



Chicago Sports Journal

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FALL/WINTER 2023

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FROM THE PUBLISHERS DESK...

Chicago Sports Journal continues with its partnerships with radio stations and other retail outlets to promote this newspaper. We are now advertising on bench on the northwest side of Chicago. We are the only newspaper doing that.

We are expanding with retail locations at the boarder line of Illinois into Wisconsin. In our spring/summer, 2024 edition will list the new locations where to pick up copy of Chicago Sports Journal.

Chicago Sports Journal will be expanding to Harvard, Crystal Lake, Waukegan, Crestwood, Elgin, Naperville and Aurora.

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COMPANY PARK



WBC Park, the home of your Lake Country DockHounds, is one heck of a dog park. Built for families, the community and endless fun, WBC Park is more than baseball; it is Lake Country’s athletic and entertainment playground.

It is also a 17-acre community entertainment venue, perfect for:

- Concerts
- Family Gatherings
- Corporate Meetings
- And more!
- Group Outings
- Weddings
- Birthday Parties

SPORTING EVENTS AT WBC PARK

WBC Park loves to host sporting events beyond our beloved Lake Country DockHounds. Youth sports, college athletes, bar leagues, we have the space and the creativity to make WBC Park a perfect fit for your organization. Whether it’s an outdoor event on the turf, or an indoor winter league, sports is what we do.

DAIRYLAND COLLEGIATE LEAGUE

The Dairyland Collegiate League (DCL) is a wood bat summer league for current collegiate players throughout the country and operates as a non-profit, 501(c)(3) corporation that is primarily dependent on donations from individuals and businesses in each team’s community.

With an avg. distance of 25 minutes from Madison, WI and 45 minutes from Milwaukee, WI, the DCL is in a great location for players to train and experience a different part of the Midwest.

The DCL will host 16 games at Wisconsin Brewing Company Park.

BRYANT AND STRATTON COLLEGE BASEBALL

Beginning in 2023, Bryant and Stratton College will be playing their baseball games at WBC Park.

As part of the NJCAA Division 2 Baseball League, we are proud to host games where college talent can gain experience playing in a minor league baseball facility.

Three Pillars Box Office Hours:

The Three Pillars Box Office is located at WBC Park near the home plate entrance gate.

Offseason:

- Monday-Thursday 9am to 5pm
- Friday 9am to 3pm

May 1st through September 1st:

- Monday-Friday 9am to 5pm
- Game Days 9am to the end of the 4th inning

Resurrection College Prep HS

Elmwood Park HS

2023-2024 GIRLS BASKETBALL VARSITY

Date	Day	Time	Event	H/A	Bus	Location
11/14/2023	Tue	6:00 PM	@ Jacobs - Hoffman Estates Thanksgiving Tournament	Away		Hoffman Estates
11/16/2023	Thu	4:30 PM	@ Hoffman Estates - Hoffman Estates Thanksgiving Tournament	Away		Hoffman Estates
11/18/2023	Sat	2:00 PM	@ Zion Benton - Hoffman Estates Thanksgiving Tournament	Away		Hoffman Estates
11/25/2023	Sat	3:30 PM	@ Roling Meadows High School - Hoffman Estates Thanksgiving Tournament	Away		Roling Meadows High School
11/28/2023	Tue	7:15 PM	vs. IC Prep	Home		Gym - Resurrection
12/02/2023	Sat	3:45 PM	vs. St. Edward	Home		Gym - Resurrection
12/05/2023	Tue	TBA	vs. De La Salle	Home		Gym - Resurrection
12/07/2023	Thu	7:00 PM	vs. Regina	Home		Gym - Resurrection
12/09/2023	Sat	TBA	@ TBA - Latin Tournament	Away		Latin
12/12/2023*	Tue	7:30 PM	@ Aurora Central Catholic	Away		Aurora Central Catholic
12/14/2023	Thu	TBA	@ TBA - Latin Tournament	Away		Latin
12/15/2023	Fri	TBA	@ TBA - Latin Tournament	Away		Latin
12/27/2023	Wed	TBA	@ TBA - Perspectives Christmas Tournament	Away		Perspectives
12/28/2023	Thu	TBA	@ TBA - Perspectives Christmas Tournament	Away		Perspectives
12/29/2023	Fri	TBA	@ TBA - Perspectives Christmas Tournament	Away		Perspectives
12/30/2023	Sat	TBA	@ TBA - Perspectives Christmas Tournament	Away		Perspectives
01/04/2024	Thu	5:00 PM	@ Conant	Away		North Park College
01/06/2024	Sat	TBA	@ Warren	Away		Triton College
01/09/2024	Tue	7:15 PM	vs. Niles West	Home		Gym - Resurrection
01/11/2024	Thu	7:15 PM	vs. St Laurence	Home		Gym - Resurrection
01/13/2024*	Sat	TBA	@ TBA - National Women's in Sports Day	Away		Lane Tech
01/16/2024	Tue	7:00 PM	@ St Francis	Away		St Francis
01/18/2024	Thu	7:00 PM	@ Rosary	Away		Rosary
01/20/2024	Sat	1:30 PM	@ Taft	Away		Taft
01/23/2024	Tue	7:00 PM	vs. Maine West	Home		Gym - Resurrection

