



Will Rogers Institute

# Humanitarian

Summer 2006

Education for Today. Research for Tomorrow.

## WHAT'S INSIDE

- Betty Blake Rogers' Bio
  - Planned Giving
  - To Grill Or Not To Grill
  - Herbed Potato Salad
  - Family Meals
  - Be Part of a Tradition
- Summer 2006
- More!

## DID YOU KNOW...

By donating as little as \$10.00 to the Will Rogers Institute, you can supply a classroom with educational booklets for one year! Please help us keep this free program available to teachers, students, librarians and you. Thank you.

The Will Rogers Institute is a national charitable health organization dedicated to the support of lung research and developing new treatments and cures for pulmonary diseases and disorders.

## THE WONDER OF READING RECEIVES \$25,000 GRANT FROM WILL ROGERS INSTITUTE



**THE WONDER OF READING**, a not-for-profit organization whose purpose is to inspire in children the love of reading, received a \$25,000 grant from the Will Rogers Institute to purchase books and educational materials to educate young people about the importance of living a healthy and happy lifestyle.



The Wonder of Reading cove for quiet reading. Second, the school restocks the library's collection with \$10,000 worth of new books. Finally, the school recruits and trains volunteers to read one-on-one with students who are struggling readers. Volunteers read with their students for one hour a week during the school day for the entire school year.



The Wonder of Reading supports its purpose through the 3R Program — Renovate, Restock and Read — and works closely with First Book and Reading is Fundamental. First, they renovate a public elementary school's library, making it more useful and more inviting to young students. They expand library space to include story steps for group reading, individual work stations for tutoring and a

of Reading will have renovated 171 libraries, provided \$1,710,000 worth of new books, and trained almost 4,100 volunteers to read with students on a weekly basis. The 3R Program not only benefits today's students, it puts in place resources that teachers and students can count on for years to come. Will Rogers Institute is proud to support The Wonder of Reading.

## WILL ROGERS INSTITUTE HEALTH FELLOWSHIP RECIPIENTS



This year marks the first time the Will Rogers Institute has awarded fellowships in health education and promotion. The Will Rogers Institute and the American Association for Health Education (AAHE) are very pleased to recognize Christy Houle and Eric Nehl with the AAHE/Will Rogers Institute Fellowship Award for 2006.

Christy Houle (top left) is one of two recipients of the 2006 AAHE/Will Rogers Institute Fellowship Award. She is currently a doctoral student pursuing a Ph.D. in Health Behavior and Health Education at the University of Michigan School of Public Health.

Christy's interest in health-related issues began after a third-grade trip to a community hospital. That interest in pursuing the study of health education ultimately led to her pursuing the study of health education with a focus on lung-health research.

For the past four and a half years, she has worked as a part of a University of Michigan research team responsible for technical assistance and evaluation of the Robert Wood Johnson Foundation, which supports seven community coalitions dedicated to the control of pediatric asthma in low-income, minority neighborhoods where asthma prevalence is high.



Eric J. Nehl (above) is also the recipient of the 2006 AAHE/Will Rogers Institute Fellowship Award. He is currently a doctoral student pursuing a Ph.D. in Health Behavior at Indiana University. While pursuing this degree, he has served as an associate instructor and has taught undergraduate health classes, including a course entitled "The Nature of Cancer."

The illness of a family member directed Eric's commitment to a career in cancer prevention and public health. He has collaborated on a number of projects related to lung health and physical activity in the cancer domain, resulting in several peer-reviewed manuscripts and conference presentations. He has also worked for the Behavioral Research Center of the American Cancer Society national home office. His work focused on studying ways to provide education and prevention information to cancer patients and their families, especially in the areas of tobacco control, smoking cessation and physical activity among ethnic minorities.

Christy and Eric are both promising scholars who have dedicated their careers to the area of public health, specifically dealing with lung health. They will make a lasting impact in the fields of disease prevention and health promotion.

For more information, please contact us:

10045 Riverside Drive Third Floor Toluca Lake, CA 91602 Toll-Free (877) 957-7575 [www.wrinstitute.org](http://www.wrinstitute.org)

## ABOUT WILL ROGERS: MRS. BETTY BLAKE ROGERS

**B**iographers agree that the strong marriage, fidelity, loyal friendship and trust between Will and Betty Rogers were the keystones of Will Rogers' incredible career and life success.

