

Slate Belt Town Topics

NEWS TODAY NOT NEXT WEEK

Girls Basketball

Bangor 49 Wilson 24

Bangor Scoring: Stout 11, Figurski 2, Hendricks 2, Nelson 22, McLain 4, Toth 6, Polowy 2.
3-Pointers: Nelson 4, Stout 2.

Bangor 49 S. Lehigh 37

Bangor Scoring: Stout 10, Figurski 7, Escuadro 0, Gonzalez 8, Nelson 16, McLain 0, Toth 8, Polowy 0.
3-Pointers: Nelson 3

Boys Basketball

Bangor 50 S. Lehigh 40

Bangor Scoring: McShane 7, Kluska 7, Marmol 6, Nelson 13, Giaquinto 13, Singer 3.
3-Pointers: McShane 1, Kluska 1, Nelson 1, Giaquinto 1, Singer 1.
(Bangor trailed 27-14 at half, but outscored the Spartans 36-13 in the second half)

Pen Argyl 35 Catty 29

Pen Argyl Scoring: Irwin-Hill 5, Tyminski 9, Kennedy 14, Hershey 3, Soos 2,
3-Pointers: Kennedy 1.

Pen Argyl 51 Palisades 41

Pen Argyl Scoring: Irwin-Hill 9, Tyminski 14, Kennedy 10, Hershey 10, Rissmiller 3, Soos 5.
3-Pointers: Hershey 2, Irwin-Hill 1.

Boys Standings

Notre Dame G.P.	6-1-0	10-1-0	.909
Palmerton	6-0-0	10-1-0	.909
Saucon Valley	6-0-0	10-2-0	.833
Southern Lehigh	5-1-0	9-2-0	.818
Bangor	4-4-0	8-4-0	.636
Wilson	4-4-0	8-5-0	.615
Northwestern	3-2-0	5-5-0	.500
Pen Argyl	4-3-0	5-7-0	.417
Moravian	1-6-0	4-8-0	.333
Salisbury	2-3-0	4-8-0	.333
Catasauqua	1-5-0	2-10-0	.167
Northern Lehigh	0-6-0	1-11-0	.083
Palisades	1-7-0	1-12-0	.077

Girls Standings

Palmerton	6-0-0	12-0-0	1.000
Bangor	7-0-0	11-1-0	.917
Northwestern	4-1-0	9-1-0	.900
Notre Dame G.P.	6-1-0	10-2-0	.833
Northern Lehigh	4-2-0	8-4-0	.667
Pen Argyl	5-2-0	7-4-0	.636
Moravian	3-4-0	5-7-0	.417
Southern Lehigh	2-4-0	5-7-0	.417
Saucon Valley	2-4-0	4-8-0	.333
Catasauqua	1-5-0	2-9-0	.182
Salisbury	0-5-0	2-10-0	.167
Wilson	1-6-0	1-11-0	.083
Palisades	0-7-0	0-12-0	.000

Wrestling

Pen Argyl 43 Palisades 23
Bangor 43 Southern Lehigh 19

January 20, 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.

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.



1043 S Broadway, Wind Gap, PA 18091-0248

610 - 863 - 6100



Slate Belt 7-Day Weather Forecast

Cloudy 44 Today ... Partly Sunny 40 Saturday

National Weather Service Forecast - 6am Today

Today, Mostly cloudy, with a high near 44. West wind 10 to 15 mph, with gusts as high as 30 mph.

Friday Night, Mostly cloudy, with a low around 30. West wind 10 to 15 mph.

Saturday, Partly sunny, with a high near 39.

Saturday Night, Partly cloudy, with a low around 27.

Sunday, Rain likely after 1pm. Mostly cloudy, with a high near 41. Chance of precipitation is 60%.

Sunday Night, Rain likely, mainly before 1am. Cloudy, with a low around 34. Chance of precipitation is 70%.

Monday, Partly sunny, with a high near 41. Breezy.

Monday Night, Partly cloudy, with a low around 25.

Tuesday, Mostly sunny, with a high near 41.

Tuesday Night, A chance of snow. Mostly cloudy, with a low around 26. Chance of precipitation is 30%.

Wednesday, A chance of rain and snow. Cloudy, with a high near 38. Chance of precipitation is 50%.

Thursday, Partly Cloudy high near 37.

