DNA Group, Inc.

NEWSLETTER

WINTER 2005

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From the President

Overall, at DNA Group, Inc. we are closing 2005 on a positive trend and looking forward to 2006. At Defond N.A. the sales increase was healthy and we have gained new projects at established customers, and, more importantly, we have expanded into new markets with our first projects in telecom and automotive. At Digital Switching Systems, we have successfully released Gen 2.0 of our PI-Series technology and will have nearly doubled our customer-base by mid-2006.

We expect that 2006 will see continuing upward pressure on prices due to constraints on materials, direct labor and engineering resources. We are projecting another healthy year and are appreciative of all those who contributed to our performance in 2005.

Have a happy holiday season. *-Eric Vaughn, President*

The holiday season will be especially difficult for some American families whose lives have been impacted by events in 2005.

In lieu of holiday gifts this year, DNA Group, Inc. has made contributions on behalf of our customers, representatives, friends and associates to Habitat for Humanity and to the Injured Marine Semper Fi Fund.

Habitat for Humanity strives to eliminate poverty housing and homelessness while the Injured Marine Semper Fi Fund provides financial grants and other assistance to the Marines, sailors, and families of those injured while serving our nation.

We wish you and your families a joyous and Happy New Year.

Two DNA Employees obtain PMP® Project Management Certification

In the month of September 2005, two DNA employees earned the designation of Project Management Professional (PMP®) through the world's leading not-for-profit professional association on project Management, Project Management Institute (PMI®).

Brooke McKissic, PMP, is a Senior IT Solutions Developer with over seven years experience in IT project management. She is currently leading a number of IT projects, including the enterprise-wide Business Application Software Solution project (ERP software). She also recently helped coordinate the DSS Sales Meeting and 2005 IBEX tradeshow presence.

William Blackmon, PMP, is a Regional Project Coordinator with a BSEE and has over six years experience in electronic engineering and manufacturing project management. Among many other technical projects, he is actively leading a project to launch Defond's first contract manufacturing radio frequency product in home automation systems utilizing the Zigbee Wireless Technology.

The PMP Certification is the project management profession's most recognized

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Important Notice

Room Air Conditioners, (RAC), are required by UL484 to incorporate and AFCI or LCDI on the line cord. DNA and Defond invested heavily to enter this market. We recognized the leadership position TRC, Inc., held in the marketplace, and have successfully negotiated a manufacturing agreement for TRC products. Defond has been appointed TRC's sales agent in China, and is actively engaged in order fulfillment for the 2006 season. a copy of the TRC press release follows:

TECHNOLOGY RESEARCH CORPORATION IN STRATEGIC ALLIANCE WITH DEFOND

CLEARWATER, FLORIDA, November 10, 2005 - Robert S. Wiggins, Chairman, President and Chief Executive Officer of Technology Research Corporation (TRC), (NASDAQ-TRCI), announced that it has entered into a strategic alliance with Defond Manufacturing Ltd., of Hong Kong, and its North American affiliate DNA Group, Inc., of Raleigh, N.C., to provide additional penetration of the room air conditioner (RAC) market.

According to Eric Vaughn, President of DNA Group, Inc., "We have great respect for TRC and are proud to have established this relationship with them. DNA and Defond are uniquely and ideally suited to leverage TRC's technology into a broader and deeper penetration of the RAC manufacturers." He added, "We have the sales channels and manufacturing competencies to produce a positive and immediate impact on this market."

Robert S. Wiggins said, "TRC is certainly pleased to enter into this strategic alliance with DNA and Defond. They are highly respected and well recognized in the worldwide marketplace. This agreement strengthens our sales presence in China to the Chinese manufacturers of RAC products as well as adding manufacturing capacity for the RAC market." Wiggins added, "We also look forward to expanding this strategic alliance as other opportunities arise."

Defond Manufacturing Ltd., is a leading manufacturer of electro-mechanical switches, power interrupt devices, electronic appliance controls, and electro-mechanical assemblies. DNA Group, Inc., Defond Manufacturing Ltd., is a leading manufacturer of electro-mechanical switches, power interrupt devices, electronic appliance controls, and electro-mechanical assemblies. DNA Group, Inc., distributes and supports Defond products in North America, and develops Digital Switching Technology for transportation market, and electro-mechanical/electronic controls for the HVAC and Appliance markets.

