

Sports



CHRIS FOX PHOTOS Rock Valley Publishing

The Addison Trail softball team earned its first victory of the season with last week's 14-4, five-inning win over Willowbrook in Villa Park. One photo shows Addison Trail junior Madison Domek (above left), who pitched all five innings in the victory. Another photo shows senior shortstop Anna Ruffolo (above middle) of the Blazers firing the

ball to first base. One more photo shows Addison Trail sophomore Brianna Matthei (above right) heading toward home plate to score a run. Three days after posting West Suburban Gold Conference win over Willowbrook, the Blazers moved to 2-3 overall and 2-2 in the conference with Saturday's 16-4 win at Morton.

Blazers beat Willowbrook in clash of District 88 teams

Addison Trail follows its win over the Warriors with a victory at Morton; Willowbrook regroups from loss to Blazers to beat Glenbard West

STAFF REPORT

Addison Trail defeated Willowbrook 14-4 in last week's West Suburban Gold Conference softball game in Villa Park.

The Blazers earned their first win of the season with their five-inning victory at Willowbrook on April 28. Addison Trail captured its second straight win on Saturday, when it beat Morton 16-4 in a conference contest.

Addison Trail, which opened the season with three straight losses, improved to 2-3 overall and 2-2 in conference play following Saturday's win.

The Blazers scored three first-in-

ning runs against Willowbrook in the meeting of District 88 rivals. Addison Trail, which scored at least one run in all five innings, delivered four runs in the third inning and five runs in the fourth inning.

Addison Trail took advantage of several errors by the depleted Warriors, who were missing some key players.

The Warriors showed some offensive spark in the bottom of the fifth inning. Moments after senior Caroline Dooley doubled, freshman Calli Kenny blasted a two-run home run—her first homer of the season. Kenny

smashed a drive down the left-field line that easily cleared the fence.

Junior Kayla Neff followed Kenny by belting her second home run of the season. Neff's opposite-field homer over the right-field fence cut the Blazers' lead to 10 runs. Willowbrook was unable to add another run, which would have extended the game to the sixth inning.

Junior Madison Domek pitched a complete game for Addison Trail to earn the victory. Domek allowed four hits and four runs in five innings. She recorded three strikeouts and allowed two walks.

Dooley pitched a complete game for Willowbrook, allowing only two earned runs over five innings. She struck out 11 batters. Dooley gave up nine hits and one walk.

Junior Gia Napoli went 3-for-5 and scored three runs for the Blazers. Senior Anna Ruffolo went 3-for-4 and drove in three runs. Junior Taylor Gloms went 2-for-4 with two runs batted in. Senior Izzy Aramburu went 1-for-4 and drove in three runs.

Domek pitched six innings and picked up another win in Saturday's victory at Morton. Domek worked the first six innings on the mound. Gloms

pitched the seventh inning.

Domek allowed six hits. She 1 two strikeouts and allowed two wal Morton scored all four of its runs the sixth inning, when Addison T committed two errors.

Domek provided an offense punch in Saturday's game; she w 4-for-5 with a pair of doubles i drove in five runs against Morton. I poli, sophomore Angela Stathopou and sophomore Brianna Matthews homered for the Blazers during Saturday's win. Napoli hit a two-run hor in the fifth inning.

Stathopoulos connected for a tv run homer in the sixth inning. M thews hit a two-run homer in the s enth inning to account for the Blaz final two runs of the game.

Napoli, Ruffolo and Gloms all delivered a 3-for-5 performance at plate.

Warriors bounce back to defeat Glenbard West

Two days after losing to Addison Trail, Willowbrook rebounded to e a 6-3 victory over Glenbard West Friday's non-conference game in V. Park.

The Warriors ended a three-ga losing streak and moved to 2-3 over with Friday's win over the Hilltopp of the West Suburban Silver Conf ence.

Junior Caitlyn Kulczynski pitch the first three innings of Friday's ga for the Warriors. Neff worked the fi four innings. Kulczynski gave up c run and two hits. She struck out f batters and allowed one walk. N gave up three hits and one earned r She recorded six strikeouts and ga up one walk.

Willowbrook sophomore Kaylei Dennison went 2-for-4 and drove one run. Neff also went 2-for-4 w one run batted in. Junior Grace Hay went 2-for-4 with a pair of doubles.