Friday, Partly Cloudy. Hi 32 Lo. 20

Saturday, Partly Cloudy. Hi 34 Lo 24.

Sunday, Mostly Cloudy. Hi 36 Lo 26.



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

Friday January 20

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 7pm.

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

Bangor Public Library - Open 1-8

Slate Belt Senior Center - Open 8-4. Blue Valley Farm Show

UMBT Planning Commission - Township Building, 7:30pm

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

Saturday January 21

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 22

Fellowship Dinner - First UMC Bangor, 12:30-1:30.

Slate Belt Heritage Center - Open 12-3.

Slate Belt YMCA - 10-2

Monday January 23

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

Bangor Public Library - Open 1-8

Slate Belt Senior Center - Open 8-4. Blue Valley Farm Show

Bangor Borough Council - Workshop, Bee Hive, 7:00pm

Pump - 8:30-11:30

UMBT Supervisors -7pm

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

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



Pen Argyl - NL Wrestling



Bangor-NW Girls



Bangor - Northern Lehigh



Bangor - Wilson Girls

Could Exercise Be The Answer To Good Sleeping?

Research Team Hopes Findings Influence The Sleep Advice



Exercise could be the answer to a better night sleep, as people who work out more are less likely to need sleeping pills, a new study reveals.

But the beneficial effect of exercise is stronger for men than for women.

New research shows that 10 to 20 percent of the population suffer from serious long-term sleep problems, leading many to resort to some form of sleeping aid to get by.

However, researchers believe that exercising could be a better solution.

Dr. Linda Ernstsens, an associate professor at the Norwegian University of Science and Technology, said: “We’ve observed that people who are in better physical condition have a lower risk of taking prescription sleeping pills.”

The findings show that the fittest men had a 15 percent lower risk of needing drugs to help them sleep, while women who exercised regularly were only five per cent less likely to need sleeping drugs.

Ernstsens said: “The corresponding percentage risk for the fittest women was much lower. But women who struggle with sleep can

still benefit from getting in better shape.”

The team reviewed data from Norway’s large Trøndelag Health Survey.

A total of 240,000 people from Trondheim, Norway, have taken part in the survey since it began in 1984.

The participants, who had an average age of just over 51, were all observed until January 1, 2018.

The survey allowed researchers to follow the evolution of people’s health over many years.

They found that around 17 percent of the participants’ sleep issues were serious enough to warrant a prescription from their doctor.

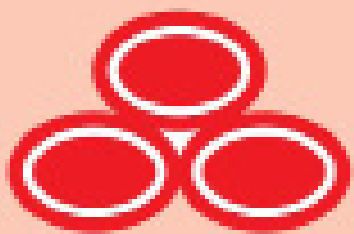
Ernstsens said: “Almost 5,800 of the participants received their first prescription sleep medication during the study period.”

However, the fitter participants used fewer of these prescription drugs.

The research team hopes these findings influence the sleep advice that doctors give their patients.

Ernstsens added: “Our findings support the idea that improving or maintaining fitness can be an effective alternative for preventing sleep problems.”

The results of the study were published by Mayo Clinic Proceedings.



