics and I tell them just don't worry about them, because I don't worry about them.

Just because I have tics doesn't mean I can't have fun. I love to ride my bikes and play my PSP and play sports and collect cards.

I have nine members in my family: my mom, my dad, my three sisters and three dogs and me! I love my whole family.

I may have a tic, but my tic doesn't have me!

**Make new friends and have
fun-filled days at the
National TSA Conference
April 16-18 in Alexandria, Virginia!**

While your parents are attending workshops and seminars, you can spend the day with other kids just like you and attend a non-TSA off-site youth camp program for ages 7 to 14 on Friday and Saturday through the Tourette Syndrome Camp Organization. Scholarships covering part of the camp expenses are available. There will also be tracks for teens with TS and their siblings ages 14 to 18. For more information on the National TSA Conference, visit www.tsa-usa.org.

That Darn Tic

That Darn Tic is TSA's newsletter by and for children up to 18 years old.

All submissions will be edited for length, grammar and content. Drawings and cartoons reproduce best when they are black and white on white paper. We may alter the size to fit the art on our pages. Submissions for the next issue are due by March 15, 2010.

Send your short stories, poems, essays, drawings and photos to:

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Did You Know?

You can read this issue (and all past issues of "That Darn Tic") on the TSA website by going to this direct link:

http://www.tsa-usa.org/Publications/ChildrensNewsletter/that_darn_tic.html



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**May 15 - June 15
is Tourette Syndrome Awareness
Month!**

Help Spread the Word!

**Contact Your Local Chapter for
Events Planned in your Area!**