SUBMITTED PHOTO Rock Valley Publishing

Home run

Freshman Calli Kenny of the Willowbrook softball team is greeted by teammates as she arrives at home plate after her two-run blast. Moments after Kenny homered, junior Kayla Neff connected for her second home run of the season—a solo shot over the right-field fence. The visiting Blazers beat the Warriors 14-4 in five innings in the April 28 contest.



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CHRIS FOX PHOTO Rock Valley Pub

Going deep

Freshman Calli Kenny of the Willowbrook softball team is pictured during a week's home game against Addison Trail. Kenny drilled the first home run of her Willowbrook career in the bottom of the fifth inning, when she lined a two-run homer to the left-field fence. The above photo shows Kenny at the plate moments before home run. Willowbrook regrouped from its loss to the Blazers to win its next game. Warriors defeated Glenbard West 6-3 on Friday in Villa Park. Friday's non-conference win over the Hilltoppers (of the West Suburban Silver Conference) gave the Warriors an overall season record of 2-3.

Dr. Kelly Talks Straight About Sciatica

Are you suffering from back pain or sciatica? Then it's likely your biggest problem is pain. But there's another major problem: bad information.

To end sciatica misery you must have the right information. Pay close attention because local doctor Kelly Synowiec-Moroney DC is going to destroy sciatica myths and give you the facts.

MYTH: Sciatica will just "go away" with some rest.

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a doctor who is knowledgeable in sciatica immediately. Left untreated, sciatica can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with sciatica.

FACT: In severe cases, sciatica can lead to the inability to control your bowels or bladder - leading to embarrassing situations.

MYTH: You must take pain medications to deal with sciatica.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure the root cause of sciatica.

MYTH: "I must have done something wrong to get sciatica."

FACT: Physical work or simply sitting at a desk for long periods can lead to sciatica. Accidents and trauma can also be the culprit. Pregnancy can cause sciatica. Sciatica can affect anyone - including

super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to overcome sciatica.

FACT: Staying active can help to relieve sciatic pain and prevent the pain getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: Sciatica requires surgery.

FACT: NO! There's been a huge breakthrough in the treatment of sciatica and lower back pain. It's a new procedure called Non-Surgical Re-Constructive Spinal Care. The excellent results from this treatment have been published in major medical journals. Success rates are up to 88%.

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

FACT: With the correct treatment from a healthcare professional who specializes in sciatica, you can find relief from the core cause - and the symptoms.

MYTH: Getting Sciatica properly diagnosed is expensive.

FACT: Not true. We are currently offering an initial consultation right here in Elmhurst for just \$43.

We have helped over 1,483 patients find relief from agonizing back pain and sciatica. We are one of the first places to use Non-Surgical Re-Constructive Spinal Care.

This procedure does not require a hospital stay. The focus is on finding - and correcting - the original cause of the back pain and sciatica.

According to Dr. Kelly, "We use a combination of ultra-advanced technology, not found elsewhere in the region, for precisely diagnosing the cause of your low back pain and sciatica. This means superior long-term results for most people."

Because the treatment is non-surgical, safe, and easy, most patients report an almost immediate relief from their back pain.

Patient Jeff P. from Berwyn wrote, "My back pain was unbearable but the worst thing was the searing burning pain I felt in my buttock and leg... my wife insisted I see doctor Dr. Kelly. I'm 95% better in just a couple of weeks."

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your sciatica!**

Willowbrook's Dooley knows how to overcome adversity

BY JOSHUA WELGE
Shaw Media Illinois

Caroline Dooley received a special treat last spring, when her favorite baseball player—former White Sox slugger Paul Konerko—made a YouTube video for the Willowbrook softball team with words of encouragement during a lost season.

But Dooley is not one to need a pep talk.

As much as any girl in the Willowbrook program, Dooley is a role model for remaining positive when faced with adversity.

Willowbrook's senior pitcher lost much of her season on the mound as a sophomore with an arm injury in 2019, then lost her junior year to the coronavirus pandemic. This young season, she's down to her third catcher after injuries sidelined senior starter Autumnarie Knudson and Willowbrook's backup.

