



# "EMBRACE THE RUCK"

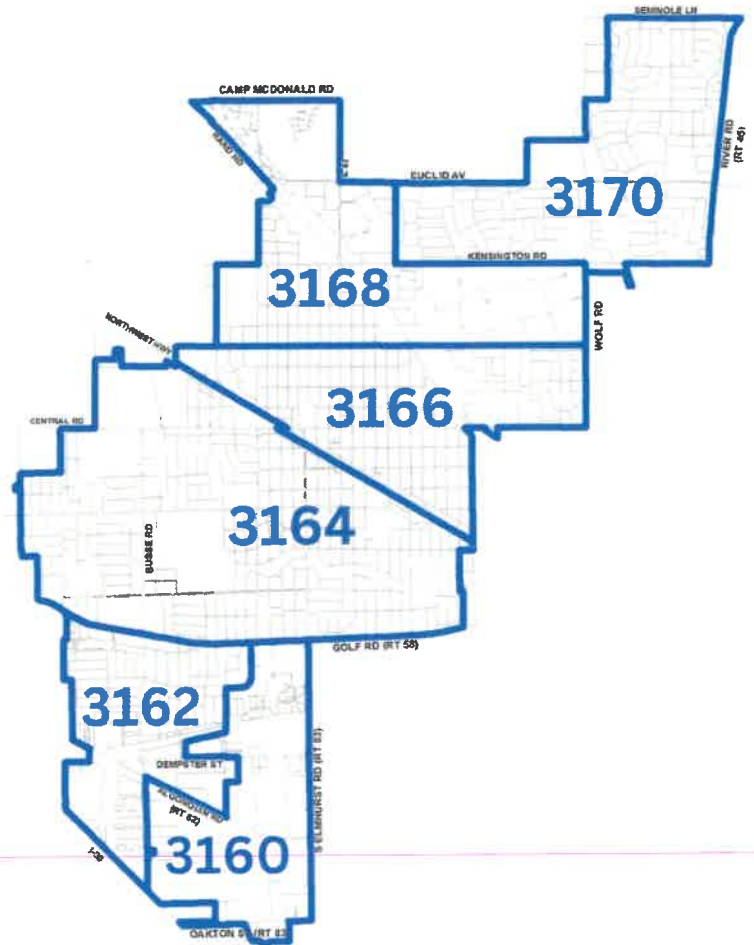
## MEMORIAL DAY REMEMBRANCE RUCK MARCH

The term, "Ruck," originates from the large, heavy backpack carried in the military containing tools and materials. U.S. Military branches hold, "Ruck Marches," as a form of comradery and to transport gear and personnel in a military fashion.

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- **WHAT:** A free 6.2 mile walk sponsored by Military Veterans of the Mount Prospect Police Department that is open to the public. Weighted ruck/backpack is optional. Minimum suggested age is 13.
  - **WHEN:** Saturday, May 25 (8AM: Check In, 8:45AM: National Anthem/Taps, 9AM: March Begins)
  - **WHERE:** Starts/Concludes at the Veterans Memorial Bandshell at 411 S. Maple Street, Mount Prospect, IL 60056. Parking available at the Lions Park Rec Center at this address.
  - **WHY:** A march to honor those who have paid the ultimate sacrifice in service to this country.
  - **TO REGISTER, SCAN THE QR CODE.** For questions, email [EmbraceTheRuck@gmail.com](mailto:EmbraceTheRuck@gmail.com)



# SPRING BEAT MEETINGS



- [3166](#)-May 14 @ 6:30PM, Mount Prospect Public Library
- [3170](#)-May 15 @ 7PM, Robert Frost Elementary School
- [3164](#)-May 16 @ 7PM, Central Community Center
- [3162](#)-May 20 @ 6PM, John Jay School (Outdoors)
- [3168](#)-May 30 @ 6PM, Prospect Meadows Park (Outdoors)
- [3160](#)-June 3 @ 6PM, Avanti Caffé

Call the Mount Prospect Police at (847) 870-5656 or email us at [policedepartment@mountprospect.org](mailto:policedepartment@mountprospect.org) with questions.



