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Inside AICPA, December 30, 1991

American Institute of Certified Public Accountants (AICPA)

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December 30, 1991

**Staff
Promotions**

Joan Wright in General Accounting was promoted from Bookkeeper to Senior Bookkeeper.

In CPE Accounting, Elizabeth Barry was promoted from Bookkeeper to Senior Bookkeeper and Linda Safian was promoted from Senior Bookkeeper to Accountant.

Michele Elgin in Federal Government was promoted from Secretary to Administrative Secretary.

Congratulations and Good Luck in your new positions!

**Staff
Anniversaries**

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

		Anniversaries
Roberto Rodriguez	CPE Production	5th
Leonora LaMantia	Library Services	8th

**Women's
Basketball**

The Women's Basketball Team beat 911 last Monday with a blitzing defense attack causing 20 turnovers. High scorer was Pam Green (Quality Review) with 32 points followed by Ana Garcia (Secretarial Services) with 6 points and Melanie Heim (Promotions) with 2 points. Final score was 60-51.

The team will play again 6:30 Thursday night (January 2nd) against Winthrop at Chelsea High School on 28th Street and 9th Avenue. Spectators are welcome.

Early Closing

The Institute's offices will close at 3 p.m. this Tuesday, (New Year's Eve). Paychecks will be delivered on Tuesday, 12/31/91 as well.

**Weight
Watchers**

The last Weight Watchers program was a huge success. The total weight loss for the group of 52 employees was 417 pounds!!!

The Institute will sponsor another 8-week Weight Watchers "At-Work" program which will begin on Friday, January 10, 1992. The cost for the program is \$92, half of which the Institute will pay. Meetings will be held every Friday in Conference Room G on the 7th Floor. Depending upon the response, we will have either one meeting from 12-1 p.m. or two meetings (12-1 p.m. & 1-2 p.m.).

We need 25 people to start the program. If you are interested, please bring your check for \$46 payable to Weight Watchers and post-dated for January 10, 1992, to Selmo Alamilla in Human Resources (x3803) by December 31, 1991.

Tax Status Changes? If you had "special" or additional withholding taxes for 1991 or your status has changed, you may want to review your status for 1992. Submit any desired change to Payroll on the appropriate withholding certificate (i.e., Form W4 - Federal, Form IT2104 - New York State and City, Form IT2104.2 - City of New York Non-Resident, Form VA4 - Virginia, Form MW507 - Maryland, Form D4 - Washington, D.C.).

Making a list... Of all New Year's resolutions, losing weight is on the list most often.

Those who make the weight-loss resolution don't have to look far to get help. Programs, products, and advice are everywhere. But before investing in anything, they should give the program this eight-question test suggested by the Tufts University Diet and Nutrition Letter.

1. Can you live with the program indefinitely? Your goal should be permanent weight loss rather than a fast-loss program that reduces calories or food categories severely.
2. What is the recommended rate of weight loss? A loss of one to two pounds a week is best for most people. Faster losses can result in reduction of vital muscle tissue along with fat.
3. Are individual caloric needs calculated? Often programs take age and sex into account, but other factors, like your degree of normal physical activity should be taken into account.
4. Does the program educate participants in behavior modification? Permanent weight loss may not be achieved without information on portion sizes, types of food you eat when you are hungry, and how to stay away from temptation.
5. How successful is the regimen? Few programs give information on the number of clients who have reached their weight goal and maintained it for two to five years afterward. Initial weight-loss figures are not as significant as permanent weight loss, a health promoting factor.
6. Does the program offer a weight maintenance plan? That is, after you reach your desired weight, does it provide information and encouragement on maintaining that weight level?
7. How is the program advertised? Many programs rely on testimonials, often from famous people. Their success is important, of course, but prospective clients deserve a better measure of effectiveness. Watch for endorsements by organizations that "sound" official.
8. How much does it cost, and what does it include? Even the best program isn't good if you can't afford to continue with it. Individual attention by your doctor may be less expensive than some diet plans.