2023-2024 GIRLS BASKETBALL VARSITY

Date	Day	Time	Event	H/A	Bus	Location
11/15/2023*	Wed	TBA	@ TBD - RHS Thanksgiving Tournament	Away		Ridgewood HS
11/16/2023*	Thu	TBA	@ TBD - RHS Thanksgiving Tournament	Away		Ridgewood HS
11/18/2023*	Sat	TBA	@ TBD - RHS Thanksgiving Tournament	Away		Ridgewood HS
11/22/2023*	Wed	TBA	@ TBD - RHS Thanksgiving Tournament	Away		Ridgewood HS
11/29/2023*	Wed	7:00 PM	vs. WHEATON ACADEMY	Home		Main Gym
11/30/2023*	Thu	6:30 PM	@ Morton	Away		Morton West
12/02/2023*	Sat	TBA	@ Steinmetz	Away		STEINMETZ
12/04/2023*	Mon	7:00 PM	vs. Amundsen	Home		Main Gym
12/08/2023*	Fri	7:00 PM	vs. RIVERSIDE BROOKFIELD	Home		Main Gym
12/09/2023*	Sat	TBA	@ Round Lake	Away		Round Lake
12/11/2023*	Mon	7:00 PM	vs. Proviso East	Home		Main Gym
12/14/2023	Thu	7:00 PM	vs. Wheeling High School	Home		Main Gym
12/15/2023*	Fri	7:00 PM	@ WESTMONT	Away		WESTMONT
12/19/2023*	Tue	6:00 PM	@ Evergreen Park	Away		Evergreen Park
12/27/2023*	Wed	12:30 PM	vs. Tournament - EPHS Winter Holiday Tournament vs. Maine East, Northside Prep & Streamwood	Home		Main Gym
12/28/2023*	Thu	12:30 PM	vs. Tournament - EPHS Winter Holiday Tournament	Home		Main Gym
12/29/2023*	Fri	12:30 PM	vs. Tournament - EPHS Winter Holiday Tournament	Home		Main Gym
01/10/2024*	Wed	7:00 PM	@ Westminster Christian	Away		Westminster Christian
01/12/2024*	Fri	7:00 PM	vs. RIDGEWOOD	Home		Main Gym
01/13/2024*	Sat	2:30 PM	@ Argo	Away		Argo
01/16/2024*	Tue	7:00 PM	vs. Walther Christian	Home		Main Gym
01/19/2024*	Fri	7:00 PM	@ RIVERSIDE BROOKFIELD	Away		Riverside Brookfield
01/23/2024	Tue	7:00 PM	vs. Addison Trail	Home		Main Gym
01/26/2024*	Fri	7:00 PM	vs. WESTMONT	Home		Main Gym
02/01/2024*	Thu	6:00 PM	@ The Willows Academy	Away		The Willows Academy

****Schedule and Location of games are subject to change****

TRAFFIC SAFETY MESSAGE

If you are headed to downtown Chicago anytime during the week, please take public transportation. There is a lot of road construction going on.

If you do drive, please leave early to get to you desination on time.

When driving, always drive with care – the life you save might be your own.

Stay off your cell phone.

Think one step ahead and stay one step ahead.

For more information on news, sports, weather and traffic... listen to newsradio 780 and 105.9 fm dial.

