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## Inside AICPA, October 23, 1995

American Institute of Certified Public Accountants (AICPA)

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October 23, 1995

**Staff  
Anniversaries**

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

		<b>Anniversary</b>
Fred Gill	Accounting Standards	12th
Chris Miller	Human Resources	9th
Simmona Steele	Library Services	9th
Dan Providence	Examinations	8th
Violeta Gomez	PCPS/MAPS	6th
Catherine Mathews	PCPS/MAPS	6th
Beth Ryan	Human Resources	6th
Carlotta Stewart	Taxation	6th

**Please  
Welcome**

**Lillian Theodoropoulos - Technical Manager - Professional Ethics.** Lillian joins us from KPMG Peat Marwick where she worked as a Manager.

**Promotions**

**Beth Appelbaum** was promoted to Conference Coordinator from Conference Assistant in Meetings & Travel.

Congratulations & much success in your new position!

**New Faces  
In Harborside**

On Thursday, October 19, nine members of Team AICPA moved from the New York Office to Harborside. Below are their names and their new telephone extension numbers:

<b>Name</b>	<b>Department</b>	<b>New Extension</b>
Bruce Brasell	Practice Monitoring	3017
Nadine Cunningham	Conferences	3795
Gregory Furke	Practice Monitoring	3025
Graham George Goddard	Newsletter	3796
Joanne Lindstrom	Market Research	3806
Rosalynd Rambert	Market Research	3794
Agnes Ramdas	Member Services	3793
Jay Rothberg	Member Services	3980
Catherine Wasilko	Practice Monitoring	3022



Standard Time resumes on **Sunday, October 29** at 2:00 a.m.. Please remember to turn your clocks **back** one hour.

## **Avoiding and Healing Back Pain**

It is estimated that 80 percent of adults have visited a doctor for back pain. Today, doctors tend to eschew strong medications, surgery and other highly-invasive procedures and to prescribe more and more physical therapy to heal their patients' back problems. Below are a set of guidelines for healing and preventing injuries to the back issued by the Cleveland Clinic Center for the Spine:

### **Treatment for back pain**

1. Get medical attention immediately for a severe back injury like a fall from a ladder or if a fever accompanies back pain. If you have loss of strength or sensation in your legs, or if you have loss of bladder or bowel control, see a doctor immediately.
2. After a muscle strain or sprain in the back, rest if you must, but for no more than two or three days. Inertia can exacerbate some conditions. Start normal activities and careful exercise as soon as possible.
3. Take over-the-counter pain killers.
4. Cold packs applied to the painful area for five to ten minutes at a time are helpful at first. Later, a heating pad or a hot shower or bath may bring temporary relief of pain.
5. For non-serious injuries, use home treatment for a week or two before consulting a doctor, but call sooner if you aren't improving.

### **Preventing back pain**

Usually, the underlying cause of back pain has been developing for some time. Spine specialists offer these suggestions for preventing back injuries and back pain:

1. Don't smoke. Studies show that patients with severe back pain are more likely to be heavy smokers. Smoking reduces blood flow to the discs, causing them to degenerate.
2. Lift correctly. The farther you are from an object, the greater the potential for disc damage. Bend from the knees and keep the object close to your body when you lift.
3. Don't sit for long periods. Stand up at intervals, like when talking on the phone. When driving, stop and walk around frequently. In an airplane, walk the aisles.
4. Use a good chair. It should have armrests, an anti-slide surface and back support. It should be high enough so your knees are slightly higher than your hips.
5. Lose weight. Carrying extra body weight can throw your body off balance and stress your back.
6. Walk, bike, or swim. These endurance exercises strengthen back muscles without jarring them.