

# A Fresh Viewpoint from a Former Chairman of the Board

by Andrew H. Hines, Jr.

Former Chair, TBRI Board of Trustees



*Andy Hines chaired TBRI's Board from January 1997 to May 2000. We are grateful for Andy's long-term support of TBRI's mission and his poetic insights linking science and the art of living.*

**JUDY MORRIS-HARDY, TBRI BOARD CHAIR**

A satellite view of Raymond James Stadium on game day would show an amorphous mass of dots teeming in various colors and agglomerations. No individual would be recognizable and only high magnification would show that this stadium crowd was made up of individuals. Yet the individual is the building block for the crowd. Both crowd and individual are highly interesting; but the human being of course is vastly more important. So it is with our bodies. We are composed of a vast assortment of individual cells. These are different as are the individuals in the crowd but, of course, they have much similarity.

Just as the individual is more important for the stadium than the crowd, so is the human cell of which our bodies are comprised. Cells come in varying sizes and shapes with varying purposes. Their internal dynamics are dissimilar; but they are literally the stuff of which our life is made.

Tampa Bay Research Institute concerns itself with the individual cell and what goes on within it and in conjunction with its neighbors. This is a study which is certainly as interesting as that of an individual and laden with amplifications and potentialities for large improvements in human lives.

It is the cell which is attacked by virus and disease. It is the cell which mutates into cancer. It is in the cell where the continuing warfare between the body's attackers and defenders is occurring. It is within the cell that the strong line of defenses of the immune system functions.

From the times of antiquity, mankind has battled illnesses, injuries, and disease. Much attempted, in those earlier centuries so long ago, was without any basis other than superstition. However much was learned through trial and error, trial and error, and painful trial and error. Trepanning the human skull in search of brain tumors was done in the days of pharaohs. Various patterns of food consumption were found to have varying effects on the body. Thus it was learned in Japan centuries ago that a tea made from pine cones had favorable effects on human health. There were similar findings in ancient Greece. The healthy effect of tomatoes was also observed at an early date.

The Tampa Bay Research Institute was founded to explore the effects of viruses and remedies for them. This work grew into its present concentration on building the immune system and thereby reaping a rich harvest in improved health. The anecdotal stories are plentiful, and well documented searches for the way in which the properties of the pine cone help in healing are more abstruse and cover a wide range of exploration.

The human body could not exist without its immune system. Anything that we can do to strengthen and broaden its response pays large dividends. Seeking these dividends is the goal of Tampa Bay Research Institute. To achieve them takes sound laboratory practice, the use of the latest research technology, and tireless investigation. This is our continuing task.

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## In The Lab

with Dr. Guy Bradley

For the past 15 years investigators at the Tampa Bay Research Institute have been performing research in the field of Complementary and Integrative Medicine. This research is based on ancient folklore from Greek, Roman and Japanese cultures ascribing medicinal activity to extracts prepared from pine cones. While these cultures knew that the pine cone extracts possessed healing properties, they had no idea how it worked. In fact, only now after almost 2000 years, the mystery of how the pine cone extract works is beginning to be revealed.

Two research articles recently published by TBRI's scientists begin to uncover the clues as to how the extract may work. The first article (An, et al., 2010), published in the journal Anticancer Research, is the result of collaboration between TBRI and Dr.

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# Chairman's Message

*Judy Morris-Hardy*

*A big "Thank You" goes out to our invaluable volunteers...*

- **Linda Bailey** of Bailey Consulting for her expertise and assistance with Human Resources issues
- **Don Boniface** and **Hollis Randolph** and friends for their selfless efforts on various maintenance projects
- We tip our TBRI cap to **Dick Crippen**, Senior Advisor to the Tampa Bay Rays, who has volunteered to help us craft our message to better inform our community about all the incredible research going on here at TBRI. Like TBRI, Dick is a wonderful asset to the Tampa Bay Area, and we are grateful to have his expertise to help the Institute.
- **Jan Rysdon** for her valuable assistance with the Akiko's Kids program; Jan is the former chair of the TBRI Health Education Committee and currently the owner of Happy Heart Hypnosis, LLC
- **Annette Kendall** for her expertise in setting up TBRI's Facebook page
- **Eileen Malo** for her ongoing assistance with important clerical and computer tasks

research going on here at TBRI. Like TBRI, Dick is a wonderful asset to the Tampa Bay Area, and we are grateful to have his expertise to help the Institute.

