

Slate Belt Town Topics

NEWS TODAY NOT NEXT WEEK

January 14, 2023

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(Click Above)

Harlem Wizards at BAHS in March

See the Harlem Wizards at Bangor Area High School March 3, located at 187 Five Points Richmond. The game begins at 7:00 pm and the doors will open at 6:00 pm. Be sure to purchase your tickets in advance. An online processing fee of \$1.50 per ticket will be added to your final total. The Online Box Office For This Event Closes 3 Hours Prior To The Game. Tickets purchased online will be sent via email. Please type your email address carefully! You must print the ticket(s) and bring them to the event. Your ticket will be scanned for entry. Tickets: <https://pretix.eu/harlemwizards/bangor/>

Boy Scout Fundraiser

Boy Scout Troop 102 of Saylorsburg is raising funds to purchase a new equipment trailer used to haul gear for the scouts' monthly campouts. You can support the Boy Scouts and enjoy a meal out by participating in our Dine and Donate at Texas Roadhouse in Stroudsburg on 2/25 and/or 2/28.

Mega Million Jackpot on Friday the 13th

DES MOINES, Iowa (AP) — Maine scored its first Mega Millions jackpot — and someone beat the ill fortune of Friday the 13th — when a ticket purchased in the state matched the winning numbers for the lottery's estimated \$1.35 billion grand prize.

The lucky combination of numbers drawn late Friday night were: 30, 43, 45, 46, 61 and gold Mega Ball 14.

The winner, whose name is not yet known, overcame steep odds of 1 in 302.6 million, which led to three months of drawings without a claim on the jackpot.

Free Clothes Closet Today

Saturday, January 14th, and Tuesday 17th at 10:30 am to 12:30 at the Slate Belt Church a cross from Wind Gap Middle School (Use doors on the right when in parking lot not the main glass doors)

Cancer Awareness Night -Pink Out

Pen Argyl Girls Basketball and Palisades Girls Basketball programs are hosting a Pink Out game on January 17. They are joining in the Fight against Cancer for two hometown heroic non profits in Cancer 365 and Greet the Dawn Foundation. Join them on the court to support our local families and their fight against cancer

PUBLISH YOUR EVENT

To publish info about your event, e-mail sbtopics@rcn.com
Please send in text form. Do not send photos of text.



Wind Gap
CHEVROLET-BUICK
199chevy.com

1043 S Broadway, Wind Gap, PA 18091-0248

610 - 863 - 6100



Slate Belt Weather Forecast

Partly Sunny 34 Today ... Sunny 40 Sunday

National Weather Service Forecast - 6am Today

Today, Partly sunny, with a high near 34. North wind around 15 mph, with gusts as high as 25 mph.

Tonight, Partly cloudy, with a low around 24. North wind around 15 mph, with gusts as high as 35 mph.

Sunday, Sunny, with a high near 40. North wind 10 to 15 mph, with gusts as high as 25 mph.

Sunday Night, Mostly clear, with a low around 23. North wind 5 to 10 mph.

M.L.King Day, Sunny, with a high near 44. Northwest wind 5 to 10 mph.

Monday Night, Mostly cloudy, with a low around 29.

Tuesday, A chance of rain or freezing rain before 1pm, then a chance of rain. Mostly cloudy, with a high near 43. Chance of precipitation is 30%.

Tuesday Night, Mostly cloudy, with a low around 37.

Wednesday, Mostly cloudy, with a high near 49.

Wednesday Night, Mostly cloudy, with a low around 34.

Thursday, Rain and snow likely. Cloudy, with a high near 42. Chance of precipitation is 70%.

Thursday Night, Rain likely. Cloudy, with a low around 35. Chance of precipitation is 70%.

Friday, Partly sunny, with a high near 42.



Area Roadwork January 16 - 20

**ROUTE 611 FROM SLATEFORD ROAD TO
DELAWARE WATER GAP CLOSED UNTIL SEPTEMBER 1.**

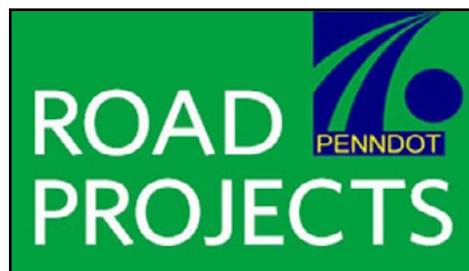
Interstate 78 Between: Exit 71 (PA 33) and Exit 60 (PA 309) Restriction: Westbound lane restriction
09:00 AM To 02:00 PM Start date: 1/18/23 Est completion date: 1/18/23

Interstate 78 Between: Exit 75 (To PA 611) and Exit 60 (PA 309) No restriction for shoulder work.
Start date: 1/19/23 Est completion date: 1/19/23

US 22 West ramps at 25th Street No restriction for work off the road. Start date: 1/17/23 Est completion date: 1/20/23

PA 33 Between: US 22 and County Line. No restriction. Start date: 1/17/23 Est completion date: 1/20/23

Jacobsburg Road Between: Bushkill Center Road and PA 512. Lane restriction 09:00 AM To 02:00 PM with flagging. Start date: 1/17/23 Est completion date: 1/20/23



Happening Soon

Saturday January 14

Blue Mountain Library - Open 10-12

Bangor Public Library - Open 10-4

Slate Belt YMCA - 8-4

Slate Belt Heritage Center - Open 12-3

Hope, Faith & Recovery Group, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

Sunday January 15

Slate Belt Heritage Center - Open 12-3.

Slate Belt YMCA - 10-2

Monday January 16

Blue Mountain Library - Open 10-12 & 6-8pm

Bangor Public Library - Open 1-8

Slate Belt Senior Center - Open 8-3:30.

Blue Valley Farm Show

Plainfield Township Planning

Commission - Municipal Building, 7:00 pm.

Lower Mount Bethel Supervisors - Meets Centerfield Building - 7pm

Pump - 8:30-11:30

Slate Belt YMCA - Open 6:00am - 8:00pm

Tuesday January 17

Bingo - Portland Fire Co., 7pm.

Blue Mountain Library - Open 10-12 & 6-8pm

Bangor Public Library - Open 10-8

Slate Belt Senior Center - Open 8-3:30.

Blue Valley Farm Show

Mission of Love Food Pantry & Clothes Closet - N. Main St., Bangor, 10-2

Roseto Planning Commission - 7:00pm Borough Hall

Slate Belt YMCA - Open 6:00am - 8:00pm

Washing Twsp. Planning - 7pm

Wind Gap Boro - Council 7pm

WHAT'S GOING ON????
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Recent Photo Galleries



Pen Argyl - NL Wrestling



Bangor-NW Girls



Bangor - Northern Lehigh



Bangor - Wilson Girls

Take A Five-Minute Walk Every Half Hour For Better Health

Short Walks Can Significantly Lower the Risk of Heart Disease and Other Illnesses.”



By Alice Clifford via SWNS

A five-minute walk every half an hour is just the tonic for better health, according to a new study.

Following the regime has the power to lower both blood sugar levels and blood pressure, say scientists.

The Columbia University study shows that taking these specific walking breaks can reduce blood sugar spikes by almost 60 percent compared to sitting all day.

They also leave you feeling less tired and significantly improve your mood.

The 11 participants of the study sat in an ergonomic chair for eight hours and were instructed when to take walking breaks.

They took part in five different regimes. They either walked for one minute every 30 minutes of sitting, one minute after 60 minutes, five minutes every 30, five minutes every 60, or they didn't walk at all.