Through it all, Dooley meets the challenge to lead her team. "Right now, our current situation, a lot of pitchers would

not want to risk their records, would not be up to the challenge," Willowbrook coach Rachel Karos said. "She is stepping up to the challenge to be that leader."

Since she was last on the mound full-time for her high school team her freshman year, Dooley switched travel teams from the Chicago Cheetahs to the Wasco Diamonds, which she said helped her grow as a pitcher. Dooley does strength training twice a week with Ben Chantos of B3 Human Performance at T's Academy in Lombard. Dooley, the only girl who works with Chantos, does dead lifting, squatting, and building the right muscles for pitching and agility.

Dooley was an all-conference pitcher as a freshman with 156 strikeouts, and hit .402 with 27 runs batted in at the plate. She hit more than she pitched her sophomore year, batting .449 with 17 RBIs and 20 runs scored.



COURTESY BALL JOCKERMAN VIA SHAW MEDIA
Willowbrook's Caroline Dooley pitcher threw a no-hitter in her first outing of the 2021 season. The senior pitcher is committed to play collegiately at Briar Cliff University.

much better since my freshman year," said Dooley, who will play collegiately at Briar Cliff University in Sioux City, Iowa. "I guess my confidence is the biggest thing. Coming into this season, I hadn't

pitched or played for Willowbrook in so long it felt like, but in my mind I was ready to dominate. Senior year, gotta go out with a bang."

A message that Konerko relayed to Willowbrook's players was that if they give to the game, it will give back to them. Karos can tell that ideal resonates with a girl like Dooley that truly loves the game, who Karos could see one coaching one day.

"She is not just a softball player until the game is over," Karos said. "She is working out to get stronger, faster and better. She seems really thankful to be out there and doesn't take a single moment for granted. After losing the season last year and not getting the opportunity to play, she took advantage of that time to continue to get better. She is not going to take a single pitch or game off, regardless of the outcome."

That determination has been put to the test in the early going this spring.

Knudson, moving from second base to catcher this season, sprained her ankle during

a scrimmage against Willowbrook's JV team. Karos said she hopes she can return next week.

Dooley said it's been a learning experience this spring with some bumps along the way between errors and passed balls behind her, but she's just having fun being back in the circle.

"I'm not going to lie, it has been rough, but you have to keep your cool. It's high school ball and we are here to have fun," Dooley said. "It helps to have a positive mindset. Knowing I'm a captain I have to stay positive, stay strong and be a role model."

Dooley said that communication is the biggest key in the pitcher/catcher relationship, with every catcher bringing their own quality.

"With these younger girls, it's my job to communicate what I throw, where the ball is going," Dooley said. "When there's fielding errors, you just have to walk off the mound, take a deep breath, tell the fielders how many outs there are. The biggest thing is to give them confidence."

Baseball

Sebestin's triple lifts Oswego

BY JOSHUA WELGE
Shaw Media Illinois

Landon Sebestin pulled into third base after his big hit Tuesday and rocked his arms like he was singing a baby's lullaby.

His hitting was sweet music



Redhawks winner



Sports

• BOYS TRACK

Continued from page 20

run in college at Illinois Wesleyan, will lead the way. He took 25th at the Shazam unofficial state meet in the fall. Montini had 2019 state qualifiers in the 400 relay, 3,200 run and two in the 100, but they all have graduated. McWhinney, a state discus qualifier as a freshman in 2019, returns in the shot put and discus.

"I expect a big year out of my young sprinters and look forward to getting to see them compete," Brechtel said.

Morton

Coach: Daniel O'Donnell (fourth season)

Top returners: Victor Rodriguez, sr., pole vault; Jonathan Razo, sr., pole vault; Allen Miramontes, sr., hurdles/triple jump; Daniel Lebron, sr., 300 hurdles/triple jump; Daniel Chavez, jr., 1,600/3,200; Garrett Dudley, sr., 200; Gavin Dudley, sr., long jump; Daeshawn Spears, sr., high jump/triple jump; Joshua Suarez, sr., shot put/discus; Esteban Alvarez, sr., shot put/discus

Key newcomers: Alex Bacci, jr., 1,600/3,200; Joey Prochaska, jr., 3,200; David Arana, jr., 100/200; Eliseo Gonzalez, jr., high jump; Joshua Dowdell, sr., high jump; Leon Kelsick, sr., 100/200/long jump; Keion Devine-Woods, so., 100/200; Jovan Butts, jr., 200

Worth noting: Rodriguez, a 2019 state qualifier and school record holder in the pole vault, is trying to hit a new personal record in the event. Razo also has state aspirations in the pole vault. Miramontes, Spears and Lebron are committed to St. Xavier. Rodriguez is committed to Indiana Tech.

