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Humanitarian

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Will Rogers Institute Honors World's Leading Geneticist Dr. Francis S. Collins for His Outstanding Contributions to Lung Research

It is impossible to overestimate the effect Dr. Francis S. Collins' work has had on public health. Fifty years ago, children living with cystic fibrosis (CF) would not have been expected to live past their early teens. Thanks to research work led by Dr. Collins and the subsequent advancements in treatment, people with CF can now expect to live into their thirties, forties and beyond.

It is in recognition of his extraordinary work on the cystic fibrosis gene and on identification of the human genome that the Will Rogers Institute (WRI) honored Dr. Collins with the inaugural Annual Prize for Outstanding Contributions to Lung Research. The Will Rogers Institute has been a leader in funding pulmonary research since 1936.

The \$50,000 award, a rare and special prize in the pulmonary research field, was presented



Bruce Snyder, president, WRMPFF; Dr. Edward Crandall, medical advisor, WRMPFF; Dr. Francis S. Collins; and Rory Bruer, chairman, WRMPFF

Research led by
Dr. Collins and
subsequent advances
in treatment now
allow people with
cystic fibrosis to lead
longer, healthier lives.

at the Will Rogers Motion Picture Pioneers Foundation board of directors meeting in Los Angeles, California.

Dr. Collins' seminal research led to the identification of the cystic fibrosis gene and its protein product, CFTR. Mutation of the gene results in cystic fibrosis, a chronic disease that attacks the lungs and other organs. It is estimated that 30,000 children and adults in the United States struggle with cystic fibrosis.

More than 10 million Americans are unknowing, symptom-free carriers of a disease that can only be identified by genetic testing. Dr. Collins' work has proved to be a motivator for advancements in the investigation of many other types of genetic diseases, including type 2 diabetes, neurofibromatosis and Huntington's disease.

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The Inside Story:

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- ASTHMA AND WOMEN ■ PLANNED GIVING ■ CELEBRATING WILL
- WHEN TO BUY ORGANIC ■ HEALTHY WINTER RECIPE ■ AND MORE...

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Dr. Edward Crandall, medical advisor to the Will Rogers Institute, and Hastings Professor and Norris Chair of Medicine at the University of Southern California, stated that “Dr. Collins was chosen by the WRI as the first recipient of the prize because his work has consistently produced outstanding and influential research that has been published in the foremost peer-reviewed journals. He maintains a very important leadership role in his field, and is held in the highest esteem by scientists

and clinicians throughout the world.”

As further testament to the importance of Dr. Collins’ work, on November 5, 2007, President George W. Bush presented him with the Presidential Medal of Freedom, one of the nation’s highest civilian honors, for his contribution to genetic research. The Human Genome Project identified the genes in human DNA, stored the data and made it available for research. This project alone has revolutionized genetic research.

A native of the East Coast, Dr. Collins studied chemistry at the University of Virginia (B.S.) and Yale University (Ph.D.) and received his M.D. from the University of North Carolina. He undertook residency training in medicine at North Carolina before returning to Yale as a Fellow in Human Genetics from 1981 to 1984. Dr. Collins was appointed Director of the National Genome Research Institute of the National Institutes of Health in 1993.

Asthma Management: Women with Asthma Study

Of the 10.2 million adults with asthma, six million are women. In the management of chronic diseases such as asthma, a diary is often used to document events for review by health care providers to assist in better communicating with the patient and as a self-assessment tool.

A recent study through Women Breath Free (WBF) was conducted on women using an asthma diary. The goal was to improve the women’s physical functioning and quality of life and to reduce outpatient and inpatient care. Participants who used the diary had significantly fewer unscheduled physician visits and saw an increase in their perception of their self-efficacy in managing asthma.

A follow-up study, partially funded by the Will Rogers Institute, collected information from women who did not return the diary or continue with the WBF program. The study will attempt to gain insight into the burden of diary completion, benefits and barriers of the diary, instructions for the use of the diary, and perceived helpfulness of the diary to better the overall program. The study will be presented at national conferences.

