Oakton prof strikes blow for scholastic integrity

An Oakton Community College professor this spring is putting a higher priority on academic honesty and discipline, and he's not afraid to express his disapproval when he feels students are not taking their work seriously.

"The current code of conduct, which is a document that is supposed to protect students' rights, is much too lenient," said Richard Przybylo, a sociology professor at Oakton.

Przybylo, who teaches in the criminal justice department, said he is putting more emphasis on academic integrity this year, and he is not afraid to express his disapproval when he feels students are not taking their work seriously.

"I have a zero-tolerance policy for cheating," Przybylo said. "And I'm not afraid to express my disapproval when I see students not taking their work seriously.

Przybylo said he has received feedback from students and colleagues about his approach to academic integrity.

"I've heard from colleagues and students that they appreciate my approach to academic integrity," Przybylo said. "They see it as a way to ensure that everyone is taking their work seriously and that the system is fair.

Przybylo's approach to academic integrity is part of a larger effort to improve scholastic integrity at Oakton.

"We are taking steps to improve scholastic integrity at Oakton," said Przybylo. "We are working to create a culture where students are held accountable for their work and that cheating is not acceptable.

M-NASR helps Niles Park District

Light Up Christmas Trees

M-NASR, a consortium of about 200 colleges, is helping Niles Park District by enrolling the help of all its members to prepare various ornaments and decorations to be used on the Christmas tree.

"The tree is a symbol of the holiday season," said Lizzie Lee, a member of M-NASR. "It's important that we make sure it is decorated properly.

M-NASR has a history of helping Niles Park District with its Christmas tree, and this year is no exception.

"We have been helping Niles Park District with its Christmas tree for many years," said Lee. "We believe it's an important part of the holiday season.

In addition to enrolling the help of all its members, M-NASR is also working with local businesses to provide other resources, such as lighting and decorations.

"We are working with local businesses to provide other resources to help decorate the tree," said Lee. "We want to make sure it is as beautiful as possible.

M-NASR encourages its members to get involved in the tree decorating process.

"We encourage our members to get involved in the tree decorating process," said Lee. "It's a fun way to get into the holiday spirit.

The tree will be decorated by M-NASR members and local businesses, and it will be displayed in a prominent location in the park.

"The tree will be displayed in a prominent location in the park," said Lee. "It will bring joy to many people in the community.

M-NASR members and local businesses are currently working on the tree, and it will be completed in time for the holiday season.

"The tree will be completed in time for the holiday season," said Lee. "It will be a beautiful addition to the park.

Mayor Blase runs for # 11

Mitch Blase plans to use his experience in the park district to run for the 11th District seat in the Cook County Board of Commissioners.

"I believe I can bring a fresh perspective to the board," said Blase. "I have experience in the park district and I believe I can bring a fresh perspective to the board.

Blase, who is currently the president of the Niles Park District, said he is running for the seat because he feels there is a need for a fresh perspective on the board.

"There is a need for a fresh perspective on the board," said Blase. "I believe I can bring that fresh perspective.

Blase is running against incumbent Mike Ryan for the seat.

"I am running against incumbent Mike Ryan for the seat," said Blase. "I believe I can bring a fresh perspective to the board.

If elected, Blase said he would focus on improving the park district and making it more accessible to the community.

"If elected, I would focus on improving the park district and making it more accessible to the community," said Blase. "I believe it's important that we make sure the park district is accessible to everyone in the community.

Blase said he would also focus on improving the quality of programs offered by the park district.

"If elected, I would also focus on improving the quality of programs offered by the park district," said Blase. "I believe it's important that we make sure the programs we offer are the best we can offer.

Blase said he would also focus on improving the maintenance of park facilities.

"If elected, I would also focus on improving the maintenance of park facilities," said Blase. "I believe it's important that we make sure the facilities are maintained properly.

Blase said he would also focus on improving the safety of park facilities.

"If elected, I would also focus on improving the safety of park facilities," said Blase. "I believe it's important that we make sure the facilities are safe for everyone in the community.

Blase said he would also focus on improving the financial stability of the park district.

"If elected, I would also focus on improving the financial stability of the park district," said Blase. "I believe it's important that we make sure the financial stability is maintained.

Blase said he would also focus on improving the marketing of the park district.

"If elected, I would also focus on improving the marketing of the park district," said Blase. "I believe it's important that we make sure the marketing is done properly.

Blase said he would also focus on improving the community outreach of the park district.

"If elected, I would also focus on improving the community outreach of the park district," said Blase. "I believe it's important that we make sure the community outreach is done properly.

Blase said he would also focus on improving the education of park district employees.

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**Holiday Food Buys!**

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- Half $3.99 lb.
**HILLSHIRE SKINLESS-SHANKLESS HAMS**
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- **HILLSHIRE BEEF TENDERLOIN**
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Taste of Summer Camp at Morton Grove

The Morton Grove Park District will be hosting their 9th Annual Taste of Summer Camp on Sunday, December 13 at 1:30 pm. The event features a chance to sample food from over 30 vendors, a live auction, and plenty of activities for kids. The park is located at 6020 Dempster Street, Morton Grove.

