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ISSUE 5

**A MAGAZINE CREATED BY YOUNG  
ADULTS DEALING WITH CANCER**



**“Hi!**

*and welcome (finally!) to the 5th edition of 94 Magazine. There has been a bit of a gap between the last edition and this one but we are now back for good with a brand new editing and production team... Dave Turpie and T.J. McNab!”*

**ENJOY!**

*ARTICLES SUBMITTED BY: Laura, Rhiannon, Tom, Rosie, Dhiran, and Stephen.*

*ISSUE 5 EDITED BY: Dave, Tom, and Carrie (a bit).*

# Dhiran's Story

I was diagnosed with T-cell Lymphoblastic Leukemia in January 2010. The treatment for this type of cancer is 3 years for boys, a bit shorter for girls.

The first year of the treatment is the most intensive, giving you the usual symptoms of chemotherapy, feeling weak, tired, and sick.

However, I am now past all that and had my final scan in January 2011; the doctors told me my Leukemia was in remission and this is when the maintenance therapy began.

It is like an insurance: oral chemo for 2 years, with a 3-monthly lumber puncture to clear up or get rid of any bad cells that were still present but unable to be located.

I will be on maintenance therapy until January 2013, on this treatment as the months have gone by I do feel stronger and healthier, but still not quite back to my normal self, as it still does lower your neutrophil count, making you a bit more susceptible to infection than the normal person.

I will be starting back at University in Leeds whilst on maintenance therapy to study law and try fulfill my dream of becoming a barrister. It has been a long, hard process. But never give up - it will all be worth it in the end. I would just like to say a huge thank you to everyone on the ward, and to my family and girlfriend, I couldn't have done it without you.



*By Dhiran Mistry*

*Painting by Laura Graham*

Please send any comments, ideas and articles you would like to see in the magazine to [carrieam.galiford@leedsth.nhs.uk](mailto:carrieam.galiford@leedsth.nhs.uk)



**CREDITS**

# NATALIA KILLS

if you're already familiar with this lady then good for you. If not, pay attention! Her debut album, *PERFECTIONIST*, is available to download NOW. Why should you take an interest? Perhaps because she had a hand in writing every song, and that means a lot for someone who grew up in Leeds! Everything happened for her after she moved to LA: Demos were recorded, and after making their way to celeb-gossip blog Perez Hilton, meetings were set-up, and in one day she was signed personally by will.i.am to his record label. Working closely with the same folk who produced some of GaGa's biggest hits, she worked on the album for three solid years, and it shows. The sound is suicidal pop, not as dark as Rihanna's *S&M*, but not as outspoken as GaGa's *Born This Way*. The music is GaGa back when she was fun and bluffin' with her muffin' Bottom line: ignore the image and listen to the entire album. It plays as almost perfection - from the Riches, to fallen Tragedy, and ultimately Death.



## A Town Called Panic

follows the madcap adventures of Indian, Cowboy, and Horse, living in a house together, across the street from a farmer and his wife. What occurs in little more than 70 minutes can only be described as Complete Mayhem, as Indian and Cowboy decide to build a barbeque for Horse's birthday whilst he is out arranging music lessons with the love of his life, Madame Longrée. The film is non-stop, filling almost every frame in the stop motion animation with colour and madness!

This is one of the funniest films I've ever seen. It took me back to my childhood (which, I know is only over a decade ago, but it's the truth), back when I used to have my treatment on the children's ward, where I combined toy cows with Playmobil,

pretending they were Theatre Nurses and creating fantastical stories! Yes, the main character is a horse - but he's the most sensible character in this village! You may instantly recognise its style from the series of Cravendale milk adverts that ran on TV last year, and the original French shorts used to be shown on Nickelodeon.

Catch it playing on Film4 or buy the DVD, which is out now.



