



**WILL ROGERS
INSTITUTE**

Humanitarian

EDUCATION FOR TODAY. RESEARCH FOR TOMORROW.



Children's Mercy Hospitals and Clinics Receives \$100,000 Grant from Will Rogers Institute and AMC Theatres

Thanks to a \$100,000 grant, Children's Mercy Hospitals and Clinics of Kansas City, Missouri, will enhance cystic fibrosis research.

AMC Theatres and Will Rogers Institute representatives awarded the grant at an event held last fall. Bruce Snyder, WRMPPF president; Todd Vradenburg, WRMPPF executive director; Dr. Phillip Black, chief of the Cystic Fibrosis Center; Dr. Randall L. O'Donnell, president and chief executive officer of Children's Mercy; Rory Bruer, WRMPPF chairman of the board; Stephanie Freeman, volunteer and parent of CF child; and Peter Brown, president and CEO, AMC Theatres; were on hand to receive the presentation check (center photo).

"Children's Mercy takes a comprehensive approach to caring for cystic fibrosis patients," said Dr. O'Donnell. "With this grant we can touch more lives."

"This grant will help create a new wave of medications and bring us additional hope."



For the past 40 years, Children's Mercy Hospitals and Clinics opened the doors to its Cystic Fibrosis Center. Through the years, the center has expanded to include nurse practitioners, genetic counselors, gastroenterologists, pulmonologists, nutritionists, social services and others concerned with the health of those affected by this serious disease.

"When I first began practicing medicine, I remember cystic fibrosis patients' life expectancy was about 20 years; now patients are living into their 40s," says Philip Black, MD, director of the Cystic Fibrosis Center at Children's Mercy Hospitals and Clinics. "Antibiotics and therapies are getting more advanced. This generous grant will help create a new wave of medications and bring us additional hope."



The Inside Story:

- NEW WILL ROGERS COPD BOOKLET ■ NEW FELLOWSHIPS
- PLANNED GIVING: PAUSE AND EFFECT ■ CLARENCE ALLEN PAINTING UNVEILED
- HEALTHY LIVING: NEED TO GET MOVING? ■ HEALTHY RECIPES FROM NUTRIFIT ■ AND MORE...



Clarence Allen Painting Unveiled at Will Rogers Museum

A larger-than-life-size portrait of Will Rogers painted by Clarence Allen in 1946 was unveiled at the Will Rogers Museum. The portrait (left) hung for years in the Will Rogers Memorial Hospital in Saranac Lake, New York, and then at the Will Rogers Motion Picture Pioneers Foundation (WRMPPF) in Toluca Lake, California. In October 2006, it went on permanent display at the museum.

Allen was a newspaper artist-cartoonist for almost four decades and moved to Tulsa in 1929 to help found the *Tulsa World* art department. Later, he was art director and artist for both the *World* and *Tribune*. Three presidential libraries house his works, and they have been exhibited in Italy, Montreal and New York.

He emphasized features and fabrics by building his paints, layer upon layer, until they sometimes reached a quarter-of-an-inch thickness. Allen died in Tulsa in 1989 at the age of 91.

Pictured with the painting (right) are Joe Carter, retired director of the Will Rogers Museum; Todd Vradenburg, WRMPPF executive director; Bruce Snyder, 20th Century Fox executive and WRMPPF president; Michelle Lefebvre-Carter, former executive director of the Will Rogers Museum; and Rory Bruer, Sony Pictures executive and WRMPPF chairman of the board. — www.willrogers.com



Visit Will Rogers' Restored Home This Summer

Will Rogers' ranch house in Pacific Palisades underwent a three-year, \$5 million renovation of structural and preservation work. The house is open for tours and reveals Rogers' passion for horses and stable gear. Visit the park from April to October, when equestrian squads play polo on the grounds, or come for the wide-open space to play and picnic.

— *Westways* January/February 2007

Will Rogers State Historic Park ■ 1501 Will Rogers State Park Road, Pacific Palisades, California

■ Phone: (310) 454-8212 ■ Hours: 8 A.M. to sunset, daily ■ Fee: \$7 per car

■ Ranch House Tours: Tuesday through Sunday at 11:00 A.M., 1:00 P.M. and 2:00 P.M.

Will Said: Pick the Quote Made Famous by Will Rogers



- A) "Any fool can criticize, condemn and complain — and most fools do."
- B) "I bear no grudges. I have a mind that retains nothing."
- C) "When ignorance gets started, it knows no bounds."