State Farm

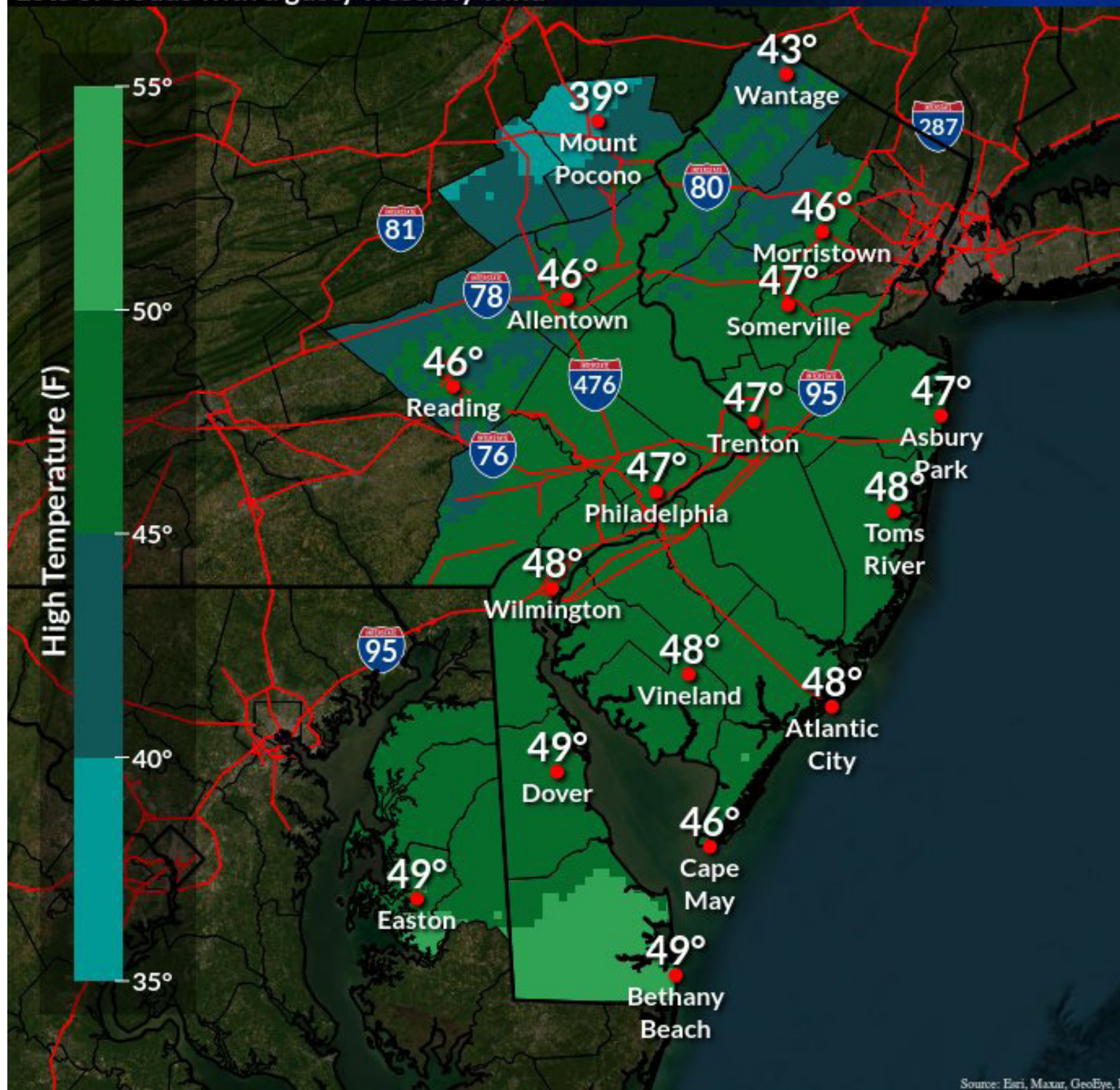
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Today's Forecast High Temperatures

Lots of clouds with a gusty westerly wind



f NWSMount Holly

It is Friday! A gusty wind develops today. A rain/snow shower possible in the Poconos & vicinity. Less wind tonight & turning colder. Weekend starts quiet, but a storm Sunday brings PM rain with some snow/wintry mix to the Lehigh Valley, Poconos and NW NJ

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).

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. .

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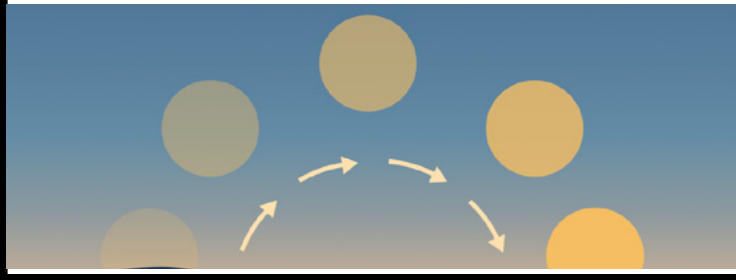
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SLATE BELT TODAY BY THE NUMBERS

<div>Temperature</div> <div>(Yesterday)</div> <div>High</div> <div>41</div> <div>(Today's Forecast)</div> <div>High</div> <div>42</div> <div>Low</div> <div>36</div> <div>Low</div> <div>30</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 - 29</div> <div>Bethlehem - 0</div> <div>Allentown - 33</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 - 1.04</div> <div>Month - 2.93</div> <div>Year - 2.93</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>27</div> <div>Season</div> <div>2582</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>7:21 AM</div> <div>Sunset</div> <div>5:04 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

