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Inside AICPA, November 18, 1991

American Institute of Certified Public Accountants (AICPA)

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November 18, 1991

**Staff
Anniversaries**

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

		<u>Anniversary</u>
Herb Finkston	Professional Ethics	27th
Loretta Williams	Receivables	13th
Herb Jacobowitz	Shipping & Receiving	12th
Rocco Petrozzo	Shipping & Receiving	12th
Cindy Kautz	Microcomputer Support/ Office Automation	10th
Angela Sayyed	Human Resources	9th
Glen Nelson	CPE Production	6th
Carmen Rivera	Customer Service	6th

**Staff
Promotions**

Anna Moa in Financial Management was promoted from Bookkeeper to Accountant.

Marie Mikolajczyk was promoted from Project Manager in CPE Program Development - Non-Tax to Administrative Manager in CPE Program Development - CEA.

Congratulations and Good Luck in your new positions!

Remember...

The AICPA Men's Basketball Team will play Times Mirror 6:20 p.m. **tonight** at Norman Thomas High School on 33rd Street and Park Avenue. Spectators are welcome.

**CPE
Course**

The next in-house technical course will be offered on Monday, December 9th. Dan Guy and Gerry Yarnall will be conducting an Audit Risk Assessment Workshop from 9:30 a.m. to 12 noon in the Board Room.

CPE Credit: 3 hours: A&A AICPA
New York (Sponsor #B90-7)/New Jersey(Sponsor #299)

Those interested in attending should contact Mary Anne Tait on extension 5660.

**Just a
reminder...**

for those attending the Balanced Living, Inc. Smoking Cessation Seminar on November 21st. The seminar will be held from 9:30 a.m. to 11 a.m. in the 5th Floor Board Room. Please remember to bring your check for \$25, payable to Balanced Living, Inc., to the meeting.

GREAT AMERICAN SMOKEOUT

This Thursday is the Great American Smokeout - observed annually to encourage smokers to give up the habit for one day with an eye toward quitting for good.

It's harder to quit if you're depressed - If you feel depressed but want to quit the cigarette habit, chances of success aren't so good. On the other hand, if you lift your mood, chances of quitting almost double.

A survey by the National Institute for Mental Health shows that people who are in a depressed state of mind will be less successful in their stop-smoking efforts. Of the 3,000 St. Louis residents studied, about twice as many failed in their efforts to quit as those who were not depressed.

In other studies, women are shown to have a harder time quitting than men. When those who were depressed were taken out of the study, however, quitting percentages for men and women were the same.

While many test subjects had suffered long-term depression, the study carries a message for potential quitters. Even everyday depressed feelings limit your chances of quitting. So lighten up before you stop lighting up.

About 36 percent of deaths attributed to smoking are linked to heart and blood vessel diseases. But when a smoker quits, the risk of heart disease declines rapidly. And.....You CAN stop smoking without gaining weight - the key to success is strategy.

- o Start now to plan healthful, lower-calorie meals. Say "goodbye" to the days you opened the refrigerator and made a meal of whatever was there.
- o Stay busy so boredom doesn't drive you to food. Plan activities that don't include dinner. A movie, walking through the shopping mall, or going for a swim will keep you away from both cigarettes and snacks.
- o Smoking increases the metabolism, resulting in an extra calorie burn of about 100 calories per day. Though this would add up to a weight gain of just over one pound per month, many ex-smokers gain much more because they replace cigarettes with food. If you have to resort to eating to still a nicotine craving, try fresh vegetables or diet candy.
- o Without smoking in your life, you will feel better than you have for years. With more energy at your disposal, you can participate in more physical activities.

You can stop smoking! Plan ahead so you don't gain weight, but remember this: You would have to gain 75 pounds to offset the health benefits a normal smoker gains by quitting.