

**Pleasant Valley Hall of Fame**  
**Biographical Information**  
**2018 – 2019**

*Our 1<sup>st</sup> Inductee to the 2019 Pleasant Valley Hall of Fame*

**Mrs. Grace (Bond) Arnold**

Grace graduated from Chestnut Hill HS in 1945. She attended St. Luke's School of Nursing and served as a nurse at St. Luke's Hospital in Bethlehem in the last few months of World War II. She is currently retired.

**Honors Received**

While at Chestnut Hill HS, Grace was president of her class. She did not play any sports during her HS years as there were no sports for women at that time. Grace is the founder of the Chestnut Hill Alumni Association, and was a charter member of the Pleasant Valley Cultural Activities Committee. She is also the founder of the Pleasant Valley Choral Society for which she sang for 35 years. Being a local resident all of her life, Grace's family donated the land that currently houses the West End Fire Company in Brodheadsville. Grace served as the Judge of Elections in Chestnut Hill Township for 14 years and has been a lifelong member of the Zion United Lutheran Church in Brodheadsville.



Grace is a member of the National Society of the Daughter of the American Revolution, the Order of the Eastern Star, Order of the Aramant, and the PA Association of School Retirees. She is also a member of various historical societies and has donated many historical items to these organizations. Her interests include painting, performing music, and restoring antique furniture.

Grace currently resides in Brodheadsville, Pa. She was married to the late Charles H. Arnold for 53 years and has 2 children, Cynthia and Douglas. **Congratulations to Mrs. Grace (Bond) Arnold!**

*Our 2<sup>nd</sup> Inductee to the 2019 Pleasant Valley Hall of Fame*

**Mr. Michael Froelich**

Michael graduated from Pleasant Valley High School in 1988 and attended Moravian College in Bethlehem where he won the NCAA Division III National Championship in the 142 lb. weight class. He was Moravian College's 1<sup>st</sup> ever National Champion. Michael was also named to the Middle Atlantic Conference 100 century team for wrestling in 2013.

While in High School, Michael was a four year letter winner in Wrestling, a three year letter winner in Soccer, and a one year letter winner in Track and Field. He was the 1<sup>st</sup> wrestler from Pleasant Valley to ever qualify for the District XI regional wrestling championships and to wrestle in the PIAA state championships. He was also the 1<sup>st</sup> Pleasant Valley wrestler to win a medal at states by placing 6<sup>th</sup> during his senior year. Michael was also named the best overall male athlete at Pleasant Valley in 1988. **Congratulations to Michael Froelich!**

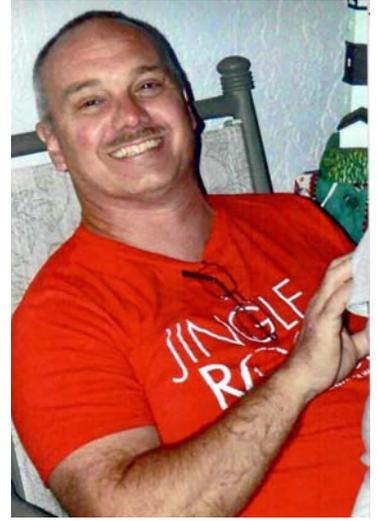
## *Our 3<sup>rd</sup> Inductee to the 2019 Pleasant Valley Hall of Fame*

### **The late Mr. Christopher Brent Hixon**

Christopher Brent Hixon was a caring, passionate, adventurous and responsible man. He was a wonderful son and brother, incredible father to his two sons and a devoted husband.

Christopher graduated from Pleasant Valley High School in 1986. While in high school, Christopher was a member of the football, wrestling, and track teams. He was an honor student, the Varsity Club President, a member of the Mock Trial team, Student Senate and the spirit squad. Chris also received the spirit award for having the most spirit and dedication to Pleasant Valley.

