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Slate Belt Town Topics

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Slate Belt Town Topics

Gym Or No Gym Finding - Your Ideal Exercise Routine

(NAPSI)—They say old habits die hard, but for a lot of people the last two years have proven otherwise. The COVID-19 pandemic fueled a seismic shift in the way people view physical and mental health—and lately, many have had a chance to reflect on old habits and routines.

If you're looking to improve your physical or mental health, there may be no better tool than exercise. It offers numerous benefits including lower blood pressure, improved bone health and reduced risk of diseases. Moving your body stimulates different parts of your brain to release feel-good chemicals including serotonin, endorphins and dopamine, leading to a cascade effect of better sleep, sharper thinking, reduced stress and enhanced mood.

With the mass adoption of hybrid work models that let you swap your morning commutes with a sweat session or moment of mindfulness, the reopening of gyms and fitness centers and spring right around the corner, now's a good time to replace your old, tired routines.

Tom Holland, exercise physiologist and Bowflex fitness advisor, says it's an exciting moment in fitness and a great time for people to begin thinking about what their exercise routine might look like, with so many options available including working out at home, outside or at the gym.

Here are a few ideas to help you get started:

• Take up a new at-home routine: At-home workouts are the new normal for many and can be just as effective as a workout done at a gym—not to mention easier to fit into a busy routine. Fitness apps such as the JRNY digital platform (<https://www.bowflex.com/jrny.html>)—which includes a range of classes including stretching, strength, yoga and Pilates—can be great tools to take the guesswork out of trying a new exercise.

“At-home fitness equipment is better than ever before and you no longer need a gym membership to get in a great workout,” says Holland. “With new digital technologies such as wearables and connected machines, you can get the kind of customized, comprehensive fitness plans that were once reserved for professional



athletes.”

Versatile home equipment such as the Bowflex VeloCore Bike 22” (<https://www.bowflex.com/bikes/velocore/100914.html>) are great for getting in a cardio session without the need to go to a gym. With the JRNY app on the VeloCore bike, you can tour new cities, participate in trainer-led rides or catch up on your favorite shows on Netflix, Hulu, Amazon Prime Video, HBO Max and Disney+.

• **Sweat the small stuff:** Even small amounts of exercise can be beneficial. If you're at a desk or sitting still most of the day, try standing up at frequent intervals throughout the day, going for walks or doing short workouts such as jumping jacks or squats. This can help counter the negative effects of a sedentary lifestyle, which is especially important in the work-from-home era.

• **Get outside:** There's a strong link between time spent outdoors and physiological benefits, including reduced stress and mental fatigue and improved mood.

“**Consider taking a daily walk** or picking up an outdoor hobby to ensure you're getting enough time outside,” suggests Holland. “Pets can be a great reason to get outside more frequently, so if you've ever thought about getting a dog, maybe now is the time!”

• **Take up a family or group activity:** Exercise doesn't have to be a solo activity. In fact, it can be a great opportunity to spend some quality time with friends and family. Recreational sports such as pickleball are easy to learn and can be accessible fun for the whole family, no matter the age or ability level.

“**Pickleball is a new activity** I've discovered and one my whole family has been enjoying,” Holland adds. “If you're thinking about giving it a try but are concerned about your fitness level, I recommend exercises like bodyweight squats, skaters and jumping jacks as a warm-up to get your body in pickleball-playing shape.”

Slate Belt Town Topics

2ND ANNUAL *#fightlikestevie*

ALS WALK

Amyotrophic Lateral Sclerosis-
Lou Gehrigs Disease

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Slate Belt Town Topics

sbtopics@rcn.com

May 21, 2022

www.sbtopics.com



Air Quality Alert Is In Effect Today

The Pennsylvania Department of Environmental Protection has issued a code orange air quality alert Saturday for The Lehigh Valley/Berks County area.

A code orange air quality alert means that air pollution concentrations within the region may become unhealthy for sensitive groups. Sensitive groups include children...people suffering from asthma... heart disease or other lung diseases...and the elderly. The effects of air pollution can be minimized by avoiding strenuous activity or exercise outdoors.

For more information on ground-level ozone and fine particles...visit <http://www.depweb.state.pa.us>

Open House and Car Show

An Open House & Car Show is set for 910 W. Pennsylvania Ave.(Waste Management) Saturday, May 21, 2022 at 11 am – 2 pm

You are invited to Grand Central Landfill's Open House and Community Safety Day to learn more about WM's focus on sustain ability through recycling, waste diversion and environmental stewardship and enjoy a little family-focused entertainment.

