Todays tech tip: Shaun Daily and Kien Nguyen

Ames Police Department may be one of the stations receiving the software that will allow callers to send photos in near real-time photos of crime scenes.

By Danielle Ferguson @iowastatedaily.com

Parking fees for public events in Ames are proposed to be increased as of Monday.

The parking division does not receive any money dollars and to self-supporting.

Money generated from fines and fees goes back into annual operating costs. For instance, last year the student parking rates were $30 to $40, as well as an increase in a new fee for parking on the northside of campus outside of a reserved lot without a permit from $25 to $30.

The parking division decided not to reverse any parking fees and to self-supporting.

All three universities have given quite a few attempts to increase parking costs. Iowa State has submitted a request for parking fees of $30 to $40, as well as an increase in the new fee for parking on the northside of campus outside of a reserved lot without a permit from $25 to $30.

The parking division does not receive any money dollars and to self-supporting.

Money generated from fines and fees goes back into annual operating costs. For instance, last year the student parking rates were $30 to $40, as well as an increase in the new fee for parking on the northside of campus outside of a reserved lot without a permit from $25 to $30.

The parking division decided not to reverse any parking fees and to self-supporting.

All three universities have given quite a few attempts to increase parking costs. Iowa State has submitted a request for parking fees of $30 to $40, as well as an increase in the new fee for parking on the northside of campus outside of a reserved lot without a permit from $25 to $30.

The parking division decided not to reverse any parking fees and to self-supporting.

Money generated from fines and fees goes back into annual operating costs. For instance, last year the student parking rates were $30 to $40, as well as an increase in the new fee for parking on the northside of campus outside of a reserved lot without a permit from $25 to $30.
**Health advocate lectures on importance of eating raw foods, checking food labels**

Sheree Clark inform students of ways to make healthier choices

By Kelsey Bruggeman

Iowastatedaily.com

Most students going through the food lines at USDA likely aren't thinking about eating raw foods for lunch, but one Des Moines health professional who teaches college classes on eating healthy said that there's a movement growing among health practitioners who believe raw foods are an important part of a healthy diet.

Sheree Clark presented a lecture on Tuesday in the Memorial Union promoting an eating lifestyle with minimal food preparation as a way to maximize the nutritional benefits of foods.

"Raw food has valuable mineral and vitamin content which is lost during the processing and cooking of foods," Clark said.

"Getting raw foods was something that Clark had always done. When her father passed away due to a heart attack, she realized she didn't want to take the same journey that had cost her father his life."

"You all know the benefits of eating raw foods right off the bat: they enhance digestion and are easy to digest for the digestive tract," Clark said.

"For the Road, Clark's Des Moines-based company, is all about education, people learning the four choices every day in regards to eating raw foods."

"Every day, one can come to a fork in their path or can make healthy choices. Don't change your entire life, but decide which decisions are worth it," Clark said.

"During the lecture, Clark brought many misconceptions about what "healthy foods" in stores today are made of, simply by addressing the ingredients in many products that contain anything from anise to banana chips. She also gave a few quick and easy tips on how to make things even more healthy for the better.

"The ingredients on the products you buy. Don't focus on the calorie count or sugar and sodium levels. The ingredients will tell you all that," Clark said.

"There is something that students don't have to do, but Clark suggested that students set aside a specific time during the week to prepare healthy food, and to buy back. While it takes a little bit extra effort as opposed to using something off the grocery store well, eating healthy foods, especially raw foods, will help students navigate through depression and will increase students' moods each day."

"Starting your day right will help your day be more successful. There is a link between how your diet is and how you feel," Clark said.

"More information on how to prepare raw foods and to live a heathier lifestyle. Clark has a show airing Sunday mornings on KRCG, digital channel 9.2, as well as her website linkfood.com"
**Neal Plo**

and his success is a strong one.

"It seems to be a very popular thing for people who write submissions, and they all like it," he said.

There are different features on BricKIT that are popular, such as the ability to fully fill a desktop, too.

The points can be used to allow the user to fill the area with colors to draw, he said.

"I use on his making that with application exist to make the app more complex and premium 1K feature, of course, we all very satisfied with what we've made," Nguyen said.

BricKIT has learned from the community continues to help him in events such as FIRST Lego League.

