

GRIDIRON



SCIENCE BEHIND THE CYCLONE

KICKOFF: 7 p.m. SATURDAY



GRIDIRON^{ISD} TABLE OF CONTENTS

File: Kelby Wingert/Iowa State Daily
An ISU fan holds a sign supporting coach Paul Rhoads during the Texas game on Oct. 3, at Jack Trice Stadium. The Cyclones lost that game 30-31. This Saturday, Iowa State faces Kansas in the last home game of the season. In this edition of Gridiron, learn all you need to know to get ready for this weekend's game against the Jayhawks.

3

Quick facts

Want to know more about the Kansas football team? Sure you know about basketball and Bill Self, but what about coach Charlie Weis? Bone up on your Jayhawks athletic trivia.

6

The Last Leg

ISU All-Big 12 punter Kirby Van Der Kamp wasn't always one of the nation's best. He was a soccer player growing up but eventually fell in love with punting.

11

Senior spotlight

Check out seniors Jeff Woody, Shontrelle Johnson and Jeremiah George and their memories of their journey at Iowa State.

4

Jack Whitver Q&A

Catch up with former ISU wide receiver Jack Whitver, who played from 1999 to 2003, who ended his career as one of the top 10 wide receivers in ISU history.

10

Gridiron picks

Cross-country runner Crystal Nelson joins the Daily sports editors in predicting which teams will come out on top in this weekend's games.

12

Flavors

At a loss for what to serve at your football party? Savor these recipes, for a Tex-Mex cheese dip and football-shaped chocolate cookies.

KANSAS QUICK FACTS

- **Location:** Lawrence, Kansas
- **Type:** Public research
- **Founded:** 1865
- **Enrollment:** 27,939
- **Student-faculty ratio:** 18:1
- **Nickname:** Jayhawks
- **Mascot:** Big Jay, Baby Jay
- The Jayhawks play at Kivisto Field at Memorial Stadium, which has a seating capacity of 50,071.
- Kansas has been to 12 bowl games in its history, owning a 6-6 record in those contests. In the Jayhawks' most recent bowl game, they defeated Minnesota 42-21 in the Insight Bowl in Tempe, Ariz., after the 2008 season.
- After the 2007 season, Kansas played in its first BCS bowl game when it took on Virginia Tech in the



Orange Bowl. The Jayhawks won 24-21 and finished the season 12-1. They were ranked as high as No. 2 in the AP poll that season.

- Former Kansas running back Gale Sayers, who played in Lawrence from 1962-64, had his No. 48

jersey retired by the Jayhawks. Sayers also played for the Chicago Bears in the NFL from 1965-71 and has No. 40 jersey retired. He was also inducted into the College Football Hall of Fame and the Professional Football Hall of Fame.

- The first game between Kansas and Iowa State was played in 1898, with the Jayhawks owning an all-time record of 49-38-6 against the Cyclones. Iowa State has won the last three meetings against Kansas, with ISU coach Paul Rhoads owning a 3-1 record against the Jayhawks.
- Kansas defeated West Virginia 31-19 on Nov. 16 for its third win of the season. The win also snapped a 27-game Big 12 losing streak for the Jayhawks, dating back to the 2010 season.

CHARLIE WEIS

- **Experience:** Seventh season as a head coach with an overall record of 38-45. (Weis is in his second season with Kansas and spent five seasons with Notre Dame from 2005-09).

- **Bowl record:** 1-2

- **Hometown:** Trenton, N.J.

- **College:** Notre Dame, 1978

- **Family:** wife, Maura; son, Charles; daughter, Hannah

- Weis has also spent time as an assistant coach in the NFL, serving as the offensive coordinator for the New York Jets, New England Patriots and Kansas City Chiefs.

- He led Notre Dame to the Fiesta Bowl in his first season, but the Irish lost to Ohio State 34-20. Weis was the 2005 Eddie Robinson Award recipient by the American Football Coaches Association, which is

awarded to the nation's top head coach.