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January 20

Free Throw Contest

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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.](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 an 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 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.](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.](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

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

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poplcbangor@gmail.com

**Sunday Worship 9:45 am (Weekly
Communion) Sunday School 8:30 am**

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January 8 Worship

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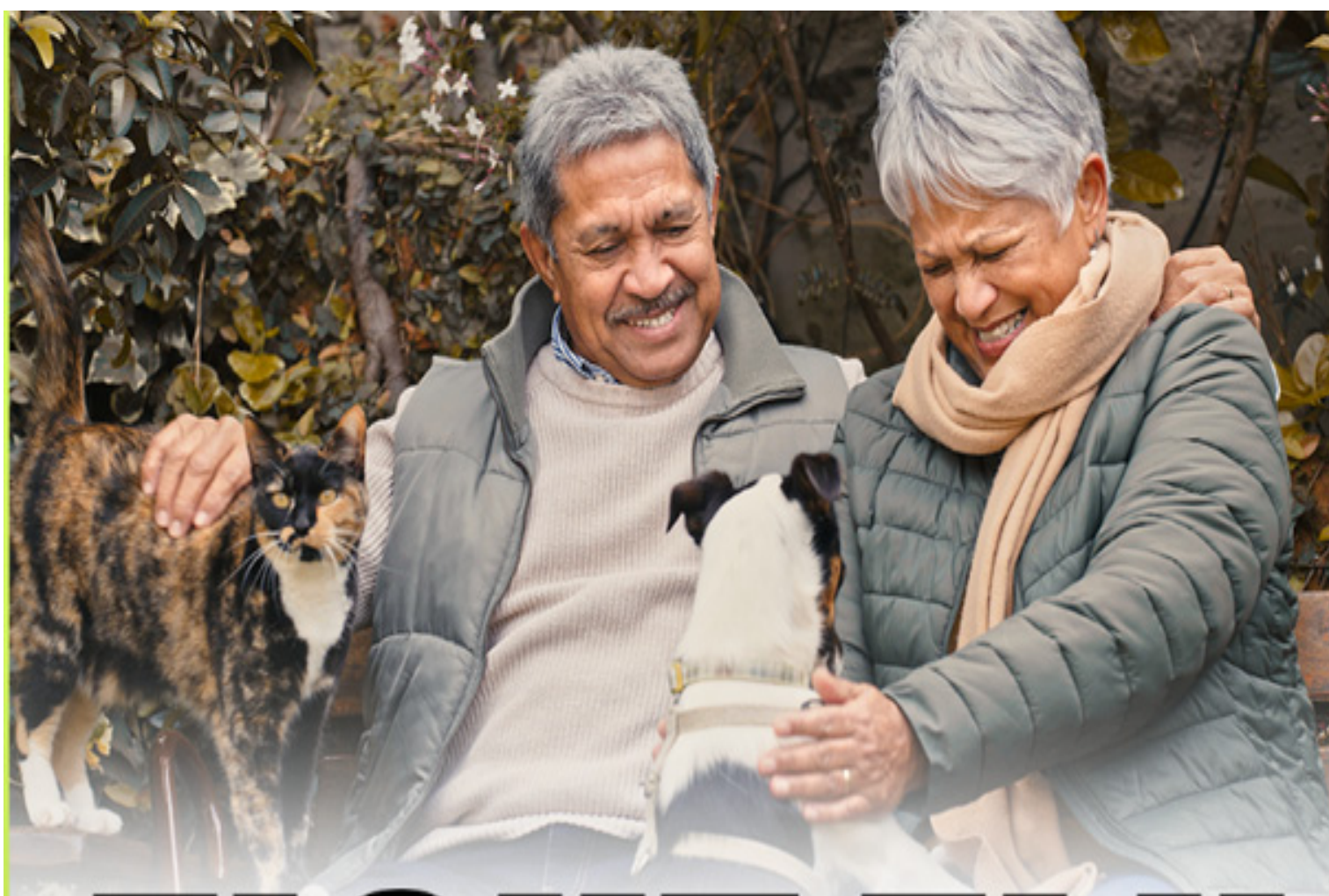
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 **pennsylvania**
DEPARTMENT OF HEALTH

A collage of winter sports athletes in action, centered around a circular logo that reads "Winter Sports Edition 2022 - 2023". The logo features a green knight helmet and a maroon "B" with crossed pickaxes. The athletes are in various poses, including basketball, wrestling, and soccer, wearing uniforms from teams like Slaters, Bangor, and Green Knights.