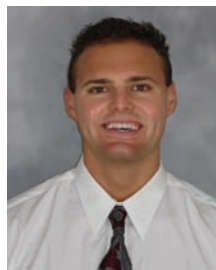


Spotlight: American Association of Health Educators 2008 Fellowship

Michael Stellefson was chosen by the American Association of Health Educators (AAHE) to receive the Will Rogers Institute’s 2008 fellowship. The fellowship is given to scholars who have dedicated their careers to public health, specifically lung health, in a way that will have a lasting impact in the fields of disease prevention and health promotion.

Michael is completing a Ph.D. in Health Education from Texas A&M University. His dissertation is on “Efficacy of DVD Technology in COPD Self-Management Education of Rural Patients.” He received his M.S. in Health Education from Texas A&M and his B.S. from the University of Pittsburgh.

In addition to other duties at A&M, he serves as managing editor of the *American Journal of Health Studies*. Michael will be presenting on his doctoral research during the 2008 Fort Worth Convention and has already presented at a number of professional meetings. He began his publishing career with referred articles



Michael Stellefson

appearing in the *American Journal of Health Education*, the *Health Education Student Monograph*, *The Health Educator* and the *American Journal of Health Studies*. Additional articles have been submitted for publication to *Violence Against Women*, the *International Electronic Journal of Health Education* and the *Journal of Health Communication*.

In the words of his department head, “Michael has the personal motivation and intellectual curiosity to explore research topics and looks for interdisciplinary solutions to complex health problems. His securing of external funding from the AHRQ to support his research is a testimony to the quality of his research design and implementation plan. I stand behind his ability without reservation and with highest accolades.”

For more information about the AAHE, please visit their Web site at www.aahperd.org/aahe.



Celebrating Will Rogers' 128th Birthday Cowboy-Style

Will Rogers' 128th birthday was celebrated with birthday cake, roping demonstrations (see photos below), a wreath-laying and a parade during three days of festivities in Claremore, Oklahoma. The celebration also included a one-woman show from Betty Rogers' perspective, and Garth Brooks was awarded the Will Rogers Spirit Award.

Lynette Bennett, a Tulsan who has appeared on Broadway, at Carnegie Hall and onstage in London, presented her show entitled "Will Rogers: Conscience of America, Betty Rogers' Story," a unique take on Betty Rogers, the wife of the cowboy, stage performer, movie actor and writer.

Garth Brooks received the Tulsa Rotary Club of Will Rogers' Will Rogers Spirit Award at the end of the Will Rogers Days celebration. More than 700 friends and fans gathered in Tulsa for the gala that raised funds for club projects and Garth Brooks' Teammates for Kids Foundation.



Thank You,
Hollywood Drive-In!
Hollywood Drive-In in Avenilla Park, NY, doubled the amount of money raised during its participation in Will Rogers' summer fund-raising campaign. The drive-in collected \$1,106 in contributions this past summer. The campaign begins on Memorial Day and runs through Labor Day each year.

Be Part of a Tradition
Learn more about the education and fund-raising programs available through the Will Rogers Institute. The distribution of free health booklets, the providing of neonatal ventilators to hospitals in need and important breakthroughs in pulmonary research are made possible by your participation.
Visit www.wrinstitute.org today.

Planned Giving: Why Don't I Have a Will?

A significant number of people do not have a will. Or if they do have one, it is outdated or invalid. Some studies show that more than half of the adult population falls into this category. Perhaps this includes you. If so, the following exercise may be helpful in better understanding why you live without a will. And perhaps it will nudge you enough to take care of this important matter.

Please complete the following statement by checking all the items that apply:

I do not have a current and valid will because:

- I do not have enough assets to warrant a will.
- I am too young to have a will.
- I don't have a good attorney I can go to.
- I don't have the money to pay for a will.
- I don't have the time to do this now.
- I can't decide how I want to divide up my estate.
- I don't want to think about death.
- I don't want to deal with conflicts in my family.
- I _____ (add other reason).

Now, as you look at your completed statement, are you satisfied with the results? Are your reasons truly valid, or do they seem more like excuses? The fact is, every adult needs a will or other comprehensive estate document to fulfill his or her responsibility for the distribution of all personal assets. For more information on planned giving, please contact Todd Vradenburg, executive director, at (877) 957-7575 or toddv@wrmail.org.

