

COMMUNITER

VOL. 49 EDITION 15



JAN. 31, 2018

SLAM DUNK!

*Roadrunners keep
rolling
See page 4*

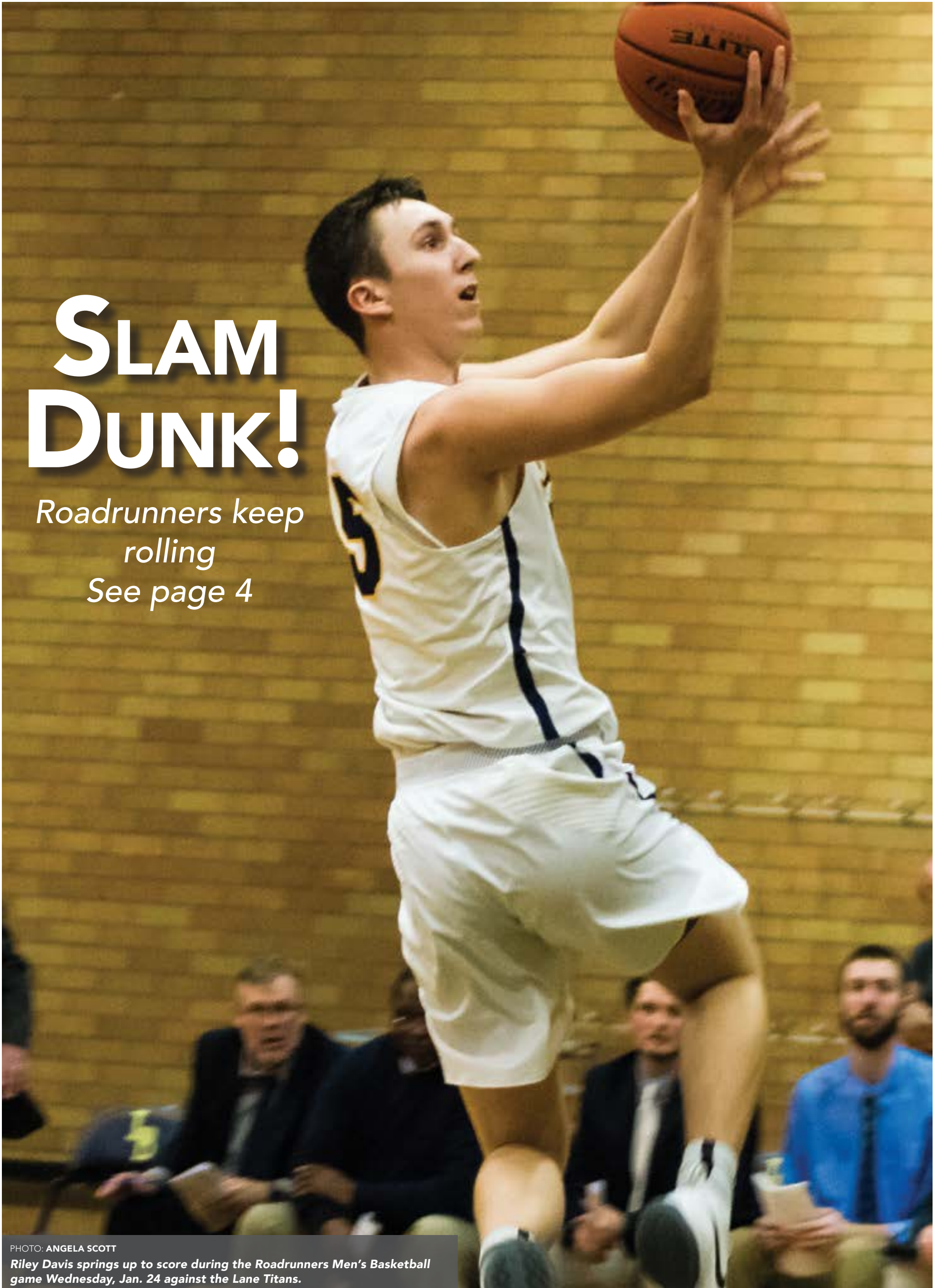


PHOTO: ANGELA SCOTT

Riley Davis springs up to score during the Roadrunners Men's Basketball game Wednesday, Jan. 24 against the Lane Titans.

THE LINN-BENTON
COMMUNITY COLLEGE

COMMUTER

The Commuter is the weekly student-run newspaper for LBCC, financed by student fees and advertising. Opinions expressed in The Commuter do not necessarily reflect those of the LBCC administration, faculty and students of LBCC. Editorials, columns, letters, and cartoons reflect the opinions of the authors.