## In The Lab

Continued from page 1

Kazuyasu Nakaya's laboratory in Niigata University of Pharmacy and Applied Life Sciences in Japan. The results published in this article are an extension of our first publication (Bradley, et al., 2003) that described the ability of the pine cone extract to enhance the development of human dendritic cells—cells which are critical for the initiation of immune responses against invading pathogens, cancer cells, and vaccines. In this paper we describe the discovery of two distinct activities within the pine cone extract. The first activity, found to be restricted to a fraction containing rather large molecules, is associated with an ability to induce the generation and maturation of dendritic cells derived from murine bone marrow. The second activity discovered was found to be contained within a fraction consisting of much smaller molecules. The activity in this fraction is associated with the ability to induce programmed cell death (apoptosis) in several human cancer cell lines. This means that the pine cone extract could potentially induce cell death in tumor cells or infected cells and then activate dendritic cells that could initiate an immune response against the tumor or infection.



**W. Guy Bradley, Ph. D.**  
TBRI Associate Member

The second publication (Burrows, et al., 2009) was a collaborative effort between the scientists at TBRI and those in Dr. Esteban Celis' laboratory at the H. Lee Moffitt Cancer Center and Research Institute. This publication describes two major discoveries regarding the oral administration of the pine cone extract. First, we demonstrated that the extract can significantly enhance the vaccine-induced production of cytotoxic T cells, cells capable of killing cancer cells and virally infected cells. Second, we discovered that the continuous (daily) administration of the extract can significantly suppress the generation of allergy-associated antibodies (IgE). Both of these findings may help explain why we have received so many reports from persons using the commercial form of the extract (ImmunExtra®) that they have experienced positive results in their fight against a variety of cancers, chronic viral infections, and in their attempts to control their allergies. Links to the full text of these articles can be found at [www.TBRI.org](http://www.TBRI.org).

**Publications cited:**

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*Joshua T. Keleske, P.A. serves families in the Tampa Bay area with their estate planning, estate and trust administration, and business planning needs. If you have questions regarding how we can be of assistance to you and your family, please contact us at anytime at 813-254-0044. We are happy to answer your questions and arrange for an appointment to speak with you. Please visit [www.trustedcounselors.com](http://www.trustedcounselors.com) to learn more about Joshua T. Keleske, P.A.*

## Charitable Trust Planning *Joshua T. Keleske, P.A.*

Have you been thinking about ways to benefit your favorite charities, such as TBRI? Although the economy is improving, you may be hesitant to make a large gift to TBRI, perhaps fearing that you might need all of your assets so that you can continue to enjoy the lifestyle to which you have grown accustomed. What if you donated certain investments to TBRI and your other assets declined in value? You would no longer have the donated investment, or the income therefrom, on which to support yourself. Naturally, if you are still working, this might not be an issue; however, in retirement, this could significantly impact your standard of living.

These concerns can be lessened if a Charitable Remainder Trust ("CRT") is used as the vehicle in which to make gifts to TBRI. Generally, a CRT provides for a fixed or variable annuity to be paid to you for a term of years or until death. At the end of that term, the remaining assets of the CRT, if any, are paid to TBRI.

There are two basic types of CRTs, a charitable remainder annuity trust ("CRAT") and a charitable remainder unitrust ("CRUT"), although numerous variations of these two basic types are available. Under the CRAT arrangement, you (or another non-charitable beneficiary) would receive a percentage of the assets based on the initial value of the trust assets. Under the CRUT arrangement, you (or another non-charitable beneficiary) would receive a percentage of the assets, which are valued each year. The principal difference between these two trusts is that a unitrust pays a varying annuity,

depending on the value of the assets on the valuation date.

The benefits of this type of planning are threefold. First, you would receive an immediate income tax deduction for the present value of the remainder interest that will pass to TBRI at the end of the term. This deduction would be available to offset your income in the year that the gift is transferred to the CRT, or subsequent years, if you were not able to use the entire amount in that year.

Second, the trustees of the CRT would be able to sell any capital assets without the imposition of capital gains tax. Depending on your cost basis of the assets transferred, this aspect of the CRT could be very advantageous.

Third, if you retain the annuity/unitrust interest during the CRT term, there is no transfer tax upon the formation of the CRT. If the annuity/unitrust interest is paid to other beneficiaries, the amount of transfer tax would be determined based on the difference between the fair market value of the property transferred and the present value of the remainder charitable interest. This type of valuation can result in a significant wealth transfer at a reduced gift or estate tax.

To illustrate this planning option, let's assume that Jane Jones is 65 years old and owns \$1,000,000 in a publicly traded stock purchased years ago for \$100,000. Let's also assume that this stock does not pay a dividend. Therefore, if Jane retains this stock, she will receive no cash flow from it, unless she sells it. In that event, this would result in capital gains tax liability to Jane when a sale is made.

Alternatively, Jane could transfer this stock to a CRAT, retaining a 5% annuity (\$50,000 per year) for the remainder of her lifetime. This would result in an income tax deduction of \$380,000 in the year in which Jane transfers the stock in the CRAT. If she cannot use all of this deduction in the first year, she can carry it forward into the future. Plus, when the stock is sold to generate her annual annuity payments, there will be no capital gains tax!