Technology Research Corporation designs, manufactures and markets electrical safety products that save lives, protect people from serious injury from electrical shock and prevent electrical fires in the home and workplace. These products have worldwide application. The Company also supplies power monitoring and control equipment to the United States Military and its prime contractors.

"Safe Harbor" Statement: Certain statements made in this press release are forward looking in nature and, accordingly, are subject to risks and uncertainties. The actual results may differ materially from those described or contemplated. *End*

PMP Certification

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and respected global credential. There are over 110,000 PMPs worldwide located in almost 120 countries. To obtain certification, an individual must satisfy extensive education and experience requirements, agree to a Professional Code of Conduct, and pass the PMP Certification Examination. The PMP Certification Program supports the global community of project management practitioners and is designed to objectively assess and measure professional knowledge.

PMI's PMP Certification Program offers individuals a wide range of important benefits. The PMP designation following one's name demonstrates to employers and other stakeholders that an individual possesses a solid foundation of experience and education in project management.

The PMI Certification Department is the fist professional certification program of it's kind in the world to receive the ISO 9001 certification, a globally recognized mark of quality management system. For more information on PMP certification, visit the PMI web site at http://pmi.org/info/default.asp *End*

-Written by Brooke McKissic, Sr. IT Solutions Developer and William Blackmon, Regional Project Coordinator

DNA'S NEW DISTRIBUTION CENTER *-Raleigh, NC*

In August, DNA opened its first owned and managed distribution facility. The facility, located in Raleigh, North Carolina is 17,200 square feet and includes office and lab space. Prior to the opening, DNA used third party logistics providers to support its warehousing and distribution needs. This facility replaces our warehouse in Chicago.

In addition to the customary shipping and receiving functions, services performed at the distribution center include light assembly, QA inspection/testing and other value added activities.

Anthony Ward manages the center and comes to DNA with over 13 years of distribution management experience.

DNA continues to use third party logistics providers in Laredo, Texas and Huntsville, Alabama to support other segments of our market. *End*

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ZigBee Wireless Technology

-Elizabeth Green, DNA Southeast Regional Sales Manager

Zigbee is a wireless technology based on IEEE 802.15.4 RF platforms. The name is derived from comparing the erratic zigging patterns that bees make flying between flowers to the invisible webs of connections existing in a fully wireless environment. While Bluetooth focuses on connectivity between large packet user devices, such as laptops, phones, and major peripherals, ZigBee is designed to provide efficient connectivity between small packet devices.
The ZigBee Alliance is an association of companies working together to enable reliable, cost-effective, low-power, wirelessly networked, monitoring and control products based on an open global standard. Their focus is to define the network, security and application software layers, promote the ZigBee brand globally, and manage the evolution of the technology. Currently the ZigBee Alliance is working on providing a test standard to ensure that various products can communicate with each other. This final standard is expected to be complete by the end of 2005. To read more, access http://www.zigbee.org.

The current focus in the market place is Smart Appliances, Home Control, Building Automation, and Industrial Automation. Examples of ZigBee in actual application include home or building automation tasks such as turning on the lights, turning up the heat or the air conditioner, setting the home securitysystem, accessing the smoke and fire alarms, or starting the VCR. Using ZigBee, all these tasks can be done from anywhere in the home at the touch of a button. ZigBee also allows for dial-in access via the Internet for automation control.

We see potential for Zigbee technology for the DSS product line and are actively soliciting new projects for DNA. *End*

Some of the features of Zigbee include:

-Operates at 2.4GHz or 900MHz, however the 900MHz will probably phase out in the near future as cordless phones have proven to interfere on the bandwidth.

-Zigbee can perform clear channel assessment in approximately 150 microseconds.

-Zigbee can operate on 16 different channels at 250Kbits per second

-2 options are available for software.

-Industry compatible software which allows any other Zigbee appliance to communicate with yours.

-Proprietary software, which prevents any other device from piggybacking onto your device. (Simple HOC)

-The open field range is 900 meters with only 1% error

-As a result of its simplified operations, pricing for ZigBee devices is a fraction of the cost of a Bluetooth node.

DSS Launches the Generation 2.0 Solid State PME at IBEX and METS 2005

DSS made a big splash at both the IBEX 2005 show in Miami Beach and METS 2005 in Amsterdam by launching the Generation 2.0 Solid State PME. This enhanced design serves as the newest member to the Pi-Series portfolio of products. Actual working units were on display at the shows for customers to examine in conjunction with DSS's completely re-designed interactive tradeshow booth.

