


**WILL ROGERS  
INSTITUTE**

# Humanitarian

**E D U C A T I O N   F O R   T O D A Y .   R E S E A R C H   F O R   T O M O R R O W .**


## Dr. Anthony S. Fauci Is WRI's 2011 Annual Research Award Recipient

The Will Rogers Institute's annual prize for outstanding contributions to lung research has been awarded to Dr. Anthony S. Fauci. He is the fourth recipient of the prestigious \$50,000 prize from the Will Rogers Institute.

In 1968, Dr. Fauci came to the National Institutes of Health (NIH) as a clinical associate in the Laboratory of Clinical Investigation (LCI) in the National Institute of Allergy and Infectious Diseases (NIAID). In 1974, he became Head of the Clinical Physiology Section, LCI, and in 1980 was appointed Chief of the Laboratory of Immunoregulation, a position he still holds. In 1984, Dr. Fauci became Director of NIAID, where he oversees an extensive research portfolio of basic and applied research to prevent, diagnose and treat infectious and immune-mediated illnesses, including HIV/AIDS and other sexually transmitted diseases, illness from potential agents of bioterrorism, tuberculosis, malaria, autoimmune disorders, asthma and allergies.

Dr. Fauci has made many contributions to basic and clinical research on the pathogenesis and treatment of immune-mediated diseases. He has been a leader in the field of human immunoregulation, making a number of basic scientific observations that serve as the basis for current understanding of the regulation of the human immune response. He has developed therapies for formerly fatal diseases such as Wegener's



*Dr. Anthony S. Fauci*

granulomatosis, lymphomatoid granulomatosis and polyarteritis nodosa. A 1985 Stanford University Arthritis Center Survey of the American Rheumatism Association membership ranked the work of Fauci on the treatment of polyarteritis nodosa and Wegener's granulomatosis as one of the most important advances in patient management in rheumatology over the previous 20 years.

Dr. Fauci has made influential contributions to the understanding of how HIV destroys the body's defenses and leads to the progression to AIDS. Fauci has played an important role in developing strategies for the therapy and immune reconstitution of patients with this disease, as well as for a vaccine to prevent HIV infection.

From January 1993 to June 30, 2003, Fauci was the ninth most-cited scientist in the field of immunology. Fauci has been a visiting professor at many medical centers throughout the country and has given many lectures across the globe. He has received 30 honorary doctorate degrees from universities in the United States and abroad.

Dr. Fauci has been nominated by the NIH to be one of the USA Science and Engineering Festival's Nifty Fifty Speakers, and will speak about his work and career to middle and high school students. He has been awarded the 2008 Presidential Medal of Freedom, 2007 Lasker Award and the 2002 Albany Medical Center Prize.

## The Inside Story:

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- NEW LOOK FOR OUR WEB SITE ■ HEALTHY NEWS: TEN HEALTHY HOLIDAY FOODS
- FLAVORS OF WINTER: CREAMY CHICKEN WITH RICE ■ AND MORE...



# Will Rogers Institute Gives New Hope to Newborns

The mission of the Will Rogers Institute's neonatal equipment program is to be a national leader in providing grants for the purchase of ventilator equipment and critical care pulmonary services to hospitals throughout the United States. This summer, grants were presented to healthcare facilities with Neonatal Intensive Care Units (NICU), including Le Bonheur Children's Hospital in Memphis, TN, and St. Mary's Hospital in Madison, WI. The Institute gifted approximately \$50,000 to each NICU to purchase advanced ventilator systems that help premature babies breathe on their own.



*Le Bonheur Children's Hospital (left to right): Meri Armour, President and CEO; Dr. Ramasubbareddy Dhanireddy, Medical Director of the NICU; Vivian Lebaroff, Director of Respiratory Care & Pulmonary Services; Tracey Hays, NICU RN; and Brett Vincent, Critical Care Therapist.*

Grant recipients have included these remarkable facilities:

[Le Bonheur Children's Medical Center, Memphis, TN](#)

In 1923, a group of women shared a vision that would save the lives of literally hundreds of thousands of children. They began a sewing circle called Le Bonheur Club to make clothing for Memphis' orphans. Today, the NICU at Le Bonheur Children's Medical Center

has helped 1,367 babies since its official opening in 2004 and has increased the volume consistently since its inception. It is the only Level IIIC (highest level of service) neonatal nursery within a 250-mile radius of Memphis.

