A history of success

It all started with the 2013-14 team. DeAndre Kane, Melvin Ejim and Georges Niang were one of the nation’s most formidable trios. Junior college transfer Dustin Hogue could grab a rebound over anyone, and a pair of freshmen — Monte Morris and Matt Thomas — were contributing as well. Barely able to earn playing time as a freshman, now-sophomore Naz Long was making his mark as a sharpshooter.

For three days in Kansas City, the Cyclones caught fire. Iowa State, the No. 4 seed, knocked off Kansas State in round one, top-seeded Kansas in the semifinals and the Baylor Bears in Saturday’s finale.

The next year, Niang, Thomas, Morris, Long and Hogue were joined by Bryce Dejean-Jones and Jameel McKay. Again, the Cyclones brought magic from Ames down to ‘Hilton South’ for three days. In all three games of the 2015 Big 12 Tournament, Iowa State trailed by double-digits.

In the championship game against Kansas, Iowa State was down by as many as 17 points in the second half. That didn’t matter. Iowa State won, 70-66 to clinch its second straight Big 12 Tournament title.

After losing in the first round in 2016, the 2017 team was back with a vengeance. The Cyclones, this time led by Morris, Niang, Thomas and a fellow senior named Deonte Burton, won three games in three days.

That marked three Big 12 Tournament championships in four years, and Iowa State’s fourth Big 12 Tournament title overall. Only Kansas has more Big 12 Tournament trophies than Iowa State.

Of course, those players are gone now. Only Donovan Jackson, Solomon Young and Nick Weiler-Babb remain among those who stepped on the court in last year’s championship game, and only Jackson is still healthy for this year’s tournament. Sophomore Jakolby Long played just two total minutes in last year’s tournament.

The present

Now, a young team that has battled injuries and adversity all season will head to Kansas City and try to recreate some of that magic.

The first challenge, on Wednesday night, will be something unusual for the Cyclones. Iowa State hasn’t played in the Wednesday night session since, well, ever.

The last time Iowa State played on a Wednesday at the Big 12 Tournament was 2011, when the Big 12 still had 12 teams and the tournament’s format was different.

With Weiler-Babb and Young out with injuries, a lot of pressure will be on the young guys to step up and on Jackson, the senior leader, to handle the pressure.

“What I hope [Jackson] brings to Kansas City is the experience of winning on a big stage, to help these guys from that standpoint,” said coach Steve Prohm.

Since going to the new format in 2012, Iowa State has never had to play in the infamous Wednesday games.

If Iowa State is able to knock off Texas, a date with Texas Tech awaits on Thursday. Iowa State and Texas Tech split the season series, 1-1, with each team winning on its own home court.

Both games were decided by exactly 18 points, too.

If Iowa State is able to knock off Texas, a date with Texas Tech awaits on Thursday. Iowa State and Texas Tech split the season series, 1-1, with each team winning on its own home court.

After that, the bracket will have to unfold before teams know who they’ll be facing. But if history holds true, the Kansas Jayhawks likely await on the other side of the bracket if Iowa State is somehow able to channel ‘Hilton South’ for the first three days of the tournament.

“I’m ready to go to Kansas City and try and win this Big 12 Championship,” Jackson said. “That’s what it’s all about. I’m expecting coach Prohm, the rest of the team to come with it. We can get it done, I believe we can get it done.”

Iowa State celebrates while receiving the Big 12 Championship trophy after beating West Virginia 80-74 on March 18, 2017 at the Sprint Center in Kansas City, Missouri.
Former journalist transfers his knowledge to students

BY MIKE BROWN @IOWASTATEDAILY.COM

From his time in Kenya as a journalist, Charles Yier brought his talents to Parks Library as liaison for several colleges, including the Greenlee School of Journalism.

In his home country of Kenya, Yier began his career at the Daily Nation, a newspaper that covered news in Kenya as a reporter. He frequently reported on the court and crime beats. During his time at the newspaper, Yier wrote many stories but he took most pride in a story he broke about a corrupt government of the time.

"We so happened to have been in a country that was under a very prolonged dictatorship," Yier said. "The same president had ruled for over 24 years, but now it had reached a point where he had been cornered by the opposition because finally the opposition were united against him."

Yier spoke about his involvement in reporting on the removal of the corrupt regime.