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*"Even from the outside, Mrs. Earnshaw's House strikes fear into the heart of Anne. But she has to face her fears sometime, and what better excuse than selling chocolate to raise money for her Grandmother's charity... but as Anne enters the house only to find it empty, something tells her it's going to be easier said than done."*
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## impávido! (Undaunted)

Attrition curdles my soul like a snake  
As I floundered to a shocking wake of misery  
Yet I thanked a God for my fate  
And fought out the night that covers me  
The mountain top stood  
Thousands of miles away  
Yet I pulled through  
With Clutches of will and wits  
Foehn of fear looms,  
Hovering on the roof of my cave  
I sought for a gate...  
Stood my ground...  
...and burst the winds.  
Tomorrow may be vague,  
As this rigid wall called uncertainty  
Trails my scroll of destiny,  
But Today I am stout  
To carve out this path  
With the savoury of my head unbowed!  
And remained the God of my soul.....  
Commander of my fleet!

31/01/11

*"Sums up the battle for me thus far.....the journey,  
my perception of the whole situation and where  
I'd thought I want to be, how I'd want to get  
there....but not losing touch of the realities  
before me....."*

--Frederick Pessu



This spurred me on to live without fear and to trust that my Buddhist practice would carry me successfully through the treatment.

The strange thing was that more than simply surviving the treatment, I actually found that my life opened up in a way I could never have expected. After the first chemotherapy I decided that I wanted to write a blog to record my experiences throughout the six months of treatment. I'd never done anything like this before so it was a challenge but I found that the process of writing incredibly therapeutic and I received great feedback from people, saying that they enjoyed reading it. I embarked on various other creative projects (I had plenty of time on my hands after all!) such as knitting and felting. More recently, I've been making music with some friends and have started playing gigs around Leeds! I can honestly say that without my experience of cancer I could never have summoned the courage to sing in public; nothing feels beyond me now that I've overcome such a daunting obstacle.

# Rhiannon's Journey

by Rhiannon Flood

When I was diagnosed with Hodgkin's Lymphoma in January at the beginning of this year (2011) my initial reaction was one of shock and despair. But before long I was able to see the opportunity hidden within the seemingly awful situation. It was through my Buddhist practice that I could reach this positive position so quickly. I was supported so strongly by other Buddhists, who even congratulated me on my diagnosis! They could see how much I would grow as a person through the challenge of fighting cancer.

The type of Buddhism I practice is called Nichiren Buddhism and originated in Japan but has now spread all over the world. Every morning and every evening I chant the phrase "Nam Myoho Renge Kyo" and recite prayers from the Lotus Sutra. I also meet with other Buddhists to study, chant and discuss together. I met the practice through my parents as they both chant (as well as my sister) but it was only after I'd left home and gone to university that I began chanting daily and attending meetings.

After I found out that I was ill a Japanese friend sent me a card with this quote inside,

*"Nam-myoho-renge-kyo is like the roar of a lion. What sickness can therefore be an obstacle?"*



## A Night in Nottingham

*We'd sailed from worlds afar at dawn  
To an amazing entanglement at dusk  
Our lives be so entwined for a cause  
Yet true but made unto us by fate  
That our hope be rested upon grace  
From the gods that may be  
In the rumbles of our emotions  
A path is crossed by our souls  
Chosen only by our hearts  
Yet so fitting like apples of Gold  
In shining plaque of silver  
To reflect every soaring sparkles of our smiles  
But for Indecision  
It curdled up our minds  
In the peak of the euphoria we'd felt  
As our depth fades into a bubbling night  
Revealing uncertainty yet on our every step  
And hiding our hearts  
From the beauty lying beneath  
The shades over our thoughts  
Till we meet again... and sometime in the future!*

23/03/20 (mid night)

*"I was trying to reveal the Hidden faces of our nights in FYSOT'11. It was really an amazing experience for me!"*

--Frederick Pessu

# Rosie's Story

by Rosie Rainforth

My name is Rosie Rainforth and I am 18 years old, I was recently diagnosed with a rare bone cancer called a Ewing Sarcoma. This is not the first cancer that I have been diagnosed with. At the age of 6 and a half I was diagnosed with acute lymphoblastic leukemia (ALL), with a total treatment that lasted two years. I had been cancer free for nine years before I was diagnosed again, which was a shock to say the least as the second cancer was in no way related to the first. As a teenage currently going through cancer for the second time I thought that instead of sharing my whole story it would be better to give a little advice to any teenager out there who is currently living with this life threatening disease.

