# Innovation November 2015 Cala

# INTRODUCING DIMENSION WORKS LLC

**Jeff and Mindy Beegle Launch 3D Printing Company in Ocala** 



**Best Version Media** 

Cover image by Tammy Portrait Artist



# Saturday • November 14th • 2015

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As November arrives, and the cooler weather with it, we are reminded that Thanksgiving will soon be upon us, followed by a rush of all kinds of additional holiday festivities to enjoy with family and friends. This month is a great time for us all to reflect upon all the things for which we are grateful. Here at *Innovation Ocala*, we are specifically thankful to live and work in a community that welcomes and embraces new startups and entrepreneurs.

Take Jeff and Mindy Beegle, for example, whom we're featuring on our cover with their new business, Dimension Works. It's innovative and hardworking business people like these who create new jobs here in Ocala and Marion County. May we just take a moment to say thank you to all you local leaders, business owners and great thinkers in our area. Because of you and your dedication to our community, Ocala is what it is today – and growing!

Before Thanksgiving officially arrives later this month, however, we also have another holiday coming up, on November 11th, that we simply must mention... Veterans Day.

Please join us as we pause to honor and celebrate all our veterans, for we know that they and their families have sacrificed their time together, even during the holidays when called upon to do so, for a greater cause — to ensure that we all can continue to enjoy our freedoms here in the United States of America. We would like to extend our most heartfelt thanks to all you veterans out there, no matter the branch

of armed forces in which you have served.

Have a wonderful month, and to all – Happy Thanksgiving!



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Together, Jeff and Mindy Beegle have always had a desire to start their own business. In July of this year, this husband and wife team "took the leap" and founded Dimension Works LLC, a 3D printing sales and services company, which is now open for business at the Power Plant Business Incubator in downtown Ocala.

With a background in computer-aided design and manufacturing, Jeff brings his vast knowledge and experience with product design and research & development into the business while Mindy brings her experience with sales, marketing and product development goods.

The idea behind Dimension Works, they explained, is having the 3D printing equipment on-site to offer clients the service of printing professional-grade parts and/or prototypes from provided design files. But what really sets this innovative company apart is that they offer practical design expertise on provided designs, and they offer complete design services as well. The company also is an authorized dealer of Envision-TEC 3D printers and they provide service on the equipment.

### SO WHAT EXACTLY DOES THIS MEAN ON THE CLIENT END?

Well, first of all, if you're not familiar with the technology of 3D printing, it is defined as: a manufacturing process that builds layers to create a three-dimensional solid object from a digital model. In other words, a 3D printer receives digital data from a computer as input, and unlike a traditional printer

that prints the output on paper, it builds a three-dimensional model out of a custom material.

3D printers use a process called additive manufacturing to form (or "print") physical objects layer by layer until the model is complete. This stereolithography (SLA) is different than subtractive manufacturing, explained Mindy, in which a ma-

chine reshapes or removes material from an existing mold. Since 3D printers create models from scratch, they are more efficient and produce less waste than subtractive manufacturing methods. Actually, 3D printing has been possible since the 1980s.



noted Jeff, but the technology was used primarily for large scale industrial purposes and only in recent years has become a practical reality on a smaller scale.

Dimension Works makes it possible to have one part or

prototype designed and manufactured in a matter of days, not weeks or months, at a cost that even a small business can afford. Just a few practical applications, said Mindy, would include creating prototype medical devices or aerospace parts, testing consumer packaged goods designs or even building replacement parts for machinery. This means that entrepreneurs and manufacturers can bring new products to market, or have hard-to-find equipment parts replaced faster than ever.

On-site, Dimension Works has a large scale 3D printer as well as a desktop version for smaller items, both of which use a vat of photopolymer resin which is cured by ultra-violet light in layers. "It's professional grade equipment that provides for a smoother finish, higher accuracy and better structural integrity," said Mindy.

Jeff said they use SolidWorks to generate 3D files, or clients can provide their own designs, but because he understands the computer-aided design software, Dimension Works "goes beyond just printing 3D parts for clients." He noted that it's easy to have a part simply oriented the wrong way, so he embraces every opportunity to consult with clients on their designs as needed. In fact, that's perhaps his favorite part of the business.

"What makes this business exciting," he said, "is that we're always creating different parts and sometimes, all we have is an idea to work with, so then you have to come up with an intricate design that works, which can be a challenge. But it's that challenge that I love, and it's always different because once we finish with one project, it's on to something else."

For now, the Beegles are focused on bringing the innovative technology of 3D printing service and sales to Ocala and Marion County, but their ultimate vision is to expand their reach to clients throughout the Southeast.

