

SOONER

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M A G A Z I N E

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(new series)

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C O N T E N T S

2 AGE FAST, AGE SLOW

The Cooper Clinic in Dallas is the aerobics mecca of the Southwest, and its founder, Dr. Kenneth Cooper, is the leading advocate and spokesman for this unique area of preventive medicine. *Sooner Magazine* sent writer/runner Donna Murphy and her photographer shadow Dave Smeal to interview OU graduates Ken and Millie Cooper on the aerobics phenomenon. Then Donna checked in as a Cooper Clinic patient to determine her own fitness level.

• EAT YOUR HEART OUT, JANA FONDA! on Page 6

9 A CONVENTIONAL EDUCATION

Most journalists can spend a lifetime in the trade and never cover a national political convention. But every four years a group of OU journalism students become fully accredited members of the press and vie with the media heavies and lightweights for delegate stories that make headlines back home.

13 PASSAGES OF THE COLLEGE STUDENT

College isn't all class schedules and quizzes, frat parties and football. It's a time of struggle from childhood to adulthood, from dependence to independence. Some students make the transition better than others, but they all experience the shock and face the challenge that comes with change.

16 BOOKS FOR CHRISTMAS

The University of Oklahoma Press has come up with gift selections for just about everyone on your list, gifts that always fit, never break, are easy to send and sure to please — available at local bookstores or by mail.

18 THE SOONERS OF '56

OU sports chronicler Harold Keith calls this chapter from his new University Press book "A Remarkable Team." Indeed they were. But Harris, McDonald, Thomas, Tubbs & Co. were just one cast of characters in a modern sports saga that will never be repeated. Big Red history buffs will not be content with this *Sooner Magazine* teaser from *Forty-Seven Straight: The Wilkinson Era at Oklahoma*; they'll want the whole glorious story.

Prologue • Inside Front Cover

Letters • Page 32

Sooner Spotlight • Inside Back Cover



ON THE COVER

They didn't take him along to Dallas or San Francisco, but OU graduate cartoonist Steve Hill has his own idea of what his former classmates found at the national conventions. Bill McKeen's account of their adventures on Page 9.

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Address all inquiries and changes of address to the Editor, 100 Timberdell Road, Norman, OK 73019. Letters-to-the-editor must be signed. Letters not intended for publication should be so marked.

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