DSS also premiered its new interactive booth display at both of these shows. The new design incorporates the latest in multimedia technology and highlights the unique capabilities of the Pi-Series technology. The message is delivered through a series of on-screen simulations which are controlled by users via Pi-Series keypad solutions. Each panel in the booth display features a DSS price-point solution beginning with discrete switches interfacing to a PME via an interface board and scaling up to a completely custom system that incorporates a custom-tooled keypad. Show participants remarked over and over that the new booth design successfully captures and showcases the solutions and capabilities that DSS offers to the marketplace. In addition, a professionally-produced video covering the entire DSS product line was available for customers to review. Stay tuned for even more future enhancements. *End*

Key Features of the Generation 2.0 PME

0° to 70° C operating temperature

75 amp total input current capability

20 amps on any output (up to 3 outputs)

CAN bus compatibility (SmartCraft / NMEA 2000)

Optional four-circuit bypass

Additional Feature

Sense circuits
Analog switching
Remote programming

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Calling on a customer to present a new supplier...
$Hundreds.
Convincing customer's upper management of taking on a new supplier..
$Thousands.
Time spent with a customer at the Defond factory...
Priceless.

It's really hard to put into words the experience I had traveling overseas to visit Defond. I strongly suggest that if you have never been there, it is a must that you get there. Ideally with a customer, so you can share a full experience together. The operational support, engineering, product development, prototyping and tooling capabilities in Hong Kong are really very impressive.

Its true Defond's capabilities are really everything that I had heard about in speaking to everyone at DNA and at Electroline Sales. I what I heard was an understatement of the capabilities that exist at Defond. It really started to sink in that Defond could manufacture just about anything centered around an electronic device. With all of the stamping, plating, plastic injection, winding, PCB assembly and tooling done in-house, you shouldn't have to think too hard to find customers that need all of this under one roof.

I was thoroughly impressed with the factory in mainland China. The amount of automation was really surprising; Defond makes every effort to automate as much of the processes as possible provided that the volumes warrant it.

I know you probably have heard of the quality systems that they have in place but you can see it 1st hand as you're touring the shop floor, there are job travelers that accompany the assembly with pictures, assembly procedures and specifications spelling out everything.

The QC department has a supplier rating/grading system, which is something my customer was very impressed by. I've heard jokes about suppliers buying ISO9000 certification in china, I can assure you Defond earned theirs!

Defond's staff is incredibly knowledgeable of their factories, capabilities and processes. There wasn't a question they couldn't answer during my customer's facilities tour. There absolutely should be no apprehension to take a customer to Defond's facilities. The feedback that I have received from the customer has been nothing but positive and eager to do business. They found Defond to be the cleanest most vertically integrated electronics supplier they had ever been to in China. That says a lot, considering the amount of sourcing they already do in China. I know that the visit has my customer looking for additional projects to source through DNA/Defond.

The DNA/Defond formula is just what my customer is looking for. They want a vertically integrated manufacturer with emerging market manufacturing, technical resources both overseas and domestically. They also insist on domestic product support and logistics. I think what's happened is there have been many companies that have tried the "let's make it in china" only to find out that there is a lot more to it than just sending a PO and getting product shipped in. There are language barriers, limitations in supplier capabilities, limited technical support, logistics nightmares and probably another dozen or so items that I've missed. DNA/Defond can take care of all of this for a customer so it really can be a customer placing an order and getting product. *End*

Written by Shayne Wolf,
Electroline Sales MN

REP COUNCIL

The next Rep Council meeting will be held on February 13, 2006. Please contact any of the members listed below if there are any issues or questions you would like to have addressed.

Reps

Tim Talty, Talty Associates *Council Chair*
ttalty@talty.com
Mike Roman, Roman Sales
mike@romansales.com
John Lanzillo, Zonk Group
John@zonkgroup.com

DNA

Michael Owens - *Perm. Seat*
mowens@dnagroup.com
Elizabeth Green
egreen@dnagroup.com
Monique Dever
mdever@dnagroup.com

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Carl Bates: A Man About Town - His Town

Being Sworn in as Mayor

Carl R. Bates, DNA's Midwest Regional Sales Manager, is a 32 year resident of Mt. Carroll, IL, a small town 120 miles West of Chicago. He graduated from Mt. Carroll High School - 1982 (and Morrison Institute of Technology - 1991) and currently is now raising his own family in this small town.

