

THE EPOCH TIMES

LIFE &

TRADITION

PARENTING

Is Your Son Addicted to Video Games?

Parents need to distinguish between too much time playing video games and a serious addiction

LEONARD SAX

Jacob was 22 when his parents brought him to see me in the office. He still lived at home and worked only a few hours per week, helping with his father's remodeling business. His parents were concerned by Jacob's complete lack of ambition.

He had no job except for the occasional work provided by his father, no education beyond high school, no interest in further education—vocational or otherwise—and no plans for the future. He was playing video games at least 40 hours per week, the equivalent of a full-time job.

"Tell me about your best friends," I asked.

"I have dozens. Where do you want me to start?" Jacob answered.

"Just tell me the first names of three of your best friends," I replied.

"Well, there's Jonathan," Jacob said.

"When did you last see Jonathan?" I asked.

"I've never seen Jonathan," Jacob said. "He lives in Singapore. He's in my World of Warcraft guild."

"When's the last time you had a friend over at your house?" I asked.

"Yeah, I see what you're getting at. The virtual world isn't as good as the real world, right?" Jacob said.

"Well, yes," I said. "I do think real-world relationships are more important than relationships which exist only online or in a virtual world."

Jacob was spending way too much time playing video games. The games had crowded out everything else.

"The only effective intervention in this context is complete abstinence," I told his parents. "You have to eliminate Jacob's access to video games. Remove the Xbox from the house. Destroy it or give it away. Eliminate all access to the internet, including the cell phone."

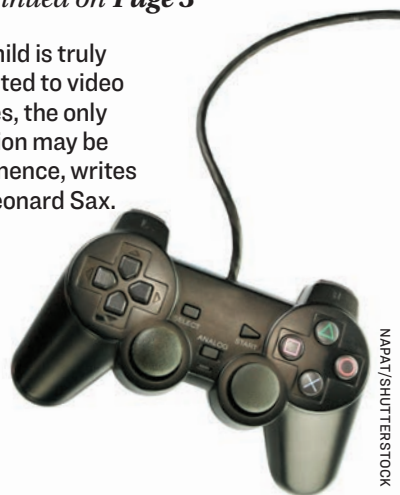
Jacob's blank expression turned into an angry scowl.

"That's totally unacceptable," he said. "I'm an adult. I'm over 18. You can't tell me what to do! My parents can't tell me what to do."

"That's right," I replied. "You are an adult. You are free to walk out of your parents' house."

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If a child is truly addicted to video games, the only solution may be abstinence, writes Dr. Leonard Sax.



A study found that spending 15 minutes daily considering their ideal future boosted participants' levels of optimism.

BIBA KAVICH

How to Be Content in Turbulent Times

Even amid trying times, there are ways to foster contentment and joy

GREGORY JANTZ

If you were asked to choose one word to describe the times we live in, what would it be? You might say stressful, intense, or exhausting—all true, for sure.

As for me, I'm going with the adjective "turbulent." If you've ever flown in an airplane that encountered turbulence, you're well-ac-

quainted with the meaning of the word. As the aircraft shakes and plunges through bad weather, your adrenaline soars, your stomach lurches, and your heart pounds.

That's an accurate description of what most of us have experienced in recent years, as we've endured pandemic-caused chaos, political upheaval, and social unrest.

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BIBA KAYEVICH

and encourage one another. Supportive relationships give you a healthy outlet to process your emotions and strengthen you for the challenges ahead.

Envision Your Best Possible Self

For the next two weeks, spend 15 minutes every day thinking about, writing down, and considering your ideal future. Ponder your goals and dreams, and envision that everything works out to be the very best situation. Then spend another five minutes visualizing this best future life as vividly as you can, with a lot of details.

This exercise is more than just a feel-good pep talk for yourself; you'll be retraining your mind and redirecting your thoughts. A study published in the *Journal of Behavior Therapy and Experimental Psychiatry* demonstrated that this exercise boosted participants' levels of optimism.

Steer Your Thoughts

What goes on in your head inevitably and irrefutably comes out in your actions, attitudes, and ambitions.

Your thoughts—the messages you tell yourself every second of every day—profoundly and powerfully determine every other aspect of your life. What you tell yourself about yourself can radically influence your happiness, relationships, career, parenting, mental health, and physical well-being.

Gratitude is the antidote for every toxic thing that comes into our lives. Simply put, gratitude fosters optimism, hopefulness, and resilience.

This presents a good news/bad news scenario: If your thoughts are consistently affirming, optimistic, and constructive, your life is sure to advance in a positive direction. But if your thoughts are consistently critical, pessimistic, and destructive, your life will advance in a negative direction.

Practice Forgiveness

Holding on to pain is toxic to your heart and soul. Forgiving someone who has harmed you is never easy, but working through the process removes a major obstacle on your path toward contentment.

People who seek counseling at the clinic I direct are often surprised when we ask about broken or embittered relationships in their lives. They fail to see the link between their mental distress and their unresolved conflicts with others. But our experience has removed all doubt that hanging on to offenses and emotional wounds is an effective (and unfortunate) way to punish yourself. Forgiveness brings you freedom.

A growing body of social science research demonstrates the physical and mental health benefits of forgiveness.

"Whether you've suffered a minor slight or a major grievance, learning to forgive those who hurt you can significantly improve both psychological well-being and physical health," an article published by the American Psychological Association reads. "Research has shown that forgiveness is linked to mental health outcomes such as reduced anxiety, depression, and major psychiatric disorders, as well as with fewer physical health symptoms and lower mortality rates."

Gratitude has a way of multiplying exponentially—the more you choose to be grateful, the more you'll find to be grateful for. An attitude of thankfulness opens the door to experiencing the fullness of life and developing a heart of peace. Closely observe the countless good things that you enjoy but may tend to overlook. Spend time intentionally cultivating gratitude, and watch how it improves everything about your life.

Engage in Rewarding Activities Experiencing discontentment can cause you to forget the activities that used to bring you relaxation and joy. A big part of healthy self-care is continuing your life-giving activities and the endeavors that invigorate you.

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Let's add another word to this discussion that we desperately need in these turbulent times: contentment. This is the quality of inner peace, calm, and serenity that holds us steady through jarring ups and downs. Is it truly possible to experience contentment amid modern life's uncertainty and turmoil? Absolutely!

As a mental health professional of 35 years, I've counseled thousands of people struggling with depression, anxiety, addiction, and many other afflictions. Those willing to invest themselves in the healing process experienced deep-down contentment that they hadn't before.

Two foundational points are essential to understand.

First, contentment is an inside job. Many people long for inner peace but don't achieve it because they're looking in the wrong places. If you're seeking anything external—outside of yourself—to bring contentment, you'll be searching forever. True contentment has nothing to do with what you have or don't have; proof lies in the fact that unhappy people are found on every rung of the economic ladder and in any job title, investment portfolio, and collection of possessions. Genuine contentment has everything to do with emotional and spiritual well-being. It comes from within you, always.

Second, contentment is a learned skill. Since I was raised in a Scripture-reading home, I've always admired the perspective shared by the apostle Paul in *Philippians 4:11 to 12*:

"I have learned to be content whatever the circumstances. I know what it is to be in

need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."

We can learn to be content in all things, no matter the degree of turbulence that we encounter. All of us are born into this world needy and demanding, and many people stay that way throughout their lives. But content people understand that well-being and fulfillment emerge from the choices we make and the lessons we learn.

Let's look at specific ways we can all learn to achieve contentment.

Genuine contentment has everything to do with emotional and spiritual well-being. It comes from within you, always.

Practice Gratitude

Gratitude is the antidote for every toxic thing that comes into our lives. Simply put, gratitude fosters optimism, hopefulness, and resilience. That's why it's hard to imagine a more powerful cure—all than choosing to be consistently thankful.

Summarizing the results of a long-term study investigating the effects of daily gratitude, Harvard Medical School researchers said, "In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions,

relish good experiences, improve their health, deal with adversity, and build strong relationships."

Gratitude has a way of multiplying exponentially—the more you choose to be grateful, the more you'll find to be grateful for. An attitude of thankfulness opens the door to experiencing the fullness of life and developing a heart of peace. Closely observe the countless good things that you enjoy but may tend to overlook. Spend time intentionally cultivating gratitude, and watch how it improves everything about your life.

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Enlist Support

Feeling discontent can make you feel isolated and alone. But all around you is a healthy array of people eager to share your journey. Studies have shown that social support can help you build resilience against stress and provide you with practical ideas for dealing with distress and disappointment.

