



L I F O

Lifestyle | Involvement | Fun | Outings



ISSUE I: JANUARY - MARCH 2020

Welcome to L.I.F.O.

Lifestyle

Bringing awareness to health and well-being both in and out of the workplace

Involvement

Promoting a sense of inclusion throughout the entire Samet community

Fun

Coming together and commemorating small moments

Outings

Organizing event opportunities for employees to get together outside of the office

Dear Samet Staff,

We hope everyone had a great holiday season! As many of you may know, L.I.F.O. was approved following the most recent Samet360. L.I.F.O. is a newsletter that will be accessible through the Samet Spread at the start of each quarter mainly focusing on bringing awareness to life inside and outside of Samet & Company, PC.

Through this newsletter, we aim to enhance the community at Samet by focusing on four main categories: Lifestyle, Involvement, Fun, and Outings. Each of the four categories were thoughtfully chosen to enhance the friendly and supportive atmosphere at Samet, as well as the overall mental and physical well-being of the firm. L.I.F.O. is open to everyone so if anyone has a suggestion, please do not hesitate to reach out! We want to thank you all for your time in reading our newsletter and best of luck with the upcoming tax season!

Sincerely,
Cass, Danny, and Jill

Lifestyle

PODCAST APPRECIATION

This podcast explores the ups and downs of some of the world's most well-known companies through stories told by the men and women who started them.

Guy Raz talks to these innovators, entrepreneurs, and idealists about the movements they have made, the risks they have taken, and how they created something from nothing.

How I Built This gives exposure to stories about hustle, determination, and often a sprinkle of good fortune.



TED THAT HAVE **US**
TALKS THAT TALKING

1 HOW YOUR EMOTIONS CHANGE THE SHAPE OF YOUR HEART

How Your Emotions Change the Shape of Your Heart is a TED talk done by Sandeep Jauhar that discusses how emotions, such as grief and fear, cause our heart to change shape and in some instances break.

2 THE HAPPY SECRET TO BETTER WORK

The Happy Secret to Better Work enlightens us to look at what we do each and every day: work. Often, individuals do not intertwine happiness and work, thus it is insightful to see how happiness can have positive effects on productivity and great work.

Involvement

Upcoming Birthdays

JANUARY

1/3 - Erin Kirkaldy
1/4 - Rachel Beliveau
1/8 - Brooke Munafo
1/10 - Tom Attura
1/14 - Dennis
Giangregorio
1/24 - Anthony
Lorusso

FEBRUARY

2/3 - Cassidy Manna
2/16 - Helen Schussler
2/18 - Ed Suleski
2/24 - Damon Calivas

MARCH

3/1 - Paul Ford
3/4 - Norman Posner
3/6 - Sue Conway
3/7 - Sandra Sullivan
3/18 - Taylor Nettleship
3/21 - Kristie DeLuca



FREE DOUGHNUTS!



Made you look! In an effort to keep the kitchen tidy in 2020, we will be trying out a new rotating cleaning schedule in which three Staff Associates will be responsible for cleaning the kitchen each week. At the end of each month, if the kitchen reaches Samet's cleanliness standards all four weeks, we will celebrate with a breakfast on the last Friday of each month.

Let the scrubbing begin! The schedule for each month is as follows:

Week 1: Hayley, Matt, Anthony

Week 2: Libby, Casey, Damon

Week 3: Danny, Cass, Rachel

Week 4: Claudia, Jake, Destynee



KITCHEN
CLEANLINESS

Involvement

Getting to Know the Samet Staff!

TEDDY HURST

SENIOR ASSOCIATE



What attracted you to Samet and what is your favorite aspect of the company?

When I was looking for my second co-op during my junior year at Northeastern, I interviewed with Joe Goldberg and Kristie DeLuca. The vibe during the interview was all I needed to know about the people that work at Samet and the opportunity was too good to pass up. I have been employed at Samet ever since, whether as a part-time co-op/intern or a full-time staff member.

My favorite aspect of Samet, which has been evident ever since I started as a co-op, is the opportunity to work in all fields of public accounting. There is exposure to assurance, tax, and bookkeeping from very early on as an associate and it allows you to choose your own future and your own direction.

Do you have any career lessons, general advice to others, or rules that you live by?

During my time at Samet, I have realized that the biggest key to progressing is to be open to learning new things. When I joined out of college, I didn't have the most desirable GPA so I thought I would be at a disadvantage, but I have been given many opportunities to learn more and broaden my horizons.

What are some of your favorite activities to engage in outside of the office?

