

# SOONER

Volume 19 Number 4  
(new series)

M A G A Z I N E

Summer 1999

## CONTENTS

### EDITOR

Carol J. Burr

### ASSOCIATE EDITOR

Margaret French

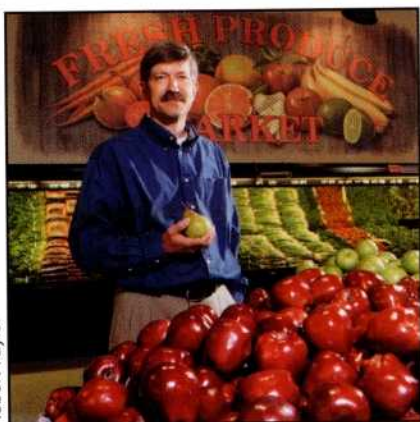
### ART DIRECTOR

George T. Dotson

### PUBLISHER

The University of Oklahoma  
Foundation Inc.

Ron D. Burton, Executive Director



Robert Taylor

### ON THE COVER

*OUHSC nutritionist Allen Knehans can get downright passionate about the role of fruits and vegetables—or lack thereof—in the American diet. For a real treat, a Sooner Magazine photographer took the professor to the spiffy, new fresh produce department at Norman's eastside Albertson's. A man in his element, Knehans expounded on the virtues of a balanced diet of real food versus additives, substitutes, vitamin pills and so-called diet foods. Story on Page 2.*

### 2 STRAIGHT TALK ABOUT FOOD

Sorry, dieters; there is no magic pill. Instead, an OU researcher advises a return to basic nutritional values, such as getting nourishment from food and heeding your mother's admonition to eat your fruits and vegetables.

### 7 ALWAYS LEAVING 'EM LAUGHING

Just ask former colleagues on either side of the legislative aisle. Denny Garrison is a very funny guy. But this Bartlesville lawyer's goal was not merely to amuse; he kept the two camps talking until the deal was done.

### 12 REACHING OUT TO THE WORLD

For the past 35 years, the Advanced Programs department at the Oklahoma Center for Continuing Education and its faculty partners have served higher education consumers on military installations at home and abroad.

### 16 NOW PLAYING: "POSSUMS"

OU graduate J. Max Burnett wrote a script, enlisted the talents of a few fellow alumni and proceeded to make a charming, independent film with a decidedly Sooner flavor. Amazingly, Hollywood sat up and took notice.

### 20 BLAZING NEW TRAILS

What better way to memorialize a pre-eminent Western artist than to create a study/research/teaching center, refurbish a historic building to house it and hire one of the country's leading authorities as its director.

### 26 WANDERING THE OLD SILK ROAD

Everyone daydreams about leaving the mundane behind and striking out to see the world—all those out-of-way, exotic places where comfort is the last consideration. Lynn and Gene Frieda made those daydreams come true.

PROLOGUE • INSIDE FRONT COVER

FROM THE BOOKSHELF • PAGE 32

ARBOR DAY HONOREES • INSIDE BACK COVER

**Sooner Magazine** is published quarterly by the University of Oklahoma Foundation Inc. with private funds at no cost to the taxpayers of the State of Oklahoma. The magazine is printed by the Transcript Press, Norman, Oklahoma, and is intended primarily for private donors to the University of Oklahoma and life members of the University of Oklahoma Association.

Opinions expressed are those of the author and do not reflect the official position of the University of Oklahoma or the University of Oklahoma Foundation Inc. Address all inquiries and changes of address to the Editor, 100 Timberdell Road, Norman, OK 73019-0685. Letters-to-the-editor must be signed. Letters not intended for publication should be so marked.