

SPORTS

Super Bowl Sunday Title game brings faceoff of No. 1 vs. No. 2 picks

(AP) — In 2011, the Carolina Panthers and Denver Broncos were picking through the rubble of seasons gone horribly wrong — and a draft board that was unusually loaded with talent at the top.

The Panthers picked Cam Newton with the first overall pick and the Broncos chose Von Miller with the second selection.

Five years later, they'll meet in the first matchup of No. 1 vs. No. 2 in the Super Bowl.

"I'm a fan of his," Newton said.

"I'm his biggest fan," said Miller.

While studying film of the top outside linebacker in the league, Newton said he's "trying to find any and every way to alleviate him being a pain" come kickoff.

Miller said he's doing the same thing with the league's best quarterback.

Super Bowl 50 could very well hinge on which All-Pro prevails.

No matter who wins, it'll be a tale of both triumph and redemption.

Newton suggested for the first time last week that race may play a factor in why he's become a lightning rod for public criticism, and Miller, who's also black, said he can't fathom why anybody would criticize Newton.

"I mean, for what, dancing after making big plays?" Miller asked. "I do the same thing."

Indeed, they both play the game with childlike cheerfulness, dancing or dabbing to celebrate their success.



In 2011, Cam Newton (left) was the No. 1 draft pick overall selected by the Carolina Panthers, and Texas A&M linebacker Von Miller, was the second overall pick selected by the Denver Broncos. Five years later, the first-ever matchup of No. 1 vs. No. 2 will face off Sunday in the Super Bowl. (AP Photo)

Each is a kid at heart, taking his role as loquacious locker room cut-up as seriously as he does his rank as team captain.

"I don't think there's ever been another quarterback that plays the game the way he does, and especially the way his personality is on the field," Miller said. "I'm just a big fan of everything he has going for him. He's a huge role model."

They're even similar in build — Miller is 6-3, Newton 6-5, and both pack a lean 245 pounds.

Newton signed a five-year,

\$103.8 million contract last offseason, and Miller is in line for a mega-deal this offseason.

"If he played defense he probably would have gotten \$220 million," Miller said of Newton. "Because he can probably rush the passer and drop back and play safety and all that other stuff, too."

Their passion for the game helped both Miller and Newton navigate a minefield of bumps, lumps and slumps on their spunky soar to superstardom.

Miller overcame a drug suspen-

sion to start the 2013 season and an ill-conceived plan to add 25 pounds, which he now believes led him to tear his right ACL at the end of that season.

Re-establishing himself as one of the league's premiere pass-rushers, he's had 25 sacks over the past two seasons.

Newton overcame a horrific-looking automobile accident in 2014 that left him with two fractures in his lower back and imperiled his status as the league's dominant dual-threat quarterback.

CBS to Broadcast Championship

The Denver Broncos and the Carolina Panthers will face off in Super Bowl 50 on Sunday, Feb. 7 with kickoff scheduled for 3:30 p.m. (PST) on CBS (KOIN-TV Channel 6). The NFL championship will be played at Levi's Stadium in Santa Clara, Calif., home of the San Francisco 49ers.

Blazers Host Run for Youth

The Portland Trail Blazers are adding their own basketball spin to Oregon's ultimate running event, the 2016 adidas Shamrock Run.

Joining this year's running

events on Sunday, March 13 will be the first-ever Blazers Leprechaun Lap, a 1k fun run/walk for kids 10 and under and their families. The lap begins and ends at

Waterfront Park, downtown.

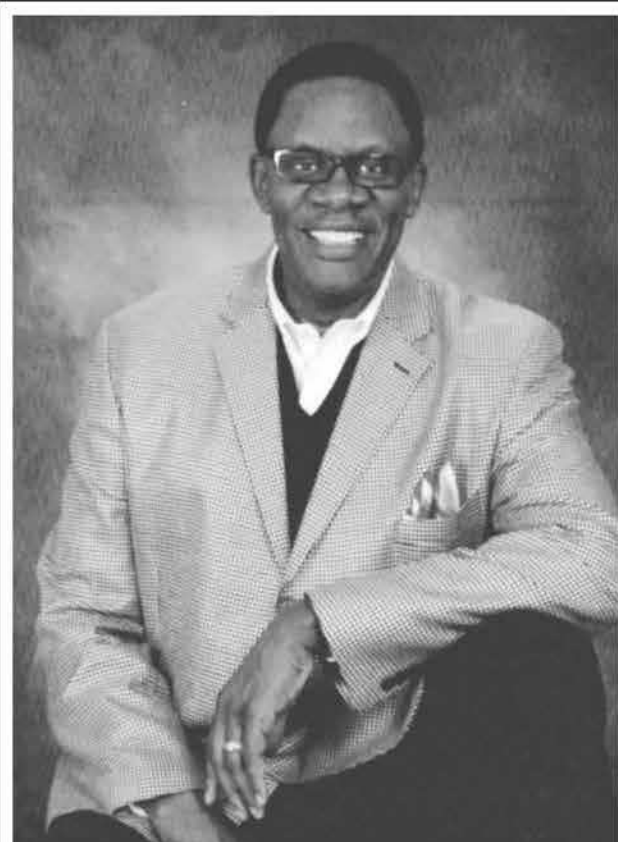
Participants will receive a Blazers Leprechaun Lap t-shirt and a special Trail Blazers prize at the finish line. Registration is open

now at trailblazers.com/shamrock.

In their efforts to inspire children to be healthy and active, the team will reward the first 200 kids registered for this year's Blazers Leprechaun Lap with a free game ticket to watch the Trail Blazers take on the Denver Nuggets at the

Moda Center on April 13.

With 35,500 participants, the adidas Shamrock Run is the largest running event in Oregon and is the third-largest in the western United States. The race offers competitive distances including 5k, 8k, 15k and a half-marathon.



Dr. Billy R. Flowers

THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 8. CONSTIPATION:

The backing up of body's sewage system.

Q: Nothing has ever really helped my constipation. What can Chiropractic possibly do?

A: As a natural form of healing, there is much a Chiropractic and the improved lifestyle we recommend can do to remove the immediate distress and long term health hazards of constipation. But before we begin, you should understand that constipation takes two approaches. The first is the tight, sometimes painful feeling in the lower back area. The second and more insidious type is what we call "hidden constipation." This is

when we seemingly move our bowels regularly, but never completely eliminate everything in our colon (large intestine). This causes the colon to back up and spread toxic poisons throughout the body. This can lead to everything from sinusitis to allergies to arthritis. Chiropractic can help to alleviate this problem by gently turning nerves back on in the colon and small intestine. It is not uncommon for a patient to have two,

three or even four bowel movements after the first adjustments on his or her spine. A man with FBSS (failed back surgical syndrome) went home and had 12 bowel movements that night. And he claimed he wasn't even constipated! Whatever questions you might have about health and healing, you'll find that Chiropractic is often the answer. Call us for an appointment today.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504