- Weis also led Notre Dame to a BCS bowl game the following season. The Irish fell that season in the Sugar Bowl to LSU 41-14.



Weis

- After going 1-11 in Weis' first season in 2012, the Jayhawks are 3-7. All of the Kansas wins in the Charlie Weis era have come at Memorial Stadium in Lawrence, Kan.
- Kansas' 31-19 win against West Virginia on Nov. 16 snapped a 27-game Big 12 losing streak by the Jayhawks dating back to the 2010 season. It was the first Big 12 win in Weis' tenure at Kansas.

20 locations, fresh food
& variety all on campus



ISU
Dining



@ISUdining
dining.iastate.edu

1 on 1

WITH

JACK WHITVER



Courtesy of ISU athletic department
Jack Whitver was a consistent figure in the ISU lineup during his five seasons at Iowa State from 1999-2003. During his time with the Cyclones, Whitver was a part of three bowl teams as well as a piece in a five-game winning streak against in-state rival Iowa.

The current state senator reflects on his time spent from 1999 to 2003 as a wide receiver for the Cyclones.

By Dylan.Montz
 @iowastatedaily.com

When Jack Whitver wore the cardinal and gold, Iowa State was beginning to reach new heights. In the Grinnell, Iowa, native's five seasons at Iowa State, the Cyclones went to three bowl games, earning one win, as well as notching five wins against in-state rival Iowa.

Now an state senator residing in Ankeny with his family, Whitver reflected on his time at Iowa State as a walk-on, owning a business, serving the state of Iowa as a senator and what the future might hold for the ISU football program.

You went to high school in Grinnell, Iowa; what made you want to come to Iowa State to play football as opposed to going to a school like Iowa?

Grinnell, that's probably more of a Hawkeye town, but I grew up a Cyclone my entire life. I've been going to Iowa State football games really since I was born, or one or two years old. We would go to the games with my dad and grandparents so I've been a Cyclone my whole life. So when it came time to decide where I wanted to go play in college, that was a very, very easy decision for me.

You walked on to the ISU program in your redshirt freshman year (1999); how tough was it to be a walk-on at the start of your career?

It's tough. It's not easy to come into camp and be someone that has not been recruited, someone the coaches don't know very well. But the thing about it is if you come in and work hard and prove that you can play, the coaches are more than happy to give you an opportunity. Really for me it was just about working hard. Really a lot of it is about surviving. More guys quit than not, so those who can survive and get better, ultimately a lot of times will get a good chance to play.

Was being a walk-on at a Division

I program harder than you expected?

I don't think it has to do with being a walk-on. Paying my own way was one thing, but for any freshman it's a huge adjustment to go play college football because of the time commitment. If you're not lifting weights, you're in meetings and if you're not in meetings, you're in practice and if you're not at practice, you're at study table. So your day is pretty much lined up for you. It's a huge adjustment, but they do it that way for a reason because they want to make sure that you're not only getting your job done as a football player, but more importantly that you're staying eligible and getting good grades so that you can continue to play.

What was the moment like when former ISU coach Dan McCarney announced that you had received a scholarship?

That was a pretty cool experience. It was at a team meeting at the end of spring ball and Coach Mac, he was always good about rewarding scholarships to walk-ons, so we did that every year. The year I got it, more than anything it was just a validation that you can play; the coaches believe in you; you can be successful. It was a really special moment and something I'll never forget.

Many people remember the play your junior year against Iowa when you caught the pass from Seneca Wallace that he threw from near your own end zone for a first-down pickup in the comeback win. What do you remember about that game?

That was really my first big game as a Cyclone. I started my whole sophomore year, but really didn't have any big games. It's funny, that's the play people bring up to me probably once every other week. It's something people remember and it's funny because it wasn't even a touchdown. It was a 30-yard conversion, but at that time of the game it was a play that we needed to have if we were going to win because momentum was starting to shift and that conversion was really the thing I think propelled us to victory,

which was a huge win. A win over in Iowa City, that was our fifth-straight win against Iowa and that was a team that went undefeated besides that game. That was a big game and a really fun time.