Guerin Winter Concert tonight

Mother Theodore Guerin High School will hold a winter concert tonight. The concert begins at 7:00 pm and features performances by the school's choir and orchestra. The event is open to the public and will be held in the school's auditorium.

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Sunrise, i.e., working toward the goal of adopting children.

Women of Hadassah

Singles Outreach

Program: Annual Hanukkah party with latkes for our community to enjoy. December 17, 19:00 PM

For information, call (630) 668-5117 or visit www.susnyridge.org.

Catholic Women's Bowling League

Wed., Nov. 29, 2000

Catholic Women's Bowling League

Shira Hadassah Party

New Mother & Child Pavilion in Prospect Park

Those interested in social, educational, and financial support should contact Shira Hadassah at 773-547-5490 for more information or to make a donation.

Vanguard/Hadassah party

Shira Hadassah Party

Catholic Women's Bowling League

Susie's Full Service Salon

Mother's Daughters Duo

15% OFF All Services

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We offer a wide range of services for women of all ages, including haircuts, styling, perms, coloring, and pedicures.

Make your holiday shopping quick and easy

Choose the right gift for your loved ones this holiday season.

Pomegranates

Apples

Oranges

gggggggg

Shopped at over 500 stores. Don't settle for less. Choose the best store for your needs.

Better be safe than sorry.

Make your holiday shopping worry-free with these tips:

1. Use your credit card. Credit cards offer fraud protection and allow you to dispute any unauthorized charges.

2. Check the store's website for returns and exchange policies. Make sure you know your rights before making a purchase.

3. Keep receipts and returns policies. If you need to return or exchange a item, be sure to have the original receipt or proof of purchase.

Remember to shop with caution this holiday season. Happy shopping!
The beautiful, traditional musical score of Rodgers and Hammerstein's "The King and I" comes to life in a fresh new production at the Marriott Theatre in Lincolnshire. Andrew Varela's production, set in a 19th-century backdrop under the exotic sun of the Austrian Empire, is an amalgamation of classic musical elements, unique theatrical techniques, and a sense of grandeur.

The production is directed by Charles W. Green and features a cast led by Michael Willett as the King of Siam and Jennifer Hall as Anna, the American schoolteacher tasked with teaching the King's children. The cast also includes Kevan Hall as Lord Fielding, Maryann Moore as Lady Thiang, Andrew Varela as Prince Chulalongkorn, and David W. Willingham as the Nawarat King Ramkamhaeng. The musical numbers, including "Getting to Know You," " Shall We Dance?" and "Hello Young Lovers," are performed with energy and style, immersing the audience in the story of a forbidden romance in a land of flower-scented air and hawk's-wings blue sky.

The Marriott Theatre has a rich history of presenting some of the most beloved musicals, and "The King and I" is no exception. The production runs from December 21 to January 11, 2001, with performances on Tuesday through Sunday at 8 p.m., and on Saturday and Sunday at 2 p.m. The theatre also offers a special "Elena's Christmas Eve" performance on December 24 at 8 p.m., which includes a special toast to Elena. Ticket prices range from $43 to $48, and special weeknight performances are available at $50. Reservations are required, and special packages are available for groups of 5 or more.

In addition to the performance, the Marriott Theatre offers a wide range of amenities, including a full-service restaurant, gift shop, and bar. The menu includes a variety of dishes, from classic American fare to international favorites, such as the popular "Bennigan's" signature dish, the "Bennigan's Burger." The theatre also offers catering services for private events and group parties.

The Marriott Theatre in Lincolnshire is a must-visit destination for music and theatre enthusiasts, offering a unique and enchanting experience that combines the beauty of the stage with the charm of a Bygone era.
**Dining / Entertainment**

**Niles West holiday concert**

The community is invited to hear the Niles West orchestra under the direction of Thomas Drucker. The 15th Annual Holiday Concert will be held on Thursday, December 21, 2000, at 7:30 p.m. in the auditorium. A free reception will follow.

**A Christmas Carol at Attic Playhouse**

Previews: November 23, 2000. Directed by Matt Erlbach. A Christmas Carol is based on Charles Dickens' classic. Join us in the most heartwarming holiday tradition of all! It's the story of Ebenezer Scrooge, the most cold-hearted man in town. Scrooge has to change his ways or face the wrath of Christmas! Tickets: $15 in advance. Call 847/647-8282 or visit www.atticplayhouse.com.

**Salute to Glenn Miller**


**Niles West Choirs hold winter concert**

The Niles West Choirs will present their Winter Concert on December 23, 2000, in the auditorium. The concert will feature the 9th-12th Grade Choral Ensemble, the 8th Grade Choral Ensemble, the Jazz Ensemble, the Wind Ensemble, and the Honors Band. The concert is free and open to the public.

**Year's Eve Celebration 2001 Packages**

The Alternative to downtown Chicago, 3016 N. Central Ave. Prices starting at $399 per couple and include overnight stay, a six-course dinner, and more. Call 847/335-7340.

**Addison Steakhouse**

The Alternative to downtown Chicago, 3016 N. Central Ave. Prices starting at $399 per couple and include overnight stay, a six-course dinner, and more. Call 847/335-7340.