[St. Mary's Hospital, Madison, WI](#)

St. Mary's Neonatal Intensive Care Unit was the first facility in the state of Wisconsin to care for critically ill newborns. Without the gift of oxygen blenders, the NICU resuscitation team was limited to delivering 100% oxygen, uncontrolled amounts of oxygen or

room air. The use of the oxygen blender allows the practitioner to deliver only the amount of oxygen necessary to the baby while reducing the risks that occur when higher levels are delivered.

These hospitals are just two of the various recipients to receive grants from the Institute in 2010. To learn about all of our grant recipients, please visit [www.wrinstitute.org](http://www.wrinstitute.org).



Your donation will fund lifesaving research and provide care for critically ill newborns, and support our programs that help make free educational health booklets available to the public. Visit [www.wrinstitute.org](http://www.wrinstitute.org) or call (877) 957-7575 for more information about making a donation today.

## A Special Note

Every now and again we feel compelled to share a note of thanks from those who have donated to the Will Rogers Institute. The Institute recently received a generous donation from a woman who recently lost her husband to lung disease. Please read her encouraging words to continue the fight against lung diseases. (The text has been edited for length.)

*"My husband died on June 27, 2010, from lung disease. He had been disabled the last six months with emphysema, COPD and MIA, a rare lung disease. Our youngest child was born with hyaline membrane and he weighed only 3 lbs. 10 oz., and forty years ago, there wasn't much hope for him. My brother lost a son to this lung problem, and of course, President Kennedy's youngest son also died from this. We felt very fortunate that our son lived. So when my husband and I preplanned our funerals, he wanted donations to be made to the Will Rogers Institute instead of flowers." — Mrs. Terry Joe Remington*

We are very sorry for the loss of her husband and want to extend our sincere appreciation of the donations made in his memory. We, too, hope to someday cure all lung diseases.



# Will Rogers Be Healthy, Be Fit, Be Great Award Presented to the Boys & Girls Club of Flint, Michigan



Left to right: Jamie Gaskin, CPO in Flint, MI, received the award from Lorraine Orr, Senior Vice President, Field Services of Boys & Girls Clubs of America.

The Boys & Girls Club of Flint is the recipient of Will Rogers Institute's *Be Healthy, Be Fit, Be Great Award*. The Club has done an outstanding job promoting healthy lifestyles with its membership, parents, local residents and community partners.

The Club serves between 18,000 and 20,000 meals a year in partnership with the Food Bank of Eastern Michigan. During the summer program, members receive breakfast, lunch and a snack. The after-school program offers a hot meal for dinner. As a result of implementing the Triple Play program, the Club has changed its vending machines to offer healthier beverages, and also provides more low-fat or baked snacks.

With the support of the Food Bank of Eastern Michigan, the Club recently launched a new "Summer Weekend Backpack" food program in which 100 kids receive a bag of food each week to take home. More than 50 "Healthy Habits" sessions

were conducted for all age groups throughout the year.

Along with these healthy changes, the Boys & Girls Club of Flint, MI, has also increased awareness in health and fitness within its community by helping in the fitness center, conducting an instructional summer baseball program for younger members and hosting a "National Night Out" program.

## New Look and New Resources on Our Web Site

We've got a new look on our Web site! Visit [www.wrinstitute.org](http://www.wrinstitute.org) to download free health and fitness booklets; get healthy recipes and articles from Jackie Keller, NutriFit Founding Director; and learn more about our mission to fund pulmonary research and neonatal ventilators and to provide care to critically ill newborns at healthcare facilities and hospitals nationwide.

Also, check out our updated YouTube page with celebrity television and summer campaign public service announcements from past to present. Be sure to keep an eye out for our new Facebook page coming soon.

In 2011, we will also be offering monthly e-news blasts with WRI updates, quick and healthy recipes, and health and fitness information. If you'd like to receive our email blasts, please send your email address to [info@wrmail.org](mailto:info@wrmail.org).

Don't forget to bookmark our site so that it's always there for you. Our Web site is a good source for keeping up with the latest information on a variety of topics that will be useful now and in the future.



## Remember to Get Your Flu Shot!

The flu is a contagious respiratory illness caused by the influenza virus. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year. The Center for Disease Control recommends that everyone six months and older get the flu shot or FluMist.



People who have the flu often feel some or all of these symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than in adults

\*It's important to note that not everyone with flu will have a fever.



# Healthy News



## Ten Healthy Holiday and New Year Foods

Jackie Keller, Founding Director, NutriFit

**Raisins:** Fat-free, rich in fiber, antioxidants, potassium, calcium and B vitamins, raisins are a satisfying alternative to holiday candy. Try them with dark chocolate!

