

had not promoted laughter as a panacea, or as a cure-all. It had indeed helped him emotionally and physically during his own illness, and could be of use to others, but "laughter is a metaphor," he told me that day, "for all the positive emotions."

I wouldn't go so far as to suggest that Orthodox readers get a hold of old "Candid Camera" reruns, or any of the other secular videos my father used to make himself laugh during that period of our lives (all of which, by the way, were squeaky clean by today's standards). But by the same token, I don't think I must refrain from telling the story of how "artificially"-induced laughter (along with massive intravenous doses of vitamin C, as per my mother's instructions) made all of us in the family happier and more hopeful during a scary time.

Sarah Shapiro  
Jerusalem, Israel

**Achoo!!!!**  
**A flu shot can help**

In reference to "Truth or Consequences,"  
Issue 311

Dear Editor:

I just read the story about the mom who

thinks she may have given the flu to her children the week of their sibling's wedding.

1) They all probably got it from the same source the mother got it. Mom, don't feel so guilty.

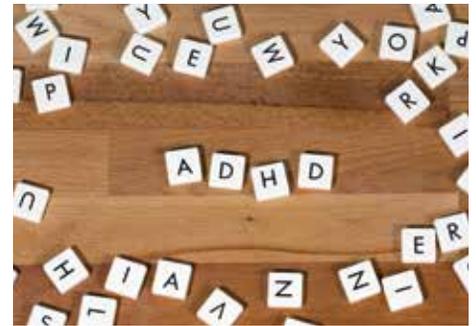
2) It's time we all start taking the mitzvah of guarding our life and health seriously! Take the flu shot!!! There is no reason whatsoever not to. Yes, the flu shot is not perfect, because the vaccine has to match the flu strain for the season. But it's better than nothing.

By now, multiple studies have proven that vaccines do not cause autism. It's a *shanda* that most outbreaks of preventable disease are in the *heimishe* communities. This comes from ignorance and misinformation. I'm by nature non-confrontational. But when I still hear some self-proclaimed health professional advising *yungeleit* against vaccinating their young children, I do speak up and tell them, "You are not a doctor; do not give medical advice. Just stick to nutrition." Kudos to all the *frum* doctors who took a stance and will no longer treat families that refuse to vaccinate.

Oh, by the way, I do believe in nutrition and vitamins. But they can't replace vaccines.

Respectfully,

M.K.



**Riddle Question of Ritalin**

**No riddle at all**

In reference to "Parenting," Issue 311

Dear Editor:

I read your article with surprise and dismay. Our community has made great strides in addressing mental health issues and thereby lessening the stigma. In the area of ADHD we still have a long way to go.

ADHD is a neurobiological condition. ADHD is considered to be on the mild end of the spectrum of diagnoses that included Aspergers, and on the far end: autism. ADHD is a physical condition just like diabetes. If your child needed insulin,

love makeup? **go pro.**

PROFESSIONAL  
**MAKEUP COURSES**

- Like no other.

**COURSES BEGIN AFTER PESACHI**  
BASIC | ADVANCED | REFRESHER | INDIVIDUAL ATTENTION

NEW YORK | NEW JERSEY | CHICAGO | CANADA | CALIFORNIA  
ISRAEL | NATIONWIDE | WORLDWIDE

FAIGIE BLAU 347.219.3503  
DEBBY GROSSMAN 917.681.6269  
themakeupcourse@gmail.com

FAIGIE BLAU  
DEBBY GROSSMAN

@ARTISTRYSTUDIOS

**FASHION**  
beyond  
*the box*

**K S Q U A R E D**

**LAKESIDE STORE HOURS:**  
 Sunday: 11:00AM - 4:00PM  
 Monday: 8:00PM - 10:00PM  
 Tuesday: 10:30AM - 2:30PM  
 Wednesday: 8:00PM - 10:00PM  
**5 Stamford Hill Rd.**  
**Chana Blima: 347.397.8814**

**BROOKLYN STORE HOURS:**  
 Sunday - Wednesday:  
 11:00AM - 4:00PM  
 Monday: 8:00PM - 10:00PM  
**1670 49th Street**  
**Gitty: 718-483-1762**  
**Miri: 347-385-4388**

**WOMEN'S CLOTHING BOUTIQUE**  
 sales@ksquaredny.com  
 @K2.SQUARED

**LETTERS**

would you withhold it because of the “side effects?” If your child refused to take insulin, wouldn’t you do all you can to help them understand the importance of taking it? Why do parents still adamantly refuse to give the lifesaving Ritalin? Why do they continue to listen to their ADHD child who refuses to take the ADHD meds? By publishing such articles about ADHD we just reinforce the totally unnecessary stigma of ADHD and Ritalin. These articles contribute to my many clients adamantly refusing to administer the meds to their children or themselves.

The author asked, “Is ADHD really dangerous?”

Consider the following facts:

High school-age students who are not medicated are at greater risk of depression, anxiety and the use of alcohol and drugs.