**New Year's Eve Celebration 2001 Packages**

The Alternative to downtown Chicago, 3016 N. Central Ave. Prices starting at $399 per couple and include overnight stay, a six-course dinner, and more. Call 847/335-7340.

**Vince's**

All you can eat 3 Salads + Garlic Bread $12.95 10:30 a.m. - 2 a.m. jumps up to $16.95

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Half Baked Chicken
Half BBQ Chicken
Scrod
Peach
Country Meatloaf
Chopped Steak
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Turkey Burger

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**LE LUNCH**

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Chopped Steak
Breaded Veal Cutlet
Turkey Burger

CALL FOR INFO & RESERVATIONS 847/568-3778

**maxwell's**

99c
Marriott Theatre in Lincolnshire presents The King and I

Terry James, Executive Producer of the award-winning Marriott Theatre in Lincolnshire, is proud to present The King and I, which runs through January 14, 2001.

Get swept off your feet all over again when East meets West in this beloved Rodgers and Hammerstein romance. The friendship that grows between the lively Mrs. Anna and the larger than life King of Siam transcends their conflicting cultures. Against the exotic backdrop of 19th century Siam, timeless classics like "Getting to Know You," "Whistle a Happy Tune" and "Shall We Dance?" spring forth with unforgettable grace and splendor. Journey with us to this enchanted land of music, dance and romance.

Performance Schedule.

Wednesdays at 2 p.m. and 8 p.m.; Thursdays at 8 p.m.; Saturdays at 5 p.m. & 8:30 p.m.; and Sundays at 2:30 p.m. and 7 p.m. On Saturday, December 23 and December 30 the performance times are at 2:30 p.m. and 7 p.m. New Year's Eve times and prices are as follows: $43 for the 5 p.m. performance with Student and Senior discounts; $48 for the 8:30 p.m. performance. There will be no discounts on the 8:30 p.m. performance.

A sign language interpreted performance by Sign on Stage is scheduled for Tuesday, December 26 at 7 p.m. New York Time does not apply on December 26, 2000.

Tanaro's Restaurant and their employees, wish everyone a safe, happy and prosperous holiday season. Thank you for 21 great years of business.

Sincerely,
Gus, George and Manolis

Kappy's Restaurant and their employees, wish everyone a safe, happy and prosperous holiday season. Thank you all for 21 great years of business.

Sincerely,
Gus, George and Manolis

A sign language interpreted performance by Sign on Stage is scheduled for Tuesday, December 26 at 7 p.m. New York Time does not apply on December 26, 2000.

Tanaro's Restaurant and their employees, wish everyone a safe, happy and prosperous holiday season. Thank you for 21 great years of business.

Sincerely,
Gus, George and Manolis

Kappy's Restaurant and their employees, wish everyone a safe, happy and prosperous holiday season. Thank you all for 21 great years of business.

Sincerely,
Gus, George and Manolis

The Bugle's LAST MINUTE HOLIDAY GIFT IDEAS

DON'T FORGET TO CHECK THE BUGLE'S GIFT GUIDE FOR YOUR LAST MINUTE HOLIDAY GIFT IDEAS
NEW HOLIDAY ARRIVALS
PLUS

LARGE SELECTION OF SHEARLINGS!

$49.88!!

WINTER SPECIALS

- Coat Colors - Multiple Colors
- Sizes - 32-46 Mens
- Colors - Black, Navy, Beige
- Styles - Double Collar, Single Collar

Happy Holidays

From Home of the

Gingerbread

Houses

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Sm. 15$30

And Take Home Kits

- Cookies - Wedding Cakes
- Special Occasion Cakes - Parties - Brunches

Morton Grove, IL 60053
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HOLIDAY GIFT GUIDE

What's hot for the holidays?

- Embroidery on beads
- Rocky and Bolt mike
- Amazing Bobbi

- Robotic animals - Tekno the dog
- Sony PlayStation
- Scooters

- Designer Sweaters
- Reg. Price
- WHILE THEY LAST!!!

- Now 50% off

- Smaller and smaller
- Payday Loans
- 990

- Leather Junction
- Warehouse Outlet

- Happy Holidays
- From Home of the Gingerbread Houses

- Snag a deal on designer sweaters!
- Now 50% off

- New arrivals plus
- large selection of shearlings

- Wipe your pockets. Coule
- get a pop of color for the holidays

- Santa to visit Cambridge
- If you haven't had the chance to
- Santa visit Cambridge, all week
- December 15 to your family
- will be getting smarter and smarter
- out for the holidays

- Holiday Splendor at Your Fingertips
- From many different hands
- to many different hands
- Tis the season

- Santa Sack
- Decoration Class
- The Leaving Town YMCA
- is having a Santa Sack Decoration
- Class for children ages 5 to 12
- There is a class for kids
- and for adults

- Need Holiday Cash?
- AMERICAN CASH LOANS
- Your Bridge Between Paydays

- Is your Christmas List Getting
- LONGER and LONGER?

- And your cash supply
- getting Smaller and smaller

- We Can Help!