Boys Basketball

2022 -23 Sports Schedule

Pen Argyl Girls (11-4)

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/	S. Lehigh W 55-24	12:45pm
1/17/	Palisades W	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 (7-9)

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 L	12:45pm
1/17/	Palisades W 51-41	6:45pm
1/19/	Catasauqua W 35-29	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 (14-2)

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 W 49-22	6:45pm
1/19/	@ S. Lehigh W 49-37	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 (9-7)

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 L 56-52	6:45pm
1/19/	S. Lehigh W 50-40	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 (3-5)

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 W	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

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>.

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 Roadhouse in Stroudsburg on 2/25 and/or 2/28. Bring along this flyer or take a picture of it on your phone.

March 18

St. Patrick's Day & 3rd Annual Wineaversary Celebration

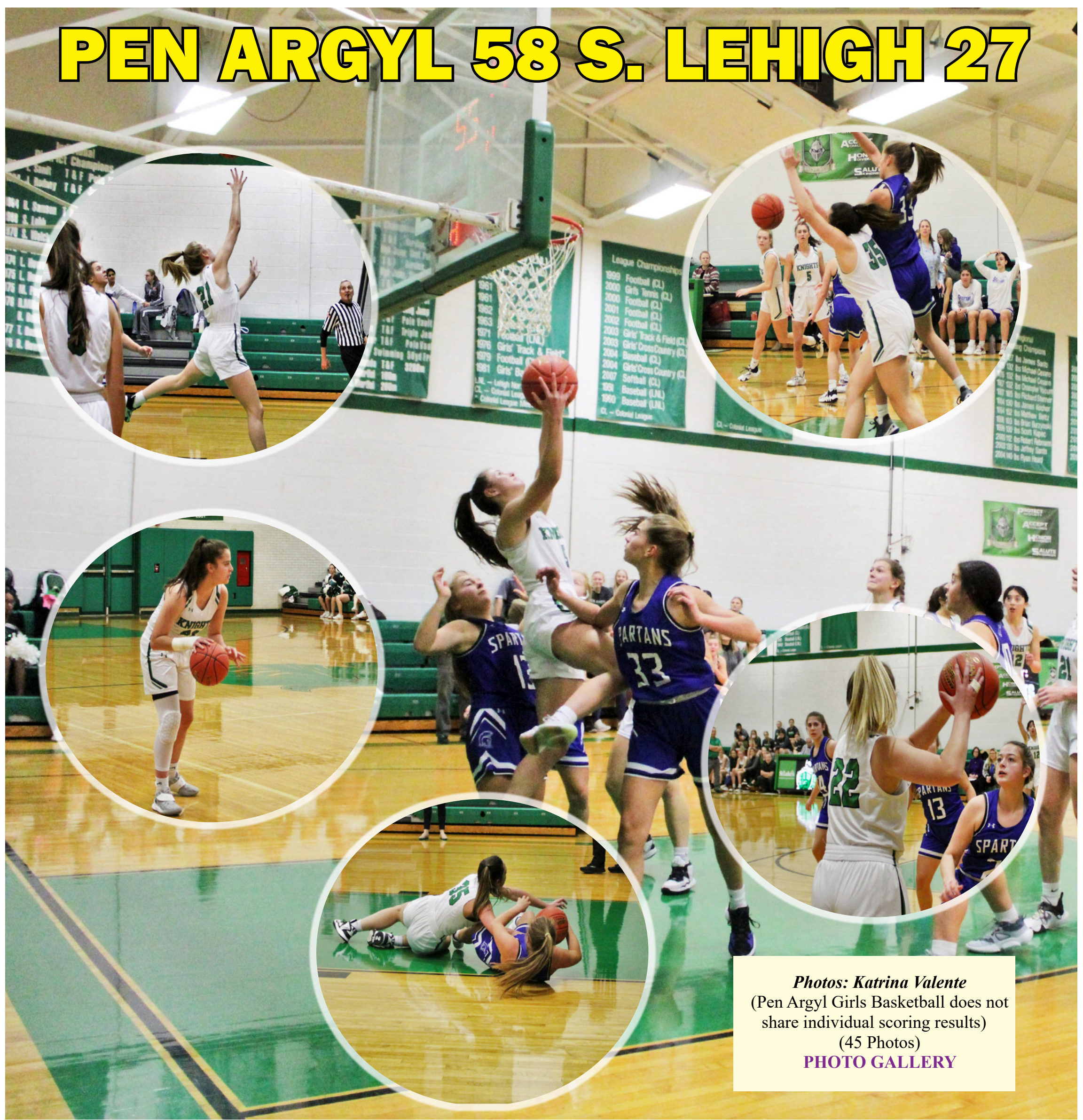
You won't want to miss this celebration Saturday March 18 2023 at noon.! Participate in a pie-eating contest, or a hook-and-ring competition. We will also have a Leprechaun Token Toss and as part of your admission you will receive 10 free tokens and a spin on the prize wheel giving you the chance to win prizes! You won't want to miss this fantastic event! Be sure to get your tickets on Eventbrite and save \$5 on the cost of admission.

