

Slate Belt Town Topics



Pen Argyl Powerlifter Takes State Title and Heads to Nationals

By Hannah Bonanducci

Over the years, Pen Argyl has filled its hallways with trophies and jerseys, and we've cheered on our top athletes as they compete at District and even State levels. This year, junior Zoe Edmonds is continuing to win impressive titles as a powerlifter competing individually. After already claiming all of Pennsylvania's powerlifting records for her weight class, Edmonds won the first-place title for the state at her most recent competition.

"I placed 1st in the USAPL High School State Championship, putting me at top in the state and closer to the top in the country," Edmonds said. "I was so glad that all of my hard work paid off. It had been a long, hard couple of months, and that gold metal meant the world to me."

"I am amazed and so proud of myself for how far I have made it in lifting," she continued. "I would have never guessed I would become a State Champion and be competing nationally; it is absolutely amazing when I think about it."

Over the past four years, Edmonds has put in countless hours and made many lifestyle changes to make it as far as she has. For her, lifting doesn't just stay in the gym.

"Lifting is really a mental game," Edmonds said. "It's hard to compete against yourself and what everyone is saying you should be able to do. It's one of those sports where you need as much gym time as possible, and you have to be in prime condition to lift. You find out so much about yourself when you are trying to deadlift double your weight."

"Physically, a lot of lifting, sleeping, and water drinking prepared me for States," she continued. "But, I also had a lot of pep talks from my parents and time spent journaling. My dad is one of my biggest supporters and will always push me to do my best. It all prepared me for the competition, which was a long, hard day that took all of my energy away."

Now, Edmonds will be competing for a National title, which means even more preparations and gym time.

"I have so many goals for Nationals," Edmonds said. "My main goal is to set new personal records for all three of the lifts as well as hopefully have a better form for all of them. I want to enjoy it and learn from the experience."

"There is a lot of lifting, sleeping, eating well, and being at my peak in my future to prepare for Nationals," she continued. "I have been struggling lately with not getting the numbers and gains I am looking for, so I am redoing my training program. I am really excited to see the progress I'm going to make, and I think it will really be a great experience."

But even with the glamor of National titles set aside, Edmonds will always appreciate her sport and the positive impact it has on her life.

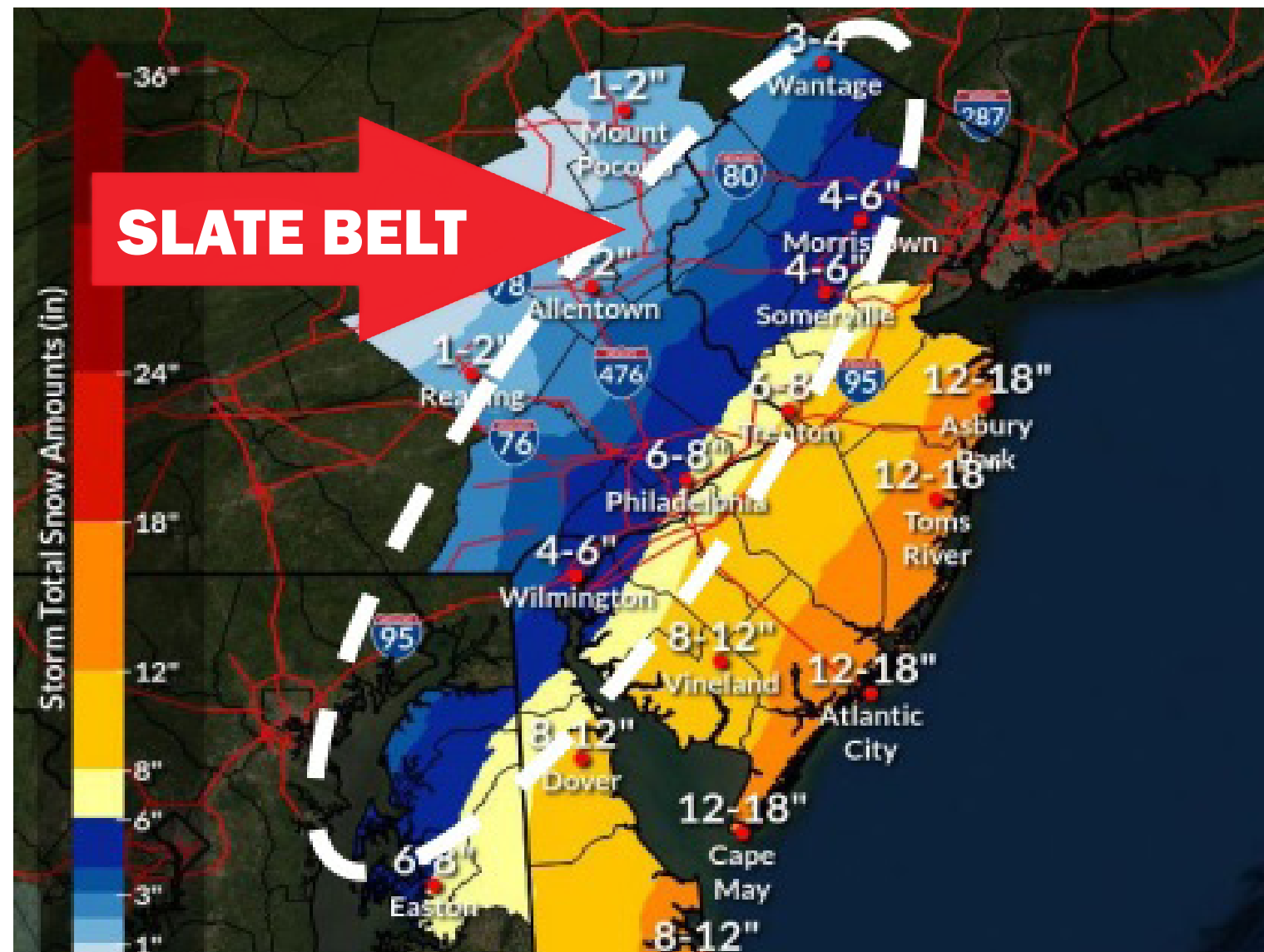
"Lifting has given me so much confidence and appreciation for myself, and the support and love I have received for it is astounding," Edmonds said. "I am so grateful for the love and encouragement everyone continues to show me for this thing that I love so much."

With many accomplishments behind her, strong supporters beside her, and big goals ahead of her, we're sure that Edmonds will continue to do amazing things wherever she tries. We wish her the best of luck for her Nationals competition on March 23rd and 25th!



