New area codes loom but 847 safe for now

Two fatalities in L'wood last week

Tree dedicated to Myrna Breitman

MG works on plan to create a downtown in Morton Grove

Community group formed to fight village plan

MG increases penalties for selling tobacco

INSIDE:

Health & Fitness Pages 6-7
Women Pages 8-9
Retirement/Nursing Homes Pages 19-30
Home Style Pages 32-37

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Continued on Page 34
Community Calendar

Lincolnwood Public Library

Three winners of the Trek the Web contest will meet in the Lincolnwood Public Library's main lobby on July 23 at 7 p.m. A public art unveiling will coincide with the tour's ending. A free public art tour will begin at 7:30 p.m. Free, but registration is required. Call (847) 692-7400 or visit linlib.org/trektheweb for more information.

Jewish Genealogical Society of Illinois

High School, 3900 N. Damen Ave. The society will present "Jewish Roots: From the Beginning," a program on how to research your family's history. Registration is required. Call (847) 282-6391 or visit jgsil.org for more information.

Mobile Intensive Care Unit on display

Open call for 'Italian American Reconciliation' at Oakton Community College

Oakton Community College, 7701 W. Des Plaines Ave., Des Plaines. The Oakton Art Department and the Oakton Regional News will present "Italian American Reconciliation," a public art project that seeks community input. The project will open to public discussion and input. Call (847) 692-7100 or visit oakton.edu for more information.

Pointing children towards art

Lamborn 5th Annual Dominican Boat Races

Lamborn, 7000 W. Foster Ave., Chicago. The annual race will feature 16 teams from various locations, including Chicago, Evanston, Naperville, and Aurora. The races are free to watch, and there will be food, drinks, and a raffle. Call (847) 370-3642 or visit lamborn5thannualboatrace.com for more information.

Open call for 'Italian American Reconciliation' at Oakton Community College

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Mobile Intensive Care Unit on display

FREE MARKET EVALUATION for a new business

Ask for Carol or Rich DeJong

(947) 966-2944 or 304-0993

Lawmakers promote labeling effort

For more information call the Illinois State Senate at (312) 836-2255 or visit illinoisstate senate.gov.

Police News

Driving and Drug Warning

The following driving news was delivered by the West Suburban Police Department in Oak Park, River Forest, Forest Park, and Oak Park. This is a new way of doing this, by speaking of an area.

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SJB Spring Recitals

Prepare for dress rehearsal and performance time by registering for a Caroling Season Recital. Rehearsals will be held in the School Music Rooms. All students are Welcome to join the Caroling Program at SJS. In addition to the enjoyment of piano solos and duets prepared by the students, there will be a Christmas Carol Program. Students of Mrs. Mary Jean Macadamia will perform at the Christmas Carol Program. This year's program will include the carols of "The First Noel" and "O Come All Ye Faithful." The program will be held in the School Auditorium on December 21st, at 7:00 p.m.

World Youth Day Pilgrimage

Pilgrimage to London will be held during the Chicago Archdiocese of the World Youth Day. The pilgrimage will include visits to Holy Family Church, the Basilica of Assumption, and the headquarters of the Archdiocese of the World Youth Day. The pilgrimage will also include a visit to the World Youth Day site in London. The pilgrimage will be held on August 20th, 2021.

Plan for your financial future.

National Piano Guild Augitans Pianostudents of Mrs Mary Jean Macadamia will perform at the Christmas Carol Program. This year's program will include the carols of "The First Noel" and "O Come All Ye Faithful." The program will be held in the School Auditorium on December 21st, at 7:00 p.m.

Searle helps students succeed.

The Searle Fellows High School Academic Content Program for high school seniors and Juniors. The program aims to provide additional academic support to students, especially those who are at risk of not graduating on time. The program includes after-school tutoring sessions, college and career planning workshops, and a mentorship program. The program is open to all students in grades 10-12 who meet the eligibility criteria.

Niles School of Cosmetology

Has A Future For You! For more information, call (847) 965-5061.