Outside of the office I like to play tennis, travel, and visit my family in Connecticut and the UK.

Favorite book? Movie? Music genre? Podcasts?

I don't read very often, so I don't have many books to choose from. My favorite book that I read recently is *Fall of Giants* by Ken Follett. I like anything by Stephen King, so the next book I have on my list is his latest book, *The Institute*. I don't have a favorite movie, so to speak, but some of them are *Up*, *Red Dragon*, *Identity*, *The Prestige*, and the *Lord of the Rings* trilogy. I don't listen to podcasts, so I don't have a favorite. And my favorite music genre changes constantly, so I typically shuffle 15 different genres/bands on Pandora.

What is a fun fact about yourself that would not be well known around the office?

I don't know what is well known around the office, but I don't think too many people know that I was born just outside London, England and lived there for just over two years before moving to Connecticut. At the time, my parents picked Connecticut over moving to Hong Kong through my dad's job.

What is your biggest pet peeve?

It won't come as a surprise to many that I have a lot of pet peeves, but the biggest one that is super prevalent around Boston is when people don't use their turn signals. Now that I have a car and drive around Boston, I have realized how frequently people don't use their turn signals, which makes this pet peeve even stronger.

Involvement

Getting to Know the Samet Staff!

TAYLOR NETTLESHIP

MANAGER



What attracted you to Samet and what is your favorite aspect of the company?

While my undergrad and grad programs constantly pushed Big Four, I always knew I wanted a smaller-firm feel and therefore was attracted to Samet. Once I came in for an interview, I felt welcome from the moment I stepped off the elevator and knew that I wanted to work here.

My favorite aspects of the firm have been the people I get to work with, the clients and engagements I get to work on and the different firm initiatives I have had the opportunity to be involved with.

What are some of your favorite activities to engage in outside of the office?

I like to cook and try new recipes. But a close second is trying new restaurants. Basically, eating is a favorite activity of mine. And spending time with my niece and nephew.

Favorite book? Movie? Music genre? Podcasts?

I just finished reading *Where the Crawdads Sing* by Delia Owens and it was amazing!

My favorite movie is *Good Will Hunting*.

For music, I like just about anything. Taylor Swift and Kacey Musgraves are my absolute favorite artists.

“How I Built This” or “Second Life” are my two favorite podcasts. Both interview well-known entrepreneurs and focus on the story behind building their business(es).

What is your biggest pet peeve?

People chewing ice drives me crazy!

What is your favorite or ideal vacation spot? Why?

Kennebunkport, ME has been a favorite vacation spot over the last couple of years. My husband and I spent a few days there after our wedding as a mini-moon and returned for our first anniversary, so it is a special place for us.

What was your dream job as a child?

I loved playing basketball growing up so there were definitely a few years where I wanted to play in the WNBA. I wasn't that talented or tall, so my dream was pretty short-lived (pun-intended). If the WNBA didn't work out, I would have settled on being a doctor because I loved the TV show “ER”.

Involvement

Getting to Know the Samet Staff!

JOHN CZYZEWSKI

PARTNER



What attracted you to Samet and what is your favorite aspect of the company?

What attracted me to Samet was what hopefully still attracts people today. The opportunity to work with some great people, on some great and interesting clients, in a wide variety of industries.

Working with family business, you have the opportunity to make a positive impact on both the business and the family. New staff have the opportunity to work with decision makers in a very short while.

Do you have any career lessons, general advice to others, or rules that you live by?

Always treat everyone with respect, both members of the firm and clients. Always be very responsive to both members of the firm and to clients. Be willing to ask questions, accept help from others, and

be willing to try new things. We all make mistakes occasionally, but be willing to admit them, and to work to correct them.

What are some of your favorite activities to engage in outside of the office?

As anyone who ever golfed with me knows, I am still trying to learn the game. I also enjoy kayaking and being out on the water. It has also been fun to travel and to see new places.

Favorite book? TV series?

I enjoy reading mysteries, particularly those that are set in New England. I enjoy watching all sporting events.

What is a fun fact about yourself that would not be well known around the office?

While fishing with my father many years ago, we caught the largest bass that was caught on the lake that year.

What is your favorite or ideal vacation spot? Why?

Italy was fun, great people, great food. Morocco was the most interesting, but I definitely would not want to live there. A nice summer weekend for me would be a round of golf on Friday and Saturday afternoons, a little kayaking in the mornings, and floating around in the lake the rest of the day.

What is your biggest pet peeve?

People who treat those that they perceive to be beneath them disrespectfully, such as people who are rude to waiters and waitresses, or senior staff who speak down to junior staff. Over the years, some of my most successful clients have been those that treated everyone in the company with respect.