"I was lucky enough to have one politician who was in the middle of everything who told me the game plan, and I ended up [running] it in the Saturday edition of the Nation," Yier said. "Eventually what he told me was exactly what transpired and this guy was eventually ousted."

Yier said that in his past if someone told him he would be working as an academic librarian in Iowa, he would not have believed it, but ever since college he wanted to come to the United States to obtain an American education.

After continued persistence, Yier came to America with his wife and was hosted by a friend in North Carolina.

Yier moved to Missouri and hoped to study at the University of Missouri, but wasn't able to get admission. At a career change conference in Asheville, Yier was eventually led to Iowa State as an academic librarian.

"The same thing happens here," Yier said. "I work with faculty a lot, and sometimes somebody just ambushes you, and the nature of the assignment the students are working on is nothing you are aware of or worked on so you just have to look at the syllabus and you have to have something to present to the class."

Yier works day to day with both students and faculty in and out of the classroom with research and techniques related to leadership.

"A lot of students might not really appreciate it, but as you go along you'll really appreciate most of the things you're learning now because we are now living in a very complex information landscape," Yier said. "Being able to utilize all of these resources will be very, very helpful." With talent like himself, and his coworkers in the library staff, Yier hopes that more students utilize the library and librarians throughout their time in college.

"Iyabo Onipede is a leadership development coach who works with corporate executives, academic professionals and social justice leaders to identify and develop leadership skills and encourages all to utilize the resources available," Yier said.

Yier explained that he works and thinks best under pressure and that the tight deadlines that often come with stories as a journalist helps him perform and help both students and faculty as an academic librarian.

"I used to occasionally be asked to do a short piece here and there and these editors were very specific. They wanted it by a certain time," Yier said. "You have to deliver, one way or the other."

Yier said his exposure to this high pressure newsroom environment intersects with the work he does as an Iowa State Librarian.

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Rice collects special ISU memorabilia

In Catt Hall, there sits a small office on the first floor. This office is decorated from the ceiling to the floor with interesting Iowa State memorabilia.

On one wall hangs a large cardinal colored blanket with gold letters spelling “AMES” in the center. Another wall displays numerous Maintenance Shop posters from the 80s. Student transcripts dating back to 1906 are also hanging on frames in the office.

The transcripts belonged to the grandparents of the Director of Recruitment and Outreach Adviser for the College of Liberal Arts and Sciences and occupant of the office, Dan Rice. Rice is one of nearly 20 family members to graduate from Iowa State University. His father, John Rice, taught in Iowa State’s architecture program for many years, which is how he first became interested in attending the school. Rice received his bachelor’s degree in Distributed Studies in the year 1988. However, Rice was involved at Iowa State for many years before attending school here.

After graduating high school, Rice took a few years off to travel and work. He traveled through Europe and around the United States while working in the service industries field. On a whim, Rice decided to start attending Iowa State with a friend. Rice worked at the Maintenance Shop and eventually applied to be the manager. After getting offered the manager position in 1984, he quit school to focus on his job.

“Back then Friday nights were huge [at the Maintenance Shop]. The Shop would be filled, wall to wall… They were pretty hectic times,” said Rice. “Miller sponsored us one year… Lonnie Brooks actually played out on the terrace [at the Memorial Union]. We were pretty wild back then. I had a goal to have something going on in the Maintenance Shop every single day of the week, whether it was a show or a lecture, an afternoon movie, or if I couldn’t find something there would be a beer special.”

Rice quickly returned to school in 1985 and continued to work at the Maintenance Shop simultaneously.

Upon graduation, Rice attended Indiana University to obtain his master’s degree in higher education. He returned to Iowa State in 1993 as a residence hall director for a few years before being hired as an academic advisor for the College of Liberal Arts and Sciences. Rice has been an employee at the university ever since.

In his free time, Rice collects Iowa State memorabilia, specifically the Iowa State University yearbook, the Bomb, which was published from 1893 to 1994. He has over 60 Bombs in his collection, the oldest one being from 1904.

Recently, as Rice was looking through one of his Bombs, he noticed a name written in the top corner on page 64. The name was Teresa Albertsen, who works on the floor above Rice in Catt Hall. Rice showed his colleague the Bomb and sure enough, the yearbook had previously belonged to Albertsen.