Enjoy the following: Landfill Tours, Children's Activities, Car Show Contest, Touch-A-Truck, Complementary food and refreshments.

Happening Today

Blue Mountain Library - Open 10-12
Bangor Public Library - Open 10-4
Slate Belt YMCA - 8-4

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

Recent Photo Galleries



PAHS Concert



PAHS Honor Society



BAHS Mini Thon



Bangor - Pen Argyl Baseball

Fog/Sunny/ Hot 93 Today
Sunny/Shwrs 89 Sunday

National Weather Service Forecast

Today, Areas of dense fog before 8am. Otherwise, mostly cloudy, then gradually becoming sunny, with a high near 93. Southwest wind 5 to 10 mph.

Saturday Night, Mostly clear, with a low around 67. Southwest wind around 5 mph.

Sunday, Showers and thunderstorms after 2pm. Some of the storms could produce gusty winds. High near 89. Southwest wind 5 to 10 mph. Chance of precipitation is 80%. Rainfall between a tenth and quarter of an inch, except higher amounts possible in thunderstorms.

Sunday Night, Showers and thunderstorms, mainly before 8pm. Some of the storms could produce gusty winds. Low around 56. North wind 5 to 10 mph. Chance of precipitation is 80%. Rainfall less than a tenth of an inch, except higher possible in thunderstorms.

Monday, Partly sunny, with a high near 71.

Monday Night, Mostly cloudy, with a low around 52.

Tuesday, Partly sunny, with a high near 70.

Tuesday Night, Mostly cloudy, with a low around 50.

Wednesday, Mostly cloudy, with a high near 71.

Air Quality: Moderate (0-50) Bethlehem (72) Columbia N.J. (12)

Pollen: 9.1 Medium- High (Top Alergen (s) Oak, Birch, Maple.

UV: High 10-5 Peak 8.5 at 1:00pm

Slate Belt Weather

ICYMI

(Click Below to Read)

May 20	May 14
May 19	May 13
May 18	May 12
May 17	May 11
May 16	May 10
May 15	May 9

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.

May 21

Open House and Car Show

An Open House & Car Show is set for 910 W. Pennsylvania Ave. (Waste Management) Saturday, May 21, 2022 at 11 am – 2 pm

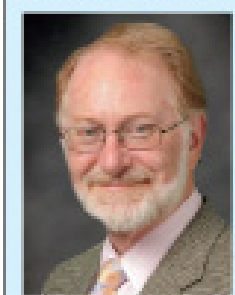
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Enjoy the following: Landfill Tours, Children's Activities, Car Show Contest, Touch-A-Truck, Complementary food and refreshments.

Register your car by completing the link: <https://forms.gle/c6qGDrj1qYASpD11A>



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Womans Club Bake Sale

The Bangor Womens Club GFWC will hold a bake sale on Sat May 21 from 9 am to 3 pm outside Ace Capital Hardware Store located at 438 Blue Valley Drive in Bangor. Homebaked goodies will be available for sale. Proceeds from the sale will be used for local student scholarships and other community projects

Belvidere Ambulance 75th Anniversary Parade

This is the rescheduled date from 2020 will be held Saturday May 21, 2022 at noon.

Beginning at the Belvidere High School and ending at the Fireman's Field for a celebration, this will be an event you don't want to miss! Come and join us in celebrating 75 years of service to our community.

There will be music, food, drinks, and more!

Registration form for participation can be filled out here: <https://docs.google.com/.../1FAIpQLSdMkxLxpg.../viewform..>

May 26

Weekly Weeders

Thursdays, May 26 at 8:30am to 10:30am

Interested in learning more about gardening with native plants? Volunteer to work alongside our education staff as they mulch, pull weeds, divide plants, and amend soil in the center's native plant garden. We provide instruction, tools, and weeding mats. Registration is required

May 28

Stone Lake Vendor Event

Join them for a day at the lake, enjoy Vendors & crafts, Music Food & drinks (alcohol for 21.) May 28. 2022 from 11am-4pm

For vendor opportunities, email Blueflameevents@yahoo.com

Cost \$35.00 Per 10x10 space

Stone Lake Inn 407 Greenview Dr. Saylorsburg, Pa 18353

Portland Yard Sales

Portland Community-wide yard sales will be held Saturday May 28 from 8:00am to 2:00pm

The Pennsylvania Longrifle... and You!

