

Addison Trail wrestler to compete in USA Wrestling Junior and 16U National Championships

Addison Trail student Nikolas "Niko" Duarte will represent Team Illinois during the USA Wrestling Junior and 16U National Championships, which will take place from July 10 to 19 in Fargo, N.D.

Duarte qualified after earning fourth place in the Illinois Freestyle State Championships.

This past February, Duarte also qualified to compete in the 106-pound division of the Illinois High School Association

(IHSA) boys wrestling state tournament.

To help offset expenses associated with training for and participating in the national championships, Team Illinois provides athletes with fundraiser raffle tickets.

Each raffle ticket costs \$20 and provides a chance to win \$100 daily throughout August. If your ticket's four numbers match the Illinois Lottery Pick 4 (evening drawing) in exact

order, you win.

To buy tickets, and for contest details, go to <https://www.zeffy.com/ticketing/2025-team-illinois>.

When completing the form, enter "Nikolas Duarte" as the sponsored wrestler's name. A 17-percent donation to the service provider will automatically be added at checkout. This donation is optional and can be removed by selecting "other" and "0."

Bensenville Park District honors local veterans with free summer events

The Bensenville Park District is honoring the service and sacrifice of United States Armed Forces veterans with a series of free events this summer, generously supported by The UPS Store of Bensenville-Wood Dale.

Designed to celebrate and recognize veterans in the community, the events offer recreational opportunities and social gatherings at no cost to eligible participants.

The Veterans Golf Outing will take place from 9 a.m. to 2 p.m. on Monday, June 30, at White Pines Golf Club, 500 W. Jefferson St. The outing includes nine holes of golf and a buffet lunch at 37 Bar & Grill from 11 a.m. to 2 p.m. For those not wishing to golf, the event also includes access to the driving range and putting course, as well as a short game clinic at noon.

The outing is free for veterans residing within park district boundaries and \$28 for guests. Space is limited, and early registration is open to in-district veterans. Out-of-district registration begins June 9. Proof of residency and military service

may be required. Call the White Pines Pro Shop at 630-766-0304 to register.

On Thursday, July 4, veterans are invited to enjoy a free day at the Bensenville Water Park & Splash Pad, 1100 W. Wood St., from noon to 5 p.m. Free admission will be granted with proof of military service.

Veterans are also encouraged to join the park district in marching in the annual Bensenville LibertyFest Parade, which steps off at 10 a.m. that morning.

The final event in the series, Veterans Bootcamp & Brunch, will be held from 9 a.m. to noon on Saturday, Aug. 16, at Sunrise Park. From 9 to 10 a.m., veterans can participate in a full-body outdoor bootcamp workout, featuring strength, balance, core, speed and agility circuits suitable for all fitness levels. Modifications will be available, and all necessary equipment will be provided. Participants are asked to bring water. Following the workout, veterans are invited to a Healthy Minds Healthy Bodies pollock brunch in the park shelter from 10 a.m. to noon.

"These events are a small

way we can express our gratitude and support for the veterans who have served our country," said Bensenville Park District Executive Director Joe Valdez. "We encourage all eligible veterans in our community to take part."

For more information on these events, visit BvilleParks.org or contact the park district at 630-766-7015.

Park District announces Independence Day hours

In celebration of Independence Day, the Bensenville Park District has announced holiday hours and special offerings for Friday, July 4.

The Bensenville Water Park & Splash Pad, located at 1100 W. Wood St., will be open from noon to 5 p.m. for families to cool off and enjoy the summer holiday. As a tribute to those who have served, U.S. Armed Forces veterans will receive free admission to the water park on July 4. Proof of military service may be required.

The Deer Grove Leisure Center, located at 1000 W.



SUBMITTED PHOTO Rock Valley Publishing

Nikolas "Niko" Duarte, who'll be a sophomore at Addison Trail this fall, will represent Team Illinois during the USA Wrestling Junior and 16U National Championships, which will take place from July 10 to 19 in Fargo, N.D.

Wood St., will be closed in observance of the holiday. The DGLC closure means Wood St. Fitness facilities will also be closed, and no classes will be held Friday.

The White Pines Golf Club, including its pro shop and 37 Bar & Grill, will be open from dawn to dusk; tee times are still available by visiting WhitePinesGolf.com.

