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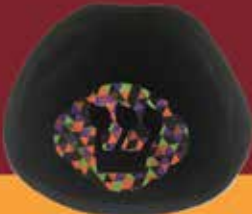


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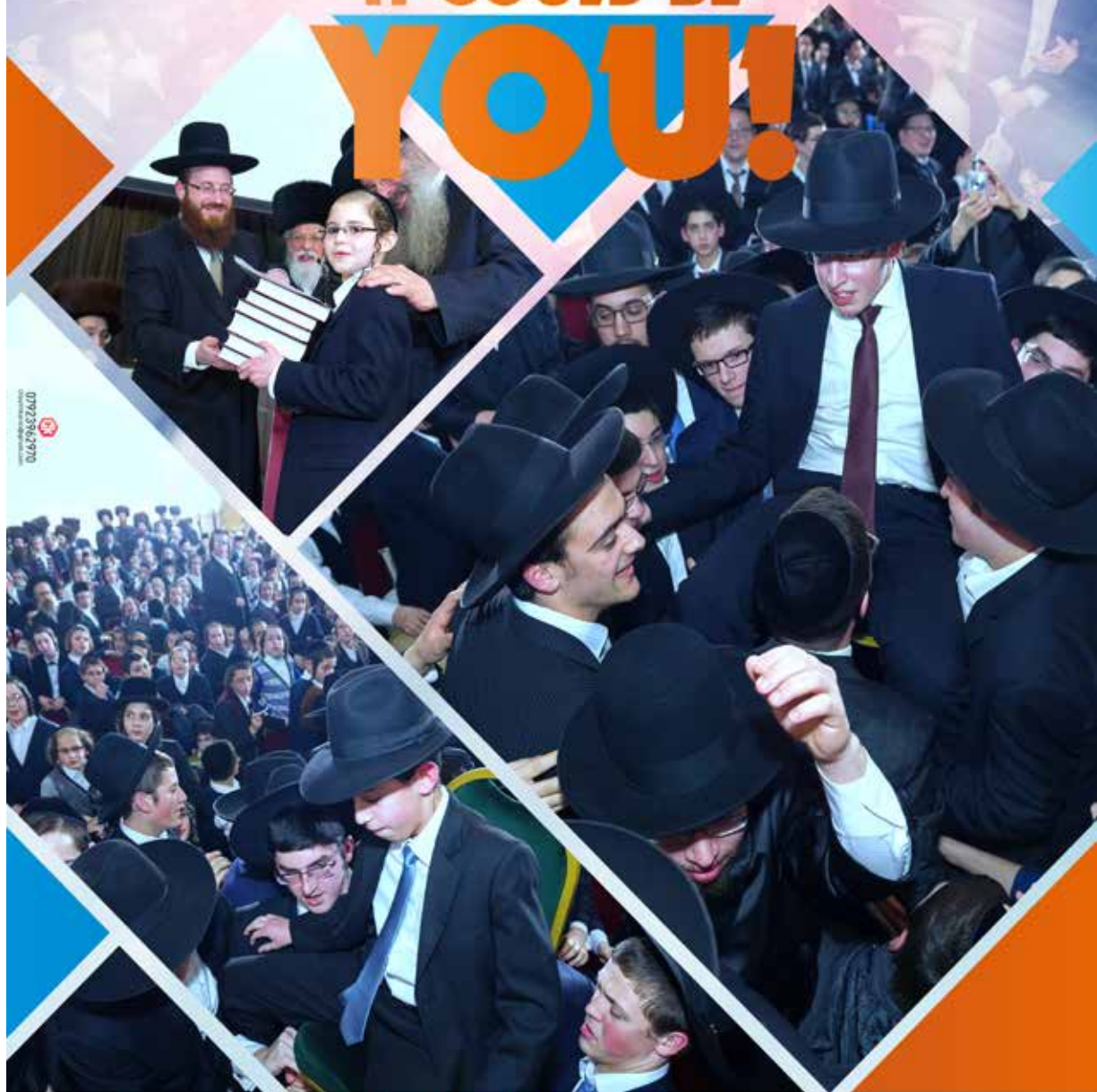
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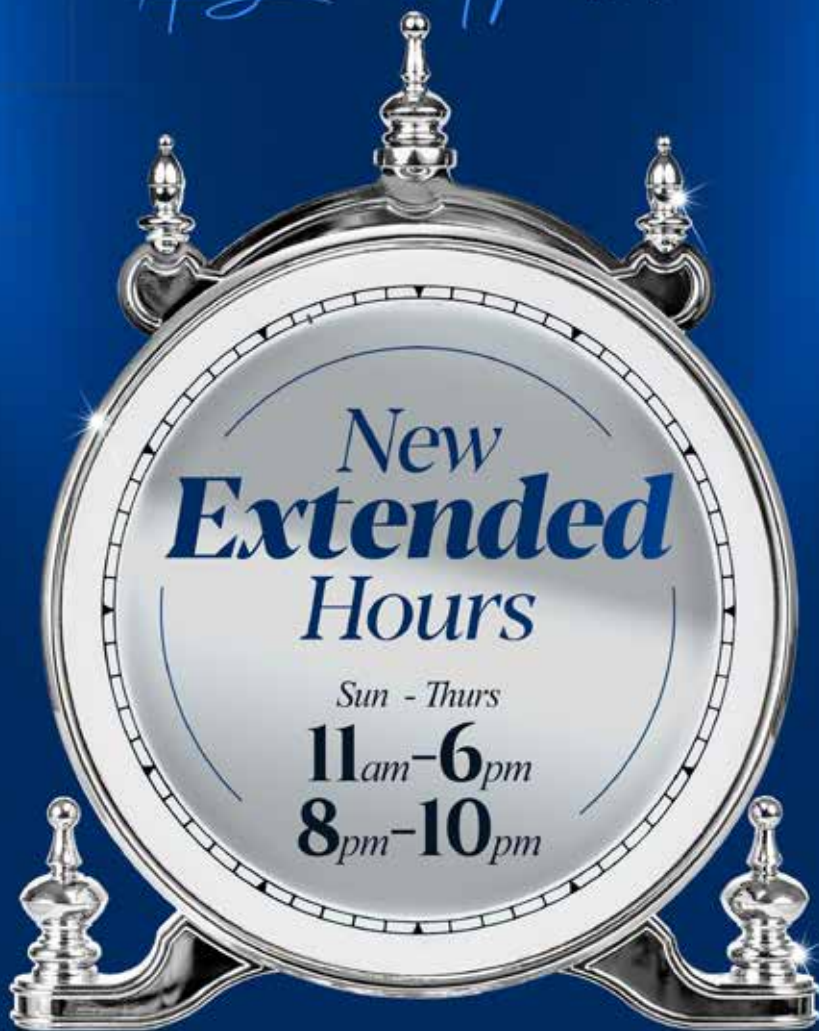