March 25

Camp Papillon Animal Shelter Fund Raiser

Camp Papillon Animal Shelter presents a Wise Crackers comedy fundraiser located at Mountain

PEN ARGYL 58 S. LEHIGH 27



Photos: Katrina Valente
(Pen Argyl Girls Basketball does not
share individual scoring results)
(45 Photos)
PHOTO GALLERY



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

www.debbieinsurespa.com
debbie.pettinari.wz73@statefarm.com



PLAY4KAY - WOMEN FIGHTING CANCER



The pink signs people are holding had a name of someone affected by cancer.

Play4Kay Honors Coach Kay Yow.

Through Play4Kay, Coach Kay Yow saw a way to bring communities together and honor cancer warriors in the fight against all cancers affecting women. Uniting players, coaches, officials, and fans to do something for the greater good that far exceeds wins and losses in competition, the Play4Kay initiative is their largest fundraiser and plays a major role in their success.

Sandra Kay Yow (March 14, 1942 – January 24, 2009) was the head coach of the NC State Wolfpack women's basketball team from 1975 to 2009. A member of the Naismith Hall of Fame, she had more than 700 career wins.

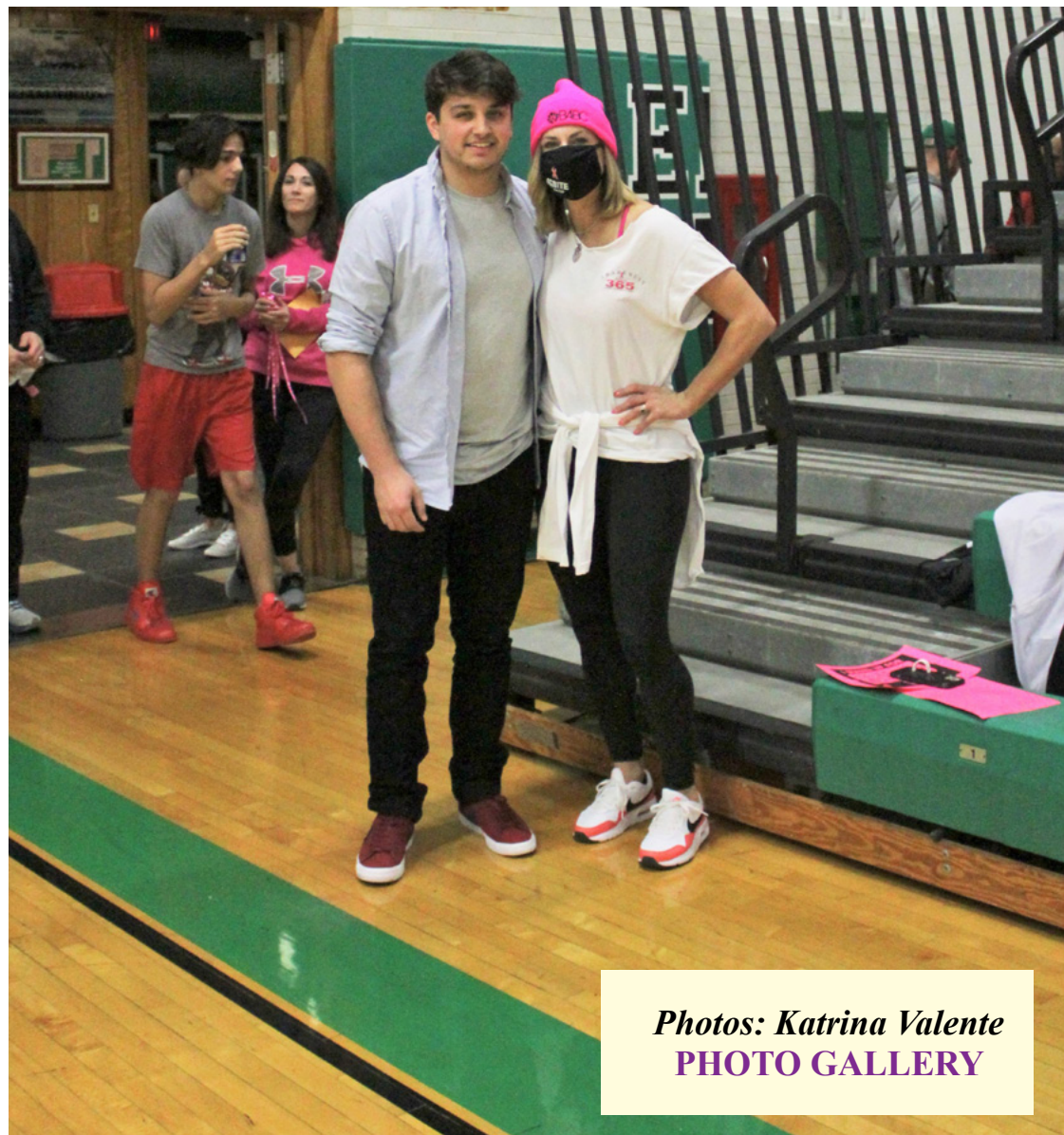
She also coached the U.S. women's basketball team to an Olympic gold medal in 1988 despite having been diagnosed with breast cancer in 1987. In 2000, Yow was inducted into the Women's Basketball Hall of Fame. In 2009, she was inducted into the FIBA Hall of Fame.

