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Teen just wants to sit and watch YouTube all day

Adapted from an online dis-
cussion.

Q: I have a daughter, 13, who doesn't want to do any extra-curriculars or camp during the summer. Instead, she wants to lie in bed all day watching YouTube cartoons. She is social with friends from time to time and seems to enjoy it. Any activity — like art class — invites "I hate it" and lots of pushback. Is this anxiety? Should I just let her be home and do nothing?

— Parent

A: I am 100 percent in favor of "just let her be home and do nothing," with one catch: that it's 1970s nothing, not present-day nothing. In other words, no all-day screens unless it's a 12-inch black-and-white TV with rabbit ears.

Seventies nothing was boredom, which kids had to learn to alleviate by reading, exploring, interacting, developing



Carolyn Hax

hobbies, or draping themselves and their thoughts over plaid furniture and sighing. Present-day nothing is addictive entertain-

ment.

Your daughter could be a normal teen pushing back on parents, or in serious emotional trouble, on the same information.

Your (really hard) job is to read her pushback for signs of either normalcy or emergency. Normalcy means, "Okay, no art class, but no YouTube all day, either. What'll it be?" She can go to camp or class, or work odd jobs around the house, or start a hobby, or baby-sit, or drape. (With a YouTube allowance, if

you want.)

Emergency means intervention, based on other symptoms. Watch for over- or under-sleeping, over- or under-eating, extreme moods, zero interests, no friends or troubling ones. Start with your pediatrician for help.

Find ways to be together and outside, too. If it's fun, it'll work, like "On Golden Pond" (1981).

Q: I hated it when my parents pushed extracurriculars. I was a talentless kid, and doing that stuff merely reminded me of it. We don't want to admit it, but a talent or skill dictates a child's value. Maybe your daughter doesn't want another reminder that she doesn't have value in the public eye. And please spare us the "hidden talent" crap. There's no Olympic medal for hidden talents.

— Anonymous

A: A jeremiad for our

child-rearing times.

Other readers' thoughts:

- Strongly recommend a daily limit of screen time. It's well-documented that being on screens all day is bad news, and not only for kids. It's the epidemic of our times.

- Your answer made me laugh. When I was that age and didn't want to do anything, I ended up watching the Senate Watergate hearings on the TV with the rabbit ears. I became enthralled with the whole story, like a real-life soap opera. That turned me into a political junkie and activist.

- My daughter is similar at 14. I decided this is one of the last years she'll have a truly unscheduled summer, and I will let her enjoy it. Soon she will have school and job pressure. The rat race will always be there. Eight weeks of nothing is a once-in-a-lifetime gift.

- We had a roof antenna,

but that still meant the three networks and one PBS station. I remember reading a lot. And my mother telling me to get outside and play. But I also went to camp, family trips, ice skating and swim lessons.

- This spring, I had to take leave from work for burnout. What I actually needed was permission to REST rather than running myself ragged to accomplish things. There is no shame in just *being* rather than doing all the time. (Agree about limiting screen time, though.)

- Some of us just don't like to "do stuff" very often, especially when we are supposed to be on a break.

• Email Carolyn at tellme@washpost.com, follow her on Facebook at www.facebook.com/carolyn.hax or chat with her online at noon Eastern time each Friday at www.washingtonpost.com.

Oakton foundation to receive Nason Award for leadership

Submitted by Oakton College

The Oakton College Educational Foundation Board of Directors has been selected to receive the John W. Nason Award for Board Leadership by the Association of Governing Boards of Universities and Colleges (AGB).

AGB and its mission partner, TIAA, present the Nason Award, established in 1992, to higher education governing boards that demonstrate exceptional leadership and initiative.

"The partnership between Oakton College and the Educational Foundation is essential to advancing Oakton's bold vision of building just and thriving communities," said Joianne L. Smith, Ph.D., Oakton College president. "We are very grateful for the foundation's ongoing support and congratulate the board on the award."

This year's honorees were chosen from an array of nominations, illustrating the essential work of boards from four-year public and private colleges and universities, two-year institutions, and institutionally related foundations.

"We are very excited to receive this recognition," said Murray Sprung, Oakton College Educational Foundation Board of Directors president.

"Our board has endeavored



COURTESY OF OAKTON COLLEGE

The Oakton College Educational Foundation Board of Directors is one of four institutions receiving the 2024 John W. Nason Award for Board Leadership by the Association of Governing Boards.

to establish policies and practices that are comparable to those of the country's highest-performing higher education charitable boards. The award is a tribute to the board's commitment, thoughtful leadership, and engagement in ensuring we are well-equipped to achieve our mission to enable the student success for those enrolled at Oakton College,

now and in the future."

The board sought the award after a five-year evolution, transforming the foundation from an organization largely focused on financial stewardship into a substantial student-success enabler via board development, a renewed institution-foundation partnership, and a deep commitment to students, the college, and the broader

community.

With the help of an enthusiastic board and senior leadership, the foundation prioritized donor engagement and fundraising performance, increased scholarship support by 54%, provided significant funding for health and safety measures during the COVID-19 pandemic, helped launch the college's Emory Williams Academy for Black

Men, and more.

"We are incredibly honored to be recognized by the Association of Governing Boards," said Katherine Sawyer, Oakton College Educational Foundation executive director.

