

## Food! Glorious Food!

As a registered dietitian and 1974 OU graduate with a G.S. in nutrition and dietetics, I was thrilled to see a cover story about nutrition in the summer issue of *Sooner Magazine*. The straightforward, common sense approach to nutrition expressed by Dr. Knehans is exactly the advice I, along with tens of thousands of other dietitians, provide to people every day. In an age of nutrition hype and hearsay, it is refreshing to find a science-based article that shows good nutrition can be easy, delicious and achieved by eating a variety of foods, not a bunch of pills and potions. Kudos to Judith Wall for this excellent article.

*Neva Hudiburgh Cochran, MS, RD  
'74 B.S.  
Dallas, Texas*

*Editor's Note: OU alumna Cochran is the "Diet Club" columnist for Woman's World magazine.*

## Finding the Good Stuff

I was glad to read Judith Wall's article on Allen Knehans in the summer *Sooner*. Nutrition is an issue so vital to everyone and yet so confused (and confusing) that straight talk comes as—to put it nutritionally—rare and refreshing fruit.

Unfortunately, just knowing what you ought to eat isn't always enough. Those of us whose short lunch break prevents our going home to make a scratch meal often have trouble finding good, nutritious fare. Sure, you can carry an apple in your purse or pocket, but what do you do when you're still hungry 15 minutes after you eat it?

Since I've been at OU, the Will Rogers cafeteria, once a source of proper nutrition, has been torn up to make room for a junk food court. The vending machine that once provided me with fruit juice has been scrapped for one that sells only carbonated sugar water. And although we provide our students, faculty and staff with readily available food from machines in every campus building, these machines offer us only a high-fat, low-nutrition diet of candy, pastry, crackers and chips.

For the sake of nutrition, how about an article in the *Sooner* that tells us

where and how to find healthful, well-prepared meals on or near the OU campus?

*Ralph Doty, '67 B.A.  
Norman, Oklahoma*

*Editor's Note: Ah, the Will Rogers Cafeteria. Was it really that good or does memory improve the flavor? Today the best suggestion might be Couch Cafeteria—and, no, it's not the dorm food of our youth but a remarkable effort to provide a wide choice of tasty stuff. Cash customers are welcome.*

## Give or Take a Percent

I want to compliment Dr. Allen Knehans for his very informative article "Straight Talk about Food," but I believe the statement about "whole milk is 60% fat" is in error.

Whole milk contains 3-5% butterfat, depending on the breed of the cow producing the milk. Milk as sold contains 0 to 3.5% or so butter fat and is so marked on the carton.

*Edwin J. Rousek  
Retired Professor  
California State University  
Fresno, California*

*Editor's Note: Dr. Rousek is correct about the percent of butterfat in milk as expressed on a weight basis. Dr. Knehans was referring to fat content as a percent by calories, more exactly stated as 52 percent rather than 60.*

## Kudos to the J-School

How gratifying it was to see the J-School get "its due" in the spring issue of *Sooner Magazine*. David Dary has had a profound and positive influence on the School of Journalism and Mass Communication and the regard in which it is held by the profession and the University.

I was at OU in the days of (C. Joe) Holland, (Robert V.) Peterson, (Louise B.) Moore, (John) Whittaker, among others, and still at the time when they were setting hot type for *The Oklahoma Daily*. How the profession has changed in such a short 30 years! A couple of years ago, I had the pleasure of visiting with (former director) Dr. Joe Holland when I was in town and

renewed the ties I had when I was in the master's degree program.

The school offered me an assistantship on *The Oklahoma Daily*, sight unseen, and I turned down my acceptance at the University of Missouri to go to OU. It was a good decision then and now, and I continue to appreciate my ties to OU and the J-School. It is good to hear that both are doing so well today.

*Ronald E. Keener, '67 M.A.  
North Aurora, Illinois*

## Dyed-in-the-Wool Sooner

I can't resist writing to you and telling you how much I treasure the *Sooner Magazine*. The very first article in the Spring 1999 issue really interested me. This is the one about the Spoonholder. I sympathize with the late Louise Beard Moore when she learned of the destruction of the Spoonholder. I remember Louise Beard was May Queen and her picture was taken under the Memorial Columns one year when I was at OU.

A university is like your home. You don't want change. You want it to stay just like it was when you were there. I am still a "dyed-in-the-wool" Sooner.

Another thing I loved was "Sowing the Seeds of Excellence," the newly installed Paul Moore sculpture of the "Seed Sower," adapted from the University seal, at Stuart Landing in Oklahoma Memorial Union. The reason this means so much to me is that we have pictures of my father planting seed broadcast. (OU Arts and Sciences) Dean Paul Bell visited me and brought me a gold lapel pin of the seal of OU.

*Etta R. Hobson, '30 B.S.  
Houston, Texas*

## When Spell-Checker Fails

Your "Prologue" (Summer 1999) brought some fond memories for me since I worked for the Alumni Association back in 1952-56 B.C. (that's Before Computers!). In addition to keeping the books for (R. Boyd) Gunning and (Guy) Brown, I had charge for a while of the addressograph operations. Back then we were really up to date but still had problems. We were using the old style cardboard plates with stencils as the media.