Saturday, May 28 at 10:30am to 11:30am

In this seminar, guest speaker Dave Ehrig

will explore the roots of our state's iconic new symbol. From humble frontier roots, an evolution of gunmaking technology took place, the rifled barrel. While Henry of Lancaster, along with other Lancaster gunsmiths like Matthias Roesser, George Fainot, Jacob Dickert, and others were among the first to exploit the legendary accuracy of long rifled barrels, the Henry family's fame would increase as the technology was brought to the Moravian Societies in Christian's Spring, Nazareth, and Boulton. To hold an early Andreas Albrecht, Christian Oerter, or Wm. Henry Jr. longrifle in one's hands is to create such an indelible memory of Pennsylvania history that it causes many skilled modern longrifle builders to attempt to recreate them. This program will raise your spirits and enlighten your pride in the Keystone State and its iconic gun. Registration is required.

MDPH Open Show Series

Event by MDPH Open Show Series will held Saturday, May 28, 2022 from 9 am – 4 pm. Ranch Riding Clinic with Kristy Smith MD Performance Horses with Ranch Rail, Riding, and Trail Clinic Great clinic to get help and tips the day before our Full Slate ECRRA Ranch Show May 29!

May 29

Full Slate ECRRA Show will be held May 29 at 9:00 a.m. All Ranch Horse Classes, All Levels of Riding. Open to Members and Non-Members Sign up to be a member and enroll your horse to be eligible for Year-End and Lifetime Awards This show is a Saddle Series eligible show to earn points towards winning a brand new Wenger saddle!!!

May 30

MT Bethel Portland Memorial Day

Mt. Bethel – Portland Memorial Day Service will be held 11:00am May 30 at the Mt. Bethel War Memorial Route 611, Mt. Bethel.

West Bangor Memorial Day

The West Bangor Memorial Association will sponsor the Annual Memorial Day Services on Monday, May 30th, at 11AM at the Memorial Site, Second Street, West Bangor, PA. The principal speaker will be US Navy Veteran AD 2, Jeffrey

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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

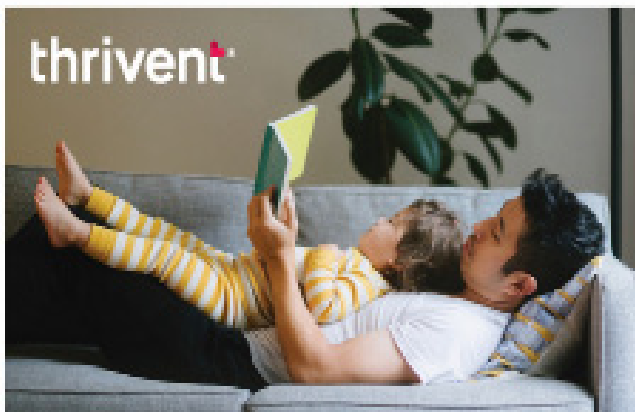
Calendar 2

Berger, a resident of Pen Argyl, PA.

In case of inclement weather, services will be held at the St. Joseph's Episcopal Church Social Hall, Verona Avenue, West Bangor, PA. The public is invited to attend.

East Bangor Memorial Day

A Memorial Day service will be held on Monday, May 30th, at 1:00 p.m. at the East Bangor Cemetery, Park Rd., East Bangor, PA. Scott Saltern will serve as Master of Ceremonies. The speaker will be Russell Stout, Historian. Jayden Goss will recite the "Gettysburg Address". Kilee Goss will recite "In Flanders Fields". The Blue Eagles Drum & Bugle Corps will perform. There will be a roll call of those veterans who have died in the past year and are now buried in the East Bangor Cemetery. A gun salute will be fired by the Martocci-Capobianco Post 750 American Legion, Roseto. Taps will be played. The East Bangor Fire Co. will be in attendance. In case of rain, the service will be held at the East Bangor United Methodist Community Church, 136 W. Central Ave. (Rt. 512), East Bangor, PA. The church is



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sponsoring the service. For more info., call 610-588-4453 or visit www.ebumc.org.