Fischer Farm, located at 16W680 Old Grand Ave., will be open for outdoor exploration, though its buildings and farm house (including the Farm Shop) will remain closed. Staff will be working

behind the scenes tending to animals' needs.

All other district parks will remain open for public enjoyment. However, the Bensenville Railroad Museum at Veterans Park will be closed July 4 and will reopen during regular hours: noon to 4 p.m. on weekends and 10 a.m. to 1 p.m. Tuesdays.

For more information about the Bensenville Park District, parks and facilities and upcoming programs and events, visit BvilleParks.org or follow on Facebook, Twitter, Instagram, YouTube or LinkedIn using the handle @BvilleParks.

Plenty of summer fun upcoming at Fischer Farm

The Bensenville Park District's Fischer Farm, located at 16W680 Old Grand Avenue, is a hub of family-friendly activity this summer, offering a variety of programs that encourage outdoor exploration, learning and community connection.

The historic farm is open daily from dawn to dusk, with the Farm House and Farm Shop welcoming guests to browse and purchase farm-fresh eggs, honey, produce and other seasonal items from 10 a.m. to 4 p.m.

Highlights this season include the free Yoga at the Farm at 9 a.m. Friday, July 12, where participants can enjoy a relaxing yoga session surrounded by countryside beauty. Pre-registration is required for the event in partnership with Wood St. Fitness.

That evening, families can test their knowledge during Farm Trivia Night, where

topics range from animal facts to Fischer family history. Trivia is open to all ages, with affordable admission and prizes for participants.

On Friday, July 19, the farm hosts a special outdoor showing of "Mufasa: The Lion King," beginning at dusk. Attendees are encouraged to bring chairs and blankets; snacks and refreshments will be available for purchase in the Farm Shop.

Country flair takes center stage on Saturday, Aug. 2, during the farm's first-ever Backyard Barn Bash, a festive evening of line dancing, music and western-themed fun under the stars. Families are encouraged to dress in their best country gear and join the party.

Adults interested in urban agriculture can attend Backyard Chickens 101 at 1 p.m. Sunday, Aug. 3, to learn the basics of raising chickens at home. The informational

session is open to ages 18+, with no registration required for children attending with a paid adult.

Additionally, a Farm Scavenger Hunt runs daily through Sept. 1, offering a free, self-paced adventure. Guests can pick up a playing card at the farm shop and win a prize by completing the hunt.

"Fischer Farm is a unique space where people of all ages can connect with nature, history and each other," said Christine Shiel, Fischer Farm Manager. "Our summer programs are designed to be both educational and fun, and we're excited to welcome the community to experience everything the farm has to offer."

For more information about Fischer Farm programs and events, visit BvilleParks.org or follow @BvilleFischerFarm on social media.

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E-mail:

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Addison announces Hometown Heroes of Addison recognition program

The village will honor Addison residents who are currently serving or have served in the U.S. Armed Forces by displaying banners along Lake Street and other prominent areas of Addison through Veterans Day.

There is no cost to participate; simply complete an application.

Eligibility requirements

- Honoree must be currently living

- Honoree must reside in the Village of Addison.

- Honoree must be an active-duty service member or military veteran.

- Honoree must provide high-resolution photo to be used on banner, and for historical archive.

Applications will be available at AddisonAdvantage.org starting July 4. They will be accepted on a first-come, first-served basis until all banner slots are filled.

Addison Trail Blazettes earn awards at Universal Dance Association camp

The Addison Trail Blazettes (Competitive Dance Team) recently attended a camp hosted by the Universal Dance Association (UDA).

The event took place from June 10 to 13 at Wheaton College, and the dancers participated in technique classes, choreography workshops, and performances. UDA professionals offered advanced training in various dance styles such as jazz, hip-hop, contemporary and pom.

The camp also emphasized team bonding through orga-

nized group activities such as team challenges, nightly socials and more. The shared experiences helped build trust, communication, strong connections and team spirit among the dancers—essential qualities for success in competition.

Campers were evaluated on their growth, technique and artistry, and they were recognized with awards and opportunities for future UDA performances. The Blazettes earned:

- Third place in the "Home Routine" category.
- A "Superior" blue-rib-

bon rating for all camp performances (pictured below).