Jeff grew up here in Ocala and Mindy is from Eustis but after she graduated from Florida State University, the Ocala/Marion County area is where the couple decided to call home. They are now "personally and professionally invested" in the area. Jeff and Mindy have two children, ages 5 and 2, and they are active members of First Assembly of God Church. Mindy serves on the board for the Marion County Public Education Foundation, and the family is involved with a couple of area bicycling groups.

To date, Dimension Works has clients in Marion, Alachua and Volusia counties for design and printing work, and Jeff and Mindy are working with customers from Tallahassee to Miami on machine purchases.

"We've actually had more interest in our company than we've anticipated, which of course, is really exciting," said Jeff.

Mindy agreed, noting that she walked away from a 14-year career with Signature Brands to fully invest in Dimension Works. "I'm super-excited with what we've achieved already because I knew I believed in our business plan, but now we're really starting to see other people believe in it, too."

They both credit starting out at the Power Plant Business Incubator as being an invaluable asset for the successful start-up of their business. The Power Plant Business Incubator is a job creation initiative of the City of Ocala, Marion County, and the Ocala/Marion Chamber and Economic Partnership (CEP), which provides resources for early-stage innovative companies as well as office space in its historic two-story building in downtown Ocala. Currently, Dimension Works is







one of 13 resident companies of the Power Plant Incubator.

"Not only is this a great location in downtown Ocala," said Mindy, "but the networking and mentoring opportunities available to us here have been amazing." Getting connected with the Small Business Development Council has been a "big help," she added.

"We actually formed our LLC in January, and we knew our product and we had our business plan, but we found that there was a lot that we didn't know about running a business," she said.

"Being here in the Power Plant has not only provided us with great resources for running our business," said Jeff, "but also, the camaraderie of other entrepreneurs who are at the same stage in business as we are, has been a huge help. There's just a lot of support here, so you're not alone."

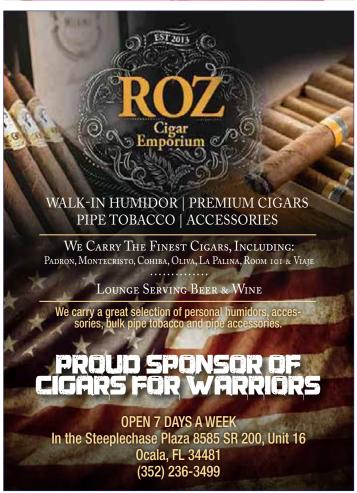
Kevin Sheilley, President and CEO of the CEP, said that Dimension Works is "a great addition to the diverse portfolio of startup companies located at the Power Plant Business Incubator. The 3D printing industry has a wide array of applications, and we look forward to seeing all that Jeff and Mindy will do to help other businesses speed up their innovation process. We are excited to welcome this new company and industry to Ocala/Marion County as our community continues to grow and prosper."

For more information about Dimension Works, call (352) 612-0080 or visit www.dimension.works

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Submitted by Rob Ziebart, Branch Manager, CMPS · Landmark Mortgage Planners

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Mr. Jackson is a retiree who lives in his dream home in The Villages, Florida and still owes \$163,000 on the mortgage he took out 5 years ago. He was being forced to consider downsizing because his \$1,192 mortgage payment was becoming increasingly more difficult to pay every single month and he was finding that he had to resort to using his retirement funds to make ends meet.

After coming across a free guide about "The 5 Most Common Myths about Reverse Mortgages" written by Rob Ziebart, a 16 year local mortgage planning specialist, Mr. Jackson decided to set an appointment with Rob and see what options he had.

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To get your copy of Rob's free guide titled "The 5 Most Common Myths About Reverse Mortgages" with all the details, just call 1 (866) 300-9569 for a 24 hour Free Recorded Message.



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# Giving Thanks for Champions, Beacons of Light and Heroes





By: Laura Byrnes, APR, CPRC

It is November and the time of year we traditionally turn toward thoughts of thanksgiving. Oh sure, we look forward to the turkey-and-gravy-and-cranberry-and-football-and-pie "Thanksgiving," but I'm referring to giving thanks for family, friends and colleagues.

I'd like to thank two in particular, Herman Raxon and Carol Donaldson, both colleagues at CareerSource Citrus Levy Marion.

Though we aren't related, I feel we are part of the same family of workforce professionals striving to help others every day. Friends? I'd like to think so; at least, I count them as such, because these are the kind of folks you want on your team.

But don't just take my word for it. Recently, they were honored at the sixth annual Florida Workforce Professional Development Summit for providing standout service to customers and coworkers. The summit offers education and training highlighting best practices and information for the direct service and leadership staff of Florida's workforce system.

Nearly 900 representatives of the 24-area CareerSource Florida network were on hand, as were Gov. Rick Scott, who offered opening remarks; CareerSource Florida CEO and President Chris Hart IV; Jesse Panuccio, executive director of the Florida Department of Economic Opportunity; and Bruce Ferguson, chairman of the Florida Workforce Development Administration.