The ISU teams you played on went to three bowl games and won five-straight games against in-state rival Iowa; what is the biggest memory that stands out to you when you think about your time at Iowa State?

As far as on the field, [the Iowa game in Iowa City] was probably the biggest game, but the thing that I remember most about playing at Iowa State were the things that happened off the field. Just the camaraderie you have with your teammates and some of those long, hard practices that are brutal and not fun. But you're in it together and just the whole process was a lot of fun. I have as many memories off the field as I do on the field and made so many good friends.

You graduated in three years with your bachelor's degree from Iowa State; was that something you originally planned to do?

I didn't set that as a goal, but coming in as a walk-on I really didn't have high hopes of going and playing in the NFL or anything like that and so I had to focus in and do well in the academic areas as well. So I just took a lot of classes and worked hard. The thing about it is when you play football, you're on campus all summer, you don't have a summer job, you're just on campus. So I just took advantage of that and took eight or 10 credits every summer and that enabled me to graduate early.

You're also an owner of Acceleration Iowa. Can you talk a little bit about that business?

When I graduated, I knew I wanted to open a business and the only business I really knew about was sports so I opened Acceleration Iowa, which is a sports training facility for middle-school and high-school athletes. Over the last nine years, we've opened three of those locations and I also own



Courtesy of ISU athletic department
Jack Whitver began as a walk-on his freshman year, in 1999. He went on to have great success playing with the Cyclones, being part of a team that won three bowl games and five games in a row against in-state rival Iowa. He is currently an Iowa State Senator, living in Ankeny with his family.

three locations of Cross-Fit, which is kind of a newer adult intense program. So we have three Acceleration Iowa, and we have three Cross-Fit as well.

You are also an Iowa State Senator. What was it that made you want to seek public office and get involved in politics?

To me it was just all about leadership and I was disappointed in some of the leadership in our state. I decided that instead of complaining about it, I would rather be a part of the solution so I ran for office and was fortunate enough to win. And I've really enjoyed my time the last three years in the Iowa Senate.

In 2003 [your senior season], Iowa State went 2-10. Does that season feel similar at all to the Cyclones' 1-9 season so far this year and what advice would you

give to current players?

To the seniors, first of all, I would tell them to continue fighting hard, because for most of them, they won't have a chance to play after college, so these are the last two opportunities they're going to have to put on the football pads and play college football; to not give up and not give up the fight. To the younger guys, I would tell them that while it's been a tough year, a lot of guys have got a lot of great experience that will be a big dividend the next year and the year after. If you look back to 2003, we had a very rough year. We had a lot of young guys. We had a lot of injury problems similar to this year, but the following year, in 2004, they were able to turn it around very quickly and have a winning record and go back to a bowl game. It can be turned around quickly, but the younger guys have to want to stay with the program and work as hard as they can to make sure a season like this doesn't happen again.

JACKWHITVER

Career Stats

96 catches
1,320 yards
5 touchdowns

Information

Home: Grinnell, Iowa
Height: 5'10
Weight: 183 pounds

Be Smart. EcoSmart.

Ames Electric Services offers a Smart Energy Residential Efficient Lighting Rebate that **pays you** when fixtures or bulbs are replaced with more efficient ones. The rebate covers part of the cost to help you upgrade to efficient lighting systems.

EnergyStar-qualified light bulbs **use less energy** than standard incandescent bulbs and last longer. The wattage reduction means savings on your electric bill.

Ames Electric Services customers can **receive Smart Energy rebates** for all sorts of energy-saving purchases including residential lighting, commercial lighting, appliances, air lighting, appliances, air conditioners, new construction, and more.