Study lead author Professor Keith Diaz, of Columbia University Vagelos College of Physicians and Surgeons, said: “If we hadn't compared multiple options and varied the frequency and duration of the exercise, we would have only been able to provide people with our best guesses of the optimal routine.”

The researchers ensured that each person didn't over or under-exercise.

The participants were allowed to work on laptops, read books, use their phones and were given meals throughout the study.

After all the tests were done it was revealed that the optimal amount of movement was five minutes of walking every 30 minutes.

Taking a walking break every 30 minutes for one minute also provided modest benefits for blood sugar levels throughout the day.

However, walking every 60 minutes for either one minute or five had no positive impact.

The researchers found that walking significantly reduced blood pressure by four to five mmHg compared to sitting all day.

Dr. Diaz said: “This is a sizeable decrease, comparable to the reduction you would expect from exercising daily for six months.”

He added: “The effects on mood and fatigue are important.

“People tend to repeat behaviors that make them feel good and that are enjoyable.”

He added: “What we know now is that for optimal health, you need to move regularly at work, in addition to a daily exercise routine.

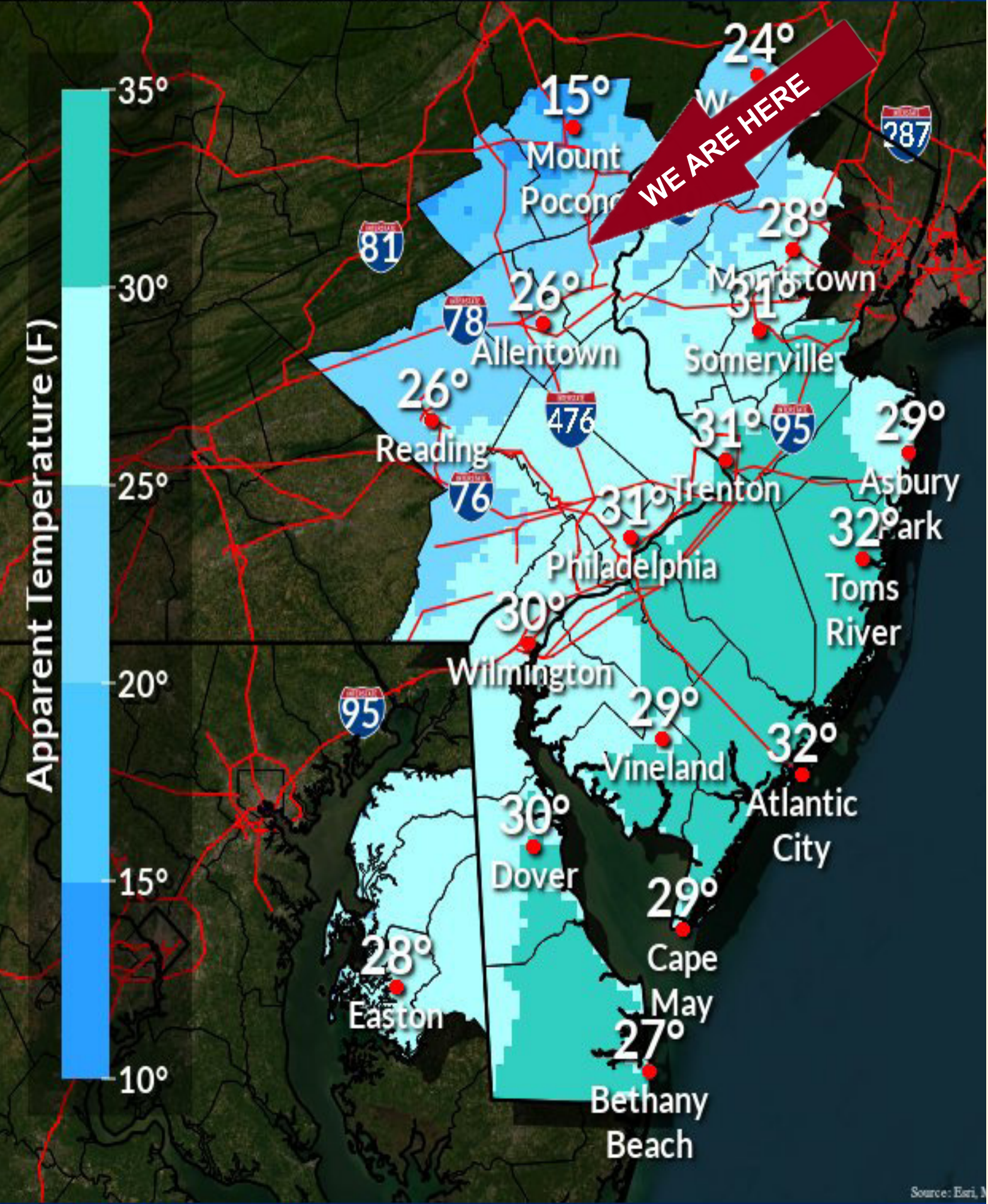
“While that may sound impractical, our findings show that even small amounts of walking spread through the workday can significantly lower your risk of heart disease and other chronic illnesses.”

The study was published in *Medicine & Science in Sports & Exercise*, the journal of the American College of Sports Medicine.

**SLATE BELT'S ONLY DAILY PAPER REACHING
3,000 PEOPLE IN THE SLATE BELT EVERYDAY**

Chilly conditions Saturday

Wind chill readings for the afternoon



NWSMount Holly

Free Throw Contest

All boys and girls ages 9 to 14 are invited to participate in the local level of competition Knights of Columbus Free Throw Championship. Friday, January 20 at Immaculate Conception School - 290 W. Babbitt, Pen Argyl, gymnasium at 7:00PM. In the event of inclement weather, a snow date is set for Friday, January 27.

The Knights of Columbus Free Throw Championship is sponsored annually, with winners having the opportunity to progress through local, and regional competitions. All boys and girls ages 9 to 14 are eligible to participate and will compete in their respective age divisions. Participants are required to furnish proof of age and written parental consent at time of competition.

Library Fundraiser

Tickets to the Blue Mt. Library Fundraiser will be available to purchase at the library Jan. 16 through Feb. 11,

The choices available are: Beef With Onion, Beef No Onion, Chicken, and Veggie. Price per Pastie is \$7.00, payable by cash or check. Tickets must be redeemed March 1 through May 31, 2023 at Mr. Pastie, 10 Bell Ave., Pen Argyl, PA. Visit their website at www.bmcl.org or their Facebook page for more information or call 610-863-3029.

BASD Kindergarten

Bangor Online kindergarten registration is available for parents and/or guardians through the district website (www.bangorslaters.com).