Answers: A) Dale Carnegie B) Bette Midler C) Will Rogers

In Memory

Frances N. Sterling

Francis N. Sterling, who with her husband, Bryan, spent many years researching and writing about Will Rogers, died March 28, 2007, in New York City.

She and her husband won the Western Heritage Award for *A Will Rogers Treasury*, the outstanding nonfiction book of 1983.

Other books in their collaborative effort include *Will Rogers Scrapbook*; *Will Rogers Speaks*; *Will Rogers World*; *Will Rogers in Hollywood*; *Will Rogers Reflections and Observations*; *Will Rogers Photo Biography*; and *Forgotten Eagle: Wiley Post, America's Heroic Aviation Pioneer*.

You Can Help! Support Will Rogers Institute This Summer at the Movies



Oscar® winner Geena Davis (left) is hosting the 2007 Summer Fund-Raising Campaign public service announcement for Will Rogers Institute. The campaign runs Memorial Day weekend through Labor Day weekend. You can donate by purchasing a special combo pack at the concession stand or by putting a contribution in the WRI canister at the concession counter.

More than \$90 million has been raised for pulmonary research, medical school fellowships, neonatal ventilators and free educational materials. You can see the 2007 public service announcement at participating theaters listed to the right. (Dates and times will vary.)

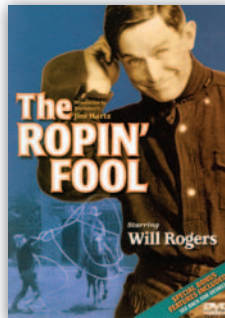
VISIT OUR PARTICIPATING MOVIE THEATERS*

AMC ENTERTAINMENT
CARMIKE CINEMAS
CINEMARK USA
CLEARVIEW CINEMAS
CONSOLIDATED THEATRES
GOODRICH QUALITY THEATERS
KERASOTES SHOWPLACE THEATRES
MARCUS THEATRES
MUVICO THEATERS
NATIONAL AMUSEMENTS
PACIFIC THEATRES
R/C THEATRES
RAVE MOTION PICTURE THEATERS
REGAL ENTERTAINMENT
UNITED DRIVE-IN THEATRE OWNERS
WEHRENBURG THEATRES

*List of exhibitor partners at the time of press. We apologize if your theater name is not included. Thank you for participating!

FOR MORE INFORMATION ABOUT WILL ROGERS AND THE WILL ROGERS MUSEUM, PLEASE VISIT WWW.WILLROGERS.COM. THE WILL ROGERS MUSEUM IN CLAREMORE, OKLAHOMA, IS OPEN 365 DAYS A YEAR FROM 8:00 A.M. TO 5:00 P.M. ADMISSION IS BY DONATION.

The Ropin' Fool on DVD



The Ropin' Fool is now available on DVD. Will Rogers wrote and produced the movie, which includes many of his own rope tricks and catches. The best tricks are shown in slow motion. The DVD contains two bonus features — the movie *Judge Priest* and *Bacon, Beans and Limousines* — *Radio Talk*, a 1931 radio talk news reel. The DVD is available at www.willrogers.com for \$12.95.

Planned Giving: Pause and Effect

You know about the law of cause and effect. But have you considered the results of inaction? What's the effect of an inappropriate pause? Take for example, your last will and testament. What happens if you delay the process of planning your estate and finalizing your will?

First, a protracted pause guarantees that state law will dictate the disposition of your estate. A court-appointed executor will handle the probate of your estate. A stranger may be selected to care for your minor children. Bequests to organizations like Will Rogers Institute will not be made.

Second, forever pausing to complete your will may cause loved ones unnecessary turmoil after you're gone. They will be grieving, and it will only add to their suffering to face the uncertainties and complications involving your estate. They will be left to the mercy of the court regarding timing and decision making. They may have to stand by and see your estate dispersed in ways they know you would not approve. Family arguments may erupt.

Third, chronic pausing may needlessly reduce the size of your estate. Court costs and other settlement fees can be expensive.

Assets may be prematurely sold, resulting in unnecessary loss. The estate may also shrink through estate taxes that could have been avoided or lessened with earlier planning.

The best time to avoid the "law" of pause and effect regarding estate planning is to act now. Initiate the cause by contacting an estate-planning attorney today. Schedule an appointment, and then get ready to make the most of your meeting.

For help or more information on this important topic, please contact Todd Vradenburg toll-free at (877) 957-7575 or e-mail toddv@wrinstitute.org.

