SPORTS & RECREATION

Husson picked to win ECFC football championship

BY LARRY MAHONEY
OF THE BDN STAFF

Husson University of Bangor, which has won or shared the Eastern Collegiate Football Conference championship the past two seasons, has been selected to claim the conference title again this year in a preseason poll.

Coach Gabby Price's Eagles received five of the eight first-place votes. Norwich University was picked second by the league's coaches and earned two first-place votes. Castleton University was third, and Becker College was fourth and earned the other first-place vote.

"It's certainly better to be picked first than last," said Price. "It's a great testament to the players and the hard work they put in."

Husson and Norwich shared the conference crown last season with 6-1 records, but Norwich won the regular-season meeting 20-17 to earn the automatic bid to the NCAA Division III Tournament.

Husson won the Eastern CFC title in 2014 and earned its first NCAA tourney bid.

This year's Husson team will be quarterbacked by sophomore Cody Brandon, who appeared in nine games last year as a backup to the graduated Joe Seccareccia and completed 31-of-56 passes.

Reigning ECFC Offensive Player of the Year John Smith, who rushed for 1,733 yards in 2015, will headline the offense. The top five receivers, including All-ECFC first-teamer Deon Wiggins and second-teamer Robenson Saintard, and 10 offensive linemen with at least two years of experience also return.

Nine of the top 12 tacklers are back on defense including linebacker and top tackler Ellis Throckmorton, sacks leader Luke Washburn and cornerback Marquis Jiminez, all All-ECFC second-team picks. Senior Logan Steward of Hampden has returned to rover back where he played in 604 of 612 plays as a freshman before switching to running back the past two years.

Husson opens its season at Alfred (New York) on Sept. 3.

BASEBALL

ORONO -- University of Maine Baseball will hold its annual Fall Class for high school-aged players, Sunday, Sept. 4-Sunday, Oct. 2. There will be six games played in five weeks. For details and to join, contact Nick Derba at 581-1097 or by email at Nicholas.Derba@maine.edu.

BASKETBALL

BANGOR -- Individual shooting lessons and position-play lessons, through October, one-hour evening lessons, 5 to 8 p.m., for more info, contact Bob Cimbollek, 356-6787.

GOLF

BANGOR -- Phillips-Strickland House 19th annual Charity Golf Tournament will be held Monday, Sept. 12, at Bangor Municipal Golf Course, 278 Webster Ave. Registration and lunch at 11 a.m. Shotgun start at 12:15 a.m. Dinner, awards and prizes at 5 p.m. Sponsors and participants' fees benefit Phillips-Strickland House and its programs. Fees are $115 per player; $460 per foursome. Donations accepted. For information, call 941-2820.

ICE HOCKEY

BREWER -- Penobscot Ice Arena in Brewer is running a Fall 3-on-3 hockey league for Mite, Squirt, Peewee/Bantam Brackets. This is a fast-paced, skill-based league played cross-ice. Players get increased puck touches, team play, have to think fast and goaltenders see a lot of shots. There will be two 24-minute games, four teams per age bracket, limited to 10 total team roster. Six weeks, 12 games starting at 6 p.m., playoff games no charge, team jersey, $90 per skater. League starts Aug. 29-31. For information, email penobscoticearena@gmail.com . Register at penobscoticearena.org.

ROAD RACING

BANGOR -- Bangor Parks and Recreation's 54th annual 5-mile Labor Day Road Race will be held at 9 a.m. Monday, Sept. 5, starting and finishing at Bangor Parks and Recreation Center, 647 Main St. Race day registration will be held 7:45-8:45 a.m. Entry fees are $20 per participant, with first 100 registered receiving a commemorative road race T-shirt. Male and female age Divisions: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and older. The Robin Emery trophy is awarded to the top female finisher, and the Bob Hillgrove trophy is awarded to the top male finisher. The Ralph Thomas trophy is awarded to the top male master finisher; and the Leona Clapper trophy is awarded to the top female master finisher. Top three places in each age category will receive a prize. For information, to register or print off your registration form, go to www.BangorParksandRec.com or call at 992-4490.

BANGOR -- Travis Manion Foundation's seventh annual 9/11 5K Heroes Run, 9 a.m. Sunday, Sept. 11, at Bangor Waterfront in memory of the sacrifices of the heroes of the Sept. 11, 2001, attacks and in the wars since. There will be a family-friendly 1-mile fun run/walk. A portion of the proceeds from the race will benefit the Travis Manion Foundation, which offers veterans and families of the fallen unique opportunities to help them take the next step in their journeys and accomplish their personal and professional goals. To learn more and to register for a race, visit: www.travismanion.org

BANGOR -- Komen Bangor, Maine Race for the Cure will hold the Susan G. Komen Race for the Cure 5K at 10 a.m. Sunday, Sept. 18, beginning at Bangor Waterfront. Register online at komenmaine.org or call 922-3303, for registration opportunities and packet pickup at a Bangor Mall store next to Footlocker, JC Penney wing, Sept. 9-10 and 15-17. Race morning registration is 7:30-9:30 a.m. at the waterfront.