Don't hesitate to reach out to a close friend, counselor, or mentor for ongoing help and mutual support. People like this can also refer you to relevant resources and groups that allow members to voice their concerns

Activities that are rewarding, and that bring you relaxation and joy, are important to make time for.

Choosing a Good Day

The ideas you focus on impact your thoughts and your life

BARBARA DANZA

Have you ever stopped to think about the effect that your focus has on your life? At any given time, each of us is mentally focused on certain ideas.

For example, if you're focused on the idea of buying a new car soon, you'll experience a heightened awareness of the cars on the road. You'll start to hear about cars for sale and the state of the market. You'll find yourself researching various makes and models, and you'll easily notice any car you happen upon with a for sale sign in its window.

In contrast, the enormous plethora of ideas that you aren't focused on will tend to have very little or no influence on your life. We can only focus on a certain amount of things at a time, and what we choose will have an effect.

Mindset Matters

Of course, focus can be positive or negative. Imagine beginning your day by committing to jotting down all of the good things that you encounter throughout the day. You would find yourself suddenly noticing all sorts of otherwise ordinary, yet decidedly positive things. You might appreciate how delicious your morning coffee is, or how beautiful the clouds appear in the sky. You might ponder what an amazing thing it is to have running water and electricity as you brush your teeth. You might delight in the kindness of a stranger who holds a door open for you.

Even if things go wrong during this day,

you would likely look back upon it as a decidedly good day. You may even extend that thought to the realization that your life is a decidedly good life.

Similarly, a negative focus can lead you to believe that a day—or a life—isn't so good. Imagine that you're harboring a sense of fear and worry. Perhaps you've been consuming a high volume of news reports or talking with your neighbors about local problems in the community. One day, you begin to notice all sorts of phenomena that support your fears. Perhaps you read in the paper about a robbery near your home. Maybe your car gets scratched in a parking

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But if you leave,"—and I then glanced at the parents—"your parents are not to support you. Right now, you are living in your parents' home, but you don't pay rent. They pay for your food and your internet access. If you are going to stay in their house, then you must abide by their rules."

Video games have been around for half a century. This year, we celebrate the 50th anniversary of Atari's launch of Pong, the first video game to go viral. But 50 years ago, even 20 years ago, it would have been rare to find a boy who was neglecting every other aspect of his life for gaming. Now, it's becoming common.

Jacob's story is extreme, but I hear about many boys—and it's almost always boys, not girls—who are neglecting their schoolwork and social life in order to stay in their room with their door closed, headset on, and controller in hand playing their games. The games are just too good.

If you invest 40 hours or more to master an immersive role-playing game such as *Red Dead Redemption 2*, you feel like you have truly accomplished something when you've finished—something meaningful and substantial. The boys tell me that it's way more satisfying than studying Spanish or U.S. history.

Some boys are at greater risk: The boy who's a loner or socially excluded is at greater risk of gravitating toward violent video games and becoming more aggressive, according to recent research. The link between violent video games and aggressive behavior may be controversial, but one recent study suggests that there may be an even stronger link between violent video games and cyberaggression. Even if the boy who kills enemies online in *Grand Theft Auto 5* isn't more likely to actually hurt people in real life, he may be more likely to engage in acts of online aggression.

As a family doctor, I've been concerned about boys and video games for many years. In 2007, I wrote a book called "Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and



A positive mindset has ripple effects; it will influence the people around you in a positive way.

Underachieving Young Men." Video games are one of those five factors, and they're the factor most often implicated when a boy really falls off the track, as Jacob did. More recently, I wrote an updated second edition of "Boys Adrift" because things have only gotten worse.

With my encouragement, Jacob's parents followed my instructions. They donated the Xbox and all of his video games to Goodwill. They removed the computer from his room. They password-protected their own computer and refused to allow their son to access it.

Four weeks later, they were back as I had requested.

"It's unbelievable, the difference," his dad said. "At work, for example. It used to be pulling teeth to get Jacob to help me at all, and I had to check everything he did. Now, he's showing initiative, and he does the job better than I do."

His mom said, "It wasn't easy. Not at first. Jacob didn't talk to us at all for the first week. He would make his own meals and take them into his room. But then, after about a week, he started joining us for supper. And he just seemed to wake up. It was as though he had been in a fog all those years he was playing video games. Maybe he just wasn't getting enough sleep. Now, he actually talks at suppertime."

His dad said, "He just seems smarter now. He understands better. He's got a better attention span. He's got more patience." "What do you think?" I asked Jacob. "Do you agree?"

"No, I don't," Jacob replied. "I don't feel any different. Not any smarter, that's for sure."

"If we were up to you, would you start playing video games again tomorrow?" I asked. "Absolutely," Jacob said. His parents sighed.

Jacob showed no insight. He had no awareness of how video gaming had displaced real-world activities in his life.

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lot, and no note is left. Maybe you run into a disgruntled cashier who's rude to you. You may notice a child behaving poorly in a restaurant.

Suddenly, the world seems to be confirming to you that it's all going south, that your fears are well-founded, that you've had a terrible day, or even that you're having a terrible life.

Now, imagine that both days described are actually the same day. The difference is only the focus.

There's good in this life, just as there's bad. You get to choose the way in which you focus your mind.

Jacob showed no insight. He had no awareness of how video gaming had displaced real-world activities in his life.

It's important for parents to distinguish between their children spending too much time playing video games and having a serious addiction. If a child is addicted to video games, then the only solution that really works, in my experience, is abstinence. That means removing the game console from the house and giving away all the games.

Tips for the Boy Who Just Needs Limits

But what if a child is spending too much time playing video games, but hasn't lied about it or become angry about not being allowed to play and has agreed to the need for limits? This kid isn't truly an addict. I devote two chapters of "Boys Adrift" to presenting the research on this topic and to making evidence-based recommendations, but here's a summary for the boy

who needs limits but isn't an addict:

This article was originally published on the *Institute for Family Studies* blog.

Leonard Sax, M.D.-Ph.D., is a practicing family physician and the author of four books for parents. More information is online at LeonardSax.com

Boys who are loners or socially excluded are at greater risk of gravitating toward violent video games and becoming more aggressive.

BASEBALL

The Years of The Babe

How 2 of today's best players have brought Babe Ruth back to life

DUSTIN BASS

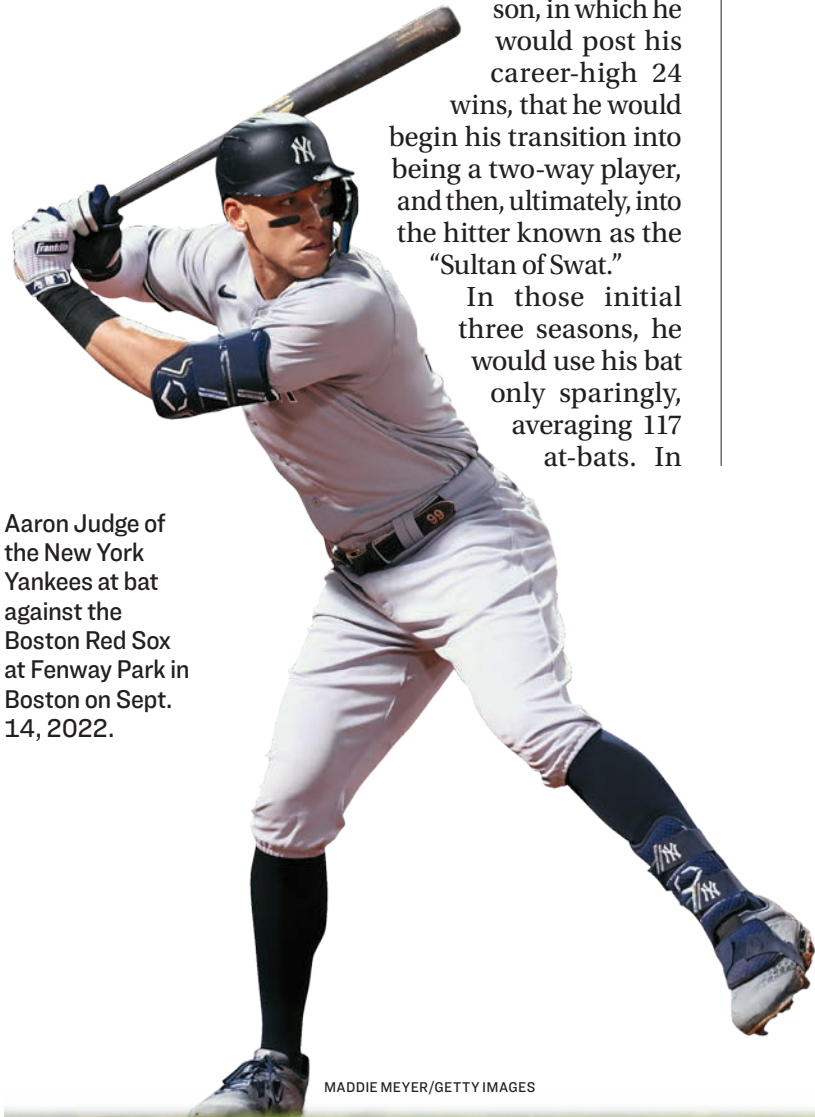
On a July day in 1914, George Herman "Babe" Ruth Jr. took the mound for the Boston Red Sox to pitch seven innings in a 4-3 win over the Cleveland Indians. No one knew it yet, but the 19-year-old left-hander would become the greatest hitter in the history of baseball.