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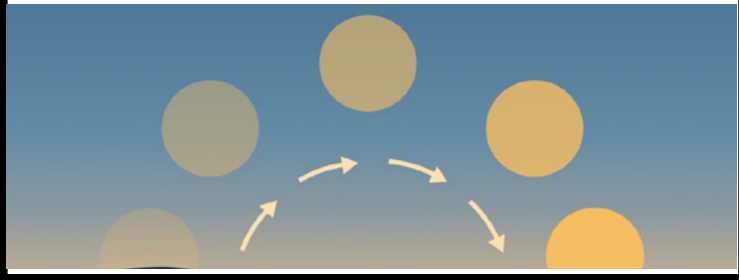
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SLATE BELT TODAY BY THE NUMBERS

<div>Temperature</div> <div>(Yesterday)</div> <div>High</div> <div>51</div> <div>(Today's Forecast)</div> <div>High</div> <div>34</div> <div>Low</div> <div>31</div> <div>Low</div> <div>24</div>	<div>COPD</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can make one less or more likely to develop a pulmonary attack. Lower numbers are less while higher numbers increase the chance.</div>	<div>Asthma Index</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can trigger asthma. A higher index mean more people w/asthma could be affected by temperature and allergens.</div>
<div>Sinus Headache</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can make one less or more likely to develop a migraine. Lower numbers are less while higher numbers increase the chance.</div>	<div>Migraine Headache</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can make one less or more likely to develop a migraine. Lower numbers are less while higher numbers increase the chance.</div>	<div>Common Cold</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Combination of weather factors that can make one less or more likely to catch a cold.. Lower numbers are less while higher numbers increase the chance.</div>
<div>Air Quality</div> <div>AM Reading</div> <div>Columbia N.J - 24</div> <div>Bethlehem - 11</div> <div>Allentown - 8</div> <div>Monroe - ND</div> <div>→ Good 0-50</div> <div>Moderate (51-100)</div> <div>Bad for Some (101-150)</div> <div>Very Bad 150+</div>	<div>Arthritis Index</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Scale of 0-10 with 0 indicating a very low risk of weather-related arthritis pain, and 10 indicating the highest chance of pain.</div>	<div>Cooling Degree Days</div> <div>Yesterday</div> <div>0</div> <div>Season</div> <div>0</div> <div>Used to track energy use. Add the daily high and low temperatures, divide by 2 and add 65 to calculate heating degree days.</div>
<div>Rainfall/Snowfall</div> <div>Rain</div> <div>Recent - 0.00</div> <div>Month - 1.88</div> <div>Year - 1.88</div> <div>Snow</div> <div>Recent 0.0</div> <div>Month 2.75</div> <div>Season 2.75</div>	<div>UV Index</div> <div>0 1 2 3 4 5 6 7 8 9 10 11 12</div> <div>↑</div> <div>(Ultra Violet Rays) Lowest number indicates a low risk of harm from unprotected sun exposure, higher numbers indicate reater risk No alert in effect for today.</div>	<div>Heating Degree Days</div> <div>Yesterday</div> <div>22</div> <div>Season</div> <div>2409</div> <div>Used to track energy use. Add the daily high and low temperatures, divide by 2 and subtract 65 to calculate heating degree days.</div>
<div>Sun</div> <div>Sunrise</div> <div>7:24 AM</div> <div>Sunset</div> <div>4:57 PM</div> <div></div>	<div>Pollen Count</div> <div>0 1 2 3 4 5 6 7 8 9 10 11 12</div> <div>↑</div> <div>Scale of 0-12 with zero indicating the least potential allergy and 12 the most. Most prevalent allergen is Ragweed</div>	<div>Flu Index</div> <div>0 1 2 3 4 5 6 7 8 9 10</div> <div>↑</div> <div>Flu index: (0-10) Combo of historical data and temperature. A high flu index means the spread of a flu is very favorable, assuming the disease is present</div>

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PUBLISH YOUR EVENT

To publish info about your event, e-mail sbttopics@rcn.com Please send in text form. Do not send photos of text.

January 16

Winter Variety Auction

Winter Variety Auction at Hartzells will be held on Monday, January 16th @ 10am

Preview: January 9th from 8:00am till 2:00pm; January 10th – 12th from 9:00am till 3:00pm & January 13th 9am till 2pm

Large Variety of Country and Primitive Antiques including stoneware and yellowware, wooden decoys and signs, dolls and toys, brass and copper, cast iron and railroad lanterns, advertising tins and political pins, jewelry and pocket watches, fountain pens and paper goods, prints and paintings, lighting and books, musical instruments, playground toys, stack bookcases and more.

This will be an in-person and online Auction. Absentee / Phone / On-Line Bidding 610-588-5831.

January 17

Cancer Awareness Night

Cancer Awareness Night is planned for the Pen Argyl Girls Basketball January 17 at their home game with Palisades.

January 20

Free Throw Contest

All boys and girls ages 9 to 14 are invited to participate in the local level of competition Knights of Columbus Free Throw Championship. The local co Ave. The competition will be held on Friday, January 20 at Immaculate Conception School - 290 W. Babbitt, Pen Argyl, gymnasium at 7:00PM. In the event of inclement weather, a snow date is set for Friday, January 27. The Knights of Columbus Free Throw Championship is sponsored annually, with winners having the opportunity to progress through local, and regional competitions. All boys and girls ages 9 to 14 are eligible to participate and will compete in their respective age divisions. Participants are required to furnish proof of age and written parental consent at time of competition.

January 22

Bingo

Auxiliary BINGO at Roseto American Legion Sunday, January 22, 2023, at 2PM. Open to Members and their guests.

January 25

Winter Plant Walk

Wednesday, January 25 at 10:00am to 11:30am. Join volunteer Doug Burton on a walk through the woods and fields of Jacobsburg in search of winter plants that provide food for birds and other animals. Learn how to identify plants in winter and enjoy the winter landscape. Dress for the weather and wear comfortable hiking shoes. If we have deep snow we will walk in snowshoes! Registration is required.

<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

January 26

Teacher Appreciation Night

Teacher Appreciation Night is planned for the Pen Argyl Girls Basketball January 26 at their home game with Northern Lehigh.

January 27

Klondike Derby

The 2023 Monroe Invitational Klondike Derby will be held on 27, 2023 At 6 PM – Jan 30, 2023 At 10 AM

Camp Minsi Registration Now Open For The 2023 Monroe Invitational Klondike Derby

Bring out your Scouts, BSA troops for a challenging series of events to test their Scouting skills on the frozen tundra of Camp Minsi. January 27-29, 2023

<https://minsitrails.doubleknot.com/event/2956213>

January 28

Scotch Doubles Pool Tournament

Dyle E Bray Home Association Route 191 South of Bangor. (Former VFW)

Come out Saturday, January 28, 2023 At 11 AM for Scotch Doubles Pool Tournament. \$32 a team entry fee. Doors will open at 10am games start at 11am. It will be ball in hand rules. Kitchen will be open. For address the club was formerly known as Bangor VFW. Call or contact page for any questions 610-588-5555. No open players are permitted for the event.

February 2,3

Project Feeder Watch Monitoring

Thursday, February 2 & Friday, February 3 at 8:30am to 3:30pm

Thursday, February 23 & Friday, February 24 at 8:30am to 3:30pm

You must have already participated in Birds and Bagels - Citizen Science and Monitor Training to register for this volunteer opportunity. Volunteer as a citizen scientist to observe and record bird

READ MORE

SLATE BELT CHURCH INFORMATION



Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor

www.christpsb.org

More info 610-588-4864.

E-mail: info@christpsb.org.

Sunday Worship, 10:00 a.m.

in-person/Zoom/Facebook Live.

For more info: 610-588-4864.

Flicksville UCC

1337 Lower South Main St., Bangor

Pastor Ken Hess 610-588-4648

www.flicksvilleucc.com

Worship at 10:45am

Sunday School - 9:30am

Trinity Lutheran Church

404 Broadway Bangor (610-588-2023)

telcbangor@frontier.com

Sunday worship 10:30am

Holy Communion: First and Third Sundays

Refreshments after. Masks optional.

East Bangor UMC

136 W. Central Ave. (Rt.512) East Bangor

January 14 - A.A Meeting 8pm

January 15- 9:30 a.m. Worship Service

January 19- Choir Rehearsal

(Live & on Zoom) 10:45 Fellowship Hour

(For Zoom, go to ebumc.org to sign in)

Christ Evangelical Lutheran Church

703 South Delaware Drive Mt. Bethel,
18343

<http://www.celepa.org/>

Email: celepaorg@yahoo.com

610-588-7056

Worship: Sundays 9:00 a.m.

