

## SPORTS

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SPORTS  
IN BRIEFHealy hit in  
12th pushes  
Mariners past  
Rangers 4-3

ARLINGTON, Texas — Ryon Healy let out a sigh of relief, and the Seattle Mariners regained the lead in extra innings when his hard grounder got through the left side of the Rangers infield.

Healy singled past diving Gold Glove third baseman Adrian Beltre and beyond the reach of also-diving shortstop Elvis Andrus to drive in the go-ahead run with two outs in the 12th inning, and the Mariners won 4-3 at Texas after blowing an early three-run lead Monday night.

“Never feel comfortable when I hit a ball that way, and Elvis Andrus is no slouch either. That man (Beltre) is an unbelievable defender,” Healy said. “It took me a while to finally see the ball get to the outfield.”

US overpowers  
South Africa at  
softball worlds

ICHIHARA, Japan — Kristi Merritt and Savannah Jaquish homered as the United States beat South Africa 7-0 in five innings to remain undefeated at the women’s softball world championship on Tuesday.

Merritt hit a three-run homer in the second inning to give the defending champions a 4-0 lead, and Jaquish added a two-run shot in the fourth.

Rachel Garcia, Keilani Ricketts, and Kelly Barnhill combined to pitch a no-hitter, with a total of 14 strikeouts as the United States improved to 6-0 and secured one of the two top spots in Group A.

Shaq’s son,  
Shareef, to  
play at UCLA

LOS ANGELES — UCLA has landed forward Shareef O’Neal.

The son of retired NBA great Shaquille O’Neal signed a grant-in-aid to attend UCLA this fall. He will enroll in summer school this month.

The 6-foot-10, 220-pounder from Los Angeles played the last two seasons at Crossroads High in nearby Santa Monica. As a senior last season, O’Neal helped the school win the CIF Division II state title for the first time since 1997. He had 29 points, 17 rebounds and five blocks in the title game. O’Neal averaged 27 points as a senior while Crossroads finished with a 25-9 record.

UCLA coach Steve Alford says O’Neal brings a “terrific combination of size, skill and athleticism.”

Stewart, Howard  
help Storm beat  
Liberty 96-80

NEW YORK — Breanna Stewart and the Seattle Storm weren’t concerned when the New York Liberty made a run to take a lead early in the fourth quarter.

They knew it was only a matter of time before they went on their own burst to put the game away.

The Storm scored 15 straight points to turn a two-point deficit into a 13-point lead and never looked back in a 96-80 victory over the Liberty on Monday at a camp day game at Madison Square Garden.

“It was a grind-out game for us until that point,” said Stewart, who scored 32 points. “We felt like that run was coming, it wasn’t if it was coming, it was when.”

— Associated Press

## Sports physicals, impact tests offered

The Daily Astorian

Columbia Memorial Hospital’s Primary Care will be offering sports physicals to all area athletes from 9 a.m. to noon, and 1-4 p.m. Thursday at Astoria High School.

Physicals will be offered to students from all Clatsop County schools.

Cost is \$25. No appointment is necessary.

Physicals will be conducted on a “walk-in” basis. The money collected will be donated back to the Astoria High School athletics program.

Any student participating in Astoria Youth Football, Astoria Middle School athletics, or any OSAA high school sport must have a physical completed every two years.

In addition, all middle school and

high school student-athletes, and/or any middle school or high school age student-athlete diagnosed with a concussion during the 2017-18 school year can undergo impact testing.

Impact tests are computer-generated tests to help give student-athletes a baseline test score to help evaluate a possible concussion, should a head injury occur during the sports season.

Impact tests will also be offered between 9 a.m. and noon, and 1-4 p.m. Thursday.

All students must have a parent present in order to receive a physical. For questions or more information about sports physicals or impact testing, contact Astoria athletic director Howard Rub at: hrub@astoria.k12.or.us.



Seattle Seahawks offensive guard Germain Ifedi (65) stands on the field next to offensive guard Rees Odhiambo (70) during training camp Monday in Renton, Wash.

Ifedi must cut down on mistakes  
to stay in the Seahawks lineup

By TERRY BLOUNT  
 Associated Press

RENTON, Wash. — Germain Ifedi was back with the first unit in training camp Monday, two days after Seattle coach Pete Carroll yanked the starting right tackle from the lineup during the Seahawks’ scrimmage.

The embattled offensive lineman is hoping to keep his starting spot, but didn’t help his cause in Saturday’s scrimmage when he was flagged for a false start and a holding penalty. Carroll had seen enough.