After high school, Christopher joined the US Navy where he served as a machinist mate until 1992 when he transitioned into the Naval Reserves and served as both a machinist mate and a military police officer until he retired in 2013. His awards and decorations include 3 Navy Achievement medals, a Good Conduct Medal, a Navy Reserve Meritorious Service Medal, and a Navy Reserve Medal. He served in the Persian Gulf during Operations Desert Shield and Desert Storm. He never lost his passion for sports and became an athletic director for the Broward County Public Schools. Chris was honored throughout his athletic director career with a variety of awards including the 2007 FIAA Meritorious Award, the 2008 NIAAA State of Merit award, and the 2017 BCAA Athletic Director of the year. He was a great leader to his coaches and a true role model for his student athletes. He always put others before himself and he had a way of making you feel like you were family. He lived his life helping others and trying to make the world a better safer place. He will be forever remembered as a hero because he exemplified the motto "If not me, then who?" through his actions every single day. Accepting on behalf of Mr. Chris Hixon will be his family. **Ladies and Gentleman, Please join me in a round of applause for the late Mr. Christopher Brent Hixon!!**



## *Our 4th Inductee to the 2019 Pleasant Valley Hall of Fame*

### **Mr. Nick Konawalik**

Nick graduated from Pleasant Valley High School in 1997. Nick attended Houghton College and the University of Delaware where he received his Bachelor of Arts in Sociology with Legal Studies in 2001. He went on to attend East Stroudsburg University where he earned his Master of Science in sports administration in 2004. Nick went on to work as the Marketing Chairperson for Conference USA. He then moved onto work for Van Wagner Sports and Entertainment as the General Manager. He recently started his current job as the Director of Brand Marketing for the Atlantic Coast Conference.

### **Honors Received**

While in High School, Nick was a four year letter winner in Soccer and Track. In soccer, he was named to the 1996 Pennsylvania All State Soccer Team and he was the MVC Most Outstanding player. He played on the 1<sup>st</sup> boys' soccer team that ever reached the District XI final and he held the school record for shutouts as a goalie until recently with 22. In Track, Nick was a member of the 4 X 400 meter District XI championship team and was the MVC champion in the High Jump, 400 meter run, and the 1600 meter relay team. In his junior year, he was the MVC champion in the high jump and on the 1600 meter relay team. Nick



was also a member of the National Honor Society, the student government association treasurer, an audio Visual intern, and a Halloween in the Park volunteer.

While in college, Nick played soccer for both Houghton College and the University of Delaware. At Houghton College he was named to the 1997 All Northeast Atlantic Conference team and was a two year starter. At the University of Delaware, he was a two year starter, named athlete of the week, and was on the Commissioner's Honor Society.

Nick currently resides in Charlotte, North Carolina with his wife of sixteen years Lori, and his 3 children, Aiden, Carter, and Evan. **Congratulations to Mr. Nick Konawalik!**

## *Our 5th inductee to the 2019 Pleasant Valley Hall of Fame*

### **Mr. Tom Kresge**

Tom graduated from Pleasant Valley High School in 2006. Tom attended Wilkes University where he received his Bachelor's degree in Business Administration in 2010. He went on to attend Northampton Community College where he earned his Mortuary Science degree in 2012. Tom is currently the 5<sup>th</sup> generation funeral director at the William H. Kresge Funeral Home in Brodheadsville PA.

### **Honors Received**

While at Pleasant Valley, Tom was a four year letter winner in Basketball. He helped lead the team to three consecutive MVC championship games, winning the MVC title in 2003. He was named the 2006 MVP for the Mountain Valley Conference, the 2006 Player of the year by the Pocono Record and the 2005 and 2006 Times News player of the year. He was a two time Morning Call 1<sup>st</sup> team player and was named to the MVC 1<sup>st</sup> team three consecutive years. Tom currently holds school records for rebounds in a season and rebounds in a career. He is the 2<sup>nd</sup> all-time leading scorer for Pleasant Valley.



While in college, Tom was named the 2007 Freedom Conference Rookie of the year. He was a three-time 1<sup>st</sup> team Freedom Conference selection and a Middle Atlantic 3<sup>rd</sup> team selection. He ended his career at Wilkes as the 5<sup>th</sup> all-time leading scorer and the leading rebounder in school history. He was the 1<sup>st</sup> player in Wilkes History to score 1500 points and have over 700 rebounds.