If you think that a CRT might be right for you, please be sure to consult your tax advisors to learn more about this form of giving.

## Life Line Sense *by Carleton L. Weidemeyer, Esq.*

Nearly one-half of adults in the U.S. now suffer from at least one chronic disease, according to recent scientific studies. Chronic diseases are the leading cause of disability and death in this country. More than one-half of the deaths can be attributed to cancer, heart disease or diabetes.

Many of these health problems can be avoided or alleviated by adopting reasonable goals. A large percentage of people ignore early symptoms and adopt or continue on a lifestyle that leads to a loss of good health and potential financial ruin. Treatment of a chronic disease may be not only expensive, but also may be uncomfortable or even unsuccessful.

At TBRI, we are committed to seeking prevention strategies and cures for cancer, allergies and chronic infectious diseases. It is believed that many illnesses may be avoided by taking sensible preventative measures. Modern science has conquered or reduced the exposure to contagious diseases such as polio, smallpox, measles, diphtheria and scarlet fever; with advanced research, other diseases may also become relegated to the history books.

A survey by the National Council on Aging found that a

large percentage of citizens over the age of 45 suffer from chronic pain, stress and depression, which may lead to more serious health problems if not given adequate medical attention. The survey suggests that current medical practice fails to address the underlying issues of anger, pain, fatigue and lack of rest.

As we age, strengthening the immune system should be our primary goal. Essential to good health is maintaining a healthy diet, getting adequate rest, and avoiding the use of tobacco and controlled substances.

Setting reasonable goals is the first step on the path to health. At TBRI, we have concluded that enhancing the immune system, along with sensible dietary habits, exercise and rest, are essential building blocks.

Our ambitious goals are not unreasonable. The results of continued and expanded biomedical research will be a positive force, benefiting everyone.

***Will you help us achieve these goals? Please respond with your most generous gift today!***

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# Save the Dates!

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## ***April 30 (Friday): Mini-symposium for professionals***

This event is designed to introduce the topic of Integrative/Complementary Medicine to area health care professionals such as physicians, osteopaths, chiropractors, acupuncturists, nutritionists and pharmacists. It is scheduled for 8:00 a.m. to 12 Noon at St. Petersburg College's EpiCenter. The mini-symposium is entitled "Complimentary Collaborative Medicine Symposium: Building a Complimentary Collaborative Medicine Community in Tampa Bay to Build An Integrative Approach to Healthcare." TBRI is a partner in organizing this event, which seeks to promote the melding of the best of Eastern and Western medicine.

## ***May 19 (Wednesday): CELL-ebriation***

Invite your friends and family to a one-hour presentation at TBRI to learn of the latest results of our research programs. (This event is offered quarterly throughout the year.) Light refreshments will be served at 3:45 p.m., followed by the presentation at 4:00 p.m.

## ***September 14 (Tuesday): Annual Community Reception***

We are pleased to inform you that Dr. Ronald Glaser will be the keynote speaker at TBRI's 2010 Annual Community Reception. It is scheduled to begin at 6:00 pm at the Carillon Hilton in St. Petersburg, Florida.

Dr. Glaser is the Professor of Molecular Virology, Immunology, and Medical Genetics at The Ohio State University College of Medicine and is also the Director of The Ohio State University's Behavioral Medicine Research Institute. The title of Dr. Glaser's presentation is "The Impact of Stress on the Immune System and Health."



### ***Additional background information on Ronald Glaser, Ph.D.***

Dr. Glaser has published some 319 articles and book chapters in the areas of viral oncology and stress and immune function. He is presently serving on the editorial boards of four professional journals including Brain, Behavior and Immunity, International Journal of Behavioral Medicine, Journal of Applied Biobehavioral Research and the International Journal of Oncology. His research has been supported by numerous grants, including a MERIT award from the National Institute of Mental Health. He was the Director of a Program Project Grant from the National Institute of Aging on stress, aging and wound healing and the Director of the Center for Stress and Wound Healing, one of five NIH-designated Mind/Body Centers.

Dr. Glaser has been selected by the Institute for Scientific Information as one of the most highly cited authors. He was a member of the AIDS policy subcommittee of the National Advisory Mental Health Council of NIMH. He was also a Member of the Advisory Council of the Charles A. Dana Foundation's Brain/Body Institute.

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## *Our Mission*

The Tampa Bay Research Institute is committed to the study, cure, and prevention of cancer and chronic infectious diseases. An integral part of prevention is community health education.

## *Our Values*

We are dedicated to increasing the longevity and quality of life. We are open and flexible in our approach to research. We are engaged in forming collaborations and partnerships as essential elements of TBRI's character. We are committed to providing community health education and wellness programs.

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