Holy Communion: First and Third Sunday

Toddler Sunday School: Sept-May 10:15

Richmond United Methodist Church

Rev. Peter Jamieson, Pastor

<http://richmondumc.com/>

8538 Delaware Dr, Bangor, PA 18013

610.588.7317 | richmondumc@epix.net

Sunday Worship - Weekly at 10:00 a.m.

First United Methodist Church of Bangor

Pastor Elisandra Garcia - 610-588-4673

55 North Third Street, Bangor PA

11:00am service (Communion First Sunday)

Prince of Peace Ev. Lutheran Church

Rev. Michael J. Scholtes, 610-588-2355

2445 Lake Minsi Dr, Bangor

popbangor.org

poplcbangor@gmail.com

Sunday Worship 9:45 am (Weekly

Communion) Sunday School 8:30 am

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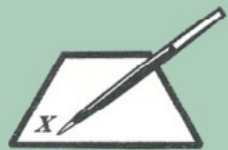
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January 8 Worship

**Worship Times &
Schedules Are Public
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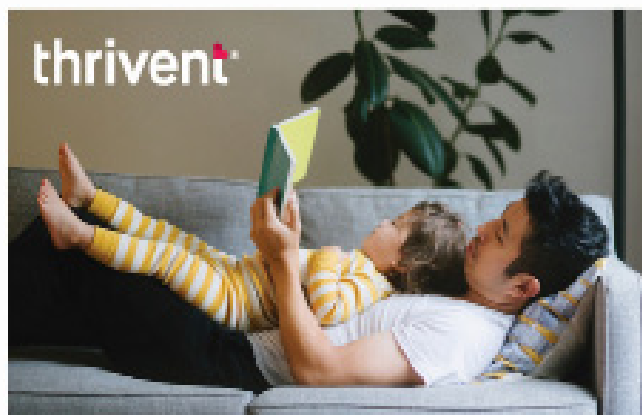
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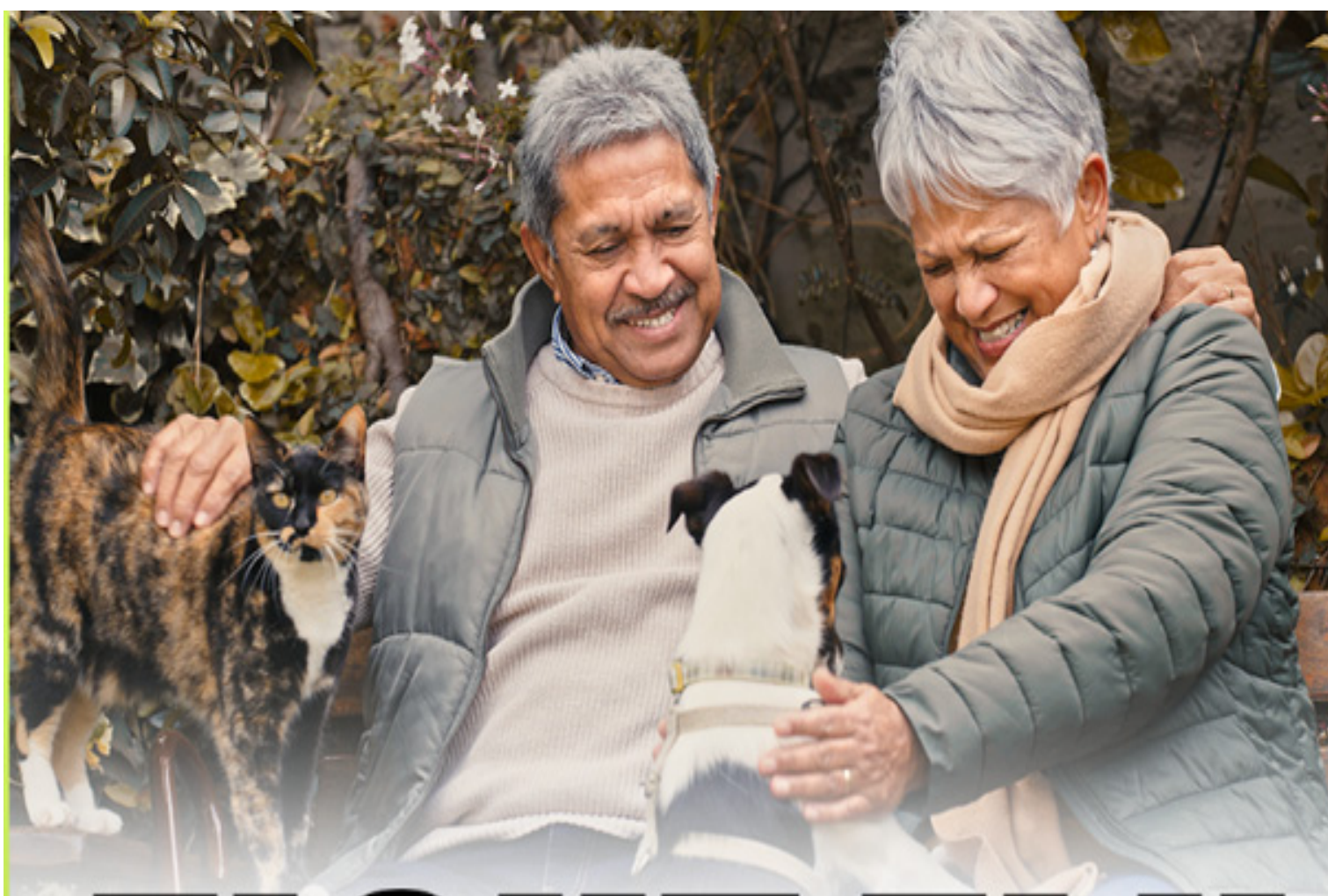
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29GBEL IRB-20



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#FIGHT FLU



Take at least 3 10-minute exercise breaks a day!

 **pennsylvania**
DEPARTMENT OF HEALTH

Slate Belt Town Topics Sports



Wrestling

Girls Basketball

Boys Basketball

2022 -23 Sports Schedule

Pen Argyl Girls (9-4)

12/2	NDES W 64-12	2:30pm
12/3	Moravian W 45-34	1:00pm
12/6/	Saucon W 60-31	6:45pm
12/8/	Palmerton L 49-46	6:45pm
12/12/	Wilson W 62-24	6:45pm
12/19/	@ NDGP L 49-37	6:45pm
12/22	Lehigh W 46-37	6:45pm
12/21/	Bangor L 45-37	6:45pm
12/27	PME - W 47-38	6:00pm
1/5/	Palisades W 51-24	6:45pm
1/7/	Northwestern L 51-36	12:45pm
1/9/	Salisbury W	6:45pm
1/12/	Whitehall W 54-34	7:00pm
1/14/	Southern Lehigh	12:45pm
1/17/	Palisades	6:45pm
1/19/	@ Catasauqua	6:45pm
1/24/	@ Saucon Valley	6:45pm
1/26/	Northern Lehigh	6:45pm
1/28/	Wilson	12:45pm
2/1/	@ Moravian	6:45pm
2/4/	Notre Dame G.P.	12:45pm
2/7/	@ Bangor	6:45pm

(Seniors 2/4)

Pen Argyl Boys (5-8)