Before Ruth began his torrent through the majors as the game's greatest hitter, he spent the three seasons following his debut predominantly as the Red Sox's ace pitcher. He pitched 866.5 innings in those three seasons (1915-17) and finished with a 65-33 record, 2.06 ERA, and 410 strikeouts. It was after the 1917 season, in which he would post his career-high 24 wins, that he would begin his transition into being a two-way player, and then, ultimately, into the hitter known as the "Sultan of Swat."

In those initial three seasons, he would use his bat only sparingly, averaging 117 at-bats. In

Babe Ruth, circa 1920. Biographical File filing series (Library of Congress).

Aaron Judge of the New York Yankees at bat against the Boston Red Sox at Fenway Park in Boston on Sept. 14, 2022.



MADDIE MEYER/GETTY IMAGES

his next two seasons, he would have 317 and 432 at-bats, respectively. In 1918, he led the league with 11 home runs, a number that seems infinitesimal compared to his later years. The following year, in his final season with the Red Sox, that number jumped to a league-leading 29. He would also lead the league with 113 RBIs and finish the season with a .322 batting average. As his plate appearances increased, his time on the mound decreased. But he was still a dominant arm, finishing out the 1918 and 1919 seasons with a combined 22-12 record, a 2.59 ERA, and 70 strikeouts in 299.2 innings pitched.

The game had witnessed numerous two-way players before. It had been common practice in the 19th century. As the game entered the 20th century, it became less common. Regardless of which century, no one would come close to being as dominant on the mound and at the plate as Babe Ruth. At least, not until the 21st century.

A Two-Way Promise

When Shohei Ohtani agreed to join the Los Angeles Angels at the end of 2017, he was touted as a phenom and an anomaly. He had been courted by just about every team in the majors before ultimately deciding on



PUBLIC DOMAIN

the team that was logistically closest to his home country of Japan. The 6-foot-4 right-handed pitcher and left-handed batter had already cast his shadow over the league, and it was gigantic.

The questions, however, abounded. Would he be elite at both positions? Would he eventually be forced to transition into a one-way player? Could he remain elite at either position against the world's best players?

In his 2018 rookie season, Ohtani met those expectations—sort of. He won the American League Rookie of the Year Award primarily for his offensive performance—hitting .285 with 22 home runs, 61 RBIs, and 10 stolen bases. An elbow injury shortened his season on the mound, where he pitched only 51.2 innings, and ended with a 4-2 record, 3.31 ERA, and 63 strikeouts. At season's end, he underwent Tommy John surgery for his elbow.

He wouldn't pitch in 2019 and would only be cleared to hit as the team's designated hitter starting in May (a month after the season began). With nearly 60 more at-bats than his rookie season, however, Ohtani's numbers didn't meet expectations. He finished with 17 more hits, but fewer runs, home runs, and doubles, and nearly the same amount of RBIs with 62. Before the end of the 2019 season, Angels General Manager Billy Eppler announced that Ohtani would undergo another surgery, this time on his left knee. It would require an eight- to 12-week recovery period.

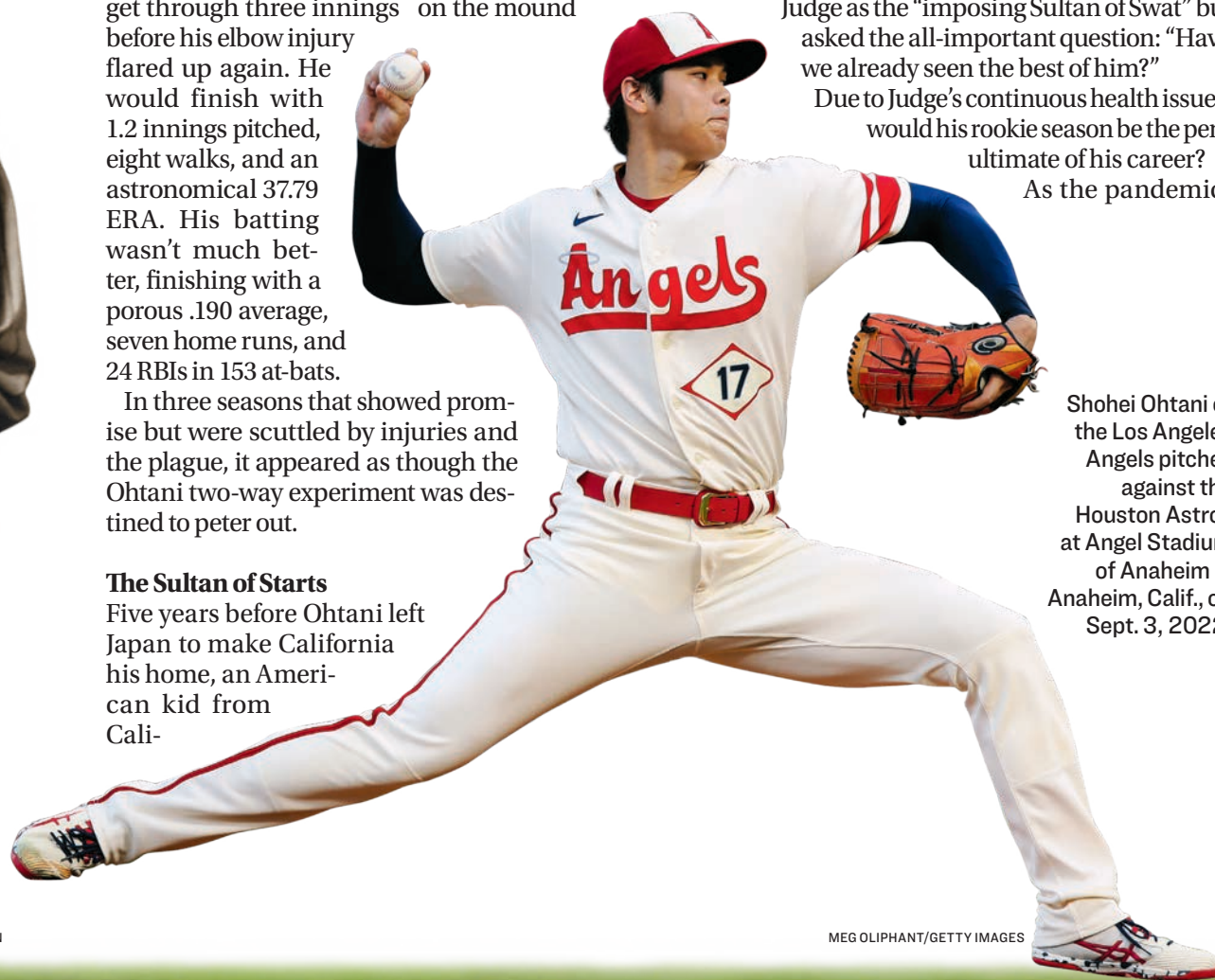
To add insult to the injuries, the 2020 season was nearly scrapped as a new disease originating from Wuhan, China, swept across the globe. The world came to a screeching halt, and baseball along with it. MLB announced its season wouldn't be starting until July 23.

The 2020 season was more than forgettable, and so were Ohtani's numbers. He wouldn't get through three innings on the mound before his elbow injury flared up again. He would finish with 1.2 innings pitched, eight walks, and an astronomical 37.79 ERA. His batting wasn't much better, finishing with a porous .190 average, seven home runs, and 24 RBIs in 153 at-bats.