"It's a young team led by some very strong seniors who are looking to leave a mark on the program," O'Donnell said.

Nazareth

Coach: Paris Lewis (third season)

Top returners: Sam Odeh, jr., 200/400; Brendan O'Brien, sr., 400/800; Jack O'Brien, sr., 800/1,600; Ian Surowiec, so., 1,600/relays; Patrick Titzer, so., distance

Key newcomer: John Mowrer, so., relays/800

Worth noting: Nazareth had a breakthrough season in 2019, qualifying two athletes (Jailon Welch and Scott Sikorski, both since graduated) for the state finals in two events. Lewis is optimistic about the direction of the program. The Roadrunners are young this spring with the majority of the roster being freshmen and sophomores. Odeh, entering his third year with the program, is nursing an injury but is expected back for conference. Lewis is excited about the

O'Brien twins' potential in the 800 and 3,200 relay. Surowiec will play a pivotal role in the Roadrunners' relays.

"Looking forward to developing this cohesive unit of athletes and perhaps having qualifiers for the state championship just like in 2019," Lewis said.

Timothy Christian

Coach: John Vander Kamp (34th season)

Key newcomers: Jerard Starr, sr., sprints/hurdles; Caleb Hoekstra, fr., sprints

Worth noting: The Trojans in 2019 took second in the Metro Suburban Conference. This year's team is young and inexperienced. The Trojans have 27 athletes on the team, but only four have competed in high school track.

Westmont

Coach: Rainy Kaplan

Top athletes: Nick Carr, sr., pole vault; Oliwier Kowalski, sr., middle distance; Luke Dea, sr., middle distance; Ryan Domin, jr., high jump/middle distance; Michael Doll, jr., triple jump; Tony Cole, jr., sprints; Logan Hicks, jr., throws; James Mendoza, jr., throws; Jack Rathburn, jr., pole vault; Tim Rosland, so., distance; Henry O'Connor, so., hurdles

Worth noting: The Sentinels in 2019 had an all-state seventh-place pole vaulter in Gavin Carr and brought qualifiers in seven events to state. Kaplan believes Westmont will have a strong team this spring. The goal is to win the Red Division in the Metro Suburban Conference. Doll set school records last year indoors in the 110 and 300 hurdles. Kaplan said he'll have a better idea on his top newcomers when football and soccer ends.

"I think we will do well at sectionals and bring a crew to the state meet," Kaplan said.

Wheaton Academy

Coach: Chris Felinski (eighth season)

Top returners: Blake Wittstock, sr., 1,600/3,200; Sheldon Powell, jr., 1,600/3,200; Thorin Phinney, jr., 100/200/400; Josh Friedland, sr., shot put

Key newcomers: Daniel Kersey, jr., distance

Worth noting: In 2019, Nate Bierly, now running at the University of Mount Olive, set the school record in the 300 hurdles. Bierly and Noah Mayo (400), who is now running at William Jewell College, just missed qualifying for state. Felinski, in his 21st year overall coaching track and field at Wheaton Academy, said the Warriors are hoping this spring to finish in the top half of the conference. Wittstock is focusing on the 3,200 this spring. He most likely will do the 3,000 steeplechase in college at

Westminster College in Utah. Powell was a top cross country runner for Wheaton Academy in the fall. Friedland holds the school record in both the indoor and outdoor shot put. Kersey finished third on the cross country team in the fall.

"Our main goals this year are for our athletes to get faster and to appreciate the season after losing out on a season last year," Felinski said.