12/2	NDES L 55-44	4:00pm
12/3	Moravian L 51-36	2:45pm
12/6/	Saucon L 46-32	6:45pm
12/8/	Palmerton L	6:45pm
12/12/	Wilson W 58-41	6:45pm
12/19/	NDGP L 60-35	6:45pm
12/21/	@ Bangor W 45-40	6:45pm
12/22	@ Lehigh L 45-42	7:00pm
12/27	@ N. Warren W 50-36	1:30pm
12/28	@ Sussex W 57-37	TBA
1/5/	Palisades W 52-46	6:45pm
1/7/	Northwestern L 52-40	12:45pm
1/9/	Salisbury L 43 - 33	6:45pm
1/14/	@ Southern Lehigh	12:45pm
1/17/	@ Palisades	6:45pm
1/19/	Catasauqua	6:45pm
1/24/	Saucon Valley	6:45pm
1/26/	@ Northern Lehigh	6:45pm
1/28/	@ Wilson	12:45pm
2/1/	Moravian	6:45pm
2/4/	@ NDGP	12:45pm
2/7/	Bangor	6:45pm

(Seniors 2/1)

Pen Argyl Wrestling (1-2)

12/2/	NDGP L 69-3.	7:00pm
12/3/	@ Rough Rider	9:00am
2/7/	Saucon Valley L 43-24	7:00pm
12/16	Lehigh	7:00pm
12/22/	@ Palmerton	7:00pm
1/4/	@ Salisbury	7:00pm
1/6/	@ Wilson	7:00pm
1/7/	@ Valley Forge	9:00am
1/11/	N. Lehigh W 63-9	7:00pm
1/18/	Palisades	7:00pm
1/20	@ Coal Cracker	4:00pm
1/21	@ Coal Cracker	11:00am
1/25/	Bangor	7:00pm
1/27/	@ Ultimate Warrior	11:00am

(Seniors 1/18)



Bangor Girls (12-2)

12/6/	Moravian W 46 -27	6:45pm
12/8/	NDGP W 43-37	6:45pm
12/10	Northampton L 47-46	12:45pm
12/12	Catasauqua W 47-29	6:45pm
12/15	@ Palisades W 36-16	6:45pm
12/17	E'burg North W	1:00pm
12/19/	Saucon Valley W	6:45pm
12/21/	@ Pen Argyl W 45-37	6:45pm
12/27	@ Wm. Allen W 48-30.	2:30pm
12/28	@ NDES W 38-9	2:30pm
1/5/	Wilson W 52 - 32	6:45pm
1/7/	@ N. Lehigh W	12:45pm
1/9/	Northwestern L 61-25	6:45pm
1/12/	@ Salisbury W 42-22	6:45pm
1/17/	@ Wilson	6:45pm
1/19/	@ S. Lehigh	6:45pm
1/24/	Moravian	6:45pm
1/26/	@ NDGP.	6:45pm
1/28/	Palmerton	12:45pm
2/1/	Palisades	6:45pm
2/4/	@ Saucon Valley	12:45pm
2/7/	Pen Argyl	6:45pm

(Seniors 1/24)

Bangor Boys (8-6)

12/6/	Moravian W 58-47	6:45pm
12/8/	@ NDGP L 56-22.	6:45pm
12/10	Northampton W 46-39	1:00pm
12/12/	Catasauqua W 58-30	6:45pm
12/15/	Palisades W 36-16	6:45pm
12/17	@ Pleasant Valley L	7:00pm
12/19/	@ Saucon Valley L	6:45pm
12/21/	Pen Argyl L 45-40	6:45pm
12/27	@ Easton L 47-39	7:30pm
12/27	@ Hatboro L 66-67	TBA
1/5/	@ Wilson W 51-48	6:45pm
1/7/	N. Lehigh W 70-33	12:45pm
1/9/	Northwestern W 60-57	6:45pm
1/12/	Salisbury W 58-28	6:45pm
1/17/	Wilson	6:45pm
1/19/	Southern Lehigh	6:45pm
1/24/	@ Moravian Acad.	6:45pm
1/26/	Notre Dame G.P.	6:45pm
1/28/	@ Palmerton	12:45pm
2/1/	@ Palisades	6:45pm
2/4/	Saucon Valley	12:45pm
2/7/	@ Pen Argyl	6:45pm

(Seniors 1/12) (HOF 1/7, 1pm)

Bangor Wrestling (2-5)

12/3	@ Bethlehem Battle	7:30am
12/7/	Catasauqua L 43-24	7:00pm
12/9/	Palisades L 34-33	7:00pm
12/14/	Saucon Valley L 61-6	7:00pm
12/16/	@ Belvidere W	7:00pm
12/20/	Wilson W 25-24	7:00pm
12/29	@ Trojan Wars	TBA
12/30/	@ Trojan Wars	TBA
1/4/	Northwestern L 37-30	7:00pm
1/11/	NDGP L 68-0	7:00pm
1/18/	@ Southern Lehigh	7:00pm
1/20	@ Coal Cracker	1:45pm
1/21	@ Coal Cracker	9:00am
1/25/	@ Pen Argyl	7:00pm
1/26/	@ Del Val	7:00pm

(Seniors 1/25)



High School Varsity Rosters 2022 - 23

Bangor Boys

- 5 Marquise Acree
- 14 Nickolas Castelletti
- 1 Alex Farensbach
- 12 Joshua Giaquinto
- 30 Quin Karner
- 3 Ashton Kluska
- 4 Bryan Marmol
- 2 Hunter McShane
- 11 Gavin Nelson
- 54 Cody Quagliato
- 20 Jeremiah Singer
- 23 Ryan Wildrick

Bangor Girls

- 4 Madyson Escuadro
- 2 Jayleigh Figurski
- 12 Kaylynn Figurski
- 11 Kyleena Gonzalez
- 14 Linzey Hann
- 21 Jade Hendricks
- 31 Caydence McLain
- 10 Jackelin Miller
- 25 Avery Nelson
- 3 Julia Pinter
- 43 Jace Polowy
- 1 Madeline Stout

Pen Argyl Wrestling

- Ethan Alvarado 215
- Riley Alvarado 172
- Yakup Aybaz 285
- Jonathon D’Alessandro 121
- Luke Dalton 114
- Michael Fuller 133
- Bo Hatesaul 160
- Noah Hillis 160
- Arman Khan 215
- Jace LaBar 121
- Timothy McLain 189
- Aidan McNulty 133
- Parker Reimel 145
- Tyler Scholato 152
- David Sipley 145
- Carter Smith 107
- Landen Smith 152
- Benjamin 2025 114
- Riley Stapp 189
- Riley Waldron 145
- Kody Ward 160

Pen Argyl Boys

- 12 Blake Boyer
- 50 Dominic Dauley
- 21 Christian Hershey
- 22 Ethan Holland
- 0 Trowne Irwin-Hill
- 10 Chase Kennedy
- 5 Lincoln Kuster
- 33 Jacob Martini
- 32 Jack McLaughlin
- 35 Thomas Mulroy
- 23 Bradley Rissmiller
- 24 Mason Soos
- 3 Damian Tyminski
- 4 Cayden Vishnesky

Pen Argyl Girls

- 3 Emma Albanese
- 15 Julia Antonioli
- 2 Mckenna Cunningham
- 44 Hailey Frey
- 1 Jasmine Holland
- 22 Macy Kotulka
- 24 Kayla Maggipinto
- 35 Alexandra Marshall
- 20 Natosha Morrison
- 21 Jillian Morro
- 10 Kristen O’Brien
- 33 Ashlyn Oessenick
- 4 Kylee Uhler
- 12 Julia Vargo
- 5 Ellianna Wallbillich
- 32 Grace Weaver
- 11 Callia Wilgus
- 42 Katie Wilgus

Pen Argyl Wrestling

- Isaiah Adams
- Luca Albanese
- Adam Bartholomew
- Connor Bartholomew
- Hunter Beers
- Michael Culver
- Michael Culver
- Rocco DeCesare
- Gian Greggo
- Kael Grim
- Evan Johnson
- Kristoffer Kessler
- Nuallan King
- Aidan Knorr
- Brayden Krasnopera
- Blayke Lacey
- Cole Lobb
- Cody Long
- Zachary Metzgar
- Alex Moser
- Shane Moser
- Collin Ramsay
- Vincent Reto
- Madacyn Rivera
- Benjamin Whitley
- Mgr Brooke Bowie
- MgrDelaney Brinker
- MgrAlexis Burrier

SPECIAL EVENTS CONTINUED

observations at Jacobsburg's feeders. You can choose what times you would like to monitor between the hours of 8:30AM- 3:30PM, all day commitment is not required. Register to let us know what hours you are available to monitor.