In three seasons that showed promise but were scuttled by injuries and the plague, it appeared as though the Ohtani two-way experiment was destined to peter out.

The Sultan of Starts

Five years before Ohtani left Japan to make California his home, an American kid from Cali-



Shohei Ohtani of the Los Angeles Angels pitches against the Houston Astros at Angel Stadium of Anaheim in Anaheim, Calif., on Sept. 3, 2022.

ornia would make his home in New York. In 2013, the New York Yankees drafted the soon-to-be larger-than-life outfielder, Aaron Judge. The 6-foot-7 Judge wouldn't see his first major league at-bat until Aug. 13, 2016, but it would be a memorable one: a home run to center field at Yankee Stadium. As Judge entered his first full season, no one could have expected the offensive explosion that would ensue. He burst onto the scene in 2017, crushing 52 home runs, scoring 128 runs, and earning 127 walks—all of which led the American League (AL)—as well as driving in 114 runs, second in the AL. Those monstrous numbers earned him Rookie of the Year and runner-up for MVP. The baseball world was, perhaps, witnessing the second coming of Ruth.

Ruth, in his first season solely as a position player in 1920, led the majors with 54 home runs, 158 runs scored, 150 walks, and 135 RBIs. Ruth's following season was a true encore, hitting 59 home runs, 168 RBIs, scoring 177 runs, and earning 145 walks, all of which led the majors.

Judge's follow-up season, however, would be hampered by injury.

On July 26, 2018, Judge was hit by a pitch, causing a "chip fracture" in his right wrist. Though he tried playing through the injury, the medical staff decided to sideline him for a minimum of three weeks. Prior to his injury, he was batting .266, with 26 home runs, 61 RBIs, 70 runs, and 68 walks—all of which led the Yankees. He would only hit one more home run, tally six more RBIs, and seven more runs. His 2019 numbers were nearly identical after an oblique muscle injury shortened his season.

In August 2020, shortly after Judge was placed on the injury list for a calf strain, sports columnist and author Steve Serby referred to Judge as the "imposing Sultan of Swat" but asked the all-important question: "Have we already seen the best of him?"

Due to Judge's continuous health issues, would his rookie season be the penultimate of his career?

As the pandemic-

COMMUNITY

At-Risk Youths Find Direction in a Community Marching Band

Sounds of Success in Palm Beach County, Florida, offers opportunities for growth and belonging

DAVE PAONE

When the Sounds of Success Community Marching Band performs, don't expect the usual. You won't hear "Stars and Stripes Forever," or any John Philip Sousa composition for that matter. There won't even be the high school band staple, "The Girl from Ipanema." Instead, the band performs original compositions by its founder and leader, Antoine Miller.

But that's not all. Sounds of Success doesn't just march; they also dance, with a lot of stepping and stomping. Sometimes, Miller will give an about-face command and the band will march backward while playing.

But the really special part of the package is the members are all inner-city, at-risk youths from Palm Beach County in Florida.

Beginnings

In 1989, Miller was born in what he described for The Epoch Times as Fort Lauderdale's "projects" or "the hood."

"I was a product of my environment," he said. "Within the neighborhood I was raised in, it was a high drug area, violence was very high, domestic violence was high in a lot of homes."

Although drugs and gangs were prevalent—and friends of his were casualties of both—Miller never got involved with either. "I was brought up in the church," he said, crediting

his "strict parents" for keeping him on the right side of the law.

"But it wasn't easy. The projects are the ghetto. It's different than the suburbs," he said. "You really do have to know how to survive and live within the projects because it's a lot of things you can get trapped up in."

Miller escaped those traps through music. Early on, he discovered his gift for drumming and joined the marching band in 6th grade, making drum major in 7th. He also played the saxophone in high school.

A Life-Changing 24 Hours

At age 18, Miller had some friends who were going to go out one night to stir up trouble. He was hanging with a girl he knew who encouraged him not to go. He didn't.

Later that night, the group of friends was arrested.

The following day, Miller ran into his former band director at a fast-food restaurant. He asked Miller what he was up to.

"At that time, I was at a low point of my life and I was just venting to him," Miller said.

The band director suggested that Miller come work with his middle school band. Miller showed up the next day and has been working with children and young adults in a marching band atmosphere ever since.

Miller finds this series of events that played out in a matter of hours very serendipitous

and credits it with who he is today.

Making It Happen

Miller attended Florida A&M University as a music education major on a partial scholarship for two years. He then became the music director of John F. Kennedy Middle School, which he had attended as a student. Since he was hired as a permanent substitute, he didn't need a college degree.

This position was followed by another as a dean at the Eagle Arts Academy, a charter school in the area.

By then, Miller was 29 and "extremely bored" of being an administrator. "I missed the band room," he said. "That was my love and passion."

So he came up with a plan for a community marching band, often telling friends and colleagues about his vision, and also created a business plan in his office during his downtime. He pitched the idea to leaders in the community, but was not met with the enthusiasm he hoped for.

"For every one step that I take, God will take two steps towards me," became the refrain Miller told himself. He hung fliers at community colleges and promoted his idea on social media.

It worked. At first, there were only five adults interested in starting a marching band, with no instruments and no band room. The only



“Most of these kids are accustomed to being left behind, and I want to be the one that gives them a sense of hope.”

Antoine Miller, founder, Sounds of Success

thing they could do was practice marching at a public park.

But in the four years since its inception, Sounds of Success has a staff of nine volunteers, 120 musicians ranging from 10 to 19 years old (the cut-off age is 23), and a permanent band room at Riviera Beach Preparatory and Achievement Academy.

There's one volunteer who supervises trumpets and French horns, another for lower brass, and another for woodwinds.

Most of the instruments are donated. Some are used and come from schools that have upgraded their inventory, but some are brand-new and come from individual donors.

How It's Done

One might think that inner-city kids, who regularly see rappers glorified in the media and on the internet, would have no interest

in becoming a piccolo player.

But they do.

Miller credits his unique execution of marching band to the success of recruiting young musicians.

"You have to be different to stand out," he said. "My marching band is very energetic. It's not what we do; it's how we do it."

"When people see us at competitions or parades, they know we're not going to be like the typical high school band. We're going to march, but we're going to stop and we're going to dance and we're going to say a chant that's going to get everybody to look at us."

The band sometimes wears metallic, gold shoes that light up, adding to the spectacle.

Additionally, the youths he serves don't travel far from home because of a lack of money. But Sounds of Success regularly travels to other cities in Florida as well as to cities in



Antoine Miller, bandleader and founder of Sounds of Success Community Marching Band, prepares to perform at a fashion show in Royal Palm Beach, Fla.

With constant injuries, there was the possibility of both becoming mere footnotes in sports history. Tales of greatness that might have been.



The "Year of the Babe" in 2022 belongs to Judge.

RONALD MARTINEZ/GETTY IMAGES

Shohei Ohtani's unprecedented season would launch the phrase "The Greatest Sho on Earth" from possibility into reality.

career-high .287 average. But those numbers aren't historic. This year, Judge is making and chasing history.

As of this writing, the Yankees just finished their series with the Milwaukee Brewers, in which Judge hit two home runs—his 58th and 59th—in the final game. Judge is merely one home run away from tying Ruth's iconic 60 and two away from Roger Maris's 61.

When Ruth hit 60 home runs, he finished the season as the major league leader in runs scored (158), walks (137), slugging (.772), on-base percentage plus slugging (1.258), and led the AL in onbase percentage with .486. He also had 165 RBI, 29 doubles, and a .356 batting average. This season, Judge has practically become the second coming of Ruth at the dish. He is well on his way to surpassing the Ruth 60, but his other numbers are also very Ruthian. He leads the majors in home runs, RBI (127), runs scored (122), on-base percentage (.419), slugging (.701), on-base percentage plus slugging (1.120), and is also second in the AL with a .316 average. By season's end (16 more games left), Judge could become the first player in a decade to win the Triple Crown, and only the second since 1967 (Luis Arraez of the Minnesota Twins currently leads in batting with a .317 average).

When—it's hardly "if"—Judge reaches 62 home runs, he will own the Yankees' club record as well as the AL record. When he's finished, Maris and Ruth will be placed second and third, respectively. Numerically, it's possible for Judge to hit 70, but it's incredibly improbable. The 70 Club belongs to two sluggers who played in the National League: Mark McGwire (70) and Barry Bonds (73), though those records were achieved during MLB's unfortunate steroid era.