Ames

www.cityofames.org

THE LAST LEG

All-Big 12 punter Kirby Van Der Kamp began his athletic career as a soccer player but switched to football during high school. Now he's regarded as one of the best punters in the country.

By Dylan.Montz
@iowastatedaily.com

On a quiet neighborhood street in West Des Moines, Kirby Van Der Kamp perfected his craft.

A few times a week as a sophomore and junior at West Des Moines Valley High School, Kirby punted the football back and forth with his dad, Ron, outside the Van Der Kamps' home. He would work on his drop and follow-through while punting up the slightly angled

street while his dad would kick the ball back down the hill to him.

Even though the pair might have accidentally hit some mailboxes in all of the time they spent out there, Ron said that those times spent out on the street helped Kirby hone in on an essential aspect of punting the football.

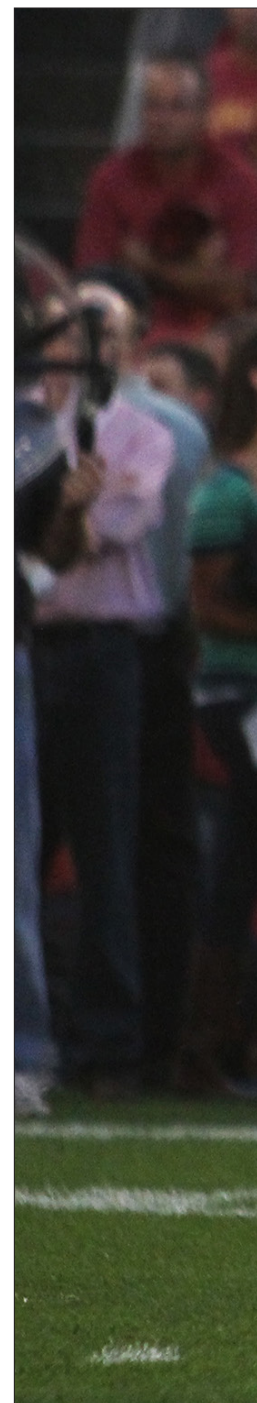
"It's something that you never know how the wind was going to blow, just like at the stadium, and when the neighbors have cars in the driveway, it

causes you to focus a little bit better," Ron said.

Kirby has taken those punting sessions with his dad and kept that razor-sharp focus, using that to become statistically one of the best punters in ISU history.

After playing soccer growing up, Kirby found football in eighth grade and has never lost his sense of wanting to learn.

Growing up, Kirby's first love was soccer. Kirby and the rest of the Van Der Kamp family loved the





File: Kelby Wingert/Iowa State Daily

ck
s!
TM

FILL YOUR CART.
FUEL YOUR CAR.



HyVee
GAS





Iowa State Daily
Senior Kirby Van Der Kamp will play at home for Iowa State one last time Saturday. He looks forward to the future and plans to keep his options open. "It's going to be a great experience no matter what happens," he said.



Courtesy of Kirby Van Der Kamp
The Cyclone punter played high school football for West Des Moines Valley High School. In junior high, his coach said he was the first player he'd seen in five to six years who could kick the ball where it needed to go.



Courtesy of Kirby Van Der Kamp
Van Der Kamp played goalie in soccer before switching his focus to football during high school. His experience as a goalkeeper aided him in honing the kicking skills that got him to where he is today.

game.

Kirby said he just seemed to fall into the position as the goalkeeper in youth soccer, but wasn't disappointed.

"Being a goalkeeper, I think at a certain age, goalies actually are a part of the game," Kirby said. "I don't think anyone else wanted to play it so I volunteered and I loved it. So ever since then, I played goalie."

It wasn't until about eighth grade that Kirby became interested in joining his junior-high football team.

When he stepped onto the practice field in eighth grade and had a background as a soccer player, punting and kicking was a natural position for him to play in football.

In his junior-high playing days, Kirby's coach told him that he was the first player in maybe five or six years that could actually kick the ball down field where it needed to be kicked.