- The Grove's
- Holiday Store
- Store Open
- Nov. 24-Dec. 23
- Wed-Sun. 1-5 pm daily

- Gift Certificates - GIFTS & GADGETS
- Personalized Ornaments - Gourmet & Baked Items
- Unique Home Accessories

- Located in the Historic Napoleon House
- 1200 S. State St. Chicago, IL 60605
One of the most challenging aspects of preparing a turkey for the holidays is to ensure the final dish is delicious. Here are some tips:

1. Choose the right turkey: Opt for a 16-20 lb. turkey.
2. Preheat the oven to 350°F.
3. Prepare the stuffing: Mix bread cubes with herbs, vegetables, and seasonings.
4. Place the turkey breast side up in a roasting pan.
5. Stuff the turkey with your prepared stuffing.
6. Cover the turkey with foil and roast for 3-4 hours.
7. Let the turkey rest for 30 minutes before carving.

Healthy eating tips to keep holidays off your hips:

- Choose lean meats.
- Opt for fresh vegetables as a side dish.
- Limit processed foods.
- Drink water instead of sugary drinks.

Happy Holidays From Oak Mill Mall

7900 N. Milwaukee • Corner of Milwaukee & Oakton

Enjoy our many specialty shops with unique and unusual items that will make your Holiday Shopping a pleasure in the comfort of our enclosed mall.

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Happy Chanukah
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Happy Chanukah
THE BUGLE, THURSDAY, DECEMBER 14, 2000
PAGE 23
Ezra-Habonim Services

Township Jewush Congregation

Ezra-Habonim

Regalar lives.

st. Matthew's Lutheran School

MILLENNIUM

Chime Tower and Walkway

St. John Brebeuf Parish

8307 North Harlem Avenue

Niles, Illinois 60714

St. John Brebeuf Parish invites parishioners, friends, local businesses and supporters to come a part of a great project to provide hands-on volunteerism at the parish, paint the moveable altar frames, and continue maintenance of the church building.

The Millennium Chime Tower and Walkway connects the church and school for safe movement of the children. It provides a safe walkway to the parish parking lot and a place for prayer.

Rebecca, the early childhood coordinator, and her team of teachers, aides, and volunteers, have decided to celebrate Chanukah in a very special way. In the past, they have brought Kwanzaa to the early Childhood Center to celebrate diversity. This year, they decided to bring the history of Chanukah to the students.

The students will sing the story of Chanukah and the miracle of the oil. They will also create their own menorahs and light them on Monday, December 25th. The menorahs will be displayed in the early Childhood Center.

The students will also learn about the history of Chanukah through stories and crafts. They will make their own dreidels and menorahs. They will also learn about the different foods that are eaten during Chanukah.

The students will also participate in a prayer service. They will pray for the people of Israel and the Jewish people around the world. They will also pray for peace and understanding.

The students will also participate in a crafts project. They will make their own Chanukah cards and decorate them with special symbols.

The students will also participate in a fun activity. They will sing songs and dance to celebrate Chanukah.

The students will also participate in a community service project. They will bring food and gifts to a local food pantry.

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Niles Public Library

Programs

Winter Sports Programs

Minelli's for The Holidays!

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Minelli Bros.
7700 Milwaukee Avenue, Niles - 847/965-1315

THE NILES PARK DISTRICT 2001 WINTER/SPRING PROGRAM GUIDE

Learn to Paint Portraits

Ages 15 and over. Come learn to paint portraits. From mid January to early March. Contact: 847-967-6637.

There is a $5 fee for this workshop. Participants must have a valid photo, the Library will provide the rest. Participants will receive the personal photo, which will be used, as well as the Library Catalog and a basic tutorial. The Library will provide all other supplies needed. Participants will complete a project and create a portrait of a person, either solo, or in a group. Participants will receive a certificate of completion.

Niles Park District

Water Surfing

The Niles Park District Water Surfing class is available for ages 15 and over. This is a great way to stay active during the winter months. Registration is open now. Classes will be held on Friday evenings at 6:30 p.m. The cost is $50 per person. Call 847-967-6639 for more information.

Skokie Public Library

Here are the highlights of some of the many announcements that were made during the Skokie Public Library's Winter/Sping 2001 program guide.

- Skokie Public Library will host a special performance by the Chicago Symphony Orchestra on December 21st. This event is free and open to the public. Please call 847-673-7774 for more information.
- Skokie Public Library will be hosting a special performance by the Chicago Symphony Orchestra on December 22nd. This event is free and open to the public. Please call 847-673-7774 for more information.
- Skokie Public Library will be hosting a special performance by the Chicago Symphony Orchestra on December 23rd. This event is free and open to the public. Please call 847-673-7774 for more information.
- Skokie Public Library will be hosting a special performance by the Chicago Symphony Orchestra on December 24th. This event is free and open to the public. Please call 847-673-7774 for more information.
- Skokie Public Library will be hosting a special performance by the Chicago Symphony Orchestra on December 25th. This event is free and open to the public. Please call 847-673-7774 for more information.
- Skokie Public Library will be hosting a special performance by the Chicago Symphony Orchestra on December 26th. This event is free and open to the public. Please call 847-673-7774 for more information.
- Skokie Public Library will be hosting a special performance by the Chicago Symphony Orchestra on December 27th. This event is free and open to the public. Please call 847-673-7774 for more information.
- Skokie Public Library will be hosting a special performance by the Chicago Symphony Orchestra on December 28th. This event is free and open to the public. Please call 847-673-7774 for more information.
- Skokie Public Library will be hosting a special performance by the Chicago Symphony Orchestra on December 29th. This event is free and open to the public. Please call 847-673-7774 for more information.
- Skokie Public Library will be hosting a special performance by the Chicago Symphony Orchestra on December 30th. This event is free and open to the public. Please call 847-673-7774 for more information.
- Skokie Public Library will be hosting a special performance by the Chicago Symphony Orchestra on December 31st. This event is free and open to the public. Please call 847-673-7774 for more information.
St. Matthew Lutheran Home creates a "house of faith"

