



Chicago Sports Journal

VOLUME 8 ISSUE 1

SPRING/SUMMER 2024

WWW.CHISPORTSJOURNAL.COM

708.370.3401

FREE

JOHNNY D TEES
 SCREEN PRINTING & EMBROIDERY
 JohnnyDTees.com

CUSTOM APPAREL IS OUR SPECIALTY!

Perfect for:

- Non-profit organizations
- Sports Teams & Special Events
- School & Company Uniforms
- Spiritwear & Fundraisers

VETERAN OWNED
 VETERAN OPERATED

CONTACT US TODAY FOR A FREE QUOTE!
 john@johnnydtees.com • 847.265.7550

Elite Sports Cards

- ◆ Sportscards
- ◆ Memorabilia
- ◆ Custom Framing
- ◆ Gaming Cards

Buy ◆ Sell ◆ Trade

2028 W Montrose Ave ◆ 3406A N Harlem Ave
 773-784-1396 ◆ elitesports92974@gmail
 Instagram @ elitesportscards_chicago

RAYCO
 Printing Services

"Your Neighborhood Printing Specialist"

Graphic Design FULL COLOR PRINTING WOW SUMMER PROMOTIONS 10% OFF YOUR FIRST ORDER (Must mention Ad)

- Business Cards
- Letterhead
- Envelopes
- NCR Forms
- Flyers
- Brochures
- Postcards
- Labels
- Banners
- Car Magnets
- Signs
- Stamps

6025 N. CICERO AVE, CHICAGO
 773-777-6600
 www.raycoprinting.net

FROM THE PUBLISHERS DESK...

Chicago Sports Journal had the pleasure of interview with Christopher E. Fleming author, broadcast journalist and also host of **The Weekly Sales Meeting Podcast**. Chris is also author of book called *52 Weekly Sales Meetings* and two other books called *Yes...I'm a Salesman: You Can Be, Too* and *You Can't Lead From the Back of the Room*. Chris also manages broadcast station in Louisiana. Chris has over 30 years experience. You can reach him at <http://www.cdmediaconsulting.com>

Congrats to Cedar Rapids Kernels Baseball Club on being 2023 Baseball Champions in Midwest Baseball League.

Chicago Sports Journal continues to expand bringing the newspaper to more suburbs included Villa Park, Lake Forest, Northbrook, River Forest and other suburbs.

CALL US TODAY! 773-725-5835



WE OFFER
 CHIROPRACTIC TREATMENT
 SPINAL DECOMPRESSION
 MASSAGE THERAPY
 SHOCKWAVE
 CLASS IV LASER
 RED LIGHT THERAPY
 FOR RECOVERY

MICHAEL TAYLOR, DC
 TAYLOR REHAB AND
 DISC INJURY CENTER
 5550 TOUHY AVENUE SUITE 103
 SKOKIE, IL 60077
 WWW.DRTAYLORREHAB.COM

**STAY
 IN THE
 GAME**

**DON'T LET INJURIES
 KEEP YOU DOWN**



**YOU HAVE A
 PHYSICAL PROBLEM,
 WE HAVE A SOLUTION**



BASEBALL
PARK
JOURNAL:
CAPITAL CREDIT UNION PARK



Capital Credit Union Park aims to create an atmosphere that offers a memorable experience by providing first class entertainment, in a clean and welcoming premiere facility, with the best service in the industry.

<https://www.capitalcreditunionpark.com/>
 (920) 497-7225

2231 Holmgren Way Green Bay, WI 54304

PREMIER ATHLETIC FACILITY

Capital Credit Union Park's fully synthetic playing surface offers that most versatility in the area for your events. With a state of the art drainage system, and the ability to clear snow, weather rarely plays a factor in your event being able to be held.

Our field, and staff, are happy to host your youth sporting event, company picnic, team building activity, just about anything you can think of. With full service catering and concessions, we help make planning your event turnkey.

EVENT PLANNING

Capital Credit Union Park hosts a variety of events outside athletics. From picnics, to graduation parties, to company meetings, no event is out of reach.