After moving on to high school and joining the junior varsity football team, Kirby made the decision that as much as he enjoyed soccer growing up, he wanted to see where football could take him. One big difference in kicking a soccer ball and a football really stood out to Kirby as being a challenge he would love to take on.

"Soccer is a round ball and football there is a lot more technique and actually a science behind it," Kirby said. "It's just crazy to see how much detail and how millimeters can change a punt. It's crazy just to be able to try to hone your skills. A punter has to be an athlete because that ball is moving and you're foot is moving."

Since he only punted once on the varsity team before his senior year (an older player was ahead of him), Kirby would go to camps in West Des Moines and Ankeny, learning to get his steps down for

when he would be the starter.

There was one camp Kirby and Ron went to in January of Kirby's junior year, which took place at Iowa State. The camp was in the Bergstrom facility.

"There was a kid there hitting the ceiling and everybody was going 'ooh' and 'ah,'" Ron said. "I asked Kirby if he could hit the ceiling and he said, 'Yeah, but I didn't think that was the point of what I was practicing right now.' At the end of it, he got tired of hearing everyone else talk about it so he kicked four in a row that hit the ceiling."

After that camp, Kirby started getting letters from Iowa State about being a Cyclone. He went to an ISU special teams camp that summer, where he was offered a scholarship, despite not playing much on the varsity squad at Valley yet.

Kirby joined the Cyclones in the fall of 2010, but didn't see action in his first game and thought there was

a possibility he could be redshirted his initial season.

But when it came time to play Iowa in Iowa City in the second game of the season, Ron remembered how Kirby was informed of a decision made by ISU coach Paul Rhoads.

"Coach Rhoads went to [Kirby] at breakfast and said, 'Do you want to know now or when we get to the stadium?'" Ron said. "Kirby goes, 'Know what?' And he goes, 'You're starting today.'"

Ever since, Kirby has been a mainstay in the ISU lineup. Throughout his ISU career, he has maintained a workmanlike mentality, always wanting to learn.

As for when the ISU coaches call for him to do something outside of just punting the ball, he doesn't shy away from that either.

On Nov. 9 against TCU, Kirby was called upon by Rhoads for a fake play. It was fourth-and-long,

"I asked Kirby if he could hit the ceiling. ...
HE GOT TIRED
of hearing everyone else talk about it, so

**HE KICKED
FOUR IN A ROW**
that hit the ceiling."
— RON VAN DER KAMP

and it was an opportunity to sway momentum and tie the game at 7-7.

Kirby delivered a 25-yard completion that found Justin Coleman, who was downed at the 15-yard line. The next play, quarterback Sam Richardson scampered into the end zone to tie of the game and give some momentum back to the Cyclones.

Rhoads, who professed that he will not take the chance on a fake play unless he is sure it will be successful, can always count on Kirby to be a guy that will listen to what the coaches are saying and execute.

"It's just like asking somebody for directions," Rhoads said. "You're lost somewhere and you ask somebody for directions. When that person gets done, you either know you're going to drive right to where you're supposed to drive or 'I don't think I'm going to get there.' When I give Kirby a responsibility like that, I'm very confident that it's going to get done.

I knew he would make that pass whether it was in the wind or not."

In addition to his success on fake plays, Kirby has also been successful throughout his career at Iowa State with his kicks. He has a 42.6 career yards-per-punt average and has pinned ISU opponents inside their 20-yard lines 97 times in his career, with 25 coming this season.

A three-time All-Big 12 pick, Kirby was named to the preseason All-Big 12 First Team as a senior and the Ray Guy Award watch list. He was also recently named to the 2014 Senior Bowl in Mobile, Ala., the first Cyclone to earn a spot on that roster since 2011.

Kirby's four years in an ISU jersey have been quite the experience for his family, with all of the accolades and recognition from ISU fans on game day, and how quickly his career at Iowa State has gone.