Herman, who won the Florida Lighthouse Award, is our facilities coordinator, and Carol, job readiness coach, was recognized as one of the state's 24 Workforce Professional Champions.

Kathleen Woodring, our chief operating officer, explained why we are thankful for these two:

"We are so proud of Herman and Carol and so appreciative of their hard work, dedication and compassion. Both exemplify the true spirit and passion of what we try to do in the workforce system day in and day out."

Here's why you can be thankful, too.

We've often discussed the importance of hiring the right workforce. When it comes to success, we know that human resources are among business' most critical operational assets. This certainly applies to those who work directly with the public as well as those whose primary customers are co-workers, providing the behind-the-scenes support needed so that frontline staff can do their jobs effectively.

# 'Worth his weight in gold'

The Lighthouse Award is presented annually by the Florida Workforce Chairs Alliance (FWCA). It is designed to recognize unsung heroes who typically don't work in the public eye but

who, Woodring said, "serve as beacons for their co-workers as someone anyone and everyone relies on."

Herman joined CareerSource CLM in the summer of 2011 and, according to Woodring, "quickly became our indispensable go-to guy." And that's saying something, given that he is solely responsible for all facility support throughout a large, three-county region.

His knowledge and abilities include construction and electrical skills which Woodring said has been "worth his weight in gold" in terms of savings.

"He is able to fix just about anything. If he can't fix something, he provides the expertise to conduct cost comparisons and negotiate price."

Additionally, he oversees all contracted labor at our three career centers, served as facilities lead on our Brand Transition Team, and implemented a Work Order system introducing time and cost-saving efficiencies.

In nominating him for the statewide honor, Woodring wrote: "Herman loves his job, you can tell. He is always happy and eager to please his co-workers. While Herman excels at his job, it's what he contributes to the organization outside his job description that makes him the ideal Lighthouse recipient. Quite simply, Herman will jump in and assist wherever and whenever needed."

### 'Customer service superstar'

The Workforce Professional Champions Award honors frontline staff who, Woodring said, "serve as role models and inspiration to their peers by sharing their expertise and routinely going above and beyond the demands of their jobs."

Carol joined our staff in 2011 as a customer service specialist and quickly advanced to her current role as job readiness coach in the Reemployment and Eligibility Assessment (REA) program.

Steven Litzinger, our director of continuous improvement, said that Carol is recognized by customers and colleagues alike as a "customer service superstar, a welcoming and empathetic force, and a true advocate for our workforce system."

Litzinger said that when job seekers first seek reemployment services, they are often frustrated and seem beaten by tough circumstances, but after working with Carol they "leave full of information and emboldened for a successful job search mission."

"Carol uses her positive encouragement and upbeat personality combined with her mastery of our services to convert frowns to smiles and hopelessness to optimism," he said. "She has an undying need to assist customers with compassion; she has the attitude that everyone deserves respect."

That attitude consistently earns winning praise from customers

who describe Carol as "wonderful," "understanding," "helpful," "thorough," "friendly" and "professional."

Doesn't that sound like the kind of staff you want working with you and for you? I started off by saying I am thankful for colleagues like these and you can be as well, because you know you are working with the best in the business. You can be even more thankful that Herman and Carol are representative of the caliber of staff that has helped earn Florida the reputation as a global workforce leader.

# Honoring our heroes

It is fitting that we commemorate Veterans Day during this month for giving thanks. In fact, the second paragraph of the concurrent resolution passed by Congress officially recognizing the end of World War I says exactly that: "it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations."

In addition to rightfully showing respect to the men and women who have served, or currently serve, in the United States military, I can think of few better ways to honor our veterans than helping ensure that they are not swept under the rug of economic hardship.

That's why CareerSource Citrus Levy Marion is proud to announce "Paychecks for Patriots," a special hiring fair held the week of November 9-13 in conjunction with other workforce development regions and in coordination with the Florida Department of Economic Opportunity, the Florida National Guard, the Florida Department of Veteran Affairs.

Paychecks for Patriots is designed to address the employment needs of veterans by matching members of Florida's military and veteran community with employers who value the knowledge, skills and attributes attained during military service.

Our Paychecks for Patriots event is being held in partnership with the Marion County Public Library system and takes place from 10 a.m. to 1 p.m. at the library headquarters, 2720 E. Silver Springs Blvd., in Ocala. There is no charge to participate either as job-seeking veteran or employer.