June 4

Strawberry Festival

The East Bangor United Methodist Community Church will host a "Strawberry Festival" on SATURDAY, June 4th, from 1:00 p.m. to ????. It will be held at the Blaine Reimel Memorial Park on Park Rd. in East Bangor (rain or shine). Lots of good food and "Jacktown" ice cream will be available. For more info., call 610-588-4453 or visit www.ebumc.org.

June 11-12

Lehigh Valley Spring Plant Crawl

The Greater Lehigh Valley's 2nd Spring Plant Crawl includes 7 of your favorite local plant shops. Crawl around the greater Lehigh Valley over the weekend of June 11th & 12th and enjoy some of the amazing local plant shops we have in our community. During the Plant Crawl, you will begin at the plant shop you choose at the time of ticket purchase. Please choose carefully as they can't

Click for Calendar 3

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CHEVROLET

Calendar 3

change the location afterwards and your passports will be waiting at your designated shop.

From there, you will have the entire weekend (Saturday & Sunday) to visit all the participating stores to get your passport stamped. To get a stamp, you simply need to make a purchase at each shop. This year, we will be requiring you to purchase at least one plant to get a stamp. It is a Plant Crawl, after all

You may ask, what do the stamps get me? Getting a stamp from each participating store will enter you into our prize giveaways, including one big plant grand prize! At your last shop, you will receive a ticket that will be entered into the drawing for the giveaways. The giveaway winners are announced the following week.

Each \$15 pre-order tickets include admission to the Plant Crawl, a passport with coupons for each participating plant shop and a custom plant mat!

June 12

Chicken BBQ at Christ Lutheran

Christ Evangelical Lutheran Church 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) will hold a Take Out Chicken Bar-b-cue on Sunday, June 12th. You must pre-order your meal with pick up between 12:30pm and 3:00pm. The meal includes a delicious bar-b-cue half of chicken, baked potato, homemade bread, spiced cabbage and dessert. The cost is \$15. To order, please call Chrissy at 610-588-0809 by June 8.

June 13

MDPH Summer Camp

MDPH Summer Camp will be held June 13-17 - Little Riders Camp (4yr-6yr)

August 8-12, August 15-19.

Great low-key environment for all levels of experience Ages 5-15. Monday-Friday 10A-3P covering all aspects of horsemanship. Campers will learn grooming, horse care, equine education plus arts and crafts, games and daily riding lessons. Each child must supply their own daily lunch Mon-Thurs. Water and ice pops available. Pizza party on Friday. \$400 per week. 50% deposit per child to reserve spot. Call Marissa @ 201-247-7118 Space is limited

June 14 -17

Environmental Stewardship for Youth Leaders Day Camp 9:00am to 3:00pm

Get your feet wet in the field of waterways conservation and learn to lead projects that make a difference in our world! Teens ages 13-18 will participate in science-based activities that focus on local watersheds and waterways with plenty of opportunities to learn leadership skills, get hands-on with field investigations and a stream-side service project along the Bushkill Creek. Upon completion of this free program, participants will receive a certificate and are eligible for 4 community service hours. There is no fee to attend this camp. Financial and other support for the En-

vironmental Stewardship for Youth Leaders has been provided by the Department of Environmental Protection's 2021 Environmental Education Grants Program. This camp begins on Tuesday, June 14th and ends on Friday, June 17th and will be from 9:00am - 3:00pm each day. Registration is required. Registration will be online only.

June 25,26

Jacobsburg WWII Living History Weekend
June 25,26 10am - 4pm

June 24-26

Bushkill Twsp Community Yard Sale

Bushkill Twsp Community Yard Sale June 24 – June 26 9am – 5pm 968 Renaldi Rd, Wind Gap PA 18091

Spend your weekend finding great deals and awesome stuff!

Pasties Sale at Christ Lutheran

June 25

Wind Gap Shop n' Stroll

—Shopping with 70+ vendors & crafters (pet and non-pet related)

—Adoptable pups — Pet Rescues

—Food vendors — Music — and MORE.,,

For vendor opportunities email blueflameevents@yahoo.com Cost \$30 for 10x10 space

Swing at the Stand

“Swing at the Stand” will be held on Saturday, June 25th , 4:00- ?? at Weona Park, Rt. 512, Pen Argyl. Listen and dance to the “Oldies” and meet with friends. (Please bring your own beverage and lawn chair.) Everyone is welcome...Rain or Shine!