The Rarest of Moments

Regardless of record holding, the past two seasons have given fans of baseball things they may never witness again, at least not so close together, and perhaps not by any other players. What Judge has done has been accomplished by only a handful of players: Ruth, Maris, Sammy Sosa, McGwire, and Bonds. And those last three were branded with steroid usage.

Even Maris had an asterisk next to his 61 home runs for 30 years because he broke Ruth's record after MLB extended the season by eight games. What Ohtani has brought to the league—an utterly dominant two-player—hasn't even been hinted at since the days of Ruth.

Together, Ohtani and Judge have traversed approximately 8,000 miles to launch the American psyche back 100 years to the days of The Babe. Perhaps in the decades to come, baseball lore will reflect on the 2021 and 2022 seasons in much the same way that baseball fans reflect on the 1919 and 1927 seasons: as hallowed moments in baseball history, moments that may not happen again until the 22nd century.

Dustin Bass is the host of EpochTV's "About the Book," a show about new books with the authors who wrote them. He is an author and co-host of The Sons of History podcast.

Georgia for competitions and parades. Miller regularly gets calls from parents who have seen either a live performance or a video and want to enroll their children.

Sounds of Success covers a wide radius of territory, so participants are from many different schools. A Sounds of Success school bus picks each child up after school, takes him or her to a three-hour band practice four days per week, and then drops them off at home when it's over.

Miller drives the bus.

Dance and Color Guard

In addition to the band, Sounds of Success has two dance teams called the Sensational Dancers and the Baby Dancers. Sensational is for the older girls and Baby is for kindergarten through fifth grade. Plus, there's a color guard.

The teams have three volunteer choreographers, two of whom are Miller's former students from John F. Kennedy Middle School.

Mind and Body

It's not just about band, dance, and guard. Miller wants these children to succeed in life long after their time with him is over. That means succeeding in school, first.

Prior to each practice, all participants have an hour of homework help, usually from college students who need to clock in some intern hours. If the children have no homework, they have to read a book.

If there are older kids who are ready, Miller and his volunteers will set them up with auditions for college scholarships. Currently, there are four former Sounds of Success band members attending college who have received scholarships, with one more audition in the works.

Then there's the physical workout. "Band is

most definitely a sport," Miller said. Marching long distances, the weight of the brass instruments and drums, and the endurance of blowing into the brass instruments all create a physical workout.

"I think it probably takes more physical training to do band than it does to do football or basketball," said Miller.

So he has the kids run at least four laps before each rehearsal, in addition to pushups and jumping jacks.

Miller does all this in addition to his music teacher job at Palm Beach Maritime Academy.

London Calls

Miller recently received an email from the event planner at London Band Week, an annual, seven-day celebration of pageantry in London.

"The week creates performance, development, and cultural and community opportunities for its participants," a spokesman for the festival told The Epoch Times.

The event planner invited Sounds of Success to participate. It's the only community marching band from the United States that was invited.

Miller is attempting to raise \$50,000 by Sept. 21 for the down payment of the cost of the trip, which will total \$500,000. In theory, he could cut the cost of the trip to a more manageable amount by taking 25 kids and not all 120.

Miller doesn't want to do that. "Most of these kids are accustomed to being left behind, and I want to be the one that gives them a sense of hope," he said.

He's gone on a fundraising bender in hopes of raising the money. "It's a trip of a lifetime," Miller said. "I do believe it's going to come together."

EDUCATION

Cottage Homeschooling: A Classical, Christian Education

Parents are in the driver's seat at Excelsior Classical Homeschool Academy in Paradise Valley, Arizona

ANITA L. SHERMAN

It's a Monday morning. Children at Excelsior Classical Homeschool Academy in Paradise Valley, Arizona, have gathered for school.

Held in a local church, the students of varying ages come wearing uniforms. It's a gathering time for students, parents, administrators, and teachers: a time to get back on track with their educational goals and the curriculum for that week, see how everyone is doing, connect and enjoy community, and be strong together.

For the remainder of the week, children will continue their studies at home under the supervision of their parents or guardians. The school uses the award-winning Memoria Press Classical Core Curriculum, a complete classical Christian curriculum that emphasizes language and mathematics. Great works of history and literature are also included, along with church history, Latin, and the cultures of Athens and Rome.

At other times, students come together for special events and activities. For example, the Cardinals Nature Club meets every other Friday to savor the outdoors by going on hikes, visiting farms, observing nature, or birding at the preserves. Meanwhile, the Cardinals Culture Club meets monthly to attend local ballets, symphonies, or museums.

Parents are in the driver's seat. At this school, they share a common belief that parents are in the best position to raise and see to their children's education—not just in terms of academics, but also character development and a path in life anchored in faith. And, at the end of the day, students are prepared to enter college and do well.

There is no one recipe for how homeschooling should be structured. Depending on the ingredients, it comes in different flavors. It can be tailored to meet the needs of individual parents or a small group of like-minded parents.

Two key ingredients that you'll find at Excelsior are time and talent. Parents and teachers are investing to create the unique, enriching, and nurturing ambiance at this academy—a cottage, co-op school, if you like. It's a creative, classical, and Christian combination that's working.

In the Beginning

"We always knew that we wanted to homeschool," said founder and headmistress Pauline Abello, who is also the director and teaches at the school. Married nearly 17 years to her husband, Derek, they homeschool all of their seven children, ranging in age from 4 to 16.

"Neither of us had great public-school experiences ... it wasn't the teachers so much as the bullying ... negative peer encounters," Abello said. "We didn't want our children to experience the same."

Other parents felt likewise, and they connected. They created a homeschool community for classical educators.

Excelsior started in 2019 with six families and 12 children. Nearly four years later, there are 28 families and 80 children. Classes are intentionally small; most cap at eight. And, for some classes, there are waiting lists.

"We're always tweaking, learning, and growing ... there are so many ways to homeschool," Abello said. She feels blessed to have a group of teachers (many of them parents) who are highly educated and come with a variety of different skill sets. "We pool talents and it allows us to bring



Pauline and Derek Abello with their children.

excitement and life into the curriculum."

To say that Abello is passionate about what she has undertaken is an understatement. For her, it is beyond a business. It's a calling and a ministry to travel with other parents as they raise up another generation of children who are exposed to the classics, can think critically, and will know and defend their Christian faith.

Teaching to the Test

In order to receive federal funding, states administer a variety of standardized testing in public schools. Parents typically want their children to do well, and assessing test results is one measure. Rigid testing also requires stamina on the part of students, teachers, and administrators.

Some critics of rigid standardized testing argue that teachers have eliminated more of the fun or creative lessons to concentrate on what they know will be on the test. They are as stressed as the students because their assessment as teachers is often based on how well their students do on these tests. And for administrators, state accreditation is tied to test results.

Legally classified as homeschoolers and with education primarily handled by parents, Excelsior doesn't receive any government funds or tax dollars. Is there a better way than standardized tests to see results? For homeschoolers at Excelsior, formal testing doesn't begin until the later grades. "Most of the students are college-minded, so there is preparation for the SATs," Abello said, "but it starts later."

For the earlier grades, other methods are employed to gauge whether the student is grasping the material.

"We do a lot of narrations and recitations, as opposed to rote testing." Abello adheres to a gentler approach, asking "Tell me what you've learned" rather than a list of questions.

"We're a little bit different," she said. "We're navigating those waters in a unique way."

Abello emphasized that "there are all different kinds of students and all different ways to learn."

She is joyous that, because of their cottage school's small size and intimacy, they can be flexible, flow more easily, and be more attuned to individual student needs.

"Some kids just need more wiggle room," she laughed, mentioning one young student who prefers reading Shakespeare in the sunshine.

In support of this approach, Abello cited

different studies that show that homeschooled students generally perform "off the charts" academically.

Price of Homeschooling

When a family comes to Abello wanting to learn more about the education methods at Excelsior, she is more than willing to share its positive results and the benefits to be had from a close-knit community that offers a classical, Christian curriculum. It requires effort on the part of the parents, but many believe it to be well worth the cost.

"These parents really care about their kids ... there are sacrifices," Abello said, explaining that the parents' decisions are made for a reason.

However, this education option shouldn't be taken off the table too quickly. Arizona has a strong homeschooling network; families receive aid as needed through various homeschool scholarships and grants available through national and local Arizona chapters of the Homeschool Legal Defense Association.

