Dry needling is common procedue around the NFL

LAKE FOREST, Ill. (AP) — Arizona Cardinals tight end Trey Mc-Bride heard about what happened to Pittsburgh Steelers star T.J. Watt and McBride plans to continue his weekly dry-needling sessions.

"It's something I do frequently. I've never had an issue like that," he said. "But with every treatment, everything that you get done, I mean, there's risk to everything."

The risk that goes along with dry needling — at least in certain areas — caught many off guard last week when Watt was sent to the hospital with a partially collapsed lung sustained during the procedure. The 2021 NFL Defensive Player of the Year is out indefinitely after having

Dry needling is a treatment used by physical therapists and acupuncturists to treat pain and movement issues, according to the Cleveland Clinic. The medical professionals insert needles under the skin to target trigger points — knotted or tender areas — in muscles.

"I think there is some of that classic acupuncture muscle tension effect," said Chicago Bears center Drew Dalman, who has the treatment five to 10 times per year. "I've always used that in terms of soft tissue-type issues."

Dry needling gives NFL players relief for tight muscles

Dry needling is often part of a larger pain management plan, according to the Cleveland Clinic. The treatment is designed to alleviate

Steelers linebacker T.J. Watt celebrates after sacking Bears quarterback Caleb Williams during the first half of a game on November 23 in Chicago.

tightness and tender areas in muscles by increasing blood flow to the area. It also can spark the release of endorphins that help with the pain.

The treatment is called dry needling because the thin needles don't have any medication.

"It just releases tight muscles," New York Giants linebacker Bobby Okereke said. "Obviously you have some fascial tension, so it helps release some of the fascia, too. It can kind of give you like a targeted trigger-point release where massage might not be able to get the muscle to release or different stretching techniques might not. Sometimes you stick a needle deep into that area, and it just gets it to relax."

Two of the most common tech-

niques are superficial — when the muscles that are pretty much tense. practitioner inserts the needle into the bottom layer of skin above the trigger point — and deep — when the needle is inserted deep into the muscle to penetrate the trigger point. There is also the pistoning technique, when the practitioner quickly moves the needle up and down through the

According to the Cleveland Clinic, dry needling is approved for use in 37 states and Washington, D.C. Training and certification can vary by state. Pennsylvania does not explicitly allow or ban the practice.

Washington Commanders guard Sam Cosmi said he started using dry needling during his college days at the University of Texas. Playing his fifth NFL season, he has a session every three weeks or so.

He described the sensation of the needle going in as a "bite."

"I only do it when I have to do it. It's not my favorite thing," Cosmi

Despite some concerns, NFL players will likely continue with dry needling

The use of dry needling varies around the NFL.

Baltimore Ravens defensive lineman John Jenkins said he has a session every week. The 36-year-old Jenkins, who is listed at 6-foot-3 and 360 pounds, has been using the treatment for about a decade.

"I do a lot of lower extremities, when it comes to dry needling," he said. "It helps me loosen up a lot of I'm a bigger person, right? So whatever helps me to loosen the muscles, I'm going to pursue that."

Tennessee Titans center Lloyd Cushenberry said he uses the treatment when he thinks it's necessary. He cited his recovery from an Achilles tendon injury in November 2024 and a calf issue this past offseason.

'Sometimes, like with my calf, I felt some relief," he said. "But most of the time I've done it, it's, I don't know, maybe a placebo, I don't know. I haven't found too much, like it wasn't a drastic difference afterwards. But when I did it with my calf this offseason ... it felt a little better."

Some players are very particular about the areas where they will have the treatment. Cosmi said he doesn't have any sessions on his torso. Cushenberry said he sticks to his lower body.

"I'm a lower-body guy. If I'm getting dry-needled, stick it in my legs," Commanders receiver Jaylin Lane said.

Lane said he heard about what happened with Watt and it made him nervous. Atlanta Falcons offensive lineman Kyle Hinton also was aware of what happened, but he said it hadn't changed how he felt about the treatment.

"I trust all professionals, at least around here," Hinton said. "I'm sure they have a great athletic training staff in Pittsburgh as well. But, you know, sometimes just stuff happens."

Hoops

Detroit

Boston

Ottawa

Carolina

Washington

Philadelphia

N.Y. Rangers

New Jersey

Pittsburgh

Colorado

Minnesota

St. Louis

Chicago

Vegas

Anaheim

Edmonton

San Jose

Calgary

Vancouver

Florida 3, Los Angeles 2

Utah 4, Detroit 1

Los Angeles

Nashville

Winnipeg

N.Y. Islanders

Montreal

Tampa Bay Florida

Continued from Page B1

sponded in the third to post a 34-32 edge. They pulled away in the fourth quarter to seal the victory.