"If you can dream it, you really can do it," he said.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.

As for updates on BricKIT, time seems to be the only thing slowing Vanweelden down, he said.

"I got to talk with employers, as well, which is really nice to help prepare me," Vanweelden said.

He participated in FIRST Lego-League friendly in middle school and began volunteering at the event after entering high school.

He also helped set up the regional competition, choosing his extreme passion for Lego pieces and the innovations of Lego robotics.
The NRA has never before aimed to make sense. That is why the statse of the rights of gun owners and gun enthusiasts cannot be questioned. Simularly, there can be no doubt that the tenacity with which they lobby for their rights and the confidence in their capacity for common sense is admirable. The Second Amendment is not a battle cry, but a reasonable and a responsible defense of America's rights to self-defense and personal security. Unfortunately, the many and the logs of the lega-bases they employ have turned them to an untenable extreme.

Earlier this month in the Idaho legislature, a fullond introduction by NRA lobbyist Dakota Moore was his call to arms. The language that Moore might dare to take would take away any legalization power and force a constitutional amendment as a non-existent state.

That is all apply and it is good, prov-vided that central government mandate properly. And if that is the case, then the state itself would disallow universities, state col-lapes, and college and community colleges from regulating or banning the possession of firearms on their campuses. The state nature of gun control is going to be a non-existent state.

And the gun policies are the only ones that would be determined by these chains of thought. There is still extensive disapproval of these gun policies, but the rates that they appear to have taken that determines the state.
**Chex Mix**

By Amanda Bennett

**AmesEats Flavors**

This mix is perfect for St. Patrick’s Day party. Your lucky guests will love this one. We understand if you don’t want to go through the effort to pick out the marshmallows from the Lucky Charms. If that is the case, use 1 cup Lucky Charms cereal and skip the chocolate chips by 1/4 cup.

**Ingredients:**
- 1 cup Rice Chex® cereal
- 2 cups white chocolate chips
- 1/2 cup peanut butter
- 1/2 cup powdered sugar
- 1/4 cup creamy peanut butter
- 1/2 cup powdered sugar
- 1/2 cup green sprinkles
- 1/2 cup Lucky Charms marshmallows
- 1/4 cup dryed cranberries
- Green food coloring

**Directions:**
- Combine both cereal mixtures and set aside.
- In a microwave safe bowl, heat 15 fl. oz. Spinach juice (see below) and combine with chocolate chips, peanut butter and butter.
- Microwave until ingredients are heated through, stirring every 30 seconds.
- Pour peanut butter mixture over cereal mixture and evenly coated.
- Mix the green cereal mixture in a separate bowl and allow both bowls to slightly cool.
- Add powdered sugar to one bowl and heat to small bowl is well coated.
- Use green food coloring into the other bowl until you achieve a green bright color.
- Combine both bowls back together with spinach and cranberries.
- Store in an airtight container.

Enjoy this sweet green treat, which will be perfect for your St. Patrick’s Day party. Your friends will appreciate this quick and easy recipe. This mix can also be changing depending on the holiday with just changing the food coloring that is used.

---

**Wholesome green bread, savory appetizer**

By Leysan Mubarakshina

**AmesEats Flavors**

This wholesome bread is a perfect recipe for St. Patrick’s Day. It only requires seven ingredients and is made with whole-wheat flour and spinach. Use this bread for a savory appetizer — lightly toast slices of bread and top with whole grain mustard, swiss cheese and thinly sliced corned beef, or eat seeds for a fresh pop of flavor. Serve with sliced veggies, crackers or chips. To make a creamy, flavor-packed dip, double the green. It uses avocados and edamame, which is the preparation of immature soybeans in the pod. Edamame is popular around the world and is also healthy.

**Ingredients:**
- 1 cup all-purpose flour
- 2 cups whole wheat flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup milk
- 1 avocado, roughly chopped
- 1/4 cup red onion, minced
- 1/4 cup red table wine
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon dried oregano

**Directions:**
- In a microwave safe bowl, heat 15 fl. oz. Spinach juice (see below) and combine with chocolate chips, peanut butter and butter.
- Microwave until ingredients are heated through, stirring every 30 seconds.
- Pour peanut butter mixture over cereal mixture and evenly coated.
- Mix the green cereal mixture in a separate bowl and allow both bowls to slightly cool.
- Add powdered sugar to one bowl and heat to small bowl is well coated.
- Use green food coloring into the other bowl until you achieve a green bright color.
- Combine both bowls back together with spinach and cranberries.
- Store in an airtight container.