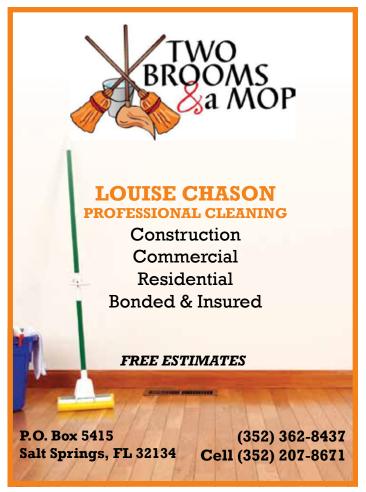
Just to be clear in terms of who is eligible to attend, the US Department of Labor defines "veterans" as men and women who have served in the US military but who are not currently serving as well as those who are on active duty in the Army, Navy, Air Force, Marines or Coast Guard or who served in the US Merchant Marines in World War II.

If you know someone who is a veteran in need of employment, please help honor their service by letting them know about the Paychecks for Patriots job fair. If you need more information, or have an open position you'd like to fill by hiring a vet, please call us at 352-840-5700, ext. 2260.

Laura Byrnes, APR, CPRC, communications manager at CareerSource Citrus Levy Marion, is accredited in public relations, a certified public relations counselor and a Florida Certified Workforce Professional. Please contact her at (352) 291-9559, (800) 434-5627, ext. 1234 or lbyrnes@careersourceclm.com.



Pictured L-R: CareerSource Citrus Levy Marion CEO Rusty Skinner; Herman Raxon, facilities coordinator and Florida Lighthouse Award recipient; Kathleen Woodring, chief operating officer; Carol Donaldson, career coach and Workforce Professional Champion; and Kevin Cunningham, owner RE/MAX Realty and CareerSource CLM board chairman. Photo taken at the CareerSource CLM quarterly board of directors meeting held on Sept. 30, 2015.



# **Injured Workers: They Deserve Better**

By Daniel L. Hightower, Lawyer



In addition to car accident victims, I represent a number of the injured working men and women of Florida. They were hurt while they were working! They weren't panhandling at the bus station. They weren't on unemployment compensation or welfare. They were working, supporting themselves and their family, paying taxes and doing all or most of the things that we admire in America. When they were working, they were respected by their families, friends

and co-workers and they had high self-esteem. Injured workers have the same hopes and dreams that most of us have... providing the basic necessities for their family, educating their children and having a decent quality of life. It's America's promise and it's available to all who work for it.

When you think about it, there are some similarities between people injured at work and people injured in the military service. They were exposed to risks at work and they were injured in the line of duty to their families and their country. And consequently, they deserve good and timely medical treatment and disability benefits to live on while they are out of work, getting better and getting back to work, if possible. And 95% of the injured workers who come to me say: "I didn't want to get hurt, but once I did, I just wanted to get well and get back to work, but..."

Yes, there are a small percentage of workers claiming phony or questionable injuries to take advantage of the system, but we do a grave injustice to the other 95% of genuinely injured workers by painting them with the broad brush of "lazy freeloader" and other such terms that don't apply to them. There are also a small percentage of American men and women in the military service who get Dishonorable Discharges for irresponsible conduct, but we don't stereotype the other 95% of American soldiers with "lazy freeloader" or other derogatory labels. In fact, we hold them in high regard... and we should.

So in the future, when you hear someone snidely remark, "Yeah, he's on Worker's Compensation...," don't jump to any easy, thoughtless conclusions. So was the power company lineman that I represented who lost both his arms in an electrocution accident at work. The good, honest, injured working men and women of Florida deserve better.

Daniel L. Hightower is a lawyer in Ocala, Florida. In 2010, he was awarded the Preeminent Lawyer AV rating by Martindale-Hubbell Law Directory, the nation's oldest lawyer peer review publication. Mr. Hightower was awarded The Florida Bar President's Pro Bono Service Award in 2011 and was inducted into the Charter Class of the Florida Workers' Compensation Institute Hall of Fame in 2012. He also actively sponsors many youth and charitable events and organizations in Marion County, Florida. Mr. Hightower has been representing and helping victims of car accidents, work accidents and other personal injury and wrongful death cases in Florida since 1976.

For more information, please go to www.danhightower.com.





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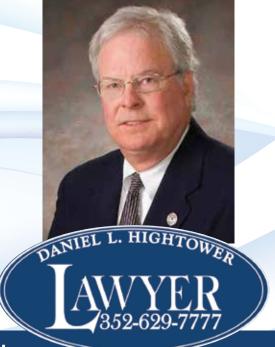




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# GOLF PRO TIP

# Hinge

By Chuck Kandt, Class A PGA Golf Professional

Your lesson tip for the month is hinge. There are two natural hinge mechanisms in the golf swing, the wrists and the shoulders. Both have a part in providing the platform for increased distance. After taking your grip, hold the club straight out in front of you. See if you can move the shaft of the club to a straight up and down position, creating a 90 degree angle between the shaft and your arms. Then attempt to rotate your shoulders 90 degrees from an address position to the top of your backswing. HINT, the 90 degree angles are the themes here. Incorporate both of those angles into your backswing for added power potential. If you can duplicate those positions on the "follow through" side of the swing, you have the foundation for a sound golf swing. The best way to ensure limited deviations from a simplistic swing technique is to visit your local LPGA or PGA Professional on a regular basis.