Aug 5,6,7

Roseto Yard Sales

The annual Roseto Borough yard sale will be held the first weekend of August. Friday, Saturday and Sunday August 5th, 6th and 7th. The Borough waives the normal fees for this weekend, so setup and sell your treasures.

August 7

Aonghus Oakley Ames Miller 4x4 Truck Show

The first Annual Aonghus Oakley Ames Miller 4x4 Truck Show to fund Blue Collar Scholarship in his memory is planned for the Blue Valley Farm Show 1:00 p.m. Sunday August 7. Tickets · \$10 - \$45 www.eventbrite.com/e/310620603587 Fun! Trucks! Prizes! Food!

You can help pay it forward through the Blue Collar Scholarship!!! Check out www.aofoundation.org/bluecollarscholarship for information!

Your Donation/ticket will enter you to win an

hourly door prize and will be used as your vote for the Best in Show 4x 4 Truck!

Your Truck Entry fee will get you a spot on the lot, a t-shirt and sticker with an opportunity to win one of three prize bundles!! Best in Show, Best 2014 and older, Best 2015 and newer!!!

Vendors will be on site, food, music! Come join us and have a good time and enjoy the 4 x 4's!!

August 27

Delaware Riverfest - Vendors, Food & More

Enjoy the day along the Delaware River shopping with vendors, delicious food, drinks, music, and more!

August 27, 2022 from 10AM to 3PM , 422 Delaware Avenue Portland, PA 18351

For vendor opportunities email blueflameevents@yahoo.com

Registration cost is \$30 Per 10 x 10 space

Sept 11,12

Revolutionary War Weekend

Jacobsburg Revolutionary War Weekend September 10,11 10am - 3pm

Sept 17-19, 2022

Hot Air Balloon Festival

2022 Lancaster Hot Air Balloon Festival Sep 17, 2022 At 6 Pm – Sep 19, 2022 At 9

The Lancaster Balloon Festival is a one-of-a-kind event in Lancaster County, Pennsylvania. Hosted in the village of Bird-in-Hand, PA the festival features the mass launch of dozens of big, beautiful balloon, family entertainment, fire

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Slate Belt Church Information



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.

Flicksville UCC

1337 Lower South Main St., Bangor

Pastor Ken Hess 610-588-4648

www.flicksvilleucc.com

Worship at 10:45 a.m. following
social distancing guidelines

Trinity Lutheran Church

404 Broadway Bangor (610-588-2023)

telcbangor@frontier.com

Website: www.tlcbangor.com

Sunday worship 10:30 a.m.

Holy Communion: First and Third Sundays

Refreshments after. Masks optional.

East Bangor UMC

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

Sun May 22 -9:30 a.m. Worship Service

(Live & on Zoom)

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

First United Methodist Church of Bangor

Pastor Elisandra Garcia - 610-588-4673

55 North Third Street, Bangor PA

11:00am service (Communion First Sunday)

Christ Evangelical Lutheran Church

703 South Delaware Drive Mt. Bethel, 18343

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

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.

Grace Lutheran Church

5907 Sullivan Trail, Nazareth Pa 18064

www.gracebelfastpa.org 610-759-9080

Email: gracebelfast@rcn.com

May 22 - 9:00 a.m. – Sixth Sunday of Easter

Service of the Word..

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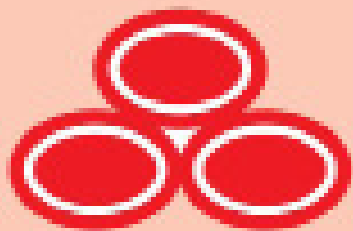
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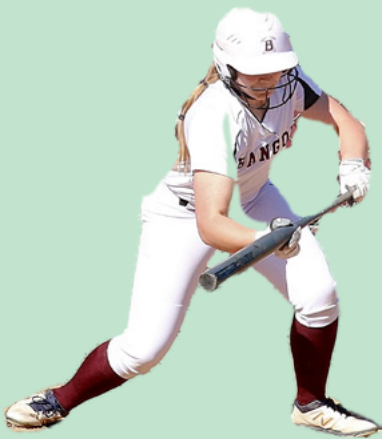
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Slate Belt Town Topics Sports



Baseball

Boys Tennis

Softball

Track & Field



Spring Sports Schedules



Pen Argyl Baseball (3-17)