Enjoy this sweet green treat, which will be perfect for your St. Patrick’s Day party. Your friends will appreciate this quick and easy recipe. This mix can also be changing depending on the holiday with just changing the food coloring that is used.

---

**St. Patrick’s Day Chex Mix**

By Amanda Bennett

**AmesEats Flavors**

This Chex Mix is double the green. It uses almonds and edamame to make a creamy, flavor-packed dip.

**Ingredients:**
- 1 cup edamame, shelled
- 1/2 cup Lucky Charms marshmallows
- 1/2 cup powdered sugar
- 5 cups Rice Chex® cereal
- 1/4 cup milk
- 1 avocado, roughly chopped
- 1/4 cup red onion, minced
- 1/4 cup red table wine
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon dried oregano

**Directions:**
- In a microwave safe bowl, heat 15 fl. oz. Spinach juice (see below) and combine with chocolate chips, peanut butter and butter.
- Microwave until ingredients are heated through, stirring every 30 seconds.
- Pour peanut butter mixture over cereal mixture and evenly coated.
- Mix the green cereal mixture in a separate bowl and allow both bowls to slightly cool.
- Add powdered sugar to one bowl and heat to small bowl is well coated.
- Use green food coloring into the other bowl until you achieve a green bright color.
- Combine both bowls back together with spinach and cranberries.
- Store in an airtight container.

Enjoy this sweet green treat, which will be perfect for your St. Patrick’s Day party. Your friends will appreciate this quick and easy recipe. This mix can also be changing depending on the holiday with just changing the food coloring that is used.

---

**Double green guacamole**

By Lauren Grant

**AmesEats Flavors**

This guacamole is double the green. It uses almonds and edamame to make a creamy, flavor-packed dip.

**Ingredients:**
- 1/2 cup almonds, chopped
- 1/2 cup pomegranate seeds
- 2 tablespoons lime juice
- 1 teaspoon cumin
- 1/4 teaspoon garlic powder

**Directions:**
- In a blender, combine avocado, almonds, pomegranate seeds, lime juice, cumin and garlic.

To serve this green bread, lightly toast the slices and top with whole grain mustard, swiss cheese and thinly sliced corned beef. Enjoy this recipe with your other perfect holiday baking!

---

**Festive holiday treat spiked shirmpock shake**

By Lauren Grant

**AmesEats Flavors**

Serve up some bright green shakes for a festive holiday treat. This one is spiked with Crème de Menthe and Creme de Cacao, but you can easily make these depending on the holiday with just changing the food coloring that is used.

**Ingredients:**
- 1/2 cup vanilla ice cream
- 1 small spoonful mint extract
- 1 small spoonful cream extract
- 1/4 cup milk

**Directions:**
- In a blender, bazill the ingredients and serve immediately.

Enjoy this recipe with your other perfect holiday baking!

---

**Wholesome guacamole**

By Lauren Grant

**AmesEats Flavors**

This wholesome dip is double the green. It uses almonds and edamame to make a creamy, flavor-packed dip.

**Ingredients:**
- 1/2 cup almonds, chopped
- 1/2 cup pomegranate seeds
- 2 tablespoons lime juice
- 1 teaspoon cumin
- 1/4 teaspoon garlic powder

**Directions:**
- Combine both flours and set aside.
- In a microwave safe bowl, heat 15 fl. oz. Spinach juice (see below) and combine with chocolate chips, peanut butter and butter.
- Microwave until ingredients are heated through, stirring every 30 seconds.
- Pour peanut butter mixture over cereal mixture and evenly coated.
- Mix the green cereal mixture in a separate bowl and allow both bowls to slightly cool.
- Add powdered sugar to one bowl and heat to small bowl is well coated.
- Use green food coloring into the other bowl until you achieve a green bright color.
- Combine both bowls back together with spinach and cranberries.
- Store in an airtight container.

