TO MANY PEOPLE, JESSE HALL IS THE FACE OF the University of Missouri. Its landmark dome plays a key role in activities ranging from the freshman Tiger Walk to graduation. Perhaps less recognizable is the person behind the building’s name, former University of Missouri President Richard Henry Jesse.

A recent Missouri Historic Costume and Textile Collection exhibit aimed to change that. The exhibit, entitled “175 Years: Faces and Places,” displayed the clothing of people commemorated in Mizzou building names. Jesse, the MU president who presided over the construction in 1895 of the academic hall that now bears his name, was represented in the exhibit by one of the wool graduation robes he wore while leading commencement ceremonies. The exhibit included some biographical information on Jesse, and pointed out such niceties as the yellow-gold “R.H.J.” embroidered on the robe’s inside neckline.

“Clothing intimately personalizes the people who are connected to university buildings and places,” says Collection manager Nichole Johnston, an HES Department of Textile and Apparel Management instructor. “We wanted to connect the faces of Mizzou history with the places on the MU campus.”

On display in Gwynn Hall’s Abigail and Nicholas Filippello Exhibition Showcase between August 2014 and March 2015 the exhibit was part of the MU 2014 ArtiFact Museum and Gallery Crawl as well as a highlight of MU’s 175th anniversary week in September 2014. The exhibit tapped a wide range of garb and history, including:

- A summer uniform jacket worn by Warren Hearnes while a cadet at The United States Military Academy at West Point during the 1940s.
- The silk wedding gown of Eleanor (Peggy) Minton Rhynsburger, who married MU Professor Donovan Rhynsburger in 1931.
- An 1868 silk second-day dress that belonged to the maternal great-great-grandmother of Don and Mary Faurot’s daughters.

Jean Parsons, the Collection’s curator and a Textile and Apparel Management associate professor, notes that each item of clothing provides a broad sense of its period while illustrating the era’s values. “And in this case, it connects us to people with important connections to the university,” Parsons says.

EXERCISING SMALL CHANGES

NEP Shows There’s Strength in Numbers

MOST PEOPLE would not be surprised by federal estimates that only about one in five American adults gets enough aerobic and muscle-strengthening exercise each week.

Closer to home, those statistics are similar: About 17 percent of adult Missourians meet federal guidelines for both types of exercise, though greater percentages get the recommended amount of one or the other, according to the 2014 Centers for Disease Control and Prevention (CDC) State Indicator Report on Physical Activity. Nearly 50 percent of Missourians do not engage in as much aerobic exercise as federal guidelines recommend, and just under 25 percent meet federal muscle-strengthening guidelines, the report says.

Boredom may be one reason so many people are physically inactive, says Stephen Ball, an MU associate professor of Nutrition and Exercise Physiology.

“Too often, exercisers do the exact same workout, at the exact same time, in the exact same setting. That can be very, very boring—and lead to stale workouts, lackluster results and fitness plateaus,” Ball says. “If people don’t consistently see results, they often just give up.”

To keep exercise interesting—and more effective—fitness routines should vary, he says. Below are several tips Ball offers for “mixing it up” to help enthusiasts stay interested in their exercise routines:

(CONTINUED ON P. 9)