BOOMERANG CATERING

Capital Credit Union Park offers both on and off site catering for your events. We have a wide ranged menu with something for every type of event. For more information on menu items or to create your own menu, go to <https://www.capitalcreditunionpark.com/copy-of-services>



C3 COFFEE BAR

Coffee & Infusions
online order available

modern, enjoyable atmosphere

flavorful full-bodied beverages:
ranging from coffee, to specialty infusions

every flavor to satisfy your needs & cravings

chill with friends,
late night study spot, or
enjoy a refreshing drink

INFUSIONS

step 1: choose your base: Red Bull, green tea, black tea,
Italian soda, or sparkling lemonade.

step 2: select your flavor: pre-made flavor combinations or
create your own fruity blend

Drink of the Month selections sure to delight your taste buds

COFFEE

beans locally roasted by Crankshaft Coffee Roasters
ensuring the freshest and most flavorful coffee experience
possible. espresso-based drinks feature beans Brazil,
Ethiopia and Costa Rica

5421 W. Touhy Ave, Skokie IL, 60077

Glad Cleaners

6412 N. Central Ave, Chicago
773-631-1800
www.gladcleaners.com

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.**

This message brought to you by the following advertisers:

Rayco Printing Services

6025 N. Cicero Ave
Chicago, Il 60646
773.777.6600

Lincolnwood Animal Hospital

6431 N. Cicero Avenue
Lincolnwood, Illinois 60712
773.478.7070 * 847.677.7070

Eden's The Original

6045 N. Cicero Avenue
Chicago, Illinois 60646
1.773.736.3385

Glad Cleaners, Inc

6412 N. Central Ave
Chicago, Illinois 60646
773.631.1800
www.gladcleaners.com

Elite Sports Cards

2028 W. Montrose Ave
Chicago, Ill 60618
773.784.1396
www.elitesportscards.net

The Chocolate Shoppe Ice Cream Shope

5337 W. Devon Avenue
Chicago, Illinois 60646
773.763.9778

Himshikar Restaurant

6031 N. Cicero Avenue
Chicago, Illinois 60646
1.773.481.2003
1.773.481.2077 - (Fax)

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 |
| Freddo Espresso 4 | Cold Brew..... 5.25 |
| Freddo Cappuccino 4.75 | +Vanilla Sweet Cream75 |
| Caffe Latte..... 5.25 | Nitro Cold Brew6 |
| Brown Sugar Maple Latte..... 5.5 | |
| Spanish Latte 5.5 | Additions |
| Caffe Mocha6 | House Syrups75 |
| | Whipped Cream75 |
| | Minor Figures (TM)75 |
| | Organic Oak Milk |
| Filter Coffee | Almond Milk..... .75 |
| Dark Filter 3.25 | Tache Pistachio Milk 1 |
| Light Filter..... 3.25 | |
| Single Origin MP | |

- | | |
|----------------------|------------------------|
| Tea | Snacks |
| Chai Latte5 | Overnight Oats5 |
| Houjicha Latte.....5 | Chia Pudding5 |
| Golden Latte.....5 | Vanilla Greek Yogurt 5 |
| Hot Tea..... 3.75 | Vanilla Gelato.....6 |
| Ice Tea4 | |

- | |
|------------------------|
| Espresso |
| Espresso 3.25 |
| Espresso Con Panna.4 |
| Americano..... 3.5 |
| Espresso Tonic6 |
| Macchiato4 |
| Cortado.....4 |
| Cappuccino4 |
| Caffe Latte..... 4.75 |
| Caffe Mocha 5.5 |
| Affogato8 |
| + Extra Shot..... 1.35 |
| Matcha |
| Americano.....4 |
| Latte..... 5.25 |
| Lemonade5 |
| Tonic.....6 |
| Affogato8 |
| + Extra Shot..... 1.75 |

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

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, spics 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



ITALY'S FAVOURITE COFFEE

HOT DRINKS	Small	Medium
Americano	\$4.50	\$5.75
Cappuccino/Latte	\$4.50	\$5.75
Flat White	\$4.50	\$5.75
Matcha Latte	\$4.50	\$5.75
Herbal Tea	\$2.50	\$3.00
Hot Chocolate	\$4.50	\$5.75
Solo Espresso	\$2.00	
Doppio Espresso	\$4.00	
Affogato	\$5.95	
ICED DRINKS	Small	Medium
Iced Americano	\$5.75	\$6.50
Iced Latte	\$5.75	\$6.50
Iced Matcha Latte	\$5.75	\$6.50
Iced Doppio	\$4.50	
Frappucino	\$7.75	\$6.95



The Chocolate Shoppe
Ice Cream Store

5337 West Devon Avenue
 Chicago, Illinois 60646
 773-763-9778

Flavors Available for Hot/Iced Drinks
 Caramel • Toffee Nut • Raspberry
 Mocha • Vanilla • Hazelnut
 White Chocolate

COLLINS & JOYCE

CHRISTOPHER E. FLEMING

Born and raised: I am from Central Massachusetts. I grew up in the town of Lunenburg and later lived in Clinton, Massachusetts.