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54 YEARS IN THE MEDIA

This inspirational biography reveals the persecution of Fred Colantonio as a child, boy and man. The reason for his trials was being small in stature. His earliest memories of school were taunts, bruises and bullies. Fred stood four feet seven inches tall and weighed 75 pounds upon entering St. Benedict's High School. His first day in high school a nun asked him, "Why are you here, you should be in grade school." Fred replied, "Sister, I've had ten years of grade school. I've had more than enough to last a lifetime." When he could no longer contend with the high school bullies, he sought help from Sister Superior, Mary Patricuis. Because of her grace and understanding, he escaped further persecution when she warned the bullies there would be consequences. In adulthood, Fred turned his life around by utilizing a positive mental attitude at work and in his relationships.

COLANTONIO TO YOU

I have learned and worked at a total of 41 jobs. I had 12 full-time jobs and 29 part-time jobs. Presently, about six companies I worked for are still in existence. All the other companies have folded, merged or been bought out. In life, it's sometimes hard putting two plus two together to discover the character of a person. I often wondered how a person got to be so negative and deceiving and attain responsible positions. I still wonder about it.



BIOGRAPHY FOR FRED

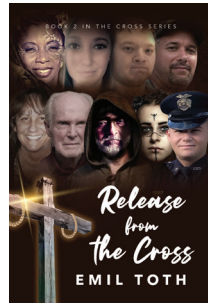


Frederick A. Colantonio graduated from Columbia College of Chicago, with a B.A. Degree in Mass Communications (Radio). He has been a newspaper journalist since 1960 and a broadcast journalist since 1970 and covered a variety of sports focusing on baseball and hockey. He has provided up-to-the-minute traffic reports for Chicago radio and his feature stories have been published in Chicago community newspapers. He is the publisher and journalist of the Chicago Sports Journal, covering stories from baseball, hockey and other sectors of sports and compiles in-depth interviews with owners, general managers, athletes and media directors.

RELEASE FROM THE CROSS

Encountering an Assassin, Anger, Voodoo, and Satan with Love

In book 2 of The Cross Series, Paul Sentes is home from the hospital, recuperating from being shot three times while on a cross in his front yard. He looks forward to a quiet existence but the Unholy Four have other ideas.



LOVE'S COURAGE

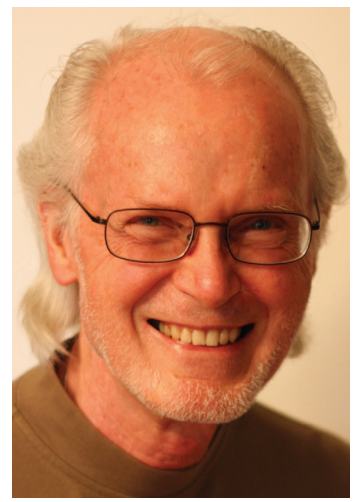
A Tale of Bravery in the Face of Danger

In Book 5 of The Love Series saga, Kaathi, the enlightened Healer, and Jacob, the Warrior, together with the Tall Ones, Evette and Gene, set out on another adventure to Sumati to share their loving philosophy.

Rife with acts of bravery in the face of danger, Love's Courage is filled with quests, adventures, tragedies, successes, and failures with a myriad of well-developed characters. Love's Courage is an epic adventure about expanding consciousness and understanding. It shows how being centered in love can dissolve confrontations and overcome any obstacle.

EMIL TOTH'S BIOGRAPHY

In 2021, two of Emil's inspirational, spiritual, and dramatic novels, Seven Souls on a Cross and Love's Transformation, were awarded first and second place in the distinguished Golden Globe Awards. For the past four decades, he created and participated in spiritual support groups, meditation groups, spiritual seminars and workshops, and a church prayer group. He has given talks, posted internet articles, and been interviewed on radio and television and is currently working on videos where he will be describing his various experiences of bhakti and inspirational quotes from his books. He has worked with Healing Touch, Pilgrimage Healing, Chakra Energy Healing and Reiki healing modalities since the 1980s. In 2000 he co-founded Sacred Waters Spiritual Center and served as the facilitator, director, and caretaker helping people to further their awareness for over a year. Sacred Waters is still providing classes and seminars for the spiritual community.



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THE COUNTY BAR

By Fred Colantonio

Prices, Menus, Days, Hours and Ownerships subject to change

You want good cup of coffee, tea or latte check out **Espresso and Milk Coffee Shop**, located in Civic Opera House, 20 N. Upper Wacker Drive, Suite 105, Chicago, Illinois. Hours are: Monday thru Friday 7:00 am to 3:00 pm.