Slate Belt Town Topics

Slate Belt Will Be Spared the Storm's Worst



The Slate Belt will be spared the worst of a storm moving along the east coast according to forecasts by the National Weather Service. According to the above map published at 5:00 a.m. this morning the Slate Belt would get snowfall in the 2-3 inch range from periods of snow this afternoon and tomorrow which is significantly better than our neighbors to the east. Saturday is expected to be colder and windy. Temperatures, however, are expected to rise into the 40s by Wednesday and Thursday. The snow falling this morning is unrelated to the storm and shouldn't pose much of a problem, however, there could be some slippery spots.



Pen Argyl's Gian Greggo pinned Bangor's Gabe Wollverton at 189 during the Green Knights' 45-26 win over Bangor Tuesday. *Photo: Hannah Bonanducci.* [PHOTO GALLERY](#)

Help Wanted

PT Sports photographer for the Slate Belt Town Topics. E-mail: sbtopics@rcn.com Call 570-688- 3724

Some Snow 33 Today Snow 20 Saturday

National Weather Service Forecast

Today, Snow likely, mainly after noon. Cloudy, with a high near 33. West wind around 5 mph becoming calm. Chance of precipitation is 60%. Total daytime snow accumulation of less than a half inch possible.

Tonight, A chance of snow. Cloudy, with a low around 15. North wind 10 to 15 mph, with gusts as high as 25 mph. Chance of precipitation is 50%. New snow accumulation of less than one inch possible.

Saturday, A chance of snow, mainly before 4pm. Cloudy, with a high near 20. Wind chill values as low as -2. Blustery, with a north wind 15 to 20 mph, with gusts as high as 35 mph. Chance of precipitation is 50%. New snow accumulation of less than one inch possible.

Saturday Night, Partly cloudy, with a low around 8. Wind chill values as low as -8. Blustery, with a northwest wind 15 to 20 mph, with gusts as high as 35 mph.

Sunday, Mostly sunny, with a high near 25. Northwest wind 5 to 10 mph.

Sunday Night, Mostly cloudy, with a low around 11.

Monday, Mostly sunny, with a high 33.

Monday Night, Partly cloudy, low 16.

Tuesday, Partly sunny, with a high near 39.

Tuesday Night, Mostly cloudy, low 28.

Wednesday, A chance of showers. Cloudy, with a high near 44.

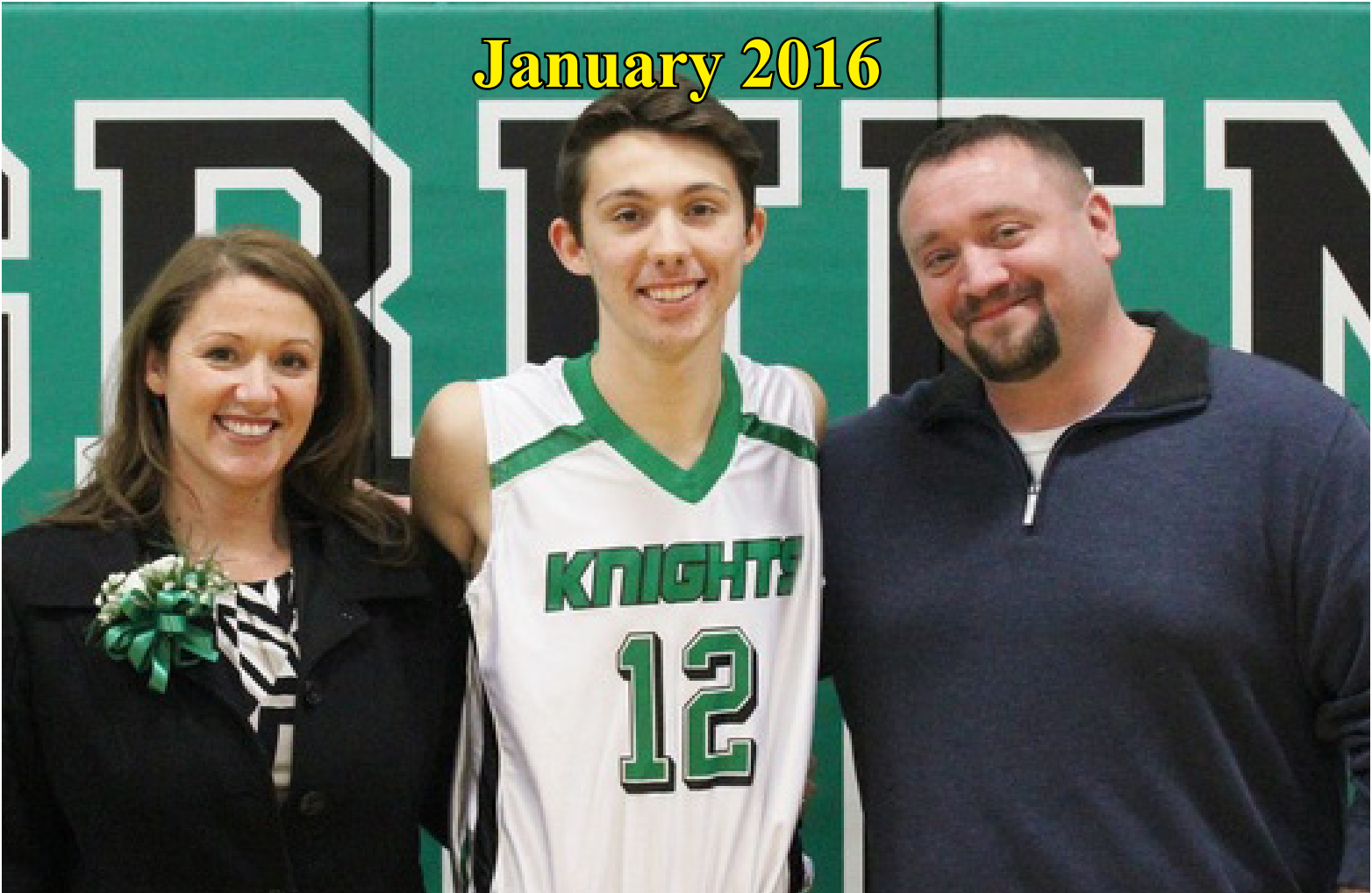
Air Quality: Moderate (51-100) Current reading (77) in Bethlehem, (??) in Columbia, NJ

Slate Belt Weather

Recent Papers You May Have Missed

(Click Below to See)

- **January 27**
- **January 26**
- **January 25**
- **January 24**
- **January 23**
- **January 22**
- **January 21**