Keep it in the short grass...

Chuck Kandt is the Golf Pro at the Country Club of Ocala. He can be reached at (352) 237-6644, ext. 1.









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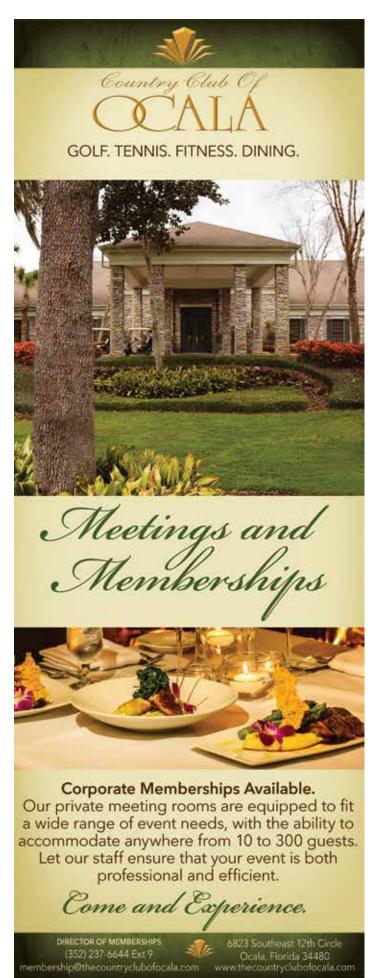
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# The Debate - Digital vs. VoIP

Why Digital Prevails

By Dan McCall, Owner/President McCall Technology Group

Communications are a fundamental element of conducting business, and a company's phone system is the first point of contact with its clients. It's no wonder why deciding between digital or VoIP (Voice over Internet Protocol) can be such a daunting task. There are several factors to consider when making that decision – budget, ease of use or employment with other devices and systems in place, your current network infrastructure, and reliability to name a few.

There is no doubt about it, digital systems are less expensive and easier to install, especially if you already have a digital system in place. Converting to a VoIP system normally requires network evaluations and expensive upgrades in local area network (LAN) wiring. When replacing an older digital system with a newer one, the

equipment is exchanged and ready for business. Plus, applications are now available for digital

systems that allow the same mobility as with VoIP solutions.

When it comes to reliability, again, digital phones have the advantage. IP phones are complicated and have a lot more room for error because they rely on the quality of your internet connection. Issues such as IP address conflicts, packet loss, broadcast storms and more, can leave you without connectivity – and without vital communications. Additionally, when issues with IP phones do arise, there is often slower problem resolution due to multiple vendors being involved.





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McCall Technology Group is a local area certified Toshiba dealer. Toshiba is rated as one of the top two manufacturers and technology innovators of communication systems in the nation. In addition, McCall Technology Group holds a State Low Voltage License and can provide all types of structured low voltage cabling services. Partnered with over 35 major local dial tone and internet providers - Whatever your business needs are in the communication industry, McCall Technology Group can make it a reality. For more information on services provided, visit www.mtgflorida.com or call (352)369-1600.







# INTRODUCING ALLURING EXPOSURES BY TAMMY PORTRAIT ARTIST

By Tammy Griffin-Vincent, Certified Master Craftsman

Tammy Griffin-Vincent is an award winning Certified Master Photographer and the owner of Tammy Portrait Artist. But to her, photography is more than just a job, it's art – a fact evidenced with every single image she creates. Here at Innovation Ocala magazine, we couldn't be more honored to have Tammy's photographic art gracing the cover of each issue. Here, Tammy tells the story behind her Glamour photography...

Over the course of nearly 25 years, I have photographed people in all walks of life. From maternity sessions to portraiture of newborns and children, to family portraits and photography for executives and all their business and light commercial needs, I've covered them all. One thing that I have learned for sure is that most people feel uncomfortable in front of a camera.

Children are natural and unaware to be that way, but as we get older and start being critical of ourselves, panic sets in when that big lens gets in front of our faces! Then we teach our kids to say 'cheese' and get that fake toothy look that plagues us through adulthood.

As we get older, it gets worse. Our fears can take hold and demolish our self esteem. I was a very shy child growing up and I, too, had that low self esteem that kept me behind the scenes when I wanted to be able to sing and dance on stage, act and be noticed like my gregarious friends. But alas, I instead took a career behind a camera where I could hide and only dream of being confident. I've learned that I'm not the only one.

So many of us don't realize how beautiful or handsome we truly are. Through the years, I've made it my passion to help children, especially pre-teens through high school, to really feel good inside their skin. As my client base has grown up, I've noticed that that during my family sessions, women in particular really have a tough time getting comfortable in front of the camera. I immediately saw myself. So then, I decided to do what most photographers, let alone most people, won't do: I created a project where I had my subjects photograph me. You might remember, my 'Stepping Out of The Way' project from last year. This was epic. I said to myself that I would just let go, be myself and 'let it all hang out.' It was a fun project all around.