"It kind of seems surreal," Ron said. "My wife and I have had tickets

on and off for football since before we got married. To see your kid down there playing, it seems normal now, but that first year it just seems really surreal."

As for what the future holds, Kirby is up for anything. ESPN NFL Draft analyst Mel Kiper listed Kirby as his top choice as a punter in the 2014 NFL Draft.

Even though Kirby knows a lot of punters have to wait to go to NFL squads as free agents, he's willing to give it a shot.

"It's going to be a great experience no matter what happens and just wherever life takes me in the next year will be exciting to see," Kirby said.

As he heads onto the field one last time Saturday against Kansas under the bright lights for senior night, Kirby's focus will keep him balanced. Just like it did all those years ago on that quiet neighborhood street in West Des Moines.



Iowa State Daily
Kirby Van Der Kamp was offered a scholarship by coach Paul Rhoads before ever having punted in a varsity high school game. ESPN NFL Draft analyst Mel Kiper selected Kirby as his top choice as a punter for the 2014 NFL Draft.

**HICKORY PARK
RESTAURANT CO.**

*Dine in or carry out great
BBQ meals this holiday season.*

Sun-Thur
10:30 am - 9:00 p.m.






Fri-Sat
10:30 am - 10:00 p.m.

*Our gift cards
make fantastic
holiday gifts!*

Find us on:
facebook

1404 S. Duff Avenue Ames, IA
515-232-8940
www.hickoryparkames.com

GRIDIRON PICKS

	Iowa State vs. Kansas	No. 4 Baylor vs. No. 10 Oklahoma State	No. 8 Mizzou vs. No. 24 Ole Miss	No. 12 Texas A&M vs. No. 22 LSU	No. 17 Arizona State vs. No. 14 UCLA	No. 19 Wisconsin vs. No. 25 Minnesota	No. 20 Oklahoma vs. Kansas State
Alex Halsted, sports editor (28-14) 	Iowa State — Nothing like the Cyclones vs. Jayhawks in a prime-time Saturday night game.	Baylor — Who needs RGIII when you've got Bryce Petter? College Game Day won't bring Stillwater a victory.	Mizzou — Maybe Missouri really is for real this season. We'll find out this weekend.	LSU — Those cheer... er... yell-headers can't yell loud enough. I'm going with the upset.	UCLA — In the "Battle for the South," the Bruins surge ahead.	Minnesota — BREAKING: Minnesota football is relevant.	Oklahoma — The Bill Snyder magic ends against Oklahoma's ground game.
Dean Berhow-Goll, asst. sports editor, special sections (29-13) 	Iowa State — Even with Kansas' momentum, it's hard for me seeing them lose on senior night.	Baylor — The offense is too good to pick against.	Ole Miss — Upset City! The Rebels will steal this one.	Texas A&M — My last chance to pick Johnny Football before he plays on Sundays.	UCLA — Give me the Bruins. They haven't let me down yet.	Wisconsin — Sorry, Minnesota, the Badgers are winning this one.	Kansas State — Ol' Bill Snyder still has some magic up his sleeve.
Dylan Montz, assistant sports editor (29-13) 	Iowa State — It's been a long season, but the Cyclones get one for the home fans finally.	Baylor — It has to be hard for anybody to pick against the Bears right now.	Mizzou — The Tigers get starting quarterback James Franklin back. He'll have a great return against Ole Miss.	LSU — This one has felt like an upset all week long. Johnny Football and Co. don't get it done this week.	Arizona State — This is a big game in the Pac 12 divisional race and I think the Sun Devils win a close one on the road.	Wisconsin — The Gophers are having a great year, but Wisconsin is too good right now.	Kansas State — The Wildcats have won four in a row and get another one on senior day in Manhattan.
Maddy Arnold, assistant sports editor (29-13) 	Kansas — I think it's time for Cyclone fans to focus on basketball season.	Baylor — I just can't pick against the Baylor offense. The Bears will stay perfect for another week.	Mizzou — I'm still not convinced Mizzou is the real deal but I think they can handle Ole Miss.	LSU — This game will be a shootout with two fantastic offenses, but I'm thinking upset.	UCLA — The Bruins have only lost to Oregon and Stanford. I don't think Arizona State is on that level yet.	Wisconsin — The Badgers killed Indiana last week. They'll have all the momentum going into this one.	Oklahoma — This year's team isn't one of Bill Snyder's best. The Wildcats just scraped by TCU last week.
Crystal Nelson, ISU XC, NCAA Regionals Champ 	Iowa State — The Cyclones will win because the 10th time is the charm, right?	Baylor — Baylor is going to win because my trainer, Katy, is from Baylor. and she is awesome.	Mizzou — Missouri is going to win because my roommate is from Missouri, and she'd kill me if I chose Ole Miss.	Texas A&M — Texas A&M is going to win because they are ranked 10 places ahead of LSU. Hooray math!	Arizona State — The Sun Devils are going to pull an upset against No. 14 UCLA. I can feel it.	Wisconsin — Of course I'm going to choose Wisconsin to win because Minnesota is our rivals in cross-country.	Oklahoma — I'm just going to take a wild guess and say Oklahoma is going to take the win.