Letters Welcome

The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues. The Commuter attempts to print all submissions received, but reserves the right to edit for grammar, length, libel, privacy concerns and taste. Opinions expressed by letter submitters do not represent the views of the Commuter staff or the College. Deliver letters to:

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LETTER TO THE EDITOR

The morning of January 24th, 2018 did not begin happily for the students of LBCC. Sitting in my early morning ethics class, I was expecting (per the syllabus) to learn about subject material related to "ethical relativism" and "natural law theory". Instead, my classmates and myself were greeted by our instructor, forced to read aloud a dictated piece of linguistic garbage sent from high above the classroom before we were even allowed to start our biweekly pursuit of philosophical enlightenment.

The subject matter of this bureaucratically forced address was the topic of religious sensitivity; specifically, that some individuals on this campus feel as though their religious ideals are more valuable than the other members of the LBCC student body who wish to pursue knowledge, freedom, and truth without theological restraint. If an ethics class is too challenging, perhaps your place is in the pews, not behind a desk, which could be provided to a student interested in academic pursuit; not mysticism and fantasy.

Religious students have a place to study, speak, and think within the boundaries of their individual theology; it's called church. You are guaranteed this right by the First Amendment of the Constitution. You do not have the right to dictate classroom material in a state-funded institution like

Linn-Benton Community College. As there is no official religion for the United States, there can be no official religion imposed or supported by any institution of the federal, state, or local government of this country.

I hope those responsible for this absurd intrusion into the academic process are made to answer for their actions. I pay tuition out of my own pocket; if I am further robbed of an opportunity to pursue my education because a religious student's "feelings might get hurt" I will be enrolling in another college. There is no place for academic censorship in a public institution of higher learning. Unless, I am somehow mistaken as to the meaning of our college's mission statement:

"To engage in an education that enables all of us to participate in, contribute to, and benefit from the cultural richness and economic vitality of our communities."

LETTER BY **TAYLOR HANSLOVAN**

CAMPUS VOICE

If you could have a Super Bowl ad, what would it be?



**LEIF CARLSON
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"SOMETHING FOR THE HUMANE SOCIETY, PROBABLY."



**LANCE PETERSON
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"IF I HAD A BUSINESS, I WOULD SCREAM IT FOR A MINUTE STRAIGHT. LIKE, 'ADULTFRIENDFINDER.COM,' IN BIG LETTERS."



**BRANDON WEBSTER
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"SOMETHING THAT'S A BIT OF A BREAK FROM THE ADS, AND AN INVITATION TO BE KIND TO OTHER PEOPLE."

**TRISTAN CARMIENCEKE
MARKETING**

"PROBABLY SOMETHING WITH CARS."



**ELLIE RONDON
BIOLOGY**

"AN AD CAMPAIGNING TO PREVENT FOOTBALL, AND MAJOR SPORTS IN GENERAL... BECAUSE THEY'RE STUPID."



STORY AND PHOTOS: CUAHTEMOC REILLY

DREAMING OF RED RIDING HOOD

LB students prepare for Children's Musical Theater

"Red Riding Hood" is set to hit the stage at the Russell Tripp Theater. This will be a double-cast, musical version of the classic tale.

This will not be the traditional Brothers Grimm's version with the Hunter, or the slightly gloomier Charles Perrault version, without the Hunter, but a version penned by Mike Kenny, a multiple award winning playwright.

The play follows Stephen and Bridget while they are having a sleepover at their grandmother's house. To pass the time, the two tell stories, using items in the house as props. When fantasy and reality begin to overlap, they find themselves in the deep, dark woods, with a wolf stalking nearby.

"Because this one is such a big deal, whereas we bring elementary school students during daytime showings, there will be almost 5,000 kids over the course of pretty much all of February coming in to see this show. So, we run the show about 20 times for all the school groups. Because of that, it's typically theater students, or any students, that are cast," said Michael Winder, production coordinator for the theater.

While the show is being put on for kids, all are welcome to attend on the dates listed.

Not only does LBCC put on plays and musicals by college students, they also work with other primary schools as well. When a high school production needs a

ADDITIONAL INFORMATION

For more information, contact the LBCC theater box office at 541-917-4531. For special needs and accommodations, call 541-917-4789 or Oregon Relay TDD at 1-800-735-2900 at least 72 hours in advance of this event.

larger venue, the college will rent out the theater to these productions.

"We support the events that the LB music program does. They do a concert every term plus a couple other events. We also support the theater program here, that does a show every term. The fall is normally a student-directed show, and every winter we have our big children's show. The one up now, "Red Riding Hood", is our 43rd annual production," said Winder.

This production of "Red Riding Hood" will be using guest director Rebecca Douglas, whose previous work has shown at the Majestic and Albany Civic Theater. The play stars LBCC students Phoebe May and Samantha Johnson as Bridget, and Jacob Birchard and Jakob Holden as Stephen.

"I've had an amazing time in the LBCC theatre program, I've learned a lot, I've met some incredible people, and I've had many wonderful experiences. I would do it all over again in a heartbeat," said Birchard.

