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Inside AICPA, February 3, 1992

American Institute of Certified Public Accountants (AICPA)

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February 3, 1992

**Staff
Anniversaries**

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

Anniversaries

Florence Napolitano	Customer Service	10th
Arthur Kent	Information Technology	6th
Iris Mascetti	CPE Accounting	6th

Basketball Updates

The Men's team continued its strong play, beating Times Mirror Magazines, 82-55.

Starting strong, the Institute took the lead early, and was ahead at halftime 34-20. Following a sluggish start in the second half, the AICPA came on strong and cruised to their **4th** victory in their last 5 games.

The Institute was led by the scoring of Ronnie Dunn (Shipping & Receiving) with 18 points, Lenny Mai (General Accounting) with 17 points and Tony Smalls (Programming & Systems) with 13 points, and by the passing and defense of Shaun Roberts (Quality Review) and Tony Betances (Office Facilities).

The Men's next game is tonight at 8:20 against Seltel. Games are played at Norman Thomas High School (33rd Street and Park Avenue), and spectators are welcome.

The Women's team will play 9:00 tonight in the third floor gym at Julia Richman High School on 68th Street between 1st and 2nd Avenues.

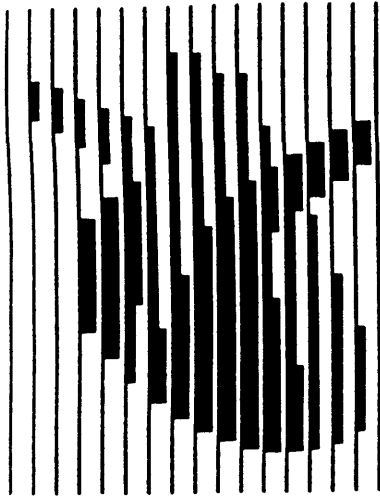
The CPE session scheduled for Tuesday, February 4th is over-booked, so only those who have signed up will be seated, although we will try to seat those on the waiting list. **If you had signed up, but find that you cannot attend, please notify Mary Anne Tait (x5660) today.** We look forward to an enjoyable and informative session.

**CPE
COURSE****W2 Statements**

1991 W2 Annual Wage and Tax Statements were distributed on Thursday, 1/30/92, along with the paychecks. If you were not available to receive your W2 on Thursday, you may claim it in the payroll office. This includes employees who normally have their paystubs mailed to their home; we are holding your W2 as well. If W2's are not claimed by February 10th, they will be mailed to your home. Since mailing can cause delays or loss, we strongly recommend you claim your W2 from Payroll.



February is Heart Month



Regular exercise can help prevent heart disease.

Exercise protects the heart in at least 3 ways:

- By helping to control or reduce overweight that puts extra strain on the heart.
- By increasing the efficiency of the cardiovascular system - so the heart works less to provide oxygen to the brain and muscles.
- By reducing triglycerides (fat) in the bloodstream. A new Rockefeller University study shows this effect to be separate from any change in diet.

There are many ways to exercise, but walking is convenient and effective. It can be done at any time of the day, takes no special equipment other than a good pair of shoes, and gives the consistent movement that brings a stronger heart and cardiovascular system.

Walking at a moderate pace of 3 miles per hour will burn a little over 200 calories in 45 minutes, but studies show that the body continues to burn more calories for hours after the walking stops. At four miles per hour a 150 lb. male burns 248 calories.

One study reported in *The Physician and Sports Medicine* included 40 to 56-year-olds who walked 40 minutes four times a week for 20 weeks. They increased speed from 2.5 miles per hour to 3.25 over that period.

While the effort doesn't seem great, the benefits were significant. Aerobic working capacity increased 28 percent. Heart rate decreases during exercise were as much as 17 beats per minute. During recovery, heart beats decreased by as much as 28 beats per minute, constituting important cardiovascular improvement.

As an exercise, walking has other advantages. It doesn't cause injuries, and it promotes better sleeping habits.