WELCOME TO
WOODY’S WORLD
KICKOFF: 11 a.m. SATURDAY
Gridiron

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Cover illustration: Mandy Kallemeyn/Iowa State Daily; above: Kelby Wingert/Iowa State Daily
BUFFALO CAULIFLOWER APPETIZER BITES

By Lauren Grant
AmesEats Flavors Writer

A twist on the classic appetizer, these bites are easy to prepare and fun to serve at the tailgate. Impress the fans by making your own buffalo sauce, or take the easy route and buy the bottled stuff.

Homemade buffalo sauce

■ 1/2 cup white vinegar
■ 1 tablespoon chili powder
■ 2 teaspoon onion powder
■ 2 teaspoons garlic powder
■ 1 teaspoon cayenne pepper
■ 1/2 teaspoon salt
■ 1/2 teaspoon honey
■ Dash of hot sauce (Tabasco)
■ 1 tablespoon cornstarch
■ 1 tablespoon canola oil

Combine all ingredients in a small bowl and whisk until combined. Set aside.

Note: If you do not want to make your own buffalo sauce you can use a canned buffalo sauce such as Franks Red Hot.

For the cauliflower

■ 1 head cauliflower, separated into florets
■ Cooking spray
■ 1 tablespoon coarse salt
■ 2 tablespoons red pepper flakes
■ 3 tablespoons all-purpose flour

Preheat oven to 425 F. Spray cauliflower florets with nonstick cooking spray on a sheet pan and sprinkle with salt and red pepper flakes. Reserve the other half.

Roast for 10 minutes. Remove cauliflower from oven and toss cauliflower with half of the hot sauce and flour. Reserve the other half.

Continue to roast cauliflower at 425 for another 10 to 15 minutes. Toss once or twice. Remove from oven and coat with remaining buffalo sauce.

Note: Serve with ranch dressing and sticks carrots and celery.

SPICY FOOTBALL CHEESEBALLS

By Steph Ferguson
AmesEats Flavors Writer

It is time to take a twist on a classic appetizer. This one is a real touchdown. Create a spicy cheeseball in the shape of a football. Bonus: bacon.

Ingredients

■ 16 ounces cream cheese
■ 1 package cheddar cheese, shredded
■ 1/2 cup Parmesan cheese
■ 1/2 cup mayonnaise
■ 1/4 teaspoon pepper
■ 3 green onions, chopped
■ 1 tablespoon crushed red pepper flakes
■ 12 strips bacon, cooked and crumbled
■ Crackers and vegetables for serving

Beat cream cheese, cheddar cheese, Parmesan cheese and mayonnaise together. Add in pepper, crushed red pepper flakes and onions. Cool in fridge for 3 hours. Remove from fridge and shape into a football. Cover with chopped bacon pieces.

FIREFIGHTER’S SPICY CHILI

By Maddy Arnold
@iowastatedaily.com

A fiery recipe for chili, the perfect size for tailgating.

Ingredients

■ 3 pounds of hamburger
■ 3 pounds of Italian sausage
■ Brown meat and remove grease, leave a little for flavor

Put meat in large roaster and add

■ 2-46 ounce cans of tomato juice
■ 2-28 ounce cans of whole stewed tomatoes, remove stem and quarter

■ 1 large onion, diced
■ 1 large green pepper, diced
■ 1 mid-sized bottle of chili powder
■ 1 tablespoon of salt
■ 2 tablespoon of black pepper
■ 1 small can of jalapenos, puree
■ 1-48 ounce can of chili beans
■ 1-28 ounce can of dark red kidney beans, drain and rinse
■ 1 tablespoon brown sugar

Simmer for at least 1 hour before serving.
When Sage Rosenfels led Iowa State to a victory in the Insight.com Bowl in 2000, the ISU football program picked up its first bowl win. Rosenfels, a native of Maquoketa, Iowa, started his junior and senior seasons at quarterback for the Cyclones, capping his career with a 9-3 record and the bowl victory against Pittsburgh.