Education: I am a graduate of Ithaca College, Ithaca, New York. And graduated in December of 1993.

1st job: My first job anywhere was in the family floor covering business, Acme Carpet One in Lunenburg, Massachusetts. My father is 79 and still goes to work there every day. My first media job was as a part-time announcer at WNTQ-FM/WNDR-AM in Syracuse, New York while attending college. My first full-time media job was as a radio announcer at WSUE AM/FM in Sault Ste. Marie, Michigan.



How did you get involved in the broadcasting field: Initially, I took one of those aptitude tests that said I would be good at three things: fireman, mortician, or broadcaster. I am not a huge fan of dead people, so I followed the broadcaster's path.

What's it like being in a management position: I have been managing people most of my life. Whether titled or not, I have always found myself in a position of directing others towards a goal. It is part salesman, part politician, part therapist, and part trainer.

The toughest decision as manager: Typically, the hardest decisions are about direction. As in, which direction do you want your operation to point and move toward? And then it is about getting all the ducks to fly in the same direction. I'd like to tell you that is the easy part, but it is not. The hard part is determining who is going to be on the team, long term.

What's your work like at a television station: Both Television and Radio have similar challenges in 2024. Both are fighting perception problems. Most want to talk about all the shiny new toys available to the consumer. And broadcasters are often not in that conversation. So, we must become our best cheerleaders to stay at the forefront of the conversations on connection.

If you could change anything about your job - what would you change: Not much, it is the most fun you can have and continue to get

paid for your services. Some days are harder than others, but it is fun. The day it stops being fun, I will go and do something else. What do you feel one needs to become successful in media: Resiliency and a can-do attitude. When I look at the broadcast landscape and listen to many in it, most complain about what we don't have. My method has always been to look at what I do have and then craft my narrative around that.

How many books have you published: I have published 4 to date. The first was in 2021, "Yes...I'm a Salesman: You Can Be, Too." My second and third came in 2022. "You Can't Lead From the Back of the Room" and "Making a Name for Yourself: And Your Small Business" we both released that year. In 2023, I released "52 Weekly Sales Meetings." I am currently working on the 5th book. I expect to finish it sometime in 2024.

The toughest decision as an author: I have always been a good storyteller. The hard decisions in writing are in the editing process. Translating the spoken word back to the printed word requires a different set of skills. I am getting better at it.

Favorite Food: I'm Irish so I am sure it involves a potato.

Favorite Movies: Real Genius, American Graffiti, Everybody's All-American, Beautiful Girls, Shawshank Redemption

Favorite Actor/Actress: Al Pacino, Timothy Hutton

People who taught you the most: My grandfather, My father, Chris Lytle, Mark Levy, Jim Taszerak, Oren Klaff, Chris Voss

One thing you can't stand: I have a hard time with those who make promises they don't keep. And deny their existence along the way,

One thing you are afraid of: Heights – but it is not the heights, per se, but falling and meeting the ground in full force from long distances.

Three things describe you best: Resilient, Determined, and Persistent.

Hobbies: Travel, Woodworking, Craft Brewing

Future plans: I am still looking for that "Dare to be independently wealthy through no effort on my part" moment. Haven't found it yet, but I keep looking.

Christopher Fleming is the President of CD Media Consulting, LLC. He has over thirty years of experience running successful radio and television stations in cities big and small in the United States. His methods are honest and straightforward. You will not learn tricks but master the art of business with innovation, ingenuity, and integrity. Mr. Fleming lives in California with his wife, Danette, plus Jax, the cocker spaniel, Cali, the beagle, and Moses, the cat.

BOOKS PUBLISHED BY CHRISTOPHER FLEMING

52 Weekly Sales Meetings - 2023: 52 Weekly Sales Meetings is a masterpiece combining the art and science of sales, providing you with a roadmap to create impactful, engaging, and results-oriented sales conversations. From boosting morale to refining closing techniques, this book covers it all. Discover the secrets to running extraordinary sales teams and sales franchises. Catapult your success or your team's success to new heights!