Will Said: Pick the Quote Made Famous by Will Rogers



- A) "Doing nothing is very hard to do ... you never know when you're finished."
- B) "In three words I can sum up everything I've learned about life: It goes on."
- C) "Half our life is spent trying to find something to do with the time we have rushed through life trying to save."

Answers: A) Leslie Nielsen B)Robert Frost C) Will Rogers

Healthy News



Grape Juice: The New Red Wine?

Concord grape juice stimulates arterial relaxation similar to the effect credited to red wine, laboratory research has found. The results were presented at the WineHealth 2007 conference in Bordeaux, France. In fact, the grape juice produced a prolonged relaxation effect that red wine has not been cited as stimulating. Researchers say the grape juice causes a vasorelaxation effect by stimulating the production of nitric oxide, which is known to be important in maintain-

ing healthy, flexible blood vessels and helps support healthy blood pressure. The effect of the grape juice lasted for up to six hours, significantly longer than effects noted from red wine. The research seems to point to the benefit coming from the grapes themselves rather than from alcohol. Concord grape juice is believed to have a blood-pressure-lowering effect, so if you're looking for an alternative to the red-wine fix, this may be the answer.

When to Buy Organic Fruits and Vegetables

The following fruits and vegetables have the most contamination from pesticide residue.

The twelve most important foods to buy organic.

- | | | |
|----------------|--------------|----------------------|
| ■ Peaches | ■ Nectarines | ■ Potatoes |
| ■ Strawberries | ■ Celery | ■ Sweet bell peppers |
| ■ Apples | ■ Pears | ■ Raspberries |
| ■ Spinach | ■ Cherries | ■ Imported grapes |

The twelve least contaminated fruits and vegetables.

- | | | |
|---------------|--------------|------------|
| ■ Sweet corn | ■ Mangoes | ■ Broccoli |
| ■ Avocados | ■ Sweet peas | ■ Bananas |
| ■ Pineapples | ■ Asparagus | ■ Kiwi |
| ■ Cauliflower | ■ Onions | ■ Papayas |



Based on information from the USDA Pesticide Data Program.

Flavors of Winter: Healthy Broccoli Potato Cream Soup

1 clove roasted garlic
 1 1/2 cups low-sodium vegetable broth
 1 1/2 cups uncooked broccoli, coarsely chopped
 1 cup canned evaporated fat-free milk

1 cup red or white potatoes, unpeeled and diced
 1/4 cup onion, chopped
 1/2 tsp. black pepper
 1/4 tsp. each basil, marjoram and dill

- 1) In a medium saucepan, heat a small amount of vegetable broth. Add the onion and cook, stirring until it is soft and translucent. Add the potatoes, broccoli, roasted garlic and spices, and continue to sauté until vegetables are slightly soft, about 10 minutes. Add the remaining vegetable broth, cover and cook until the vegetables are thoroughly done, about 10 minutes more.
- 2) Using a slotted spoon, put all of the vegetables in a food processor and process until smooth. Add the broth and continue to process until no large chunks remain. Gradually add the milk, and process until the soup reaches desired consistency.
- 3) To serve, pour the soup back into the saucepan and heat gently.

Yield: 4 servings. Serving Size: 1 cup. Prep. Time: 10 min. Total Time: 30 min.

Nutritional Information: Calories 84; Protein 6.1g; Carbohydrates 12.4g; Cholesterol 5mg; Sodium 113mg; % Calories from Fat 15; Dietary Fiber 1g.

Will Power

BELOVED MOVIE STAR WILL ROGERS DIED 72 YEARS AGO. WHY WAS THE FAMOUS OKIE ONCE CONSIDERED 'THE MOST DANGEROUS MAN IN AMERICA'?

By 1934 that gum-popping, “aw, shucks” grin was as familiar to American moviegoers as James Cagney’s snarl, Shirley Temple’s dimples or Popeye’s spinach. The difference was that the grin belonged to the number-one box-office star in America.

And on August 15, 1935, the grin would fall from the stars and disappear along with aviator Wiley Post in the frigid waters off Point Barrow, Alabama.

