

Redblacks double up on Bombers

The Canadian Press

WINNIPEG

Quarterback Trevor Harris turned in another marquee performance Friday night as his pinpoint passing led the Ottawa Redblacks to a commanding 44-21 victory over the Winnipeg Blue Bombers.

Harris finished 29 for 39 with 361 yards in the air and connected with Dominique Rhymes on a touchdown, while William Powell ran for 106 yards and a TD and Dominique Davis punched in two scores for the Redblacks (6-3).

Matt Nichols was 23 for 35 with 291 yards and had two TD passes to Darvin Adams, who had 162 receiving yards, as well as an interception for the Bombers (5-4). Andrew Harris had 72 yards on the ground and TD.

Harris completed 22 of his 29 throws in the first half alone for 241 yards, while Nichols was nine for 13 and just 84 yards. Things didn't get much better for the Bombers in the second.

Both quarterbacks were sacked and gave up fumbles, but only Winnipeg paid with a touchdown.

The 27,602 fans at Investors Group Field had to listen over and over to the phrase "Harris completes ..." as the Redblacks' offence proved largely unstoppable and moved the team to the top of the East Division.

The Redblacks snapped Winnipeg's three-game winning streak and are still stuck at third in the West.

Ottawa has two of the hottest players in the CFL in quarterback Harris and



CP PHOTO / JOHN WOODS

Ottawa Redblacks quarterback Trevor Harris (7) throws against the Winnipeg Blue Bombers during the first half of CFL action in Winnipeg Friday.

receiver Brad Sinopoli, although Sinopoli didn't get a lot of chances to add to his league-leading 60 receptions Friday with Harris picking other targets.

One bright note for the Bombers as running back Andrew Harris passed the 7,000-yard mark and got a second-half touchdown. There were three Harris on the field Friday night — Ottawa receiver R.J. Harris as well.

Ottawa's backup in Davis scored the

team's first touchdown on a one-yard quarterback sneak, after Harris marched them 73 yards down the field on just his second possession of the game. A two-point convert to Greg Ellingson made it 8-0.

The Bombers came back later in the first to draw within one at 11:53 on a 45-yard touchdown pass by Nichols to Adams, but that was as close as they would get all night.

Lions' Lemon excited to face former team

DAN RALPH
The Canadian Press

TORONTO

Shawn Lemon will have a little extra juice Saturday afternoon at BMO Field.

The veteran defensive lineman will make his first appearance in Toronto since being dealt to B.C. on July 24 for a player on the Lions' negotiation list. Lemon, 29, played 33 games over two-plus seasons with the Argonauts, helping them capture a Grey Cup title last year.

The six-foot-two, 251-pound Lemon said he was surprised to be dealt and that he's very anxious to face his former team.

"This game means a little bit more to me just from being in the city, being teammates and winning a Grey Cup with them last year," Lemon said. "Just having my family there and being so close for my parents to come up to the game and having the connection with the guys in the locker room I was a little disappointed (about trade).

"But I'm very thankful for the opportunity to come to the Lions. I'm definitely excited about what the future holds."

Lemon was very outspoken on Twitter, saying the Argos offensive line couldn't block him during practice and won't be able to handle him Saturday. When asked if he still believed that, Lemon remained steadfast.

"Most definitely," he said emphatically. "It is what it is."

Lemon believes his prior experience with Toronto gives him a distinct advantage against his former team.

"I know their offence," he said. "I know how they want to attack teams, I know how they want to attack me."

McLeod Bethel-Thompson will make his second straight start after rallying Toronto to a stirring 42-41 win over Ottawa on Aug. 2. Bethel-Thompson threw for 302 yards and four TDs — including a 23-yard scoring strike to Armanti Edwards with nine seconds remaining — as the Argos overcame a 24-point deficit to capture the victory.

Giants test out benefits of yoga over stretching

TERRIN WAACK
The Associated Press

NEW YORK

During the mandatory rookie camp back in June, the New York Giants required players to take a yoga class. Running back Robert Martin walked in, looked around at his new teammates and thought, man, this is crazy.

"We usually don't do yoga," he said. "We stretch, but we don't do yoga."

Even as a first-timer, though, Martin immediately knew how the two were different.

"It definitely felt weirder than regular stretching," he said. "It was a lot harder because you have to sit in certain positions we've never been

in before."

Players like New York Jets defensive lineman Leonard Williams and Giants quarterback Davis Webb prefer yoga because it requires a set amount of time dedicated to the practice. That is the activity they can focus on their body

without worries of what's next and feel an immediate difference afterward.

The poses in yoga are more beneficial than typical stretching because they incorporate all parts of the body into the movements, Los Angeles Chargers Director of Football/Medical Services James Collins said. Stretching is linear. Yoga is non-linear, helping multidirectional joints such as the elbow, wrist, ankle, hip and shoulder.



Maas says he needs to lead by example as Eskis try to improve

ROBIN BROWNLEE
The Canadian Press

EDMONTON

When it comes to demanding that the Edmonton Eskimos play with more discipline, head coach Jason Maas says setting the example starts with him. He admitted this week that's too often been a case of do as I say, not as I do.