Many of the Bombs have a greater significance to Rice as his family members are pictured in them. Some of his family members even worked on the Bomb staff, including his grandfather, Lloyd Stover, who was the editor.

Along with Bombs, Rice also has other family artifacts relating to Iowa State. He has two transcripts framed in his office which belonged to his grandmother, Lola Rice, who graduated in 1906. Lola Rice taught chemistry at Iowa State for nine years and then worked as the assistant to Dean Helser until she retired.

Hanging on the wall of his office, Rice has an old stadium blanket with “AMES” written in the center. He says this blanket used to be stored at his family’s cabin for many years until he brought it back.

Rice has been invested in the university for most of his life along with many of his family members. Though he has numerous memories at the university only a few are mentioned above. Rice is proud of the legacy that was built for him at Iowa State University.

“There is a lot of neat history here and it’s neat to have such a legacy in part of it,” Rice said. “Pretty much any Bomb I have I can look up or find something in there [pertaining to my family].”
POLICE BLOTTER

3.5.18

Hang Li, age 22, of 3830 Manigold Dr – Ames, IA, was arrested and charged with Disorderly Conduct at (reported at 10:59 p.m.).

An officer investigated a property damage collision at Lincoln Way and Lynn Ave (reported at 10:59 p.m.).

Christopher Lee Weber, age 38, of 3917 Tripp St - Ames, IA, was arrested and charged with delivery controlled substance, possession of prescription drug, possession of alcohol under the legal age, and possession of a controlled substance at Roberts Hall (reported at 7:14 p.m.).

An investigator reported a property damage collision at Lincoln Way and Lynn Ave (reported at 10:59 p.m.).

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.
Opponent Info:

Texas
- Location: Austin, Texas
- Conference: Big 12 Conference
- Head Coach: Shaka Smart | 97-45 in his third season at Texas

Quick Hits:
- Iowa State is 0-2 this season against Texas with an overtime loss at Hilton Coliseum and a 16-point road loss.
- Iowa State will be playing without Nick Weiler-Babb and Solomon Young as they suffered season-ending injuries.

Sprint Center — Kansas City, Missouri | TV: ESPNU | RADIO: Cyclone Radio Network/Learfield
The Big 12 standings have come out after the regular season and here are where the teams are at heading into the Big 12 Championship tournament:

1. Kansas - 24-7, 13-5 Big 12
2. Texas Tech - 23-8, 11-7 Big 12
3. West Virginia - 22-9, 11-7 Big 12
4. Kansas State - 21-10, 10-8 Big 12
5. Kansas - 21-10, 10-8 Big 12
6. Baylor - 18-13, 8-10 Big 12
7. TCU - 21-10, 10-8 Big 12
8. Oklahoma State - 18-13, 8-10 Big 12
9. Oklahoma - 18-13, 8-10 Big 12
10. Iowa State - 13-17, 4-14 Big 12

**2018 Phillips 66 Big 12 Men’s Basketball Championship**
Sprint Center - Kansas City

**Big 12 standings**

**Game Schedule**

**Wednesday, March 7**
- **Game 1:** No. 8 Oklahoma State vs. No. 9 Oklahoma, ESPNU, 6 p.m.
- **Game 2:** No. 7 Texas vs. No. 10 Iowa State, ESPNU, 8 p.m.

**Thursday, March 8**
- **Game 3:** No. 4 Kansas State vs. No. 5 TCU, ESPN/2, 11:30 a.m.
- **Game 4:** No. 1 Kansas vs. Game 1 Winner, ESPN/2, 1:30 p.m.

**Friday, March 9**
- **Game 5:** No. 2 Texas Tech vs. Game 2 Winner, ESPN/2, 6 p.m.
- **Game 6:** No. 3 West Virginia vs. No. 6 Baylor, ESPN/2, 8 p.m.

**Saturday, March 10**
- **Game 7:** Game 3 Winner vs. Game 4 Winner, ESPN/2, 6 p.m.
- **Game 8:** Game 5 Winner vs. Game 6 Winner, ESPN/2, 8 p.m.
- **Game 9:** Game 7 Winner vs. Game 8 Winner, ESPN, 5 p.m.

**Final Saturday, March 10**
- **Game 9:** 5:00 p.m.

**Big 12 Champion**

I’ve got to be honest. Iowa State needs basketball to have better days.