The seventh of nine children, Betty was born on September 9, 1879, to James and Amelia Blake of Silver Springs, Arkansas. She lost her father when she was three. Her widowed mother moved the family to Rogers, Arkansas — a town whose name cannot be traced to Will Rogers' ancestry. Betty was born nearly two months before Will Rogers' November 4, 1879, birth in Indian Territory.

Betty Blake's widowed mother provided a happy home under tough economic conditions, which meant that all the children worked. Betty was a good student, but the necessity of employment precluded her graduation from the local academy.

Talented in music, she played several instruments and was a popular actress in local theater. She clerked in a mercantile store, set type for the *Rogers Democrat* newspaper, and then became a railroad telegrapher.

In 1899 she was stricken with typhoid. To regain her health, she moved to tiny Oologah, where her sister's husband was railroad stationmaster. It was at the Oologah, Indian Territory, where she met the young Will Rogers.

Will Rogers then shyly joined Betty Blake in the evenings with friends. At Christmas she returned to Arkansas, but letters followed from "Injun Cowboy W. P. Rogers." Four years later at the World's Fair in St. Louis, where the visiting Betty Blake was watching a Wild West show, she was surprised to see her old flame, Will Rogers, dash into the arena with his rope twirling. Daringly, she sent a



**“The day  
I roped  
Betty Blake  
was the best  
catch of  
my life.”**

note backstage and met for dinner — but the couple then went separate ways.

Letter writing resumed as Will Rogers ventured into vaudeville and, finally, the couple married in Arkansas and honeymooned on the show business circuit. Busy as a homemaker and a mother with a hard-working husband, Betty Blake Rogers nonetheless quietly counseled her husband as his career unfolded. They lost a son, Fred, but continued to look ahead. Betty was the force behind the scenes. She managed finances and kept the undisputed loyalty of her husband until his death.

The bereaved widow and children reacted with poise but bewilderment, and continued their lives in the glaring spotlights of public interest. The children grew to ripe ages and retired after success in their own careers and ways.

Nine years after Will's death in a plane crash in Alaska, Betty Blake Rogers died of cancer in their ranch home atop the hill overlooking the Pacific Ocean. Her body was taken by train to Oklahoma and laid to rest under the sarcophagus at the Will Rogers Memorial at Claremore.

Mrs. Rogers generously bequeathed the land and the priceless collections of Will Rogers' memorabilia and papers to the world through a pact with the people of Oklahoma — Will Rogers' home folks.

The Will Rogers Memorial Commission, with assistance from public financing, constructed the historic Oklahoma limestone museum and friends financed building the family

tomb. Will and Betty Rogers, with their children, repose at Claremore, but their legacy is still alive.

**Visit [willrogers.org](http://willrogers.org) for more information about Will Rogers and his legacy.**



### WHICH IS A WELL-KNOWN WILL ROGERS' QUOTE?

- “Intellectual growth should commence at birth and cease only at death.”**
- “You would be surprised what there is to see in this great country within 200 miles of where any of us live. I don't care what state or what town.”**
- “Those are my principles. If you don't like them, I have others.”**

Answers: a) Albert Einstein b) Will Rogers c) Groucho Marx

### PLANNED GIVING: HOW TO MAKE A GOOD GIFT BETTER

More and more people are taking advantage of the many gift-planning options available today. These include bequests by will, revocable trusts, gift annuities, pooled income funds, charitable trusts, gifts of securities and real estate, in-kind gifts, endowment giving, and other possibilities.

Some gifts can be made to benefit the charity now (current gifts) and others can be made now to benefit the charity later (deferred gifts). Some gift arrangements are revocable (you can change your mind); others are irrevocable.

A planned gift usually requires more thought than a quick check written against monthly income. These gifts often come out of estate assets. You should consider the impact of your gift on your overall financial condition. Can you afford a sizable gift at this time, or should you make it later by will? What is the best way to make this gift? Do you need temporary or lifetime income from your gift arrangement? What are the tax implications?

Careful planning can actually make a good gift better. Consider these potential benefits of planning your gift:

- Maximize the size of your gift.
- Obtain life income from your gift.
- Optimize tax-related benefits.
- Tailor your gift to a specific need.
- Protect yourself from hasty decisions.
- Increase your personal satisfaction.

#### HELP FOR YOU

Will Rogers Institute wants to help you make a good gift better. Our executive director, Todd Vradenburg, can assist you in finding the best gift plan for your needs. He will explain the various options and provide helpful tailor-made illustrations. He will be sensitive to your financial needs and objectives, and will protect your confidentiality.