The residents have faithfully labored ever creating a home over the last two years. Have you heard of the Carer of the Week? This week's nominee is Edna Rodell. Join us in congratulating her.

Officer Josie Wales demonstrates for seniors

Preparing for a long trip should include planning for the unexpected. After all, you don't want to be caught unprepared when you arrive in your destination. For instance, if you're planning an extended stay, you may want to consider buying a travel insurance policy to protect yourself against potential medical expenses.

Long-Term Care - The Time to Plan is Now

Senior citizens have a tendency to put off planning for their long-term care needs. But with the rising costs of long-term care, it's critical that you make informed decisions about your future care needs.

Niles Fitness Center members leave their mark

In the Niles Fitness Center, every member leaves their mark. Whether it's through personal achievements or simply enjoying the gym, every member has played a role in the center's success.

St. Matthew Lutheran Home - A caring community of older adults

St. Matthew offers quality care and services tailored to the needs of individual people.

- Long-term nursing care
- Short-term rehabilitative care
- Dementia special care unit
- Joint Commission Accredited, Medicare Certified and State Licensed

Located in a peaceful residential neighborhood adjacent to Lutheran General Hospital

1601 N. Western Ave. • Park Ridge, IL 60068

For further information, call Admissions at 847/825-5531

A program of Lutheran Social Services of Illinois
Lutheran Social Services of Illinois (LSSI), a leading organization, honored The Rev. Dr. Martin E. Marty, Emeritus of the Divinity School of the University of Chicago, at a recent symposium and keynote address. Marty has served as the editor of numerous books, and is a key figure in the field of social work.

The symposium, titled "Acts of Compassion," was attended by 350 people at the Monta Gonce Theatre. It featured a keynote address by Martin E. Marty, Emeritus of the Divinity School of the University of Chicago, on "The Science of Compassion." Marty's address was followed by a panel discussion, "Compassion in Practice," which included Michael H. Brachman, President and CEO of Lutheran Social Services of Illinois; and LuAnn Howart, President and CEO of Lutheran Social Services of Wisconsin.

The day also featured the Amicus Certus Award, presented to individuals or organizations that have made significant contributions to the field of social work. The award is sponsored by the Lutheran Social Services of Illinois Foundation.

For more information about the Amicus Certus Award, please visit www.lssi.org.
NPHSN to present "Healing Touch"

Looking for a unique experience to enhance your stress reduction and healing? The Network for Public Service Northwest (NPSN) will be hosting a Healing Touch program at the Holy Family Health Center in Norridge. This program will provide an opportunity to learn a relaxation technique that uses touch to promote healing.

The Healing Touch program is designed to help individuals reduce stress and promote healing. This technique involves using gentle touch to balance energy fields and promote relaxation. The program will be led by experts in the field, and participants will have the opportunity to practice the technique with each other.

The program will take place on Thursday, December 14, at 7:30 PM. For more information or to register, please contact NPSN at 708-457-0700.

Spouses of heart disease patients face high risks themselves

Researchers have found that spouses of heart disease patients face high risks themselves. According to a recent study, spouses of heart disease patients have a significantly increased risk of developing the disease.

The study found that the risk of heart disease among spouses was 2.8 times higher than that of the general population. The researchers believe that this increased risk is due to the stress and support required to care for a loved one with heart disease.

The study also found that the risk of heart disease among spouses was highest in the first year after the diagnosis. The researchers suggest that interventions to support spouses of heart disease patients may be needed.

Alzheimer's Vaccine Update

Researchers have made significant progress in developing a vaccine to prevent Alzheimer's disease. According to a recent report, a vaccine candidate has shown promising results in early clinical trials.

The vaccine candidate, called AN-1792, is designed to stimulate the immune system to produce antibodies against the amyloid beta protein, which is thought to play a role in the development of Alzheimer's disease.

While the vaccine candidate has shown promise, more research is needed before it can be approved for use. Researchers are currently studying the vaccine in larger clinical trials to determine its safety and efficacy.

Chicago Judge named Honorary Ageless Heroes

One of the most prestigious awards in the nation has been awarded to a Chicago judge. Judge Marvotz, along with the United States of America, has been named an Honorary Ageless Hero by the Network for Public Service Northwest.

Judge Marvotz, who has served on the bench for over 30 years, has been recognized for his dedication to public service and his commitment to improving the lives of older adults.

The award is given to individuals who have made significant contributions to the well-being of older adults. Judge Marvotz has been praised for his work in advocating for the rights of older adults and for his efforts to improve the quality of life for older residents of Chicago.