Dom Corcetti led the Panthers with a game-high 23 points. Bronson Irwin added nine points.

Nathan Frederick paced Clarion with 20 points. Derek Smail had 12

points. Mason Burford added seven. C-L 68, Redbank Valley 54

STRATTANVILLE - Reagan Parker buried seven treys and had 24 points to lead the Lions past the Bulldogs in KSAC play.

Clarion-Limestone opened with a

19-10 lead and held a 35-26 halftime advantage. Redbank Valley cut the deficit to 47-40 after three quarters. The Lions went 11 for 16 at the foul line in the fourth to take the win.

Paul Craig added 23 points, three rebounds, three steals and an assist in the win. Brendan Bracken had

eight points and five rebounds. Casey Kemmer posted seven points, nine rebounds and an assist. Parker added five rebounds and four blocks.

Braylon Wagner scored a gamehigh 21 points for the Bulldogs. Jaxon Huffman added 13 and Kaden Sturgeon had nine.

The teams were tied at 9-all after

the first and Keystone took a 25-24 lead into halftime. The hosts re-

NHL STANDINGS

EASTERN CONFERENCE

19

18

20

18

19

17 19

36 17

36 13 15

Metropolitan W 22

WESTERN CONFERENCE

Central

16

16

15

Pacific GP W L OT Pts

10

NOTE: Two points for a win, one point for overtime

loss. Top three teams in each division and two wild cards per conference advance to playoffs.

Wednesday's Games

35 14 17

33 13 17

L OT Pts

10

OT Pts \mathbf{GF}

GF GA

114 109 107 90

104

Oil City

0. Totals: 18 11-14 48.

Totals: 18 4-10 45.

110

105 108

91

103

102 120

133 115

109

111 106

GF GA

121 112

92 112

125

105

105

40 39

38 106 103

46 42 41 112 110 102 88 96 94

40 39

38 37 34

55 49

37

32 32

42

39 88 90

3 29

SCHOLASTIC BASKETBALL BOXSCORES

3-point goals – Cochranton (Shorts) Wednesday's late game CRANBERRY (35) Fleeger 0 0-0 0, Wenner 5 8-9 21, Ishman 1 1-2 4, Stewart 0 0-0 0, Earp 0 0-0 0, Shumaker 3 4-6 10, Schwab 0 0-0 0, Morrow 0 0-0 0. Totals: 9 13-17 35.

Farren 1 0-0 2, Dailey 1 4-8 7, Ritzert 2 2-4 6, Heginbotham 0 0-0 0, Mahood 3 0-0 6. Totals: 17 11-19 48. Mahood 5 0-0 6. Score by Quarters

3-point goals — Cranberry (Wenner 3, Ishman), Karns City (Venesky, Summerville, Dailey).

JUNIOR VARSITY BOYS

OIL CITY (40)
Thompson 0 3-4 3, Sabin 0 0-0 0, Liederbach 4 0-0 10, VanWormer 1 1-2 3, Proano 2 0-0 5, Hummel 0 0-0 0, Kiskadden 2 0-0 4, Fulmer 2 2-2 7, Jones 0 0-0 0, Stevens 1 2-4 4, Dasher 1 1-2 4. Totals: 13 7-14 40.

Halfast 1 0-0 3, Cassidy 0 0-0 0. Lahtrop 1 0-0 3, Canady 1 0-0 2, Aderhold 1 2-2 4, Mumau 1 2-2 5, Mosher 2 1-5 5, Gradler 3 1-2 8. Totals: 10 6-11 30

3-point goals – Oil City (Liederbach 2, Proano, Fulmer,

2, Irons 4 6-9 14, Gardinier 4 0-0 8, Williams 0 1-4 1, Confer 0 0-0 0, Buchanan 0 0-0 0, Smith 0 0-0 0,

SHARON (20)Wilson 0 1-2 1, Ruzich 2 2-4 6, Harrison 0 0-0 0, Dessaw 0 0-0 0, Brown 0 2-2 2, Zajac 0 0-0 0, Desir 0 0-0 0, Harper 0 0-2 0, Clarke 5 1-1 11. Totals: 14 6-11 20.