**For further information about charitable gift planning, call the Will Rogers Institute at 877-957-7575.**





# HEALTHY NEWS: Get Outside and Play with Your Kids This Summer!



The long days of summer are the perfect time to get outdoors with your family to play and exercise. There are lots of fun options, and many are free or low cost.

- Dance to music. Stop the music and freeze in position until the music starts again.
- Hopscotch, hula-hoop or jump rope.
- Have a bubble-catching contest.
- Play tag, follow-the-leader, hide-and-seek, or kickball.
- Go the local park to play and have a picnic.
- Walk or ride bikes after dinner.
- Go on a nature hike in your backyard or down the street. Make a collage of what you find.
- Wash all the toys and bikes with lots of water and bubbles.

For a free booklet on exercising with your kids, please visit [wrinstitute.org](http://wrinstitute.org) or call 877-957-7575.

## To Grill or Not to Grill?

The sun is shining, the kids are out of school, it's the weekend...BBQ season is upon us! Here are some facts every griller should know: eating foods that have been grilled the traditional way (long exposure to high heat and charring) can increase your chances of consuming cancer-causing agents. But studies are now indicating that marinating meats before grilling them can reduce the formation of cancer-causing agents. Try one of these three ways to help reduce your cancer risk when grilling:



**Marinades:** Used to season, tenderize and moisten foods.

Marinades are usually made with an acidic ingredient such as vinegar, juice or wine, which tenderize, while the oil in the marinade moistens the food. Fish should be marinated for short periods of time (the acidic agent in the marinade will begin to cook the fish if it is left in the marinade for over 45 minutes), whereas meat benefits from longer marinating times.

**Sauces:** Usually added toward the end of grilling to lock in moisture and prevent food from charring.

**Dry Rub Marinades:** Dry mixtures add strong, pungent flavor to foods. Generally used for strong-flavored meats.

### FOOD SAFETY

- Keep hot food hot (160°F) and cold foods cold (40°F).
- Do not serve marinades in which raw meat has been marinating.
- Have one plate for cooked foods and another plate for raw foods.
- Keep utensils clean and avoid having utensils used for raw food come in contact with cooked foods.
- Thaw and marinate meats in the refrigerator.
- Immediately grill precooked/microwaved food.
- To cook meat on skewers, space the pieces a little bit apart.

### GRILLING HINTS

- To prevent lean cuts of fish or vegetables from sticking, lightly brush food with oil before putting it on the grill, or, using a tong and a paper towel dipped in oil, wipe the grill completely with the oiled towel.
- Partially cook meat before grilling to save grilling time, and minimize long exposure to high heat and charring (which can be carcinogenic).
- Cover boned chicken with an aluminum pie plate to create a small oven effect with air circulating. The meat will be seared, evenly cooked and tender and juicy within 15 minutes.
- Firm-fleshed fish tend to hold together better (on a grill) than do flaky filets of fish. Grill your fish on open sheets of aluminum foil.
- To prevent meats from drying out on the grill, avoid poking or flattening meat.

## HEALTHY FARE BY NUTRIFIT

### HERBED POTATO SALAD

Yield: 4 servings    Prep Time: 10 minutes    Total Time: 30 minutes

1 tsp. Dijon mustard  
1 tsp. olive oil  
1/3 cup dry white wine  
1/3 cup green onions  
1/4 tsp. ground pepper

1/4 tsp. salt  
2 tbsp. fresh Italian (flat leaf) parsley, chopped  
2 tbsp. white wine vinegar  
3/4 lb. small red potatoes, scrubbed well, unpeeled

1. Wash the potatoes; pat dry and cut them into cubes. Arrange cubes in a 13" x 9" microwave-safe dish. Combine the green onions, wine and vinegar; pour over the potatoes. Cover dish and cook on high power for 10–12 minutes or until tender. Let stand, covered for five minutes.
2. Uncover the potatoes; drain and reserve the cooking liquid. Combine the liquid with the olive oil, mustard, salt and pepper, and blend well. Pour this dressing over the potatoes and sprinkle with fresh parsley. Refrigerate, covered, until thoroughly chilled. Refrigerated, this salad will stay fresh for up to three days.

Serving Size: 1/2 cup; Calories: 81; Protein: 3 g; Carbohydrates: 13 g; Cholesterol: 0 mg; Sodium: 151 mg; Dietary Fiber: 3 g; %Calories from Fat: 14

ARTICLE & RECIPE COURTESY OF NUTRIFIT. FOR MORE HEALTHY INFORMATION & RECIPES, PLEASE VISIT [NUTRIFITONLINE.COM](http://NUTRIFITONLINE.COM).