In April 2010, CollegeInsider.com created a new award called the Kay Yow National Coach of the Year Award in her honor. It will be presented annually to the women's college basketball head coach who displays great personal character on and off the court.

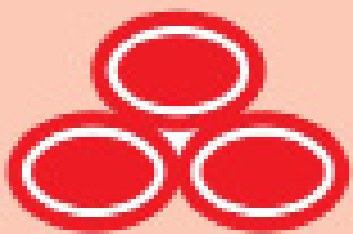
Play4Kay is a program that schools participate in for raising cancer awareness. Their website: <https://kayyow.com/play4kay/>

Slate Belt Organizations

Locally, Jen Mutchler and Ty Lutz (*Right*) represent the organizations they've made for fighting cancer. Mutchler has a breast cancer awareness program called Awareness 365. Lutz and his family have a program called Greet the Dawn for his mom who passed away with colon cancer.



Photos: Katrina Valente
PHOTO GALLERY



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Green Knight Girls Defeat Pirates 54-24

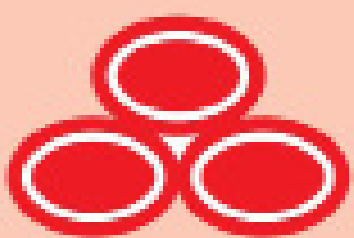


Photos: Katrina Valente
PHOTO GALLERY

Other Games:
Bangor 49 Wilson 24

Boys Games:
Pen Argyl 51-Palisades 41
Wilson 56 Bangor 52

*More on Pink-Out Game
in Thursday's Paper*



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PEN ARGYL WRESTLERS PIN NORTHERN LEHIGH 63-9