Pen Argyl’s only senior basketball player, Jake Gillette, was honored on senior night Thursday prior to the Knights’ game with Palmerton. *Sbtt Photo Jennifer Trinkely Photography*

Bangor Library New Books

January 20, 2022 to January 28, 2022

Adult Fiction

- The Last House on the Street by Diane Chamberlain
- Piranesi by Susanna Clarke
- All the Feels: A Novel by Olivia Dade
- One Step Too Far: A Novel by Lisa Gardner
- Olga Dies Dreaming by Xochitl Gonzalez
- Fiona and Jane by Jean Chen Ho
- Reminders of Him: A Novel by Colleen Hoover
- Lightning in a Mirror by Jayne Ann Krentz
- Son of a Witch: A Novel by Gregory Maguire
- The Good Son by Jacquelyn Mitchard
- The Latinist: A Novel by Mark Prins
- Dance Upon the Air by Nora Roberts
- Electric Idol by Katee Robert
- Real Easy by Marie Rutkoski
- King of Battle and Blood by Scarlett St. Clair
- A Flicker in the Dark by Stacy Willingham

Adult Non-Fiction

- The Great Reset: Joe Biden and the Rise of 21st-Century Fascism by Glenn Beck, Justin Haskins, and Donald Kendal
- Rat Island: Predators in Paradise and the World’s Greatest Wildlife Rescue by William Stolzenburg
- Dash Wonderful Mini Waffles by Catherine-Gail Reinhard
- D-Day: The Battle for Normandy by Antony Beevor

Easy Fiction

- A Frog Thing by Eric Drachman
- Who Are Your People by Bakari Sellers
- Easy Nonfiction
- My Little Golden Book about Betty White by Deborah Hopkinson
- Easy Reader Fiction
- Wash Your Hands by Kim Dean
- Encanto: Family is Everything by Luz Mack
- Mirabel’s Discovery by Vicky Weber
- Fire Truck to the Rescue by Sonia Sander

Junior Fiction

- Wings of Fire: The Graphic Novel: Book 5-The Brightest Night by Tui Sutherland

Junior Nonfiction

- LEGO: Absolutely Everything You Need to Know by Simon Hugo

Young Adult Fiction

- A Deal With the Elf King by Elise Kova

DVDs

- The Addams Family 2
- Bee Movie
- Groundhog Day
- How to be Single
- Last Night in Soho
- The Riot Club
- Rise of the Guardians
- Spaceballs
- Spooky Buddies
- Taken 2

National Fun at Work Day

Fight the workday doldrums during National Fun At Work Day on the last Friday in January! National Day Calendar makes it so easy to do when everyone around the workplace has a birthday for one example. Many people spend a good portion of their lives at work, so why should they not try to enjoy it?

While looking to find fun things to do at work, let your imagination be the leader. Make sure to obtain your boss’s approval for whatever fun and exciting things you choose to do. Better yet, get your boss involved in the fun!

Dave Hemseth and Leslie Yerkes, co-authors of 301 Ways to Have Fun at Work say, “Organizations that integrate fun into work have lower levels of absenteeism, greater job satisfaction, increased productivity, and less downtime.”

Celbrate the with a Host a boss look-alike contest, Organize a chili cook-off. Go office to office singing random songs.



QUESTION OF THE DAY

Which type of energy does an unlit match have?

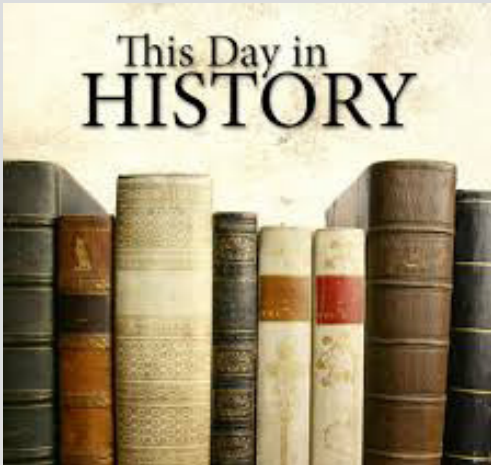
And the answer: **chemical.**

Before it’s lit, the head of a matchstick has a good amount of chemical energy stored in it. However, actually lighting a match causes multiple transformations of energy, from chemical to thermal, and then to light and radiant energy.

Though you may be more familiar with kinetic or potential, a whole host of energy forms comprise the daily workings of life in different forms.

Chemical energy, for one, is that which is stored in the bonds of chemical compounds and is released most often in the form of heat. For example, we make use of the chemical energy in wood when we toss it on a crackling fire.

Challenger Space Shuttle Explodes



At 11:38 a.m. EST, on January 28, 1986, the space shuttle Challenger lifts off from Cape Canaveral, Florida, and Christa McAuliffe is on her way to becoming the first ordinary U.S. civilian to travel into space. McAuliffe, a 37-year-old high school social studies teacher from New Hampshire, won a competition that earned her a place among the seven-member crew of the Challenger. She underwent months of shuttle training but then, beginning January 23, was forced to wait six long days as the Challenger’s launch countdown was repeatedly delayed because of weather and technical problems. Finally, on January 28, the shuttle lifted off.

Seventy-three seconds later, hundreds on the ground, including Christa’s family, stared in disbelief as the shuttle broke up in a forking plume of smoke and fire. Millions more watched the wrenching tragedy unfold on live television. There were no survivors. In the aftermath of the disaster, President Ronald Reagan appointed a special commission to determine what went wrong with Challenger and to develop future corrective measures.

Yoga Class

Starting his month at the Nazareth Center fro the Arts, Tom Albani will instruct a yoga class for all levels of experience on Tuesday, Thursday, and Saturday mornings from 9:30 to 10:30. See more at their website.

Open Mic

The Nazareth Center for the Arts offers open mic is the second Wednesday of every month at 7 p.m. Come to sing or play, or just listen. It’s BYO-instrument and BYOB..

Blue Mt. Library

Adult Fiction:

- A New York Secret, Ella Carey
- Apples Never Fall, Liane Moriarty
- Blush, Jamie Brenner
- Hostage, Clare MacKintosh
- Three Words for Goodbye, Hazel Gaynor
- A Slow Fire Burning, Paula Hawkins
- What I Never Expected, Jennifer Archer
- Blind Tiger, Sandra Brown
- The Husbands, Chandler Baker
- Billy Summers, Stephen King
- The Wish, Nicholas Sparks
- State of Terror, Hillary Clinton
- Vortex, Catherine Coulter
- Radar Girls, Sara Ackerman
- Foul Play, Stuart Woods
- Not A Happy Family, Shari Lapena
- The Show Girl, Nicola Harrison

Large Print:

- Sleigh Bells Ring, RaeAnne Thayne
- Forgiving Paris, Karen Kingsbury

Non-fiction:

- Peril, Bob Woodward
- Taking Paris, Martin Dugga

On This Day.....

