

Pilates

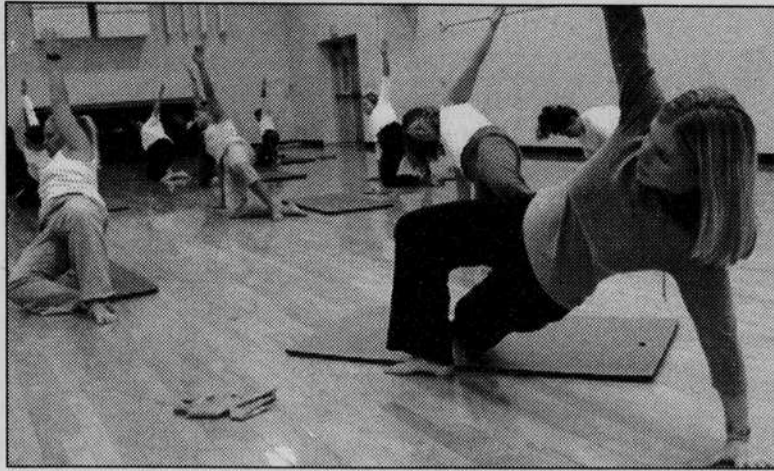
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trinsic muscles first, followed by the outer major muscle groups, through work on mats on the floor. This method differs from the original approach because it incorporates modern thinking about spinal rehabilitation and performance enhancement, according to www.stotpilates.com.

Some of the Stott Pilates' exercises Moore teaches include the swan dive (extension of back and legs), breaststroke and roll back (rolling down of spine from seated position).

"They are really good for stretching," senior Kirsten Gunderson said during class.

Gunderson said she took the class because it helps condition her for swimming. She added that Moore has been patient in explain-



Adam Amato Emerald

Senior Devon Karr exercises in Elise Moore's Pilates class Monday morning.

ing the exercises clearly before the class attempts to perform them.

Moore said because of the popularity of the classes she teaches, she antici-

pates it will be offered again in the fall.

E-mail reporter Lisa Toth at lisatoth@dailyemerald.com.

Ben & Jerry's

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cones during the day and raised more than \$1,000 to help the Eugene Relief Nursery.

"We try to support a local non-profit agency each year," co-owner Gary Bertelsen said.

But students were there for one reason: the ice cream.

High school student Giselle Barone said she planned to go back

through the line as many times as she could, as Ben & Jerry's did not limit repeat customers.

"We'll be here "as long as we can wait in line," she said. "We're already skipping some classes."

The line moved quickly, even when it stretched to the end of the block. Most customers waited 10 minutes or less for their freebie, and stores adjacent to Ben & Jerry's said they didn't mind the event.

"It doesn't bother us," Campus

Sub Shop owner Stan Garrett said. His store gives away frozen yogurt as a way of competing. "We might as well do it on the whole block."

Sylvan Duplant, manager at Rock Soft Futon, said he's happy Ben & Jerry's draws a crowd for the event.

"It's amazing what people will do for free ice cream," he said.

E-mail reporter Brook Reinhard at brookreinhard@dailyemerald.com.




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