Carl has always actively participated in community service programs such as Knights of Columbus, as well as several public office positions including: Alderman Ward 1 for the past six years; Finance Committee past six years, Chairman for the past four years, Police committee for the past 4 years, Chairman for one year, Water & Sewer Committee for the past 6 years. Streets Committee for the past 6 years.

Last April, Carl ran for Mayor for the City of Mt. Carroll, and was overwhelmingly elected with 70% of the total votes. "I care about Mt. Carroll, and I feel it is important to continue to build on the foundation of the work we have been doing for the past four years" was his officially stated reason for running, although, Carl may give you additional reasons that prompted his decision, if you ask him.

Carl's community knows him as an open-minded, caring leader that grew up in the community he now serves as Mayor. "I am dealing with people from a totally different level. They look to me for answers." says Bates, who has over time learned the value of their small town. "This has to be the most rewarding and educational thing I have done."

In addition to his new role as Mayor, Carl's wife Bobbie Jo recently purchased a community Ace Hardware store. Bobbie Jo runs the day-to-day operations along with the store manager. *End*

Eric & Gail Vaughn with the Bates family at the Ace Grand Opening

Our People - New Hires

Christi Edwards - IT Solutions Programmer

Last April Christi joined DNA's IT team as an IT Solutions Programmer. She's a North Carolina native who lives in North Raleigh with her husband, a wolf, three cats, and seven fish. Christi comes to DNA with more than seven years programming experience, and is concentrating on creating much-needed applications for internal and external use.

Christi just recently completed her Bachelor's of Science in Information Technology from the University of Phoenix Online with a 3.7 GPA. She is also pursuing her Microsoft certifications. When she's not working or studying, Christi enjoys gaming, playing with her wolf, Thor, and volunteering for wildlife conservation organizations.

Benjamin Webster - IT Support Specialist

Ben joined DNA on November 1st working part-time to assist the IT Department as an IT Support Specialist. Ben was raised in the Midwest and has earned degrees in Psychology and Computer Systems Administration. He comes to DNA with over 5 years of IT experience and has a diverse background having worked at the University of Illinois and AFLAC's worldwide headquarters in Georgia.

Ben recently moved to Raleigh with his wife Corinne and his cat Dexter. Ben enjoys spending his free time listening to music, watching movies and making home improvements.

Gayle Grandinetti - Regional Sales Coordinator

I was born in Cleveland, Ohio and graduated from Cleveland State University with a BBA in Accounting. I moved to Raleigh in 1987 and love it here. I have worked in Sales in the electronics industry for many years. Also, I spent 10 years working in the training and seminar business. I live in Cary, have two daughters, Rachel and Geena, who take up most of my spare time. Our miniature schnauzer, Chloe , is also part of our family. We love to head to the beach several times a year. I enjoy working out, golf, going to concerts and travel and would like to run in a 5K next year!

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More New Hires...

William Blackmon - Regional Project Coordinator

In April 2005, William Blackmon started with DNA Group as a Regional Project Coordinator. With a BSEE and emphasis in the radio frequency engineering, he comes on board with 15 plus years of experience in the electrical and electronics industry. He has six years of experience in electronics engineering and manufacturing project management. Prior to joining DNA, he worked for several start-up companies and a global contract manufacturing company in California.

Originally from the Carolinas, he and his family returned to the South in 2004, now living in the outskirts of south Wake County. Often you may find him riding his road or mountain bike on the weekends, dreaming of his younger years competing in races. You might find him at a local park playing with his only child at the playground. When he is not engaged in some sort of recreation, he often visits one of his 8 siblings across the South, spending the best of times with family and friends.

Palma Sharp - Part-Time Administrative Assistant / Receptionist

Palma Sharp joined DNA on July 25, 2005. Palma comes to DNA with 11 years of Administrative/Clerical experience and 7 years of Accounting experience. Palma is a "West Virginia Mountain Mama" native that has chosen the Raleigh area to plant her roots. Palma enjoys all types of music, home decorating, sewing, home repair for beginners, and spending time with family and friends. Palma especially takes great pleasure in spoiling her two nephews and her two cats. She and her husband Chris have resided here in the Raleigh area for the past 7 years.