1521 Emperor Charles V opens the Diet of Worms in Worms, Germany which lasts until May 25th; Produced the “Edict of Worms” which denounced Martin Luther

1807 London’s Pall Mall is 1st street lit by gaslight

1813 Jane Austen’s “Pride and Prejudice” is published by Thomas Egerton in the United Kingdom

1819 Sir Stamford Raffles lands in Singapore

1933 The name “Pakistan” is coined by Choudhry Rahmat Ali and gradually accepted by Muslims in the Indian sub-continent who use it to push for a separate Muslim homeland in South Asia

1970 Movie rating system modifies “M” rating to “PG”

Today in Music

1956 RCA records releases Elvis Presly single “Heartbreak Hotel”, his first million-seller (written by Mae Boren Axton and Tommy Durden)

On This Day in Sports History

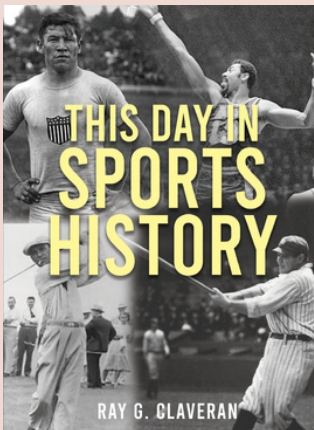
1904 1st college sports letters given to Seniors who played on University of Chicago’s football team are awarded blankets with letter “C” on them

1922 J E Clair turns Green Bay franchise back to NFL

1929 Australian Championships Women’s Tennis, Adelaide: Daphne Akhurst retains title; beats Louise Bickerton 6-1, 5-7, 6-2Miami; last of famous trilogy of fights, all won by Moore

1940 Chicago’s Les Cunningham scores 5 points in one period to set an NHL record that stands until 1978; records 2 goals & 3 assists in a 10:04 span during the 3d period of an 8-1 win over Montreal

1943 Chic Blackhawks beats NY Rangers 10-1, Max Bentley scores 4 goals





State Belt Town Topics Event Calendar



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.

January 29

Winter Tracking

Saturday, January 29, 2022 at 9:00am to 11:00am

Could you tell if a bobcat was in the area? An owl? Join us as we take a walk through Jacobsburg in search of animal tracks and signs. Participants should dress for the weather and wear comfortable

hiking shoes. If we have deep snow, we will walk in snowshoes! Registration is required. You can view and register for community programs online at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

Woodburning Workshop

Woodburning Workshop of 2022 at Shawnee Art Shed will be held January 29 from noon to 2:30 p.m. Lisa of "Honey Bead Designs" will be guiding us to burn this beautiful Owl on a 8x8 wood panel. Create for yourself or a gift also bring a friend to create w/. All supplies needed to burn are included. Ten seats available for this workshop that sells out quickly so sign up today! No experience necessary, it's really a easy workshop!

Winter Plant Walk

Saturday, January 29, 2022 at 1:00pm to 3:00pm
Take 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. You can view and register for community programs online at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

February 2

Fly Tying Series for Teens

Wednesday Evenings February 2, February 16, March 2, March 16 at 6:30pm to 8:30pm and Saturday, March 26 at 10:00am to 1:00pm

During this free five-part series, students will have the chance to learn about freshwater communities while gaining new skills in tying their own flies. On the last day of the series, students will have the opportunity to test their flies on the water while practicing casting techniques

and fishing using loaner equipment provided by the PA Fish and Boat Commission while under the supervision of Trout Unlimited and Jacobsburg Environmental Education Center staff. Ages: 12-18. Registration is required.

You can view and register for community programs online at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

Project Feeder Watch Monitoring

Thursday, February 3 at 8:30am to 3:30pm

Friday, February 4 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. Registration required to let us know what hours you are available to monitor.

You can view and register for community programs online at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

February 5

Squats and Stilettos Event

The next Squats and Stilettos event is Coming February 5th. Powerhouse Arts Complex! Heels dance/fitness class. Boudoir photos. Wine tasting. Pure romance! All for under \$100. All before Valentine's Day so you can have your products in hand and be ready for the day!

You must register for the event by February 1st! Call or text (610)533-6884. Message us on Facebook MissMegan or DM them on [Instagram @powerhouse_arts_complex](https://www.instagram.com/powerhouse_arts_complex)

See Calendar Next Page



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9am-8pm

Fri & Sat:

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Sun: 10am-4pm



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Thurs 8:00 AM - 7:00 PM

Fri 8:00 AM - 5:00 PM • Sat 8:00 AM - 2:00 PM

Calendar Continued

February 16

Fly Tying Series for Teens

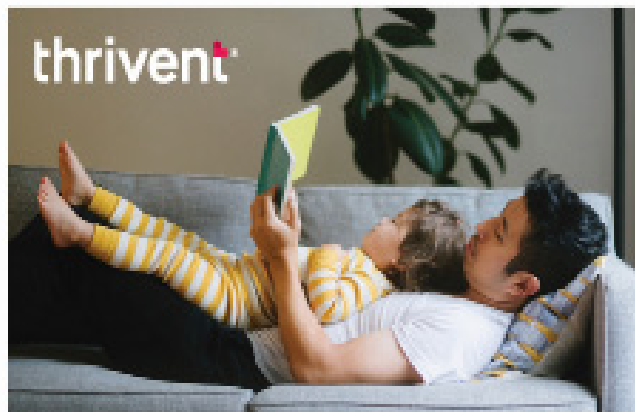
Wednesday Evenings February 16, March 2,
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Saturday, March 26 at 10:00am to 1:00pm

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You can view and register for community programs online at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

March 19



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Vendor Extravaganza

Spring Has Sprung Vendor Extravaganza & Tricky Tray is planned for 10-3 March 19, 2022 at the Slate Belt Branch of the Greater Valley YMCA

March 20

Saint Pat's Day Parade

Finally, the PIAC is happy to announce the 43rd Annual St. Patrick's Day Parade. Please join them on Sunday, March 20th, The parade will begin at Stroudsburg High School and end at Crystal St. in East Stroudsburg. Step off time for the participants in the parade will be at 1:15 PM to accommodate the 1:30 PM live parade start time on BRC Channel 13.