Niles School of Cosmetology

Also New Offers Nail Technology Classes. Hurry classes start soon! For more information call 847-965-9801.

Niles School of Cosmetology

Center Stage at Dominican to hold auditions.

Center Stage at Dominican University will be holding auditions for the fall production. The production will be "A Christmas Carol." Auditions will be held on September 10th and 11th, from 7:00 p.m. to 10:00 p.m. The production will run from November 30th to December 12th.

Greetings from the School of Business and Economics.

The School of Business and Economics at Dominican University offers a variety of programs in business and economics. The programs include a Bachelor of Science in Business Administration, a Master of Science in Business Administration, and a Doctor of Business Administration. The School of Business and Economics is home to the Institute for Business and Economic Research (IBER), which conducts research on business and economic issues.

The Alliance for Catholic College and University Students (ACCUS) is a national organization that provides a place for college and university students to connect and network with others who share similar beliefs. ACCUS was founded in 1969 and has chapters at over 100 Catholic colleges and universities across the United States.

Advertising in the Chicago Daily News.

The Alliance for Catholic College and University Students (ACCUS) is a national organization that provides a place for college and university students to connect and network with others who share similar beliefs. ACCUS was founded in 1969 and has chapters at over 100 Catholic colleges and universities across the United States.

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Obituary

William Carlson, 87, of Des Plaines, died Friday, July 23 at Evanston Hospital. He was born in Chicago, the son of Carl and Emma Carlson. He was a World War II veteran and served in the US Army. He had worked as a carpenter and then as a warehouse supervisor for Gimbel Brothers in Chicago. He is survived by his wife, Mildred; his children, Diane Carlson, Ronald Carlson, and Joseph Carlson; his grandchildren; and his great-grandchildren. Services will be held Monday, July 26, at 10:00 a.m. at the Skaja Funeral Home, 8025 W. Golf Road, Oak Brook. Interment will be in the Illinois Masonic Cemetery in Des Plaines.
Retirement / Nursing Home

Hampton Plaza provides excellence in rehab & therapy

Located in the Northwest suburbs, Hampton Plaza offers a program of Independent Living Skills that helps residents develop the skills necessary to maintain a full and active life outside the home. The program includes independent living skills training, Problem Solving & Life Skills, Community Integration, and Health & Safety. Residents are encouraged to develop self-sufficiency through meaningful activities and relationship building.

Fun activities at Asbury Retirement Home

Asbury Retirement Home offers a variety of activities to keep residents active and engaged. The community provides a range of social, recreational, and cultural programs that cater to the diverse interests of its residents. Activities include exercise classes, dancing, gardening, and game nights, ensuring that everyone finds something they enjoy.

Goldman Home to host Jewish historian

The George J. Goldman Home, a facility in Chicago, will host a program featuring Dr. Catlett, the author of "The Hebrews in the Jews of Chicago from Their Darkest Hour to Their Darkest Hour," on August 30th. The event is open to the public and promises to provide valuable insights into the history of the Jewish community in Chicago.

Bipartisan plan proposed to fight Medicare fraud

A new bipartisan proposal seeks to combat Medicare fraud, which has been highlighted as a significant issue in recent years. The plan calls for increased scrutiny of claims, enhanced investigative capabilities, and more transparent billing practices. However, it remains to be seen how effective these measures will be in addressing this ongoing problem.
Niles Senior Citizens Center Activities and Events

The Niles Senior Citizens Center offers a wide range of activities and events designed to enrich the lives of its members. Whether you're looking for exercise classes, social gatherings, or cultural events, you'll find something to suit your interests.

Morton Grove Seniors Events 70-5223


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When it comes to skilled nursing care, you want quality. Look for Forest Villa Nursing Center. Our facility is accredited by the Joint Commission on Accreditation of Health Care Organizations (JCAHO). Now that quality that shows.

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Experience the Summit Square Difference!