**Pumpkins:** Okay, we know that your holiday dose of pumpkin will probably come served in a pie with plenty of butter, eggs and cream. However, there's enough nutrition in pumpkins to make it worth mentioning here. They're a great source of vitamins A, C, B6, potassium and iron. Try making your pie with fat-free half-and-half and some trans fat-free margarine, or serve it up like mashed potatoes.

**Sweet Potatoes:** This homely little root is also one of nature's most nutritious vegetables. The sweet potato is an excellent source of vitamins A, C and B6, as well as potassium and iron. We mash ours with a little fat-free half-and-half, some trans fat-free light margarine and a little brown sugar.

**Leafy Greens:** For many cultures, greens such as mustard, kale, spinach or collards are a traditional New Year's dish, but they're also a nutritional powerhouse. Try leafy greens steamed, tossed in a salad, pan wilted or as an

ingredient for dips. No matter how you prepare them, it's tough to beat the nutritional punch that leafy greens deliver. They are one of the most nutrient-rich foods and all are packed with calcium, iron and potassium as well as vitamins K, C and E and oxalates.

**Cranberries:** This cousin of the blueberry is so nutritious you might want to consider eating them year-round. Cranberries are packed with antioxidants and vitamins C and K, and improve the cholesterol profile (HDL versus LDL).

**Red Wine:** Who said healthy couldn't be fun? Nothing says festive like a glass of good cheer, and red wine is a healthy alternative to other cocktails. Rich in antioxidants, red wine improves the cholesterol profile and prevents plaque formation in arteries. However, drinking more than two servings a day reverses the benefits you might otherwise receive.

**Wild Rice:** On its own, or served as part of a rice medley, it is higher in protein than most other grains, is a good source of fiber, and is high in vitamin B3, folate, potassium, magnesium and calcium.

**Dark Chocolate:** Not just tasty, dark

chocolate seems to have some heart-healthy benefits. Dark chocolate contains eight times more antioxidants than strawberries. And let's face it, eating dark chocolate makes us feel good, probably due to the serotonin that it contains. Pair it with other healthy treats like walnuts, almonds and raisins for a sweet and healthy holiday treat.

**Broccoli:** Whether it's on a veggie tray or served as a side dish, broccoli is great to load up on since it's chock full of potent cancer-fighting compounds. Here's one side or snack you can feel good about when you're going back for seconds!

**Nuts:** Rich in omega fatty acids and high in fiber, nuts are a great alternative to sweets. Serve a bowl of nuts in the shell, along with a nutcracker, at your holiday event. In the shell means unprocessed, and the time spent getting the nuts out of the shell means less time spent filling up on snacks. Studies show that regular consumption of nuts reduces the risks of diseases such as diabetes, coronary disease and dementia.



## Flavors of Winter: Chicken and Rice with Creamy Herb Sauce

Chopped fresh Italian (flat leaf) parsley  
1/2 tsp. cornstarch  
1/4 cup dry white wine

3/4 cup low-sodium, fat-free  
chicken broth

4 skinless, boneless chicken breasts

4 cups cooked long-grain rice

1 (5 oz.) pkg. reduced-fat,

spiced cream cheese spread

- Bring 3/4 cup water, wine and broth to a boil in a large skillet; add the chicken. Cover and reduce the heat. Simmer the mixture for 15 minutes. Remove the chicken from the skillet and set it aside to keep warm.
- Bring the cooking liquid to a boil; cook for 5 minutes or until it is reduced to 2/3 cup. Combine the remaining 1 tbsp. water and cornstarch; add to the skillet. Bring to a boil and cook for 1 minute, stirring constantly. Add the cheese spread and cook until the mixture is thoroughly blended, stirring constantly. Sprinkle the parsley, and serve chicken and sauce with rice.

**Yield:** 4 servings. Serving Size: 1 breast and 1 cup of rice. Prep Time: 5 minutes. Total Time: 40 minutes.

**Nutritional information:** Calories 380; Protein 36.7g; Carbohydrates 48g; Cholesterol 66mg; Sodium 413mg; % Calories from fat 5; Dietary fiber 1.3mg.

“What constitutes a life well spent? Love and admiration from your fellow men is all that anyone can ask.” — Will Rogers

## We Honor: The Memory of Will Rogers

The Will Rogers Institute works alongside the Will Rogers Museum in Oklahoma and the Will Rogers Ranch Foundation in California to perpetuate the memory and good work of Will Rogers. Congratulations to the Will Rogers Museum for being honored as the 2010 RedBud Award Winner for “Outstanding Attraction.”