"The experience has been both a relief and a challenge at the same time. A relief that with this show being double cast it gives each set of actors a moment to sit back and take a breath while the others take over. This is a very high energy show and being able to take that time to center yourself is really nice. On the other hand there's a lot of pressure with there only being two characters in the show, there's a lot of lines to memorize and a decent amount of music too. But I think it's all of the hard work that makes this process so worth it."

According to the LBCC News Service, the showings are Feb. 10 and 17 at 2 p.m. in the Russell Tripp Performance Center, 6500 Pacific Blvd. SW, Albany. Admission is \$8 for adults, \$6 for under 18. Purchase online at www.linnbenton.edu/tickets, or at the door one hour prior to performance.

For more information, contact the LBCC theater box office at 541-917-4531. For special needs and accommodations, call 541-917-4789 or Oregon Relay TDD at 1-800-735-2900 at least 72 hours in advance of this event.

STORY BY **LEE FRAZIER**



COURTESY: WIKIPEDIA

PLAY IN A DAY

LBCC and OSU collaborate on annual theater club event

A full house packed the Lab Theater at OSU's Withycombe Hall Saturday night. Actors, directors, and playwrights sat to one side talking and laughing as audience members filed in. The house lights dimmed.

The annual Play in a Day performances were about to begin.

Play in a Day is an annual collaborative event with students of LBCC's Black Curtain Society Theatre club and OSU's Masque and Dagger Theatre club. Ten-minute original one-act plays are written, directed, rehearsed and performed by 25 students all within a 24-hour period. Performances took place Saturday, Jan. 27 at 7 p.m.

"This event levels the playing ground," said Tinamarie Ivey, LBCC's theatre club student advisor and creator of the event, as she introduced the program.

Ivey explained to the audience how the process worked.

The night before the performance the theme was chosen out of a hat. The playwrights then received their gender combination and hurried off to write the play overnight. Next morning at 9 a.m. playwrights returned with a play in hand. After that, they picked their director out of the hat, and directors picked their actors out of the hat. Then all day Saturday directors and actors rehearsed until the evening when all five plays were performed.

"Students are always intimidated at first, and then they're always super glad that they did it. That none of these plays existed 24 hours ago is pretty incredible," said Elizabeth Helman, OSU's theatre club student advisor.

Play in a Day was started by Ivey and LBCC theatre

faculty member Dan Stone 13 years ago in northern California with their theater company, Sanctuary Stage. Both faculty members came to Oregon in 2010 to teach for the LBCC theater department and since then Sanctuary Stage has become a permanent foundation of LBCC, and an extension of the campus Theater Department.

Several years ago Ivey and Stone contacted Elizabeth Helman in OSU's theater department regarding Play in a Day and the two schools began to collaborate. Since then LBCC and OSU have alternated hosting the event each year.

This year's theme was rivalry. Actors and directors brought to life the playwrights' scenes written to depict feuding sisters, dog parenting, apocalyptic ponies, and military friends and frenemies using a simple set and a few essential props. The result was five humorous, surprising, and completely entertaining performances.

"It's fun to watch the director take what I'd written and make it something more than what I had on the page," said Jalen Todd, an OSU senior theatre major, a playwright who stayed up until 2:30 a.m. writing. "It's nerve-wracking, but a ton of fun."

Although rivalry was picked out of the hat, the theme of the night felt more like comradery.

"It's such a social art, and so fun to see what everyone comes up with," Said Dari Lawrie, an LBCC and OSU graduate and Play in a Day alumni who came back to take part again this year.

"There are very different levels of experience and

abilities and ages all being creative together. It's a very different way of connecting...magical things can happen."

The event was free but donations collected were split between the schools' theatre clubs.

STORY BY **BECKY HOWELL**

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LB DEFEATS LCC

Women fall to Titans in early game

PHOTOS: ANGELA SCOTT
Trent VanCleave.

The LB men's team delivered at home against Lane Community College with a 79-71 win over their division rival Wednesday, Jan. 24.

After going down 15-24 midway through the first half, the Roadrunners answered with a 14-4 run out of a timeout to go up 29-28. Both teams went back and forth for the remainder of the half but Lane reclaimed the lead after a last second bucket. This sent the Roadrunners into halftime down 38-39.

The second half was similar to the first, with both teams trading baskets for a stretch in the beginning. Leading 47-46 five minutes into the half, the Roadrunners came up with a huge 12-2 run that put them up 59-48 with 12 minutes left. Led by Taylor Jensen's double-double performance, LB refused to let Lane back into the game and coasted to a 79-71 win. The win put them at 13-6

overall and 3-3 in conference play.

Jensen had 13 points and 21 rebounds, Bailey Evers finished 50 percent from the field with 15 points, and Cooper Getsfried recorded a game high of three blocks.

Coach Everett Hartman felt the Roadrunners handled the challenges that Lane threw at them well by winning the rebounding battle and by getting good scoring production off of the bench.