Wheaton North

Coach: Nathan Roe (first season)

Top returners: Ryan Schreiner, jr., 400/800/1,600 relay; Sam Cascella, sr., sprints; Jimmy Vercoe, sr., sprints; Will Roth, sr., distance; Henry Frye, sr., distance; Aidan Olsen, sr., throws; Cam'ron Harper, sr., throws; Ethan Trammel, sr., throws; Connor Marks, sr., jumps; Noah Gordon, jr., throws; Samuel Kahsay, jr., high jump; Joe Berthel, sr., pole vault

Key newcomers: Jason O'Connor, sr., sprints; Dan Lam, sr., sprints/relays; Ben Claus, sr., hurdles; Brendan Noland, sr., hurdles; Jon O'Keefe, jr., hurdles; Ryan Zydek, jr., 1,600/3,200; Sam Walhout, sr., distance; Gabe Parker, sr., sprints/jumps

Worth noting: The Falcons are looking to pick up where they left off in 2019, when Wheaton North won the inaugural DuKane Conference track and field title and had all-staters in both hurdles and the 1,600 relay with state qualifiers in four other events. Roe has been on the Falcons' staff on and off for the past 24 years as a distance coach. Schreiner and Vercoe both have state meet experience from the 1,600 relay. Cascella is a three-sport athlete and Wheaton North's top sprinter. Frye was on Wheaton North's state-qualifying 3,200 relay in 2019 and has since come back from injury. Olsen, Harper and Trammel are coming off a successful football season and lead the throws. Kahsay was on the sectional squad as a freshman in the high jump.

"We've had great overall attendance during our contact days, and it is beginning to show as we finally get to compete," Roe said. "With football ending, we're looking to add depth to our sprints and jumps crew, as well as find some surprises. Every program has been dealing with the challenges of overlapping seasons, but we've weathered the storm and are ready to have our full team together."

Wheaton Warrenville South

Coach: Cambron Culpepper (third season)

Top returners: DJ Almada, sr., sprints/relays; Zach Marsico, jr., throws; Greg Nuter, sr., throws; Matthew Dale, sr., distance; Michael Atkins, jr., distance

Key newcomers: Reece Young, jr., sprints; Michael Foster, sr., hurdles;

Ethan Phillips, jr., throws; Michael Macabobby, jr., distance

Worth noting: The Tigers finished fifth at the 2019 Class 3A state meet and were DuKane Conference indoor champions and outdoor runner-up with seven all-state performances. Almada returns from the 800 relay team that took ninth at state. Marsico, first in the shot put and second in the discus at the Wheaton-Naperville Invitational this past weekend, and Nuter lead the throws. Dale and Atkins lead the distance group.

"After a strong team performance in the 2019 season and taking an extended break for the 2020 season, it will be nice to see how the guys will come together for the long and over-due season," Culpepper said. "While we had many seniors graduate last spring without completing their season, we will look to remain competitive in the area, conference and state level competitions."

Willowbrook *

Coach: Terry Artman (14th season)

Top athletes: Tyler King, sr., distance/800; Enrique Cruz, sr., throws

Worth noting: Artman, in his 20th season coaching, said King ran a 2:03 in the 800 this week at Willowbrook's first home meet in more than two years. "Great leader with outstanding work ethic and competitive attitude. A real Warrior on our squad," Artman said. Cruz is headed to Syracuse for football, but Artman said he "has some business yet to complete in the throwing rings, particularly the shot put ring."

"Looking to take the track season all the way to the end in June," Artman said.

York

Coach: Charlie Kern

Top returners: Christopher Radcliff, sr., sprints; Colin Hill, sr., distance; Mickey Vreeland, sr., distance; Will Heuer, sr., sprints; Ethan Summer, jr., distance; Matthew Barton, jr., triple jump; Jackson Geiger, jr., distance; Caden Schaer, jr., pole vault

Key newcomers: Zack Fidrocki, so., distance; Aidan Hill, pole vault

Worth noting: The Dukes graduated a ton of talent last year. Kern said they are looking forward to the development of younger kids and how the seniors will lead. Kern expects the strength of the team will be Radcliff in the 100 and 200 and York's top three distance runners - Bradley recruit Vreeland, Summer and Iowa commit Hill - in the 1,600 and 3,200.

"We will need the next guys to step up and fill in our lineup," Kern said. "Right now we don't have enough depth to fill out our varsity lineup, but we have committed athletes, excellent coaches and six weeks to improve our team for championship time."

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Wheaton North's running athletes were the top finishers in the April 24 conference

one run batted in. Junior Grace went 2-for-4 with a pair of dou