March 26

Sportsman's Dinner

Mt. Bethel Fire Co. Sportsman's Banquet 2022 2341 N Delaware Dr, Mt Bethel, Saturday, March 26, 2022 At 4 Pm Hot Off The Press!!! Sportsman's Dinner And Raffle Date Set For March 26Th 2022. Doors Open At 4 With Dinner At 6. More Info On Tickets And Prizes To Come.

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CHEVROLET

Slate Belt Church Information



Trinity Lutheran Church

404 Broadway Bangor (610-588-2023)

Pastor: Larry Laine

telcbangor@frontier.com

Website: www.tlcbangor.com

Sunday worship 10:30 a.m.

Holy Comunion: First and Third Sundays

Refreshments after. Masks optional.

East Bangor UMC

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

Sun January 30

-9:30 a.m. Worship Service (Live & on Zoom)

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

10:30 a.m. - Fellowship Hour

Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor

www.christpcsb.org

More info 610-588-4864.

E-mail: info@christpcsb.org.

Sunday Worship, 10:30 a.m. in-person/Zoom/

Facebook Live. For more info: 610-588-4864.

Christ Evangelical Lutheran Church

703 South Delaware Drive Mt. Bethel, 18343

<http://www.celcpa.org/> Pastor: Larry Laine

Email: celcpaorg@yahoo.com

610-588-7056

Worship: Sundays 9:00 a.m.

Holy Comunion: First and Third Sunday

Toddler Sunday School: Sept-May 10:15 -11:15

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.

Daily Weather Updates
slatebeltweather.com

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Email: gracebelfast@rcn.com

Jan 30 9:00 a.m. – Fourth Sunday after

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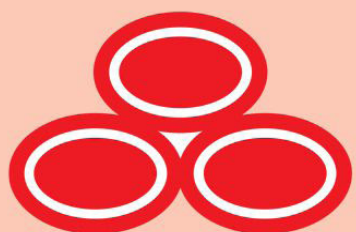
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VALOR Clinic Thursday Meetings

"You knew that you had each other's backs in battle. That can't change now that you're home. Find your brothers. Fight for each other as hard and as desperately as you did when people were shooting at you." - Unknown

Every Thursday night at 7:00pm is an open invite to all veterans to join the Peer to Peer group in a safe environment at Paul's House 1130 Scenic Drive. Kunkletown, PA.

You are welcome to join them for dinner at 6:00pm.

Slate Belt Y Child Care

The Greater Valley YMCA has announced the expansion of its child care offerings at its Slate Belt location. The Y now offers care for toddlers and preschool children ages 2 through 5 in its newly-constructed child care wing.

Northampton County Aging Agency Call Line

Lamont McClure and the Area Agency on Aging Division (AAA) are operating a call line on Friday mornings for all Northampton County Seniors to make appointments for COVID-19 vaccinations.

This service is intended for those who lack computer or internet access. AAA staff members will make 100 appointments per clinic date. Vaccination clinics will be held at the Wind Creek Event Center at 77 Wind Creek Blvd. Bethlehem, PA.

Residents of Bethlehem City and Northampton County who are age sixty-five and older can call 610-865-7092 to schedule an appointment for a vaccination. AAA employees will also assist with registration at the Wind Creek clinics.

Snowshoes and Hiking Poles Available

When: Monday thru Friday, 8:15 AM-3:30 PM
Where: Jacobsburg Visitor Center, 400 Belfast Road, Nazareth

Borrow snowshoe equipment to use on Jacobsburg's trails this winter! Snowshoes are available for folks of any age or shoe size, including small children. Snowshoes will not be made available during times of insufficient snow cover, at least six inches of snow is required. To borrow equipment, you must provide a driver's license or other form of state issued identification. For more information call 610-746-2801 or email jacobsburgsp@pa.gov. You can check our website for current winter conditions and snow depth: <https://www.dcnr.pa.gov/StateParks/WinterReport/Pages/default.aspx>

Hotline for Human Services

Northampton County has a 24-hour Emergency hotline for all Human Services-related emergencies. Anyone struggling with a mental health crisis, abuse, neglect, suicidal thoughts, evictions, substance abuse, food insecurity, etc. can call 610-252-9060 for help and referrals.

Appointments Required for Vaccines at LVHN

Lehigh Valley, Pa. (Oct. 29, 2021) – Beginning Monday, Nov. 1, Lehigh Valley Health Network (LVHN) will offer COVID-19 vaccinations, including booster shots, through appointment only. Walk-in vaccinations are no longer available at this time.

They have made this change in response to an increased demand for vaccines and booster shots, and in anticipation of the Pfizer/BioNTech vaccine receiving emergency use authorization (EUA) for children ages 5-11. Appointment-only vaccinations support the safety and experience of those receiving vaccines under our care, allowing our clinicians to adequately plan and prepare for the number of individuals expected at each location.

You can schedule an appointment for a booster dose or first dose by calling our vaccine hotline at 833-584-6283 (833-LVHN-CVD) Monday-Friday, 8:30 a.m.-5:30 p.m. or by using MyLVHN, our patient portal.