With the Eskimos hosting the Montreal Alouettes Saturday at Commonwealth Stadium and his team the worst in the CFL in penalties and penalty yards, Maas, known for his competitive fire as a player and tirades on the sidelines as a coach, is vowing to clean up his act.

"I think we're just getting to the point now where we need to be better," Maas said. "There's no one in the organization that's more accountable than me as far as what the product on the field is."

"At the end of the day, if we're not disciplined enough and I look at myself... I've had penalties myself in games over the past three years and it's not good enough. I shouldn't have any. If I want to be a better example for our players, then it starts with me."

Flagged for 14 penalties and 142 yards in a 31-23 loss to B.C. last weekend, the Eskimos have been called for 84 penalties and 895 yards through eight games.



PUBLIC NOTICES

8AM - 4PM SPECIAL SERVICES

Electric Outages.....	403.529.8260
Gas Emergency.....	403.529.8191
Water & Sewer Emergency.....	403.502.8042
After Hours Special Services.....	403.526.2828



Medicine Hat
The Gas City

DEVELOPMENT PERMITS APPROVED AUGUST 9 TO AUGUST 15, 2018 PLANNING & DEVELOPMENT SERVICES

RESIDENTIAL

73 4000 13 AVENUE SE	(Lot 1, Block 1, Plan 1711357) DP14563. Multiple Unit Residential Development (Manufactured Home)
11 STAFFORD STREET SE	(Lot 8, Block 28, Plan 9411002) DP14575. Single Detached House (Covered Deck).
39 SOMERSET CRESCENT SE	(Lot 7, Block 3, Plan 0612243) DP14578. Single Detached House (Above Ground Pool).
178 RANGLANDS BLVD NE	(Lot 49, Block 14, Plan 0714516) DP14579. Garage.

COMMERCIAL

2440 DIVISION AVENUE NW	(LOT 1, BLOCK 21, PLAN 0110766) DP14558. ONE PORTABLE SIGN.
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HOME OCCUPATION

959 5 STREET SE	(Lot 8, Block A, Plan 23593) DP14551. Office Use Only. Recycling.
26 EWART CRESCENT SE	(Lot 18, Block 8, Plan 7910917) DP14565. Customers to Attend Site. Beauty Salon.
5 STARK BAY SE	(Lot 9, Block 4, Plan 0013182) DP14566. Office Use Only. Roofing/Siding Contractor.
27 RANGLANDS WAY NE	(Lot 49, Block 13, Plan 0910426) DP14568. Office Use Only. Photography & Equipment.

HOME OCCUPATION (CONTINUED)

139 SHANNON CRESCENT SE	(Lot 11, Block 28, Plan 9411002) DP14571. Office Use With Storage on Site. Janitorial Service.
38 4 STREET NW	(Lot 8, Block 20, Plan 726M) DP14572. Office Use Only. Roofing/Siding Contractor.
246 3 STREET SE	(Lot 11, Block 51, Plan 61685) DP14577. Office Use With Storage on Site. General Contractor/Project Manager.
130 BURNS CRESCENT NW	(Lot 25, Block 4, Plan 703HE) DP14581. Office Use Only. General Contractor/Project Manager.
8 ROSSMERE WAY SE	(Lot 7, Block 18, Plan 7810695) DP14584. Office Use With Storage on Site. General Contractor/Project Manager.
15-420 ABERDEEN STREET SE	(Lot 3, Block 61, Plan 61685) DP14585. Office Use Only. Mobile Welder.

A person claiming to be affected by a decision of the Development Officer or the Municipal Planning Commission may appeal to the Medicine Hat Subdivision and Development Appeal Board by completing and submitting to the City Clerk Department, the required Notice of Appeal form within twenty-one (21) days of this publication. Notice of Appeal forms are available from the City Clerk Department, Third Floor, City Hall or on the City's website at www.medicinehat.ca. All Development Permits listed are subject to conditions. Further information on any Development Permit may be obtained from the Planning & Development Services Department, Second Floor, City Hall during normal business hours (Telephone 403.529.8374).

WATER MAIN FLUSHING & FIRE HYDRANT INSPECTIONS

Environmental Utilities performs regular, routine maintenance to uphold the water quality and system infrastructure by annually flushing water mains and inspecting fire hydrants.

During these operations, there may be some discoloration in the water which is not harmful to consume and will disappear when flushing is complete. Please note that discoloured water should not be used for laundry and that fluctuating water pressure may also be noticed.

Should discoloration persist beyond three hours, turn on your cold water tap or an outside sprinkler and let the water run for several minutes until the water runs clear.

For additional information or to confirm whether crews are working in your zone, refer to the Water Flushing Programs page on the City's website at www.medicinehat.ca/eu or contact Environmental Utilities at 403.529.8176.

ELECTRICAL UPGRADES

Electric Distribution Department would like to advise residents and business owners that City of Medicine Hat crews will be upgrading electrical systems in the downtown core from April to October 2018. Alleyways from 1st Street to 5th Street and South Railway to 4th Avenue SE will be affected. For more information visit www.medicinehat.ca/upgrades