- 107 - **Blayne 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

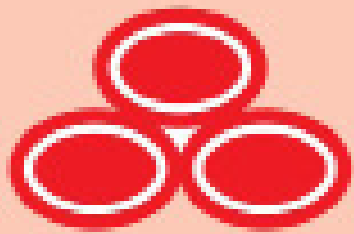
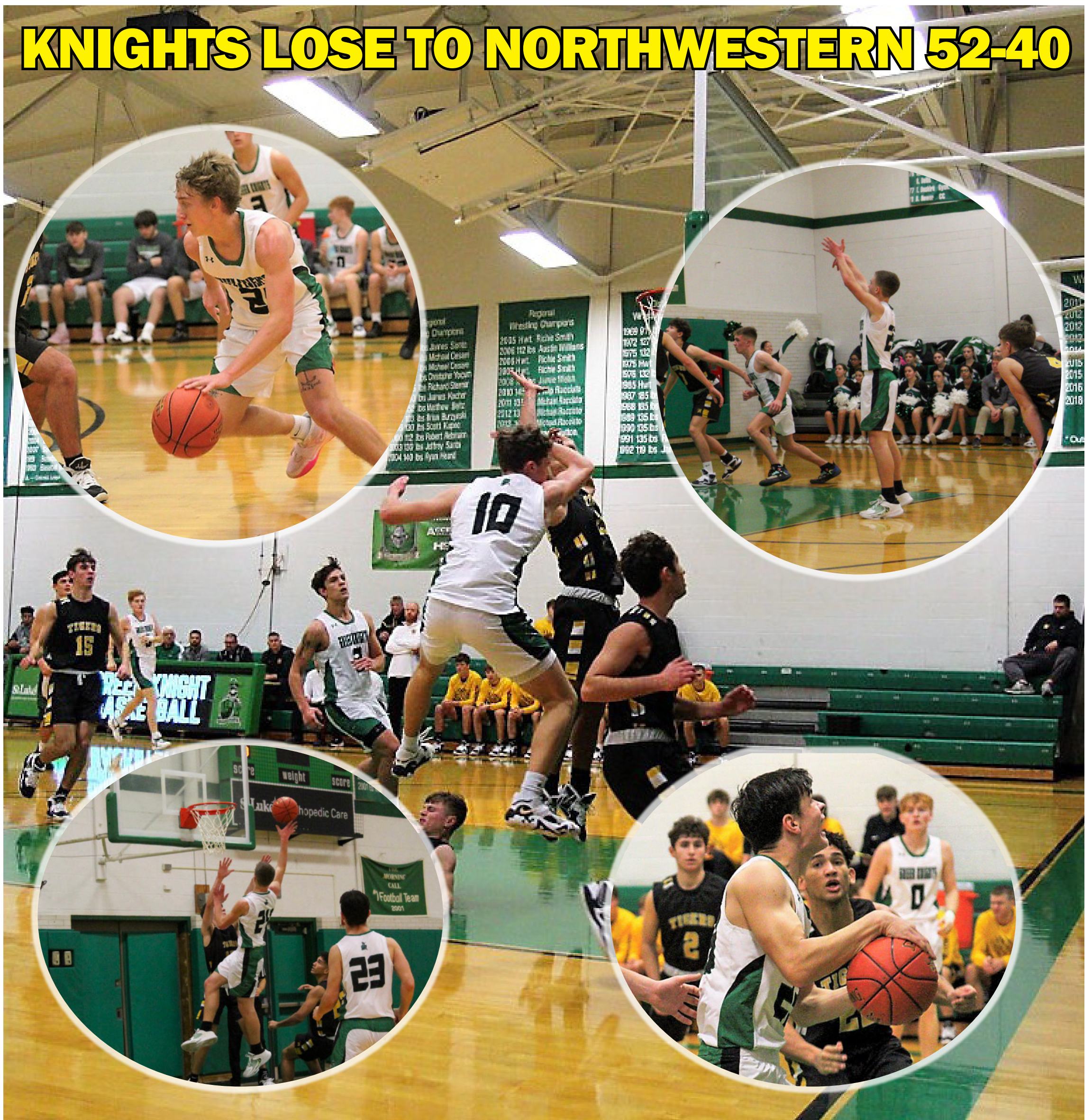
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KNIGHTS LOSE TO NORTHWESTERN 52-40



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www.debbieinsurespa.com

debbie.pettinari.wz73@statefarm.com



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.

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.

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.

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

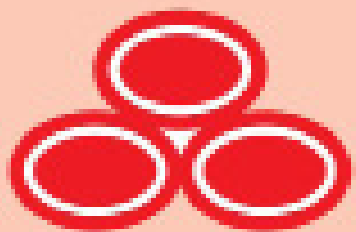


Bangor 70 No. Lehigh 33

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



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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