Mike Clough - DSS Engineering Associate

"I started as a temp with DSS as an Engineering Technician Jan 3, 2005 and by May 4th 2005 I was hired full time. I have been in the Electronic Engineering field for over 20 years. I am originally from Janesville, Wisconsin. I moved to big Chicago for my first job working as a technician. Later, I moved to Milwaukee Wisconsin where most of my career has been with Square D Company. I relocated in 1991 with Square D to warmer weather right here in sunny North Carolina, where I have stayed for the last 15 years. I lived in and renovated an 1878 home and now have moved on to a new modern home to renovate built in 1950. I also have my NC Realtors License. I enjoy outdoor activities, gardening, bike riding, working out, and walking my little Jack Russell terrier. Most of all I like vacations and spending time with family good friends and good fun." - *Mike Clough*

Robin Enright - Senior Logistics Coordinator

Robin Enright joined DNA on June 6, 2005 just in time to transfer inventory and open up a new distribution center. While this may have been a challenge to most Robin's 15+ years of International Logistics Management experience prepared her well for the task. She was formerly employed by SCA Tissue NA, Galoob/Hasbro Toys and most recently, Owen-Illinois Closure Division Hamlet NC.

Robin was born, raised and formally educated in the State of California and then re- located to NC in 2003 to be with extended family. Her favorite color is purple, reprehensive of her favorite football team, the Minnesota Vikings. Leisure time activities include spending time with family, traveling, reading and swimming.

Stephen Embree - DSS Electrical Engineer

I grew up in Charlotte and first moved to the Raleigh/Durham area in 1998 to attend Duke University. I majored in electrical engineering, taking courses in computer engineering and robotics. After graduating in 2002, I got my first job in NYC designing digital switching systems for helicopters. I lived there for about one year before I finally got too cold and moved to the Dominican Republic to teach high school. Over the course of the year, I taught physics and calculus while traveling around the Caribbean. Although it was a lot of fun, I (strangely) missed Durham and (even more strangely) I missed engineering, so when my year was over, I ended up coming back to the area. I have been at DSS since May 1st, 2005, and I could not enjoy it more. Some of my interests include traveling (most recently to Mexico), dancing salsa, running, mountain biking, and backpack-style camping.

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Even More New Hires...

Troy Jones - Warehouse Associate

Hello, my name is Troy Jones, better known as TJ. I was born on 3-31-1974, which makes me an Aries. The description of an Aries is that we are sensitive, caring, but sometimes-impatient people. Furthermore, we love money and also are very detailed plus business oriented which describes me. I do have some patience. My original hometown is Bayboro, NC--which is 12 miles east of New Bern. I've been in Raleigh approximately 5 months now trying to get a new start. In my spare time I like to go to the mall, or to the movies. I love watching sports on television, or attending sporting events like football, basketball, and baseball games. I also like my Play Station 2 because of my sports games. Occasionally, I like to go to parties, or clubs for fun. Last, but not least, I like to dine at different restaurants. I'm not married and I don't have children.

Personal - Engagements

On May 7th and on bended knee, Robert Skidmore asked **Nancy Howell** (DNA Strategic Accounting Specialist) for her hand in marriage. The couple currently plan on tying the knot on December 31, 2006.

Personal - Weddings

Judi Chovan officially became **Judi Westerfield**: "My husband, Stephen, and I were married on September 24, 2005 at Caesar's Palace in Las Vegas among friends and family. We then proceeded to drive to Coronado in California for our honeymoon. We drove up the pacific coast to San Francisco, stopping in various towns along the way. One highlight was in Los Angeles when we went to be contestants on The Price is Right! We didn't make it on to the stage, but made our television debut on the front row of the audience. We also attended a Dodgers game & a Giants game while in California. We want to thank everyone for all your warm wishes!"
-Judi Westerfield, Sr. Regional Sales Coordinator

Monique Garsoe is now **Monique Dever!** She was married to Peter Dever on May 28th, 2005. It was a nice pool-side event at the home of good friend's with 100 family and friends to witness. They spent an adventurous and yet relaxing week at a B&B in Asheville, NC following the event, where they enjoyed hiking, horseback riding, a hot air balloon ride, massages (yes - twice!) and lots of champagne and relaxation. Monique took her ten-year-earned 4-week sabbatical after returning from their honeymoon to move her, her son and new family into a new home in Carrboro, NC.