Score by Quarters
13 11 8 7
5 0 6 9 Franklin 13

COCHRANTON (36)
Frayer 4 1-2 9, Lippert 1 0-2 2, Campbell 1 0-0 2, Mase 3 1-2 7, Reese 5 2-2 14, Raymond 1 0-0 2. Totals: 15

Faust 0 0-0 0, Whitmer 0 0-0 0, Douglas 0 0-0 0, Babbitt 0 0-0 0, Ritchey 1 0-0 2, Fox 3 0-0 6, Morrison 0 0-0 0, Davis 0 0-0 0, Stokes 0 0-0 0, Abel 0 0-0 0, Rice 0 0-0 0, Whitman 0 0-0 0, Reed 0 0-0 0. Totals: 4 0-0 8.

Fleming 2 2-2 7, Lingo 0 1-2 1, Drozdo 1 1-1 3, Kritikos 0 0-0 0, Hummel 0 0-0 0. Totals: 3 4-5 11. Score by Quarters

3-point goal — Oil City (Fleming) 8TH GRADE BOYS ROCKY GROVE (42)

Ca. Barrett 3 3-5 9, Hughes 9 0-0 19, Reed 2 0-0 4, Bell-Carone 4 1-2 10, Burchanowski 0 0-0 0. Totals: 18 4-7 42. COCHRANTON (13)

FRANKLIN (17) Keith 1 1-2 3, Milliron 0 0-2 0, Carll 3 0-0 7, Thomas 1 0-0 3, Stone 1 0-0 2, Williams 1 0-2 2. Totals: 7 1-6 17. Score by Quarters

Carll 3 0-0 8, Thomas 1 0-0 3, Stone 1 0-0 2, Cook 0 0-0 0, Keith 0 0-0 0. Totals: 5 0-0 13. GROVE CITY (49) Kolbe 6 0-2 12, Mertz 4 0-0 8, Cook 3 2-2 9, Bianconi 9 0-1 18, Kaup 1 0-0 2. Totals: 23 2-5 49.

Score by Quarters 0 8 3 2 18 8 10 18 Grove City 3-point goals — Franklin (Carll 2, Thomas), Grove City (Cook). ROCKY GROVE (38)

COCHRANTON (12)

Price 0 1-2 1, Jackson 0 0-2 0, King 1 0-0 3, Humes 1 0-0 2, Walker 3 0-0 6. Totals: 5 1-4 12. Score by Quarters

10 7 13 8 3 0 6 3 Cochranton 3 0 6 3 — 12 3-point goals — Rocky Grove (Ch. Barrett 2), Cochranton (King).

Standings — Pin Droppers 4-0, Golden Girls 4-0, Kitty Kats 3-1, Loose As A Goose 2.5-1.5, Sweet 'N Sassy 1.5-2.5, Pin Pals Express 0-4, Bipolar Rollers 0-4. High game — Linda Quigley 180, Jill Mellring 173, Marilyn Williams 164. High series — Quigley 490, Williams 442, Ann Confer

LET'S TAKE A BREAK

THURSDAY MORNING LADIES Standings — Strikers 37.5-22.5, Doc's Dames 36-24, Alley Cats 31-29, The Hot Shots 30-30, Carl's Gems

28.5-31.5, Daffodils 28-32, The Rolling Pins 27-33, Sleepy Hollow 22-38. High game — Rhonda Powell 184, Nuan Thomas 172, Linda Beightol 170.

High series — Thomas 483, April Shouey 463, Beigh-

K OF C WEDNESDAY NIGHT MEN

SCHOLASTIC SWIMMING at Slippery Rock

FRANKLIN 107, SLIPPERY ROCK 43 200 medley relay — Franklin (Smith, J. Balsamo, Hawks, Stumpf) 1:58.07, Slippery Rock (Stauffer, Dropp, Eckenrode, Croll), Franklin (C. Johnson Miller, Coyer, P. Johnson).

200 free — Clark (F) 2:04.65, Croll (SR), Petersor (F), Coyer (F). 200 IM — Smith (F) 2:22.82, Hawks (F), P. John

Son (F).

50 free — Stauffer (SR) 23.07, J. Balsamo (F).

Dropp (SR), T. Balsamo (F), C. Johnson (F).

100 fly — Eckenrode (SR) 58.44, Stumpf (F).

100 free — Stauffer (SR) 51.83, Clark (F), J. Balsamo (F). samo (F), Peterson (F).