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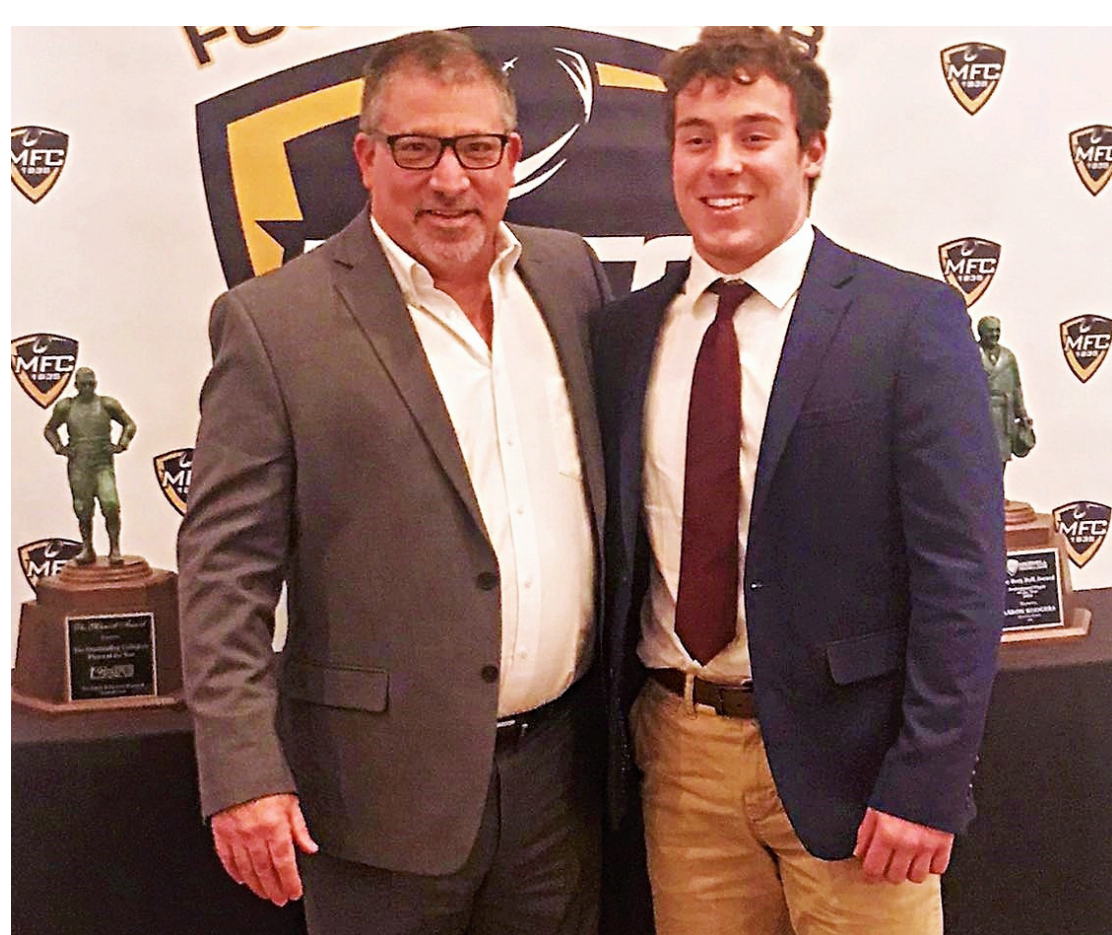
Wrestling

Girls Basketball

Boys Basketball



McCormick Karner (23) looks to drive to the basket during the Slaters' 54-23 win over Southern Lehigh Friday night. Karner scored 11 points and is the team's leading scorer for the season with 136 points and a 12.3 average. She also has made 34 of 45 free throw attempts for a 76% average. Photo Larry Cory [PHOTO GALLERY](#).



Bangor's Kael Godshalk (R) pictured with Bangor Head Football Coach Paul Reduzzi, was one of 55 football players in Pennsylvania to earn a mini Maxwell award this year.



Pen Argyl's Damian Tyminski (3) attempts to block a shot by Bangor's Josh Giaquinto during the Knights' 61-58 loss to Bangor in overtime Tuesday night at Pen Argyl Photo: Hannah Bonanducci. [PHOTO GALLERY](#)

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NEW VACCINE UPDATE

Adolescents & teens ages 12 to 18 years old who received a COVID-19 vaccine should get a booster.

They can get their booster at least 5 months after completing their primary Pfizer-BioNTech series.

FIND OUT MORE AT [CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)



328941-0



Sports Schedules



Bangor Boys (7-9)

Dec 11	Northampton @ Bangor	12:45pm	L 52-42
Dec 14	Bangor @ Wilson	6:45pm	L 58-35
Dec 16	Notre Dame G.P. @ Bangor	6:45pm	L 78-68
Dec 18	Bangor @ Palisades	12:45pm	W 65-51
Dec 20	Bangor @ Salisbury	6:45pm	L 55-30
Dec 28	Bangor vs P’burg @Easton	7:30pm	L 54-51
Jan 3	Freedom @ Bangor	7:00pm	L51-47
Jan 4	Bangor @ Pen Argyl	6:45pm	W 61-58 (OT)
Jan 6	Saucon Valley @ Bangor	6:45pm	W 59-36
Jan 8	Catasauqua @ Bangor	12:45pm	W 68-35
Jan 10	Bangor @ Northwestern	6:45pm	L 52-50 (2OT)
Jan 12	Northern Lehigh @ Bangor	6:45pm	W 64-32
Jan 14	Bangor @ Southern Lehigh	6:45pm	L 65-33
Jan 20	Bangor @ Saucon Valley	6:45pm	W 64-41
Jan 22	Wilson @ Bangor	12:45pm	W 52-45
Jan 25	Bangor @ Notre Dame G.P.	6:45pm	L 79-44
Jan 27	Palisades @ Bangor	6:45pm	
Jan 29	Bangor @ Palmerton	12:45pm	
Jan 31	NDES @ Bangor	6:45pm	
Feb 1	Bangor @ Moravian Academy	6:45pm	
Feb 4	Pen Argyl @ Bangor	6:45pm	

Bangor Girls (12-6)

Dec 11	Bangor @Pleasant Valley	12:45pm	ppd
Dec 14	Bangor @ Wilson	6:45pm	L 49-35
Dec 16	Bangor @ NDGP .	6:45pm	W 45-41
Dec 18	Palisades @ Bangor	12:45pm	W 50-25
Dec 20	Salisbury @ Bangor	6:45pm	W 50-24
Dec 28	Bangor @ Wilson	6:00pm	W 43-22
Jan 4	Pen Argyl @ Bangor	6:45pm	W 50-35
Jan 6	Bangor @ Saucon Valley	6:45pm	W 58-34
Jan 8	Bangor @ Catasauqua	11:45am	W 61-34
Jan 10	Northwestern @ Bangor	6:45pm	L 64-44
Jan 12	Bangor @ No. Lehigh	6:45pm	W 47-37
Jan 14	So. Lehigh @ Bangor	6:45pm	W 54-23
Jan 19	Bangor @ Pleasant Valley	6:00pm	W 44-20
Jan 20	Saucon Valley @ Bangor	6:45pm	W 44-34
Jan 22	Bangor @ Dieruff	2:30pm	W 38-33
Jan 24	Bangor @ Allentown Central	7:00pm	L 49-16
Jan 25	NDGP @ Bangor	6:45pm	L 47-34
Jan 27	Bangor @ Palisades	6:45pm	
Jan 29	Palmerton @ Bangor	11:15am	
Jan 31	Bangor @Nazareth	7:00pm	
Feb 1	Moravian @ Bangor	6:45pm	
Feb 4	Bangor @ Pen Argyl	6:45pm	

Bangor Wrestling (6-7)