"We keep it very affordable," Abello said of the tuition, which is less than \$500 per year for families with actively participating parents. For drop-offs, the tuition is higher.

Uniforms worn in the classrooms are patterned after the school's and state's colors, and also made affordable. Abello wanted to add a sense of formality, "If something is important, we dress the part."

All Eyes on Arizona

In July, Gov. Doug Ducey signed H.B. 2853 to expand the Empowerment Scholarship Account (ESA) program. It will go into effect on Sept. 24.

The passage of this bill is a huge step forward for school choice in Arizona. Essentially, the legislation opens to all parents the opportunity to receive state credit (\$6,500-\$7,000) per student, allowing them to educate their children as they wish—public, private, charter, Christian, or homeschool—and receive assistance for doing so.

Previously, only students falling into distinct niches could qualify. Now, it's open to all.

The passage of the measure doesn't affect current homeschoolers. Parents don't have to apply if they choose not to, but government funds are available.

"I think it's a great law and I support it," Abello wrote in an ESA update posted on Excelsior's website. "I trust parents that they know what is best for their children."

Since the monies can accrue (like a savings plan), funds could be used for in-state college or a private Christian college. "This is a huge deal," Abello said.

Looking Forward

Derek and Pauline Abello are entrepreneurs and educators. But above all, they are a faithful family.

What they've created at Excelsior, they hope to see duplicated soon.

"We're looking at a second campus," she said. "Our enrollment is growing, but we want to grow slowly, keeping class size small."

Abello is also open to expanding their model beyond Arizona. She's very willing to share their success story with other parents.

It always comes back to family. As for herself, Abello is expecting baby No. 8 in December.

Arizona's New Law

What is H.B. 2853 and why is it important?
The law goes into effect Sept. 24, 2022, in Arizona.

Established in 2011, the CAP-supported Empowerment Scholarship Account (ESA) program has provided some parents with an additional educational option for their children. Initially, the program was only available to students with disabilities, but over time it expanded to include students in foster care, living on reservations, attending failing schools, and a few other narrow categories.

In 2022, the legislature passed, and Governor Ducey signed H.B. 2853 to establish a second ESA program providing universal access to the ESA program to every family in Arizona. Without limitation, parents who want to opt out of public school (and even those who already have) are allowed to take advantage of the ESA program to help fund the non-public education of their children.

What does H.B. 2853 do?

The law provides access to the ESA program for any resident of the state who is eligible to attend school, from kindergarten through 12th grade. Access to the program is open to all children, regardless of the school they currently attend or their family's income level. Families who participate receive approximately \$6,500 to \$7,000 per year per child for private school, educating at home, "learning pods," tutoring, or any other kind of educational method that would best fit their student's needs.

Source: Center for Arizona Policy

Educational Options

Jenny Clark, an Arizona native and mother of five, is the founder and executive director of the nonprofit Love Your School. Clark helps families navigate the variety of school options available to them.

One of the exciting features at Love Your School is sharing unique stories of families who love the educational option they've chosen and are willing to add their voices to educational excellence found throughout the state.

Clark has one child in private school and homeschools the other four. In 2020, she launched Love Your School.

"We promote education freedom and support families navigating special education as well," Clark said. "We let families tell us what their needs are, and we just support them through our parent concierge services."

Two years in and things are going well. "Parents have been awakened and they're looking for more education choices for their kids," said Clark, who is very excited to have spread Love Your School's services beyond Arizona.

"We expanded to West Virginia this year since they also passed the Hope Scholarship—which 93 percent of West Virginia families qualify for."

For more information, visit LoveYourSchool.org

"We did this for our children. I love what I do. "It brings me so much joy."

For More Information

To learn more about Excelsior Classical Homeschool Academy, visit ClassicalHomeschoolCurriculum.com.

To connect with Pauline Abello, email her at Pauline@ClassicalHomeschoolCurriculum.com.

Anita L. Sherman is an award-winning journalist who has more than 20 years of experience as a writer and editor for local papers and regional publications in Virginia. She now works as a freelance writer and is working on her first novel. She is the mother of three grown children and grandmother to four, and she resides in Warrenton, Va. Anita can be reached at anitajustwrite@gmail.com



The stunning Château de Chantilly is in the French Renaissance architectural style, which was in turn inspired by the Italian Renaissance. Constable Anne de Montmorency commissioned architect Jean Bullant to build a castle on the grounds in the 16th century. By 1560, Bullant built the petit château (small castle), a long, two-story building with pilasters on the end pavilion, and the grand château (big castle). The château's exterior presents typical French Renaissance elements such as a cream-white limestone façade, striped windows, round and faceted towers, iron crests and finials (ornamentations attached to the roof), stone balustrades, and a high roof.



The bedroom of the Duchess of Aumale is typical of the decorative arts style of the July Monarchy (the reign of Louis-Philippe between 1830 and 1848). This is a rare example of this style, with a four-poster bed with overhang, a dressing room, and green Louis XV-style padded chairs.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

Honoring the Past Through Art and Beauty:

THE CHATEAU DE CHANTILLY

ARIANE TRIEBSWETTER

Formerly owned by the son of the last king of France, the Château de Chantilly ("castle of Chantilly"), located north of Paris in the town of Chantilly, is an homage to France's rich culture and past.

Throughout eight centuries, the grounds of Chantilly belonged to noble families, close to royal power. The domain was maintained and embellished by its several owners, according to the fashion of the time. In the Middle Ages, it was a fortified castle that successively belonged to the Bouteiller, the Orgemont, and the Mont-

morency families. In the 16th century, Constable Anne de Montmorency (the first officer of the crown) renovated the castle in a Renaissance style with a simple exterior. In the 17th century, the chateau hosted the greatest writers of the day: Racine, La Fontaine, Molière, and others. Legend says that whipped cream (Chantilly cream) originated at the chateau.

The last owner was Henri d'Orléans (1822-1897), the Duke of Aumale, one of the sons of the last king of France, Louis-Philippe. In 1886, the duke gifted his Chantilly estate to the Institut de France, a group of five academies of learning. The chateau kept its French Renaissance style,

Throughout eight centuries, the grounds of Chantilly belonged to noble families, close to royal power.

which incorporates Gothic and classical elements, though the duke had added a series of rooms organized into art galleries, a reading room, and suites. The suites follow the 18th-century styles popular at the time, including rococo architecture, Louis XVI furniture, and Asian-inspired wallpaper. The rooms are further ornamented with rare manuscripts, decorative arts, and old master paintings by Raphael, Van Dyck, and Delacroix.

Ariane Triebswetter is an international freelance journalist, with a background in modern literature and classical music.



1. The music room, which houses the 19th century English harp belonging to the wife of the Duke of Aumale, also follows the Rococo style with detailed white and gold paneling. The gilded wood furniture by Georges Jacob was commissioned by King Louis XVI for the Château de Saint-Cloud, and the Duke of Aumale purchased it for Chantilly.

2. The stag gallery is a typical French Renaissance style room, with a prominent chimney as a focal point, a coffered ceiling with carved motifs, and eight tapestries woven in the Royal Gobelin's Manufactory, based on the famous 16th-century hanging "The Hunts of Maximilian." Hunting was the favorite pastime of nobility and royalty at the time, so it's naturally represented everywhere in the room with the tapestries and stag heads. This room was created at the end of the 19th century as a dining and reception room. Here, every Sunday, the Duke of Aumale received the intellectual and artistic elite of his time.

3. This public room in the large suites is typical of the early rococo style with its white and gold panels and ornamentation. The paneling was designed by architect Jean Aubert around 1720 for Louis-Henri de Bourbon, one of the princes of Condé and minister of King Louis XV. The chest of drawers by Jean-Henri Riesener was commissioned for the bedroom of King Louis XVI in Versailles. These were acquired by the Duke of Aumale for Chantilly. Once again, this room follows 18th-century fashion to display the grandeur of the princes of Condé.

4. The reading room, located in the private suites, was designed by architect Honoré Daumet in the French Renaissance style. One of the most precious manuscripts contained within is the "Très Riches Heures du Duc de Berry" ("The Very Rich Hours of the Duke of Berry"), reputed to be one of the most beautiful manuscripts in the world. The room, with wood shelves on a two-level metal structure and a fireplace, is simple yet functional, and is typical of 19th-century library architecture.