The 4-14 record in conference play? The 13-17 record for the overall? Those aren’t great numbers in the years of the past that have seen the Cyclones win three of the last four Big 12 Championships recently.

If the Cyclones beat Texas Tech, there’s a shot they can beat the next team, which would be a matchup with either Baylor or West Virginia. Iowa State beat both teams at home this season. Making the assumption that the rest of the bracket goes well, the Cyclones’ next matchup would be Kansas in the championship game.

If they get that far, are on a roll and the Cyclone fans are loud, I could see a big upset being a possibility.

With the injuries to Solomon Young and Nick Weiler-Babb, there isn’t a轻 reality to see the Cyclones getting past the semi-finals.

What I am saying though, is be optimistic. Iowa State has shown up to play in Big 12 Tournament’s of the past and while it might be a ginormous hill to climb, I’m saying there’s a chance.

**PREDICTION:** Loss in the semi-finals to West Virginia.

It was Iowa State’s second loss in a run that would end at four losses to open Big 12 play.

Then, when the two met in Austin, Texas, it was ugly. The Longhorns had the lead the entire way.

It was as big as 15 (besides the 16 points at the end of regulation) and the Cyclones were paced by Nick Weiler-Babb, who is out for the season.

The Cyclones are not only without Weiler-Babb, but also Solomon Young. It’s hard to make a run in the postseason when two of your top players are on the bench in street clothes.

The only and very, very small chance the Cyclones can steal a win in Kansas City will stem from the uncertainty of Mo Bamba’s health, Texas’ superstar.

Still, they have Dylan Osetkowski and his luscious locks/lovely cornrows.

All this babbling and nonsense coming from my fingers can be summed up in three words: Iowa State loses.

While I know I said Texas is going to steamroll the Cyclones, as a bad cop, I’m only 99 percent bad. The other one percent is reserved for the slim chance that the Cyclones advance to the quarterfinals.

However, if they advance to the second round, my bad cop percentage is back up to 100.

For any reason they do advance to play Texas Tech, the Cyclones have no shot at beating them — zip, nada, a big goose egg.

The Red Raiders are healthy, Iowa State is not. Yes, the Cyclones beat Texas Tech in Hilton, but the Red Raiders got revenge in a blowout win.

With the Cyclones short-handed, I sense a repeat blowout if the Cyclones do advance to that game.

So, to sum it up once again: Iowa State will not repeat as Big 12 Champions.

**PREDICTION:** Loss in first round to Texas.
Blast from the past

Iowa State celebrates while receiving the Big 12 Championship trophy after beating West Virginia 80-74 on March 18, 2017 at the Sprint Center in Kansas City, Missouri.

Naz Mitrou-Long celebrates after making a 3-point shot during the Big 12 tournament in 2017.
BY EILEEN TYRELL
@Iowastatedaily.com

All throughout high school, I was convinced that I wasn’t a math person. I was okay at it, but I was never the best, and I always preferred English or anthropology over calculus.

This was true to such an extent that almost everyone I knew was shocked when I decided to major in engineering.

They wanted to know why I would choose a math-heavy major when I hated math so much, and when I had spent most of high school focusing on my language skills.

It wasn’t until I started classes here that I started to change the way I thought about myself and my style of learning. I had assumed that I’d struggle through four years of math and science classes, sticking it out for the payout of an engineering degree when I graduated.

It wasn’t until halfway through the semester that I was struck with a realization: I really, really liked calculus.

It wasn’t just calculus either. I found myself really enjoying chemistry and coding, two things that I had previously expressed no interest in and even hated. At first, I was amazed by this realization.

Like I said, I’d assumed that I would tow through my STEM classes until graduation, only really enjoying the rare class or elective that I would have to take.

But as I was immersed in more math than I’d ever wanted to study, I realized why exactly I found myself enjoying it:

the exact same traits that had always drawn me to the humanities – creativity and critical thinking – were now required in calculus.

Maybe it was the transition from high school to college, or maybe it was just that I’d reached a higher level of study, but no longer was it enough to follow a memorized set of steps to solve each problem. Now I actually had to think creatively about math and problem solve on my own.

And I found myself really liking it.

This realization completely changed my perspective on “math people” vs. “language people.”

The idea that you can only be good at one subject or the other is nonsense. You’d work even harder to strengthen that weak spot. Your brain is no different.