March 25	H Lehigh	L 11-3
March 30	@ Catasauqua	L 1-0
March 31	H Saucon Valley	L 7-3
April 1	H. Northern Lehigh	W 9-3
April 4	H. Palmerton	L 4-1
April 11	H. Palisades	L 15-1
April 13	@ Notre Dame ES	W 8-3
April 14	H. Wilson	L 4-3
April 19	@ Southern Lehigh	L 16-6
April 20	H.Moravian Academy	L 11-5
April 22	@ Salisbury	L10-9
April 23	@NDGP	L 13-8
April 25	@ Palisades	L 9-2
April 27	H. Notre Dame ES	W 2-1
April 29	@ Saucon Valley	L 15-0
May 2	H. Northwestern	L7-6
May 4	H. NDGP (Srs)	L 11-9
May 6	@ Wilson	@7:00
May 9	H. Bangor	L 18-0
May 9	Bangor	L 13-3

Pen Argyl Softball (12-8)

March 25	@ E Stroudsburg So.	W 3-2
March 30	@ Catasauqua	W 16-3
April 1	H. Northern Lehigh	L 13-10
April 4	H. Palmerton	L 10-3
April 11	H. Palisades	W 10-4
April 12	H. Saucon Valley	W 11-7
April 14	H. Stroudsburg	L 15-0
April 16	H. Wilson	W 3-2
April 19	@Southern Lehigh	L 4-3
April 20	@Pocono Mt. East	W16-6
April 22	@Salisbury	L4-1
April 23	@Bangor	L7-6
April 4	NDGP	W16-14
April	NDGP	W9-0
April	Saucon Valley	W 14-0
April	Lehigh	W 3-1
April	Northwestern	W 6-5
May	Bangor	L 8-3
May	Wilson	L 2-0

Bangor Baseball (9-11)

March 26	vs.E'burg South	W 11-2
March 30th	@Northern Lehigh	W 10-0
April 1st	vs. Southern Lehigh	L 10-3
April 2	vs Wilson	L 6-3
April 4th	@Palisades	L 10-1
April 11th	@NDGP	L 14-2
April 13	vs Northwestern	L 4-1
April 14th	@Nazareth	L 11-4
April 18th	@Saucon Valley	L 3-1
April 18th	@Moravian Acad.	W 10-6
April 20th	vs. Salisbury	W 6-3
April 22nd	@Palmerton	W 5-2
April 25th	vs. NDGP	L 8-1
April 27th	@Wilson	W 7-2
April 28th	vs. Catasauqua	W 10-0
May 2nd	vs. Palisades	L 4-2
May 5th	vs. Saucon V. SRs	L 6-3
May 9th	@Pen Argyl	W18-0
May 9th	Pen Argyl	W13-3
May 11th	@ Northampton	L 9-6

Bangor Softball (15-7)

March 29	vs.Northwestern	L 18-7
March 30th	Northern Lehigh	W 4-1
April 1st	vs. Southern Lehigh	L 20-7
April 2	vs. Wilson	W 8-2
April 4th	@ Palisades	W 5-4
April 11th	@ NDGP	W 14-1
April 12th	@ Central Catholic	W 16-1
April 14th	vs. Nazareth	L 15-8
April 20th	vs. Salisbury	W 6-2
April 22nd	@Palmerton	W4-2
April 23rd	vs Pen Argyl	W7-6
April 25th	vs. NDGP	W 5-4
April 27th	@Wilson	L 9-8
April 28th	vs. Catasauqua	W 13-6
April 30th	vs. Easton	L 11-7
May 2nd	vs. Palisades	L 6-4
May 5th	vs. Saucon Valley	W 18-2
May 7th	vs. Northampton	L 11-1
May 9th	@Pen Argyl	W 8-3
May 17	S. Lehigh	W 8-5
May 19	Northwestern	W 5-3

Bangor Boys Tennis (13-4)

March 14th	@Northampton	W 5-2
March 16th	vs. Salisbury	W 5-0
March 18th	vs. Pottsville	W 6-1
March 19th	@Easton	W 6-1
March 21st	vs. Palmerton	W 7-1
March 22nd	vs. Notre Dame E.S.	W 5-0
March 23rd	vs. Pleasant Valley	W 5-0
March 26th	@Saucon Valley	L 5-0
March 30	Whitehall	W 7-0
April 2	So. Lehigh	L 5-0
April 4th	@Moravian Acad.	L 5-0
April 8th	vs. NDGP	L 3-2
April 12th	vs. Wilson	W 5-0
April 11th	@Palisades	W 5-0
April 13th	@Pottsville	W 5-0
April 19th	@Notre Dame E.S.	W4-
April 20th	@Pen Argyl	W 4-1