Making a Name for Yourself: and Your Small Business - 2022: This book offers strategies to help you create your own business success story. It is a comprehensive guide to creating and executing successful advertising strategies. It offers clear, actionable advice and provides real-world examples to illustrate each point. Whether you're just starting out or you're a seasoned veteran, this book is the perfect resource for anyone looking to make their mark in the small business world.

You Can't Lead From the Back of the Room: Nor Should You - 2022: Take control of your career. Lead with confidence and authority. This book will give you the skills and insight you need to become a more effective and successful leader in the modern world. Whether you're a CEO, a manager, or just starting out, this book will help you create an inspiring and motivating work environment,

develop innovative strategies, and make decisions to keep your teams on track. You'll learn how to communicate effectively, build relationships, and create an environment of trust and collaboration. It will show you how to identify and use the most important tools for leading in the 21st century. This book is an invaluable tool for anyone seeking to be a successful leader in today's rapidly changing world. You Can't Lead From the Back of the Room. Now on Amazon. com <https://bit.ly/YouCantLeadBook>

Yes...I'm a Salesman: You Can Be, Too - 2021: Most got into the sales profession by accident. It was not what they set out to do. Some wanted to be musicians, others professional athletes, or famous actors/actresses. But none of those things came to fruition. So, we are in sales. Eighty percent of the world is involved in sales, whether they want to admit it or not. Embrace it. Master it. Own it. This comprehensive guide will help you understand the techniques of successful salespeople paving the way for you to become one too. Mr. Fleming takes you through the ins and outs of selling anything. His area of expertise is electronic media sales. However, the concepts are transferable. This book covers everything from understanding the customer's needs to closing the deal. You'll get step-by-step advice and real-life examples; you'll learn the essential skills to become a successful salesperson, in no time. Get access to exclusive insights into the world of selling to help you achieve success.