I can’t promise that you’ll suddenly find yourself loving calculus or essay writing, but by viewing your skill in a subject as a muscle rather than a set characteristic, I guarantee you’ll become a changed student.

College is hard enough as it is. Don’t make it worse by creating limits for yourself.

The new sexual misconduct training system required for all Iowa State students is a step up from the previous training.

In an editorial last academic year, the ISU Editorial Board discussed the flaws with the old training in that it included information perceived as victim blaming rather than making clear that sexual assault is solely the fault of the perpetrator.

We are pleased with the direction of the new training to move away from those portrayals. Even in its opening, the language in the new training about sexual misconduct does a better job of showing the extent of the problem.

“Sexual and relationship violence can impact anyone; it doesn’t matter what your age, race, ethnicity, gender, sexual orientation, or socioeconomic status might be,” a slide at the beginning of the training opens up with. “In fact, certain identities or student populations face even greater risk of violence or abuse.”

Additionally, the training acknowledged that some who are required to take the training may have already experienced sexual violence and harassment. Most importantly, it reminded individuals that they are not to blame for what happened to them.

Last, and most importantly, the training actually talks about what perpetrators shouldn’t do. It talks about what behavior is not acceptable; no exceptions, without making it seem like it is the victim’s fault for doing the wrong thing or being in the wrong place.

Even as the training was presented to students in an email from President Wendy Wintersteen, the university did a better job of sending the message that they are tackling this issue for more than compliance reasons, but because they actually hope to make a difference. We hope that this mindset continues, but most importantly, we hope action continues.

We do want to emphasize that the lessons in this training cannot be learned in an hour or two.

We want to encourage community members to open discussions, whether it’s in the classroom or at club meetings, about sexual misconduct to raise awareness and prevent it from happening.

New Title IV training has improved

The Daily encourages discussion but does not guarantee its publication. We reserve the right to edit or reject any letter or online feedback.

Send your letter to letters@iowastatedaily.com.

Letters must include the name(s), phone number(s), major and/or group affiliation(s) and year in school of the author(s).

Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is a privilege for print in the Iowa State Daily.

Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.

Feedback policy:
The Iowa State Cyclones will host their greatest rival the Iowa Hawkeyes in an Iowa Corn Cy-Hawk Series at the Lifetime Fitness Center in Urbandale on March 7 at 4 p.m.

The Cyclones currently have a record of 8-4, meanwhile the Hawkeyes hold a record of 7-4. The Cyclones have only grabbed seven wins in its 46-match history with Iowa. Last season when the rivals met in Iowa City, Iowa State was defeated 5-0.

The Hawkeyes recently upset No. 48 Notre Dame. The Cyclones are hoping to silence the doubters saying that the odds are not in their favor this week.

Head coach of the women’s tennis team, Armando Espinosa is looking forward to the annual Cy-Hawk showdown. “We are more ready than ever,” Espinosa said. “We are in a better standing now than we were last year when we faced the Hawkeyes.”

The Cyclones are coming in as the underdogs for this match and are hoping to continue the win streak and hope to continue playing well consistently.

“We are just going to come out and play hard, just like any other match. We are not going to get in our own heads,” Espinosa said. “We can compete against the best teams, we just have to go out there and play our game”.

During the week the Cyclones will be going easy, since they just got back from North Florida. The Cyclones had the day off this past Sunday, and will be playing some singles and doubles matches in practice.

“The week we will get back to playing indoors, and just getting the timing back,” Espinosa said. “We are also getting ready for Wyoming as well, it will be a short turn around after we face the Hawkeyes.”

Sophomore Margarita Timakova went 2-1 last weekend at the No. 3 position in singles and doubles, with her doubles match going unfinished against Mercer.

“I have been practicing a lot in doubles recently, working on how to play more aggressive at the net and at the baseline,” Timakova said. “Coming to America was very challenging at first since I did not know how to speak English, but I had great friends and coaches who helped me to get where I am now.”

Timakova has many goals for this season but her mission is just to keep winning as much as possible and help her team get as many victories as possible.

“I’m very excited for this weekend, it will be a good challenge to go up against our biggest rival, but we are ready,” Timakova said.

Junior Annabella Bonadonna also had success last weekend against North Florida and is hoping to continue that success this week.