Rosenfels was drafted in the fourth round of the 2001 NFL Draft by the Washington Redskins and remained in the league for more than a decade, playing for the Miami Dolphins, Minnesota Vikings, Houston Texans and New York Giants before announcing his retirement this summer.

You’re from Iowa, so what was the recruiting process like? What was it about Iowa State that drew you here instead of somewhere else?

Well, I never really thought I was going to play college football up until my senior year of high school. I always thought I was going to play basketball or baseball in college and ended up getting one scholarship offer, and it was from Iowa State and Dan McCarney.

It worked out great for me not only on the athletics side, but academically as well. I guess there was a bit of serendipity in coach McCarney giving me that one offer.

One of the big things that stands out is that you led the team to a bowl victory against Pittsburgh, and that’s the first bowl win in ISU history. Is that your greatest moment?

I think that was my greatest team moment at Iowa State. I guess it was a final ovation of a long process. It was a six-year process to get to that moment with coach McCarney. For me it was four-and-a-half years to get there with my fellow teammates; these guys that were recruited like me and came in and it was a long road for those first four years.

For everything to work out our senior year to get to 9-3, it really was just an exclamation point and made it all worth it. It’s tough to do anything when you’re not having success and that was a real challenge the first four years, but the senior year made the whole thing worth it.

You said that’s what stood out as a team. Is there something that stands out on a personal level?

No. I think for me, I was the luckiest guy in the world to be around a great coaching staff and around great players that were all on the same page and on the same mission to do great things and to do something that had never been done at Iowa State and hasn’t been done since.

For me, my greatest memory is that I was so fortunate to be around a group of guys that wanted to put their stamp on ISU football.

What does it mean for you to be in a group of people that others think of when they think about ISU football?

Well, it’s a great feeling to be a part of, I guess, the great history. For me, as I said, I was very lucky to be part of a team. The team, that everyone remembers. I didn’t throw up fancy records or huge passing yards or anything like that. But I got to be the leader of a great group of people that did great things there at Iowa State.

What do you remember about the NFL Draft day, and how did everything kind of come together on that day?

Going into the draft, I had a pretty good feeling that I was going to be drafted probably somewhere between the third and fifth round it seemed like. There were a half-dozen teams or so that sort of put me in that category — not the high draft pick, but definitely better than the late-round or undrafted guys.

I had a good feeling that enough teams telling me, “We’d like to pick you in the middle rounds.” The hard part was back then it was the first three rounds on Saturday and four through seven on
Sunday. So not being picked on Saturday was disappointing. I didn’t sleep a second [on] Saturday night and then as I was going to my parent’s house on Sunday morning I got a phone call from the Washington Redskins ensuring it was my number.

That gave me a little bit of insight that they were definitely one of the teams that was going to maybe draft me or try to draft me early in that day. Sure enough, later I was off the board and headed to Washington.

How would you sum up your NFL experience of spending a decade in the NFL?

Well, it was quite the ride. I learned a lot about myself ... since I’ve been done playing than when I was playing. It was a great experience. I got to be around hundreds of amazing people — coaches, players, front office people. It was sort of a wild ride, I guess, but I did the best I could.

I made mistakes along the way like everyone does in life. I got very lucky at times and had some bad luck at other times. I tried to maximize being in the league as long as I could and have as much success as I could possibly have. I didn’t play a lot, but thought when I played I was pretty proud of the way I played and the way my team performed when I was out there.

As far as the NFL goes, is there a specific moment that stands out to you?

I wrote that thing with [Sports Illustrated’s] Peter King about the Saints game [with the Vikings in the NFC Championship]. It’s probably a game that’s etched most in my mind. Though I didn’t play in that game.

When I was in Miami, we had a game where I got put in at the beginning of the fourth quarter where we came from being down 23-3 against the Bills. I threw a fade to Chris Chambers with five seconds left on the clock, I think, and we came back and won that game. That might have been the highlight of my career. I was proud of that game.

What are you up to now?

Right now I’m sort of weighing my options. I’m trying to start an Internet company, a sort-of social network company. That’s been a learning experience.