Iced	Draft	Espresso
Freddo Espresso 4	Cold Brew..... 5.25	Espresso 3.25
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..... 4.7575	Americano..... 3.5
Caffe Latte..... 5.25	Nitro Cold Brew6	Espresso Tonic6
Brown Sugar Maple		Macchiato4
Latte..... 5.5	Additions	Cortado.....4
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Caffe Mocha6	Whipped Cream75	Caffe Latte..... 4.75
	Minor Figures (TM)	Caffe Mocha 5.5
75	Affogato8
Filter Coffee	Organic Oak Milk	+ Extra Shot..... 1.35
Dark Filter 3.25	Almond Milk..... .75	
Light Filter..... 3.25	Tache Pistachio Milk 1	Matcha
Single Origin MP		Americano.....4
		Latte..... 5.25
Tea	Snacks	Lemonade5
Chai Latte5	Overnight Oats5	Tonic.....6
Houjicha Latte.....5	Chia Pudding.....5	Affogato8
Golden Latte.....5	Vanilla Greek Yogurt5	+ Extra Shot..... 1.75
Hot Tea..... 3.75	Vanilla Gelato.....6	
Ice Tea4		

So, check out Espresso and Milk Coffee Shop, located in Civic Opera House, 20 N. Upper Wacker Drive, Suite 105, Chicago, Illinois today

The Chocolate Shoppe Ice Cream Store, 5337 W. Devon Avenue, Chicago, IL 60646 773.763.9778. Hours are 10:00 am to 11:00 pm

- Single Cone \$6.32
- Double Cone \$8.86
- Kids Cone \$5.09
- Clown Cone \$5.55
- Two Scoop Sundae \$9.95
- Three Scoop Sundae \$11.17
- Two Scoop Banana Sundae \$10.23



(Shakes/Malts)
Regular \$8.99 Large \$9.93

They have choice of Smoothies which includes Peach, Berries and more. Also, Ahoha Barry Banana Regular \$8.99, Large \$9.93

SPECIAL NOTE: PRICES, MENUS AND BUSINESS HOURS MAY CHANGE DURING THE FALL AND WINTER SEASON.

Stop in **Himshikar Restaurant**, 6031 N. Cicero Ave, Chicago, Illinois 60646, 1.773.481.2003; 1.773.481.2077 (Fax). enjoy the Himalayan & Indian Cuisine and enjoy the taste you will enjoy. Restaurant hours are Sun; 12 noon-9:00 pm; Mon thru Thurs 11:30am-9:30pm and on Fri 11:30am-10:00 pm. Sat; 12 noon-10:00pm. Minimum \$10.00 for credit card order. They accept all Visa, Master, Discover & American Express Cards. They have dine in, carry out, delivery and catering.

(Appetizers)

SABZI PAKORA (Shallow fried onion, chopped potatoes, shredded cauliflower with seasoned chickpeas flour) \$4.99

(Karahai Stir Poultry Fry)

(Chicken Jalfrezi) Boneless Chicken cubes with tomato, onions, bell pepper and garlic. \$15.99

(Bread)

Keema Naan (1) Flat bread filled with seasoned minced lamb \$4.99 (Tandoori Grill)

Himshikar's Kabab (Chicken kabab) Boneless chicken cubes marinated in yogurt, spices then cooked in clay oven served with fried potato chips, lemon and lettuce. \$16.99

(Dessert)

Gulab Jamun (4pcs), Sweet with a solid cake shell with soft filling servers in syrup \$2.99

Rasmalai (2pcs) Home made sweet cheese that is sweet and served in sweet milk \$3.49

Mango Kulfi Home made ice cream with mango \$3.99

Pistachios Kulfi Home made ice cream with pistachios \$3.99

(Cold Beverages)

Lassi sweet/salted \$4.99

Mango Lassi \$4.99



(Hot Beverages)

Indian Chai Tea \$2.99

Check out their website at www.himshikarrestil.com.