• Eight Blazettes earned the UDA All-American award after auditioning, and they now have the opportunity to attend the UDA All Star National Championship in March 2026 in Florida. Those students are Victoria Cosio (class of 2026), Lucia Cortezano (class of 2027), Sofia De Luna (class of 2026), Jaquelyn Leyva (class of 2027), Jocelyn Martinez (class of 2026), Jaelynn Montalvo (class of 2027), Rylie Rosato (class of 2026) and Violet Solesky (class of 2027).

Blazettes is Addison Trail's competitive dance team that competes in Illinois High School Association (IHSA) dance competi-

tions, along with performing during varsity football and basketball games. Blazettes continue to show their Blazer

pride by being positive role models within the school and community, as they take part in various school and community events.

Reduce energy consumption and stay safe during summer heat waves

The first heat wave of the summer hit the Midwest earlier than usual last week, with a heat index forecast of up to 105 degrees, pushing many indoors to stay cool. All those air conditioning units running almost nonstop put pressure on the electrical grid and increase the risk of power outages. Take steps to stay safe and reduce the demand for electricity with resources from University of Illinois Extension.

More than 120 million Americans were under an extreme heat advisory or heat warning as of June 24, according to the NOAA National Weather Service. The heat index, humidity combined with the temperature, is expected to reach record daytime highs of 100 to 105 degrees with overnight temperatures of 75 to 85 degrees. "There is a high-pressure weather system sitting over the Midwest and eastern part of the U.S. referred to as a heat dome, which is causing the excessive heat and minimizing wind and cloud cover," said Jessica Rudnick, Illinois Extension climate resilience specialist. "These heat domes push warm air toward the ground, where it warms up more as it is further compressed and begins to feel hotter."

your utility bill, and avoid service interruptions.

"Consider running major appliances like washing machines or the oven earlier in the day," said Andrea Wagner, Extension sustainable energy specialist. "It's a change in routine, but together those small steps to conserve energy are much less disruptive and dangerous than a full power outage."

Other ways to reduce energy use during extreme temperatures include:

- Turn up the thermostat by 2 degrees or more and program it to a higher temperature when no one is home.
- Check that the HVAC system works well and consider purchasing a smart thermostat.
- Turn off or disconnect electronics that are not in use, operate major appliances in the early morning or late evening, and use a countertop convection oven or air fryer instead of the oven.
- Program smart devices to run appliances at off-peak times.
- Use minimal lighting and close window coverings during the hottest part of the day, and use bathroom and kitchen fans to temporarily remove heat and humidity.

Find more energy efficiency and electrical safety tips at SafeElectricity.org.

Health and safety tips

Hot weather can lead to a rise in heat-related illnesses, and death rates tend to increase during and after heat waves. The heat can also affect air pollutants, leading to poor air

quality and impacting vulnerable populations; check the NOAA air quality index. Those who work outdoors, children, seniors, and pregnant women are most vulnerable to serious heat-related illnesses, such as heat exhaustion and heat stroke.

When possible, stay in air-conditioned spaces at home, a public space, or a designated cooling center. Check with your town or local health department for cooling centers in your area, find one using the 2025 Illinois Cooling Centers map, or explore options for these major metropolitan areas: Cook County, the Chicago Parks District, Springfield, Champaign-Urbana. Seniors can also contact the Illinois Senior Helpline at (800) 252-8966 for assistance with locating senior centers and other cooling centers.

Those without air conditioning should use fans only if the indoor temperature is under 90 degrees, according to the Centers for Disease Control and Prevention. At temperatures higher than that, fans can increase body temperature. Set ceiling fans to turn counterclockwise to create a cooling downdraft.

Watch for symptoms of heat exhaustion, including headache, nausea, dizziness, irritability, thirst, heavy sweating, elevated body temperature and decreased urine output, or heat stroke symptoms of confusion, altered mental status, slurred speech, hot and dry skin or profuse sweating, seizures, very high body temperature and coma.



Submitted photo Rock Valley Publishing. The Addison Trail Blazettes participated in a camp hosted by the Universal Dance Association (UDA) at Wheaton College. The team earned third place in the "Home Routine" category, and a "Superior" blue-ribbon rating for all camp performances.

Police Reports

The Addison and Bensenville police departments recently reported the following arrests and citations. Persons who are charged with domestic battery are not named in order to protect the victim's privacy.