Then, I started to photograph more women and something wonderful happened. Women were relaxing and letting their inner beauty shine. Some would cry when they saw themselves for the first time, realizing they were beautiful. Their spouses were speechless. I realized that because of my own inner growth, I held the confidence that helped these women truly let go and be real. I am now seeing this inner





transformation at every session, as high school seniors' whole attitude about themselves has changed. Their parents also have seen the change and so, I bring to their moms an opportunity to do the same. From 15 to 80, it's a new goal of mine 'To bring out the Alluring in women of all ages, so they can see how beautiful they really are and experience themselves through my lens.'

For more information about Tammy Portrait Artist's Alluring Exposures, or for all your professional photography needs, call (352) 622-7255 or visit www.tammyportraitart.com









# **Project Manager Personalities**

FABIAN Services

By: Joyce Fabian, MBA, PMP

A good project manager is a valuable asset to an organization. Project management skills are in high demand and many companies are implementing project management training programs to develop these skills internally. But how do you determine which employees would make good project managers? Looking at their project leadership competencies and associated personality traits is a good place to start.

# **Project Leadership Competencies**

The Project Management Institute (PMI) identifies the following specific project leadership competencies in their Project Manager Competency Framework (PMCD):

- Achievement Orientation
- Concern for Order
- Initiative
- Information Seeking
- Organizational Commitment
- Interpersonal Understanding

- Impact and Influence
- Organizational Awareness
- Teamwork and Cooperation
- Team Leadership
- Analytical Thinking
- Conceptual Thinking
- Flexibility

# **Personality Traits**

The Meyers-Briggs Type Indicator (MBTI) is commonly used in organizations around the world to help people better understand their personality type. There are eight basic preferences that are used by MBTI to describe a personality type, which include:

Extraversion (E) Introversion (I)
Sensing (S) Intuition (N)
Thinking (T) Feeling (F)
Judgement (J) Perception (P)

In a PMI publication *Applying Traits Theory of Leadership to Project Management* by Dean R. Gehring, the PMI project leadership competencies are compared to the MBTI personality types and are reflected in Table 1 on next page. (An X in the matrix indicates when an MBTI has a characteristic which supports a project leadership competency.)

As indicated in the total row of Table 1, certain personality types have more personality preferences that align with the project leadership competencies. The results from Gehring's study, which included a questionnaire of 50 worldwide project managers, indicate there are seven MTBI types that support competency for project leadership, with INTJ, ESTJ, and ENTJ types having the most. (It is compelling to note that each of these three predominant types (INTJ, ESTJ, ENTJ) have the Thinking and Judgement preferences.) The seven MBTI personality types that support project leadership competency are highlighted in grey in **Figure 1. pg 21** 

The MBTI test can assist companies in assessing personality traits and determining who would be successful in a project manager role. However, it is important to note that this is not a science and does not mean we should rule out individuals solely based on these traits, especially when a project demands very specific skillsets.

Identifying employees with project leadership competencies and associated personality traits can be the first step in developing internal project management skills. Proper project management training and graduated experience can create both a valuable asset for the company and a challenging and rewarding career for the employee.

Joyce Fabian, MBA, PMP, is a certified Project Management Professional who has managed numerous projects for Fortune 100 companies in the US, Germany and Mexico, and local companies in Florida. She teaches Project Management at the College of Central Florida and is the President and CEO of Fabian Business Services, a Project Management Training and Consulting company. Contact: joyce.fabian@fabianbus.com (352) 449-8252.



	S T	I S F	N F	I N T	I S T	I S F	N F	N T	E S T	E S F	E N F	E N T	E S T	E S F	E N F	E N T
Competency	j	ű	j	j	P	P	P	P	P	P	P	P	j	J	j	j
Achievement Orientation	x			х	х	х		х	х			х	х			х
Concern for Order	x	х	х	х									X	х		
Initiative				х	х				х	х	х	х	х		х	х
Information Seeking	х		х	х				х				х				х
Interpersonal Understanding		х	х			х	х			х	х			х	х	
Impact and Influence									х	х						
Organizational Awareness				х				х					х		х	х
Teamwork and Cooperation	х	х	х						х	х	х	х	х	х	х	х
Team Leadership													X		х	х
Analytical Thinking	X			х	х	х			х	х		х	х			х
Conceptual Thinking			х	х			х	х			х	х			X	х
Flexibility					х	х	х				х	х				
Organizational Commitment	х	х	х	х									х	х		
Total	6	4	6	8	4	4	3	4	5	5	5	7	8	4	6	8

ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTP
ESTJ	ESFJ	ENFJ	ENTJ

Table 1: Meyers-Briggs type indicator versus project leadership Figure 1: Meyers-Briggs personality types with project leacompetencies

dership traits



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# Are we there yet?