Pen Argyl Boys Track (5-1)

March 29th	@Saucon Valley	W88-56
March 29	@ Catty	W95-41
April 5th	@Southern Lehigh	L92-57
April 12th	@Salisbury	W72-70
April 19th	@Bangor	W82-62
April 21	@Northern Lehigh	W87-41
April 26th	@Wilson	@3:30
April 29th	@E. Stroudsburg So	@2:00
May 3rd	@Palmerton	@3:30

Bangor Boys Track and Field (0-6)

March 29th`	@ Wilson	L78-60
March 29th	@ So. Lehigh	L 98-37
April 5th	vs. Saucon Valley	L 80-69
April 12th	vs. NDGP	@4:00
April 19th	vs. Pen Argyl, Pal.	L,L
April 21st	@ Palmerton	L
April 26th	@Northwestern	@3:30
May 3rd	vs. Catty, N.L	@4:00

Pen Argyl Girls Track (0-6)

March 29th	@Saucon Valley	L 78-55
March 29	Catty	L 81-68
April 5th	@Southern Lehigh	L119-29
April 12th	@Salisbury	L66-64
April 19th	@Bangor	L97-42
April 21	@Northern Lehigh	L117-28
April 26th	@Wilson	@3:30
April 29th	@E. Stroudsburg So	@2:00
May 3rd	@Palmerton	@3:30

Bangor Girls Track and Field (1-6)

March 29th`	@ Wilson	L97-44
March 29th	@ So. Lehigh	L113-27
April 5th	vs. Saucon Valley	L77-67
April 12th	vs. NDGP	L,L
April 19th	vs. Pen Argyl, Pal.	W,L
April 21	@ Palmerton	L
April 26th	@Northwestern	@3:30
May 3rd	vs. Catty, N.L	@4:00



Bangor and Pen Argyl Team Rosters

Pen Argyl Girls Track

Natalie Aguilar	9
Selena Muyulema	9
Emma Albanese	11
Sarah Pezzino	12
Julia Antonioli	10
Finley Schneck	9
Julia Apostol	10
McKenna Straub	12
Olivia Apostol	9
Rylee Straub-Keiper	10
Hayley Buskirk	11
Sophia Turtzo	10
Danielle DeBellis	9
Gabriella Valente	12
Cheyenne Duffin	10
Ava Vosper	9
Brooke Engler	9
Ella Wagner	11
Lily Falletta	10
Elliana Wallbillich	10
Rose Falletta	12
Katrina Webber	11
Hannah Fitch	9
Kayla Weeast	9
Kaylie Hettel	9
Abigail Wilgus	12
Elysa Kernosh	12
Callia Wilgus	9
Karissa Kujawa	12
Alyssa Williams	11
Alexandra Marshall	10
Molly Wilson	10
Abigail Miller	9
Addison Zeiner	9

Pen Argyl Baseball

2 Thomas Colona	12
3 Riley Badua	10
4 Jacob Guthrie	11
5 George Pultz	12
6 Brady Lawless	12
7 Kristopher Kessler	11
9 Carter Moore	12
10 Bradley Rissmiller	10
11 Jacob Dieter	11
12 Reid Holden	12
14 Logan Dehart	10
16 Gavin Pritchard	12
19 Avery Edmonds	12
21 Michael Mack	12
24 Braydon Bowie	12

Pen Argyl Boys Tennis

John Vanic	12
Matthew Oakley	11
Mason Beers	11
Frederick Blasi	12
Jonathon Hausburg	10
Andrew Kondisko	10
Ethan Frable	9

Pen Argyl Boys Track

Christopher Ash	9
Trowne Irwin-Hill	11
Jonathon Ash	12
Joshua Katz	9
Mason Beers	11
Evan Keat	10
Gavin Casey	9
Dylan Kleyling	12
Logan Casey	12
Taylor LaBarre	11
Ryan DeBellis	11
S. Lamoreaux	10
Cade Deitz	12
Ty Miller	10
Cole Dorshimer	12
John Parnes	9
Matthew Dunwell	12
Griffin Porter	11
Amadio Eisenhauer	12
Alex Predmore	11
Gian Greggo	11
Graham Rose	12
Daniel Hayes	12
Sawyer Smith	11
Jace Hershey	11
Nathan Stocker	11
Reid Holden	12
Josiah Valencia	10