More information about this program can be found by visiting the NPHSN website or by calling 708-457-0700.
Morton Grove Senior Citizens 470-5223

CARE THAT IS TAILOR-MADE!

The Abington Glenview communities are caring to your needs, whether it’s Short-Term Rehab or Short and Long Term Skilled Nursing Care. This soon includes a secure Special Care Unit for Dementia and Alzheimer’s. The Abington Glenview is the perfect fit for both professional and personalized care with years of trustworthy experience you can trust. Call today for a tour of our beautiful facility anytime 7 days a week.

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Niles Senior Citizens 588-8420 – 588-8000

SENIORS INVITED
Niles Senior Center is proud to announce their Winter Clothing Program, starting Wednesday, December 16th. Winter clothing is available from 11 a.m. to 1 p.m. in the Senior Center, room #10. For more information, call 588-8420 or stop by the senior center. There will be a raffle for those who donate clothing.

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SENIOR SERVICES CLINIC
The new Senior Center offers FREE health screenings to all guests. The clinic will be held on the 3rd Wednesday of each month from 11 a.m. to 1 p.m. The clinic will provide health information and screenings for various health conditions.

Experience the Summit Square Difference!

You’ll appreciate the convenience of our daily mail service. It’s just one of the features that make life at Summit Square different. Others include free continental breakfast, afternoon coffee and tea service, the use of our conference room, and a complete recreational program. For peace of mind, the services of a nurse and the Summit Plus Assurance Program are available.

Before you move to any other retirement community, compare our rates, compare our services. You’ll discover that we offer the finest retirement value in the Northwest suburbs.

SUMMIT SQUARE OF PARK RIDGE
847/825-1161
(10 N. Summit at Touhy • Park Ridge)
Have You Got What It Takes To Be A CEO?

Drake Beam Morin Reveals 10 Key Competencies for Aspiring Executives

Take the survey and see how you rate!

A recent study conducted by global human resource consulting firm Drake Beam Morin found that only 38 percent of CEOs believe they were prepared to succeed in their top role. The study, "The CEO Turnover Study," identified two key competencies CEOs believe it takes to do the job, and the competencies executives believe it takes to be a CEO are:

1. Strategic Agility: Can see through the horizon, can develop and prepare for the unknown, can make changes and adapt to uncharted territories.
2. Busines Acumen: Has broad knowledge and perceptive awareness of the business environment.
3. Low Risk Aversion: Able to take risks and act without hesitation.
4. Communicator: Relates well to others, can build constructive relationships; can communicate possibilities, and can forecast opportunities and turn situations around.
5. Build Relationships: Can walk in the shoes of the customer, can understand their needs and develop and prepare for their future.
6. Strategic Solutions: Can anticipate, can align their functions to the company's requirements, and can address emerging needs.
8. Can Lead: Can analyze both successes and failures and learn from experience.
9. Build Teams: Can motivate and delegate, can lead from the front.
10. Can Role Model: Can walk the talk, can build organizational performance, can align their functions to the company's requirements, and can address emerging needs.

For more information on Executive Coaching or to receive a copy of the Drake Beam Morin CEO Turnover Study, contact Diane Zemko, Vice President, 800-888-5650.

Employment Tip of the Week

Do you hold onto your desk while you're working? Are you running from one task to the next? Would you like to improve your efficiency or productivity? If so, try these tips:

1. Keep organized: Make sure your desk is clear and your files are well organized.
2. Prioritize your tasks: Focus on the most important tasks first.
3. Take breaks: Take regular breaks to avoid burnout.
4. Use technology: Use technology to help you stay organized and productive.

With more than 200 offices in over 40 countries, Drake Beam Morin provides a wide range of professional development and executive coaching services. Drake Beam Morin is a subsidiary of The Beedie Group, a privately held and family-owned company. Visit Drake Beam Morin online at www.drakebeammorin.com for more information.
Human Resources Technology Trends: Beyond the Millennium

By Susan Grover

It's difficult to imagine an era when technology was not a part of our daily lives. Technology has transformed the way we live, work, and communicate. However, with the rapid pace of technological change, organizations are struggling to keep up with the demands of a highly competitive global marketplace.

The HR industry is no exception. The shift from traditional HR practices to technology-driven solutions has been driven by the need for increased efficiency, productivity, and better decision-making. Technology has enabled HR professionals to access information in real-time, automate routine tasks, and manage complex processes with greater ease.

One of the key challenges facing HR professionals today is the need to align HR strategies with business objectives. With the increasing emphasis on technology, it's crucial for HR leaders to understand how to leverage technology to drive organizational success.

In this article, we will explore some of the latest HR technology trends and how they are reshaping the HR industry.
Students take a stand

District 219 computing conference

More than 1,500 District 219 students participated in the regional computing conference for District 219. The conference, held at Wheeling High School, was the latest event in a series of three regional computing conferences held in the District. Teachers and students competed in areas such as computer science, computer engineering, and computer technology. The event was sponsored by the District's Technology Department.

Weapon to school? Do you know what to do in case someone comes to school with a weapon? Do you ever worry about this happening to you?