By Dr. Asad Qamar

## The goal for diabetes sufferers,

researchers, and doctors has always been to eradicate diabetes, period. Find the cure and give millions of people a brand new outlook on life. According to the American Diabetes Association, almost 30 million American children and adults have the disease. Another 86 million are pre-diabetics, at risk for developing Type 2 diabetes.

Any day now would be a great day for ending this disease. Many doctors and researchers are developing breakthroughs that bring that day ever closer. And, since November is American Diabetes Month, we'd like to celebrate the occasion by shining a light on some of their work....

*Cure Diabetes With A Pill?* Professor John March at Cornell heads a research team hot on the trail of a probiotic pill that uses bacteria from the intestines to "re-wire" cells there into becoming glucose controlling cells. A three-month trial with diabetic rats showed that glucose levels reduced significantly for those subjects given the pill. <sup>1</sup>

Maybe an Artificial Pancreas? The pancreas works by sensing glucose levels in the bloodstream and adjusting insulin levels accordingly. Dr. Bruce Bode of Atlanta Diabetes Associates, one of America's top diabetes doctors, is working on what he calls the Artificial Pancreas. Basically a sensor and an insulin pump work together to perform the duties of the pancreas. Says Dr. Bode, "Every minute, it's calculating how much insulin to give. If the glucose is going up, it gives a little more. If the glucose is going down, it gives less...We are hoping to do all of our pivotal trials starting midsummer this year. We'll finish them by the end of the year, and we're hoping to gain some type of FDA approval in 2016." <sup>2</sup>

It Takes Nerves. Scientists at a Toronto hospital have laid the blame for diabetes on the body's own nervous system. Dr. Hans M. Dosch observed similarities between multiple sclerosis—a central nervous system disease—and diabetes in a research paper in 1999. He noticed an inordinate number of pain neurons around the insulin islets in the pancreas. Suspecting a link, he and Dr. Michael Salter, a pain expert at the Hospital for Sick Children, experimented by dulling those nerves in diabetic mice by injecting capsaicin into the area. According to Dr. Salter, "Mice with diabetes suddenly didn't have diabetes any more." The pancreas cells began acting like normal, healthy insulin-producing cells. But Salter cautions, many studies have yet to occur and they are likely years from anything that might help human diabetics. <sup>3</sup>

It All Stems from Stem Cells. Many studies with stem cells are in progress with several aims: to change stem cells into insulin-producing Beta cells...To produce enough Beta cells to offer a viable solution to the many sufferers of diabetes...And to find a way to protect the Beta cells once they are injected into a diabetic's body. (In diabetes, the patient's body attacks its Beta cells so the only way currently to maintain insulin levels is through injections.) One



study has produced Beta cells from the liver—called the Melligen line—that reverse Type I diabetes in mice. The same researchers are looking at a way to protect those beta cells in vivo using Cellin-a-Box® technology from Austrianova to test viability. <sup>4</sup> Another team from Harvard has announced that they have, for the first time, been able to produce human insulin-producing beta cells from embryonic stem cells that are equivalent in most every way to normally functioning beta cells— in the kind of massive quantities needed for cell transplantation and pharmaceutical purposes. <sup>5</sup>

The list of diabetes breakthroughs goes on with continuous glucose monitors that talk to insulin pumps automatically...Insulin that can be inhaled instead of injected...Blood glucose test strips that can be printed on a patient's own home printer....

Is there a cure yet? Unfortunately, no. But that rosy glow on the horizon just may signal the dawn of a new day for diabetics coming soon. Coming very, very soon.

Dr. Asad Qamar is chief cardiologist and founder of the Institute of Cardiovascular Excellence.

- 1. http://news.cornell.edu/stories/2015/01/diabetes-rats-treated-engineered-probiotic
- 2. http://www.wsbtv.com/news/news/local/medical-break-through-could-help-millions-diabetes-/nmDYw/
- $3. \ http://www.healing-diabetes.com/mice-cured-type-1-diabetes-with-capsaicin$
- 4. http://www.prnewswire.com/news-releases/major-diabetes-breakthrough-sets-stage-for-human-clinical-trials-300066286. html
- 5. http://hsci.harvard.edu/news/stem-cells-billions-human-insulin-producing-cells

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# Showing this month at The Brick: "InSights"

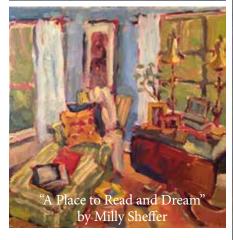
Local Artists Milly Sheffer and Don Borie Display Their Work at MCA Headquarters Sponsored by Angie Lewis, StateFarm Agent and MCA Board Chairman

Each month, Marion Cultural Alliance presents a new art exhibit at its gallery in downtown Ocala, Brick City Center for the Arts. This month, local artists and MCA members Milly Sheffer and Don Borie will display their paintings from November 6 through 30, in an exhibition they've titled "InSights."

