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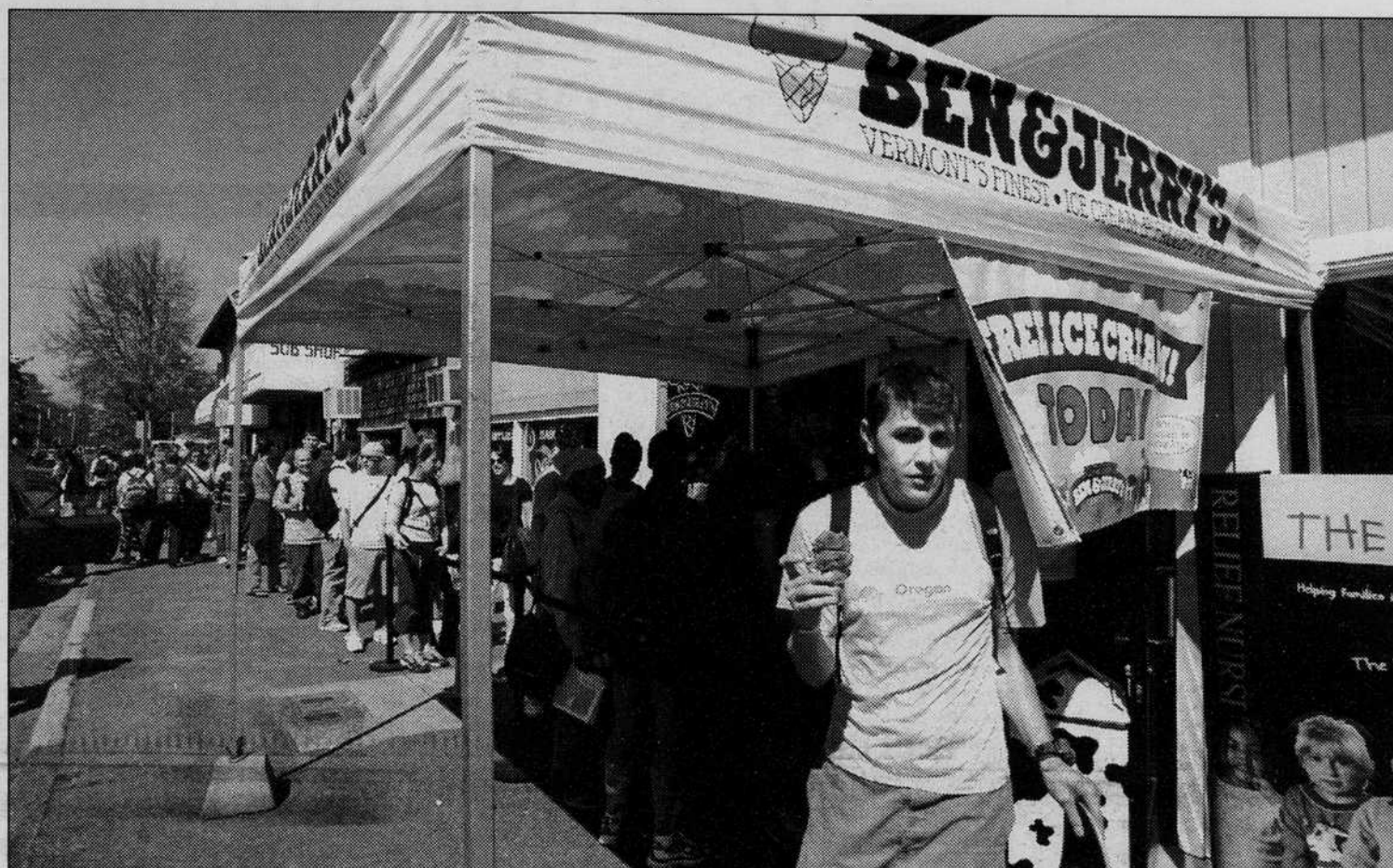
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SINCE 1900 UNIVERSITY OF OREGON EUGENE, OREGON

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## Getting the scoop



Thomas Patterson Emerald

## Like a kid in an ICE CREAM store

■ Ben & Jerry's 'Free Cone Day' benefits not only ice cream lovers, but the Eugene Relief Nursery as well

By Brook Reinhard  
Oregon Daily Emerald

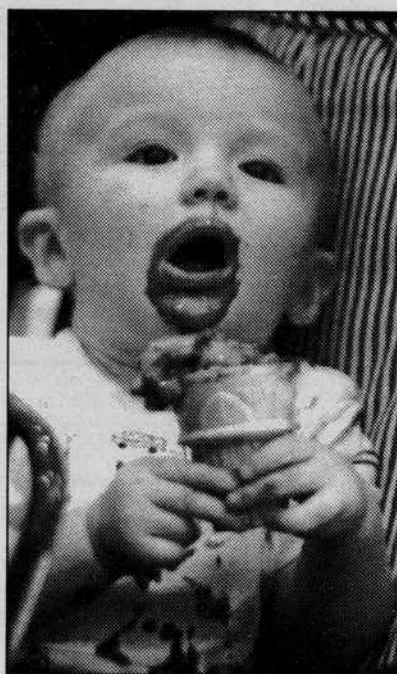
University professors could all have given pop quizzes Monday if they wanted to punish truancy. Many students skipped class to enjoy the sunshine and free scoops of Ben & Jerry's ice cream.