Bari, Subs & Italian Foods, 1120 W. Grand Ave, Chicago, Illinois 60642

773.666.0730 / 312.666.0856 fax <http://www.bariitaliansubs.com>

Hours: Monday-Friday 8:00am - 6:00pm, Saturday 8:00am-6:00pm, Sunday 8am-2pm Deli closes 30 minutes before closing times - all major credit cards accepted

Subs

Italian - Capicola, Genova Salami, Mortadella & Provolone (9 in - \$9.75) (12 in - \$12.00) (3ft - \$32.00)

Turkey & Cheese - Oven Roasted or Smoked (9 in - \$9.75) (12 in - \$12.00) (3ft - \$32.00)

Ham & Cheese (9 in - \$9.75) (12 in - \$12.00) (3ft - \$32.00)

Meatball Our family recipe (9 in 0 \$9.75) (12 in - \$12.00) (3ft - \$32.00)

Salads

Antipasto Salad \$8.99 Lettuce, tomato, cucumber, olives, onions, Capicola, Genova Salami, Provolone, Italian Dressing.

Chicken Salad \$9.59 Garden salad with grilled chicken breast

Garden Salad \$5.99 Lettuce, tomato, cucumber, olives, onions, Italian or Ranch dressing.

Sides

Fruit cup \$2.99/ea. pint

Pasta Salad \$4.99 lb

Potato Salad \$3.99 lb

Cole Slaw \$3.99 lb

Macaroni Salad \$3.99 lb

Italian Tuna Salad \$7.89 lb



Soup Bowl \$4.49 Quart \$9.59

They also have choice of your favorite beverages

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Department

228 S. Main Street
Bartlett, Illinois

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7-11

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Village of Elmwood Park

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By Fred Colantonio

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Store department include the following: Hard and power tools, electrical, cleaning supplies, lawn and garden, paint and sundries, plumbing and hardware.

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My Pet Parlor, 5502 1/2 W. Devon Ave, Chicago, 60646. Phone number 1.224.563.9099. Call to make appointment between 10:00 am to 5:00 pm. Monday, Tuesday, Thursday, Friday and Saturday. Closed Wednesday and Sunday. All pet grooming by appointment only. Call Nicole Scherrer, Holistic Pet Groomer, her professional staff members will help serve you.

Prices varies by breed and specific grooming request. Nail trim \$20.00; Nail Dremel \$25.00; Ear Cleaning & Plucking \$15.00; Anal expression, Teeth brushing \$12.00; Clean shaven feet \$10.00. These prices are subject to change

They use all natural shampoos and products. Appointments usually take hour to hour and half depending on Pets Health and condition of coat.

My Pet Parlor are always looking pet groomers and give them call today at 1.224.563.9099.

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PET OWNERS CHECKLIST FOR PET TRAVEL

Pet Travel to a foreign country can be complex and time-consuming. Before you start the process, you will need to know the following: the type of animal traveling, the destination country, the date of departure from the United States, and whether or not the pet will be traveling alone, as cargo, or with a person in the cabin of the plane.

Work with the pet's veterinarian to determine the destination country's requirements, including any necessary vaccinations, tests, or treatments. We recommend creating a schedule to make sure all requirements are met within the specified timeframe.

Every country has its own set of health requirements for pets that may require your pet to get a microchip, specific vaccinations, or undergo certain tests. The USDA requirements pages provide essential information for civilians, military service members, brokers, pet shipping companies, and accredited veterinarians.

See the USDA website for the Pet Owner Worksheet for Preparing Visit with Accredited Veterinarian to Complete Health Certificate

How do I Get My Pet's Health Certificate Endorsed by USDA?

If the destination country requires a USDA-endorsed (counter-signed and embossed/stamped) health certificate, work with your accredited veterinarian to complete, sign, and date the health certificate. The accredited veterinarian should submit the certificate to the USDA Endorsement Office in the Veterinary Export Health Certification System (VEHCS) on your behalf or provide the paperwork to you to submit to the USDA Endorsement Office.

When can I travel with my Pet?

Once the pet's health certificate has been issued by a USDA Accredited Veterinarian and endorsed by USDA (when required), finish any outstanding requirements.



Some countries allow treatments to be completed after endorsement.

For example, tapeworm treatment for dogs traveling to Finland, Ireland, Norway, UK and Malta.

Some countries require consulate approval or pre-notification.

Airlines may have different or additional requirements. Check with your airline to determine what requirements they may have, if any.

Be sure all the required paperwork is completed correctly, and the health certificate(s) are endorsed (if needed). The original signed or endorsed paperwork must accompany your pet during travel. Electronic versions of documents will not be accepted by officials of the destination country.

You are now ready to travel with your pet!



Dr. Roy Young

Young R. Kwak, DVM, Ph. D.

LINCOLNWOOD ANIMAL HOSPITAL

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