# SUMMER FUN FACTS:



## Why Is Bubble Gum Pink?

If you're the kind of person who ponders the great questions in life, like Who am I? Where did I come from? What am I doing here? And why is bubble gum pink? you'll enjoy chomping into some gum trivia. Here are some fun facts about chewing gum provided by the National Association of Chewing Gum Manufacturers:

- The first patent for chewing gum was issued to a Vernon, Ohio, dentist named William F. Semple.
- William Wrigley Jr. was a pioneer in branding and promoting goods through advertising in the early 1900s. His spearmint gum became a best-seller.
- U.S. military personnel popularized chewing gum during World War II by giving it away as gifts in Europe.
- Cinnamon, spearmint and peppermint are some of the most popular flavors of gum today.
- Bubble gum cards were first issued in the 1930s. Pictures varied widely, from war heroes to figures of the Wild West and professional athletes. The Topps Company became famous for offering baseball cards in packs of gum and sponsoring bubble-blowing contests for players.
- The largest bubble-gum bubble ever blown was 23 inches in diameter. It was blown in 1994 by Susan Montgomery Williams in Fresno, Calif.
- You can remove gum that is stuck in hair using peanut butter. It helps loosen the gum from the strands of hair.
- Kids in North America spend about half a billion dollars every year on chewing gum.
- And, finally, bubble gum is pink because it was the only color the inventor had left at the time of invention. The color was accepted, or "stuck," if you will, and today bubble gum is still traditionally pink.

## Gentle Yoga Is Best for Your Back

People can suffer from many degrees of lower back pain. It can be a temporary problem that can disappear after days or weeks, or it can be a chronic condition lasting for months or even years.

According to the *Annals of Internal Medicine*, there are usually three different venues through which a sufferer of back pain can be treated:

- Educate sufferers on ways to prevent back injury and deal with pain
- Drugs, which usually include painkillers, anti-inflammatories and muscle relaxants
- Exercise

When it comes to exercise, health-care providers have not known what types will improve patients' conditions in the past. In a new study, the effectiveness of yoga as opposed to traditional exercise and as opposed to education only was tested. Yoga combines physical exercise with relaxation techniques and little was known about its effect on lower back pain.

In the study, 101 patients between the ages of 20 and 64 who had visited a doctor in the past three to 15 months for chronic lower back pain participated. Patients who had major illnesses or conditions that



explained the back pain could not participate in the study.

Researchers then randomly assigned patients to three different groups. One group received 12 weekly 75-minute yoga classes specifically for patients with low-back pain and was given instructions to practice daily. One group received 12 weekly 75-minute sessions of aerobic strengthening and stretching exercises, which had been developed by a physical therapist, and was given instructions to practice daily at home. The third group was given a copy of *The Back Pain Help Book* by Jim Moore and colleagues. Patients were given permission to use drugs as needed. Interviewers then called patients after six, 12 and 26

weeks. The interviewers used standard questions and did not know which treatments patients had received.

The interviewers reported that the yoga practitioners had better back function after 12 weeks than either the exercise or education groups. Reports of pain were similar in all groups at 12 weeks. At 26 weeks, yoga practitioners had better back function and less pain.

The study found that yoga over a period of three to six months seems to be more effective than traditional exercise regimens or education-only tactics.

## Family Dinner: It's More Than a Meal!

Feeling guilty about not finding time to have dinner together as a family? Wondering if you're ever going to be able get everyone to sit down at the same time? Is it really that important?

Yes — according to the National Center of Addiction and Substance Abuse at Columbia University. Studies show that the more often children eat dinner with their families, the less likely they are to smoke, drink or use

illegal drugs. Research from Harvard Medical School found that children from families that eat together are twice as likely to have five servings of fruits and vegetables a day as those who do not. Eating family dinners was also associated with consuming less fried food and soft drinks.

In addition, children who regularly eat family dinners have diets that are higher in a host of nutrients, including fiber; calcium; iron; folate; and vitamins B6, B12, C and E.

And the benefits don't stop there. In addition to the nutritional advantages, there are social and academic benefits. The dinner table can be a place where children can learn vocabulary-building words that help

them read well, conversational skills, and problem-solving skills by listening to parents talk about work and world events.

