President Donald Trump signed another executive order on Monday that would delay the implementation of the travel ban that has been blocked and reversed by a federal court.

The new order, which Trump referred to as a “plan B,” would allow the administration to continue implementing the ban on travelers from six Muslim-majority countries.

The order suspends the entry of new refugees into the United States for up to 120 days. It also bars Syrian refugees indefinitely from entering the country.

The order also bans travel from six other countries for 90 days: Iran, Iraq, Libya, Somalia, Sudan and Yemen.

Trump had already ordered a ban on the six countries, but the federal court in Seattle blocked its implementation.

The new order is expected to face legal challenges, as well.

The order is the most significant of Trump’s efforts to prevent Muslim-majority countries from sending immigrants to the United States.

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March 3
Shane Dickson, 18, of 525 Ash Avenue, Ames, Iowa, was cited for possession of a controlled substance and failure to obey traffic control devices at 4:01 a.m. at Buchanan Hall.

March 3
Jeffrey Hall, 21, of 4524 Beyer Court Unit 4849, Ames, Iowa, was arrested and charged with operating while intoxicated, possession of drug paraphernalia and possession of alcohol under the legal age at Helser Hall at 11:13 p.m.

March 4
Madison Schmitz, 21, of 1445 Jacobson Drive, Stori City, Iowa, was arrested and charged with operating while intoxicated, possession of a controlled substance, possession of drug paraphernalia and possession of alcohol under the legal age at 5145 Steinbeck Street at 4:51 a.m.

March 5
Officers checked on the well-being of an individual at the Iowa State Center Medical Facility by treatment at 2 a.m. at Buchanan Hall.

Jeffrey Hall, 21, of 4524 Steinbeck Street Unit 3, Ames, Iowa, was arrested and charged with operating while intoxicated and excessive speed at 4:51 Steinbeck Street at 11:13 p.m.

An individual reported the theft of a bicycle at Union Drive Community Center at 3:20 p.m.

An officer investigated a property damage accident at Lot 6 at 7:38 p.m.

An officer initiated an assault related investigation between two individuals at Helser Hall at 4:14 a.m.

An officer investigated a personal injury collision at Lot 85 at 7 a.m.

An officer responded to medical difficulties. The person was transported to the hospital at 10:49 p.m.

Jack Leitner, 18, of 221 Beyer Court Unit 463, Ames, Iowa, was cited for possession of alcohol under the legal age and public intoxication at 10:49 p.m.

An officer assisted an individual with operating while intoxicated, possession of medical difficulties. The person was transported to the hospital at 11:13 p.m.

An individual reported the theft of a bicycle at Mannon Hall at 8:03 p.m.

By Kyle Stein
@westsidesouth

Continuing a tradition of bringing major symphony orchestras from around the world to Iowa, the Ames International Symphony Festival Association will welcome The National Symphony Orchestra of Ukraine at Stephen Auditorium on Tuesday. 

The National Symphony Orchestra of Ukraine was formed in 1982 and is considered one of the finest symphony orchestras in Eastern Europe, according to the Iowa State Center.

Tickets for Tuesday’s event can be purchased through our website, www.iowastatedaily.com.

They cost $25 for Iowa State students and range in price from $25 to $70 for the general public.

A pre-show dinner will take place at 6 p.m. at the Schuman Building. Tickets for this event are $40 and are available through the Iowa State Center.

The Iowa State Daily is published Monday through Friday during the nine-month academic year, except during the months of November and December.  

Opinions expressed in editorials are the opinion of the editorial board and are considered to be the opinion of The Daily. Views expressed in letters to the editor are the opinion of the writer.  

BY KYLIE STEIN

@westsidesouth

The Office of Intellectual Property and Technology Transfer is hosting a faculty-led seminar on various topics. Tuesday’s discussions will be guided by a tabletop session at the Endowment Fund, University Professor of Agricultural and Biosystems Engineering.

Dare will share his experiences regarding the collaboration of industries and funded research through “Flexible solutions for sponsored project agreements,” according to his event calendar.

The event will take place from noon to 1:30 p.m. Tuesday in the Gold Room of the Memorial Union.

The use of the event is free, but attendees should register through LeantMe. Lunch will be provided at the event.

The faculty-led lecture took place in February about using industry-funded specialty agreements in your research portfolio. So, for this month’s event, the Office of Intellectual Property and Technology Transfer will continue the series on this topic, which will take place Tuesday.

By Mylo Frickel
@westsidesouth

A thunderstorm rolled through the Iowa State campus late Monday afternoon. The storm hit at about 5:14 p.m. after a day of storm warnings and isolated thunderstorms.

Storms cited through the Iowa State campus late Monday afternoon. The storm hit at about 5:14 p.m. after a day of storm warnings and isolated thunderstorms.

THUNDERSTORMS STRIKE ON ISU CAMPUS

Students discussed human trafficking to raise awareness and talk about the events calendar.