"They were a really good athletic team. Their point guard is an all-league player who lead them in scoring with 26 points, they had a good center Kylor Kelley who was recruited by Oregon State, their posts were physical and they were able to get points off turnovers... We were able to out rebound them 43-26 and our bench helped us out by getting 19 points," said Hartman.

After the win over Lane, the Roadrunners defeated Mt. Hood on Saturday, Jan. 27, 70-63. This pushes their record to 14-6 overall and 4-3 in the conference.

The women's team had their hands full with Lane's high powered offense. The Titans currently have the third best scoring offense in the NWAC and LB struggled to keep up, falling 61-98.

The Roadrunners played solid defense early on, holding Lane to 12 points with only three minutes left in the first quarter. A couple of costly turnovers allowed Lane to extend the lead to 10-17 at the end of the first. Lane came out on fire in the second and outscored the Roadrunners 12-5 in the first three minutes of the quarter, increasing the deficit to 15-29. From there, LB's defensive struggles continued as they went into the half down 27-44.

Things looked good for LB at the start of the third quarter as the Roadrunners delivered a 8-0 run in the first three minutes, cutting the deficit in half 35-44. Lane responded with a 9-0 run themselves and didn't look back, scoring 27 points in the both the third and fourth quarters to close out the game. LB's shooting struggles

kept them from getting back into the game and they fell 61-98 in the end. The loss put the Roadrunners at 7-11 overall and 2-4 in the conference.

Breonna Bronson had a double-double with 14 points and 18 rebounds, Courtney Landis finished with 14 points and five assists, and Madeline Oakden lead the team in scoring with 15 points.

"We knew they were going to pressure us tonight, so we needed to calm down and take the ball up the court, which we did in the beginning but then we got frazzled towards the end," said Bronson.

Captain Courtney Landis feels the team had the players and ability to win against Lane, but the defensive struggles prevented them from doing so.

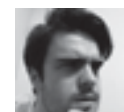
"We lost tonight's game because we lacked defense and a lot of heart, and if we learn to compete through the entire game, we have enough talent to win the game," said Landis.

On Saturday, Jan. 27 they fell to Mt. Hood 48-66 to bring them to 7-12 on the season and 2-5 in the conference.

The two team's next games will be at home against Southwestern Oregon on Wednesday, Jan. 31.



Megan Schiavone



STORY BY
JOSHUA STICKROD
@STICKRODJOSH



Women's Captain, Courtney Landis



Are you an LBCC student and a parent?

Come tell us about your experiences being a parent and an LBCC student.
What's worked for you and what hasn't.

We have a grant with resources for parenting students like you.

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Family Connections at LBCC

STUDENT ARTISTS SHARE 'KAPAKAHI'

Art is one of the best ways to deal with hard issues facing us all. One exhibit in South Santiam Hall recently tried to do just that.

The exhibit, entitled "Kapakahi", showed the work of three Linn-Benton Community College students, James-Harley Parr, Michael Bosch, and Elizabeth Gleason.

Kapakahi is a Hawaiian word for something that is one sided, crooked or messed up.

Their work was focused on exploring gender and sexuality.

Anne Magratten, the faculty advisor of the LBCC galleries for the past two years, called the works "profound".

"I have been in the gallery multiple times, and everytime I look at the work that's up it makes me ask really important questions about contemporary issues of gender and the different cultures we have that surround sexual violence," Magratten said.

"The show runs a spectrum of genderless or gender-neutral and also explores stereotypes of masculinity and femininity."

James-Harley Parr, a first-year art student, had his work displayed in the gallery.

"[My work] is currently in it's beginning stages. I am experimenting a lot with different medias and different topics, mostly controversial topics," Parr said.

Parr's work focuses mostly on exploring gender.

"I'm often times asked what gender my pieces are, and I'm just like 'I dunno'. I'm not really interested in



LBCC student artists James-Harley Parr, left, Elizabeth Gleason and Michael Bosch (pictured below), answered questions during their exhibit reception Thursday, Jan. 25.

drawing specific genders."

Parr also doesn't expect his artwork to be relatable to most people.

"I don't think you need to relate to it all all, you can just look at it and appreciate the fact there are people out there who prefer to not be in society's box that is gender, I think that if you feel something about it, it's really go, but if you don't, it's okay. Not everyone relates to the gender spectrum," he said.

Parr also likes using art to tackle controversial issues.

"I feel as though art is a great way to bring up those topics and make them a little bit of an easier introduction to those controversial or harsh topics," he said.

Elizabeth Gleason, a second-year art student, also had her work displayed in the gallery.

"It's a bit of a reflection of a lot of different kinds of femininity in a way," Gleason said. "I really like to comment on my feminine side and a lot of emotions that I feel. It doesn't necessarily have to be about being a woman, but sort of questioning the feelings that come with it. It's a very personal reflection, and some of the pieces are ways that I've dealt with feelings."

Gleason made her first foray into collage work during a figure drawing class..