Dec 11	Freedom	8:30am	L.... 52-21
Dec 11	Honesdale		L ... 58-12
Dec 11	North Penn		W ... 39-34
Dec 11	St. Joes’s Prep		W ... 42-27
Dec 11	Pleasant Valley		L ... 46-24
Dec 15	Catasauqua @ Bangor	7:00pm	L ... 42-24
Dec 17	Belvidere		W ... 42-27
Dec 21	Wilson @ Bangor	7:00pm	W ... 42-27
Dec 29	Trojan Wars	TBA	
Dec 30	Trojan Wars	TBA	
Jan 5	Bangor @ NDGP.	7:00pm	L.... 67-0
Jan 8	Saucon @ Bangor	7:00pm	L.... 70-6
Jan 11	So. Lehigh @ Bangor	7:00pm	L.... 36-34
Jan 13	Bangor @ Palisades	7:00pm	W.... 40-25
Jan 19	Bangor @ Northwestern	7:00pm	W.... 33-25
Jan 21	Coal Cracker @Lehighton	TBA	
Jan 21	Coal Cracker @Lehighton	TBA	
Jan 26	Pen Argyl @ Bangor	7:00pm	

Pen Argyl Boys (5-13)

Dec 10	@ NDES	5:00pm	L 68-31
Dec 11	@ Moravian Academy	2:45pm	W 39-38
Dec 14	Pen Argyl @ Northwestern	6:45pm	L 45-43
Dec 16	Saucon Valley @ Pen Argyl	6:45pm	L 57-42
Dec 18	Pen Argyl @ Wilson	12:45pm	L 48-19
Dec 20	Notre Dame G.P. @ Pen Argyl	6:45pm	L 66-37
Dec 22	Pen Argyl @ Palisades	6:45pm	L 71-47
Dec 23	Lehighton @ Pen Argyl	6:45pm	L 45-40
Dec 27	Sussex Tech	1:30pm	W 46-39
Dec 28	North Warren	5:00pm	L 52-43
Jan 4	Bangor @ Pen Argyl	6:45pm	L -61-58 (OT)
Jan 8	Southern Lehigh @ Pen Argyl	12:45pm	L 40-33
Jan 12	Salisbury @ Pen Argyl	6:45pm	L 59-32
Jan 14	Pen Argyl @ Palmerton	6:45pm	L 55 43
Jan 18	Catasauqua @ Pen Argyl	6:45pm	W 50-38
Jan 20	Moravian @ Pen Argyl	6:45pm	W 40-28
Jan 21	Pen Argyl @ Northern Lehigh	6:45pm	W 50-43
Jan 25	Pen Argyl @ Saucon Valley	6:45pm	L 48-44
Jan 27	Wilson @ Pen Argyl	6:45pm	
Jan 29	Pen Argyl @ Notre Dame G.P.	12:45pm	
Feb 1	Palisades @ Pen Argyl	6:45pm	
Feb 4	Pen Argyl @ Bangor	6:45pm	

Pen Argyl Girls (10-8)

Dec 10	NDES	3:30pm	W 49-13
Dec 11	@ Moravian Academy	TBA	L 46-40
Dec 14	Northwestern @ Pen Argyl	6:45pm	L 35-33
Dec 16	Pen Argyl @ Saucon Valley	6:45pm	W 48-22
Dec 18	Wilson @ Pen Argyl	12:45pm	L 56-46
Dec 20	Pen Argyl @ NDGP.	6:45pm	L 46-37
Dec 22	Palisades @ Pen Argyl	6:45pm	W 53-25
Dec 23	Pen Argyl @Lehighton	6:45pm	L 41-37
Jan 4	Pen Argyl @ Bangor	6:45pm	L 50-35
Jan 6	Whitehall @ Pen Argyl	6:45pm	W 41-35
Jan 8	Pen Argyl @ So. Lehigh	12:45pm	W 58-35
Jan 10	Pen Argyl @ PME	6:00pm	W 57-48
Jan 12	Pen Argyl @ Salisbury	6:45pm	W 53-20
Jan 15	Pen Argyl @ Palmerton	11:15am	L 44-41
Jan 18	Pen Argyl @ Catasauqua	6:45pm	W 62-57
Jan 20	Pen Argyl @ Moravian	6:45pm	W 54-38
Jan 22	No. Lehigh @ Pen Argyl	11:15am	L 55-49
Jan 25	Saucon Valley @ Pen Argyl	6:45pm	W 52-23
Jan 27	Pen Argyl @ Wilson	6:45pm	
Jan 29	NDGP @ Pen Argyl	11:15am	
Feb 1	Pen Argyl @ Palisades	6:45pm	
Feb 4	Bangor @ Pen Argyl	6:45pm	

Pen Argyl Wrestling (3-5)

Dec 11	Rough Rider Wrestling	TBA	8th Place
Dec 15	Pen Argyl @ Southern Lehigh	7:00pm	L 39=21
Dec 21	Saucon Valley @ Pen Argyl	7:00pm	L 65-12
Dec 28	Hurricane Wrestling	TBA	
Dec 29	Hurricane Wrestling	TBA	
Jan 3	Notre Dame G.P. @ Pen Argyl	7:00pm	L 69-6
Jan 5	Palisades @ Pen Argyl	7:00pm	W 38-30
Jan 6	Lehighton @ Pen Argyl	7:00pm	L 48-30
Jan 11	Pen Argyl @ Salisbury	7:00pm	W60-18
Jan 13	Pen Argyl @ Wilson	7:00pm	L 35-34
Jan 19	Palmerton @ Pen Argyl	7:00pm	W 44-30
Jan 21	Coal Cracker @Lehighton	TBA	
Jan 21	Coal Cracker @Lehighton	TBA	
Jan 26	Pen Argyl @ Bangor	7:00pm	
Jan 28,29	Ultimate Warrior	TBA	

Team Rosters

Bangor Girls Basketball

1 ...	Madeline Stout	11	5’7
2 ...	Jayleigh Figurski	11	5’4
3 ...	Julia Pinter	10	5’9
4 ...	Analise Mendez	12	5’6
5 ...	Brianna Done	12	5’7
10 .	Kaylee Holland	12	5’8
11 .	Kyleena Gonzalez	..	10	5’0
12 .	Emily Ohland	12	5’8
14 .	Abigail Maguire	11	5’6
22 .	Brooke Edwards	12	5’6
23 .	McCormick Karner	12	5’8
25 .	Avery Nelson	9	5’8
31 .	Caydence McLain	11	5’7
32 .	Emma Toth	11	5’7