“Yeah, I was real disappointed in that,” Carroll said. “Real disappointed.”

Penalties plagued Ifedi last season when he was flagged 20 times, the most penalties for any player in the NFL. New offensive line coach Mike Solari had a long conversation with Ifedi on the sidelines after he was pulled from the scrimmage.

“We want Germain to be disciplined,” Solari said Monday. “It was unacceptable. Just unacceptable and he knows it. We want to give him immedi-



Germain Ifedi squares off against offensive tackle George Fant, left.

ate feedback. It’s just concentration.”

Ifedi was a first-round draft choice out of Texas A&M in 2016, but has yet to live up to the lofty expectations. The offensive line overall struggled most of the 2017 season, but Ifedi received most of the ire from the fans for his inconsistent play.

Ifedi knows his must eliminate the same mistakes that resurfaced Saturday.

“It was a learning experience,” Ifedi said. “We know that pre-snap penalties are unacceptable. It’s a lesson. You take the good things you did and move on.”

Ifedi said Solari told him he has to stay calm in every situation and that composure will be key.

“Coach saw something on the field and he thought it was a good time to take me out and let me cool off. I was fine with it,” Ifedi said.

Ifedi was replaced by Isaiah Battle in the scrimmage. Battle is a fourth-year player from Clemson who was acquired in a trade with Kansas City last season. The Seahawks could also opt to move George Fant to right tackle. Fant missed all last season after suffering a major knee injury in the preseason and is backing up Duane Brown at left tackle.

Solari said last week that the best five players will start on the offensive line. He told Ifedi what he expects of him if Ifedi hopes to remain the starter.

“Germain’s a good football. He’s working on his technique. For a coach, it’s never quick enough, but we are demanding that he do it right,” Solari said.

Cano starts rehab  
stint for Mariners

Associated Press

SEATTLE — Robinson Cano knows he wasn’t fluid or dazzling Monday night in his return to baseball.

Especially returning to a completely new position at first base. The eight-time All-Star began his rehab assignment with the Seattle Mariners’ Triple-A affiliate as he prepares for his return from an 80-game suspension for violating baseball’s joint drug agreement.

He played eight innings at first base for the Tacoma Rainiers, making three nice defensive plays. And in four plate appearances, he had a hit and walk before departing for a pinch runner in the eighth inning.

“I am just happy to be back on the field,” Cano said. “The past few months, I have just been waiting for this day. I am happy that everything went good today.”

Primarily a second baseman his entire career, Cano is expected to play first base, third base and some sec-

ond base during this rehab assignment.

At times Monday, Cano looked fidgety at first base.

“It is really different,” Cano said. “You have to bend and stretch your legs. It is hard on me. Right now, everything is sore.”

But he held his own at a new position. In the third inning, he applied a tag on Colorado Springs’ Dylan Moore during a stolen-base rundown. In the fifth, he scooped up a short-hop throw from third baseman Seth Mejias-Brean. And in the seventh, he stretched to snare Mejias-Brean’s high throw at the bag.

Later in the seventh, Domingo Santana hit a sharp grounder at Cano, which deflected off the infielder’s glove. It was ruled a single.

Cano said he put in a lot of work back in the Dominican Republic, and even consulted with Albert Pujols, of the Los Angeles Angels, and Edwin Encarnacion, of the Cleveland Indians about some of the nuances of playing first base.



Robinson Cano

## Going to the Dogs!



Welcome to **THE DAILY ASTORIAN’S**

**National Dog Day Photo Contest!**

Grab your collars and your cameras, National Dog Day is Aug. 26 and we are on the prowl for the bestest, cutest, snuggliest pups on the coast.

In 2016, we fetched 103 photos; last year we romped home with 207 shots of more than 230 critters.

According to www.nationaldogday.com, the day celebrates all dogs, mixed breed and purebred, and works to promote the many dogs that need to be rescued.

**Submit your photo(s) before midnight Sunday, Aug. 12.** Then, come back and visit the pooches all that next week and vote on your favorite **before midnight Saturday, Aug. 18.** Vote once a day.

The top vote-getters will be featured on the front page of the annual **Going to the Dogs** section on **Friday, Aug. 24.**

Share with your friends and family: **#Going2TheDogsNW**

**Now, who’s a good boy? Who’s a good girl?**

For more information, call The Daily Astorian at (800) 781-3211 or send a message through Facebook.