"I was inspired by some scraps and magazines I've collected. I've always liked scrapbooking when I was younger and I sort of took advantage and just went with that," Gleason said. "I ended up kinda going in a different direction, I really wanted to express emotion using paper, which I've never really done before, and kind of being able to address feelings and emotions."

Gleason also spoke on what inspires her.

"A lot of my inspiration comes from trying to identify myself as a woman, what kind of a woman I am and not feeling like I fit into this stereotype as a woman and it's really hard for me feeling like I need to be this kind of feminine and a lot of the pieces question femininity as a whole and not feeling like I fit into that idea and wanting to really embrace sides of me that feel more masculine."

One of the common themes in her work is destruction.

"What I really like about doing collage work is that I get to destroy something... It's more about the destruction of something to create something new, and

it's completely different from what it was."

Michael Bosch, a second-year art student, is another student that had their work displayed at the gallery.

"The work I currently have in the show is really content driven. Very conceptual in it's foundation," Bosch said. "I'm not trying to do hyper-realistic. If it got too hyper-realistic I think I'd have people trying to pay more attention to the reflections on my windows and the grain and the texture, when I just want them to go straight to content."

Bosch has various works in the exhibit, including three paintings entitled "Frat House".

"Just hearing about the amount of sexual assault and rape that goes on in there and I felt I needed to do something. I feel often the presence of alcohol gets blamed and I don't think it's to blame, I think it's a while male thing, and as a white male I have the authority to step up and say something. I thought that there was an injustice going and I had a responsibility to insert myself into it," Bosch said.

"When something wrong happens it's wrong no matter how many people are participating."

Bosch also did a political work.

"The goal of those are to emphasize the hierarchy in our political structure, and just how people can be really tribal and act like fans when it comes to politics rather than it being issue driven."

Magratten is proud of the exhibitors for presenting their work.

"I am so incredibly proud of the work that they made because I think all of them took big creative risks and it takes a lot to lay yourself out on the line like that as an artist and a creator. All of them did a wonderful job. It's one of those moments where I'm just like 'Wow this makes my job easy because people are willing to really put that effort into their art practice.'" she said.



Michael Bosch

STORY AND PHOTOS BY JEREMY DURAND

GALLERY HAPPENINGS

Art, galleries, and artists currently on display on campus of LBCC

In the North Santiam Hall Gallery, there is another show up on display. Titled "Esteem: Artists and Mentors". This collaborative gallery will showcase pairs of arts. One piece from the artist themselves and one piece from an artist that mentored them.

"There are 34 artworks up," said student gallery coordinator, Sin Melendez.

The arts cover a range of different mediums from sculpture to paintings, video and more. Each pair of arts will also have a statement from the artist to go along with it.

The reception for this gallery will take place on the second floor of NSH on Wednesday, Jan. 31 from 1 p.m. to 2 p.m. Find out more about the North Santiam Hall Gallery at their website.

At the Calapooia Gallery you can find "A New Reality" gallery on display. The creator of these pieces is LBCC student Christina Royce. Her work features electrifying neon colors making up photos and oil pastel drawings of landscapes, real and imagined.

The reception for this show will be Thursday, Feb. 8 from 3 p.m. to 4 p.m. Find out more about the College Center/ Calapooia Gallery at their website.

Call to Artists

If you are a student artist or photographer, there is a great opportunity coming up to have your artwork on display at the Juried Student Art Show.

"I'd like to call to attention that

the Juried Student Art Show is fast approaching meaning anyone who would like to enter should start brainstorming now and working on their masterpieces," said Melendez.

Submissions are open to current LBCC students and can tentatively be submitted the first week of spring term at the gallery coordinator's office at NSH 111. More details to come soon.

STORY BY SARAH MELCHER

UNITY AWARDS

Do you know a member of the LBCC community who has contributed to an overall sense of unity? Nominate them for the Analee Fuentes Unity Award or the Gary Westford Community Connections Award.

The deadline for nominations is Feb. 6.