"I'm skipping physics class for this," junior Nicole Myers said while standing in the line, which at one time bridged

East 12th Avenue and was still a block long at 9:30 p.m.

"I have no need to go back to school." The campus Ben & Jerry's store spent 11 hours scooping free ice cream Monday. The event was part of "Free Cone Day," in which Ben & Jerry's chains aimed to give away one million scoops of ice cream and help charities at the same time.

The Eugene store doled out 10,200  
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Above: 'Avid ice-cream eater' and student Michael Parich waited in line for roughly 10 minutes Monday to receive his free scoop of Ben & Jerry's Peanut Butter Truffle. Left: Fifteen-month-old Noah Hatfield wears a goatee of Chocolate Fudge Brownie.

Thomas Patterson Emerald

## BSU picks notable faculty, students

■ Black Student Union awards recognize those in the community who have made a positive impact

By Robin Weber  
Oregon Daily Emerald

Former state representative and keynote speaker Jo Ann Bowman encouraged the crowd at the Black Student Union awards, "Honoring African American Achievement," to take a stand for their individuality.

"You are facing a world that's a lot of differences," she said. "You cannot be afraid to stand up and question if what the masses say is right for you."

The crowd of more than 50 gathered Monday evening in the EMU Ballroom to honor 20 students, faculty and community leaders making a positive impact.

The event was originally scheduled for February as part of the Black History Month celebration.

"We're here to celebrate those in the community who contributed so much," BSU Co-Director Kawezya Hutchinson said. "There are a lot (of people) who deserve recognition but do not always receive it, and we don't always see

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### Award winners

- Mark Tracy
- Lyllye Parker
- Robin Morris Collin
- Arbrella Luvert
- Henry Luvert
- Callen Coleman
- Cory Mainor
- Oladapo Sobomehin
- Jo Ann Bowman
- Rhonda Stevenson
- Ronald Seawood
- Rashidah Haqq
- Kimberly Jones
- Brandy Alexander
- Kawezya Hutchinson
- Kady-Ann Day
- Mark Harris
- Edniesha Curry
- Shaquala Williams
- LCC's BSU

SOURCE: BSU

## New exercise program stretches students' minds, bodies

■ Students taking Pilates, an exercise similar to yoga, have the chance to tone their bodies without an intense workout

By Lisa Toth  
Oregon Daily Emerald

Instead of sitting through classes trying to fight drowsiness, there's an engaging exercise program offered at the University that is leaving students refreshed, alert and conditioned.

Pilates, being offered for the first time this term, is so popular that

the two sections filled almost as soon as they were offered, Physical Activities and Recreation Services Director Peg Rees said.

Legendary physical trainer Joseph H. Pilates developed Pilates in the early 1920s to help people improve flexibility and body strength without building bulk, said Elise Moore, the extensively trained adjunct instructor who teaches the class.

As a German nurse during World War I, Pilates originally designed the exercise for patients immobilized in hospital beds but later introduced it as a type of body conditioning in the

late 1920s in New York City.

Moore was trained in the Stott method of Pilates in Toronto. Participants in her class learn a series of controlled movements that engage body and mind, performed both with and without specifically designed exercise apparatus.

"I haven't got to the point where I can use my abs and glutes all the way," freshman Sarah Rhoden said. Rhoden said she took the class because she wanted to get "toned up." She added that Moore is helpful in her instruction.

"She knows how it feels when you are doing it wrong," Rhoden

said. "And she knows what you should be doing differently."

Moore said Pilates is designed to be taught one-on-one, as opposed to being learned in large groups. She currently has about 25 students in each section she teaches twice a week.

"Squeeze those inner thighs — rolling and articulating, all the way up," Moore said, as she directed the class.

Moore said the classes are predominantly composed of females, but she encouraged men to try it out.

"They need abdominal strength just as much," she said.

Moore said Pilates conditioning is similar to yoga because it's a mind-body exercise, which she said "seems to attract a female personality."

"It's a workout where you don't have to pound your body into the ground by running 20 miles," Moore said.

The contemporary Stott Pilates method, developed by former professional dancer Moira Stott-Merithew with input from sports medicine professionals, is an anatomically-based approach to the original method of the exercise.

Moore said it works the deep in-Turn to Pilates, page 3