Other than that, I’m enjoying my post-football career and watching football on Saturdays and Sundays. Raising my three kids, chasing them around and being “dad.”

I’m sort of seeing the different side of life that isn’t all about football and all about the next game and enjoying that before I really dive into something else.

I know you mentioned the article with Peter King, you’ve done a few of those. Is writing something you want to try a little bit?

I enjoy writing; I enjoy doing it on occasion. I don’t know if I could spit out something every week or every day like sportswriters probably do.

I enjoy when something catches my mind and I have a really good opinion about it and I enjoy writing that. That’s more of a once-a-month thing right now, not once a week.

As you know, it pays really well. I’m being sarcastic. It is something I enjoy, but it’s more of a hobby.

Finally, what’s your current connection with the ISU program?

Right now I don’t have much going on with Iowa State football. I’ll occasionally stop in the office and have a conversation with coach Rhoads about sort of what’s going on and talk to people within the organization — the video guy and the equipment guy are old friends of mine. I’m not consulting anybody or really involved from the football aspect.

But it’s nice for me as a former player to get to go back and walk into that building and just chew the fat a little bit with the people that are in there.
Jeff Woody positioned himself in the backfield at Johnny Majors Field during a fall camp scrimmage in August 2010 and took the handoff. He bulled his way forward, past linebacker A.J. Klein, deep behind the line, and lowered his shoulder for three more yards on fourth-and-1.

“Hey Woody, that’s a good job! That’s what we pay you for,” yelled assistant head coach Bill Bleil from behind, in reference to a scholarship. There was just one problem.

“Uh, coach Bleil,” said ISU coach Paul Rhoads, jumping in on the conversation. “We don’t pay that one.”

Woody had walked onto the football team the fall prior, choosing Iowa State instead of other schools mostly because of the honesty from Rhoads. Other schools told Woody he was good—just not good enough for a scholarship. Or that he was good on offense, but defense might suit him better.

The 6-foot-1-inch, 242-pound back from Southeast Polk felt disrespected. He wanted someone to be truthful with him.

“We were up front and honest and saw a hard-nosed, physical player,” Rhoads said. “We presented to him, ‘If you continue to do the things you’ve done and find the same successes at the next level, you’ll have the opportunity to earn a scholarship.’”

So Woody walked on. He watched film and worked harder. The hard work didn’t go unnoticed, and he was named scout team player of the year as he sat out while redshirting his freshman season.

Woody had set his goals to do more. He had told ISU running backs coach Kenith Pope as much when the two first met after Woody arrived in August 2009.

“What are your goals?” Pope asked Woody the first time they sat down together.

“Coach,” Woody said, “I put my goals on the back of my bedroom door, and every time I walk...
out, I look at those goals, because that’s what I’m trying to strive for.”

On the back of Woody’s bedroom door in his Ames apartment, his goals were listed one-by-one. He had started doing this in high school after hearing from a sports psychologist, and it seemed to work.

The initial goals on Woody’s board when he arrived at Iowa State were to move into the two-deep at running back, start on at least three special teams plays and make the Dean’s List. He really wanted to earn that scholarship, too.

As he left his room, Woody looked right at his list. There was plenty of motivation.

When Woody lowered his shoulder on that unassuming play during fall camp four years ago, there wasn’t much to it. That’s how Woody always played.

The day after the story Rhoads told the team. He looked to Woody.

“Well, Jeff,” Rhoads said, the team still gathered, “we’d like to pay you now.”

Woody teared up. He called his mom and his then-girlfriend Hannah Norris.

He had always told Hannah if he called after a fall camp practice to expect good news, otherwise he would text her. Time and time again he would call, and apparently forgetful of his promise, his reasoning was a casual conversation. Hannah would get her hopes up, only to be disappointed.

On this day, Hannah answered, but told Jeff he needed to wait a second. She was packing a semi-truck headed to Waterloo, where she was attending nursing school. Finally, she was done, and asked what was up.

“So, I called you,” Woody told her, hinting at the scholarship.