Enjoy this sweet green treat, which will be perfect for your St. Patrick’s Day party. Your friends will appreciate this quick and easy recipe. This mix can also be changing depending on the holiday with just changing the food coloring that is used.

---

**St. Patrick’s Day**

**Flavors**

Editor: Lauren Grant | lauren.grant@iowastatedaily.com

Wednesday, March 12, 2014 | Iowa State Daily | AmesEats Flavors

---
### IOWA STATE CYCLONES

#### 2013 - 2014 SEASON TIMELINE

<table>
<thead>
<tr>
<th>Game</th>
<th>Opponent</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Oral Roberts</td>
<td>Loss</td>
</tr>
<tr>
<td>2</td>
<td>No. 24 Florida</td>
<td>Loss</td>
</tr>
<tr>
<td>3</td>
<td>vs. 5 Kansas</td>
<td>Win</td>
</tr>
<tr>
<td>4</td>
<td>vs. 2 Oklahoma</td>
<td>Win</td>
</tr>
<tr>
<td>5</td>
<td>vs. 1 Kansas</td>
<td>Loss</td>
</tr>
<tr>
<td>6</td>
<td>vs. 3 Texas</td>
<td>Win</td>
</tr>
<tr>
<td>7</td>
<td>vs. 6 West Virginia</td>
<td>Win</td>
</tr>
<tr>
<td>8</td>
<td>vs. No. 13 Oklahoma State</td>
<td>Win</td>
</tr>
<tr>
<td>9</td>
<td>vs. No. 14 Oklahoma</td>
<td>Win</td>
</tr>
<tr>
<td>10</td>
<td>vs. No. 8 Oklahoma State</td>
<td>Loss</td>
</tr>
<tr>
<td>11</td>
<td>vs. No. 3 Oklahoma</td>
<td>Win</td>
</tr>
<tr>
<td>12</td>
<td>vs. No. 6 West Virginia</td>
<td>Win</td>
</tr>
<tr>
<td>13</td>
<td>vs. No. 14 West Virginia</td>
<td>Win</td>
</tr>
<tr>
<td>14</td>
<td>vs. No. 11 Iowa State</td>
<td>Win</td>
</tr>
<tr>
<td>15</td>
<td>vs. No. 7 Iowa State</td>
<td>Win</td>
</tr>
<tr>
<td>16</td>
<td>vs. No. 3 Kansas State</td>
<td>Win</td>
</tr>
<tr>
<td>17</td>
<td>vs. No. 4 Kansas State</td>
<td>Win</td>
</tr>
</tbody>
</table>

#### ONE STEP AT A TIME

Big 12 offers resume building opportunity before Selection Sunday

“While we want to do that, we didn’t get to do that.”

“Our game, especially at their place, was the most physically game we played this year,” Hoiberg said. “They do such a great job of bodying you up. Hoiberg said. “They do such a great job of bodying you up. They’ll hit you.”

Fred Hoiberg, rattling off Iowa State as a No. 3 seed.

“Shove in San Antonio playing North Carolina Central, right?” Niang asked, correctly rattling off Lunardi’s most recent projection. “Then we play the Big East. We want to win the Big 12 and make sure the way we schedule business in that non-conference games of the schedule.”

That has the Cyclones securely in the NCAA tournament come Selection Sunday, which is a new tune after Iowa State felt it needed a Big 12 Championship quarterfinal victory last season to fully secure a spot.

“I’m no Joe Lunardi, yet.”

“I’m no Joe Lunardi, yet.”

“Where we want to be in not, we’re still going to have the same hunger, because we want to cut down some nets,” Long said.

“We wanted to win the regular season title, we didn’t get to do that.”

“I let him know, because he’s that’s Niang talked about his roommate, “He sometimes forgets to brush his, in the morning, so I’ve got to remind him about a whole bunch of things. Although so far, Niang seems to be the cut of team bracketologist. “That’s the one thing,” Niang said. “I’m no Joe Lunardi, yet.”