“This week I need to be more aggressive and keep having a good attitude throughout the matches,” Bonadonna said. “If I have a good attitude the wins will come.”

Timakova was victorious last weekend due to her positive attitude and hopes to keep that mentality going for Iowa.

“I missed many points, ones I wish I could get back,” Bonadonna said. “I know I am important to the team so thats what motivates me and sometimes in matches I influence whether we win or lose.”

Even after having great success this season for the Cyclones, Bonadonna confessed that she still has work to do.

“My goal is to beat Iowa for sure,” Bonadonna said. “I’m getting mentally ready to also beat West Virginia and Kansas.”

“My biggest goal is getting into the first round for the Big 12’s.”
DINNER IS SERVED

BY MANICHANH NAONADY

@Iowastatedaily.com

Make dinner in an instant with foil packet dinners. One of the key items needed for foil packet dinners is heavy duty aluminum foil. Foil packet dinners allow you to put your main dish and sides all in one pack to make a complete meal. It is also mess-free, which means easy clean up.

Garlic Butter Salmon Foil Packets

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- 3/4 cup green beans
- 1 tsp olive oil
- 2 (6 ounce) salmon fillets
- 2-3 garlic cloves, minced
- 2 tbsp butter, melted
- Salt and pepper, to taste
- 2 tbsp balsamic vinegar glaze
- Salt and pepper, to taste

Preheat oven to 400 degrees Fahrenheit. Place two 12x12-inch pieces of heavy aluminum foil on counter. In a small bowl, add green beans and olive oil. Gently mix and sprinkle with a pinch of salt and pepper. Divide evenly onto foil sheets.

Combine melted butter and minced garlic. Place salmon on top of green beans. Sprinkle salmon with a pinch of salt and pepper. Drizzle melted garlic butter on top of salmon and green beans. Bring the longest ends of foil over salmon and roll them together. Roll short ends in, making sealed packets. Place foil packets on a baking sheet. Bake for 20 minutes. Cool for five minutes.

Garlic Steak and Potato Foil Packets

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- 1 1/2 cup small red potatoes, quartered
- 1 tbsp olive oil
- 1 lb. top sirloin steak, cubed
- 2-3 garlic cloves, minced
- 2 tbsp butter, melted
- Salt and pepper, to taste

Preheat oven to 400 degrees. Place two 12x12-inch pieces of heavy aluminum foil on counter. In a small bowl, add red potatoes and olive oil. Gently mix and sprinkle with a pinch of salt and pepper. Divide evenly onto foil sheets.

Combine melted butter and minced garlic. Place steak on top of potatoes. Sprinkle steak with a pinch of salt and pepper. Drizzle melted garlic butter on top of steak and potatoes. Bring the longest ends of foil over steak and roll them together. Roll short ends in, making sealed packets. Place foil packets on a baking sheet. Bake for 25 minutes. Cool for five minutes.

Caprese Stuffed Chicken Foil Packets

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- 1/2 cup zucchini, sliced and halved
- 1/2 cup yellow summer squash, sliced and halved
- 1 tsp olive oil
- 1/4 tsp Italian seasoning
- 2 chicken breasts
- 1 tomato, sliced and halved
- 4 oz fresh mozzarella cheese, sliced
- 1/4 cup fresh basil, thinly sliced
- 2 tbsp balsamic vinegar glaze
- Salt and pepper, to taste

Preheat oven to 400 degrees. Place two 12x12-inch pieces of heavy aluminum foil on counter. In a small bowl, add zucchini, yellow summer squash, olive oil and Italian seasoning. Gently mix and sprinkle with a pinch of salt and pepper. Divide evenly onto foil sheets.

Butterfly chicken breasts. Layer tomato, fresh mozzarella and fresh basil on one side of chicken breast. Drizzle with balsamic vinegar glaze. Seal with 1-2 toothpicks diagonally. Sprinkle chicken breasts with a pinch of salt and pepper. Place stuffed chicken on top of squash. Bring the longest ends of foil over chicken and roll them together. Roll short ends in, making sealed packets. Place foil packets on a baking sheet. Bake for 30 minutes. Cool for five minutes.
IT’S AN HONOR JUST BEING NOMINATED. BUT IT’S A LOT MORE FUN TO WIN!

AGAIN.

3800 LINCOLN WAY  640 LINCOLN WAY