500 free — P. Johnson (F) 6:49.12, T. Balsamo (F) 200 free relay — Franklin (Smith, J. Balsamo

Clark, Stumpf) 1:40.08, Slippery Rock (Eckenrode, Dropp, Croll, Stauffer), Franklin (T. Balsamo, C. Johnson, Miller, Peterson) 100 back — Stumpf (F) 57.03, Eckenrode (SR)

— Smith (F) 1:14.67, Dropp (SR), Mill-

er (F), Croll (SR).
400 free relay — Franklin (P. Johnson, T. Balsa Hawks, Clark) 4:17.31, Franklin (Miller, Coyer, C. Johnson, Peterson).

GIRLS

FRANKLIN 104, SLIPPERY ROCK 59 200 medley relay — Franklin (Switzer, Highfield, Smith, Coyer) 2:03.76, Slippery Rock (Krenn, Grossman, Savannah, Hoehn), Franklin (Ion, Weh-

rle, Thomas, Peterson).

200 free — Erdley (F) 2:09.97, Krenn (SR), Anthony (F), Bell (F), Hoehn (GC). 200 IM — Grossman (SR) 2:28.38, Smith (F), Wehrle (F), Peterson (F).

50 free — Highfield (F) 27.56, Switzer (F), Perez (SR), Baker (SR), Winner (F).

100 fly — Grossman (SR) 1:06.46, Erdley (F), Thomas (F). 100 free — Coyer (F) 1:03.06, Krenn (SR), Anthony (F), Perez (SR), Adamczyk (F).

500 free — Savannah (SR) 5:33.30, Highfield (F), Bell (F), Peterson (F). 200 free relay — Franklin (Bell, Ion, Winner, Adamczyk) 2:15.22, Slippery Rock (Knight, Perez,

Lewis, Baker). 100 back — Savannah (SR) 1:05.20, Switzer (F),

Smith (F), Baker (SR), Winner (F). 100 breast — Coyer (F) 1:23.77, Wehrle (F), Lewis

100 breast — Coyer (F) 1:23.77, Wehrle (F), Lewis (SR), Hoehn (SR), Adamczyk (F).
400 free relay — Franklin (Highfield, Smith, Switzer, Erdley) 4:00.74, Slippery Rock (Savannah, Hoehn, Krenn, Grossman), Franklin (Peterson, Anthony, Thomas, Wehrle). at Grove City

BOYS GROVE CITY 118, OIL CITY 43

200 medley relay — Grove City (Sindlinger, Weller, Krenzer, Lenkner) 1:48.36, Oil City (Lander, Sharrar, Schake, Wilson), Grove City (Coulter Hoffman, Ran, Pyle). 200 free — Krenzer (GC) 2:02.87, Barr (GC)

Sharrar (OC), Wilson (OC), Cowan (GC). 200 IM — Lander (OC) 2:13.08, Shaw (GC), Ran (GC), Hoffman (GC). 50 free — Lenkner (GC) 23.67, Pyle (GC), Coulter

(GC), Delp (OC), Woodworth (OC). 100 fly — Lander (OC) 56.80, Shaw (GC), Ran

100 free — Weller (GC) 52.58, Sindlinger (GC), Pyle (GC), Delp (OC), White (OC). 500 free - Krenzer (GC) 5:38.47, Barr (GC), Wil-

200 free relay — Grove City (Ran, Barr, Shaw, Pyle) 1:41.90, Oil City (Lander, Sharrar, Schake,

Delp). 100 back — Sindlinger (GC) 1:00.21, Weller (GC), White (OC), Coulter (GC).

100 breast — Lenkner (GC) 1:09.60, Hoffman (GC), Cowan (GC), Sharrar (OC). 400 free relay — Grove City (Lenkner, Sindlinger, Krenzer, Weller) 3:37.43, Grove City (Barr, Coulter,

Hoffman, Shaw), Oil City (Schake, Delp, Wilson GIRLS

GROVE CITY 87, OIL CITY 82 200 medley relay — Grove City (R. Stillwagon, Magness, E. Stillwagon, Herron) 2:05.74, Grove

City (Byer, Polatis, Shaw, Crumb), Oil City (Brosi us, Milner, Young-Johnson, L. Felmlee). 200 free — Herron (GC) 2:10.41, Kissell (OC), Byer (GC), Wice (OC), Lewis (OC). 200 IM — Hall (OC) 2:27.91, Magness (GC), Mc-Cain (OC), Shaw (GC), Milner (OC). 50 free — E. Stillwagon (GC) 26.08, Polatis (GC),

Collins (OC), Nuhfer (OC), Norcross (OC). 100 fly — E. Stillwagon (GC) 1:03.51, Shaw (GC), Wice (OC), Lee (OC), Norcross (OC). 100 free — R. Stillwagon (GC) 1:03.86, Collins (OC), Nuhfer (OC), Brosius (OC), Crumb (GC).