“I just started crying,” Hannah said. “I was so excited for him, because I knew how hard he had worked for it.”

Welcome to Jeff Woody’s world, one of hard work and lowering his shoulder.

“A night to remember
The team huddled on the sideline, 52,027 yellow rally towels waving in the crowd.

“Look at me now,” Pope told Woody before the offense headed to the field. “I want you to go two-hand lock the whole time. Those guys have one choice to win the game, and that’s to create a turnover.”

The scoreboard at Jack Trice Stadium that Friday night in November 2011 read: CYCLONES 31, COWBOYS 31. In the second overtime, Iowa State had the chance to upset No. 2 Oklahoma State on national TV with any score.

Starting at the 25-yard line, they preferred a touchdown.

“I did not want to kick a field goal,” Rhoads said. “Even though that’s all we needed to win, we hadn’t been great throughout the year, and we had been low on the day, and I didn’t want to kick a field goal.”

The offense huddled on the field and awaited the call: Trey Up Left 40-Z.

Woody lined up just left and 1 yard back from quarterback Jared Barnett. He locked both hands on the ball, lowered his shoulders and fell through the hole for a 6-yard gain.

“He got on a pretty good roll, and we said, ‘Let’s just run it again,’” Pope said.

The offense huddled: Trey Up Left 40-Z.

Woody lined up just as he had before. He took the handoff, spun to break a tackle and kept pushing. He spun again, carrying defenders near the goal line
for 15 more yards.

“The next thing we know he’s inside the 10-yard line,” Pope said. “We said, ‘Why not, let’s run it again.’”

The offense huddled: Trey Up Left 40-2.

Fans slowly crept down the aisles, the offense now set at the 4-yard-line. Woody set up, for a third-straight time, just left and 1 yard back from Barnett. He cut right, then back left before getting hit, crossing into the end zone.

“I threw my hands up, and I’m celebrating, and I turn around and the entire field is just getting swarmed like somebody just broke a bathtub and the water is just running out onto the field,” Woody said.

Woody was stuck. Suddenly, Pope appeared while attempting to cross the field to see former colleagues. The two sang “Sweet Caroline” with the crowd and wondered how they were going to get to the locker room.

“Woody, we’ve got to find our way out of here,” Pope told him. “I’m just going to use you as a fullback, and we’re just going to push our way through it.”

Pope took his shoulder, and just as Woody had always done, he bulled forward.

“You can put up with anything at that particular time,” Pope said. “It’s one of those moments that, in time, you’ll never forget that time and that feeling.”

The two finally reached the gates to the locker room. The scoreboard read: CYCLONES 37, COWBOYS 31.

“Whenever an Oklahoma State clip comes on you get a little bit of goose bumps,” Woody said. “The atmosphere that night was huge.”

‘I Can’t Take My Eyes Off You’

Back in high school, Hannah and Jeff would avoid each other.

“I kind of thought he was this big-headed sports guy,” Hannah said. “He admits he was a little bit big-headed when he was in high school.”

The two knew each other when they were little, but were never friends.

When they were 17, between their junior and senior years of high school at Southeast Polk, near Des Moines, the two started dating.

When Jeff knew he wanted to propose, he thought up an idea. He would do it following the 2012 Spring Game at midfield of Jack Trice Stadium. At 4:30 p.m. that day, whether Jeff and Hannah were on the field or not, the scoreboard would light up and the music would play.

The spring game got over at 4:07 p.m. It would be a time crunch. Jeff had 20 minutes to shower, retrieve the ring from his lockbox and find Hannah.

“Which is a tremendous difficulty,” Woody said, “because I’m always last out of the locker room.”

He found her, but time was running thin.

“I’m going to show you something on the field really quick,” Woody told her, his hands shaking and palms sweating.

Hannah wasn’t sure what Jeff was doing, but she followed him to the field. They got to the 10-yard line. “What are you doing Jeff?” she asked. They moved to the 20-yard line, “Seriously, Jeff, what is going on?” They moved to the 30. “Oh my God, Jeff, what are you doing?”