"The award is a testament to the work of the board and the trust extended by our donors as the foundation supports the educational goals of Oakton students and invests in academic degree and training programs that serve our shared communities by creating economic, social and cultural mobility for credential earners."

The Oakton College Educational Foundation Board of Directors is one of four institutions receiving this year's Nason Award. Other recipients include the Babson College Board of Trustees, Saint Peter's University Board of Trustees, and the University of Wisconsin-Eau Claire Foundation Board of Directors.

"Like presidents and other higher education leaders, governing boards are constantly looking for inspiring stories to celebrate, emulate, and reflect on," said Ellen Chaffee, AGB interim president and CEO.

"The selection committee felt these four nominations

deserved recognition for the work they have done for their students, their communities, and their institutions and foundations. I am deeply impressed by the honorees' achievements, and I look forward to seeing where they go next."

The Nason Award is named for higher education leader John W. Nason, who served as the chair of the National Japanese American Student Relocation Council and helped more than 4,000 interned students continue their college studies across the nation during World War II.

Learn more about AGB's Nason Award at agb.org/Award. AGB is the premier organization advocating strategic board governance in higher education. TIAA is a Fortune 100 financial services organization dedicated to helping its clients pursue financial well-being.

The Oakton College Educational Foundation serves as the philanthropic arm of the college, with the mission to enable student success by eliminating financial barriers and personal obstacles for residents seeking to better their circumstances through educational attainment.

Learn more at oakton.edu/giving/educational-foundation.php.

Scholar: Gupta earned SAT perfect score

Continued from Page 1

and the oldest sibling in his family, Aditya said he's had to learn himself about many opportunities to pursue his scientific curiosity from a young age. He gives particular credit to his teachers at Fremd for the direction he's taken these past four years.

"I've only gone to one high school, but I feel Fremd is special," Aditya said. "The teachers teach for the sake of teaching and helping students learn."

In addition to his most recent recognition, Aditya also achieved a perfect score on the SAT.

As one of 300 Scholars among this year's 2,162 entrants, Aditya received \$2,000 himself and earned Fremd \$2,000 for its Science,

"He's trying to create solutions. That level of passion is really what differentiates him from every other student."

Shannon Denna, Fremd High School computer science teacher

Technology, Engineering and Mathematics (STEM) curriculum.

This year saw the highest number of entrants since 1969, making the search for the scholars as competitive as it's been in more than half a century. So competitive were this year's entries, in fact, that Aditya's impressive project was not among the final 40 selected Wednesday to be presented in person in Washington, D.C., in March.

Regeneron Senior Vice

President of Corporate Affairs Christina Chan explained the significance of being recognized as a Scholar.

"In partnership with the Society (for Science), we are proud to provide this prestigious national platform that recognizes, celebrates, and rewards students for their curiosity and innovation, and encourages them to push the boundaries of science to tackle society's most pressing issues," she said in a statement.

Dancing: Bacoa celebrates 40 years

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adults, provides over 800 free rides to medical appointments and local errands, loans over 400 items of small medical equipment, hosts over 500 educational "Active Aging" programs to combat social isolation, and gives respite and financial assistance to caregivers, all thanks to support from Dancing with the Barrington Stars.

The 2024 dancer teams are: Eryka Accordino,

administrative associate to the pastor at St. Anne Catholic Community in Barrington, and her husband, Rich Accordino, director of Business Continuity and Emergency Response Planning at United Airlines; Cathy Schmidt and her daughter, Jackie Aprati, real estate agents at Compass Real Estate of Barrington; Lisa Davenport, co-owner of Davenport Family Funeral Homes & Crematory, and her dance partner, Andy Golbienio, a manager

for Motykie Med Spa, Barrington; Lauren Hills and her friend Britini Wilkens, leading local philanthropists; Avis Proctor, president of Harper College, and Cosey Proctor, Student Success coordinator at Elgin Community College; and Todd and Natalee Zehrer, a husband-wife duo and owners of The Den Fitness in Barrington.

Come out to support Bacoa and this year's stars. Purchase your tickets and make your donation at bacoa.org.

CCSD21 middle-schoolers reach reading achievement

Submitted by Community Consolidated School District 21

During the first trimester, Community Consolidated School District 21 middle school students managed to read a total of 1,937 books as part of "I Read a Book," a school-wide literacy initiative that aims to increase the amount of reading in middle school and promote a reading life by the entire staff.

To celebrate the achievement, the homeroom at each grade level to read the most books received doughnuts from OrganicLife, the district's food service partner, Dec. 8.

Amy Breiler, director of literacy and the arts, said students in each homeroom had prioritized time to read almost every day. As students finished each book, they then completed a Google Reflection form to earn the chance to go to their school's library and media center to choose a prize and decorate a book spine of their choice, which is then displayed at each building.

Teachers also worked on posting signs outside of their doors to show what they were currently reading. The incentive will continue through the rest of the year, with a to-be-determined prize for the top reading homebase at each grade level.



COURTESY OF ANDREW STECKLING/CCSD21

Tracy Crowley, a sixth grade science teacher at London Middle School, distributes doughnuts to her students in celebration of reading the most books as part of the "I Read a Book" school-wide literacy initiative.

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