Cancer is a word that instills fear in so many people and I believe more so in a teenager. So some words of advice – “stay positive”. This may seem extremely hard to understand especially under the circumstances, but I believe that it can help so many people. In the beginning when I was first diagnosed in November 2010 the last thing I had was positive thoughts and I dwelled a lot on the negatives. Realistically though, as hard as it seems thinking positive can help.

Trying to understand, Anne redirected her attention back to Mrs. Earnshaw and spoke again. “But what about the dagger? Why did you come after me with a blade?”

“To open box wiv! Heck, you don’t half cause me some bover. Even as a young ‘n you were always whining and crying.” Mrs. Earnshaw rolled her eyes.

“So all this was for some chocolate. Excuse me for being blunt, but why couldn’t you just go to the corner shop like a normal person?” Anne said, finally getting some of her confidence back.

“Cos!” Mrs. Earnshaw barked, before looking away sheepishly. “Ain’t got no money, ‘ave I.” Anne widened her eyes in disbelief as she turned to Mrs. Lane.

“She’s absolutely terrible with ‘er pension. You won’t see me lending her owt!” Mrs. Lane handed the box of chocolate back again; only this time Anne accepted it.

“So what now? I can’t just let you have it for free. The money’s going to charity.” Anne asked as Mrs. Earnshaw pleaded.

“You know I’m good for it, Anne. You and me, we’re old friends!”

“You just said I caused you nothing but bother.”

“Flamin’ Nora, back me up, Agnes! See, this is what happens when you leave it up to me to supply treats for t’ feast.” Ethel pouted and Agnes nodded her head in realisation.

“Oh, see now, I forget it was tonight. Lucifer will be catty if he doesn’t get his offering.” The seriousness of Mrs. Lane’s tone alarmed Anne.

“What do you mean?” Anne asked.

“Well, every week or so we have a special night to come together, and see he sort of needs an offering to be persuaded to join us.” Mrs. Lane clasped her hands as Mrs. Earnshaw sighed.

“I wouldn’t waste your breath. He doesn’t trust me, he won’t let us summon ‘im here!”

“But don’t you see, Ethel, this must be why the spell brought Anne here!”

Mrs. Earnshaw’s face unnerved Anne as she smiled, exposing those teeth again. “That’s right! You can present the offering to ‘him!”

“To who?” Anne asked as Mrs. Lane stood by Mrs. Earnshaw.

“LUCIFER!” They both cried in unison, hands stretched down to the ground, as if beckoning to the underworld. Upon seeing this, Anne screamed in terror and flung her arms into the air as she fled Mrs. Earnshaw’s house. Agnes looked at Ethel with concern, but Ethel simply cackled and reached for her dagger, plunging it into the box of chocolate Anne had dropped.

“Lucifer!” Agnes called again, with arms out stretched. Trotting inside, Lucifer leapt into Agnes’ arms and purred. Ethel offered the now open box of chocolates to her neighbour. Agnes picked one out and fed it to Lucifer.

“You know, you really shouldn’t give chocolate to your cat.” Ethel said as she popped one in her own mouth.

“Oh hush, Ethel!” Agnes said as she stroked Lucifer’s black fur. “He’s my blood sacrifice, I’ll feed him whatever I like!”

catch-up with the story so far, online @ [wp.me/Pi401-tV](http://wp.me/Pi401-tV)

"What on earth's the matter with you, dear?" Anne turned to face the front door of Mrs. Earnshaw's house with a jolt and breathed a sigh of relief as she realised it was Mrs. Lane from next door who had grabbed her. "Speak up, I can't hear a thing after that awful scream you let out!" Mrs. Lane's friendly accent soothed Anne's nerves and gave her the strength she needed to finally speak.

"Mrs. Earnshaw came after me with a knife. Her cellar is some kind of Witch's lair." Anne spat out, only to find herself unable to believe her own words. What would Mrs. Lane think?