SOCCER

BANGOR — The Husson University men's and women's soccer program's free Youth Clinic will be held Friday, Sept. 16, at John P. Boucher Field. Ages 5-9 will run 5-6 p.m., and ages 10-14, 6-7 p.m. Participants will meet and interact with Husson coaches and athletes and gain multiple skills. Stop by before the clinic to see the Eagles in action as they host a conference match-up against Colby Sawyer. Women kick off at 1 p.m. with the men to follow at 6 p.m. The clinic is for participants that pre-register only at https://events.membersolutions.com

BANGOR -- Bangor Parks and Recreation Department is accepting registrations for its 2016 Fall Soccer Program. Teams will practice one day per week and play games on Saturday mornings at the Union St. Athletic Complex. This program is open for children in grades K-1, 2-3 and 4-6. All groups are separated by gender. The fee is $35 for Bangor residents and $45 non-residents, with a $10 late fee for registrations after Sept. 8. There will be a meet and greet on Saturday, Sept. 10 but no registrations will be accepted on this date. Register online at www.BangorParksandRec.com or at 647 Main St. For information, call 992-4490.

BANGOR -- The Bangor Parks and Recreation Department is looking for coaches for its youth Fall Soccer Program. Teams practice one day per week and play Saturday mornings. If interested, call Tim at 992-4493 or email at tim.baude@bangormaine.gov.

Make a Date
Every week on the Calendar
TheWeekly

RUNNING FOR THEIR LIVES

ASHLEY CONTI/BDN

Karen Paradis (left) holds ands with cancer survivor Sarah Albert as they cross the finish line during the seventh annual Champion for the Cure Challenge at EMMC Cancer Care in Brewer Saturday. Thousands of people participated in a 1K, 5K or 10K walk/run, a 25, 50, 75 or 100 mile bike ride or a 50 mile motorcycle ride. All proceeds raised stays in the community to support local cancer research.

Longing for an alternative to medication for pain, stress and some medical conditions?

Try meditation with Mary Eyerer, M.D.
Mindfulness Based Stress Reduction
8 week class (with free orientation) starts Sept.14, 2016.

Visit mindfulnessmaine.org to register.

Dr. Eyerer was trained at UMass Center for Mindfulness, where MBSR was pioneered by Jon Kabat-Zinn. Abundant research shows meditation changes the brain, improving resilience, coping with pain and the stress of chronic illnesses and improves sleep and improving a sense of living in the present.

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To buy or sell land and recreational properties call Scot Walker or go to www.mainelandbroker.com.

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Desirable Chemo Pond! Quality built custom builders home w/204' pvt water frontage w/beach. Privacy galore! Live off the grid! Generator & propane keep home running yr-round. Cath. ceilings & flr to ceiling glass. Dean's Landing is across lake. Vacationland Realty Jean Jenkins, 745-4522, VacationlandRealtyMaine.com
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HUDSON - 2650 Hudson Road
2 homes in 1! Huge kit, oversized LR, screened porch, DR, daylight bsmt w/Knotty Pine family rm, lib. 2nd LR w/fp, kit, office/DR, 4 BR, 2BA, 2nd FR w/FP. 25 wooded acs w/huge pines & tons of Rd Fr, 2 3-car gar., 2 car gar., cabin & pond. Vacationland Realty, Jean Jenkins, 745-4522 VacationlandRealtyMaine.com
$187,500 MLS#1274227

BROWNVILLE - 252 Schoodic Lake Road
Farmhouse w/50-72.5 acs. Close to Schoodic Lake. Designed for 2 fam. w/2 kit, LRs, BRs galore, 2 sun porches, 2 BA, 2 W/D hookups.Wd flrs. Barn & pastures for hay. 25 acre wdlot. Buyer will need new main electric as it's from barn across rd. Vacationland Realty Jean Jenkins 745-4522 VacationlandRealtyMaine.com
$146,500 MLS#1272498

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GREENBUSH, 862 Cardville Road
Spacious 1 flr living w/this Ranch. Lots of updates. Heat pump gives cheap heat & A/C. New paint, newer metal roof, new boiler & on demand hot water heater. Spacious backyard. Come see this affordable new home.
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Kurtis & Carissa Marsh
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BANGOR, 2176 Ohio St.
Remarkable custom built 1 owner w/high end finishes. 3BR 4BA overlooks meadow. Interior has spacious kit. w/island, lots of cabinets & granite counters. LR has gas fp, real wd flrs, fam. rm w/custom bar & rec area. Newly installed heat pumps, sep. shed & heated 3 car gar. $379,900 MLS#1279454

OTIS, 505 West Shore Rd.
Top of the line custom built 1 owner waterfront. Spacious rms. Ctrl A/C, 3 BR, 4.5 BA, separate bunkhouse, sandy beach & dock sys, kit. w/ granite counters, breakfast bar & tile flr set BA. Huge composite deck. Amazing garage has room for over 10 vehicles, all toys and has heat & air conditioning. $749,900 MLS# 1271605

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To place an ad in the BDN Maine Real Estate page contact Laura at 207-990-8110 or lgeorge@bangordailynews.com