As a movie star, Will Rogers was a collection of trademarks: the Oklahoma drawl, the gum, the battered hat, conspiratorial winks at the camera and a persistent cowlick that couldn’t be conquered.

That’s how he’s remembered by people who know his film work only through book memorials to the guy who never met a man he didn’t like. But what does that oft-quoted line really mean?

“There’s a real ambiguity about Will Rogers,” said Larry Johnson, author of *Historic Photos of Oklahoma City*. “See him in a Hollywood movie and he’s the good ol’ boy guided by common sense, but if you see him in a home movie, you’ll see a millionaire playing polo.”

Growing up, Oologah native Rogers got to know the country cracker-barrel philosophers he so often portrayed. It was an act — so good that satirist and social critic H.L. Mencken once called Rogers “the most dangerous man in America.”

“If he was dangerous, it was because he was seen not just as a comedian, but as the court jester,” Johnson said. “That enabled him to speak the truth as he saw it in the form of a joke. The people who were the butts of his jokes had to laugh in public, but I bet many of them didn’t think he was so funny in private.”

Even if Rogers wasn’t really the Oklahoma hick of his public persona, there’s little doubt that his concern for the common man was authentic. The recent DVD release of his movie *Too Busy to Work* includes in the bonus material a film of Rogers delivering a radio address to the masses. The beginning of his talk is littered with typical Rogers gags and witticisms, but soon the mood grows more serious.

As he talks about the Great Depression, he lays blame for its continuation at the feet of the wealthy who won’t put their money back into circulation. He finally calls on the common people to help their neighbors out, reminding listeners that it’s always been through the



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generosity and will of the common folks that real progress is made.

But if Rogers is seen by many to have been the conscience of his era, at the time he was seen by most to be one of the funniest comic actors in movies. The surprise for viewers in our day is that he found so many variations he could play on his basic Alfalfa Doolittle character.

The Ropin' Fool (1922) is a collection of still-astonishing rope tricks, but a more satisfying silent two-reeler is *Big Moments from Little Pictures* (1924), which allows us to see Rogers' Follies act as he kids film stars like Douglas Fairbanks and Rudolf Valentino. In the concluding parody of the Keystone Kops, Rogers proves himself to be a superb mimic of Ford Sterling's over-the-top police chief.

Ambassador Bill (1931) takes a farcical look at international diplomacy, with Rogers as the new ambassador to Sylvania, sent to negotiate a trade treaty. He meets the king, who is a young boy, and his hot queen mom, and wins them over with his homey ways. He is asked by the king while performing some of his rope tricks if all cowboys can do that and Ambassador Bill replies, “All the drugstore ones can.”

In *Too Busy to Work* (1932), Rogers is a nameless hobo on the road since returning from the Great War, who finds that a fast-talker convinced his wife and daughter to run away with him. Searching for his lost family, Rogers meets a judge and his charming daughter. The picture is more melodrama than comedy, but he handles the sentimental moments with feeling.

Mr. Skitch (1933) presents Rogers as a fix-it man from Missouri who loses his house because of a bank failure. He and his family pack up and move to California. It's episodic as they drive west, picking up a new community as they go. You may see Rogers here as the flip side of W.C. Fields.

In *David Harum* (1934), Rogers is the banker, albeit a much more decent one circa 1890, and in *Life Begins at Forty* (1935), he's a newspaperman in opposition to the local banker and his insistence that an innocent man be punished for a crime he didn't commit. Here again, bankers are on the wrong side of the common-man-is-alright question.

Many people say Will Rogers was just playing himself. His genius was that he was playing all of us. — Doug Bentin, *Oklahoma Gazette*

“You must judge a man’s greatness by how much he will be missed.” — Will Rogers

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

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- ABOUT EMPHYSEMA
- ABOUT SLEEP APNEA
- ADDING ACTIVITY TO YOUR LIFE
- ASTHMA IN CHILDREN
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- 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)
- QUITTING SMOKING WHILE STILL A TEEN
- SECONDHAND SMOKE
- SMOKING ADDICTION
- STRESS MANAGEMENT
- TEENS AND STRESS
- WALKING FOR FUN AND FITNESS
- YOU, YOUR CHILD AND EXERCISE



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