Readers are reminded that an arrest does not constitute a conviction, and that suspects are considered innocent unless proven guilty in a court of law. Juveniles age 17-or-younger are not named.

Addison

June 24

Jose Martinez-Morales, 42, of Naperville, was charged with two counts of DUI in the 500 block of W. Lake at 11:05 p.m.

June 23

Jonathan J. Rosales Zamaniago, 23, of Addison, was charged with criminal damage to property and assault near Interstate Road and Westgate at 6 p.m.

June 22

Armando Balbuena Herrera, 31, of Plainfield, was charged with improper turn, improper lane usage and two counts of DUI in the 1400

block of Lake at 2:53 a.m.

A 30-year-old Addison woman was charged with two counts of domestic battery and interference with the reporting of domestic violence in the 600 block of N. Rozanne at 9:12 p.m.

June 21

Joseph B. Palermo, 27, of Villa Park, was charged with criminal damage to property and battery in the 900 block of N. Harvard.

Gregory Allen Schwab, 55, of Madeira Beach, Fla., was charged with possession of a controlled substance, DUI-drugs and possession of drug paraphernalia near Wood Dale and Lake at 1:21 p.m.

June 20

Michael R. Corcoran, 42, of Schaumburg, was charged with DUI and disregarding a traffic control device near Fullerton and Fairbank at 12:48 a.m.

William T. Popowski, 74, of Itasca, was charged with failure to reduce speed, improper lane usage, DUI-drugs and DUI at 1:16 a.m.

June 18

Jose Berrum, 51, of Addi-

son, was charged with fleeing/attempting to elude an officer and resisting near Fullerton and Irwin at 6:56 a.m.

Bensenville

June 27, 12:32 a.m. near E. Green St. Brandon Watt, 32, of Bensenville, was arrested for DUI. BEPC2500468

June 26, 2:14 p.m. near Tower Lane. Todd Brodie (age not given) of Bensenville was arrested for trespassing after refusing a citation and refusing to leave the property. BEPC2500467.

June 26, 3:40 a.m. at N. Route. Todd Brodie, 37, of Bensenville, was arrested for disorderly conduct and trespassing. BEPC2500465.

June 25, 8:33 p.m. near S. Barron St. Marcin Grobelny, 36, of Bensenville, was arrested for violation of pre-trial release. BEPC2500463.

June 25, 5:41 p.m. near Foster Avenue and N. York Road. Thomas Wyderski, 58, of Bensenville, was arrested for two counts of DUI. BEPC2500462.

June 22, 1:11 a.m. near Twin Oaks St. Omar Torres, 35, of Bensenville, was arrested for driving under the influence.

Energy use tips

Powering air conditioning units puts a sudden strain on energy systems, especially from the afternoon to early evening when outdoor temperatures soar. Making small changes to conserve energy can help even out energy use, save money on

Woman accused of crashing into a truck on scene of a fatal crash while drunk

DuPage County State's Attorney Robert Berlin announced last week that Judge Alexander McGimpsey has granted the state's motion to deny pre-trial release for a Bolingbrook woman accused of DUI and crashing into an Illinois Department of Transportation (IDOT) truck that was on the scene of a fatal car crash investigation yesterday morning.

Stephany Antunez, 27, appeared at First Appearance Court and was charged with one count of Passing an emergency vehicle causing injury/death (Class 4 felony) and 10 misdemeanor and petty traffic offenses including DUI, leaving the scene of an accident involving damage to an at-

tended vehicle, speeding and attempted fleeing and eluding a police officer.

On June 22 at approximately 3 a.m., Illinois State Police (ISP) troopers were dispatched to a three-unit fatal crash on I-55 northbound, north of I-355. It is alleged that at approximately 7:30 a.m., while ISP was investigating the crash, Antunez drove around the lane closures set up by ISP and struck an IDOT truck with a worker inside of the vehicle.

It is alleged that after Antunez struck the truck, she fled the scene, driving down a closed roadway where traffic crash reconstruction personnel were working on the scene. It is further alleged

that as Antunez fled the scene, she nearly struck multiple deceased bodies in the roadway and an ISP Trooper. It is alleged that as Antunez fled the scene, an ISP Trooper activated his emergency lights and sirens and initiated pursuit. It is further alleged that Antunez failed to pull over and continued fleeing the trooper. The ISP trooper ultimately pulled Antunez over following a two-mile pursuit. It is alleged that Antunez's BAC was .173. She was arrested at that time. The driver of the IDOT truck was transferred to a local hospital with minor injuries.