Bangor Boys Basketball

1 ...	Skyler Hackenberg..	11	5’10
2 ...	Ari Johnson	9	5’10
3 ...	Ashton Kluska	11	6’0
4 ...	Bryan Marmol	11	5’9
5 ...	Carmine Diaz	9	6’2
11 .	Michael Miller	9	6’4
12 .	Josh Giaquinto	11	6’1
14 .	Gavin Nelson	10	6’2
20 .	Jeremiah Singer	9	6’1
21 .	Brayden Strohe	12	6’4
22 .	Jimmy Merklinger	..	12	6’3
23 .	Dan Heald	12	6’6
30 .	Quin Karner	11	6’1

Bangor Wrestling

113	Jace Labar	9
113	Liam Horne	11
120	Raeyon Katzarov	12
120	Aidan McNulty	9
126	Landon Uhler	12
132	David Siple	9
138	Caidan Poff	12
145	Noah Hillis	10
152	Landen Smith	10
152	Riley Alvarado	10
160	Alex Klaver	12
189	Sam Woolverton	10
189	Gabe Woolverton	12
215	Luke Chidsey	12
215	Ethan Alvarado	11
285	Jose Maldonado	11

Pen Argyl Girls Basketball

15	Julia Antonioli	
13	Rose Falletta	
44	Hailey Frey	
22	Macy Kotulka	
10	Emma Kupres	
24	Kayla Maggipinto	
35	Alexandra Marshall	
21	Jillian Morro	
14	Kristen O’Brien	
12	Julia Vargo G	
5	Elliana Wallbillich	
32	Grace Weaver	
11	Callia Wilgus	

Pen Argyl Boys Basketball

0	Trowne Irwin-Hill	5’10”
1	Jillian Pysher	5’9”
3	Damian Tyminski	6’2”
4	Zachary Rudy	5’11”
10....	Chase Kennedy	5’9”
12 ..	Blake Boyer	5’9”
15 ..	Ethan Holland	5’10”
21 ..	Christian Hershey	5’8”
22 ..	George Pultz	6’1”

Pen Argyl Wrestling

Adam Bartholomew	...Fresh	..145
Connor Bartholomew	.Fresh	..106
Hunter BeersFresh	..126
Braydon BowieSenior	.215
Gannon BrinkerSenior	.152
Michael CulverJunior	.160
Cole DorshimerSenior	.160
Dakota GrahamSenior	.215
Gian GreggoJunior	.160
Colton KeatJunior	.132
Evan KeatSoph	...120
Kristoffer KesslerJunior	.160
Nuallan KingFresh	..138
Aidan KnorrSophe	.113
Brayden Krasnopera	...Fresh	...160
Alex MoserSoph	...138
Shane MoserFresh	..132
John ParnesFresh	..113
Vincent RetoSoph	...120
Matthew RissmillerJunior	.113
Madacyn RiveraFresh	..106
Hennessey RuppertSenior	.126
Ben SpearmintFresh	..106

Player Stats

Pen Argyl Girls

Player	G	Pts	Avg
Wallbillich.	16.....	220.....	13.8
Kupres.....	15.....	50.....	3.3
Wilgus.....	400.0
Vargo7.....	.7.....	1.0
Falletta.....	16.....	.85.....	5.3
Morro16.....	227.....	14.2
Weaver5.....	6.....	1.2
Antonioli	...13.....	4.....	0.3
Marshall	...13.....	58.....	4.5
Frey6.....	3.....	0.5
Kotulka.....	15.....	77.....	5.1
O’Brien6.....	7.....	1.2

3-Pointers - Wallbillich 30, Kotulka 5, Morro 5, Kupres 1, O’Brien 1
(Updated 1/21/22)

Bangor Boys

Player	G	Pts	Avg
Hackenberg	..5.....	2.....	..0.4
Johnson11.....	49.....	..4.5
Kluska14.....	143.....	10.2
Diaz7.....	15.....	2.1
Miller.....	14.....	37.....	2.6
Giaquinto...	13.....	223.....	17.1
Nelson5.....	8.....	1.6
Singer.....	43.....	0.8
Strohe15.....	184.....	12.3
Merklinger..	14.....	33.....	2.3
Heald.....	13.....	58.....	4.5
Quagliato....	12	2.0
Stout12	2.0

3-Pointers - Strohe 18, Kluska 26, Diaz 3, Giaquinto 19, Heald 2 , Johnson 1

Bangor Wrestling

Wrestler	W-L
Alvarado.....	0-2
Chidey0-2
Maldonado3-6
Hatesaul.....	0-3
Hillis.....	2-7
Klaver Alex10-4
LaBar.....	4-8
McNulty4-7
Poff.....	4-2
Siple2-7
Smith2-1
Stapp Riley.....	8-4
Uhler9-5
Woolverton G.....	5-6
Woolverton S.....	0-2

Bangor Girls

Player	G	Pts	Avg
Stout14.....	74.....	5.7
Figurski8.....	4.....	0.5
Pinter.....	15.....	48.....	3.4
Mendez.....	15.....	53.....	3.8
Gonzalez ...	14.....	18.....	1.4
Edwards.....	10.....	4.....	0.4
Karner15.....	152.....	10.1
Nelson13.....	86.....	6.6
McLain.....	10.....	4.....	.0.4
Toth13.....	72.....	6.4
Ohland.....	1536.....	2.6
Done.....	5.....	3.....	..0.6
Holland.....	13... ..	77.....	6.2
Honn.....	1.....	0.....	0.0
Escuadro....	1.....	0.....	0.0

3-Pointers - Stout 12, Nelson 11, Holland 2, Gonzalez 4, Karner 2
(Updated 1/24/22)

Pen Argyl Boys

Player	G	Pts	Avg
Irwin-Hill	...15....	38.....	2.5
Pysher.....	14.....	91.....	.6.5
Tyminski13....	159.....	12.2
Rudy.....	12.....	43.....	3.4
Hershey13.....	116.....	8.9
Pultz15.....	69.....	4.6
Moore.....	7.....	7.....	1.0
Asakal5.....	17.....	3.4
Kennedy	3.....	16.....	5.2

3-Pointers - Hershey 27, Pysher 15 Tyminski 5, Pultz 6, Asakal 1, Rudy 6, Kennedy 1

Pen Argyl Wrestling

Wrestler	W-L
Knorr3-5
Bartholomew.....	1-4
Beers1-4
Brinker4-2
Culver.....	0-1
Dorshimer1-5
Graham.....	7-4
Greggo.....	5-6
Keat C.0-4
Keat E.....	0-5
Kessler.....	1-0
King.....	1-7
Krasnopera0-2
Moser A.....	4-5
Moser S.1-2