Established in 1996, this day began with a prayer asking for a safe holiday season. A holiday season in which one can enjoy the music of the season, the lights of the season, the pl思维方式 of the season, and the love of the season. This day is known as the "Day of Peace". It is a day to remember those who have lost their lives through gun violence. It is a day to remember those who have been affected by gun violence. It is a day to remember those who have been affected by gun violence.

Ahhh...just in time.

Oakton College holiday hours

Oakton College will be open Monday through Thursday from 7:30 AM to 5:30 PM and Friday from 7:30 AM to 12:30 PM. The campus will be closed on December 15th and 16th.

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Go Bowling! With this ad save $500.00 on a two-year associate's degree. For more information call toll-free at (847) 965-8061. 8057 Milwaukee Ave.

A CHRISTMAS GIFT THAT THEY WILL ENJOY!

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Achieve new balance.

COMING THIS MONTH WITH A WIDE VARIETY OF NEW BALANCE PRODUCTS.
Getting up-to-date information about allergies

Allergies are not just a bugbear of spring but a year-round phenomenon, affecting millions of adults and children. Even children have seasonal allergies that can affect more than 20 percent of children. These allergies can manifest as hay fever, asthma, skin conditions, and even sleep disorders. According to the American College of Allergy, Asthma & Immunology, about 50 million Americans suffer from allergies, which represent a leading cause of chronic illness in the United States. The most common allergies are to pollen, dust, molds, and pets.

Is 'Holiday Depression' affecting you?

The holiday season can be a time of joy and celebration for many, but for others, it can be a time of sadness and loneliness. The stress of deadlines, family gatherings, and financial pressures can all contribute to feeling overwhelmed. It's important to recognize the signs of holiday depression and take steps to manage it.

Final Advisory Health Insurance for the Self-Employed

FEEL BETTER

Kendall Krol M.D., board-certified diagnostic radiologist, explains that a recent study has shown that regular exercise can help reduce the symptoms of depression. The study found that people who exercised regularly had significantly fewer symptoms of depression than those who did not.

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Health / Fitness

Rainbow Hospice offers pastoral care program

Clairna Pastoral Care has been an integral part of the spiritual and emotional life of community for over 20 years. The Rainbow Hospice, a National Hospice Accredited Program, offers pastoral care for patients and their families. It is open to all patients, regardless of their religious or spiritual beliefs.

Parents: Take care when feeding children under age four

Dr. Walner offers some suggestions for parents who are concerned about their child's safety.

HEARING AIDS

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 subdued with what we observe and hear during the holiday season. The most common symptoms associated with holiday depression are:

- Feelings of sadness and loneliness
- Decreased energy and motivation
- Changes in appetite and sleep habits
- Increased alcohol or drug use
- Thoughts of suicide or self-harm

These symptoms can be difficult to manage on your own. It's important to talk to a healthcare provider if you are experiencing symptoms of holiday depression. They can help you develop a plan to manage your symptoms and prevent them from becoming more severe.

FEEL BETTER

Kendall Krol M.D., board-certified diagnostic radiologist, explains that a recent study has shown that regular exercise can help reduce the symptoms of depression. The study found that people who exercised regularly had significantly fewer symptoms of depression than those who did not.

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The new offices of Deborah Getzen, M.D., Ellen S. Buhl, M.D.
Are Opening January 2, 2001

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(847) 804-2000

Evening+days after appointments
Home Style

Manufactured homes are good options, especially for first time homebuyers.

When you think of manufactured homes, you might think that the homes are often of poor quality, but there are actually many benefits to owning a manufactured home. Here are just a few:

- They are often more affordable than site-built homes.
- They are often built to stricter quality standards.
- They can be moved if you need to.
- They are often more energy efficient.

One of the chief benefits of manufactured homes is that they are often more affordable than site-built homes. This is because the homes are built in a factory, and then transported to the site where they will be delivered. This can save a lot of money on construction costs.

Another benefit to owning a manufactured home is that they are often built to stricter quality standards. This means that the homes are often more durable and last longer than site-built homes.

Additionally, manufactured homes can be moved if you need to. This can be a great benefit if you need to move for work or if you are retiring and want to move to a warmer climate.

Finally, manufactured homes are often more energy efficient. This is because they are often built with energy efficient materials and design features. This can save you money on your energy bills.

Tips for a Lifetime

Winter tips to protect and improve your home

6. Check the bathtub, shower and water heater. If there is any water freezing, it might be because you have a water heater that is not working properly. Make sure to check the water heater regularly to make sure it is working properly.

7. To easily remove humidity from the air, use a dehumidifier. This can help to reduce the amount of moisture in the air, which can help to prevent mold and mildew.

8. Winterize the garage. This can help to protect the garage from cold temperatures and also help to improve the security of the garage.

9. Store water in your home. If you need to use water in the winter, you may want to store water in your home. This can help to prevent water damage and also help to save money on your water bill.

10. Keep the car garage clean. This can help to prevent dirt and debris from spreading around your garage.

Carry on a warm life!
Liberty Bank for Savings
and Toys for Tots

Christmas is a time for
memories and giving, even
for the children on our con-
dition. In celebration of this,
Liberty Bank is proud to
announce its annual to-
getherness with Toys for
Tots. For the past two
years, the bank has col-
lected toys for needy children.