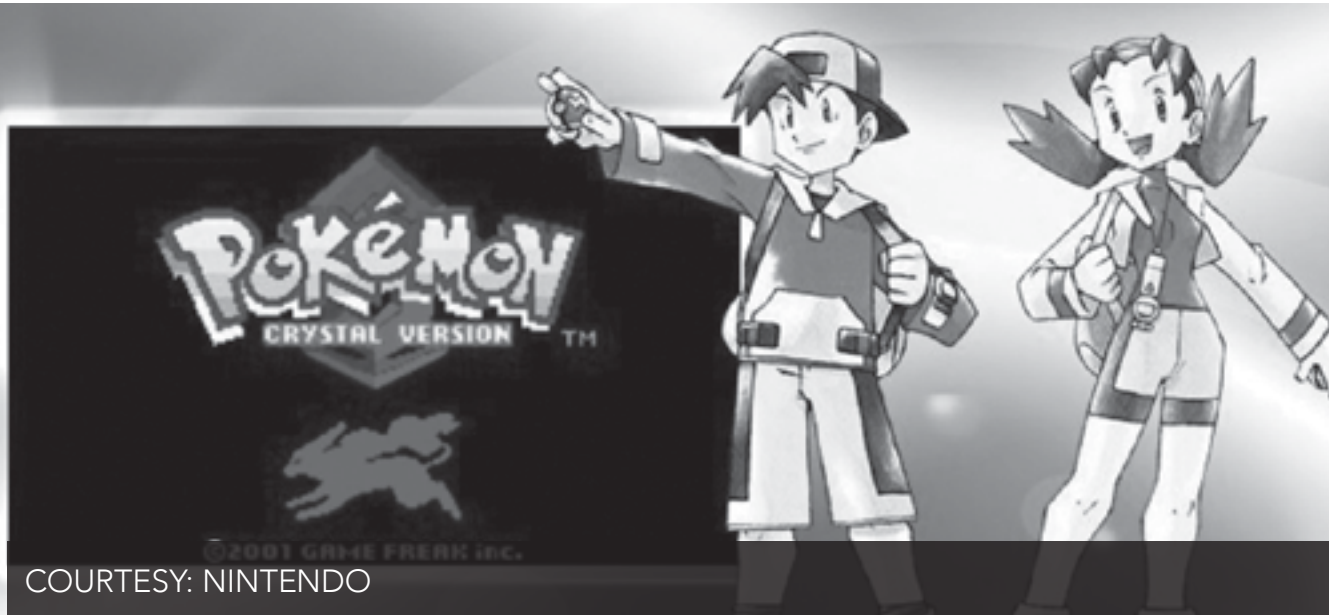
The Analee Fuentes Unity Award is given annually to one faculty, one classified staff, and one student in recognition of their commitment to diversity and social justice at LBCC. Three awards are presented in this category.

The Gary Westford Community Connection award honors one community organization/ partner, which includes the service districts of Linn and/or Benton Counties.

For more information, contact Javier Cervantes in the Diversity Achievement Center (DAC).

-The Commuter

GOTTA CATCH 'EM ALL!



VIDEO GAME REVIEW:

Pokémon Crystal

PUBLISHER: Nintendo
DEVELOPER: Game Freak
PLATFORM: 3DS eShop (Originally Released on Game Boy Color)
RATED: E
OVERALL RATING: ★★★★★

After seventeen years since its initial release on Game Boy Color, “Pokémon Crystal” has been released on the 3DS eShop. Coming off the success of the Virtual Console releases of “Pokémon Red, Blue and Yellow” in 2016 and “Pokémon Gold and Silver” in 2017, the game remains one of the strongest entries in the long-running “Pokémon” franchise and the definitive version of the journey in the Johto region.

The game, originally released in the United States in 2001; is the third installment of the games from Generation II, taking place in the same fictional universe as “Pokémon Gold and Silver” while also containing gameplay refinements and new features that would become commonplace in all future installments. Notably, the game introduced animated sprites for the Pokémon as well as the first female player character in the franchise. It also expands the lore of the franchise with new sidequests unique to this installment.

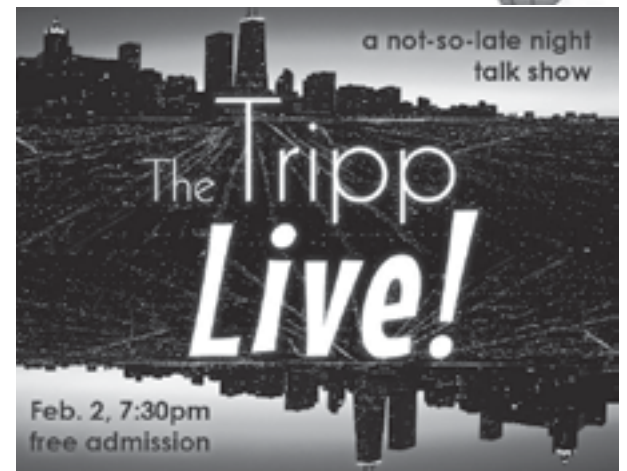
This installment also retains the features that made the previous installments of Generation II so engaging. Much like the original “Gold and Silver,” the core gameplay cemented the franchise’s status of being easy to pick up and play, but tough to truly master. In addition to clashing with an underground faction of Team Rocket and an abrasive redheaded rival, the game also contains an area of challenges known as the “Battle Tower” for trainers to test their skill in. The graphics are colorful and bright, having held up incredibly well since the game’s initial release in 2001. The 3DS release can also allow people to trade and battle wirelessly with other players, as well as transfer their monsters to newer games via the “Pokémon Bank” software application.

Overall, “Pokémon Crystal” remains an experience that became the standard for future installments and is one of the best games the series has to offer.