Antunez's next court appearance is scheduled for July 21 in front of Judge Joseph Bugos.

Mariners swim in final home meet of the season

Woodridge defeats Villa Park; Lydia Aldana of the Mariners swims to four individual wins

The Villa Park Mariners faced the Woodridge Sea Lions in last week's meet at Jefferson Pool. The talented Sea Lions defeated the Mariners 475-161 in the overall team scoring in the June 25 meet, which marked Villa Park's final home meet of the season.

Villa Park's Lydia Aldana swam to four individual victories in her team's meet against Woodridge. Competing in the 11-12 girls division, she earned her first win of the evening in the 50-meter freestyle, which she completed in 32.57 seconds. After winning the 100-meter individual medley (in 1 minute, 24.31 seconds), she won the 50-meter butterfly (37.16) and the 50-meter breaststroke (45.43).

Three more Aldana siblings won individual events for the Mariners during the June 25 meet. Phoebe Aldana swam to two victories in the 13-14 girls level, winning the 100-meter individual medley (1:22.08) and the 50-meter breaststroke (41.61).

Naomi Aldana of Villa Park raced to a pair of victories in the 15-18 girls division during her team's meet against Woodridge. She won the 100-meter individual medley (1:16.23) and the 50-meter butterfly (31.93).

Ethan Aldana provided the Mariners with a victory

against the Sea Lions in the 8-and-under boys level. He won the 25-meter freestyle (25.00).

Villa Park's other individual winners in the June 25 meet included:

8-and-under girls: Margot Tarsitano (25-meter freestyle; 23.31)

9-10 girls: Estela Leu (50-meter freestyle; 56.82) and Maddie Lynch (50-meter breaststroke; 52.81)

11-12 boys: Caleb Vaughan (50-meter butterfly; 46.45)

13-14 boys: Ryan Mueller (100-meter individual medley; 1:51.97)

15-18 boys: Manny Brishois (50-meter freestyle; 29.64) and Jurgen Carrola (50-meter backstroke; 38.94)

The Mariners traveled to Roselle on Saturday, June 28, to face the Racers. The Racers defeated Villa Park 400-243.

The Mariners completed their regular season earlier this week when they faced the Lombard Waves at Paradise Bay Water Park in Lombard on July 2. Some Villa Park swimmers will finish the 2025 season by competing in the DuPage Swim and Dive Conference's Red Division 'B' Meet on July 12. Other Mariners will complete the season at the Red Division 'A' Meet on July 19.



CHRIS FOX PHOTOS/Rock Valley Publishing
The Villa Park Mariners competed in their final home meet of the season when they faced the Woodridge Sea Lions at Jefferson Pool on June 25. The Sea Lions defeated Villa Park 475-161. Lydia Aldana of the Mariners won four races in the meet's 11-12 girls level. She is pictured (above left) during her victory in the 100-meter individual medley. Villa Park's Estela Leu is pictured (above right) during her first-place effort in the 9-10 girls level's 50-meter freestyle. Another photo (right) shows Ethan Aldana of the Mariners swimming to a win in the 8-and-under boys division's 25-meter freestyle. The Mariners completed their regular season earlier this week when they traveled to Lombard to face the Waves. Some Villa Park swimmers will conclude the 2025 season by competing in the DuPage Swim and Dive Conference's Red Division 'B' Meet in Bloomingdale on July 12. Other Mariners will finish the season by participating in the Red Division 'A' Meet in Wood Dale on July 19.



Willowbrook students compete in Special Olympics state event

Willowbrook High School held a state send-off celebration recently for two students who qualified to compete in the Special Olympics Illinois Summer Games. Aidan Schwarz (Class of 2028) and Rehan Khan (Class of 2028) participated in the Special Olympics Illinois Summer Games, which took place June 20-22 in Bloomington-Normal. Khan competed in the softball throw at the state event, while Schwarz competed in the tennis ball throw and the 50-meter assisted race. Pictured left to right at last month's state send-off are: Willowbrook assistant coach Tina Janopoulos, Willowbrook head Special Olympics coach Tara Murphy, Schwarz, assistant coach Linda Lattis and Khan.



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