Personal - Births

Rowan Lyli Burgon was born to **Vivian Burgon** (DSS Materials & Sales Coordinator) and husband Wil on the 4th of July, 2005 and has proven to be quite the fire cracker! She was born at 9:39 AM and weighed in at 7 pounds, 14 ounces. Mom and Dad had decided early on to wait to find out if their third child would be a boy or a girl. With all the unknowns, the obvious occurred - an office pool was started! Needless to say the predictions were across the board. Vivian was not amused with those who guessed two weeks past the due date at 10lbs. Vivian was secretly hoping for a July 1st delivery (Canada's independence day) to honor her Canadian heritage, but baby Rowan made it pretty clear when she wanted to make her grand entrance. Rowan is currently 5 months old and a very happy little baby with two big brothers Garrett (age 7) and Hunter (age 5) (shown in photo) who both dote on her every day. Her greatest enjoyment are eating, rolling over, and grabbing her toes!

Chanda Cooper (DNA Sr. Accounting Coordinator) gave birth to her first baby boy on November 1st. Chandler Jamal Clarke was 6lbs 15oz & 20" long

Glenn Medford's (DNA Strategic Account Manager) wife, Darlene, delivered baby #4 (shown here with his three older siblings). William Riley Medford was born at 9:06 AM, December 8, 2005, weighed 8 lb. 10 oz, and was 20.5" long.

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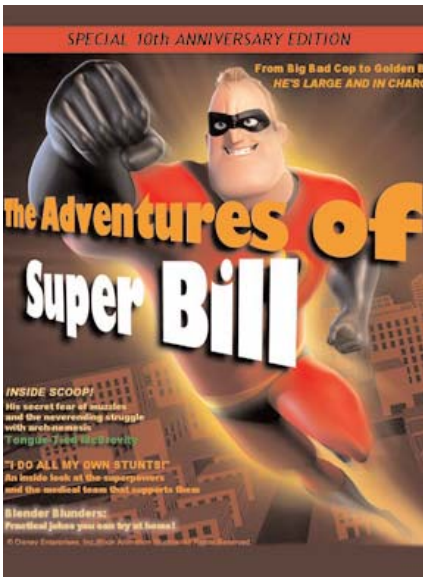
DNA Anniversaries - Celebrated Second Half 2005

Monique Dever	11 Years	August 15	Teressa Sharpe	5 Years	September 1
Bill Romick	10 Years	October 15	Maria Strickland	3 Years	October 16
Liz Piacenza	10 Years	October 1	Christy Short	3 Years	September 30
Tenisha Sanders	8 Years	November 3	Kandee Cooks	3 Years	August 19
Alan Horne	8 Years	December 8	Ken Wood	3 Years	August 20
Elizabeth Green	7 Years	November 30	Brian Tibbetts	2 Years	August 1
Brooke McKissic	7 Years	November 30	Mike Gallagher	1 Year	October 25
Tom McKissic	7 Years	September 21	Jan Tilbor	1 Year	September 7
Terry Driver	5 Years	November 27	Matt Davis	1 Year	July 1
Johnetta Harrington	5 Years	September 1	April Johnson	1 Year	July 1



Bill Romick Celebrates 10 Years

On October 1st Bill Romick celebrated ten years of service with DNA. Some of you may not know that Bill's tenure with DNA extends beyond the ten-year period. Starting as a full time employee ten years ago Bill actually began with DNA (then SEI) as a sales representative three years earlier. It was because of Bill's success as a representative that we brought him into the company.

In the ten years since Bill has been at DNA, much has changed with DNA but not much has changed with Bill. Ten years ago he was Rush Limbaugh's biggest fan and today he is a member of Rush Limbaugh's Oxycontin Rehab Group. Bill has never met a question he didn't like and refuses to recognize the word "briefly." Most of all, Bill's resourcefulness, work ethic and attitude have proven to be a resource that DNA, Defond, our reps and our customers have learned to appreciate. He is solid as a rock and for that we are all grateful.

Liz Piacenza Celebrates 10 Years

October 16th marked Liz Piacenza's ten-year anniversary at DNA. She joins a small but growing group of ten-year veterans who have helped shape DNA into the company we know today and who will continue to provide leadership in the future.