5. With more than 284 acres, the grounds of Chantilly hold a great display of three fashionable types of gardens at European courts throughout the 17th and 19th centuries: the large French-style flower bed garden, the Anglo-Chinese garden, and the English-style garden. Ponds reflect the sky with mirrors of water in the French garden, which is also decorated with a large collection of sculptures. Louis II de Bourbon-Condé (1621-1686) commissioned André Le Nôtre to design this garden. Le Nôtre was also the designer of the Versailles gardens, but the Chantilly garden was known to be his favorite.

COURTESY OF EXCELSIOR CLASSICAL HOMESCHOOL ACADEMY



A boy doing artwork at Excelsior Classical Homeschool Academy.

COURTESY OF EXCELSIOR CLASSICAL HOMESCHOOL ACADEMY



A nature outing.

'Do Over': Beginning Again When Things Go Poorly

Sometimes, hitting the reset button is just what's needed

BERNADETTE BONANNO

As kids, we made up games with cards, balls, board games with missing pieces, and stuff we found around the house. If the game wasn't going well, somebody would yell, "Do over!" Without explanations, everybody stopped, gathered the "game pieces," and came together. After a few modifications, we simply started again. It was an effective game plan in the 1960s and one I frequently employed while raising our four sons.

From years of observation, I knew it was never a good idea to foster an adversarial relationship with teachers.

All parents know that if your kid doesn't like his teacher, the school year seems endless. Getting ready for the bus in the morning is like pulling teeth, and thinking of your child dragging through the day is the worst!

In middle school, unless the teachers were men, I usually got a call by mid-December requesting a parent-teacher conference. Routinely, the complaints were about inattentiveness and goofing around.

From years of observation, I knew it



BIBA KAYEWICH

was never a good idea to foster an adversarial relationship with teachers. It was better to "play nice" while advocating for your child's success in the classroom.

One year, just before Christmas break, and right on schedule, I got a call from our son's sixth grade teachers requesting a meeting. I packed up our younger sons and headed over to school. To speak privately, I sat my little guys on chairs in the hallway outside the class-

The school year can seem endless when there is friction between teachers and students.

room and gave them paper and crayons.

The two teachers were sitting at a round table waiting for me. One was young and looked tired. I felt for her as I remembered my first year of teaching. The other was an experienced teacher who had a thick binder laying open in front of her. Whatever issue she had with my kid, she had documents to back it up.

I listened to their complaints, aware that they weren't unfounded. We sat in silence as they waited for my response, but I had none. I looked at the young teacher's eyes. I could see that she was overwhelmed. I looked at the veteran teacher and her intimidating binder. I did what I always do when I don't know what to do: I asked God to help me.

Suddenly, a thought popped into my head.

I said: "Do you think it's possible to start again? I will work with my son at home so that he's more attentive in class and goofs off less often with his buddies. Would you pretend it's the beginning of the year and start again with my son?"

The young teacher tilted her head curiously. The other teacher slowly shut her binder and pulled it toward herself. They both stared at me in disbelief. I suppose they mistakenly thought I was going to fire back.

I thanked them for their patience and went into the hall to collect my little guys. The young teacher poked her head out of the classroom and suggested I have my son's hearing checked by his doctor. It was a sweet and kind gesture. I smiled, knowing that someday she might have her own sixth grader and will then understand inattentiveness a bit more clearly.

Glad to be heading home, I noticed the crayons were now broken and on the floor. After coloring, my little guys had a good ol' time breaking them and playing a game with the pieces. I wondered if this was a harbinger for what was to come when they reached sixth grade.

Whether it's school, marriage, or life in general, when things aren't going well, sometimes there's no better game plan than somebody calling, "Do over!" Then, without explanations, start again.

Bernadette Bonanno can be reached at bernadettebonanno@gmail.com.

Discovering the World by Playing Dress-Up

Costumes sparks children's imagination, self-exploration, and social skills

KAREN DOLL

Children are naturally curious; they learn by observing people and the world, imitating what they see, and experimenting by instinctively mixing in their thoughts, ideas, and feelings to create new scenarios.

The wonderful world of playing dress-up taps into your child's boundlessly inquisitive nature and sets the stage for discovery. Let's look at some of the benefits of dress-up play, how to encourage your kids to give it a try, and how to create an irresistible dress-up play center.

It's common to see kids acting out their dreams and passions—trying them on for size, so to speak.

The Benefits of Dress-Up Play

Dress-up play opens up whole new worlds of adventure. This type of pretend play sparks creativity and stretches the imagination. Your kids can soar like Superman and swoop in to save people in distress, roam the jungle and roar like a lion, or impersonate their favorite singer and put on a solo concert. The possibilities are endless.

Playing dress-up also encourages self-exploration. Children are free to explore myriad identities, personalities, and behaviors, and to discover new things about themselves such as their likes and dislikes. It's a healthy, safe, and creative way to experiment and try new things. It's common to see kids acting out their dreams and passions—trying them on for size, so to speak.

Children's brains are highly stimulated during dress-up play; it requires thinking and remembering what they've seen and heard, and using this information to work out the details of the different personas and scenes in their minds as they play.

Dress-up play can also really strengthen communication skills and expand your kids' vocabulary. You'll often hear a running commentary as your kids dress and change outfits. They may make up new dialogue and carry on lively conversations; either playing by themselves or with others, these scenarios are ideal opportunities for kids to practice basic social skills.

For many kids, dress-up play offers an opportunity to immerse themselves wholeheartedly in the moment. Just think about the powerful concentration going on.

Encourage Dress-Up Play

When you're getting dressed up to go out to a party, to work, or to play in a tennis match, or simply donning an apron to bake cookies, be dramatic and exaggerate the motions. Talk about how much fun it is to play these different roles. To encourage them further, create a dress-up center to arouse your kids' curiosity. Creating the ultimate dress-up play center doesn't have to be expensive or extravagant. In fact, thrift and vintage stores should be your first stop. They get new items in daily, so if you visit regularly, it's quite possible that you'll discover some one-of-a-kind treasures. Some of my kids' all-time favorite finds were a mink stole, a poofy pink tutu, an old suitcase, and a gentleman's hat from the 1920s. Your next stop should be neighborhood yard sales where you can also find great bargains for incredible stuff.

Don't forget about the hidden gems in your closet and your spouse's. Items you haven't worn for a long time or no longer care for make perfect additions to your children's dress-up collection.

Right about now, you may be wondering where you're going to set up all this stuff. Well, we housed our dress-up collection in my old college trunk in the spare bedroom, which doubled as the playroom. I loved the authentic feel and look of the trunk; it was kind of like rummaging around in Grandma's attic. You don't need a lot of space, but if your kids have a playroom, that's a perfect fit. Otherwise, a corner in the sunroom or family room will do nicely. Attach a few nice hooks on the wall, store some baskets on a



Thrift stores are great places to find accessories such as hats, glasses, and other items children can use for their dress-up.

KRYUCHKA YAROSLAV/SHUTTERSTOCK



Kids can make their own costumes with crafting material.

ELENAEMILYA/SHUTTERSTOCK



Playing dress-up taps into kids' inquisitive nature.

SEVERIN SCHWEIGER/GETTY IMAGES

Karen Doll is a freelance writer and homeschooling consultant based in the small village of Wasergass, Pa. She enjoys writing about homeschooling, gardening, food and culture, family life, and the joys of chicken keeping. Visit her at AtHome-WithKarenDoll.Wordpress.com



FOR KIDS ONLY

THE EPOCH TIMES

The Pumpkin Poem

One day I found two pumpkin seeds. I planted one and pulled the weeds. It sprouted roots and a big, long vine. A pumpkin grew; I called it mine. The pumpkin was quite round and fat. (I really am quite proud of that.) But there is something I'll admit That has me worried just a bit. I ate the other seed, you see. Now will it grow inside of me? (I'm so relieved since I have found That pumpkins only grow in the ground!)