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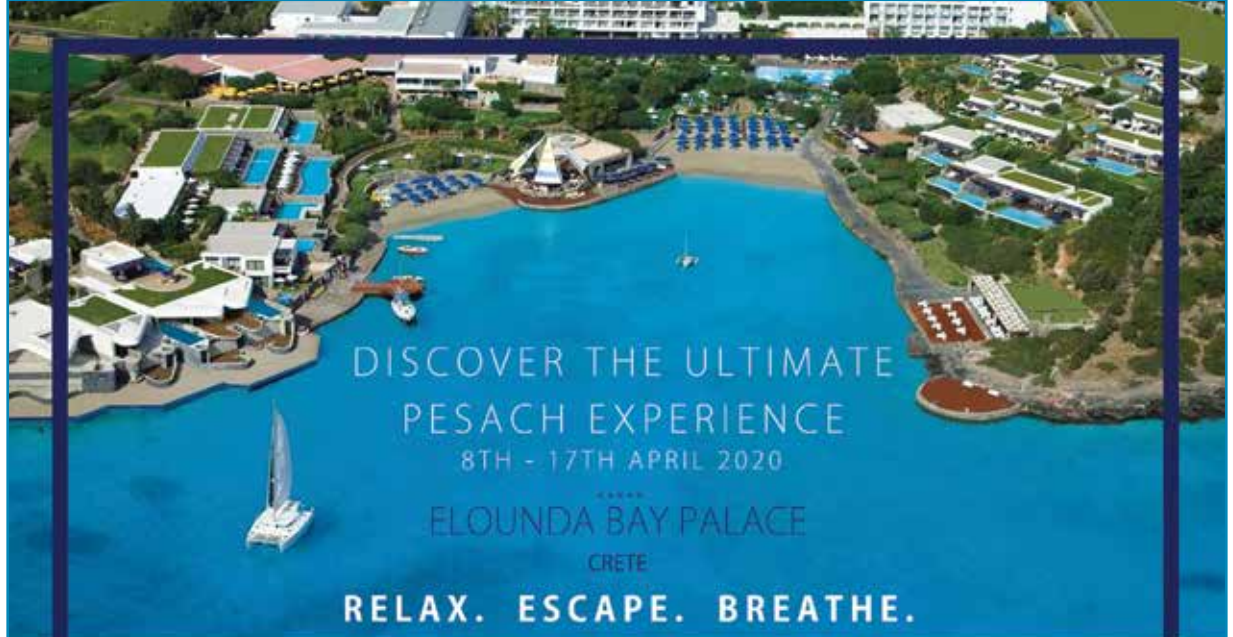
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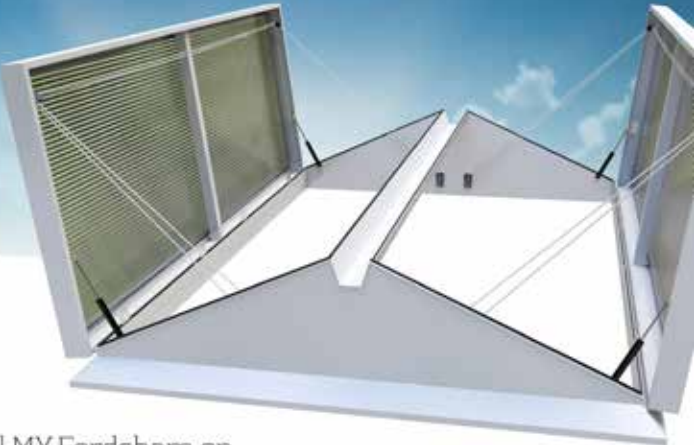