Liz has held several positions since she joined us, and in each case she has brought an intensity and commitment to each one. As much as anyone, Liz has personified our core values of integrity, teamwork, excellence and enthusiasm. The less serious side of Liz is not seen as often but is good to have in the company as well.

Framed commemorative magazine covers (images shown at left) were presented to each of them on December 3, 2005.

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The Funnies

8 Weeks in Hong Kong & Why Umbrella Jousting should be an Olympic Sport

- Allison Potts, Regional Project Engineer

At the beginning of the year, I was approached to participate in DNA's Liaison Engineering Program. This program is designed to send one lucky DNA employee to work at our vendor partner for five to six weeks, however I was offered a chance to work in Hong Kong for eight weeks. You might wonder what could be more of a life enhancing experience than eight weeks in a foreign country where every meal can be a game of Russian Roulette? The answer is eight weeks during the height of summer near the equator during a monsoon.

I was given the opportunity not only to support DNA through project management, but was also able to perfect the art of crossing crowded intersections when you can't see anything in front of you due to the rain and the sea of umbrella's.

Luckily for me, in Hong Kong, all the pedestrian crossings have audible signals to let you know how much time you have left to cross. Unfortunately for me, being only 5'1" - I had no height advantage.

The other pedestrians and I would patiently wait until the buzzer sounded; then we were off to the tilts. I learned very quickly that the oncoming pedestrian traffic was not going to give way for me, so the only choice I had was to run at them at full speed and hope that my umbrella knocked theirs out of the way to allow me to pass. You either made it across, or hoped you landed in a puddle with your eyeballs intact. The winner was the driest person to reach the other side of the road. I do not believe I will see a game like this ever again.

Does this sound like a game for you? Challengers should feel free to contact Alan Horne to sign up for the next summer liaison rotation.

Fitness can be Hazardous to Your Health! *- Bill Romick, VP Business Development*

The September sun broke through the trees as we rounded the corner of Winthrop and Rembert. The rain moved out a few hours before, and the pavement was cooking what was left of the rainwater, steam wafting up from the roadway. Elizabeth Green and I were about two miles into our three-mile lunchtime routine, and we were enjoying the great day for noontime exercise.

Not four months earlier I was more the lunchtime restaurant patron than exercise devotee. I wasn't unconcerned about my health, just 25 years of lunchtime habit was hard to break. "Watching my weight" generally meant keeping it out in front of me where I could easily see it. I suppose working with a few crazy people who run at lunchtime, and can run 26.2 miles in less than four hours, did make me re-think my routine. (Oh, and my doctor suggested I get more exercise because I just don't have enough "good" cholesterol.) I personally think about dieting like Samuel Clements thought about quitting smoking - Easy, I've lost hundreds of pounds.

Keeping the near curb for Elizabeth, as I figured cars would definitely swerve to avoid the large dent I'd leave, I was closer to the centerline. Those of you who know Elizabeth's competitive nature will believe she challenged me to a race to the next mailbox. Now I'm sure you've seen the fit, muscular athlete sprinting down their field of play and suddenly grab the back of their leg, deftly taking a fall without leaving so much as a grass stain on their uniform. The searing pain I felt in the back of my leg could have only been a hamstring protesting my sudden command to sprint. Now I know this all took place in a second, but I recall calculating the best way to fall so as not to crack my head open on the roadway - followed by hearing the sickening crack of a bone breaking - followed by the thought "Get me off this road before a car runs me over!"

Elizabeth is a strong golfer, and does work out with a trainer, but I am sure she didn't really pick me up. She probably said something like: "Why don't you lay flat so I can roll you off the road." So as I'm now on the grass beside the road taking stock of the funny looking protrusions under the skin around my knee joint, I hear "Do I need to help you up, or run for help?" The look on her face was more like "Move over, I need a rest too", than she was really going to run for help. About this time I thought there is a reason I see people jogging with their cell phones, and this is a great example. I am also advocating you fellow exercise devotees consider planning for the unexpected during your routines.

Many of you told me you wanted to hear the whole story about how I really broke my leg. The story of the Raleigh police officer that came to my aid because a concerned motorist reported I was the victim of a fight and witnessed the perpetrator (tall woman dressed in black Nike gear) fleeing the scene on foot is another story. (Oh, and being on a first name basis with the local ER staff, like "Tim The Toolman", has it's perks - but that is yet another story.)

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