You'll appreciate the convenience of our chauffeur-driven service. In fact, one of the services that make us an excellent choice for seniors is our unique ability to provide a ride to any location, anywhere in the city. We can even transport you to and from the doctor's office, the grocery store, or any other place you need to go.

SUMMIT SQUARE OF PARK RIDGE
847 / 825-1161
10 N. Summit at Fuller Park Ridge

Maine Township Senior Citizens Cuisine Club visit serves up a side order of irony

Maine Township Senior Citizens often gather for meals at the Club, which serves up a variety of dishes and is known for its friendly and welcoming atmosphere. The club is located in Des Plaines, Illinois, and offers a range of activities and events for seniors to enjoy.

- Meals and entertainment
- Social events and activities
- Transportation and travel
- Volunteer opportunities
- Art and crafts classes
- Fitness and exercise classes
- Computer classes
- Day trips and excursions
- Television shows and movies

For more information, visit the Summit Square location at 847 / 825-1161 or visit the website at www.summitsquare.com.
The Breakers offers a "tradition of excellence" in living and service.

Summit Square to celebrate Grandparent's Day

The finest in nursing care since 1950

Lucille S. Sheinberg, R.N., M.S., was named Clinical Nurse Manager of the 19th Street Care Center, a skilled care unit at the Summit Square Retirement Community in Skokie, Illinois. Sheinberg is responsible for the organization, supervision, and coordination of nursing care delivered to residents, as well as for the implementation of policies and procedures for the unit.

LEARNING TO FLY

AARP Chapter #3470 meeting

Boating AARP chapter will meet on Tuesday, Sept. 13, at 12 p.m. in the petting zoo at 840 N. Oakton St. The meeting will feature a presentation by a representative from the U.S. Army Corps of Engineers on the history and significance of the Chicago River. Refreshments will be provided.

Relieve stress through exercise at Oakton

Pilates, a form of low-impact exercise that stresses flexibility and balance, is being offered at Oakton Community College in Skokie. The class is designed to help improve posture, increase flexibility, and reduce stress. The instructor is a certified Pilates instructor.

Bethany Terrace Nursing Centre

Bethany Terrace Nursing Centre, 8255 North Washington Road, Morton Grove, Illinois 60053, is a not-for-profit, non-sectarian, long-term care facility. The centre offers a variety of services, including skilled nursing care, physical therapy, occupational therapy, speech therapy, and social services.

Join in the Senior Celebration

The Breakers' Senior Travel Club on Wednesday, September 28, will offer a unique travel experience to the historic city of Prague. The trip includes a guided tour of the city's famous landmarks, as well as a visit to the Prague Castle.

Boxercise classes offered

The Breakers offers boxercise classes, a combination of boxing and exercise, for residents of all fitness levels. The classes are taught by a certified fitness instructor and are designed to provide a fun and challenging workout. Classes are offered several times a week.

With 25 YEARS OF EXPERIENCE, NOBODY KNOWS ALZHEIMER'S CARE BETTER THAN WE DO

For 25 years, Glenview Terrace Nursing Center has been quietly building a reputation of providing quality skilled nursing care to residents of Chicago's North Shore community. The center's mission is to provide a family-oriented approach to caring for older adults with dementia. Glenview Terrace Nursing Center is licensed by the Illinois Department of Public Health and accredited by the Joint Commission on Accreditation of Healthcare Organizations.

Summary

1. The Breakers offers a "tradition of excellence" in living and service.
2. Summit Square will celebrate Grandparent's Day.
3. Lucille S. Sheinberg was named Clinical Nurse Manager of the 19th Street Care Center at Summit Square.
4. A meeting of the AARP Chapter #3470 will be held on September 13, with a presentation on the Chicago River.
5. The Breakers offers boxercise classes for residents.
6. Glenview Terrace Nursing Center has been providing quality skilled nursing care for 25 years.

Next steps:
- Contact the Breakers for more information on the "tradition of excellence".
- See Summit Square's calendar for the Grandparent's Day celebration.
- Visit the Glenview Terrace Nursing Center website for more information on their services.

