Some University of Missouri students are criticizing Tiger football fans for booing a reference to President Barack Obama during a halftime ceremony honoring new members of the Missouri National Guard.

The Columbia Missourian reports the fan reaction came during a break in Saturday's Missouri-Tennessee game. Booing broke out when the new Guard members were instructed as part of their sworn oath to "obey the orders of the president of the United States."

Student Julia Bosley says she's disappointed that university officials didn't ask those booing to stop.

State Rep. Clem Smith, of suburban St. Louis, said Monday he attended the game and heard jeers from crowd members.

"I am embarrassed and angry at the actions of those who booed as the oath of office was administered to new members of the Missouri National Guard at Saturday's football game between Mizzou and Tennessee. I attended the game, and the boos were clearly heard as the Guard members swore to 'obey the orders of the President of the United States and the orders of the officers appointed over me.'"

http://www.columbiamissourian.com
Ayca Gedikoglu is making a healthier meatball. The doctoral candidate in food science in the University of Missouri's College of Agriculture, Food and Natural Resources has been working on a meatball recipe that consists of citrus powder and ground beef.

"I was looking for something that could be added that would be functional, adding health benefits," said Gedikoglu, who has been studying meat science at MU with food science Associate Professor Andrew Clark.

Gedikoglu used orange peel powder, which contained 82.7 percent fiber, based on dry weight. Three large meatballs (300 grams) containing about 2 percent citrus powder would have about 5 grams of fiber.

"Many Americans don't get enough fiber in their diets," she said. "Some people don't eat enough fruit or vegetables. This is a way to introduce the fiber in a form that they already like."

That would be meatballs.

Furthermore, she said, research shows that even those of us who eat our spinach and oranges also could probably use more fiber in our diets.

Gedikoglu's experiments involved adding varying percentages of the citrus powder into the meatball batches. She tested her meatballs with 1 percent, 5 percent and 10 percent citrus powder. The powder also served as a binder for the meat.

"My first meatballs were a little citrusy," she said, because she used only ground beef and the orange powder in the controlled study. The texture of the meatballs was best when fiber amounts were between 1 and 5 percent, she said.

However, "when you make meatballs at home, you add other ingredients as well," she said, which would mask any strong citrus flavor. In fact, Gedikoglu's favorite home recipe
incorporates 11 other ingredients for kofte, which are Turkish meatballs. Gedikoglu, 36, is from the Black Sea region of Turkey. She has been in Columbia for six years and will finish up her doctoral work this summer.

Although meat is her science specialty, she said that trends show meat consumption is declining overall. So she wants to improve it. "Meat is healthy, too. It is rich in vitamins and protein. So why not eat it in proper portions?" she said.

She recently presented her study to the American Meat Science Association and hopes meat companies will adopt the idea.

Regardless of the industry's response, "informed consumers" could add other healthy ingredients, such as citrus powder, to ground meat, she said. They can even dry the orange peels themselves, and grind those peels into nutritious powder.

Gedikoglu said she is trying to get her husband, "a carnivore," to think of meat as the umami of a dish. "I like to use meat to flavor vegetables or legumes," she said, "but she also enjoys koftes with French fries. Her favorite way to make Turkish meatballs is to wrap them in eggplant, tomato and banana pepper slices. You could add citrus powder to the mix. Or you could eat oranges for dessert and save the peels for grinding later.

**KOFTE**

2 pounds ground sirloin

1 big onion, small diced

2 cloves garlic, chopped

1/2 cup fresh chopped parsley

1 egg

1 tablespoon olive oil

1 tablespoon tomato paste

1 tablespoon mildly spicy pepper paste

1-1/2 teaspoons salt

1/2 teaspoon black pepper

1/2 tablespoon (or more) cumin

1/4 cup citrus powder (optional)
Mix everything well, let marinate in the refrigerator for 30 minutes. Make small round or oval balls and cook on the stove with a little olive oil.

I like to prepare long slices of eggplant, banana pepper and tomato. Wrap the meatballs with the vegetables and use toothpicks to hold them in place. Bake in oven at 375 degrees on oiled pan for 40 to 45 minutes.

