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## Inside AICPA, September 3, 1991

American Institute of Certified Public Accountants (AICPA)

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September 3, 1991

**Staff  
Anniversaries**

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

Anniversary

Rebecca Cabrera	CPE Educ. Sup. Svcs.	11th
Kathy Lewis	Professional Ethics	9th
Barbara Posilovidge	Purchasing	9th
Mary Alaimo	Quality Review	6th

**Say Hello  
To**

James Carey - Technical Manager - Quality Review. James came to the Institute from Coopers & Lybrand where he worked as a Senior.

Andres Hernandez - Mail Clerk - Mail Services. Andres last worked as a Teacher's Aide for P.S. 106 Elementary school.

Ronald Piccin - Order Representative - Order Department. Before joining the Institute, Ronald worked as a Securities Specialist for Bank Hapoalim BM.

**Recycling**

Are you participating in our recycling program? The Department of Sanitation tells us that the average office worker throws away a half pound of high-grade recyclable paper every day--over 180 pounds a year and 80% of the trash generated in offices can be recycled. White bond, typing, letterhead, copier, computer as well as green and white bar paper are all recyclable.

Last year AT&T recycled 44 million pounds of office paper including computer printouts, newspapers and magazines, envelopes and boxes. Recycling what their employees put into recycling bins saved 374,000 trees and 55,000 barrels of oil, according to the Wall Street Journal.

Remember - don't waste paper in the wastepaper basket - look for the recycling bin in your area. While you may not think the paper on your desk will contribute much; it all adds up.

**Cholesterol  
Awareness  
Month**

September is Cholesterol Education and Awareness Month, dedicated to educating the public on the dangers of a high-cholesterol diet and the benefits of proper nutrition. With that in mind, we offer the following quiz to test your "nutritional know-how".

Q. Which of these foods contains the least saturated fat? Two tablespoons peanut butter, 1 ounce of Cheddar cheese; 2 ounces bologna.

A. The peanut butter, it contains 3 grams. The ounce of Cheddar has 6 grams, the bologna 3.4.

Q. For a balanced diet we should eat an equal number of servings daily from the five major food groups. True or false.

A. False. Suggested servings for adults are: 3 to 5 servings of vegetables; 2 to 4 servings of fruit; 6 to 11 of bread, cereal, rice or pasta; 2 to 3 of milk, yogurt and cheese; 2 to 3 of meat, poultry, fish, dry beans and peas, eggs and nuts.

Q. On average, adults consume twice the recommended amount of salt each day. True or false.

A. True, most is provided by food and beverage, some in manufacturing, and some is added at the table.

Q. Which has the same amount of calcium as a cup of skim milk? Two cups cottage cheese; 1 1/2 ounces natural cheese; one cup yogurt; or all of the above.

A. All of the above, though they may contain more fat and calories. The American Dietitian Association recommends low-fat or fat-free dairy products.

Q. When you add "hold the mayonnaise" to your hamburger order, how many grams of fat do you avoid? Five grams, 10, or 25?

A. About 10 grams of fat. One tablespoon has 10 grams of fat and 100 calories. (Order ketchup or mustard instead.)

Q. Running a mile burns about 100 calories. Walking the same distance burns ... 40 calories, 75 calories, or 100 calories?

A. Both running and walking use the same amount of calories for the same distance, or 100 calories for the mile.

Q. Margarine has fewer calories and less fat than butter. True or false.

A. False. Both contain 5 grams of fat and 45 calories per teaspoon. Whipped butters and margarine contain less because you actually get less spread, more air.