Utilizing both twisting and writhing, we construct integral tangles with few sticks, leading to an efficient method for constructing polygonal 2-bridge links. Let $L$ be a two bridge link with crossing number $c$, stick number $s$, and $n$ tangles. It is shown that $s \leq \frac{2}{3}c + 2n + 3$. We also show that if $c > 12n + 3$, then minimal stick representatives do not admit minimal crossing projections. (Received September 16, 2013)