"Witch?! Oh dear, that would be a fright." She simply exclaimed and reached out to comfort Anne. Mrs. Lane directed her attention behind Anne and spoke again. "Have you been scaring the neighbourhood children again by taking out your false teeth, Ethel?"

Anne spun around and saw Mrs. Earnshaw in the room with them, still dressed in her ceremonial robes and clasp the dagger. She cackled and waved it around as if it were a butter knife. "Stop acting like you're Mother-flamin' Theresa, Agnes. You know as well as I do that pantry in't gonna fill itself up with sweets." Anne found herself frozen to the spot again, only this time it was from sheer disbelief.

"That's no excuse to go beckoning t' Lords, making 'em drag poor Anne over here like she's your own personal shopper." Mrs. Lane said as she bent down and picked the box of chocolate up from off the floor where, in all the excitement, Anne had dropped it. She handed it back to Anne, but Anne still couldn't move. "You've frightened her half to death!"

"I figured she'd just drop the chocolate and run." Mrs. Earnshaw replied.

"We've got enough't neighbours gossiping 'bout what goes on in this house without you makin' things ten times worse! Now're you gonna apologise?" Mrs. Lane demanded.

Mrs. Earnshaw pocketed the dagger and reached for Anne's hand. Regaining her senses, Anne recoiled.

"I am sorry, love! You gotta understand, it's m' diabetes." Mrs. Earnshaw's sincerity confused Anne and she tried to understand what had happened.

"You're saying you performed a spell to make me come over here and bring you chocolate?!"

"Well what t'ell d'you fink I was doing, getting ready to butcher you?" Mrs. Earnshaw laughed as she shook her head. Anne's attention was drawn back to Mrs. Lane, who also let out a small laugh.

"I should defend my senile old friend here. You see, we've been practicing witchcraft for decades. Not got us much in the way of results, like, but when Ethel sets her mind on something she just has to have it!"

"Don't fink you haven't caused your fair share of mischief. They never did find your third husband." Ethel pointed accusingly.

"Now there you go, see, it's stuff like that that gets people talking." Mrs. Lane explained to Anne, "He went into hiding, changed his name, nothing untoward whatsoever!"

There will come many days through treatment when you will feel unhappy and wonder why these things happen to you, but one thing to remember is that you're not alone and not the only one living in such circumstances, although the actual numbers are few. Treatments can be a long drag and trying to find things to do with your time sometimes seem impossible, but looking to the future does help. At one point the treatment will be over and although the road to recovery may be long there will be light at the end of the tunnel. Life will most certainly get back on track and in the end most definitely make you a better person with a greater understanding of life than many. It will influence, I am sure, so many decisions that you make as an individual.

There will be down days and I am in no means saying that it is possible to always feel positive and focus on the good things when everything seems to be going so wrong. But whenever possible trying to think positively and look on the things that are good in life, will help, and has and still is without a doubt helping me to get through my current treatment.

# PARDON, WHAT DID YOU SAY?

BY STEPHEN BAHOOO SHY

Is this something you are repeatedly finding yourself saying? Did you know that excessive noise such as that from clubs, bars and portable audio equipment with headphones can affect your hearing? Constant exposure to sound levels over 80 decibels can cause a condition called tinnitus (a ringing or buzzing in the head or ears) to develop. Most nightclub and concert music can reach levels of well above 110 decibels while the maximum volume of personal music players can reach 100 decibels, both of these are worrying when it comes to your hearing. Research has shown that between 70-80% of people who regularly attend clubs and bars will experience tinnitus at least temporarily.

## What is Tinnitus?

Tinnitus is a perception of noise in the ears or head that is generated from within the body rather than from an external source. It is usually only heard by the individual, however in extreme cases it can be heard by others. Temporary tinnitus can be caused by recent exposure to loud music, a blow to the head or if you have a cold. About 1 in 100 people suffer from long-term serious problems with tinnitus.

The most common cause of tinnitus is damage to the hearing nerves in the ear (cochlea or inner ear). We hear sounds through several nerve impulses from the cochlea to the auditory system in the brain. Damage to these nerves in the ear produces an abnormal stream of impulses, which the brain interprets as sound. It is this sound that causes the noise associated with tinnitus.