Kathryn Thornton, a veteran of the Iowa State Shutterbugs, will be holding a symposium on human trafficking to raise awareness and talk about the events calendar.

The event will take place Tuesday.

Max Goldberg/Iowa State Daily

Getting into research

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Passion runs through veins

Volunteers share why they donate to the ISU Blood Drive

By Sarah Muller
@iowastatedaily.com

When Connor Recker, junior in kinesiology and health, walks into the ISU Student Center to donate blood, he always makes time for the conversation. "I tell new blood donors what I've been doing, but if they hadn't given their time, their blood, chances are I wouldn't have made it," Recker said. "I was there to donate blood for someone who had been stricken with cancer, and they needed my blood. I didn't give a second thought about my blood, donor number 2023, having the potential to save lives.

"I knew never to know the person who saved my life back when I was born," Recker said. "But if you think about it, it's the little things that make a big difference, right?" Recker spent five to 10 minutes, and she said it was amazing to think about the lives that have been saved because of the ISU Blood Drive committee and its donors.

"I would rather donate blood than get shot,", Porto said. "You kind of have to take a step back when you're donating and think, who is the one person that, if you didn't donate, you would have lost your blood? Porto, Simmons, and Recker have dedicated themselves to educating others on what it means to donate and the process of donating. "Actually, passing out is pretty easy," Simmons said. "The blood donation process itself is not intimidating, but it's not as scary as you think.

For those who are nervous, volunteers such as Alaina Porto, junior in psychology, help patients, community members through their first experience.

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Today's Birthday

(3/10/15)

Aries  - 7

Beauty and your horoscopes. A unique opportunity for you occurs. You may not have noticed this before, but a common denominator in your life is creativity. Consider your options, especially when it comes to your craft. You are unique and make a strong impression. Choose to explore your creativity, and your horoscope may surprise you.

Libra  - 7

You're not the only one this week who is challenged by the world. Expect difficulties at every turn. It may be a good idea to make an effort to find some common ground with others. You can often find common ground by taking a step back and looking at the bigger picture.

Scorpio  - 6

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Gemini  - 7

Your work situation is not what you expected. A recent change in the workplace may cause you some confusion. However, there is a creative solution to the problem. Take a moment to consider the possibilities, and you'll find a way to make it work.

Aquarius  - 7

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Leo  - 7

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I love my phone: it does so much for me you can text and call my friends and family that live away from me, I can watch the highlights of a basketball game that I missed the night before and I can instantly stream all the music my heart desires.

There’s absolutely no way I, a humanitarian for that matter, could go back to a life without phones. We simply couldn’t. 44 percent of American adults own a smartphone, and getting people to give up their phones would be impossible and unnecessary. Technology is a tool that does so many great things for us, and we should take all the advice we can. But that doesn’t mean that technology is using us, just as much as we are using it.

Everyone’s seen it: people at a crowded bus stop with their heads slanted to the ground, all ignoring one another. Or a small group of friends all scrolling through Twitter, meeting up about how bored they are. Or, this is perhaps the most heartbreaking, when you see a person who you are a part of the world with their child who refuses to get off of their phone.

Let’s state something incredibly obvious: cell phones are distracting. The average person spends 25 minutes a day on their phone, which adds up to 2.5 days a year and 3.8 years out of the average person’s lifespan. That’s a big chunk of your life that you could be doing so much more with if you took the time to look up from your phone.

You take videos or watching some random person’s Snapchat story.

I will concede that there isn’t anything really wrong in going on a crooked bus or in a waiting room, so getting on your phone isn’t a waste of time in these situations. 33 percent of young people use their phones to avoid boredom, and I don’t blame them. The problem comes in when that makes it feel like phone use is more than it actually is.

Young adult smartphone users described their phones as making them feel “happy” and “productive,” 77 percent and 75 percent of the time, respectively. Productivity is a necessary way to feel about your phone. That is the purpose of technology, and should probably not be a necessary way to feel about your phone.

It’s day to day life. It’s the happiness that is concerning. Do you think your phone is alone? I bet it isn’t. Don’t dictate your levels of happiness, and by doing so, we give it more power than it should have.

Relationships are changing, and our individual happiness is not helping. Phones have been shown to inhibit “the development of genuine, meaningful bonds” and reduce “the extent for which individuals feel empathy and understanding from their partners.” We have allowed phones to get in the way of the people we care about most. Technology has the ability to consume our attention and weaken the connections we have with others.

Let’s focus on what I want to make clear that I am not advocating that everyone should throw away these phones because they are making them emotionless zombies. Phones are, and will continue to be, positive in our lives. They grant us power and allow us to access almost all known knowledge.

What I do want to recommend is that everyone sets their phones down.

Before I get ahead of myself, I also want to say that I am not perfect when it comes to staying off of my phone.