<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

February 9

Intro to Fly Fishing

Thursday, February 9 at 6:00pm to 8:00pm

Interested in learning to fly fish? Trout Unlimited, Forks of the Delaware Chapter will offer a program on how to best start out fly fishing. They will discuss what equipment is necessary and offer demonstrations. You can also practice your best rollcast using Jacobsburg's loaner flyrod kits. This will take place indoors. Registration is Required.

<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

Valentine's Day Special - Archery for Couples

Saturday, February 11 at 10:00am to 12:00pm

Have you been hit by Cupid's arrow? Join us for a two-hour intro-to-archery program where you will learn to accurately shoot a bow and spend quality time with your partner. Warm fire will be provided to keep the relationship from getting cold. Please dress for the weather and plan on spending the entire time outdoors. Registration for a minimum of two is required.

<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

Relax & Draw

On February 9th, relax and draw the stress away alongside artist Jeffrey Green. All materials included. \$25.00 per person. We will be starting off the year with the subject of a copper tea kettle. Fun with earth tones, shiny highlights, and color nuance. No bad vibes, just encouraging teaching. Feel free to reserve your seat online, or pay before the class begins.

<http://shopbloom.store/collections/classes>

February 11

Valentine's Day Special - Archery for Singles

Saturday, February 11 at 1:00pm to 3:00pm

Don't have a date for Valentine's Day? That's okay! Meet other singles at this two-hour intro-to-archery program where you will learn the steps to shooting a bow accurately. You may choose to commiserate about your relationship status with others by the fire provided or use your new archery skills to become your own Cupid. Either way, it will be a fun time. Please dress for the weather and plan on spending the entire time outdoors. Registration is required.

<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

[er=date&search=jacobsburg](https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg).

Liztech Bingo,

Liztech Bingo, Feb. 11, 2023. Doors open at 11am, Bingo starts at 1pm. Advance tickets are \$25, day of \$30. Your ticket includes bingo boards to play all bingo games for the event. Extra boards and tricky tray tickets may be purchased at event. Contact Stephanie at 610-216-6716 or email phl33ladies@gmail.com for tickets. Or new this year purchase tickets online via our square site- <https://portlandhookandladder.square.site/>

February 12

Lenape Program

The Slate Belt Heritage Center will hold their monthly historic program on Sunday, February 12, 2023 @ 2:00 PM. Speaker, for the afternoon, will be Adam DePaul, Chief of Education and Tribal Story Keeper for the Lenape Nation of Pennsylvania. Mr. DePaul will discuss the past and present of the Lenape in Pennsylvania, including their relationship with both William Penn and His sons, the Walking Purchase, the Lenape's survival throughout colonialism, their diaspora and those who remain in their homeland. Additionally, he will discuss current initiatives to revitalize Lenape Culture, such as their Language Revitalization Project and the Rising Nation River Journey. The event is free and open to the public. The Heritage Center is located at 30 North 1st Street, Bangor, PA. For additional information contact: Karen Brewer @ 484-894-5661

February 14

Valentine's Day will be extra special next year at the Palmer Park Mall with the Paws & Kisses Valentine's Day Pet Expo! We're looking for extra special vendors & crafters (pet & non-pet related) to join us! We're also looking for pet rescues to join us as well! To register simply text (272)-200-8163.

Cost for vendors/crafters is \$40 per space.

<https://facebook.com/events/s/paws-kisses-valentines-day-pet/451248340402251/>

February 17

Family Science Night – Wings and Things

Friday, February 17 at 6:00pm to 7:30pm

Wings are found on many different types of animals! We will look at why certain animals are able to live in the sky while others remain on the ground. Families will then craft their own flighty friends to complete in various aeronautical challenges. Registration is required.

<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

February 19

Plainfield Bingo

The Plainfield Twp. Vol. Fire Co. will be hosting a Jackpot Bingo on Sunday, February 19, 2023. Doors open at 11am Games start at 1pm. Event will be held at our Banquet Facility located at 6480 Sullivan Trail, Wind Gap PA 18091. We will be having Regular bingo Games, Specials, Pull Tab tickets, 50/50, Tricky Tray, and many other games of chance to play. Presale tickets will be \$30.(please click on link for presale tickets) Tickets at the door will be \$35. Our Concession stand will be open. (No outside food or beverage allowed.)

Stop on out and help support your local fire co!

Here is some insight what will be at the Bingo on Sunday. With your door admission you will receive a 9 board top bingo package for the regular bingo games. You will also receive your specials package.

February 23,24

Project Feeder Watch Monitoring

Thursday, February 23 & Friday, February 24 at 8:30am to 3:30pm

You must have already participated in Birds and Bagels - Citizen Science and Monitor Training to register for this volunteer opportunity. Volunteer as a citizen scientist to observe and record bird observations at Jacobsburg's feeders. You can choose what times you would like to monitor between the hours of 8:30AM- 3:30PM, all day commitment is not required. Register to let us know what hours you are available to monitor.

<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

February 25

Exploring Jacobsburg's Foundations

Saturday, February 25 at 10:00am to 11:30am

Historically, the Bushkill Creek was dammed and diverted for many industrious activities. On this exploratory walk, we will piece together the clues of the past to imagine the village which would eventually become our namesake. Registration is required.

<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

Cavity Nesting Boxes Install and Upkeep

Saturday, February 25 at 1:00pm to 3:30pm

Join us in preparing our nesting boxes for the upcoming season. We will be installing wood duck boxes and numbering the current nesting boxes on the homestead trail. Waders and equipment will be provided. Registration is required.

February 25,28

Boy Scout Fundraiser

Boy Scout Troop 102 of Saylorsburg is raising funds to purchase a new equipment trailer used to haul gear for the scouts' monthly campouts. You can support the Boy Scouts and enjoy a meal out by participating in our Dine and Donate at Texas

PEN ARGYL WRESTLERS PIN NORTHERN LEHIGH 63-9



- 107 - **Blayke Lacey** pinned Noah Gosart, 4:57 (6-0)
- 114 - **Isaiah Adams** won by forfeit (12-0)
- 121 - Cody Mazzocca dec. **Aiden Knorr**, 5-3 (12-3)
- 127 - **Collin Ramsay** pinned Skyler Loos, 0:29 (18-3)
- 133 - **Luca Albanese** dec. Austin Rex, 4-2 (21-3)
- 139 - **Cole Lobb** won by forfeit (27-3)
- 145 - **Hunter Beers** pinned Emil Mustafin, 1:30 (33-3)
- 152 - **Alex Moser** pinned Amir Mustafin, 1:47 (39-3)
- 160 - **Nuallan King** won by forfeit (45-3)
- 172 - **Kristopher Kessler** pinned Chase Moffit, 3:46 (51-3)
- 189 - **Gian Greggo** pinned Bailey Smith, 0:12 (57-3)
- 215 - **Michael Culver** won by forfeit (63-3)
- 285 - Sam Frame pinned **Brayden Krasnopera**, 0:49 (63-9)

(Pen Argyl Wrestlers in Bold)

Photos: Elliot Lorah-Pfeiffer

PHOTO GALLERY





Northwestern 61 Bangor 25
Photos: Lynn Cistone
PHOTO GALLERY



Pen Argyl 70 Salisbury 25
(Individual Scoring Unavailable)

Photos: Katrina Valente
PHOTO GALLERY

SLATERS IMPROVE RECORD TO 10-1



Bangor 54 Wilson 32

Bangor Scoring: Stout 4,
Figurski 6, Pinter 19, Gonzales
4, Nelson 8, McLain 2, Toth 7,
Polowy 2.