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Q: I am quick to panic and in general a very anxious person - I suffer mostly during stressful times of year. What signs indicate that I need medication?

A: **Dr. J. Horowitz**

Nearly every person has times when they may feel anxious or a bit panicky. Most people will be able to help themselves or try simple measures to improve how they feel. This may include talking to others perhaps a spouse or a friend, doing exercise, using simple over the counter herbal remedies or psychological help.

Medication is generally indicated when anxiety is interfering with life. Examples may be when one cannot sleep or eat due to the anxiety, or if someone is afraid to go out or meet people.

Anxiety that is so strong that it prevents one from thinking is also an indication. Other people who feel extremely anxious, and cannot sit still - may be restless and unable to pay attention and therefore unable to help themselves.

One may also suggest medication when therapy on its own is not effective, or when a quicker fix is necessary.

There are several categories of medication which can help in anxiety/panic - the doctor will have to suggest one of these depending on several factors. These include:

- The age of the patient.
- Other medications the patient may be taking.
- Is a result needed in a very short space of time or not.
- Patient preference, or previous experience.

There are several medications designed especially for treating anxiety/panic, but there are also several others which can be very helpful, although they were originally designed for other uses.

One example is gabapentin - a nerve pain medication which was found to also help anxiety and is often used for this indication. It is therefore important to discuss this with the doctor.