WHERE TO PICK UP COPIES OF Chicago Sports Journal

CHICAGO	Chicago, Illinois 60646 773-763-9778	Barrington Citgo Hough Street / Washington Barrington, Illinois	FRANKLIN PARK 847-647-0660 www.whiteeagleevents.com
South Loop Club 701 S. State St Chicago, Il 60605 312.427.2787	Glad Cleaners, Inc. 6412 N. Central Ave Chicago, Illinois 60646 773-631-1800 www.gladcleaners.com	Subway Hough Street / Washington Barrington, Illinois	Village of Franklin Park 9500 Belmont Avenue Franklin Park, Illinois 60131
Mariano's 5353 N. Elston Ave Chicago, Illinois 60630	Wintrust Bank - Sauganash 4343 W. Peterson Avenue Chicago, Illinois 60646 773-545-5700	Metra Train Station 201 Spring Street Barrington, Illinois	Metra Train Station 3212 25th Ave (Belmont) Franklin Park, Illinois
Quick Food Mart Milwaukee Avenue/Kildare Avenue Chicago, Illinois	Wintrust Bank - Gladstone Park 6336 N. Milwaukee Ave. Chicago, Illinois 60646 773-467-2099	BARTLETT Bartlett Village Hall 228 S. Main Street Bartlett, Illinois	LAKE FOREST Metra Train Station 911 S. Telegraph Road Lake Forest, Illinois
Potash Grocery 875 N. State Street Chicago, Illinois	Veterans Square 4849 N. Milwaukee Ave. Chicago, Illinois	Bartlett Police Department 228 S. Main Street Bartlett, Illinois	LINCOLNWOOD Village of Lincolnwood 6900 Lincoln Ave Lincolnwood, Illinois 60712
City News Café 4018 N. Cicero Ave Chicago, Il 60641 773.545.7377	The Forum Office Building 4200 W. Peterson Avenue Chicago, Illinois 60646	BROOKFIELD Metra Train Station Black Box Outside 8858 Burlington Ave Brookfield, Illinois	Lincolnwood Animal Hospital 6431 N. Cicero Avenue Lincolnwood, Illinois 60712 773.478.7070 847.677.7070
Mobil Convenient Center Montrose Ave/Central Ave Cicero Ave/Elston Ave Chicago, Illinois	Lakeview Hardware 3911 N. Lincoln Ave Chicago, Illinois	DEERFIELD Metra Train Station Blue Box Outside Lake-Cook Road 601 Lake-Cook Road Deerfield-Township	Walgreens Lincoln Avenue/Pratt Ave. Lincolnwood, Illinois
Walgreens Cicero Ave/Belle Plaine Ave Central Ave / Montrose Ave Peterson Ave/Lincoln Ave Montrose Ave/Kedzie Ave Adams Street & Wells St Chicago, Illinois	UPS Store 623 W. Lake St Chicago, Illinois P-312.964.5100 F-312.964.5106 301 W. Grand Ave Chicago, Illinois 60654 312-828-0505	DES PLAINES Metra Train Station Black Box Outside 1501 Miner St. (at Lee St.) Des Plaines, Il	Waldgreens East St. Charles Road and Main Street
Elite Sports Cards 2028 W. Montrose Avenue Chicago, Illinois 60618 773.784.1396 3406A N. Harlem Ave Chicago, Illinois	Gene Sausage 4750 N. Lincoln Ave Chicago, Illinois	EDISON PARK Metra Train Station 6730 N. Olmsted Ave Chicago, Il	Waldgreens East St. Charles Road and Main Street
Rayco Printing 6025 N. Cicero Aenue Chicago, Illinois 60646 1.773.777.6600	Chicago Public Library Sulzar Branch 4450 N. Lincoln Ave 60625 Jefferson Park Branch 5363 W. Lawrence Ave 60630	ELMHURST 7-11 155 E. First Street Metra Station 128 W. First Street	B/P Convenience Center East St. Charles Road and Main Street
Happy Foods 6415 N. Central Ave Chicago, Il 60646 1.773.774.4466	Independence Branch 4024 N. Elston Ave 60618	ELMWOOD PARK Village of Elmwood Park 11 W. Conti Pkwy Elmwood Park, Illinois	Metra Station East St. Charles Road and Main Street
B/P Convenience Store California Ave & Peterson Ave Chicago, Illinois	Roden Branch 6083 N. Northwest Highway 60631	MORTON GROVE Morton Grove Food Mart 5900 Lincoln avenue Morton Grove, Illinois 60053 847-965-3810	Waldgreens 8501 Lehigh Road Morton Grove, Illinois
Shell Convenience Store Peterson Ave/Western Ave Chicago, Illinois	Edgebrook Branch 5331 W. Devon Avenue 60646 312-774-8313	MOUNT PROSPECT Metra Station 13 E. Northwest Hwy, (at Main Street)	Waldgreens 5600 W. Touhy Ave Niles, Illinois 60714
7-11 Food Stores Wacker Dr/Adams St Veterans Square / Milwaukee Ave Bryn Mawr/Kimball Ave Pulaski Road/Addison Stree Lake Street/Jefferson Ave Chicago, Illinois	ADDISON Uniting Vendors/ distributors (UVD Inc) 420 W. North Ave Addison, Illinois 60101	FOX LAKE Metra Train Station Nippersink Blvd at Grand Ave Fox Lake, Illinois	Village of Niles 1000 Civic Center Drive Niles, Illinois 60714
Tarpey's Pharmacy 5933 N. Cicero Ave Chicago, Il 60646 773-545-0500	BARRINGTON Shell Convenient Center NW Highway & Barrington Road Barrington, Illinois	NILES Walgreens 5600 W. Touhy Ave Niles, Illinois 60714	White Eagle Banquets & Restaurants 6839 N. Milwaukee Ave. Niles, Illinois 60714
The Chocolate Shoppe Ice Cream 5337 W. Devon Ave			NORTHBROOK Metra Train Station 1401 Shermer Road Northbrook, Illinois
			NORWOOD PARK Metra Train Station Outside Black Box Inside Station 6088 N. Northwest Highway Ave Chicago, Illinois
			PARK RIDGE City of Park Ridge 505 Butler Place Park Ridge, Illinois 60060
			RIVER GROVE Village of River Grove 2621 N. Thatcher Avenue River Grove, Illinois 60171
			Metra Train Station Thatcher Ave River Grove, Illinois
			RIVER FOREST Frank's Deli 7971 Lake Street River Forest, Illinois
			SKOKIE North Shore Community Bank 7800 Lincoln Avenue Skokie, Illinois 60077 847-933-1900
			VILLA PARK Metra Train Station 349 N. Ardmore Avenue Villa Park, Illinois

AT YOUR SERVICE

By Fred Colantonio

Rayco Printing Services is 'your neighborhood printing specialist' for all types of business printing.