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*Note: The text has been shortened and condensed for clarity and conciseness. For more detailed information, please refer to the original source.*
Lutheran General Health Center offers lesson in puppy love

Good Puppies, Inc. was adopted by the Lutheran General Hospital as part of its commitment to advance geriatric and nursing care services. The puppy is called Aspen, and residents will work with her to reduce symptoms of anxiety and depression in elderly patients.

Sheriff recognizes senior volunteers

The Cook County Sheriff's Office is recognizing senior volunteers who have dedicated their time and energy to serving the community.

Enjoy Line Dancing at Oakton

Oakton Community College is offering a variety of line dancing classes for seniors. For more information, call 847-695-2010.

Professional Care With a Loving Touch

From the nursing home with a heart

Park Ridge Care Center provides rehabilitation, convalescent, and long-term care. We have served the community for over forty years and accept Medicare, Medicaid, and insurance. For further information, contact Sherry or Bonnie at 847-825-5517.
Nilesite ties for Regional spelling championship

Contest which was held in Niles this year.

Ridge Senior Center. Dr. Vargas was the moderator for the spelling- 

contest. Also own shave are Or. Robert Vargas (e), District 63 Superintendent and Post Call Kathy Woods. Housekeeping service.

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New therapy & rehab

A Quality Rated Retirement Community

Celebrating The 10th Anniversary of our

facilities.

"Celebrating The 15th Anniversary of our

apartments & two bedroom

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Priority access to

New therapy & rehab

A Quality Rated Retirement Community

facilities.
Regency raises $3,000 for Alzheimer’s group

Regency Health Care has donated $3,000 to the Alzheimer’s Association of Northern Illinois, and the group is acknowledging its efforts.

The donation is because of incredible advancements in Alzheimer’s care. The group is celebrating the 40th anniversary of its founding on Oct. 25.

Regency Health Care has long been known for providing a quality environment for patients with Alzheimer’s disease. The organization has been proud to support the Alzheimer’s Association for years, and it is now proud to contribute to the cause.

A Medicare prescription drug benefit is smart medicine

Dear Editor:

There are many reasons why Medicare prescription drug benefits are a smart idea.

First, it’s about accessibility. Medicare is a program that provides health insurance to people who are 65 years old or older, as well as young people with disabilities. Medicare helps pay for prescription drugs, so patients can get the medications they need without worrying about the cost.

Second, it’s about affordability. Medicare prescription drug benefits spread the cost of prescription drugs over a larger pool of people. This means that the cost of each individual prescription is much lower.

Third, it’s about quality. Medicare prescription drug benefits are designed to cover a wide range of medications, so patients can get the treatments they need.

In conclusion, Medicare prescription drug benefits are smart medicine. They help patients get the medications they need, they make prescription drugs more affordable, and they ensure that patients have access to the treatments they need. For these reasons, Medicare prescription drug benefits are a smart idea.

Sincerely,

[Your Name]

St. Matthew Lutheran Home celebrates 40th Anniversary

St. Matthew Lutheran Home, a senior living community in Wisconsin, is celebrating its 40th anniversary. The home was founded in 1979 and has been serving the needs of seniors ever since.

The home offers a variety of services, including skilled nursing, memory care, and assisted living. The staff is dedicated to providing the highest level of care and comfort to each resident.

The 40th anniversary celebration will be held on October 25, and will feature a special program and refreshments.

In addition to the celebration, the home is also hosting an open house for interested families and the community.

For more information about St. Matthew Lutheran Home, visit their website or call (414) 377-1700.

During the first Alzheimer's suits to be

The National Parkinson Foundation is hosting a series of events to raise awareness about the disease and its impact on the lives of people with Parkinson's.

The foundation has organized a number of events, including a symposium, a film screening, and a concert. These events aim to help raise funds for research and support services for people living with Parkinson's.