Welcome to Campus Living!

IOWA STATE UNIVERSITY
Department of Residence



housing.iastate.edu
[@ISUdor](https://twitter.com/ISUdor)



Meet New Friends



Get Involved



Hang Out

Students who live on campus have higher GPAs, report being more involved and are more likely to graduate from Iowa State than their peers who live off campus. Looking for ways to get involved at Iowa State? Ask your CA or Hall Director!

SENIOR SPOTLIGHT

Cyclones Jeff Woody, Shontrelle Johnson and Jeremiah George will walk into Jack Trice Stadium for the last time Saturday against Kansas.



JEFF
WOODY

Iowa State Daily
Jeff Woody scores a touchdown for the Cyclones in the fourth quarter of the Pinstripe Bowl on Dec. 30, 2011. Woody rushed for 21 yards, averaging 5.3 yards per play.

Jeff Woody joined Iowa State as a walk-on and two years later, he scored the biggest touchdown in ISU history.

Woody made countless memories throughout his career as a Cyclone and all of them will be hitting him as he enters the field for the last time this Saturday against Kansas.

"It's going to be emotional, I know that," Woody said. "Hopefully I keep the emotions in check, but I know that's not going to happen."

So how does Woody want to finish his career as a Cyclone? "I want to be watching either [Grant] Rohach or Sam [Richardson], whoever's in there, taking a knee at the end of the game and seeing the number that the Cyclones have higher than the number the Jayhawks have running over to the student section to sing the fight song," Woody said.



SHONTRELLE
JOHNSON

Iowa State Daily
Running back Shontrelle Johnson breaks into the secondary on Sept. 10, 2011 at Jack Trice Stadium. Johnson finished with 108 total rushing yards on 18 attempts.

Two times in Shontrelle Johnson's career, he's faced career-threatening injuries: once receiving cervical fusion surgery in his neck and a year later tearing his ACL before the Liberty Bowl.

According to Jeff Woody, that's a testament to his character.

"Shontrelle Johnson is one of the most mentally tough individuals that I have ever had the privilege of talking to," Woody said. "I think he had to get taken out on a stretcher and I was talking to her [Hannah] where if it was me, I'd probably just hang them up, but Shontrelle wanted nothing to do with that; he wanted to be back on the field, he wanted to be wearing that cardinal and gold playing football."

Johnson calls it being blessed. Plenty of times he thought about calling it quits and walking away, but he thanks his teammates and coaches for supporting him.



JEREMIAH
GEORGE

Iowa State Daily
Jeremiah George celebrates with teammate Cory Morrissey during Iowa State's 38-23 victory against Tulsa on Sept. 1, 2012. George was a key player in stopping a run.