3-Pointers: Nelson 1, Toth 1

Photos: Lynn Cistone
PHOTO GALLERY



State Farm

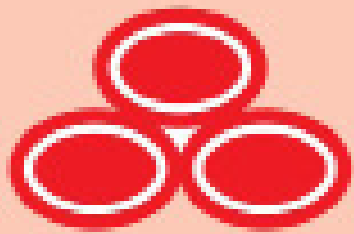
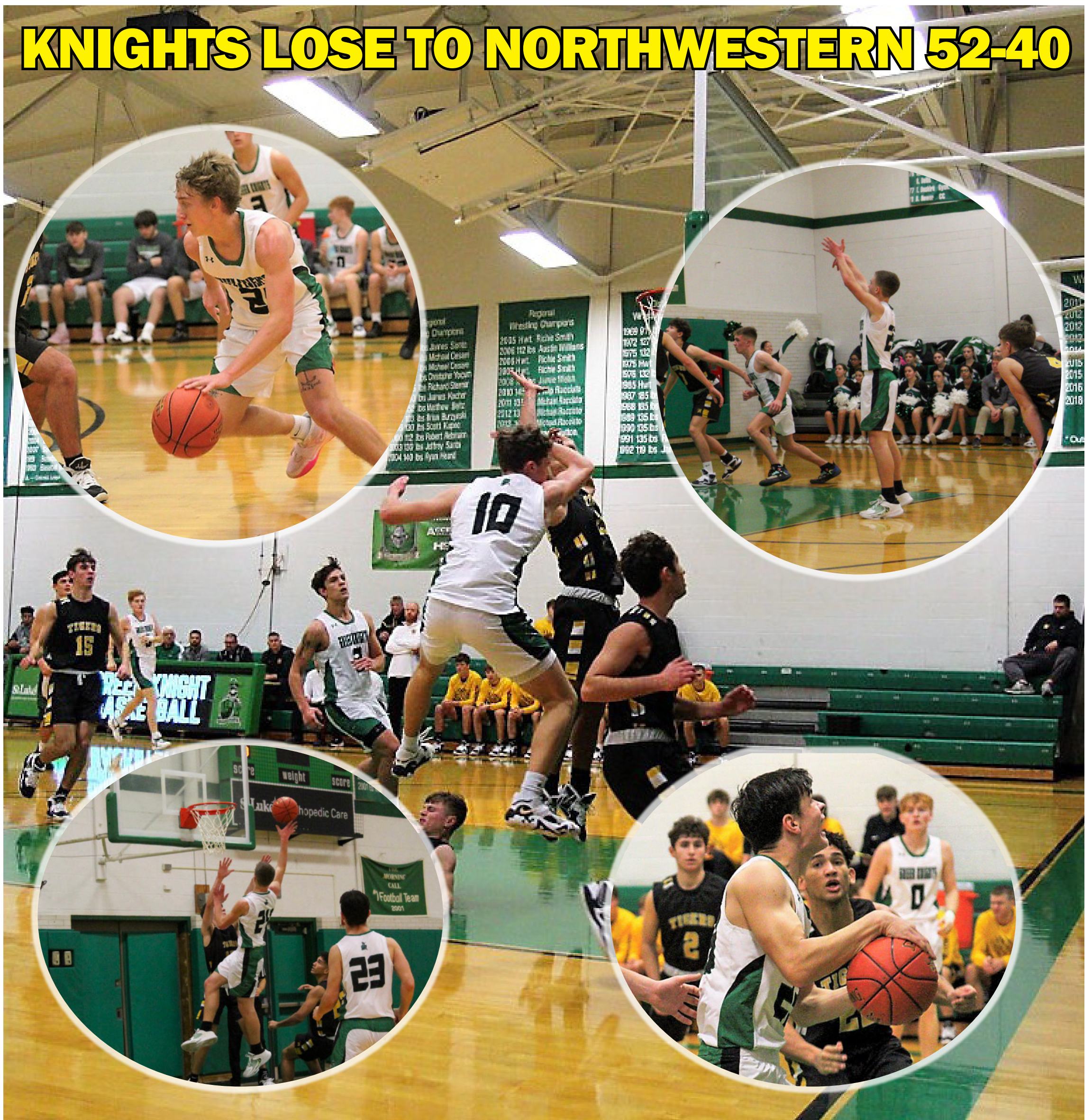
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106 S. Broadway, Wind Gap, PA
610-881-4433

www.debbieinsurespa.com

debbie.pettinari.wz73@statefarm.com



KNIGHTS LOSE TO NORTHWESTERN 52-40



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PEN ARGYL CHEERLEADERS PLACE 3rd IN DISTRICT MEET



BAHS INDUCTS NEW HOF CLASS



The Induction ceremony for the BAHS 2023 Hall of Fame class was held Saturday in Bill Pensyl Gymnasium. New member are (L-R) Sherwood Heard (represented by children Rodney Heard and Robin Ott) Rich Kessler, Nakita Kline Tranotti and Kristi Dalton.

Sherwood Heard (Deceased) **Class of 1964**

Football, Basketball, Baseball

- 3-year letter winner in Football
- 3-year letter winner in Basketball
- 3-year letter winner in Baseball
- Scholar Athlete

Sherwood earned a bachelor's and master's degree from East Stroudsburg State College. He finished his career as a dedicated supervisor for Northampton County Parks and Recreation.

Representing

Sherwood at the ceremony was his son and daughter, Rodney Heard and Robin Ott.

Rich Kessler **Class of 1982**

Head Softball Coach 2014-2019

- 114-33 Career Record, .775 Winning Percentage
- Colonial League Champions – 2014, 2016, 2017
- District XI Champions – 2016, 2017, 2019
- State Semi-Finalist 2017
- School Record for wins in a season, 25-2 (2017)
- Morning Call Coach of the Year 2014
- Lehigh Valley Live Coach of the Year 2016
- Morning Call Team of the Year 2016, 2017

Rich also earned 2 letters as a football player in Bangor during his high school days.

Coach Kessler currently works as a Metal Recovery Technician at Covanta Energy. Rich is married to Valerie Kessler, has three children, Richie, Rashelle, and Ashley as well as two grandchildren. Rich currently resides in Roseto, Pa.

Kristi Dalton Hasis **Class of 2012**

- 4-year letter winner in Soccer
- 1-year letter winner in Cross Country
- Team Captain Jr and Sr year
- 2012 Colonial League 1st Team
- 2012 Express-Times All Area 1st Team
- 2012 Morning Call All Area 2nd Team
- 2012 Team MVP
- 2012 Lions All-Star Classic MVP
- 2012 Bangor Soccer Scholar Athlete
- 2012 Slater Athlete Award Winner

After graduation Kristi continued her soccer career at West Virginia Wesleyan College where she was 4-year starter on the soccer team including 2 years as captain. Kristi made numerous MEC All Conference and NCAA All Atlantic teams.

