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Campus Watch

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One word: information. That's what "The Big Man on Campus" Web site is all about. Located at www.thebman.com, this site is for and about the Ames community. The main page links several categories of businesses and information resources relevant to life in the middle of Iowa.

For your social life, Web sites for area restaurants, drinking establishments, movie listings, pizza places, Iowa State athletics and more are connected to "The Big Man on Campus" site. Almost every business serving food includes menus on its pages, including prices. For the bar crowd, daily drink specials are also listed.

You can also check out the latest news and weather from a variety of links, including the ISU Daily, the Des Moines Register and CNN. Ames church and grocery addresses are also listed.

One of the site's best features is the coupons you can print out. No more digging through the newspaper trying to find the best pizza coupon or this month's discount for a piercing at Lasting Impressions. One of its worst features is the italicized text can be hard to read, but that may change since viewers are encouraged to make suggestions to improve the site.

If "The Big Man on Campus" lives up to its promises, it will continue to be a valuable resource for ISU students. Future plans for the site include entertainment agencies, concert listings, athletic events and free classified ads (with pictures!).

It's basically one-stop, online shopping for your life. So check it out. You may even get the urge to throw away your phone book.
Forget Chuck Norris and Jackie Chan. Live martial arts entertainment is coming your way this May.

Master Yong Chin Pak and the ISU Karate Club are hosting the United States tae kwon do Union Senior National, Golden Senior National and Junior Black Belt tournaments May 13-17 at Hilton Coliseum.

About 20 Iowa State students will compete in the tournaments, including three reigning collegiate national champions: Nicki Drake, Bonnie Harrison and Miranda Hinrichs.

“I’ve got a few butterflies already, but hopefully it goes well,” said Hinrichs, a freshman in mechanical engineering. Hinrichs is the collegiate national women’s heavyweight black belt champion and was named Outstanding Freshman of the Year at the tournament last year.

On the other hand, Harrison, senior in exercise science, said she is not really nervous. She has competed in three other Senior National tournaments and is a two-time collegiate national champion.

“I’m really looking forward to having them compete,” Pak, an instructor with the Health and Human Performance department, said of his three champions.

More than 1,500 competitors are expected for the three tournaments. The competitions are grouped by age, with Junior Black Belt for ages 14-17, Senior Nationals for ages 17 and over, and Golden Senior Nationals for ages 33 and over.

Pak lobbied to bring these tournaments to Iowa State for several reasons. For one, he hopes to use the tournaments as a recruiting tool for the university.

“I like to introduce Iowa State to prospective students, especially through Junior Black Belt,” he said. Because of the economic crisis in Asia, many Asian students did not enroll in Iowa State this year, so recruiting more students to attend the university is important, Pak said.

“Also, the reason I brought it here,” he said, “is tae kwon do is not only a big city sport. Why not a small city?” Pak believes an event this size has a greater impact on a city the size of Ames.

“For this event, I expect an over one million dollar economic impact on the city of Ames,” he said. Pak is disappointed with the current level of support from Ames businesses, especially since the tournament will bring thousands of friends, family and other spectators to Ames.

“If everything goes well, in the next two or three years we might have a chance to host the USTU Junior Olympics, but if Ames business people don’t help me, I’m not going to do it,” Pak said. The Junior Olympics would bring over 5,000 competitors under age 17 to Ames, with an economic impact of several million dollars, he said.

Interested businesses can contact Master Pak at 294-5966. The Ames Convention Bureau is also looking for volunteers to work at the tournament. Spectator tickets to the tournament can be purchased through Ticket Master.
Looking for a good workout, respect from your peers, pizza and the ability to break boards? If so, look no further—the ISU Karate Club is for you.

The ISU Karate Club is actually a club for students of tae kwon do. It is the largest sports club here, with more than 200 members, according to club literature.

Club member Miranda Hinrichs, a freshman in mechanical engineering, said the club offers a lot to its members. "There are tons of benefits, even if you stay away from the competitive team: great friends, self-respect, self-confidence and coordination," she said. "A lot of respect is given to everyone. It's a really good organization."

To join the club, students can either take the beginning physical education class or start attending nighttime practice sessions. Club President Bonnie Harrison, senior in exercise science, said people of any age and skill level can join.

"You don't have to be a black belt to join," she said. "Just go to the beginner class and pay the fee."

Club classes, lead by Master Yong Chin Pak, are held in Beyer 302 and last for one hour. Beginners meet at 6 p.m. and intermediates meet at 7 p.m. Monday, Wednesday and Friday. Advanced students meet at 8 p.m. on Monday and Wednesday and 7 p.m. on Friday.

Stephanie Holeman, senior in computer engineering, joined the club after taking PE 170.

"I was invited to club workouts and people were really friendly ... I went to social events. [The club] is a better workout and people are more serious about it," she said.

As far as social events go, the club meets at Pizza Pit every Friday night, has parties for anniversaries, birthdays, weddings and holidays, hosts an annual banquet and black belt reunions.

"Besides just getting the workout, I think my favorite part is the diversity," Holeman said. Having people with different ages, majors and life experiences is what makes the club really great, she said.

Hinrichs likes the atmosphere of the club and tae kwon do team.

"There's a large group of black belts and upper ranks, and we're all training together. We're working out together and cheering each other on," she said.

The club and its collegiate tae kwon do team are also highly competitive. The ISU team placed second at collegiate nationals last fall, only a few points behind the champion, University of California-Berkeley.

"That was one of the main reasons I came to Iowa State, because the club is one of the best in the nation," Hinrichs said.

In addition to competitions and social events, club members have done demonstrations for Wake Up ISU and Veishea and lead self-defense seminars. The club is also trying to raise money for scholarships.

Pak said the ISU Martial Arts program has $13,000 in its scholarship fund now, but he is hoping to raise $250,000 to $500,000, or more.

"I expect in the next four or five years, the Iowa State Martial Arts program, especially tae kwon do, will be able to get it," he said.

For more information on the club or classes, contact Master Pak at 294-5966 or 214A Beyer Hall. 