## Tributes to Will Rogers: Dog Iron Polo Cup and Champagne Brunch Flyover



The 75th anniversary of Will Rogers’ death was commemorated August 15 at the inaugural “Dog Iron” Polo Cup at Will Rogers State Historic Park in Pacific Palisades, California.

Dennis Quaid, celebrity co-chairman of the event (in photo with Rogers’ great-granddaughter, Jennifer Rogers-Etcheverry),

“threw in” the first game ball for the day’s pair of polo matches.

The weekend activities, presented by the Will Rogers Ranch Foundation, began on Friday with a ribbon-cutting ceremony for the new visitors center at the park and included a flyover of World War II-era jets on Sunday afternoon.

The WRMPPF provided support to the Ranch Foundation in organizing the festivities. One of the participating polo teams represented the WRMPPF by wearing our logo on their uniforms.

All proceeds from the event will ensure that the scenic trails, the tours of Will’s historic home and the equestrian atmosphere will continue to entertain and serve the public at the state park. Visit the Will Rogers Ranch Foundation Web site at [www.willrogersranchfoundation.org](http://www.willrogersranchfoundation.org) for more photos and information.

Simultaneous events took place at the Will Rogers Memorial Museum in Claremore, Oklahoma; Will Rogers Monument in Barrow, Alaska; and the Wiley Post Memorial in Oklahoma City.

It was seventy-five years ago on August 15 that Will Rogers and Wiley Post perished in an Alaskan airplane crash just a few miles from their destination — Point Barrow, Alaska. Each location had a special ceremony to lay a wreath in honor of Will Rogers and Wiley Post.

Since its opening in 1938, the Will Rogers Memorial Museum’s purpose as described in its mission statement is “to collect, preserve, and share the life, wisdom and humor of Will Rogers for all generations.” Visit its Web site at [www.willrogers.com](http://www.willrogers.com) and be inspired!

## Will Rogers Days Celebration Parade!

Will Rogers Days has been an annual event in Claremore, Oklahoma, since the Will Rogers Memorial opened in November 3, 1938, the anniversary of Will’s birth in Indian Territory.

Guests of honor included two sisters who were cast by Will Rogers in the movie *Mr. Skitch*. Glore Robb Morgan and Cleora Robb Galt were just 11 years old when *Mr. Skitch* was filmed. The sisters (in photo, right) were Grand Marshals of the Will Rogers Day parade and enjoyed sharing their experiences of working with Will Rogers on the set.

Special events included Cherokee storytelling, rope demonstrations, dinner events, continuous showings of Will Rogers’ movies, antique and classic car show, Pony Express Riders, and an old-fashioned birthday party.



## “Will Said: Pick the Quote Made Famous by Will Rogers”



- A) “Mankind’s greatest achievements have come about by talking, and its greatest failures by not talking.”
- B) “We will never have true civilization until we have learned to recognize the rights of others.”
- C) “I am so clever that sometimes I don’t understand a single word of what I am saying.”

Answers: A) Stephen Hawking B) Will Rogers C) Oscar Wilde

# Our Mission

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

## Free Health Booklets

Helpful Educational Booklets Available from WRI:

- ABOUT EMPHYSEMA
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- ADDING ACTIVITY TO YOUR LIFE
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- CHOLESTEROL CONTROL
- COPD — ARE YOU AT RISK?
- DIABETES
- EXERCISE AND ASTHMA
- FACTS ABOUT TB
- GOOD NUTRITION
- HIGH BLOOD PRESSURE
- LIVING WELL WITH ASTHMA
- LUNG CANCER
- LUNG DISEASES
- MANAGING YOUR CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)
- PHYSICAL ACTIVITY — GET A MOVE ON
- QUITTING SMOKING WHILE STILL A TEEN
- SECONDHAND SMOKE
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There is a 25-booklet maximum per order.

Visit [www.wrinstitute.org](http://www.wrinstitute.org) or call toll-free (877) 957-7575 to order.



## Free Downloadable Health Booklets

WRI is now offering free downloadable health booklets at [www.wrinstitute.org](http://www.wrinstitute.org). Available Titles Include:

- 4 STEPS TO CONTROL YOUR DIABETES
- YOUR GAME PLAN TO PREVENT TYPE 2 DIABETES
- A GUIDE TO MANAGING STRESS
- CONTROLLING CHOLESTEROL
- ADDING ACTIVITY TO YOUR LIFE
- HEALTHY EATING: GETTING BACK TO BASICS
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