Healthy News

Need to get moving again? Here's how:

If you've been sedentary for a period of time and you know it's in your best interest to get moving again (check with your physician for his or her recommendations), you'll probably want to start slowly. Here are the Department of Health and Human Services Centers for Disease Control and Prevention's recommendations:

- Pick a moderate-intensity activity that you like. You'll be more likely to stay active if you enjoy the activity you set out for yourself.
- Build activity time slowly. Adding a few minutes every few days or so until you reach the recommended activity time of 30 minutes ensures that you won't become overwhelmed.
- Vary your activities so you don't become bored. Boredom is one of the main reasons people stop exercising.
- Make it a point to continually explore new physical activities. Then add what you like to your routine.
- Give yourself credit and reward yourself for your successes along the way.

For a free booklet on adding activity to your life, call (877) 957-757 or visit www.wrinstute.org.



Whole-grain Cereals Might Prevent Heart Failure

A recent study found that people who eat whole-grain cereal seven or more times per week were 28 percent less likely to develop heart failure over the course of the study. Participants who ate the whole-grain cereal two to six times per week were 22 percent less likely to experience heart failure, and those who ate whole-grain cereal just once per week were 14 percent less likely to experience heart failure.



In a Physicians' Health Study, of the 10,469 physicians reporting cereal consumption, 79 percent ate whole-grain cereal and 21 percent reported eating refined cereal. Among those who reported eating whole-grain cereal, 35 percent ate the cereal seven or more times per week, 39 percent reported two to six times per week and 26 percent reported once per week. The research was conducted from 1982 to 2006.

"The significant health benefits of whole-grain cereal are not just for kids, but also for adults," said Luc Djousse, lead author of the study and assistant professor of medicine in the Division of Aging at Brigham & Women's Health Hospital and Harvard Medical School. "A whole-grain, high-fiber breakfast may lower blood pressure and cholesterol and prevent heart attacks." Make sure you enjoy a heart-healthy breakfast every day!

A Healthy Summer Snack from NutriFit: No-Bake Granola Bars

- | | |
|------------------------------------|-----------------------------------|
| 1 tsp. vanilla extract | 1/2 cup reduced-fat peanut butter |
| 1/2 cup brown sugar, firmly packed | 2 cups quick-cooking rolled oats |
| 1/2 cup light corn syrup | 3 cups crisp rice cereal |
| 1/2 cup raisins | |

■ 1) In a large bowl, combine cereal, rolled oats and raisins; set aside. ■ 2) In a small saucepan, combine the brown sugar and corn syrup. Bring the mixture to a boil, stirring constantly. Remove the pan from the heat. ■ 3) Stir in the peanut butter and vanilla extract; blend until smooth. Pour the hot mixture over cereal mixture; let it cool slightly; and mix well, using a wooden spoon or your hands. ■ 4) Press warm mixture into an ungreased 9" x 13" pan. Cool and cut into bars. Wrap each bar in plastic wrap to keep the bars fresh and prevent them from sticking together. Store bars in an airtight container or plastic bag. Bars will remain fresh for one week or may be frozen for one month.

■ Note: For chocolate granola bars, replace the raisins with one cup of chocolate chips.

Yield: 16 bars. Serving Size: 1 bar. Prep Time: 10 min. Total Time: 15 min.

Nutritional Information: Calories: 160; Protein: 3.4g; Carbohydrates 31.9g; Cholesterol 0mg; Sodium 96g; %Calories from Fat 14; Dietary Fiber 1.5g.



Helpful, Healthful Booklets Also Available from Will Rogers

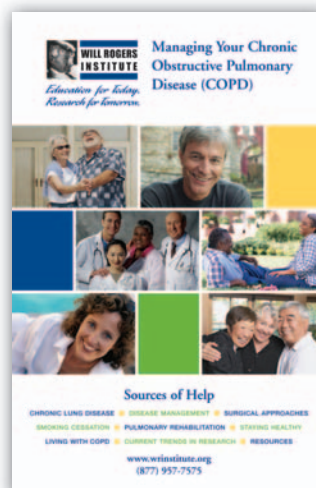
- ASTHMA IN CHILDREN
- EXERCISE AND ASTHMA
- LIVING WELL WITH ASTHMA
- GET THE FACTS ABOUT TB
- ABOUT EMPHYSEMA
- LUNG CANCER: GETTING THE KNOWLEDGE, TREATMENT AND SUPPORT YOU NEED
- BREAKING FREE FROM SMOKING ADDICTION
- THE FACTS ON SECONDHAND SMOKE
- QUITTING SMOKING WHILE YOU'RE STILL A TEEN
- ABOUT SLEEP APNEA
- TEENS AND STRESS
- STRESS MANAGEMENT
- ADDING ACTIVITY TO YOUR LIFE
- WALKING FOR FUN AND FITNESS
- YOU, YOUR CHILD AND EXERCISE
- CONTROLLING HIGH BLOOD PRESSURE
- CHOLESTEROL CONTROL
- GOOD NUTRITION
- ABOUT STROKE (BRAIN ATTACK)

Will Rogers Institute Offers New COPD Booklet

Will Rogers Institute, along with the Center for Lung Science and Health at the University of Minnesota, is offering a comprehensive booklet on chronic obstructive pulmonary disease (COPD).