He turned, the scoreboard lit up, reading, ‘Hannah Jean Norris, Will You Marry Me?’ Her eyes lit up, reading, ‘Hannah Jean Norris, Will You Marry Me?’ Her heart was racing, the atmosphere, the music. “Oh my God, Jeff, what are you doing?”

He turned, the scoreboard lit up, reading, ‘Hannah Jean Norris, Will You Marry Me?’ Her favorite song, ‘I Can’t Take My Eyes Off You,’ rang from the speakers.

“In my head it was going to go something like it would come out of a book,” Woody said. “It ended up probably just sounding like an elephant.”

She said “yes.”

The next step in life

As long as Hannah can remember, Jeff was always writing down his goals. She always thought it was kind of dumb.

“Why do you make goals?” she would ask him.

She soon realized how important they really were.

“He sees that goal; he remembers it; he accomplishes it,” Hannah said. “That’s just how he’s always been.”

When Woody’s uncle Dana was diagnosed with multiple myeloma, a cancer near the spinal cord, he soon became a quadriplegic. Dana was told he was never going to walk, never going to life his arms, never going to move anything again.

He underwent surgery and physical therapy and within five years he was back working, moving, as a computer programmer. Jeff had a new goal: He wanted to pursue a career in medicine.

“The way he did that, and the way the family felt after he was recovered and the way that he got to look at life again, is the reason I wanted to get into medicine,” Woody said. “I wanted to give that story to other people.”

Woody could have been done with school by now — he jokes he could have taken Drawing 101 — but he instead elected to become a graduate student. His fall workload that balances with football and other activities includes classes like physiology and anatomy.

On a Monday morning, before Woody meets with the media and begins another week of football, he starts his day in a lab room at the Vet Med building, dissecting a canine. It’s all part of a goal to become an orthopedic neurologist.

That goal, to get into medical school, which will take another four years of schooling and seven years of residency, has found its way to the back door of Woody’s room on his goal board.

Just as he has always done, Woody plans to bull forward, and nobody doubts that that goal, too, will one day be crossed off.

“He will be successful in whatever he does because he puts in a lot of time, a lot of work and a lot of effort,” Pope said. “He’s that kind of individual, if he says he’s going to do something, you’ve got a good idea it’s going to get done in a way."
2011
UPSET
Iowa State vs. Oklahoma State

It was the game that thrust Iowa State into the national spotlight. On Nov. 18, 2011, Jeff Woody crossed the goal line and won a double-overtime thriller against then-No. 2 Oklahoma State 37-31.

Woody’s plunge came after a Ter’Ran Benton interception off a tipped pass from Brandon Weeden.

It was Iowa State’s first win against a team ranked No. 6 or higher after failing in the previous 58 attempts.

The win catapulted Iowa State into bowl eligibility, giving Iowa State a postseason berth for the second time in three years under coach Paul Rhoads.
OKLAHOMA STATE COWBOYS QUICK FACTS

- **Location:** Stillwater, Okla.
- **Type:** Public
- **Founded:** 1890
- **Enrollment:** 36,551
- **Student-faculty ratio:** 22:1
- **Nickname:** Cowboys/Cowgirls/Pokes
- **Mascot:** Pistol Pete/Bullet

Boone Pickens Stadium is home to Oklahoma State football and has a seating capacity of 60,218.

Barry Sanders, who played in the NFL for the Detroit Lions from 1989 to 1998, was a running back at Oklahoma State from 1986 until 1988. Sanders won the Heisman Trophy for the Cowboys in 1988, the same year he was named the winner of the Maxwell Award and Walter Camp Award. Sanders is the only Oklahoma State player to win the Heisman Trophy.

Oklahoma State experienced its most successful season in school history in 2011 with a 12-1 overall record and the Big 12 championship. The Cowboys’ season was culminated by a 41-38 win against Stanford in the Fiesta Bowl. Oklahoma State’s only loss on the season came against Iowa State on Nov. 18 at Jack Trice Stadium where the Cyclones won 37-31 in double overtime.