500 free — Herron (GC) 5:53.75, Kissell (OC) Byer (GC), Lewis (OC), Young-Johnson (OC). 200 free relay — Oil City (Collins, McCain, Lew is, Kissell) 2:00.34, Oil City (Hall, Milner, Nuhfer, Wice), Grove City (Crumb, Shaw, Polatis, Byer). 100 back — Hall (OC) 1:11.16, R. Stillwagon (GC), Lee (OC), Brosius (OC).

(GC), Lee (OC), Brosius (OC).

100 breast — Magness (GC) 1:19.35, Polatis (GC),
McCain (OC), Milner (OC), J. Felmlee (OC).

400 free relay — Grove City (Herron, R. Stillwagon, Magness, E. Stillwagon) 4:09.99, Oil City (Collins, Nuhfer, Hall, Kissell), Oil City (Pedley, Wice,

SPORTS SCENE FRIDAY, DEC. 19

BOYS BASKETBALL Franklin at Fort LeBoeuf (6 p.m.) Saegertown at Rocky Grove (6 p.m.) Cochranton at Jamestown (6 p.m.) Grove City at Mercyhurst Prep (6 p.m.)

GIRLS BASKETBALL North Clarion at Cranberry (varsity only, 7 p.m.) Moniteau at Brookville (6 p.m.) Keystone at Clarion (6 p.m.) Karns City vs. Forest Area at Tionesta (6 p.m.)

SCHOLASTIC WRESTLING
Cranberry at King of the Mountain Tournament

SATURDAY, DEC. 20 BOYS BASKETBALL

nestone at Oil City (noon)
GIRLS BASKETBALL Union/A-C Valley at Moniteau (6 p.m.)
Titusville at Corry Tournament
SCHOLASTIC WRESTLING

Cranberry at King of the Mountain Tournament (10 a.m.) Franklin at Sharpsville Tournament (9 a.m.) Redbank Valley Duals (9 a.m.)

MONDAY, DEC. 22 BOYS BASKETBALL Oil City at Meadville (6 p.m.) North Clarion at Keystone (6 p.m.)

GIRLS BASKETBALL

Hickory at Franklin (6 p.m.)
Cambridge Springs at Oil City (6 p.m.)
Forest Area at Union/A-C Valley (6 p.m.) Slippery Rock at Cochranton (6 p.m.)

Grove City at Maplewood (6 p.m.)

SCHOLASTIC WRESTLING Titusville at Harbor Creek (6 p.m.)

TUESDAY, DEC. 23 BOYS BASKETBALL

Rocky Grove at Clarion (6 p.m.) A-C Valley at Cranberry (8 p.m.) Forest Area at North Clarion (6 p.m.) Cochranton at Greenville (6 p.m.)
Titusville at Maplewood (6 p.m.)
GIRLS BASKETBALL

Lakeview at Cranberry (6:30 p.m.) Clarion at Clarion-Limestone (6 p.m.) Johnsonburg at Keystone (6 p.m.) Union City at Titusville (6 p.m.)

Sports on TV Friday, Dec. 19 COLLEGE BASKETBALL (MEN'S)

5 p.m.ESPNU — Grambling St. vs. Hampton, College Park,

6:30 p.m. FS1 — Seton Hall at Providence 7:30 p.m. ESPNU — Norfolk St. vs. Jackson St., College Park, Ga.

8 p.m.
FOX — Villanova vs. Wisconsin, Milwaukee 9:30 p.m. TNT — Abilene Christian at BYU
TRUTV — Abilene Christian at BYU

10 p.m. BTN — Cal Poly at UCL 11:30 p.m.
ESPN2 — Washington at Seattle U., Seattle

COLLEGE FOOTBALL ESPN — Myrtle Beach Bowl: Kennesaw St. vs. W.

Michigan, Conway, S.C. 2:30 p.m.
ESPN — Union Home Mortgage Gasparilla Bowl: Memphis vs. NC State, Tampa, Fla.

8 p.m.