Here are five tips to help you make the most of your family dinner:

- Start with whatever meals are possible for you now. If it's breakfast together on the weekends, fine. Don't worry about what you can't do; plan for what you can.
- Mealtime conversations can begin while you're getting food ready, setting the table and cleaning up. Involve the family in the whole process, and everyone will benefit not only from the conversation but from the life skills that are learned as well.
- Turn off the television and the radio. Unplug the phone or put on the answering machine. Don't let interruptions disrupt this special time.
- Try changing the location of the family meal once in awhile. How about an afternoon picnic, dinner on the patio or breakfast on the biggest bed? Laughter is the best mealtime music — keep the conversation light and avoid undue criticism.
- Make the menu work for everyone by including family members in meal planning. Ask kids to help choose the meal you will make, and include them in weekly meal and school lunch planning. They'll enjoy the food that much more!

— Courtesy of [Nutrifitonline.com](http://Nutrifitonline.com)



# BE PART OF A TRADITION THIS SUMMER

**YOU CAN HELP**  
*Be Part of a Tradition*  
**WILL ROGERS INSTITUTE**

**JOIN THE STARS WHO HAVE SUPPORTED US!**  
 Timmy Lincecum - Summer 2005 & 2006 • Wayne Brady - Fall 2005  
 The Rock - Summer 2005 • Terri Hatcher & The Muppets - Spring 2006

YOUR CONTRIBUTION FUNDS PULMONARY RESEARCH • FINDS TREATMENTS & CURES FOR LUNG DISEASES & DISORDERS • PROVIDES FREE BOOKLETS ON IMPORTANT HEALTH TOPICS

[www.wrinstitute.org](http://www.wrinstitute.org) TOLL FREE: 877.957.7575

**YOU CAN HELP!** The Will Rogers Institute Summer Fund-Raising Campaign kicked off Memorial Day weekend and runs through Labor Day weekend. Please donate generously at participating movie theatres by purchasing a special combo pack at the concession stand or putting a contribution in the WRI canister at the concession counter.

The Will Rogers Institute PSA campaign spokespersons have included Wayne Brady, The Rock, Tommy Lee Jones, Terri Hatcher and The Muppets. Look for our 2006 summer campaign poster (left) and related campaign materials in theatres everywhere this summer.

## THANK YOU TO ALL OF OUR PARTICIPATING SPONSORS!

DHL  
DELUXE LABORATORIES  
KODAK MOTION PICTURE FILM

NATIONAL ASSOCIATION OF THEATRE OWNERS  
TECHNICOLOR ENTERTAINMENT SERVICES

## OUR STUDIO PARTNERS

BUENA VISTA PICTURES DISTRIBUTION  
DREAMWORKS PICTURES  
METRO-GOLDWYN-MAYER STUDIOS INC.  
NEW LINE DISTRIBUTION  
PARAMOUNT PICTURES

SONY PICTURES RELEASING  
TWENTIETH CENTURY FOX  
UNIVERSAL PICTURES DISTRIBUTION  
WARNER BROS. ENTERTAINMENT

## OUR EXHIBITOR PARTNERS

AMC/LOEWS ENTERTAINMENT  
BRENDEN THEATRES  
CARMIKE CINEMAS  
CENTURY THEATRES  
CLEARVIEW CINEMAS  
COLORADO CINEMAS

MARCUS THEATRES  
NATIONAL AMUSEMENTS  
PACIFIC THEATRES  
REGAL ENTERTAINMENT GROUP  
UNITED DRIVE-IN THEATRES OF AMERICA  
WALLACE THEATRES  
WEHREBERG THEATRES

## FAQ FREQUENTLY ASKED QUESTIONS ABOUT THE WILL ROGERS INSTITUTE

**Q:** What is the Will Rogers Institute?

**A:** The Will Rogers Institute is a national charitable health organization dedicated to supporting lung research and developing new treatments and cures for pulmonary diseases and disorders.

**Q:** What hospitals are involved in the research effort?

**A:** Burke Rehabilitation Hospital; New York Hospital/Cornell Medical Center; University of California, Los Angeles; University of Southern California.

**Q:** Which research programs are sponsored by the Will Rogers Institute?

**A:** Current sponsored programs include gene therapy for cystic fibrosis and other diseases at Cornell, treatment of lung infections with newly discovered natural antibiotics known as "defensins" at UCLA, new strategies for treatment of lung injury and pulmonary edema from air pollution and other lung insults at USC, and pulmonary rehabilitation at Burke. The Institute has also sponsored research fellowships in lung diseases at many major universities throughout North America, helping to train future leaders in lung research to serve our children and future generations.