Though much has changed since the game was first released, it retains its appeal to both old and new fans in the same vein as fellow Nintendo series such as “Super Mario Bros.,” “The Legend of Zelda” and “Metroid.” It has stood the test of time and is a great way for fans to relive their favorite experiences, as well as perfect for new players to check it out for the first time. The Virtual Console release is highly recommended for newcomers and true believers alike.

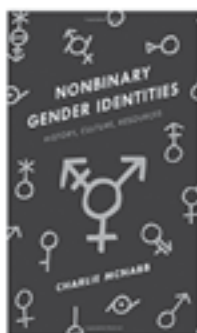


STORY BY
STEVEN PRYOR
@STEVENPRR2PRYOR



Nonbinary Gender Identities: A Conversation with Charlie McNabb

(author of Nonbinary Gender Identities: History, Culture, Resources)



12 p. m.—1 p.m.
Tuesday, February 6

LBCC Library Reading Room

Free
Open to the public

Request for special needs or accommodations

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Energy Bill Assistance

Do you need help paying your energy bill?

Community Services Consortium will be on LBCC Albany Campus to provide information and services for energy assistance. Please call 541-926-7163, or stop by the LBCC Student Life & Leadership office Forum 120 to sign up for an appointment.

Schedule List

- Tuesday, Jan. 30, 2018 - 1 pm to 5:30 pm
- Wednesday, Feb. 7, 2018 - 1 pm to 5:30 pm
- Wednesday, Feb. 21, 2018 - 1 pm to 5:30 pm
- Wednesday, March 7, 2018 - 1 pm to 5:30 pm
- Wednesday, March 21, 2018 - 1 pm to 5:30 pm

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GROW A #@\$@&%* SPINE

This past week, Senate Democrats decided to give up any advantage that they had and gave President Trump everything he wanted.

There were no strings attached to this deal. This deal did not ensure anything for the millions of dreamers in the United States like the Democrats were demanding. In fact, Democrats settled for an empty promise of “fair hearing”.

Why? Because the Democrats lack a backbone.

They love to play “#TheResistance” whenever it’s just talk and only talk. There is never any action on the part of the Democratic National Committee or the Senate Democrats as a whole.

This isn’t a new thing. During the Iraq War, Democrats were all too happy to give Bush his rubber stamp to slaughter one-hundred-twenty thousand people and

destabilize a country in search of magical weapons of doom.

During the Obama Administration, Democrats were all too happy to let the Republicans get their way with the ACA (originally a Republican idea for healthcare reform, but thrown to the wind in favor of anarchy, simply because their idea was proposed by the other party).

And now, in the age of Trump, the Democrats are still more than happy to let the most unpopular president in American history get whatever he wants in the name of “bipartisanship” and “compromise”.

Why? In search of the ever elusive “moderate Republican” of course! These voters, who may or may not exist, might one day decide that they should just vote Democrat because the other party is awful, so in the meantime, they have to keep appealing to those

moderates, because what is the base going to do? Vote Republican? The Republicans are crazy, and the two party system constantly ensures we’re forced to deal with the DNC.

Not every Democratic Senator voted for the measure. Sixteen didn’t, among those, Senator Wyden and Senator Merkley, both Oregon Senators. Nationally, the no votes were the usual suspects, the only members of the Senate that have principles, ie. Sanders, Warren, Harris, Gillibrand and co.

And to Chuck Schumer, the thirty-two other Democrats who approved this measure and the Democratic Party as a whole; Grow a fucking spine and stand up for the people you claim to represent.

OPINION BY **JEREMY DURAND**

UNTITLED

My mind is off my mind
I’m tired when I find
that I’ve been left behind
And not for the first time

Stuck standing here
I don’t know when or where
I decided to be scared
But the fear is clearly there
Sitting atop my life stairs, staring
I’m reeling trying to find feeling
But tears, are the only thing it’s sharing

The results wont change
And I search for warmth in vain
As I pour liquid grain
Down my throat
With the hope
It will help me cope
With the things that I don’t know
And there’s so much that I don’t know

BY RAVENSHIRE



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Monday 2/5: Chicken Pot Pie, Pan Seared Pork Chop*, Black Bean Burrito. Soups: Lentil Bacon*, Creamy Pumpkin Apple*. Salads: Steak & Egg, Grilled Veggie.

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PATRIOTS, EAGLES SHOWDOWN IN SB LII

It's finally here. All the drama of the NFL season boils down to one last game in Minneapolis, Minnesota -- Super Bowl LII.

Whether you're a diehard football fan whose been watching all year, or you're more in it for the seven-layer dip but you still want to impress your friends; the Commuter has you covered on what to expect when the Patriots and the Eagles take the field on Sunday and how both teams could hoist the Lombardi Trophy at the end of the night.

How the Patriots Win:

Patriots quarterback Tom Brady looks undaunted by time, as the now 40-year-old quarterback put forth another MVP-caliber season and led the league in passing yards with 4,577.