For more information, visit the National Parkinson Foundation's website or call (800) 343-6828.
**Business News**

**Score Workshops offer SBA/Score Certificate**

SCORE workshops, which are offered free of charge to businesses, are designed to help small businesses start and grow. The workshops cover topics such as marketing, business planning, and finance. To register for a workshop, visit the SCORE website or call (312) 353-7724.

**MidAmerica Bank launches Bank-By-Internet product**

MidAmerica Bank has launched a new Bank-By-Internet product that allows customers to manage their accounts online. The product offers features such as online banking, bill paying, and account balance alerts. Customers can access their accounts 24/7 from any computer with internet access.

**Metrropolitan Water Reclamation Dist. recognized for work in watershed**

The Metropolitan Water Reclamation Dist. has been recognized for its work in improving the quality of water in the Chicago area. The Dist. has implemented a number of initiatives to reduce pollution and improve water quality, including the installation of new treatment facilities and the use of innovative technologies.

**Try your hand at 100 holes of golf and help fight asthma**

The American Lung Association is holding a golf tournament to raise funds for research into asthma. The tournament will be held on September 9 and will feature a $100 entry fee. Proceeds will benefit the American Lung Association and the fight against asthma.

---

**Junior Bowling Registration for Ages 3 to 19**

Saturday, August 21, from 11 a.m. to 3 p.m. at the Junior Bowling Tournament. The fee is $200, which includes a T-shirt and participation in the tournament. For more information, call (630) 467-9433.

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**Kentucky Roads, Rails & Riverboats**

KHS will exhibit four railroads at the Transportation Exhibition. The trains will include the Chicago and Eastern Railroad, the Illinois Central Railroad, the Baltimore and Ohio Railroad, and the Pennsylvania Railroad. The exhibit will be open to the public on Friday, July 20, from 10 a.m. to 4 p.m.

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**Yo-Yo Man at the Morton Grove Library**

Yo-Yo Man will perform at the Morton Grove Library on Friday, August 18, from 11 a.m. to 1 p.m. The performance will feature tricks and stunts using yo-yos. The event is free and open to the public. For more information, call (708) 699-0016.

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**Hawaiian Luau**

The Hawaiian Luau will be held on Saturday, August 19, from 4 p.m. to 9 p.m. at the Morton Grove Community Center. The event will feature tropical music, hula dancing, and a luau-style dinner. Tickets are $25 per person and can be purchased at the Morton Grove Community Center.

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**Treat the Family to Dinner**

Music and Food Festival will be held on Saturday, August 26, from 4 p.m. to 9 p.m. at the Morton Grove Community Center. The event will feature live music, food vendors, and family activities. Admission is free and open to the public.
From the Left Hand

Area codes

Continued from Page 1

Area codes... Continued from Page 1

The area codes now used for the Twin Cities metro area will continue to be 612, 763 and 766. The area codes used for the Twin Cities metro area are 612, 763 and 766.

Mortgage... Continued from Page 1

MG downtown

Continued from Page 1

L'colnwood... Continued from Page 1

The area codes now used for the Twin Cities metro area will continue to be 612, 763 and 766. The area codes used for the Twin Cities metro area are 612, 763 and 766.

Spring Green

Luxury features distinguish condominium homes

What distinguishes a condominium home from other homes designed for the market today is the variety of amenities that are available. The Spring Green condominiums feature a variety of amenities that are designed to provide a comfortable living environment. The Spring Green condominiums feature a variety of amenities that are designed to provide a comfortable living environment.
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Illinois Girls State report

The 17-year-old daughter of Morton Grove and Normal residents, Julia Weaver, was named Illinois Girls State representative for the Illinois American Legion Auxiliary, American Legion Post 321.

Julia's siblings are Elizabeth, 19, and Parker, 17. Julia is hoping to obtain a high school diploma and attend college in the future, possibly majoring in psychology.

New Vehicle Donation Program

Hilary and George Benbow have been named the newest members of the Illinois Girls State Foundation's New Vehicle Donation Program. The program is designed to help girls like Julia obtain the vehicles they need for their program.