Some 21% to 45% of prisoners have ADHD. Studies show crime and prison are costly; medical treatment is cheap.

Young adults with ADHD have as many as four times the number of accidents as those who don’t have the condition. When medicated, their symptoms are in the same range as the general population.

Those with ADHD are twice as likely to divorce as the general population.

They regularly underachieve as they go through life.

The author felt guilty that by giving Ritalin to her son she was in some way being selfish by wanting a peaceful Shabbos. Perhaps she should stop and think how her son feels inside his body when he does not take the meds. How does he feel at the end of the day after being told off numerous times for the behavior that he has great difficulty controlling? The siblings of a child with ADHD suffer enormously. For their sake it is vital that parents administer the ADHD meds.

The author felt guilty that she was

*encore*

**Re: PTSD**

*A way to forget fears?*

As reported in *AmiLiving*, many people are suffering from post-traumatic stress disorder and are searching for help to live with the trauma. Israeli scientists believe they have now found a way to eradicate the bad memories completely. “In a study conducted at Israel’s Weizmann Institute, researchers shut down a neuronal mechanism in mice where bad memories are formed. After the procedure, the mice had forgotten all their previous fears. “This research may one day help extinguish traumatic memories in humans—for example, in people with post-traumatic stress disorder (PTSD),” the researchers said in a statement.

somehow subduing her son’s nature. The child’s nature stays the same; he is just calmer, and he can focus on what is going on.

ADHD is a paradox of incredible strengths and incredible weaknesses.

How did people manage in the past? Children had more freedom to roam the countryside. They had more avenues to explore their natural curiosity. Children nowadays have lost this gift.

Those children who could not sit still longer than 30 minutes left school at an early age and were apprenticed at a job that involved working with their hands. ADHDers are very creative and derive great satisfaction from working creatively with their hands.

Unfortunately mainstream schools are not the best place for a child with ADHD. Many children have gone off the *derech*, a strong cause being that they were not medicated. Parents, do you truly care for your child's welfare or do you care more about what other people will think? If you want your child to get through school with as little damage to their self-esteem as possible, please find an experienced professional and medicate your child. You may have to try out different types of Ritalin. Don't give up until you find the right brand and dose for your child. Please find him or her an ADHD life coach who really gets their challenges, and the challenges of the family, and is equipped with the tools to help them and their parents.

Administering Ritalin so your child can learn in school should be for the purpose of enabling him to complete his studies. This will help him with his self-esteem, friendships and with the next step in his education and his life.

Ritalin is one of the safest meds around. There may be side effects associated with taking Ritalin, but the disastrous effects of not taking Ritalin are far worse.

Through coaching, the person with ADHD will learn to access his strengths, and with the help of the meds will have the tools to lead a successful life. I tell my clients to be proud that they are giving the meds to their children. They are the parents who

truly care for the wellbeing of their children. Readers can contact me through *Ami*.

*Faigy Liebermann, ACC  
ADHD life coach*

## Aha Moment!

*The perfect moment*

In reference to "Aha Moment," Issue 310

Dear Editor:

I'm not sure if you are aware but your story about Shlomie Gross was published on the day of his *yahrtzeit*.

My husband was a close friend of Shlomie so I immediately called him at work when I saw the story about him. He could not believe it. But what all of us who did know Shlomie can believe is that he is an inspiration to people to do good because he is still inspiring all of us.

What amazing *hashgachah!* He should be a *meilitz yosher* for us all.

With warm regards and good memories,

*T. Schwartz*



## Life After High School

*A student's perspective*

In reference to "Letters," Issue 299

Dear Editor:

I would really like to thank you for publishing the article, "There's Life after High School!" It really gave me strength to go on after hearing your writer's success story. But what really appalled me was the letter in Issue 299 where a teacher wrote in saying that it was the student's problem because she had a bad attitude!

Firstly, she cannot be a real teacher, because teachers have to be kind and understanding, *not* mean and judgmental. Secondly, I don't know where she picked up about the writer having a bad attitude. I personally respect the writer for having gone to school every day when she was an official failure. I personally am a student having a hard time in school. I happen to be pretty smart and quite well-liked among my peers, but not among the teachers. I know plenty of girls who come to school every day, study and get decent marks. The problem is that the staff is only focused on a select group of girls. It is simply unfair!

To the staff, jobs in school are nothing. The same girls keep on getting G.O.,

Establish a  
**GIFT REGISTRY**  
or buy a  
**GIFT COUPON**  
for someone  
in Israel!



# GOING TO ISRAEL?

## WHY SCHLEP OR PAY FOR EXCESS LUGGAGE?

**COUPLES:**  
see our kitchen/dining  
section & quality linens

**BOCHURIM:**  
see our toppers for  
old dira mattresses

BLANKET  
EXPRESS PLUS



Forget the Hassle...It's All on Us!

www.BlanketExpressPlus.com 718-360-4534

BED & BATH • TOILETRIES • SMALL APPLIANCES • KITCHEN & DINING UTENSILS • STUDENT SUPPLIES • STORAGE ITEMS