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## AICPA News & Views, October 1, 1996

American Institute of Certified Public Accountants (AICPA)

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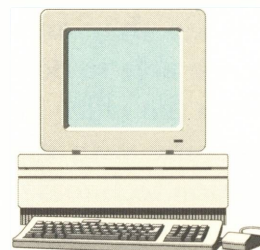
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## AICPA AFFINITY PROGRAMS — SAVE MONEY ON THE HOME OFFICE OF THE FUTURE



The members of the AICPA are running businesses which need to keep up with the times, and for many of them, this means investing a significant amount of capital in technology. Luckily for them, the AICPA has Affinity Programs with technology vendors that can save them money, helping them to lower their overhead and to keep their businesses robust. Luckily for Team AICPA, we, too, can take advantage of these Affinity Programs and save money as well.

When discussing the future technology needs of AICPA members, Vicky Franzese, who is Marketing Manager of the AICPA's Affinity Program, said, "I

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### An affinity for technology

Here are the Affinity Programs that Team AICPA members can use to save money on state-of-the-art technology. For more information about the AICPA's Affinity Programs, call Vicky Franzese at extension 6136.

#### Sprint

Team AICPA receives a 5% discount off long distance service. Discounts are also available through Sprint's "Sprint Sense" and "Business Sense" programs. Call 1-800-473-0898 for details.

#### Dell Computer Corporation

Team AICPA receives a 13% discount on Dell's PowerEdge file servers (which are usually not appropriate for home office use), a 7% discount on OptiPlex desktop computers and Latitude X Pi laptop computers, a 1% discount on Dell Dimension products, and other savings on DellWare software, accessories, and peripherals. Call 1-800-568-8313 for more information.

#### Wallace Computer Services

Team AICPA receives savings of 36% to 47% on computer and office products, and 20% on tax forms. Call 1-800-782-4892 and mention

contract #CA252 to receive more information and receive the AICPA discount.

#### Xerox Corporation

Xerox gives Team AICPA discounts of up to 20% off all Xerox products, excluding service contracts and supplies. Call 1-800-ASK-XEROX, extension CPA (which in numbers is 1-800-275-9376, extension 272) and mention contract #0706109 to receive the AICPA discount.

#### Pitney Bowes

Pitney Bowes offers Team AICPA members who are not currently Pitney Bowes customers preferred customer meter pricing for 6900 and B700 meters: save \$48 per year on meter rentals. New customers from the AICPA will also have reset charges for the term of the lease. Other discount information is available by calling 1-800-MR-BOWES (1-800-672-6937 in numbers) and by mentioning reference code GPO Code CPA.

#### Airborne Express

Airborne Express offers AICPA members discounts of up to 37% off competitors' published overnight domestic shipping rates. Volume discounts and savings on international shipments are also available. For more details, call 1-800-636-2377.

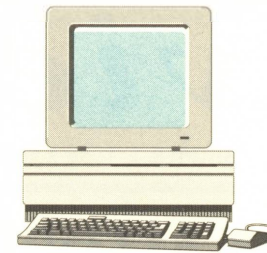
## THE AICPA'S AFFINITY PROGRAMS—SAVE MONEY ON THE HOME OFFICE OF THE FUTURE, *continued*

think we're moving to a much more electronically-based office, and everything will become much more mobile. For our members, a lot more is expected of all of them when they are on the road. They have to be able to do real work and check back with the office in real time."

In keeping with this need to use communication technology more dynamically, Senior Vice President Chuck Peck recently changed his long distance service to Sprint's preferred rate for the AICPA, which gives members and employees a substantial discount. "The change to Sprint, first of all, is a good one," says Peck, "first of all, because they have an offer for 100 free minutes and they offer us a five percent discount over their best rate to others, but all this is about supporting the Institute while saving money for ourselves."

Not only can Team AICPA members save on long distance service, we can also save money on computers as well. Dell Computer corporation offers discounts to us on their OptiPlex desktop computers and Latitude X Pi laptops, as well as what they refer to as their Dell Dimension product line.

Wallace Computer Services offers us a significant discount, up to 47% on their computer and office products, and 20% on tax forms. "Wallace is primarily an office supply company," explains Franzese to those who are unfamiliar with the company, "They stock computer paper. They've expanded now and offer the members a full range of computer supplies and accessories."



Also a potential boon for those who need technology products at home is the AICPA's Affinity Program with Xerox corporation. Xerox gives Team AICPA members discounts off all Xerox products, excluding service contracts and supplies. Xerox, like the AICPA, is a team-based organization, so Team AICPA members can rest assured that the products they sell are made by a responsible and empowered workforce.

While most Team AICPA members would have little use at home for a discount on mail meters, our members benefit from an Affinity Program with Pitney Bowes. Generally, meters are leased through Pitney Bowes for high-volume mailings. For members who need an express mail service account, the AICPA offers an Affinity Program with Airborne Express which offers discounts of up to 37% over other express mail companies. These are invaluable services for our members, and if any of us have such needs, they are available to us as well at the same discount.

The Affinity Programs are poised to offer us and the Institute's members discounts on the technology of the office of the future. For more information on these or other AICPA Affinity Programs, please contact Vicky Franzese at extension 6136.