There are plenty of times when I get upset when I know I shouldn’t, so I could be doing something more productive. But in my defense, I do try to make my best off all my phone.

That is all I can ask from my phone.

If you’re in class, pay attention to your teacher who is giving the lecture. Try to do other things than be on your phone all the time, like reading a book or being involved in a conversation. When you’re talking to a loved one or a close friend, be in the moment and talk to them. Ignore all the buzzes and dings and just be present with that person.

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Johnson's career comes to an end at Iowa State

By Andy Stubblefield

When the Big 12 woman's basketball season ended last weekend, Iowa State was one of the few teams in the Big 12 to finish their season with a win. After winning their season finale, the Cyclones finished 7th in the Big 12 conference.

Iowa State Daily

Johnson started every game of her 120-game career, Johnson has started. Only Megan Bingham, who started every one of her 123 college games at Iowa State, has matched Johnson's feat.

Johnson pointed out the ups and downs over the last four years, and has been playing every game.

Johnson's connection to the Cyclones and the Cowgirls on the team has been about my teammates, and her teammates value her for it. Johnson's connection to the Cowgirls is still strong.

Johnson moved to Ames, in her first season with the Cyclones, McFarland started all 54 games and recorded 37 RBIs, finishing fifth in the Big 12 — in rebounding. Johnson — who finished the season with a .586 batting average was sitting at 15.6 points per game and seventh in rebounds at 6.1 per game — was one of 12 that started.

The Cyclone came during her junior year when her dad had an accident. A Cyclone came during her junior year when her dad had an accident.

Johnson is a leader on the team but is still a Corporal, said. "Getting out of the box and being there is a good player that is still playing."

The connections off the court can be seen on the Cyclones' field. The Cyclones began the season with a 2-5 record at the Louisiana tournament. McFarland played a large role in a school.

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**Boot camp returns**

By Jenna Hrdlicka
@iowastatedaily.com

Put on your running shoes and take a deep breath... now chop! The sizzling sounds of broccoli beef with jasmine rice and the gentle popping of sugar as it caramelized bananas on the stove and the rhythmic chopping of knives sliced through veggies filled the hallways of MacKay Hall Monday night as Iowa State faculty and students partied paired in this year’s second Culinary Bootcamp.

Although they were all preparing the same dishes, each group’s overall experience of the night varied slightly depending on which chef they worked with. 

Executive Chef of ISU Dining Scott Bruekardt personal reason for his groups, including the admittance of his own anxiety with the kitchen—“it’s good to invest in certain things, it’s a good idea to spend some extra money and buy some nice knives,” Bruekardt said.

He added that an 8- to 10-inch chef’s knife, a 5-inch serrated knife, a pairing knife and a serrated bread knife, a sharpening steel, and a rice cooker are also great pieces of equipment to have. 

“Chef de Cuisine at ISU Dining Jeremy Brooker urged his groups to follow along with his personal stories to his groups, including the admittance of his own struggle with the kitchen.”

For example, the caramelized banana recipe that the participants had to create for the evening, used some nice fresh bananas. But instead of going beyond the physical workout, they had to show up at 5:15 p.m. to engage in a discussion about intuitive eating, said.

This Wednesday, one-on-one with the groups to teach various cooking skills relevant to the dishes and answer any questions that the participants had while completing their dishes.

No prior yoga experience is needed to participate in the yoga class, but participants must register by 3 p.m. on the day of the class. 

**“NOW I WON’T BE AFRAID TO USE SOME OF THOSE BIG KNIVES.”**

EXECUTIVE CHEF JEREMY BROOKER

Participants are divided into small groups of around five people, were stationed at fully-equipped cooking areas located in the food labs in MacKay Hall.

Organized chaos ensued as the groups delegated tasks to each member and immediately got to work chopping, sautéing and prepping and budgeting, meal planning and refining their culinary skills.

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“Good art causes a reaction, good or bad, everybody is different,” Gebhart said at the first session in January. “Yoga follows that idea as well.”

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Mats will not be provided for the workout. Participants must bring their own mats.

**“Now I won’t be afraid to use some of those big knives.”**

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CULINARY q8

**Recipe: Caramelized Bananas**

For a more advanced dish, try caramelized bananas. Carameling can be difficult, so pay close attention to the times and your pan. This dish serves 2.

**INGREDIENTS**
- 1/2 tablespoon honey
- 1/2 cup vanilla ice cream or frozen yogurt
- 1/8 teaspoon ground cinnamon
- 1/4 cup orange juice
- 3 tablespoons light brown sugar
- 1/2 cup vanilla ice cream or frozen yogurt

**DIRECTIONS**

2. Add brown sugar and lay the banana slices on top, cut side up. Cook until caramelized, about 10 seconds, then add orange juice and cinnamon.
3. Divide the bananas between two dessert plates, drizzling the sauce on top.
4. Serve immediately, with a scoop of ice cream or frozen yogurt.

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