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Inside AICPA, August 19, 1991

American Institute of Certified Public Accountants (AICPA)

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August 19, 1991

Welcome!

Elaine Goldstein- List Sales Coordinator - Promotions. Elaine joins the Institute full-time after temping in our Promotions Department.

Alexander Torres - Copying Coordinator - Printing Services. Alexander joins the Institute from Alyssia Products where he worked as a Sales Representative.

Staff Anniversaries

Congratulations to the following staff members who last week celebrated various anniversaries with the Institute.

Anniversary

Mike Bright	CPE Production	11th
Helen Kuch	Membership Admin.	8th
Miguel McKenzie	Mail Services	6th
Bruce Brasell	Quality Review	5th

Attention CPAs

Here's a rundown of the remaining courses on the CPE schedule:

August 22 - Overview of Auditing/SSARS - Dan Guy and Ray Whittington from 9-1

August 23 - SAS Update and Project in Process - Auditing Standards Division Staff from 9-1

August 26 - FASB Update (including "Son of 96") - Wayne Upton of the FASB from 9-1

August 29 - Update of Accounting Standards Division Projects, AcSEC Projects, and the AICPA Special Committee on Financial Reporting - Paul Rosenfield and the Accounting Standards Division Staff from 9-1

Because of the popularity of these courses space is filling up quickly. So sign-up as soon as possible by contacting either Moshe Levitin x6593 or Cecil Nazareth x6851.

IIE

Thursday, August 29th. Half day session - Affirmation Workshop: The nuts and bolts of how to write and use them. Move towards your goals with successful affirmation and visualization techniques.

To register call Elinor Paige x5476.

**LensCrafters
Offers AICPA
A Discount**

We are happy to announce that AICPA staff and their immediate family members can now take advantage of a special 15% discount at LensCrafters. The discount applies to custom-crafted eyeglasses, contact lenses, eye exams, etc. To receive your discount, simply present your LensCrafters membership card (available in Human Resources) and your AICPA ID badge.

LensCrafters is nationwide; for the store nearest you, call 1-800-522-LENS. Stores near AICPA offices are located at A&S Plaza at 34th Street in NY and at Ballston Common in Arlington, VA. There is also a LensCrafters location convenient to our new Harborside facility at the Newport Center Mall in Jersey City.

If you are interested, please contact Selmo Alamilla on x3803.

**Changing
Night Into
Day**

Workers on the night shift, says Harvard University, lose about eight hours of sleep for every week of work. Many people never become fully adjusted to it, even after years on the job.

Now researchers at Harvard have found a way to improve the sleeping habits and performance of night workers. Their studies show the cause of night-shift problems is a mismatch between scheduled work and the cycle of daylight and darkness to which body rhythms are attuned.

To reverse the body rhythm, test subjects sat for four nights under very bright lights (about 20 times brighter than average indoor lighting.) They slept from 9 a.m. to 5 p.m. in a totally dark room.

The results were striking, says their report, published in the New England Journal of Medicine (May 3, 1990). Workers who sat under the lights and slept in darkness changed their body's 24-hour cycle in regard to body temperature, production of hormones, cortisol, and other clues. After four days they slept their normal number of hours and equaled their daytime performance on various types of tasks including mathematical problems.

Other test subjects who were exposed to normal lighting did not convince their bodies to make the 24-hour cycle changes. Their nighttime performance and alertness did not improve very much during the first week of night work.