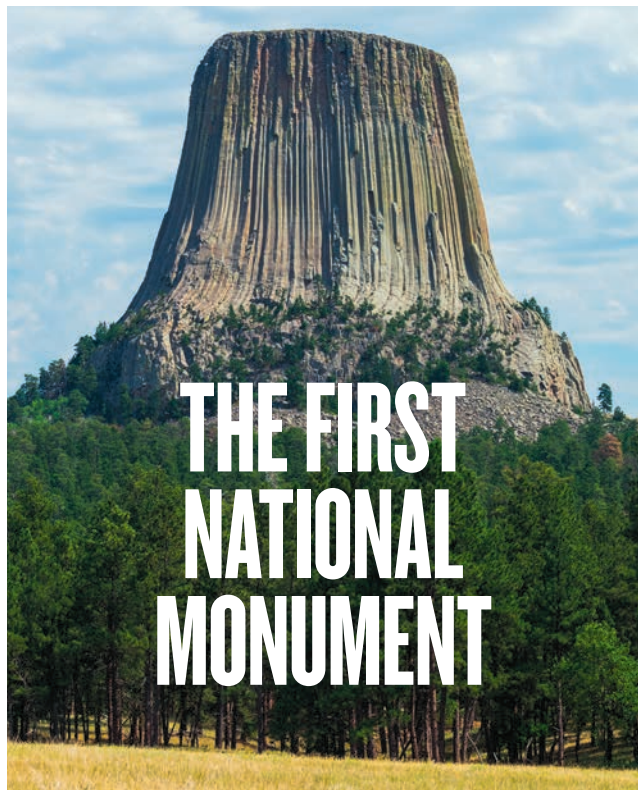
WHY DID CINDERELLA STRUGGLE TO LEARN THE GAME OF TENNIS?

BECAUSE HER COACH WAS A PUMPKIN.

You don't have a soul. You are a soul. You have a body.

C. S. LEWIS (1898-1963), BRITISH WRITER

This Week in History



THE FIRST NATIONAL MONUMENT

On Sept. 24, 1906, Wyoming's Devils Tower was named the nation's first national monument by President Theodore Roosevelt. The tower is a geological formation that stands 1,267 feet above the Belle Fourche River Valley. It's known as a challenging rock climbing destination and is the subject of native American legends.

ALL PHOTOS BY SHUTTERSTOCK UNLESS OTHERWISE NOTED

TWO SHOREBIRDS WITHOUT A SHORE

BLACK-NECKED STILT

The black-necked stilt lives in wetlands in many locations in the American West. It has a very spotty range, with breeding populations in and west of the Rockies. It also breeds in New Mexico and parts of West Texas, migrating through Texas en route to Mexico and Central America. There is also a population along the Gulf Coast and the Atlantic Coast from Delaware south to Florida.

Their favorite habitats are shallow wetlands with sparse vegetation, including marshes, mudflats, swamps, and along rivers. They also enjoy flooded fields and rice paddies, even favoring them over their natural habitat. Their favorite food is aquatic macroinvertebrates (a fancy word for visible bugs in the water), such as larvae, beetles, and water striders.

AMERICAN GOLDEN-PLOVER

The American golden-plover is perhaps a more uncommon bird, but it's very remarkable and worth mentioning. It breeds only in the high Arctic Tundra, in northern Canada and Alaska. During the breeding season, the plovers will split off into pairs, taking a large territory (25 to 125 acres) for its own. Their courtship displays are quite elaborate. The male flies into the air and sings then glides slowly to earth. They may fly together when the female is interested, eventually singing a duet to certify their affections.

American golden-plovers raise their chicks as quickly as possible, then gather into flocks and leave their breeding grounds in late summer, bound for South America. The juveniles leave much later in the season. The long migration can be up to 10,000 miles each way, and the fall voyage can include a 3,000-mile nonstop trip over the Caribbean.

AMAZING ESCAPES!

Down

- Trick or ____! (5)
- October 31st (9)
- Jack O' Lantern's lantern (6)
- Hair-raising (5)
- Pumpkin dish (4)
- Starbucks' Pumpkin ____ (5)
- Color of some pumpkins (5)
- Halloween or Thanksgiving (7)
- Fall (6)
- Pumpkin dessert (3)
- Pumpkin shape (5)
- Pumpkin pie filling (5)

USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS (+, -, AND X) to build an equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7 X 3) + 1 = 28 and 1 + (7 X 3) + 6 = 28

Easy puzzle 1	Medium puzzle 1	Hard puzzle 1
$\begin{array}{ c c } \hline 2 & 10 \\ \hline \text{99} & \\ \hline 1 & 9 \\ \hline \end{array}$	$\begin{array}{ c c } \hline 1 & 19 \\ \hline \text{75} & \\ \hline 1 & 3 \\ \hline \end{array}$	$\begin{array}{ c c } \hline 11 & 29 \\ \hline \text{11} & \\ \hline 10 & 29 \\ \hline \end{array}$
Solution For Easy 1 (1 - 0) x (2 + 6) 6 x (1 - 2 + 0)	Solution for Medium 1 1 - 61 x (1 + 2)	Solution for Hard 1 11 + 01 x (62 - 62)

Across

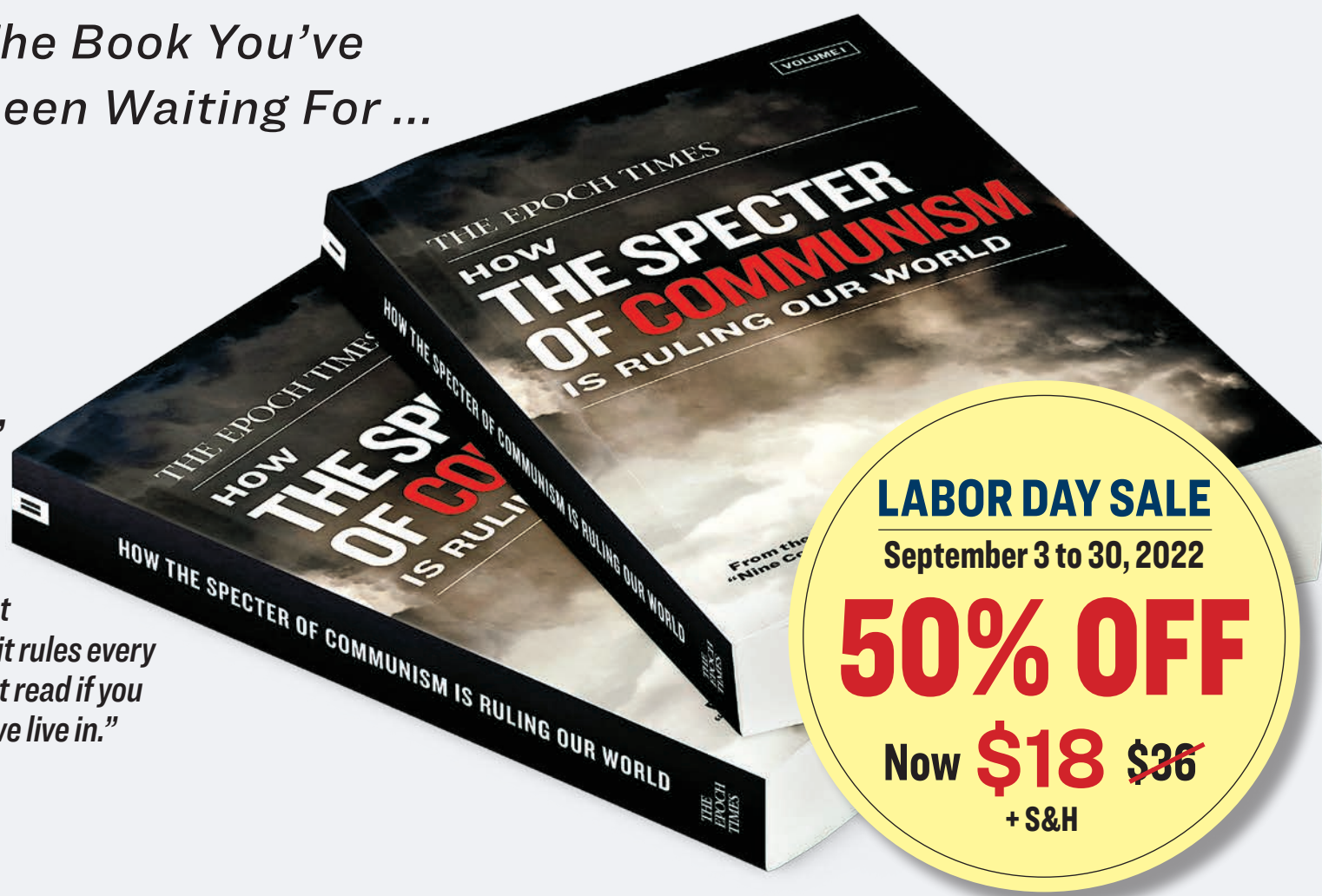
- One of the Three Sisters (6)
- Difference between a pumpkin and a Jack O' Lantern (7)
- "Fall" is Pumpkin ____! (6)
- Color of most pumpkins (6)
- Where pumpkins are (5)

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