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American Institute of Certified Public Accountants (AICPA)

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September 16, 1991

**Staff
Anniversaries**

A very special congratulations to **Julia Esposito** of the Promotions Department who celebrated **35 years** of employment with the Institute on **September 10th**. Also congrats to the four other staff members who last week celebrated various anniversaries with the Institute.

Anniversary

Barbara Shildneck	Journal of Accountancy	32nd
Eileen Rubright	Finance & Admin.	28th
Bernice Sobel	PFP	11th
Elinor Paige	CPE Admin.-Self Study & Video	5th

**New
Hires**

Antonina Di Maggio - Technical Advisor - Information Technology. Antonina came to the Institute from Coopers & Lybrand where she worked as a Senior Associate.

Maureen Lewis - Order Representative - Order Department. Before joining the Institute, Maureen worked as a Receptionist for Children's Wear Credit Guild.

Anne-Mary McCauley - Secretary - Federal Tax. Anne-Mary joins the Washington staff from Radonics, Inc. where she worked as an Accounting Manager.

**Staff
Promotions**

Marie MacBryde was promoted from Editorial Assistant to Permissions Editor in Publications.

In Customer Service, Deborah Young was promoted from Clerk Typist to Customer Service Rep.

Edward Lanigan was promoted to Supervisor-Accounts Payable in General Accounting. Formerly, Eddie was Senior Bookkeeper.

Nilda Montalvo, formerly Typesetting Operator was promoted to Lead Typesetting Operator in Text Processing.

Evelyn O'Donnell in CPE Educational Support Services was promoted from Secretary to Coordinator.

Congratulations to all and best of luck in your new positions!

Sesame Place Coupons

Sesame Place in Langhorne, PA is offering to Institute employees discount coupons for the 1991 Fall Season. To get your, "Corporate Discount Days" coupon, valid on weekends through Oct. 2, 1991, see Anselmo Alamilla in Human Resources.

Exercising Essential in Weight Loss

Amid the general din of fat-loss sense and nonsense, trainers give us some simple good advice: Spend 45 minutes three or four times a week in continuous exercise and you'll lose a pound of fat a week.

Assuming your eating habits are even the least bit rational, exercising continuously is a quick way to burn actual fat and not just work up a sweat burning up sugar.

The first 20 minutes of exercise is a "set up" time and any time after that is actually "fat burning time." Plan on at least 30 minutes of exercise to burn fat, but add another 15 minutes for real fat burning power.

Don't assume that longer is better, however. On the contrary, more than 45 minutes in continuous exercise exposes the average person to injury. For best results increase the frequency of your 45-minute exercise periods. Four times a week will do the trick.

More frequent exercise raises the metabolism rate and makes your body burn fat more efficiently.