— From Ayca Gedikoglu
The Tribune's View

The museums

The question of size

By Henry J. Waters III

Tuesday, November 5, 2013 at 2:00 pm Comments (2)

On Sunday in these pages, Robin LaBrunerie supported the idea of locating the University of Missouri Museum of Art and Archaeology on the block between Sixth, Seventh, Elm and Locusts streets along with the new building for the State Historical Society of Missouri.

LaBrunerie is part of Museum Associates, a group dedicated to promoting this little-known treasure. In this column, I recently pushed the idea of creating a museum district on the above-mentioned block, also including the Museum of Anthropology, another MU Red Campus collection that also deserves more public notice. The column included a rendition by the historical society planner showing how the three museums could be located on the block, with the society building on one half and the other two buildings on the other.

Reflecting on this drawing, LaBrunerie repeated a worry I've heard before — that the size of Art and Archaeology is too small.

The drawing showed only footprint spaces. The historical society building is four stories high. The next-door museums could be multistory as well.

Indeed, they will have to be planned this way. It's not likely the university could find a good location large enough to house museum storage and display space on one floor.

I have heard nothing but support for the idea of this museum district. It is a perfect location between the campus and downtown. The three operations could offer synergistic advantages. Underground parking could serve all three. Walkways and landscaping could be lovely and even provide an outdoor gathering space.

Let us not let this opportunity slip away.

HJW III
Children’s grove planned for Stephens Lake Park

By Jodie Jackson Jr.

Tuesday, November 5, 2013 at 2:00 pm Comments (1)

The recent campaign to raise money to plant a grove of trees at Stephens Lake Park to commemorate children's mental health needs was supposed to happen in concert with a public education campaign.

However, the money needed for the project — $20,000 — was raised so quickly that the public education emphasis had barely gotten started. Forty-four donors made contributions ranging from $25 to $2,500.

Anne Deaton, co-chairwoman of the Children's Grove Project committee and wife of retiring University of Missouri Chancellor Brady Deaton, along with Suzanne McDavid, wife of Columbia Mayor Bob McDavid, said there are no tax dollars going toward the project.

"We raised the money in less than four months," Deaton said. "Everyone has embraced it."

Forty-one magnolia and crabapple trees will be planted this month next to the site known as Council Circle, an outdoor area designed for performances and other activities. The grove will be dedicated on the first Saturday of May, the beginning of Children's Mental Health Week.

Deaton said the grove will serve as a remembrance of children everywhere who have suffered tragedy and could be a focal point for youth-led activities that promote anti-bullying, civility and public mental health education in general.

Christine Corcoran, director of Columbia's office for Lutheran Children and Family Services and the leader of the Putting Kids First coalition, said the children's grove was a project that the coalition got behind without reservation.

"Their name lent integrity to this effort," Deaton said. Her committee made a similar connection with Columbia Public Schools officials, including Tara Collier, the lead home-school communicator at Alpha Hart Lewis Elementary School.
"Anytime the mayor's wife and the chancellor's wife are calling, you go," Collier said, adding, "This is something I wanted my name attached to."

Deaton said she watched the news reports coming out of Newtown, Conn., on Dec. 14 when a 20-year-old man shot and killed 20 children and six staff members at Sandy Hook Elementary School. Two days later at a holiday gathering of a women's group, Deaton told the group that she had an idea for planting an orchard or something similar as a way of bringing lasting attention to children's mental health needs.

In a matter of days, a chain of emails among the women fueled that idea, leading to a plan for a children's grove and a fundraising effort that went through the Community Foundation of Central Missouri.

Deaton said she was already encouraged by the energy the Putting Kids First coalition put into a petition drive and then campaign for a quarter-cent sales tax to fund children's mental health services in Boone County.

The tax was approved by 58 percent of the voters and will generate an estimated $6 million annually.

"I knew our community was at a threshold of making a big difference," Deaton said. "It seems like there was a constellation of wonderful things that came together."

Corcoran echoed Deaton's emphasis that the children's grove will not use taxpayer dollars and that Putting Kids First has continued to meet monthly, although the children's mental health tax that the coalition championed will be managed and disbursed by a county-appointed committee.