## Preventing Tinnitus

~◆~


Tinnitus is more common in the elderly but can be developed at any age. It often gets worse at quiet times due to the lack of background noise to drown out that produced by tinnitus. It is estimated that 10% of the population are affected by some level of tinnitus. Some people experience an irritation that they can learn to live with while others can suffer poor concentration, difficulty with sleeping and depression.

Earplugs can be inconspicuous and do not block the sound of music or conversation. Earplugs simply block out excess noise and can improve your ability to make out conversation or music. Wearing them correctly can reduce sound levels by 15-35 decibels and they are relatively cheap to purchase. When clubbing, try not to stand too close to the speakers, take regular breaks from the loud music and try to aim for at least ten minutes break every hour.



What 3 items could you not live without?

**DVD's (and a computer to play them on), Chocolate, and my Piano.**



What is your sick pleasure - song or album?


**Céline Dion.... Oh no, wait...  
The Carpenters!**

5 FROM THE  
**BOWL**




If you were an ice cream, what'd be your name and what'd be in you?

**Something Sweet:  
Chocolate, Caramel, and  
Marshmallow.**



What was your first CD?

**S Club Party, by S Club 7  
probably on cassette!**



What is your favourite book?

**Twilight - the first one!**

## IN THIS ISSUE:

NAME:

Laura Graham

AGE:

18



## QUESTIONS SICK

"Hi, my name is Laura Graham. I was diagnosed with Non-Hodgkins Lymphoma in January 2011 at the age of 18 (I recently turned 19 in July 2011). I completed my last year of sixth form, and am hopefully going to University to do Psychology, either this year or next year.

I've recently come out of hospital after having an autologous stem cell transplant. I was in isolation for 3½ weeks, so it felt amazing when I had my first breath of fresh air and slept in my own bed again! Hopefully this is the last treatment I will have to have."

This will give your ears some time to recover after the excessive noise exposure. It is recommended that after exposure to sound at 100 decibels for 2 hours that you should give your ears at least 16 hours rest if permanent hearing loss is to be avoided.



Currently the European Union has set legislation on the power output of personal stereos with headphones. It states that the maximum volume cannot reach above 100 decibels, which is equivalent to a pneumatic drill from 12 feet. Germany is trying to get this reduced to 90 decibels while Apple have announced that they will be updating their iPods to enable listeners to set a maximum volume. This system will also come with a child lock so parents can set the levels that cannot be undone by their children.

When using personal stereos it is advised that you do not use the volume at over 60% of the maximum or at a level where the person next to you can hear your music. Listening to music near to, or at the maximum volume will be enough to cause permanent damage to hearing in some people. Remember to take breaks from listening to music. This is something that can be easily forgotten as you may lose track of time whilst walking around town or working out at the gym. In addition, you should not increase the volume of your music to drown out any background noise.



## What to do if you think you may suffer from tinnitus?

Go to your GP. They will then refer you onto an otolaryngologist (a specialist doctor for ear disorders) at an ear, nose and throat (ENT) department. This is necessary to rule out any underlying cause and to accurately diagnose the condition. A number of tests will be carried out such as X-ray, balance testing, blood test, hearing test, and sometimes a CT or MRI scan will be taken.

Treatment is different for each individual with tinnitus but it can include counselling and/or drug treatment. In most cases however there is no cure of tinnitus; treatment is designed to help individuals to live with the condition on a day-to-day basis.

For more information on tinnitus or any other hearing related problem go to [www.nhs.uk](http://www.nhs.uk) or [www.tinnitus.org.uk](http://www.tinnitus.org.uk)

# Painting with Pens



"Whilst I've been ill, I've tried to keep occupied by doing arty things like painting and sewing, and my lovely Mum taught me how to knit (I became inspired to do so after seeing another patient on the ward knitting - it looked like fun!). It's a great way to pass the time as you get totally absorbed, and I get a real sense of achievement when I complete something. At the moment, I am knitting a baby cardigan to send in a baby care package abroad, to a family in Fiji who cannot afford baby clothes."