Jeremiah George still remembers when coach Paul Rhoads recruited him at home in Florida and his parents and Rhoads revisited it after the Oklahoma game Nov. 16.

"Coach Rhoads came over and put his arms around my mom and dad and took them back when he came into my house and recruited me and he started to get a little choked up because I talked about wanting to be a Cyclone that night and then my mom choked up and then everything started hitting me," George said.

So how does George — the defensive captain and currently the Big 12 leading tackler — want to be remembered?

"The passion I play with, the leadership I try to give," George said. "A lot of people won't remember this team. If they do and I'm brought to mind I just hope they remember I played with passion, I played every down and I did the best I could do for the team."

CHOCOLATE FOOTBALL SUGAR COOKIES

By Lauren Grant
AmesEats Flavors Writer

A simple chocolate sugar cookie that resembles a football will make anyone smile. Top it off with your choice of flavored icing. Makes 28 cookies

Ingredients:

Cookies

- 3/4 cup plus 2 tablespoons granulated sugar
- 1/2 cup unsalted butter
- 1 large egg
- 1 teaspoon vanilla extract
- 1 1/3 cup all purpose flour
- 1/3 cup cocoa powder
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1/4 teaspoon ground cinnamon
- 1 teaspoon instant espresso powder

Icing

- 1 cup sifted confectioner's sugar

- 1 1/2 tablespoons milk
- 1/2 teaspoon almond extract (or vanilla, orange, peppermint)

Cream butter and sugar in a stand mixer on medium speed until smooth, about 3 minutes. Add egg and vanilla and beat until smooth on low speed.

In a separate bowl, sift together all dry ingredients. On slow speed, spoon dry ingredients into mixer. Mix until smooth and completely incorporated. Scrape down sides as needed.

Divide dough into two flat disks and wrap tightly with plastic wrap. Chill for at least an hour in the refrigerator or put in the freezer for half an hour.

Preheat oven to 350 F. Remove dough from refrigerator and allow to sit at room temperature for 5 to 10 minutes.

On a lightly floured surface, roll out dough to 1/4 inch thickness. Cut cookies into ovals and place on a baking sheet lined with parchment paper. Bake for 10 to 12 minutes. Transfer cookies to a cooling rack. Once cool, pipe icing to resemble football stitching.



Lauren Grant/Iowa State Daily
These chocolate sugar cookies are a fun twist on an old classic, and their football shape makes them perfect for the last home game of the season. Simple to make and fun to eat, they are sure to impress all your friends at this weekend's tailgate.



Lauren Grant/Iowa State Daily
Every football game need a good dip, and this spicy, creamy cheese dip won't let you down this weekend. Delicious with chips, crackers or bread, this snack is perfect for tailgating.

KICKIN' TEX-MEX CHEESE DIP

By Lauren Grant
AmesEats Flavors Writer

It's the last home game day of the season, so let's give it our all on the field and in the kitchen. Cheese dip is a must-have at any tailgate. Surprise your fellow fans with this spicy yet creamy dip.

Ingredients:

- 1/2 cup mayonnaise
- 1 8-ounce package cream cheese, softened
- 1 cup sharp cheddar cheese, grated
- 1/2 cup pepper jack cheese, grated
- 1/4 cup green onions, finely chopped
- 1 dash chili powder

- 3/4 cup roasted red bell pepper, chopped
- 2 jalapeno peppers, seeded, ribbed, finely chopped
- 1 teaspoon Worcestershire sauce
- Fresh cilantro, chopped, to taste
- Salt and pepper, to taste

Heat oven to 350 F. Grease a 2-quart baking dish. In a large bowl combine all ingredients and mix thoroughly. Reserve a small amount of cheddar and pepper jack cheese.

Spread cheese dip into the baking dish and top with reserved shredded cheese. Bake for 20 to 25 minutes until bubbly and top is lightly browned. Serve with tortilla chips, crackers or toasted bread.