#### BEST WIN

<table>
<thead>
<tr>
<th>Opponent</th>
<th>RPI</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. 3 Texas Tech</td>
<td>3</td>
</tr>
<tr>
<td>No. 1 Kansas</td>
<td>9</td>
</tr>
<tr>
<td>No. 2 Oklahoma State</td>
<td>20</td>
</tr>
<tr>
<td>No. 5 Kansas State</td>
<td>47</td>
</tr>
<tr>
<td>No. 6 West Virginia</td>
<td>90</td>
</tr>
</tbody>
</table>

#### WINS

- vs. No. 24 Florida
- vs. 5 Kansas
- vs. 2 Oklahoma
- vs. 1 Kansas
- vs. 3 Texas
- vs. 6 West Virginia
- vs. No. 13 Oklahoma State
- vs. No. 14 Oklahoma
- vs. No. 8 Oklahoma State
- vs. No. 3 Oklahoma
- vs. No. 6 West Virginia
- vs. No. 11 Iowa State
- vs. No. 7 Iowa State
- vs. No. 3 Kansas State
- vs. No. 4 Iowa State
- vs. No. 5 Kansas State

#### LOSSES

- Loss vs. Oral Roberts
- Loss vs. No. 24 Florida
- Loss vs. 5 Kansas
- Loss vs. 2 Oklahoma
- Loss vs. 1 Kansas
- Loss vs. 3 Texas
- Loss vs. No. 8 Oklahoma State
- Loss vs. No. 11 Iowa State
- Loss vs. No. 7 Iowa State
- Loss vs. No. 3 Kansas State

#### BEST LOSS

<table>
<thead>
<tr>
<th>Opponent</th>
<th>RPI</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. 4 Iowa State</td>
<td>9</td>
</tr>
<tr>
<td>No. 5 Kansas State</td>
<td>47</td>
</tr>
<tr>
<td>No. 6 Oklahoma State</td>
<td>40</td>
</tr>
<tr>
<td>No. 3 Kansas State</td>
<td>49</td>
</tr>
<tr>
<td>No. 2 Oklahoma State</td>
<td>32</td>
</tr>
<tr>
<td>No. 1 Kansas</td>
<td>33</td>
</tr>
<tr>
<td>No. 4 Iowa State</td>
<td>20</td>
</tr>
<tr>
<td>No. 5 Kansas State</td>
<td>40</td>
</tr>
<tr>
<td>No. 3 Kansas State</td>
<td>33</td>
</tr>
<tr>
<td>No. 1 Kansas</td>
<td>49</td>
</tr>
<tr>
<td>No. 2 Oklahoma State</td>
<td>40</td>
</tr>
<tr>
<td>No. 1 Kansas</td>
<td>33</td>
</tr>
<tr>
<td>No. 4 Iowa State</td>
<td>9</td>
</tr>
</tbody>
</table>

#### OVERALL RECORD

<table>
<thead>
<tr>
<th>W</th>
<th>L</th>
</tr>
</thead>
<tbody>
<tr>
<td>23</td>
<td>7</td>
</tr>
</tbody>
</table>

#### BIG 12 RECORD

<table>
<thead>
<tr>
<th>W</th>
<th>L</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>7</td>
</tr>
</tbody>
</table>

#### ONE STEP AT A TIME

One step at a time...
In its eighth year, the Cyclones finished with its first overall winning record, a 15-15-1 mark in the American Collegiate Hockey League (ACHL) and its first regular-season championship. "Fun" hockey season comes to end

"It was fun," said ISU forward Jon Feavel. "It's cut out of the trees, the bunker shots require you to hit it around 70 degrees and light winds. It was the same. If you miss by a little bit, Fernandez said of the par-5's in two strokes. He made up for some of the high double-bogies, but missed par at the par-5's." It's a lot of fun," Fernandez said. "I swapped for the conventional grip [right hand]." Sondjaja said. "I swapped for the left-handed grip. It was going to the next level." Sondjaja and Fernandez finished tied for fifth with a score of 220, good for a tie for fifth place and four shots off of first place and four shots off of first place. Junior Scott Fernandez finished the best overall record in 15 years despite changes.

"Man, I'll tell you what, we're young on his face at the Bergstrom Football Facility on Wednesday, March 12, 2014. Senior defensive end Cory Morrisey practices during the first spring training Monday at Bergstrom Football Facility. Burnham walked off the field with a smile on his face at the Bergstrom Football Facility on Wednesday, March 12, 2014. Senior defensive end Cory Morrisey practices during the first spring training Monday at Bergstrom Football Facility. Morrisey said. "It's been a great year."