Oklahoma State and Iowa State were members of the Big Eight Conference and were together from 1960 until 1996 when the Big 12 Conference was formed after the addition of Texas, Texas A&M, Texas Tech and Baylor.

The Cowboys own a 26-18-3 record against the Cyclones since the two teams first met in 1926.

**Experience:** Ninth year at Oklahoma State (72-36 overall)
**Bowl record:** 5-2
**Hometown:** Midwest City, Okla.
**College:** Oklahoma State, 1990
**Family:** wife, Kristen; sons, Gavin, Gunnar and Gage. Kristen is also a graduate of Oklahoma State.
**Gundy, quarterback at Oklahoma State from 1986 until 1989, became the all-time career passing leader when his career for the Cowboys was done. In four seasons, he threw 49 touchdowns and passed for 7,997 yards.
**Gundy took over the Oklahoma State program after the 2004 season when Les Miles departed for LSU. Miles went on to win a national championship with the Tigers in 2007.
**The Cowboys have gone to a bowl game every year in Gundy’s tenure except for his first season, in 2005. Oklahoma State is 5-2 in bowl games with Gundy at the helm, including victories in its last three postseasons.
**Oklahoma State won its first Big 12 championship in 2011 with Gundy in what is arguably the best season in school history. The Cowboys ended the regular season with a Bedlam victory against Oklahoma 44-10 to earn a berth in the BCS Fiesta Bowl, a 41-38 win against Stanford. Oklahoma State’s only loss that season was a 37-31 double overtime loss to Iowa State on Nov. 18 at Jack Trice Stadium.
**Current West Virginia head coach Dana Holgorsen was hired by Gundy in 2010 as the O-coordinator for OK State. Holgorsen was in Stillwater for just one season before being named the head coach for the Mountaineers in 2011.
**Two-time Biletnikoff Award winner Justin Blackmon played at Oklahoma State for Gundy from 2008-11. In the 2012 Fiesta Bowl against Stanford, Blackmon caught eight passes for 186 yards and three touchdowns and was named the MVP of the game. He is currently with the Jacksonville Jaguars.
**Cale Gundy, brother of OSU coach Mike Gundy, was quarterback at Oklahoma from 1991 until 1994. Cale has been the running backs coach at Oklahoma since 2005.
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<td>Missouri — The Tigers leave the Big 12 and all of a sudden are contending for the SEC. It lasts at least another week.</td>
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<td>Oklahoma — I’ve got to pick against Ryan Gosling, I mean Kliff Kingsbury.</td>
<td>Texas A&amp;M — Vandy is going to upset someone, but I’m not sure it’ll be A&amp;M.</td>
<td>BYU — These guys are playing really well right now and are on a hot streak.</td>
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<td>Dylan Montz, assistant sports editor (20-8)</td>
<td>OK State — Lots of turmoil on offense for the Cyclones. Gets a little better this week, but not much.</td>
<td>Oregon — The Bruins were outmatched last week against Stanford, so it will probably be more of the same.</td>
<td>Missouri — Hard to believe some considered Gary Pinkel to be on the hot seat entering this year...</td>
<td>Texas Tech — If the Sooners start as slow as they did last week, it could be a long day for Bob Stoops.</td>
<td>Texas A&amp;M — I have a hard time seeing the Aggies lose two in a row at Kyle Field. A&amp;M gets back to its old ways.</td>
<td>BYU — BYU’s defense, which has held opponents to 20 points or less five times this season, will stifle Boise State attack.</td>
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<td>Maddy Arnold, assistant sports editor (19-9)</td>
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<td>Texas Tech — The Ryan Gosling-coached Red Raiders are contenders in the Big 12.</td>
<td>Texas A&amp;M — The battle of good vs. evil goes to the Aggies.</td>
<td>BYU — They have a better blue in their team colors.</td>
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<td>OSU — Penn State has been inconsistent this year, and I don’t see Ohio State slowing down anytime soon.</td>
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20 locations, fresh food & variety all on campus

ISU Dining

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20 locations, fresh food & variety all on campus