**Q:** Where is the Will Rogers Institute sponsoring research fellowships for 2005/2006?

**A:** ALS Association; American Association of Health Educators; Children's Mercy Hospital; Emory University; Holy Cross Hospital; Los Angeles Youth Network; New York University; Northwestern University; Patricia Neal Rehabilitation Center; Rancho Los Amigos National Rehabilitation Center; St. Francis Medical Center; St. Mary's Health Center; University of California, Los Angeles; University of California, San Francisco; University of Colorado; University of Massachusetts; University of Minnesota; University of Pennsylvania; University of Southern California; University of Texas; University of Wisconsin.

**Q:** How do you raise funds for the Institute?

**A:** Each summer, in movie theatres across the country, the Will Rogers Institute embarks upon a special fund-raising event — the Summer Theatrical Fund-Raising Campaign. The effort is a time-honored tradition that began in 1936 and starred James Cagney, Humphrey Bogart and Bette Davis. Throughout the decades a variety of celebrities, including Cary Grant, Henry Fonda, Clint Eastwood, John Wayne, Barbra Streisand, Frank Sinatra, Mel Gibson, Anthony Hopkins, Tommy Lee Jones and The Rock, have hosted theatrical PSAs.

**Q:** Where is the money allocated?

**A:** The money collected funds pulmonary research laboratories, medical school fellowships, neonatal ventilators and free educational materials.

**Q:** What information is available to the public?

**A:** The Institute provides free educational booklets on asthma, tuberculosis, lung cancer, quitting smoking, chronic bronchitis, emphysema, stroke, nutrition, fitness and stress. To request booklets, please call our toll-free number 877.957.7575 or visit our Web site at [www.wrinstitute.org](http://www.wrinstitute.org) (25 booklet maximum).

**Q:** Do you still have programs available for members of the entertainment industry?

**A:** Yes, the Motion Picture Pioneers Assistance Fund provides aid to professionals within the theatrical community (exhibition, distribution and production).

**Q:** Does the Will Rogers Institute provide financial support to any political or environmental advocacy groups?

**A:** No, all funding is targeted toward medical research, educational materials and quality-of-life resources for individuals.

# Free Educational Booklets



## YOU, YOUR CHILD AND EXERCISE

Here's a parent education resource that can get the whole family into the act! Reminding parents that their good example is their children's best teacher, this booklet suggests ways to ensure that kids exercise regularly and eat right from babyhood on. It also advises parents on how to encourage their kids to maintain a healthy weight, and lists exercises appropriate to a child's age.

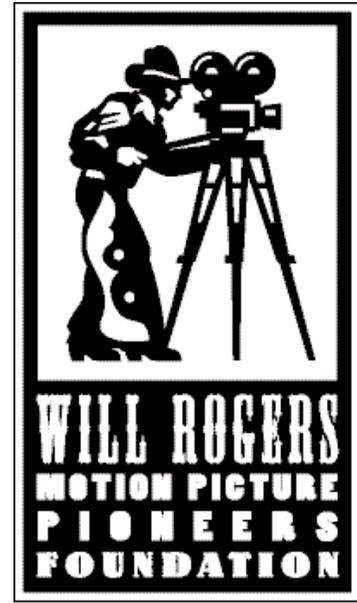
### OTHER AVAILABLE HEALTH BOOKLETS

- ABOUT ASTHMA IN CHILDREN
- LIVING WITH ASTHMA
- LUNGS AND LUNG DISEASES
- EXERCISE AND ASTHMA
- EMPHYSEMA
- TUBERCULOSIS
- BREAKING FREE FROM SMOKING ADDICTION
- QUITTING SMOKING WHILE STILL A TEEN
- SECONDHAND SMOKE
- LUNG CANCER
- STROKE
- STRESS MANAGEMENT
- TEENS AND STRESS
- WALKING FOR FUN & FITNESS
- CONTROLLING HIGH BLOOD PRESSURE
- GOOD NUTRITION
- CHOLESTEROL CONTROL
- SLEEP APNEA

### FOR YOUR FREE BOOKLETS

Call us toll-free at (877) 957-7575 or visit our Web site at [www.wrinstitute.org](http://www.wrinstitute.org).

(There is a 25-booklet maximum per order.)



THE WILL ROGERS INSTITUTE  
IS OWNED AND OPERATED BY  
THE WILL ROGERS MOTION  
PICTURE PIONEERS FOUNDATION.

## It's Your Health!

10045 Riverside Drive Third Floor Toluca Lake, CA 91602



*Education for Today. Research for Tomorrow.*



Nonprofit Org.  
U.S. Postage  
PAID  
No. Hollywood,  
CA Permit No.  
1001