COPD is a slowly progressing disease of the airways that over time makes it difficult to breathe. COPD is the fourth-leading cause of death in the United States and the second-leading cause of disability. People with COPD may have shortness of breath, reduced ability to exercise and greater difficulty completing their daily routines.

The booklet, *Managing Your Chronic Obstructive Pulmonary Disease (COPD)*,



provides a knowledge base for people with lung disease, thereby providing them with the information to be active participants and advocates in their disease management. Topics include information on disease management, surgical approaches, smoking cessation, pulmonary rehabilitation, staying healthy with COPD, current trends in research and other helpful resources.

Will Rogers Institute would like to thank Cheryl Stibbe, RN, MA, for her knowledge and dedication in writing this booklet, along with Ed Corzall, MS, RPFT; Dr. Marshall Hertz; and Dr. David Ingbar from the University of Minnesota.

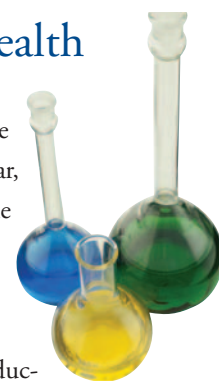
To receive a copy of *Managing Your Chronic Obstructive Pulmonary Disease (COPD)*, please call (877) 957-7575 or visit www.wrinsitute.org.

What's New with Fellowships: The Center for Lung Science and Health

A new interdisciplinary center, the Center for Lung Science and Health (CLSH), has recently been established at the University of Minnesota. This new Center is affiliated with the Medical School under the direct leadership of David Ingbar, MD, and Marshall Hertz, MD, from the Pulmonary, Allergy and Critical Care Division in the Department of Medicine. The Center facilitates interdisciplinary research, education and public outreach activities in order to promote lung health and improve care of patients with lung disease. Key programs within CLSH include Chronic Lung Disease, Respiratory Failure and Critical Care, Asthma and Allergy, Sleep Medicine, Lung Cancer, Lung Health Promotion and Disease Prevention.

To maximize the advancement of lung research, development of new treatment options for lung-related disease and reduction of lung disease, collaborative efforts among talented individuals from various fields and disciplines are needed. Key interactions and partnerships between scientists, clinical experts, educators, professionals, patients and patient advocates, and/or nonprofit organizations committed to these goals are important for timely progress to be made. In recognition of this, the Center plays an active role in fostering collaborations and synergies across disciplines and sectors to collectively make a greater impact on lung health and patient care. For more information on CLSH programs and activities, go to www.lung.umn.edu or contact lunginfo@umn.edu.

Also, congratulations to Dr. David Ingbar (director of Pulmonary, Allergy and Critical Care), who was installed as president of the American Thoracic Society at the 2007 ATS International Conference, and to Dr. Peter Bitterman, who is a recipient of the American Thoracic Society Recognition Award for Scientific Accomplishment.



Our Mission

TO PERPETUATE THE
MEMORY OF WILL ROGERS
BY PROMOTING AND
ENGAGING IN MEDICAL
RESEARCH PERTAINING TO
CARDIOPULMONARY
DISEASES AND EDUCATING
THE GENERAL PUBLIC
ON TOPICS OF HEALTH
AND FITNESS.

Chocolate = Brain Power



Consumption of a cocoa drink rich in flavonols — substances found in dark chocolate — gives the brain a boost of blood flow for two to three hours, a University of Nottingham study has found. ■ The increased blood flow could enhance performance and also improve general alertness.

The study raises the possibility that the ingredients in chocolate could be used to treat vascular impairment, such as strokes or dementia and for maintaining vascular health.

■ The study also raises the possibility of using cocoa flavonols to enhance brain function when people suffer fatigue, sleep deprivation and the effects of aging. Researchers emphasized that the level of flavonol-rich cocoa beverage was specifically designed for the study and not available commercially. ■ Flavonols are also found in red wine, green tea and blueberries.

[Look inside for additional healthful information...](#)

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Summer 2007

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