This year, Liberty Bank
will continue to collect toys
during the month of De-
cember. The bank will col-
lect toys at its main branch
in downtown Liberty and
other select locations.

Liberty Bank is inviting
members of the public to
join in the worthwhile effort
during the Christmas season.

Toys can be donated at the
following locations:

- Liberty Bank Main Branch,
  500 W. Main Street,
  Liberty, IL 60646
- Liberty Bank Branches:
  - 315 N. State Street,
    Liberty, IL 60646
  - 801 E. Iliff Avenue,
    Liberty, IL 60646

Donations of new, unwa-
rapped toys can be depos-
ted to Liberty Bank. As
Christmas nears, Mr. and
Mrs. Claus will pick up the
toys donated and deliver
them to the needy children.

Liberty Bank is pleased
to support this holiday tradi-
tion and encourage oth-
er businesses and individ-
uals to join in the effort.

For more information or
to donate toys, please con-
tact Liberty Bank at
(847) 965-9100.

Free conservation trees
booklet available

The National Arbor Day
Foundation has published a
Conservation Trees Booklet
free of charge. This booklet
provides information on
how to plant conservation
trees. For a free copy, vis-
it the website at

Home Style

Real estate agents attend
Masters Retreats

Real estate agents from
across the country are
attending the Masters
Retreats at the century
21 Multifamily Properties.

Now is the time to list
your rental property with
century 21 Multifamily
Properties. Our agents
are top professionals in
the real estate industry.

Marketing Services

A comprehensive
marketing plan is
provided to ensure a
successful sale. This
includes aggressive
marketing strategies,
high-quality exposure,
and professional negotia-
tion.

Christmas

Free Christmas booklet
available

This holiday season, en-
joy the gift of free Christ-
mass booklet from Liberty
Bank. Pick up your copy at
the Liberty Bank Main
Branch or any select loca-
tions.

Christmas Tree Safety

Keep the 36-mi (your holiday
decorations) by following these
safety tips:

- Check your Christmas decora-
tions. Remove any that are
frayed or damaged.
- Keep flammable materials
away from heat sources.
- Inspect your tree for any
breaks or problems.
- Make sure artificial trees are
suitable for indoor use.
- Keep artificial trees away
from other flammable materials.

Scoring a Home Orga-

This holiday season, keep
your home organized with
these tips:

- Declutter your living
spaces.
- Organize your garage.
- Simplify your holiday
shopping.

Practical holiday
stocking stuffer ideas

This year, add some
practical holiday stocking
stuffers to your gift giving.

- A black ink jet cartridge
- Coworkers and office
supplies
- A keychain calculator
- A digital camera
- A USB flash drive

For more ideas, visit

Christmas Stress Busters

Reduce holiday stress
by focusing on these
practical solutions:

- Take time for yourself.
- Practice mindfulness.
- Stay connected with
family and friends.
- Exercise regularly.

Holiday stress can be
overwhelming, but by
implementing these
practical solutions,
you can enjoy the
holiday season.

For more information
on Christmas stress
management,
visit www.holidaystress.com.

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847-965-9100

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Niles zoning... Continued From Page 1

**Traffic Impact**

The Plan Commission also heard a presentation on the traffic impact of the proposed Madison Plaza Site. The company, which is seeking to build a 10-story office building at Madison and Des Plaines avenues, is facing opposition from neighboring property owners and residents. The commission is expected to make a decision on the project in the near future.

Gas station... Continued From Page 1

**Gas Prices**

Gas prices have dropped in recent weeks, leading to欢 of relief among drivers. The average price for gasoline in the Chicagoland area is now $2.90 per gallon, down from $3.20 last month.

Bob Love to speak at Norridge HealthCare & Rehabilitation Centre

Norridge's HealthCare & Rehabilitation Centre is planning a speaking engagement with Bob Love, who will discuss his experiences as a warfare veteran.

**FAQ’s About the Flu**

What is the Flu? Influenza, commonly known as the flu, is a highly contagious disease caused by the influenza virus. It causes fever, coughing, and other flu-like symptoms.

How is the Flu Spread? The flu is spread by respiratory droplets from people who are infected. It is transmitted to others through direct contact with the infected person.

Who is at Risk? People of all ages can get the flu, but some groups are at a higher risk for complications. These include children under 5, adults over 65, pregnant women, and those with certain medical conditions.

What Can You Do to Prevent the Flu? You can reduce your risk of getting the flu by getting vaccinated, washing your hands frequently, covering your mouth when you cough, and avoiding close contact with sick people.

**Support Your Niles Retailers**

**Local Sales Support Village Services**

**Internet Sales Do Not!**

**Beware the Web**

**Return Policy?**

**Credit Security?**

**Shop In Your Home Town!**

**Shop With Retailers You Know and Trust**

**Save Shipping! Handling Charges!**

**Support**

**Your Niles Retailers!**

**Police - Fire - Public Works**

**INTERNET SALES DO NOT!**

**BEWARE THE WEB**

**SHOULD YOU SEE THE FLY**

**SAFETY TIPS**

**RETURN POOL**

**SHOP IN YOUR HOME TOWN!**

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**Save Shipping! Handling Charges!**

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