ABC — CFP First Round: Alabama at Oklahoma ESPN — CFP First Round: Alabama at Oklahoma ESPN2 — CFP First Round: Alabama at Oklahoma (SkyCast w/Oklahoma Radio)

Command Center)

SECN — CFP First Round: Alabama at Oklahoma (Command Center)

SECN — CFP First Round: Alabama at Oklahoma (SkyCast w/Alabama Radio)
GOLF
3:30 a.m.

GOLF — DP World Tour: The AfrAsia Bank Mauritius Open, Second Round, Heritage La Réserve GC, Bel Ombre, Savanne, Mauritius

Noon
GOLF — 2025 PNC Championship: Pro-Am,
Ritz-Carlton GC, Orlando, Fla. HORSE RACING

3 p.m. FS2 — NYRA: America's Day at the Races NBA BASKETBALL

7 p.m.
PRIME VIDEO — Philadelphia at New York 9:30 p.m.
PRIME VIDEO — Oklahoma City at Minnesota NBA G-LEAGUE BASKETBALL

Noon
ESPNU — Winter Showcase: Stockton vs. Austin,

1 p.m. NBATV — Winter Showcase: Grand Rapids vs. Greensboro, Orlando, Fla.

2:30 p.m.
ESPNU — Winter Showcase: Maine vs. Salt Lake

City, Orlando, Fla.

3:30 p.m.

NBATV — Winter Showcase: San Diego vs. Raptors, Orlando, Fla. NHL HOCKEY

7 p.m.
NHLN — Vancouver at N.Y. Islanders SOCCER (MEN'S)

2 p.m.CBSSN — The Italian Cup: Bologna vs. Inter Milan, Semifinal, Riyadh, Saudi Arabia

Second Period—2, Ottawa, Perron 5 (Batherson, Spence), 1:34. 3, Ottawa, Giroux 6 (Amadio, Greig), 4:50. Penalties—Giroux, OTT (Tripping), 8:11; Pitts-

Third Period—4, Ottawa, Tkachuk 4 (Matinpalo, Jensen), 13:55. Penalties-Mantha, PIT (Roughing), Shots on Goal—Pittsburgh 8-4-11—23. Ottawa 7-12-7-26.

-17,260 (18,572). T-2:25. Referees—Beaudry Halkidis, Marc Joannette. Linesmen-Jeremy Faucher, Brad Kovachik.

St. Louis 1, Winnipeg 0 Carolina 4, Nashville 1 New Jersey 2, Vegas 1, SO Thursday's Games Washington 4, Toronto 0 Ottawa 4, Pittsburgh (Montreal 4, Chicago 1 Edmonton 3, Boston 1 Minnesota 5, Columbus 2 Los Angeles 2, Tampa Bay 1

Buffalo 5, Philadelphia 3 N.Y. Rangers 2, St. Louis 1, OT Calgary 4, Seattle 2 Dallas at San Jose, late
Friday's Games Carolina at Florida, 7 p.m. Vancouver at N.Y. Islanders, 7 p.m. New Jersey at Utah, 9 p.m.

Winnipeg at Colorado, 9 p.m.

Dallas at Anaheim, 10 p.m.

Vegas at Calgary, 10 p.m.

Winnipeg at Utah, 7 p.m.

Vegas at Edmonton, 8 p.m

Saturday's Games Detroit at Washington, 12:30 p.m. Philadelphia at N.Y. Rangers, 12:30 p.m. Chicago at Ottawa, 3 p.m. Edmonton at Minnesota, 3 p.m. N.Y. Islanders at Buffalo, 5 p.m. St. Louis at Florida, 6 p.m. Carolina at Tampa Bay, 7 p.m. Pittsburgh at Montreal, 7 p.m. Toronto at Nashville, 7 p.m. Vancouver at Boston, 7 p.m. Columbus at Anaheim, 10 p.m. Seattle at San Jose, 10 p.m.

Sunday's Games Washington at Detroit, 1 p.m. Colorado at Minnesota, 6 p.m. Buffalo at New Jersey, 7 p.m. Montreal at Pittsburgh, 7 p.m. N.Y. Rangers at Nashville, 7 p.m. Ottawa at Boston, 7 p.m. Toronto at Dallas, 7 p.m.

PENGUINS SUMMARY

Ottawa 4, Pittsburgh 0 Pittsburgh $\begin{array}{ccc} 0 & 0 \\ 1 & 2 \end{array}$ First Period—1, Ottawa, Tkachuk 3 (Stutzle, Batherson), 2:16 (pp). Penalties—Pittsburgh bench, served by Heinen (Tripping), 1:18; Matinpalo, OTT (Interfer-

burgh bench, served by Novak (Delay of Game), 11:21.