An opening reception will kick-off the art show at "The Brick," which is located at 23 SW Broadway Street, on Nov. 6, from 6 to 9 p.m. The public is invited to attend and meet the artists at the opening reception, as well as all month long, to view and/or purchase paintings.

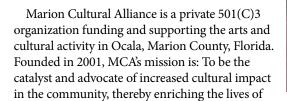
Gallery Director Paulette Millhorn said that both Sheffer and Borie are "very fine artists." She noted that on the second Wednesday of each month, MCA hosts "Bag it at The Brick" at noon. Everyone is invited to bring their lunch (bagged or from an area restaurant) and enjoy a special presentation by various featured cultural arts speakers for roughly an hour. Usually, she said, it's someone from the symphony orchestra, a ballet company, a story-teller or a featured artist making a presentation. November's featured speakers (on Nov. 11) will be Sheffer and Borie, who will offer a time for Q & A, and in December, the Marion Ballet Theatre is slated to perform an excerpt from The Nutcracker.











people through service to member organizations and the general public. MCA supports activities relating to the arts, fine arts, historical and scientific museums, and specific education through grants, advocacy, fundraising and partnerships. For more information, visit www.mcaocala.com or call (352) 369-1500.



# WHY ARE YOU STILL IN THE DARK? By Dr. Katarina Mizouni

# A QUEST FOR ANSWERS

It's in mankind's nature to ask questions about our place in the universe. And the possibilities are thrilling. Strange sightings are increasing all around the world with no explanation.

# WHAT ELSE IS OUT THERE?

A team of experts in Ocala, FL, is accumulating photographic evidence of Unidentified Aerial Phenomena (UAP) of unknown origin. The UAP emit light of various colors, exhibit strange behavior that suggest intelligence, and resemble descriptions found in top-secret files declassified with the Freedom of Information Act.

# THE ANSWERS ARE HERE

Led by Theorist Steve Nakonechny and Ph.D. Physicist Katarina Mizouni, the Ocala UAP Affiliation has started a rigorous scientific analysis of the phenomena for publication. State-of-the art technical equipment is allowing us to get closer to the truth, one day at a time, but additional studies are needed.

### **EMBARK ON OUR MISSION**

Participate in Ocala UAP's scientific study and help us get to the bottom of a worldwide phenomenon that has been amongst us since the dawn of time.

# We are in need of business partners to help us complete our research.

Interested investor parties may contact Steve Nakonechny for more information at 352.427.3537 or nako1858@gmail.com.

A presentation date for serious investors will be announced.

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# **VOICES OF INNOVATION**



# April J. Adams

Branch Manager, Ameris Bank

# Q: What does Ocala mean to vou?

A: Family Friendly Community... My Home... and a great place to raise my family. My grandparents relocated our family to Ocala in 1979. I grew-up here

and moved away shortly after I graduated. After living in several places and starting my own family, I moved back to Ocala in 2000, and it's been our home ever since.

I feel it has been a great place to raise my children. Being a part of our community, no matter what you like, there's something for everyone and Ocala has definitely taught my children and I how to give back. I believe that's one of the things I admire most about Ocala - what you do here makes a difference to our local community.

# Q: What most prominent quality makes a successful

A: Being equal to my team. I've never felt in any position that I've held, that I've ever been better than others. I've always been a part of a "Team," working together to reach our goals. I'm always there to help/assist my "Team" no matter what the task is.

# Q: What advice would you give to young professionals?

A: Your character is the most important quality you have, whether it's to your family, friends or colleagues. Be the person you envisioned yourself to become.

# Q: What are you passionate about?

A: My children and assisting others. Once I became a mother, it changed me. It grounded me. I knew at that point in my life that I was now a role model - someone was looking up to me to set a good example. I wanted to become better in whatever I set out to do. I wanted to have attributes and traits that made me a good person to be like. I feel that's why my children & I are so involved throughout the community.

# Q: What do you envision for the future?

A: The future is always so unpredictable. I feel that every day is a blessing and that you should live it to the fullest ability by taking control of your health, being present in any relationship you encounter, whether personal or in business, and I believe in finding happiness in everything that you do.

April J. Adams is the Branch Manager for Ameris Bank, located at 2601 S.E. Maricamp Road, Ocala, FL 34471. She has two children, a daughter, age 16, and a son, age 12. You may contact her by email at april.adams@ amerisbank.com or by phone at (352) 629-5168. For more information about Ameris Bank, visit www.amerisbank.com



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We look forward to seeing you soon at the all new DeLuca Toyota.

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