MEDICAL GUIDE

A Directory of Area Professional Medical Services

To Advertise in This Guide Call Jerry
847-588-1900

William J. Parker Jr. named Rotarian of the Year

The Morton Grove American Legion Post 321 has named William J. Parker Jr. as the 2021-2022 Rotarian of the Year.

Legion elects new officers

The Morton Grove American Legion Post 321 has elected new officers for the upcoming year.
Stressed out? You might be grinding your teeth

Dr. Tanaka said that more residents are experiencing dental problems, particularly clenching muscles, due to increased stress levels. Some of the common symptoms include jaw pain, headaches, and difficulty sleeping.

There are several steps you can take to reduce the issue. First, it's important to practice good oral hygiene, including brushing and flossing regularly. Second, making sure you get enough sleep can help alleviate teeth grinding. Additionally, you can try relaxation techniques such as deep breathing or meditation to reduce overall stress levels.

If you continue to experience dental issues, it's recommended to consult with a dentist who can assess your condition and provide appropriate treatment. Preventing further damage to your teeth is crucial for maintaining a healthy oral cavity.

Tips to get rid of pesky mosquitoes

1. Remove stagnant water. Mosquitoes thrive in areas where water collects, such as in buckets, tires, or flowerpots. Drain these containers regularly to eliminate breeding grounds.
2. Use mosquito repellent. Apply repellent to your skin, clothes, and gear when you're outdoors. Ingredients like DEET, picaridin, and oil of lemon eucalyptus can provide effective protection.
3. Stay indoors during peak hour. Mosquitoes are most active at dawn and dusk, so plan your outdoor activities accordingly to avoid getting bitten.
4. Cover up. Wearing long sleeves, long pants, and hats can help keep mosquitoes away.
5. Use insecticides. If you're in a mosquito-infested area, consider using insecticides to kill adults and larvae. Be sure to follow the instructions on the product label for safe and effective use.

Living with Low Vision?

There are several strategies to help cope with low vision.

1. Make the most of remaining vision. Use reading glasses or other magnifying devices to make text and images larger and easier to see.
2. Use technology. Smartphones, tablets, and other devices can help with tasks such as reading and navigating. Apps and software designed for low vision can also provide assistance.
3. Improve your environment. Enhance visibility by using brighter lights and removing clutter from your living space.
4. Seek professional help. Consult with an eye doctor or an occupational therapist to develop a personalized plan for managing your low vision.
5. Stay active and resilient. Maintain an active lifestyle and seek support from friends, family, and community organizations to help you stay engaged and independent.

Contact us for more information on how we can help you navigate your world with confidence.

For more information on preventing and managing dental issues, visit Prevent Blindness America at: preventblindness.org. Support groups can also assist people who are overcoming visual challenges. For more information, contact the Southeastern Wisconsin Chapter of Prevent Blindness at: 262-785-9978.
Register now for adult driver education classes

Prepared for the Illinois Driver's License Exam, this course is taught by Illinois certified teachers and includes: 10-hour interactive class, 5-hour behind-the-wheel training, and a written exam. Course cost is $259. For more information, please contact Morton Grove High School, 773-631-9541, or visit their website at mortongrove.k12.il.us.

LEGAL NOTICE
VILLAGE OF MORTON GROVE
C惠州, Illinois
PURCHASE OF ONE NEW 244 CAR AND CHASSIS
WITH A LAMINATED MODULAR ANIMAL TRANSPORT BODY

NOTICE IS HEREBY GIVEN by the President and the Board of Trustees of the Village of Morton Grove, Illinois, that sealed bids will be received for the purchase of one new 244 Car and Chassis with a Laminated Modular Animal Transport Body.

Bids will be received no later than 10:00 A.M., local time, on the 1st day of September, 1999, at the Office of the Village of Morton Grove, Illinois, 7840 North Avenue, Morton Grove, Illinois 60053, and will be publicly opened and read at that time.


The Village of Morton Grove has the right to decline to accept any or all bids.

Signed:
Mayor of the Village of Morton Grove

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