Power-play opportunities—Pittsburgh 0 of 2; Ottawa 1 of 3. Goalies—Pittsburgh, Silovs 4-5-6 (26 shots-22 saves). Ottawa, Ullmark 13-8-4 (23-23).

THE DAILY SCOREBOARD

VARSITY BOYS OIL CITY (67) Fink 5 1-4 11, Heise 3 2-6 10, Stinson 11 7-8 32, Singleton 2 2-3 6, Jones 2 0-0 5, Fulmer 1 1-3 3, Lieder-Vanchieri 0 2-4 2, Frisina 5 1-2 11, Moon 3 2-2 8, Scouten 2 1-2 6, Deane 6 4-5 16, Trask 6 4-8 16, Atha 1 0-0 2. Totals: 23 14-23 61. bach 0 0-0 0. Totals: 24 12-21 67.

Oil City 16 21 15 15 — 67 Corry 14 20 9 18 — 61 3-point goals — Oil City (Stinson 3, Heise 2, Jones), Corry (Scouten). Corry (Scouten).

CRANBERRY (48)

BI. Marchinke 1 5-6 7, Findlay 5 2-2 12, Baker 5 1-2

11, Morrow 2 2-2 7, Sanchez 4 1-2 9, Zerbe 0 0-0 0,

Melat 1 0-0 2, McCloskey 0 0-0 0, Br. Marchinke 0 0-0

Score by Quarters

NORTH CLARION (45)

Baumcratz 2 1-2 5, Bish 5 5-7 17, Lutz 1 0-0 2, Zacheral 2 0-0 4, Irwin 3 0-0 6, Swanson 0 0-0 0, Pappas 0 0-0 0, Walter 4 2-2 11. Totals: 17 8-11 45. Score by Quarters Cranberry 11 8 17 12 North Clarion 11 12 9 13 12

3-point goals — Cranberry (Morrow), North Clarion (Bish 2, Walter). **KEYSTONE (45)**D. Corcetti 9 4-6 23, E. Corcetti 0 0-0 0, Himes 0 0-0 0, Spence 1 0-2 2, Hoffman 0 0-0 0, Burns 1 0-0 2, Slaugenhaupt 2 0-0 5, Irwin 3 0-0 9, Dunlap 2 0-2 4.

CLARION (54) Burford 1 5-7 7, Frederick 67-10 20, Waterson 2 0-2 5, Miller 2 0-0 4, Smail 5 2-2 12, O'Neil 0 0-2 0, Weber 0 0-0 0, Hooks 2 2-2 6. Totals: 18 16-25 54.
 Score by Quarters

 Keystone
 9
 16
 7
 13

 Clarion
 9
 15
 10
 20

3-point goals – Keystone (Irwin 3, Slaugenhaupt, D. 3-point goals — Reystone (Irwin 5, Stattgenhaupt, D. Corcetti), Clarion (Frederick, Waterson).

REDBANK VALLEY (54)

Sturgeon 2 5-8 9, Wagner 8 3-4 21, Huffman 4 3-6 13,

Byers 1 0-0 2, Smith 2 0-2 6, Stewart 1 0-0 2, Fricas 0

CLARION-LIMESTONE (68) Parker 7 3-6 24, Beggs 0 0-0 0, Kemmer 2 3-6 7, Rinker 0 0-0 0, Miles 0 6-8 6, Ferguson 0 0-0 0, Craig 8 5-8 23, Bracken 3 2-6 8. Totals: 20 19-34 68.

Score by Quarters

Redbank 10 16 14 14 — 54

C-L 19 16 12 21 — 68

3-point goals – Redbank Valley (Wagner 2, Huffman

0-0 0. Rex 0 1-2 1. Gould 0 0-0 0. Totals: 18 12-22 54.

2, Smith 2), Clarion-Limestone (Parker 7, Craig 2). 2, Smith 2), Clarion-Limestone (Parker 7, Craig 2).

FRANKLIN (82)

Ni. Fezell 0 0-0 0, Rodriguez 2 0-0 6, Higley 1 2-2 5,

Purich 2 2-4 7, Na. Fezell 0 0-2 0, Umbenhaur 1 3-4

6, Young 1 0-0 3, Mincer 0 3-4 3, Cassano 3 0-0 9,

Wofford 8 5-13 22, McNulty 3 0-0 7, Parry 5 4-4 14.