Those things could jam up in the tracks something fierce! I don't remember exactly, but I think the list was less than 50,000. Thank heaven for computers!

One thing about your column intrigued us both, and that was the statement that "... an estimated 50,000—one-third of the living graduates—annually change their addresses, names, marital status or all of the above..." I bet this was missed in proofing and don't find it a Freudian slip.

Just want you to know I look forward to the *Sooner*. When I graduated, they gave me a Life Membership, and now nobody pays! I told you, it was the dark ages Before Computers!

*Jerry W. Segroves, '56 B.B.A.  
Plano, Texas*

*Editor's Note: Trust me. A change in marital status for some Sooners can be a martial exercise, as evidenced by divorce settlements that bog down over custody of season football tickets.*

## **Walking the Walk, And Parking the Car**

The *Sooner Magazine* article "Walking the Walk and Talking the Talk" was very interesting. I feel, however, that it lacked two things vital to a visitor. First, where is the Visitor Center located, and, second, where is a visitor supposed to park? I came to visit the campus twice last year and found it very unfriendly toward visitors in a car.

I suggest a visitor center off campus, perhaps along Boyd, with a reasonable size sign or two that could hardly be missed. There ought to be parking reserved as much as possible for visitors. Said center could pass out maps and parking passes as well as desired information. It might also furnish a few guides for visitors. People like myself would appreciate it, because there are a lot of people such as myself that are unable to walk long distances.

*James R. Cowles, '36 B.S.  
Tulsa, Oklahoma*

*Editor's Note: New signage now leads OU guests from I-35 through Norman to the Visitor Center, located in Jacobson Hall on Parrington (north)*

*Oval, just off Boyd Street. Visitors may use the 15 reserved parking spaces on the east side of the oval while in the Center. There they can arrange for tours and obtain maps and free parking permits good for any campus lot. Also paid parking is available in the Oklahoma Memorial Union and Catlett Music Center garages.*

## **Ideas in Prime Time**

Thank you so much for the wonderful feature on "The Power of Ideas" television show in the Spring '99 *Sooner Magazine*. We appreciate the recognition and the many notes and comments we have received from your readers.

As we begin the third year of programming, we wanted to let you know that the show has been moved to "prime time." Beginning September 6, "The Power of Ideas" can be seen Monday nights at 10 p.m. on OETA, channels 11/13. We will continue to offer viewers an opportunity to "meet" and learn from some of America's best and most interesting thinkers.

*Helen DeBolt, '71 B.A.  
and Elaine Kumin  
Producers  
"The Power of Ideas"  
Norman, Oklahoma*

## **Time for a Color Check**

"A more authentic crimson and cream"? What, pray tell, has happened at OU? Our colors are, and ever have been, red and white. Harvard's color is crimson. Who got the "brilliant" idea to change our colors? When did he/she do this? Why?

On the last several trips I've made to Norman, I have tried, in vain, to buy a red and white OU tee shirt. (I can find only crimson and cream, which I refuse to buy. Does such a thing exist? Will OU come back to its senses and its proper colors? Will the student Union's Crimson Room be renamed, more properly, the Red Room?)

Please let me know what has happened. Our family's fourth generation is nearing OU age. I don't want them swathed in Harvard crimson!

*Jayne R. Smith, '54 B.F.A.  
Groves, Texas*

*Editor's Note: Selection of "crimson and cream" as OU's colors accompanied the advent of sports teams, circa 1895. Unable to determine the color of "corn" (which somehow morphed into cream) and the proper shade of crimson, local merchants arbitrarily went to red and white, though crimson and sometimes cream continued as a minority—and official—choice. The move back to the original began some years ago, led by the athletic teams' new uniforms. More Sooners probably associate crimson with Alabama than Harvard, but your point is well taken—and, of course, there is Nebraska red to consider. Believe it or not, a new committee is charged with standardizing colors and logos and the like.*

## **Also Starring . . .**

*From the Editor:*

Several *Sooner Magazine* readers pointed out that the Summer 1999 article, "Now Playing: 'Possums'" failed to mention Darryl Cox, '77 B.A., among the OU graduates in the cast. Changes of uniform, with and without glasses, enabled the versatile Cox to play all the referees in this film about a small town and its high school football team.

Most recently, Cox played the Troopmaster in the summer thriller, "Arlington Road." He was featured in "Twister," "JFK," "Bottle Rocket," "Eye of God," "Delusion," and "A Perfect World" and had supporting roles in "Necessary Roughness" and "Robocop." He has appeared on such television series as "L.A. Law" and "Walker, Texas Ranger."

In addition to an active professional acting career, Cox teaches film acting as an adjunct instructor in the OU School of Drama.

Letters to *Sooner Magazine* must be signed, contain a return address and may be edited for length. Letters can be mailed c/o Editor, 100 Timberdell Road, Norman, OK 73019-0685 or emailed to [cburr@ou.edu](mailto:cburr@ou.edu).