She currently resides in the South Hills of Pittsburgh, PA with her husband Eddy and their two dogs. Kristi is employed as a Physician's Assistant for WVU Medicine in Morgantown.

Nikita Kline Tranotti **Class of 2005**

4-year letter winner in Soccer

- 2-year letter winner in Basketball
- As a goalkeeper:
- 31 shutouts (school record)
- .864 goals against average (school record)
- 45 career wins (school record)
- 2003 Girls Soccer Defensive MVP
- 2004 Colonial League Honorable Mention GK
- 2005 Colonial League 2nd team GK

After graduation Nikita, attended East Stroudsburg University for history and secondary education. She played for 2 years on the ESU

Soccer Team. Nikita currently resides in Bangor with her husband Dan where they run a small farm in addition to also working in clinical research

Giaquinto's 33 Points Lead Slaters to 70-33 Win



Bangor 70 No. Lehigh 33

Bangor Scoring: Farensbach 3, McShane 2, Kluska 9, Marmol 2, Nelson 2, Giaquinto 33, Singer 6, Karner 4, Quagliato 2, Prado 7.

3-Pointers: Giaquinto 5, Kluska 1, Singer 2, Farensbach 1, Prado 1.

Photos: Larry Cory
PHOTO GALLERY



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PEN ARGYL STOPS PALISADES 52-46



Regional Wrestling Champions		
2005 Hwt.	Richie Smith	
2006 112 lbs	Austin Williams	
2006 Hwt.	Richie Smith	
2007 Hwt.	Richie Smith	
2008 103 lbs	Jamie Welsh	
2010 145 lbs	Philip Racciato	
2011 135 lbs	Michael Racciato	
2012 138 lbs	Michael Racciato	
2013 145 lbs	Michael Racciato	
2014 Hwt.	Brady Mutt	
2018 152 lbs	Chase An	

District Wrestling Champions		
1999 91 lbs	Michael	
1999 127 lbs	David	
1999 132 lbs	Michael	
1999 138 lbs	Michael	
1999 145 lbs	Michael	
1999 152 lbs	Michael	
1999 160 lbs	Michael	
1999 170 lbs	Michael	
1999 180 lbs	Michael	
1999 190 lbs	Michael	
1999 200 lbs	Michael	



Pen Argyl 52 Palisades 46
Irwin-Hill 8, Tyminski 9, Kennedy 11, Hershey 13, Rismiller 2, Soos 9.
3-Pointers: Kennedy 1.

Photos: Katrina Valente
PHOTO GALLERY

Roseto Ice Rink Becomes a Reality

by Larry Cory

For several years Roseto Councilman Ken Tillman attempted to provide an ice skating venue at Roseto Ballpark. Each winter he and workers from the borough created a section of ice at the park for ice skating and hockey. Problem was - the ice didn't last - it melted.

After several years Tillman and the borough decided to use artificial ice, but not the kind that would be used in an arena with refrigerated pipes. Roseto, however, is using interlocking plastic sections to form a rink that covers the basketball court at the ballpark which is open to the public everyday from 8-8.

The cost of the project was funded by a generous donation from the estate of the late Dr. Albert Falcone.

According to google, the first known instance of plastic

products as a substitute for real or artificial ice for the purpose of skating was back in the 1960s.

Basically, the main difference between real ice, artificial or natural, and synthetic ice is glide. When you skate on ice, the heat from the friction of your blade causes the ice to melt slightly.

The small amount of water this friction produces allows you to slide or glide over the ice. This water acts as a lubricant against drag. With synthetic ice, this lubrication had to be fabricated.

However, with newer products that is no longer the case. A slip agent is built into the polymer sheets which the manufacturer says will never leak.



PHOTO GALLERY

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PEN ARGYL BOYS WIN BELVIDERE TOURNEY



by Larry Cory

The Pen Argyl Boys Basketball team defeated Sussex Tech 57-37 to win the Belvidere Christmas Tourney yesterday at Belvidere High School, NJ.

The Knights avenged a loss to North Warren in last year's title game playing without the services of Damian Tyminski. This year, however, Tyminski scored 20 points to lead the Green Knights to the championship.

Pen Argyl which beat North Warren in the semi final game yesterday to reach the final, also got 15 points from Christian Hershey while Chase Kennedy added 10.

The Knights have played well over the past two weeks winning three of four games with their only loss to Lehighton by three points.

Their run started with a 45-40 win over Bangor which was the first win over the Slaters since 2008 and a streak of 26 games. The last Pen Argyl win prior to this year happened when the Green Knights handed the Slaters a 46-40 loss on February 1, 2008. Head Coaches that year were Mike Frew at Pen Argyl and Bron Holland at Bangor, who were both in their first year as head coaches in the Slate Belt.

Pen Argyl's record has improved to 4-5 this year with a good chance to reach .500 next week when they entertain Palisades Thursday and Northwestern Saturday.

Tyminski leads the team in scoring with 10.8 ppg. He is getting good support from Trowne Irwin-Hill, Hershey with 17 threes this year, Chase Kennedy, who hit 10 of 10 from the free throw line earlier this week, Brad Rissmiller and freshman Mason Soos.

Boys....

Pen Argyl 57-Sussex 37

Pen Argyl Scoring: Irwin-Hill 3, Tyminski 20, Vishnick 2, Kuster 0, Kennedy 10, Boyer 1, Hershey 15, Rissmiller 2, Martini 2, Molroy 2, McLaughlin 2.

3-Pointers: Hershey 3, Kennedy 1

Hatboro 66 Bangor 57 (ot)

Individual Scoring U/A

Girls.....

Bangor 38 NDES 9

Bangor Scoring: Stout 10, J. Figurski 2, Miller 6, Gonzalez 4, K. Figurski 2, McLain 6, Toth 3, Pinter 5. 3-Pointers: Stout 2.

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PEN ARGYL GIRLS TOP PME RAISE RECORD TO 6-3

PEN ARGYL BOYS REACH BELVIDERE TITLE GAME

Boys.....

Pen Argyl 50 North Warren 36

Pen Argyl Scoring: Irwin Hill 14, Tyminski 7, Hershey 7, Kennedy 13, Rissmiller 4, Soos 5, Molroy 0

3-Pointers: (5) Irwin Hill 3, Kennedy 1, Hershey 1, Soos 1.

(Note: Kennedy made 10 of 10 free throws)

Easton 47 Bangor 39

(Individual Scoring Not Reported)

Girls.....

Bangor 48 Wm. Allen 30

Bangor Scoring: Stout 10, Pinter 8, Miller 0, Gonzalez 8, Nelson 4, Toth 14, Polowy 4.

3-Pointers:(2) Gonzalez 1, Toth 1

Pen Argyl 47 PME 39

(Individual Scoring Not Reported)

TODAY'S SCHEDULE

Girls.....

Bangor at NDES, 2:30pm

Boys.....

Bangor vs Hatboro @ EastonTBA

Pen Argyl vs Sussex Tech @Belvidere

Photos: Katrina Valente

PHOTO GALLERY

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BANGOR GIRLS SCORE CLOSE WIN OVER PEN ARGYL 45-37



Bangor 45 Pen Argyl 37
Bangor Scoring: Stout 15, Figurski 0, Pinter 1, Gonzalez 9, Nelson 6, Toth 7.
3-Pointers: Nelson 2, Stout 1.
Pen Argyl Scoring: Morro 16, Maggipinto 0, Wallbillich 4, O'Brien 2, Antonoli 0. Marshall 0, Vargo 11, Weaver 0. **3-Pointers:** Vargo 2, Morro 1.

Photos: Katrina Valente
PHOTO GALLERY



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