Tom also gives back to his community. He was a volunteer coach for the boys' basketball team at PV for four years. He sits on the board of directors for the West End Ambulance Association as well as the Eastern Pennsylvania Funeral Directors Association. He is also a member of the Western Pocono Lions Club.

Tom currently resides in Brodheadsville, Pennsylvania with his wife Taryn.  
**Congratulations to Mr. Tom Kresge!**

## *Our 6th inductee to the 2019 Pleasant Valley Hall of Fame*

### **Staff Sergeant Michael C. Reyes**

Michael graduated from Pleasant Valley High School in 2006. After graduation, Michael attended Wilkes University for two years before enlisting in the United States Marine Corps in November of 2008. Since enlisting, Michael has been deployed to Afghanistan two times, once to Japan and South Korea, and currently is on deployment. While serving, Michael has been awarded six Navy and Marine Corps Achievement Medals, The Combat Action Ribbon, two Navy Unit Commendation medals, three Good Conduct medals, the National Defense medal, three Afghanistan Campaign medals, three Sea Service medals, the Korean Defense medal, The Global War on Terrorism medal, The NATO Afghanistan ISAF medal, the Recruiting Ribbon, seven certificates of commendation and sixteen Meritorious Masts. Michael also coached in the Semper Fi Bowl Game as a Mentor to the football athletes.



### **Honors Received**

While at Pleasant Valley, Michael was a four year letter winner in Football and Track. In football, he was captain of his team and was named to the 2005 AI MVC Team as a receiver and a defense back. In Track, in 2006, he was the MVC champion, District Champion and a state qualifier in the 300 meter hurdles. He also placed in the 1600 meter relay in both the MVC and District XI.

Michael currently resides in Sneads Ferry, North Carolina with his wife Amy Hosking Reyes. (Who is also a PV Hall of Fame member!) Accepting on behalf of Staff Sergeant Michael Reyes will be his wife Amy and Gunnery Sergeant Jason Irwin. **Congratulations to Staff Sergeant Michael Reyes!!**

## *Our 7th inductee to the 2019 Pleasant Valley Hall of Fame*

### **Mr. John-Henry Zarzycki**

John-Henry graduated from Pleasant Valley High School in 2002. John-Henry attended the University of Maryland and received his Bachelor of Science in Kinesiology in 2006. John-Henry is currently the senior district manager at ADP.

### **Honors Received**

While at Pleasant Valley, John-Henry was a four year letter winner in Wrestling. He was a 4<sup>th</sup> place finisher in the PIAA state wrestling tournament his junior year and a 2<sup>nd</sup> place finisher his senior year, which is the highest any wrestler has placed in Pleasant Valley school history. He was the 1<sup>st</sup> Pleasant Valley wrestler to reach 100 wins and also the 1<sup>st</sup> wrestler to win the Northeast Regional tournament. John-Henry was named both the Lehigh Times News and Pocono Record Wrestler of the year in 2002. He was a two time High school All American as noted by the Mid Atlantic Wrestling Association. John-Henry was also the District XI wrestling scholar athlete for 2002. John-Henry also participated as a Dare Role Model, an Honor Society Member and a Special Olympics Volunteer while in High School. He was awarded the Good Citizenship award from the State of Pennsylvania in 2002.



While at the University of Maryland, John-Henry was a two time Athlete of the Week for the ACC. He finished in 4<sup>th</sup> place in the ACC tournament and was ranked in the top 20 in NCAA Division I by WIN Magazine. John-Henry placed 2<sup>nd</sup> at the Penn State Open Tournament. He was also named to the Atlantic Coast Conference All-Academic Honor Roll in 2003.

John-Henry also gives back to his community. He was a volunteer coach for the Pleasant Valley Wrestling team for two years. He helped the team set the record for most wins in school history, the highest place finish in the District XI tournament which was 3<sup>rd</sup>, the highest state ranking for the wrestling team which was 8<sup>th</sup> place. He was one of three PV wrestlers that earned medals in the PIAA state wrestling tournament that year.

John-Henry currently resides in Effort, Pennsylvania with his wife Jennifer and their daughter, Madelyn.  
**Congratulations to Mr. John-Henry Zarzycki!**