The Eagles are the number-one ranked rush defense and 17th-ranked pass defense so... Look for the Patriots to take advantage of the Eagles inconsistent cornerback play, and attack through the air. Deep shots will be hard to come by with Pro-Bowl safety Malcolm Jenkins patrolling the back line of the Eagles secondary. So watch the Patriots move the ball through short and intermediate passes and wear out the Eagles defense.

Tight end and matchup nightmare Rob Gronkowski should prove to be a big factor in this game. Crafty receivers Danny Amendola and Chris Hogan, as well as deep threat Brandin Cooks, also highlight the Patriots' receiving corps.

What makes the Patriots offense really difficult to cover, however, is the versatile stable of running backs led by Dion Lewis and James White. The two can beat you in between the tackles but also give defensive coordinators a headache when they're utilized as receivers. White had a Super Bowl record 14 receptions and led the game in receiving yards with 110 in last year's dramatic Super Bowl comeback against the Falcons.

The Patriots bottom-dwelling defense has to control the line of scrimmage on early downs and stop the Eagles run game (which ranks third in the NFL) from getting the offense into third-and-short situations. Defensive tackle Alan Branch, who is returning from injury, should be a huge factor in slowing down the run game.

Eagles quarterback Nick Foles has a collection of talented receivers at his disposal as well. Tight end Zach Ertz and wide receivers Alshon Jeffrey and Nelson Agholor are just a few. So the Patriots usual strategy of 'take away the best receiver' will be difficult to pull off. Though they've struggled against the pass all year, the Pats have improved and currently boast the fifth-best defense in the NFL in terms of points allowed.

The Patriots secondary is also composed of several versatile players who could present problems for the Eagles' pass attack. Safety Patrick Chung has been solid in man-to-man coverage against tight ends. Cornerback Stephon Gillmore has the size and speed to play well against Jeffery. Cornerback Malcolm Butler is one of the best recovery corners in the league and can play with the quick Agholor. Free safety Devin McCourty is as good as anyone at protecting against the deep ball.

Future hall-of-fame coach Bill Belichick is also one



of the best defensive game planners of all time and has two weeks to figure out how to slow down the Eagles' offense. Look for the Patriots' defense to give the Eagles a lot of different looks and formations to confuse and disorient the inexperienced Foles, who is playing in just his fourth playoff game.

If the Patriots can string together long scoring drives using short and intermediate passes on offense and get the Eagles into third-and-long situations consistently on defense then we could have the first back-to-back Super Bowl champion in 13 years.

How the Eagles Win:

The Eagles season has been defined by overcoming adversity. They have proven time and time again that they are an elite team despite the injuries that have plagued them this season. They lost Pro-Bowl tackle Jason Peters, top pass rusher Jordan Hicks, and worst of all, second-year quarterback Carson Wentz, who was having an MVP-worthy season himself before tearing his ACL in a week 14 win against the Rams.

Despite the injuries, the Eagles have found ways to win. You can chalk this up to their coaching staff led by second-year head coach Doug Pederson. His offensive design has been impeccable all season, giving the Eagles the third-best scoring offense. Nick Foles will lead the offense after a lights-out performance against the league's best defense in the NFC championship game.

The secret to beating the Patriots isn't very secret. To beat them you have to have consistent pressure generated from the interior of the line of scrimmage. This is to collapse the pocket and prevent Brady from stepping up and making throws down the field.

It worked for the Giants in Super Bowls 42 and 46 and we nearly saw it work for the Jaguars in the AFC title game. The problem is, late in the game, the defense is usually worn out so it becomes increasingly difficult to get a consistent pass rush.

With star defensive tackle Fletcher Cox leading the front four and a myriad of pass rushers who can fill in for one another, the Eagles not only have one of the most talented pass rushes in the league, they have one of the deepest as well.

"It's a lot more than four. I wish it was four. It's about eight, nine," said Belichick in a press conference.

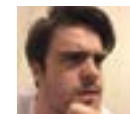
Watch the front four give Brady plenty of trouble as well as lock up the Pats' running game on Sunday.

On offense, the Eagles have to keep the ball out of Brady's hands and keep their defense off of the field. In order to do this they have to utilize their run offense, spearheaded by bruising ex-Patriot Legarrette Blount and explosive midseason acquisition Jay Ajayi. The two will be running behind one of the more dominant offensive lines in the league. They were recently ranked number one on Pro Football Focus' best offensive lines in the league.

A consistent run game can keep the Pats defense guessing and can open up the passing attack as well. Though this is Foles' first Super Bowl start, he has demonstrated he can deliver in big moments.

So if the Eagles can control the line of scrimmage, win time of possession, and consistently hound Brady when he drops back to pass, they could be holding their first Lombardi trophy on Sunday.

This Super Bowl doesn't have an underdog. While New England has been here before, Philadelphia is poised and hungry to win it's first title. Expect a good one and enjoy the game (and the dip). Kickoff is at 3:30 PST so don't be late.



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