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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.

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.

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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.

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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