Pen Argyl Softball

2 Madacyn Rivera	9
4 Kendall Lobb	12
7 Callie Schneck	11
9 Morgan Rissmiller	12
10 Miyah Rivera	10
11 Jillian Bradley	9
12 Grace Weaver	9
13 Kristen O'Brien	10
17 Kayla Holley	12
18 Carina Cutone	12
23 Brooke Bowie	11
24 Isabella Groves	10
27 Katie Knecht	11
28 Andrea Black	11
33 Madison Abbott	11
34 Hailey Frey	11



Bangor Girls Track

Kalea Albanese	2022
Brielle Black	2025
Jensyn Buist	2024
Jessica Bunn	2025
Samantha Cook	2025
Vera Cooper	2023
Abigail Damiecki	2023
Ivelise Diaz	2023
Tabatha England	2022
Sydney Flyte	2025
Delaney Fox	2024
Jenna Freeman	2023
Sarah Hartzell	2024
Ana Jones	2024
Addison Karasek	2024
McCormick Karner	2022
Leyna Kratzer	2025
Lilly Ligowski	2022
Emma Naysmith	2022
Danielle Nittoli	2022
Cecilia O'Brien	2023
Julia Pinter	2024
Raizel Pongracz	2022
Addison Priestaf	2025
Chloe Proko	2024
Sarah Reed	2022
Elicia Russo	2024
Rya Sandt (Mgr)	2022

Bangor Boys Tennis

Gavin Andreeko	2022
Dylan Beleno	2022
Hayden Burns	2023
Morad Cholakov	2022
Jack Crane	2022
Max Culbertson	2023
David Devine	2022
Cierra Diaz	2022
Kaden Dowd	2023
Evan Finkbeiner	2022
Jonathan Frank	2024
Reed Guerin	2023
Connor Ljungquist	2022
Nicholas McCoy	2022
August O'Rourke	2022
Jhonny Rojas	2022

Bangor Softball

43 Lexi Bussenger	2022
7 Mikaela Caprood	2023
18 Sydnee Cook	2022
28 Brooke Edwards	2022
10 Haley Emerling	2025
16 Emma Etzkorn	2023
42 Jenna Fey	2022
23 Jayleigh Figurski	2023
24 Kyleena Gonzalez	2024
33 Sara Greene	2024
11 Jade Hendricks	2024
9 Brook Hermanski	2025
15 Kristina Langdon	2023
44 Paulina Poels	2022
4 Emma Schwartz	2023
21 Jaelyn Silfies	2024
20 Marissa Siu	2025
1 Emma Szabo	2023

Bangor Boys Track

Riley Alvarado	2024
Jadon Antoine	2022
Brian Burton	2022
Jack Coleman	2025
Sean Coleman	2025
Jacob Cornell	2023
Luke Dalton	2025
Collin Dertinger	2022
Kaden Dowd	2023
Kaden Graziano	2024
Jacob Hartzell	2023
Dylan Hurd	2022
Ari Johnson	2025
Raeyon Katzarov	2022
Dylan Krugh	2024
John Ligowski	2022
Bailey Mack	2022
Brody Martin	2025
Nicholas McCoy	2022
James Merklinger	2022
Tyler Naysmith	2025
August O'Rourke	2022
Ivan O'Rourke	2025
Justin Pascoe	2022
Aiden Pasquarelli	2025
Parker Reimel	2025
Bryan Richardson	2022
Makhias Romain	2024

Bangor Baseball

6 Thomas Aulisi	2023
1 Freddy Bacon	2022
9 Thomas Buck	2023
6 Ashdon Buist	2024
13 Gregory Campbell	2024
5 Kael Godshalk	2022
19 Daniel Heald	2022
25 Dylan Keith	2025
31 Richard Klinge	2023
11 Blake Kornafel	2024
21 Dylan Miller	2023
8 Braiden Pysher	2023
27 Cody Quagliato	2024
24 Alec Rutt	2022
2 Hunter Rydell	2023
4 Max Siu	2024
10 Riley Stapp	2024
22 Brayden Strohe	2022
15 Matthew Swanton	2022