Please note that these answers are general guidelines. Each individual should consult with their Doctor/Moreh Derech.

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Seeing for Himself!

A Shuvu Child

Sixth grader Dovy Paravonoy and his classmates from Shuvu Beit Shemesh were overjoyed when they were told they would be having a Shabbaton in a hotel in Arad. They had learned so much about Shabbos and eagerly looked forward to the opportunity to finally spend a complete, halachic Shabbos together with their teachers whom they adored so much.

Thus it was most surprising that at the Friday night *seudah*, Dovy sat without putting a morsel of food in his mouth.

His *rebbe* noticed this strange behavior and went over to Dovy to ask if he was feeling okay.

"I'm feeling fine, Harav

Tomer. I just won't eat anything until I see that there is a *teudat hechsher* (kashrus certificate) in the hotel."

Rav Tomer tried to reassure him, stating that the hotel has an extremely high level of kashrus, but Dovy was not convinced. "I must see the *teudah* myself," he insisted.

Rav Tomer took Dovy into the kitchen where they found an employee who was not wearing a *yarmulke*.

"How is the kashrus here?" Dovy asked him.

"Top notch," replied the employee. "You can see the Teudah Mehadrin over there." He pointed to the certificate hanging on the wall.

Dovy's face broke into a

smile and he told Rav Tomer that now he was willing to partake of the *seudah*.

While Dovy and his friends were enjoying the delectable meal, they noticed the kitchen employee walking towards them, now with a *yarmulke* on his head. He went straight to Rav Tomer and Dovy and said with tears in his eyes, "I used to be a yeshivah *bachur*, but over the years I went downhill. But seeing the *mesirus nefesh* of your *talmid*, who is willing to stay hungry until seeing the *teudat hechsher*, made a tremendous impression on me."



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9				3				6
8		4	5	1				
		8		5				
	9	3		8		4	1	
				9		3		
				6	5	9		4
4				2				8
				8	1	5		

HARD PUZZLE

							6	
	2		6		4	7		
	7		1		5		3	
	8				2	9		
9	4						2	1
		6	9				8	
	1		5		6		7	
		4	3		7		9	
	3							

Each puzzle consists of a 9x9 Sudoku grid containing areas surrounded by gray or dotted lines. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box, and the sum of the numbers in each area is equal to the clue in the area's top-left corner.

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DARK TAPESTRY

by Ruthie Pearlman

CHAPTER NINETEEN *cont.*

"Remember," Leora continued, "that some impressions may only lift in partial and others do not lift at all, so I always attempt to photograph the prints first. If the footwear leaves a visible print on an item that can be retrieved from the scene to the laboratory, then this should be the method of choice. It is much easier to work on the evidence under controlled conditions than to try collecting the footwear at the crime scene, but in some cases this is not possible."

"Right. And how do you actually get the impression out of that fine dust?"

"This lifting method works by placing adhesive paper or contact paper, adhesive side down, over the impression in the dust and smoothing it over," Leora explained as she put up the second batch of photographs. "This allows the impressions to be transferred to the adhesive side of the paper. Once this is done, the paper is peeled off the impression and photographed. The paper can be treated with a mixture of crystal violet and distilled water, which stains the footwear impression but produces a reversed image when collected. Once this is completed, a piece of clear acetate is placed over the print to preserve it for impounding and later examination purposes."

"I think I'll stick to simple investigation," Colin said dryly. "This all sounds horribly complicated. I'm more of a Mr. Plod type of copper than a Hercule Poirot. I plod along, noticing things and talking to people. I wouldn't know what to do with a piece of trace evidence if it jumped up and bit me." Leora laughed. "Both kinds of police work

are needed, the Mr. Plod kind and my kind. We complement each other. I'm not nearly so good at talking to people as you are."

Colin glowed at this small praise.

"Anyhow," Leora went on, "looking at these two sets of prints from the footwear, even you can see what they show us." She grinned to soften her words.