## TO YOUR HEALTH: TIPS TO FIGHT CARPAL TUNNEL SYNDROME

Computer and typewriter users who exercise their hands and wrists for a minute or two before beginning to use their keyboards are taking preventive measures against carpal tunnel syndrome (CTS). Carpal tunnel syndrome is a condition that may develop when repetitive wrist motions such as typing, pouring, chopping, or stitching, creates pressure on the median nerve in the wrist.

According to researchers at the Orthopaedic and Reconstructive Center in Oklahoma City, after just one minute of exercising hands and wrists, CTS sufferers experience a reduction of pressure on the median nerve, in some cases for several hours. Stimulating the wrists and hands helps move the fluid that causes pain and pressure on the nerve. Here are the researchers' five recommended exercises:

1. Flex and stretch the wrists and fingers as if in a headstand position. Hold for five seconds.
2. Straighten the wrists and relax the fingers. Hold for five seconds.
3. Make a tight fist with both hands and hold for five seconds.
4. Bend the wrists down, keeping tight fists. Hold for five seconds.
5. Straighten the wrists and relax your fingers. Hold for five seconds.



Typing is an athletic activity for the hands and fingers, according to Ergonome, a New York ergonomic software publisher. Hands need a quick warm-up before typing just as legs would before a long run.

Ergonome recommends that typists take short breaks frequently instead of waiting for long ones. They say that dropping the hands to the lap for just five seconds can be helpful.

### Ergonomic toys can help alleviate the symptoms of CTS

Computer users and others who use their hands a lot for work or hobbies are finding that a pre-work stretch helps to stave off carpal tunnel syndrome. Manufacturers, borrowing a concept left over from *Romper Room*, have come up with a solution. Little beanbags, like the ones children used years ago at birthday parties for tossing, have come back into vogue, this time to give adults something with which to release stress, according to *Men's Journal*, and they are recommended by doctors to develop hard-to-maintain muscle groups in the hand.

## WORLD LITERATURE TRIVIA QUIZ



Team AICPA did a wonderful job with the last literature trivia quiz. Here is another one, this one for international readers. Please send all answers to Anne Rothkopf by Friday, September 27. Look for the answers in the next *News & views*. The winner for this contest will be announced with the winner of the last contest in the October 15 issue.

- 1 Which Nobel Prize-winning magical realist fiction writer is said to be close friends with Fidel Castro?
- 2 Who wrote "Something is rotten in the state of Denmark"? Hint: He wasn't talking about fish.
- 3 Which contemporary Bangladeshi woman poet has sought political asylum in Europe because there is a price on her head?
- 4 Which classical playwright wrote about a woman who got so mad at her ex-husband that she kills her sons to spite him? What was the woman's name and what was the name of her ex-husband? Two literati points if you can name the wedding gift she gave him when they were married.
- 5 Which famous French novel, recently made into a motion picture, was considered so steamy that it was banned for over 100 years?
- 6 Name the famous writer who wrote the novel *Things Fall Apart* about the disintegration of traditional African society under European colonialism.
- 7 Name the Italian whose poetry explained in great detail and wit the supposed nature of heaven and hell.
- 8 Name the man who wrote the arabic phrase which roughly translates into, "a loaf of bread, a jug of wine, and thou. . ."
- 9 How many syllables are there in the traditional Japanese poetic form, the Haiku?
- 10 Everyone has heard of the play *Romeo and Juliet* by Shakespeare. On what ancient Greek tale was it based? For 2 extra iambic pentameter points, name the play in which Shakespeare enacts this tale as a "play within a play."

## Team AICPA Anniversaries

<b>Paulette Myers</b>	Academic & Career Development . . . . .	22nd
<b>Emma Carlson</b>	Materials Assembly & Distribution . . . . .	20th
<b>Catherine Wasilko</b>	Practice Monitoring . . . . .	13th
<b>Jeryl Costello</b>	Production — Periodicals . . . . .	11th
<b>Nancy Cohen</b>	Information Technology . . . . .	10th
<b>Gary Morales</b>	Facilities Management — New Jersey . . . . .	10th
<b>Anne Stevens</b>	State Society & Regulatory Affairs . . . . .	10th
<b>Desiree Galashaw</b>	Professional Development — Self-Study . . . . .	9th
<b>Gregory Anderson</b>	Printing Services . . . . .	8th
<b>Maria Navarro</b>	Practice Monitoring . . . . .	8th
<b>Rosalynd Rambert</b>	Marketing Services . . . . .	8th
<b>Irving Valentine</b>	Distribution Services . . . . .	8th
<b>Manuel Antonio Vasquez</b>	Printing Services . . . . .	8th
<b>Karen Jones</b>	Practice Monitoring . . . . .	7th
<b>Michael Montez</b>	Materials Assembly & Distribution . . . . .	7th
<b>Anna Muchnik</b>	Information Systems . . . . .	7th
<b>Ed Niemiec</b>	Operations & Information Technology . . . . .	7th
<b>Peter Fleming</b>	<i>Journal of Accountancy</i> . . . . .	6th
<b>Marie Dorothy Mikolajczyk</b>	Professional Development Group Study . . . . .	6th
<b>Lianne Morales</b>	Professional Publications . . . . .	6th
<b>Bill Suda</b>	Professional Development Support Services . . . . .	6th
<b>Stan Zarowin</b>	<i>Journal of Accountancy</i> . . . . .	6th
<b>Karen Humphreys</b>	Member Service . . . . .	5th
<b>Louise Williamson</b>	Auditing Standards . . . . .	5th