Totals: 26 19-33 82.

TITUSVILLE (33)

Fratus 1 0-0 2, Saxton 2 2-2 6, Schmidt 2 4-4 8, Currier 1 0-0 2, Mehlenbacher 1 0-0 3, Orton 2 0-2 4, Vogus 1 0-0 2, Posker 3 0-0 6. Totals: 13 6-8 33. Score by Quarters 13 13 25 23 21 4 12 7 10 3-point goals — Franklin (Cassano 3, Rodriguez 2, Higley, Purich, Umbenhaur, Young, Wofford,

McNulty), Titusville (Mehlenbacher). VARSITY GIRLS VARSITY GIRLS
OIL CITY (43)
Kasunic 2 0-2 4, A. Garmong 1 2-2 4, Vargason 0 0-0
0, Fry 1 2-2 4, Liederbach 5 7-8 18, Smith 1 1-3 3, S.
Garmong 4 2-5 10. Totals: 14 14-22 43. SAEGERTOWN (40)

Newman 4 0-0 11, McGill 2 1-2 5, Orosz 3 2-5 8, Muckinhaupt 4 1-4 9, Gregor 2 0-1 5, Obenrader 1 0-0 2. Totals: 16 4-10 40. Score by Quarters Oil City 15 5 11 12 — 43 Saegertown 18 11 3 8 — 40 3-point goals — Oil City (Liederbach), Saegertown 3-point goals — Gil Gil, (Newman 3, Gregor).

VARSITY GIRLS

FRANKLIN (35)

Cullins 4 1-4 9, Blum 4 0-0 9, Hanna 1 0-0 3, Ma. Shingledecker 2 1-3 5, Emick 1 1-2 3, Sanchez 1 0-2 3, Boal 1 0-0 3, Mi. Shingledecker 0 0-0 0. Totals: 14 3-11 35. SHARON (30)
Wilson 1 0-0 2, Harrison 0 0-0 0, J. Clarke 1 0-2 3, Roberson 6 5-5 18, A. Clarke 0 0-0 0, Holden 0 2-4 Score by Quarters

Franklin 4 8 14 9 — 35 Sharon 8 4 5 12 — 30 3-point goals – Franklin (Blum, Hanna, Sanchez, Boal), Sharon (Roberson, J. Clarke) COCHRANTON (45)

Custead 1 1-2 3, McCartney 3 8-12 14, Frayer 0 0-0 0,
Shorts 5 2-4 13, Lyons 1 2-2 4, Mase 0 0-0 0, Reese 0
0-2 0, Irwin 5 1-2 11. Totals: 15 14-24 45. ROCKY GROVE (34)

Cresswell 2 1-2 5, Kennedy 4 6-10 14, Phillips 0 0-0 0, Mawhinney 2 0-0 4, Waters 0 0-0 0, Douglas 3 1-2 7, Babbitt 1 2-3 4. Totals: 12 10-17 34. Score by Quarters
 Cochranton
 9
 6
 15
 15

 Rocky Grove
 10
 11
 8
 5
 34

KARNS CITY (48)
Venesky 7 5-7 20, Summerville 3 0-0 7, Bell 0 0-0 0,

8 6 9 11 9 14

CORRY (30)

Score by Quarters Oil City

Dasher), Corry (Mumau, Gradler).

JUNIOR VARSITY GIRLS FRANKLIN (39)
Shingledecker 2 3-6 7, Eakin 0 0-0 0, Hamphill 1 0-0

Laderer 2 3-6 7, Troyer 0 0-0 0. Totals: 24 13-25 39. SHARON (20)

3-point goals – none

ROCKY GROVE (8)

Score by Quarters Cochranton 4 1510 7 —
Rocky Grove 6 0 2 0
3-point goals – Cochranton (Reese 2) 9TH GRADE BOYS ERIE (47) No names available. OIL CITY (11)

0

No names available Rocky Grove 16 10 6 10 — 42 Cochranton 3 3 4 3 — 13 - Rocky Grove (Hughes, Bell-Carone). 3-point goals -7TH GRADE BOYS WILMINGTON (49)

FRANKLIN (13)

Ch. Barrett 4 3-4 13, Kam Hughes 3 0-0 6, Kas. Hughes 2 0-0 4, Beightol 4 1-2 9, Hefferman 3 0-0 6.

High game — Matt McGinty 158, John Dasher 154, Jay Fornof 151. High series — Fornof 391, McGinty 386, Leon Ku-