VILLAGE OF MOUNT PROSPECT

## HUMAN SERVICES DEPARTMENT

# NEEDED DONATIONS FOR THE MOUNT PROSPECT FOOD PANTRY

- Pasta Sauce
- Canned Carrots
- Canned Mixed Veggies
- Cake Mix
- Canned Pears
- Ketchup
- Mayo
- Canned Mixed Fruit
- Ramen Noodle
- Syrup
- Mashed Potatoes
- Dish Soap 7oz - 12oz
- Detergent 8oz-10oz
- Shampoo
- Canned Chicken
- Cooking Oil
- Any Dried Beans 1 Pound bags
- Any 1-2 pound bags of Rice
- Mustard
- Canned Baked Beans
- Juice Boxes
- Jam
- Canned Peaches
- 16 oz Canned Tomato Sauce
- Snacks
- Toilet Paper
- Paper Towels
- Conditioner
- Cereal
- Body Wash

## DROP OFF LOCATION

Village Hall

50 S. Emerson St., 2nd Floor

847-870-5680



MOUNT PROSPECT  
CELEBRATION OF

Cultures

**SATURDAY | AUGUST 24, 2024 | 11AM - 4PM**

MT. PROSPECT PARK DISTRICT RECPLEX | 420 DEMPSTER ST

**ETHNIC FOODS**

Small bites and sweets from around the world provided by local restaurants

**CULTURAL ENTERTAINMENT,  
BOOTHS & CRAFTS**

Live performances, displays & kids' activities

**JOIN THE FUN  
& CELEBRATE  
OUR CULTURAL  
DIVERSITY!**

FOR MORE INFORMATION, VISIT [MOUNTPROSPECT.ORG](http://MOUNTPROSPECT.ORG)



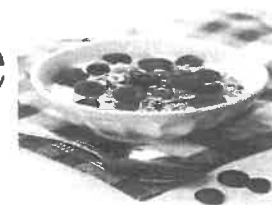
# Summer Breakfast



# Desayuno en el verano



# Śniadanie Letnie



## FREE SUMMER BREAKFAST

- WHO:** ALL children ages 1 – 18 years old
- WHAT:** Cereal – Milk – Fruit – Granola Bar
- WHERE:** Devonshire – 1401 S. Pennsylvania Ave., Des Plaines  
June 10-13, June 17-18, 20, June 24-27, July 1-3  
**Community: 7:15 a.m. – 7:35 a.m.**
- Rupley – 305 East Oakton, Elk Grove  
June 10-13, June 17-18, 20, June 24-27, July 1-3, July 8-11  
**Community: 7:15 a.m. – 7:35 a.m.**
- Salt Creek – 65 Kennedy Blvd., Elk Grove Village  
June 10-13, June 17-18, 20, June 24-27, July 1-3  
**Community: 7:15 a.m. – 7:35 a.m.**
- WHY:** Because it is FREE!

USDA is an equal opportunity provider and employer  
Questions? Please call School Nutrition Services at 847-593-4341

## DESAYUNO GRATIS ESTE VERANO

- QUIÉN:** TODOS los niños de 1 – 18 años
- QUÉ:** Cereal – leche – fruta – barra de granola
- DÓNDE:** Escuela Devonshire – 1401 S. Pennsylvania Ave., Des Plaines  
10-13 de junio, 17-18, 20 de junio, 24-27 de junio, 1-3 de julio  
**Comunidad: 7:15 a.m. – 7:35 a.m.**
- Escuela Rupley – 305 East Oakton, Elk Grove  
10-13 de junio, 17-18, 20 de junio, 24-27 de junio, 1-3 de julio, 8-11 de julio  
**Comunidad: 7:15 a.m. – 7:35 a.m.**
- Escuela Salt Creek – 65 Kennedy Blvd., Elk Grove Village  
10-13 de junio, 17-18, 20 de junio, 24-27 de junio, 1-3 de julio  
**Comunidad: 7:15 a.m. – 7:35 a.m.**
- POR QUÉ:** ¡Porque es GRATIS!

El Departamento de Agricultura de EE.UU. es un proveedor y empleador que ofrece igualdad de oportunidades. Si tiene preguntas, llame al Departamento de Servicios de Nutrición Escolar al (847) 593-4341.

## DARMOWE ŚNIADANIE LETNIE

- KTO:** WSZYSTKIE dzieci w wieku 1 - 18 lat
- CO:** Płatki śniadaniowe – Mleko – Owoc – Baton granola
- GDZIE:** Devonshire – 1401 S. Pennsylvania Ave., Des Plaines  
10-13 czerwca, 17-18, 20 czerwca, 24-27 czerwca, 1-3 lipca  
**Czas naszego spotkania: 7:15 rano – 7:35 rano**
- Rupley – 305 East Oakton, Elk Grove  
10-13 czerwca, 17-18, 20 czerwca, 24-27 czerwca, 1-3 lipca, 8-11 lipca  
**Czas naszego spotkania: 7:15 rano – 7:35 rano**
- Salt Creek – 65 Kennedy Blvd., Elk Grove Village  
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**Czas naszego spotkania: 7:15 rano - 7:35 rano**

**DLACZEGO:** Ponieważ śniadanie jest DARMOWE!

USDA jest pracodawcą respektującym równouprawnienie w miejscu pracy i poza Pytania? Proszę, zadzwoń do School Nutrition Services pod numer 847-593-4341