- Business Cards • Letterheads • Flyers • Banners • Brochures
- Car Magnets • Envelopes • Postcards • Labels • Signs
- NCR Forms • Stamps • Newsletters • Menus

Rayco Printing, 6025 N. Cicero Avenue, Chicago, Illinois 60646
1.773.777.6600 www.raycoprinting.net

Check out the latest at **Glad Cleaners**. They are workers and there is a special going on right now. Let us wash, dry & fold your laundry at \$2.25 per lb (10 lbs minimum). This includes shorts, t-shirts - pajamas, socks, banks, pants, towels, bedsheets . rugs (bathroom and shower liners. Stop in at Glad Cleaners, 6412 N. Central Avenue in Chicago. Call them at 773.631.1800 today.

For all your sports cards, gaming cards, autograph and supplies for your collection, stop in at **Elite Sports Cards** located at 2028 W. Montrose Avenue in Chicago. The phone number is 1.773.784.1396....you can email them at elitesports92974@gmail and the website is www.elitesports-cards.net. Stop in and Ronnie Holloway for how much your cards and collectables will be worth.

UPS Store, 301 W. Grand Ave in Chicago, you can give them call at 312.828.0505. Stop in and get all your shipping and mailing service needs today. They offer variety of service for your one-stop solution, including mailbox, printing, mailing, packing, shipping and more out standing service.

They are in awesome area of River North in Chicago at the corner of Grand Avenue and Franklin Street. Hours from Monday thru Friday 7am to 9pm, Saturday 8:30am to 5:30pm and Sunday 10am to 4pm. Stop in and say hello to everyone and George.

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.

All work guaranteed. We sell LCD & DLP lamps - we install & set-up TV's antenna installations in home service available. Visa and Master

Card accepted. Over 45 years service at the same location. Call **Amlin T.V./Video Sales & Service** for more information at 1.708.452.7487.

Stop in and see complete line of Carhart clothing and a counter that answers questions and handle your needs. Find all these great items at **Uniting Vendors & Distributors**, 420 W. North Avenue in Addison, Illinois. Give them call at 630.870.1949 and fax them at 630.1943. Stop in and see John Arcand.

Lincolnwood Animal Hospital is your family veterinarian for all your pet care needs, near the corner of Cicero Ave and Devon Ave, two buildings North of Chicago. They love cats, dogs, and pocket pets such as guinea pigs, hamsters, rabbits, ferrets.

They provide a wide spectrum of veterinary services with experience and excellence. They appointment time is very flexible to accommodate your busy schedule.

Call them 1.773.478.7070 or 1.847.677.7070. They will gladly present you an itemized treatment plan and its estimated cost for your informed decision making. There is a free parking lot on the hospital front.

Lakeview Ace Hardware, 3911 N. Lincoln Ave, Chicago 60613. Phone number 1.773.281.1777. Store Hours Mon-Sat 8:00 am to 5:00pm

Sun 9:00 am to 5:00 pm.

Store services include the following: Glass cutting, acrylic sheet cutting, glass repair, in-store lock: servicing, key cutting, gift cards, screen repair, paint color matching, Propane refill or exchange, sharpening knives, rental-carpet cleaning.

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

Stop in and having the pleasure of meeting Joe Lomanto owner, Mike Slomski manager.

Mortar Men they offer complete Masonry Restoration in tuckpointing, Power Washing, Brickwork/Stonework, Shelf Angle Repair, Window Caulking, Glass Block, Concrete Restoration. For Free Estimates Give Bob Zydlo At 1.847.274.2492 Or Email Him At zippyzydl@yahoo.com. Mortar Men Are Fully Licensed & Insured.

Custom appeal is **JohnnyDTees** specialty! Perfect for non-profit organization, sport teams/special events, school/company uniforms, spiritwear/fundraisers. Perfect logo's. they produce customized garments for your business and your personal needs. They will print

company logo's on t-shirts, sweatshirts and more. Get free quote today! Contact Johnny at 847.265.7550 or at john@johnnyDtees.com

JohnnyDTees is located in Lake Villa, Illinois.

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

6431 North Cicero Avenue
Lincolnwood, IL 60712
(Devon & Cicero)

(773) 478-7070 • (847) 677-7070
Appointment & Emergency

Your trusted pet care service provider for medical & surgical, laboratory & imaging services, healthy pets & happy pet parents.