He studied the two sets of photographs she had pinned up. "I'm no expert, but these two treads don't look the same."

"Not even remotely," Leora added. "Look at the pattern of the tread here and here. Never mind that they're not from the same shoe, they're not even the same make of sneaker. From my knowledge of footwear, I would say that the one on the windowsill was lifted from a Nike, and the one in the playhouse was a Puma."

"Is it possible that it was still from the same guy, but he was wearing two different pairs of trainers on these two occasions?" Colin asked.

"Nearly impossible, I'd say," Leora replied. "First of all, the two prints are from shoes of different sizes. The first one, from the windowsill, I estimate is a size nine, even though we only have a partial lift, and the one from the playhouse a size ten. Even if we assume that the Fox wanted to fool us by wearing two different pairs of shoes for two occasions, in two different sizes, there is no way he could hide the way he wears his shoes. The tread on these two pairs, if worn by the same person, would be worn down in the same place, and it isn't. Look. In this shoe, the wearer tends to lean inward. In this shoe, the wearer leans on the outside. See how the tread is worn down there and there?" She pointed.

"So the bottom line is, whoever was using the

playhouse isn't the Fox," Colin summed up, hardly able to contain his disappointment. "Sure looks like it," Leora said sympathetically. "Oh, bother. I'll get some of my men to watch the playhouse on their beat, see who it is. Now I know it isn't the Fox, we don't have to be quite so surreptitious. I was sort of worried to scare him off before. My biggest fear is to drive the Fox even further away from us than he is now. I have a gut feeling that, at the moment at least, he is very close by."

"Well, I'd still be cautious, if I were you. Just in case I'm wrong," she replied.

"My men will be discreet. Don't you worry," Colin sighed. "So your analysis is conclusive?"

"Sorry," she replied. "The playhouse mystery man is not the Fox."

"Oh, well. Back to the drawing board. Tomorrow first thing we go check out that address. Do you want to come with?"

"Sure thing. Tell me what time and I'll be ready."

"I'll drive by at nine," Colin said.

That night Colin found sleep elusive. Eventually he surrendered to the insomnia that had gripped him, got up, and padded barefoot to the kitchen to get a cold drink from the refrigerator. The apartment was cool. A breeze blew in from a high window, sending the net curtains dancing like brides. He stood in the center of his living room, eyes closed, taking long swallows of his cool drink.

I'm never going to get to sleep like this, he told himself. I need to read something. He was reminded of that crucial chapter in Megillas Esther when the king couldn't sleep and called for the Book of Chronicles to be

read to him.

Colin wasn't a great reader of Books of Chronicles, or of anything much, still retaining some of his schoolboyish antipathy to reading which was so common among young males. He remembered his sisters at home with their noses always buried in some novel or other, while he and his brothers lumbered around the house, protesting "I'm so boooooorrrre!" When his mother suggested, "So go read a book — there's plenty around!" the boys would stare at her as if she had suggested they amuse themselves by learning a lengthy poem by heart (another hated occupation).

However, at the age of twelve, Colin discovered science fiction. Even though it was not encouraged in their household to read non-Jewish books, Moshe and Rifka Sommers had vetted the sci-fi series Colin increasingly began piling up around the house and could find nothing averse in it other than a nonspecific "filling your head full of shtusim."

"At least the boy is reading at last," Rifka had said to her husband, "and he is sure to know that this is pure fantasy and not mix it up with reality, so I'd let him get on with it."

Moshe thought his son would be better occupied learning Gemara than filling his mind with distant planets and alien civilizations, but he did understand his need for escapism, so he relented. Colin was finally hooked on reading; he joined his sisters with their "nose in a book" position, slouching around the living room in various unhealthy-looking postures, and his school grades improved with his knowledge of language, grammar, and spelling.

To be continued...

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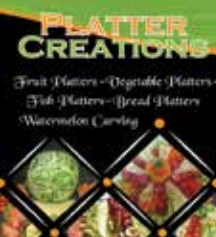
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