

COLUMBIA MISSOURIAN

Former location of Tiger Spot mosaic to be covered with brick

By Leah Beane

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COLUMBIA — A concrete base, the only vestige of the Tiger Spot mosaic remaining on MU's Lowry Mall, is being removed and replaced with brick to blend with the surrounding area.

The mosaic, originally unveiled in 2001, was removed in May after MU reached an agreement with the artist, Paul Jackson. Weather, foot traffic and an unorthodox means of construction contributed to the deterioration of the work of art.

Engraved bricks with the names of donors who funded the mosaic were also removed by MU. MU had not decided on an alternate location for the bricks as of Thursday, MU spokesman Christian Basi said.

The MU Art and Artifacts Committee, tasked with the decision of what to do with the empty area, decided that returning the circle to its original condition was the best option, Basi said.

Several factors affected the committee's decision. Leaving the space open will potentially relieve some congestion during breaks between class periods.

"That's a very high-traffic area," Basi said. "It was the most timely and economical solution."

The exact duration of the project is unknown, but Basi said it will be completed by the time students return for the fall semester.

Supervising editor is Jake Kreinberg.



Studies Show Higher Education Can Be Good for the Heart

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By Catherine Groux

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Many individuals choose to earn a bachelor's degree to increase their employment prospects and earn a higher salary. While these are two potential benefits of pursuing higher education, studies show college-educated individuals stand to gain other advantages as well, including increased heart health.

Lower Blood Pressure

According to a new study published in the August issue of the *American Journal of Public Health*, education can be a solid predictor of high blood pressure among African Americans in particular. In an attempt to see if African ancestry explains why more African Americans develop high blood pressure, the study examined data from nearly 3,700 American adults, *MSN* reports. While researchers did not see a connection between ancestral genetics and hypertension, they noticed a link between African Americans' blood pressure and their level of education.

According to their findings, four years of additional education can lead to a 2 mmHg drop in blood pressure, which *MSN* states could ultimately lead to a great reduction in the number of hypertension-related deaths throughout the nation.

"Improved access to education in African American communities may help to reduce racial inequalities of health," Amy Non, the study's lead author, said in a Robert Wood Johnson Foundation press release. "We hope these findings will help African Americans and their physicians to better manage high blood pressure."

Decreased Risk of Heart Disease

In 2010, a European study found that there might be a connection between individuals' level of education and their risk of developing heart disease, *Lex18.com* reports. By monitoring 18,616 Danish adults for about 20 years, researchers found that people who had 10 or more years of schooling were 39% less likely to go to the hospital for chronic heart failure than those with less than eight years of education.

Researchers said education alone will not prevent individuals from developing heart disease, but it is a solid predictor of other lifestyle factors. For example, they found that less educated people are not as likely to receive early treatment for conditions like diabetes and high blood pressure, which could ultimately contribute to heart disease.

Overall Improved Levels of Wellness

In recent years, many other studies have shown a connection between not just education and heart health, but overall wellness as well. As individuals with college degrees tend to make healthier choices and have better access to healthcare, a study by the Centers for Disease Control and Prevention found that more educated people tend to live about nine years longer than those who do not graduate from high school.

For Tim Wolfe, president of the University of Missouri System, these studies lead to what he considers **the top advantage of higher education: improved quality of life.**

"Whether it is because those with a higher education are more aware of healthier choices or more predominantly choose healthier behaviors - or they have better access to healthcare - it is definitely clear that education makes a positive impact on our personal health and wellness, which, of course, ultimately affects our healthcare costs as a society and helps keep Missouri an affordable place to live," Wolfe said in a statement.



Journalism school names 10 medalists

Nine journalists and a graphics department have been awarded the Missouri School of Journalism's Honor Medal for Distinguished Service in Journalism.

The award honors careerlong outstanding service to journalism, and the medals will be presented during an Oct. 15 banquet on the University of Missouri campus. This year's winners are:

- Umar Cheema, an investigative reporter at Pakistani newspaper The News, who writes about corruption, politics and national security.
- Jodi Cobb, who has bachelor's and master's degrees from MU and spent three decades as a staff photographer with National Geographic.
- Mona Eltahawy, a columnist who focuses on Arab and Muslim issues.
- John Ferrugia, an MU alumnus and an investigative reporter at KMGH-TV in Denver.
- Hu Shuli, editor-in-chief of Caixin Media, which she created in 2009, and the weekly Caixin Century as well as dean of the School of Communication and Design at Sun Yat-sen University.
- Jeff Leen, who received a master's degree from Missouri and is assistant managing editor in charge of The Washington Post's investigative unit.
- Adam Moss, editor-in-chief of New York magazine.
- Fred Papert, who received a bachelor's degree from MU in 1946 and had advertising jobs at more than a dozen agencies before he and two colleagues in 1960 formed Papert Koenig Lois.
- Ken Paulson, a 1975 graduate of MU and president and chief executive officer of the First Amendment Center at Vanderbilt University in Washington, D.C. He also is a columnist and writes about First Amendment issues for USA Today, where he previously served as editor and senior vice president of news.

Also receiving a Missouri Honor Medal will be The New York Times' graphics department.