Fun

20 FUN FACTS TO KICK OFF 2020!

1. The blue whale is the largest animal that ever lived and can grow to 90 or more feet and weigh as much as 24 elephants! That's more than 330,000 pounds (150,000 kg).
2. During the war years, M&M's were sold only to the military, which meant that the everyday chocolate-lover did not get to sample the glorious candy until the war ended in 1945.
3. The American Industrial Revolution began in Lowell, MA. Lowell was America's first planned industrial city.
4. The name pretzel comes from the word "pretiola" or "little rewards."
5. Coffee beans are technically seeds. They are the pits of the cherry-like berries found on the flowering shrubs, but we call them "beans" because of the resemblance to legumes.
6. Ben & Jerry's was originally going to be a bagel company, but Ben and Jerry found the bagel-making equipment to be too pricey. Their plan was to deliver bagels, lox, cream cheese, and the New York Times on Sunday mornings.
7. The very first pair of Nike shoes were made using a waffle iron, which created grooves on the soles. These then helped to grip the surface of running tracks when athletes wore them.
8. Cherophobia is the term used to classify an irrational fear of being happy.
9. Bananas are curved because they grow towards the sun. Through a process known as negative geotropism, the fruit grows towards the sun giving it their familiar curved shape. It grows against gravity!
10. The voice of Mickey Mouse and the voice of Minnie Mouse got married in real life.
11. Sea otters have a pouch under their forearm to store their favorite rocks.
12. The difference between jam and jelly is that jam is made with mashed up fruit while jelly is made with fruit juice.
13. Cows have "best friends" and get stressed when separated.
14. There are 336 dimples on a regulation golf ball.
15. Snakes are true carnivores as they eat nothing but other animals. They do not eat any type of plant material.
16. The first college football game was played on November 6, 1969, between Rutgers and Princeton (then known as the College of New Jersey) in New Brunswick, NJ. Rutgers won.
17. With 3.572 billion viewers, half the world's population watched the 2018 FIFA World Cup of soccer (or football, as many international fans call it), which is held every four years. That number is on par with the 2016 Summer Olympics; but only a quarter of the world watched the less-popular Winter Olympics in 2018.
18. Mr. Rodgers announced that he was feeding his fish on every episode because a blind viewer sent him a letter worried that the fish were hungry.
19. The northern leopard frog swallows its prey using its eyes. It uses them to help push food down its throat by retracting them into its head.
20. If cars could drive straight up, it would take about an hour to reach outer space and 6 months to reach the moon.

COMIC CORNER



"You gave away 60 billion toys and didn't get one receipt?!"

Fun



There is no question that tax season can be grueling. Mark your calendars and relieve some stress by participating in these fun activities!

JANUARY

6

New Year's Resolutions

Head to the kitchen to anonymously write down your New Year's resolutions and tack them up on the cork board!

15

National Bagel Day

Need some carbs to fuel your brain? Bagels and cream cheese will be available for breakfast in celebration of this magical day.

24

Compliment Day

Grab a sticky note and write down a compliment to make someone's day! Place it on their desk for a sweet surprise.

FEBRUARY

14

Valentine's Day

Celebrate the day of love by sporting your favorite red or pink attire!

24

National Tortilla Chip Day

What better way to spend a Monday than eating chips and guac? Head to the kitchen for a quick snack break.

MARCH

6

National Oreos Day

Friday just got a lot sweeter! Oreos will be in the kitchen for anyone looking to fulfill their daily dose of chocolate.

14

National Pie Day

Happy π Day! Take a break from crunching numbers and grab a slice or two of pie!

17

St. Patrick's Day

Wear your favorite green gear and lucky socks!

Outings



IN AN EFFORT TO INCREASE TEAM-BUILDING OUTSIDE OF WORK, WE ARE INTERESTED IN PLANNING A COUPLE OF OUTINGS EACH QUARTER. THE OUTINGS ARE COMPLETELY OPTIONAL AND THE DATES ARE NOT YET DETERMINED.

ICE SKATING AT JACK KIRRANE SKATING RINK

PUZZLE BREAK NEWTON ESCAPE ROOM

ADDITIONAL ACTIVITIES AROUND THE AREA:

Museum of Fine Arts

Skating on the Boston Common's Frog Pond!

The Mapparium - the world's biggest walk-in globe!

Local shops you want to miss:



Union Square Donuts
Blackbird Doughnuts
Kane's Donuts
Doughboy Donuts & Deli
Twin Donuts