



L I F O

Lifestyle | Involvement | Fun | Outings



ISSUE II: APRIL - JUNE 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,

Welcome to Issue II of the L.I.F.O. newsletter! We hope that you enjoyed the first Issue and learned a few things about the Samet team. As a reminder, our goal for this newsletter is 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.



During these challenging and unpredictable times, it is our hope that the L.I.F.O. newsletter can bring us together in spirit. We love to hear your feedback, so please do not hesitate to reach out if you have any suggestions or comments. We look forward to seeing everyone again in the near future - here's to staying happy, healthy and positive.

Sincerely,
L.I.F.O.

Lifestyle

PODCAST APPRECIATION

Ear Hustle brings you the daily realities of life inside prison shared by those living it, and stories from the outside, post-incarceration.

The podcast is a partnership between Nigel Poor, a Bay Area visual artist, and Earlonne Woods, formerly incarcerated at San Quentin State Prison, and was co-founded with former San Quentin resident Antwan Williams.



EAR HUSTLE

The Book Nook

•• THE ARTIST'S WAY ••

Julia Cameron

The Artist's Way has many purposes and will speak to all differently, for one it may show them a way to their inner child's imagination. The book might be the permission they so badly needed to take the precious time they have on the planet to love THAT child.

Let "her" breathe her unique awesomeness in and out into the world. Time (now) and matter (body) are gifts and I believe "I" am here for a reason. The Artist's Way is the legend on a map of one artist's soul. Or it could be something so totally different as no art or life is alike.

•• LET YOUR MIND RUN ••

Deena Kastor

Let Your Mind Run dives inside the mind of an elite athlete who through trial and error learns the power of the mind and the importance of positivity. This book is awesome. Yes, it is aimed for the runner, but many of the stories and lessons can be transferable to any part of life. Overall, it is a great read.

•• THE LIFE-CHANGING MAGIC OF TIDYING UP: THE JAPANESE ART OF DECLUTTERING AND ORGANIZING ••

Marie Kondō

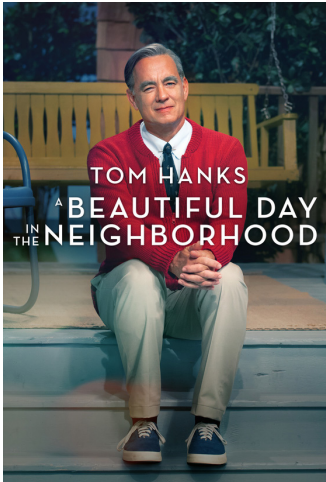
With the increased time spent at home and Spring coming, there is no better time to tidy up and improve our environments. In this book, Marie Kondō illustrates a very effective way of reorganizing and simplifying one's life.

Quarantine Lifestyle

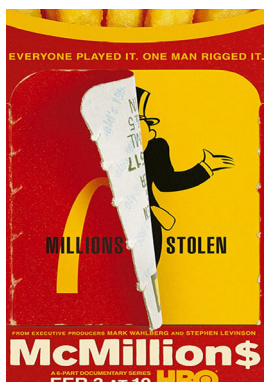
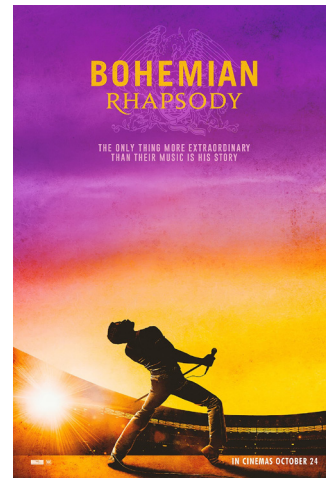
MORE TIME AT HOME GIVES US THE OPPORTUNITY TO EXPLORE NEW FILMS, READ MORE BOOKS, DISCOVER NEW HOBBIES, AND FOCUS ON OURSELVES AND OUR LOVED ONES.

HERE ARE SOME WAYS TO KEEP BUSY OVER THE NEXT SEVERAL WEEKS:

Movies



Binge-worthy Shows



Quarantine Lifestyle

Virtual Workouts



Take a few minutes out of your day to focus on your mind, body and health.

...and don't forget to *treat* yourself after!



Free workouts; NTC Premium is also free now for a limited time (App)



Free weekly special of classes each week; \$19.99 a month for unlimited classes (<https://bit.ly/3dNxDQB>)



\$99 for the month of April; 4 live classes a week (plus 1 week free when studio reopens) (<https://bit.ly/3dIIP17>)



\$30 a week for unlimited classes (<https://bit.ly/2UYbO8i>)



Free home training guide (<https://bit.ly/2wXx6LL>)



\$19.99 a month for unlimited workouts (App)

Tasty Recipes

<https://bit.ly/2JAM10h>



Buffalo Cauliflower

<https://bit.ly/2w6F5Fx>



Jalapeño Poppers

<https://bit.ly/2R7rUeP>



Basil-Parmesan Crusted Salmon

<https://bit.ly/2R8DfLQ>



Oreo Cheesecake Cookies

<https://bit.ly/39DifHI>



Edible Cookie Dough

Involvement



Upcoming Birthdays

APRIL

4/5 - Danny Waung
4/9 - Jakub Sudol
4/26 - Hannah Riley
4/28 - Irene Patak
4/30 - Randy Smith


MAY

5/2 - Jillian Lawless
5/13 - Shawn Huxley
5/18 - Patty Smith
5/19 - Randy Rogers

JUNE

6/2 - Jay Kessler
6/28 - Steve Fanger

WEEKLY ZOOM VIDEO CALLS



For the next several weeks, we will be having Zoom video calls on Fridays at 4 to unwind and come together as a group. During these calls, it is our hope that everyone is able to decompress from the work week and share what is on their mind. Each week will have a different “theme” to keep the calls exciting! The themes are as follows:

April 3: Virtual Vacation

April 10: Pet “Show and Tell”

April 17: Talent Show

April 24: Floral Shirt Friday

Involvement

Getting to Know the Samet Staff!

Bobby Dickson

SENIOR ASSOCIATE



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

I've started playing a lot of golf these past few years after. Only started swinging the clubs about four years ago, but as difficult as it can be, spending four hours on the golf course once a weekend isn't so bad.

I also enjoy fishing (mostly for bass), watching sports, being outdoors and spending time with friends and family. I grew up playing basketball, which I still enjoy, though I don't get the opportunity to play as much as I'd like to.

Favorite podcast? Book?

Big into true-crime podcasts. Was never into podcasts until my older brother told me about the podcast called "Serial". Would highly recommend season 1 of Serial if you haven't listened to podcasts before and you are into true crime. Since listening to that, I've been hooked and have listened to many other true crime podcasts such

as Bear Brook, Up and Vanished, In the Dark, etc., the list goes on. I'm always taking recommendations if anyone has their own favorite true crime podcast. I don't spend enough time reading personally, but when I get the chance, the mystery-thriller genre is what you'll find me reading.

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

The go-to fun fact about myself is that I'm a twin, which I'm sure many around the office already know. I'm the younger twin, by a whopping 27 minutes. Legend has it that my mother didn't even know she was having twins until the day my birth-day arrived. My brother and I, Jeff, look very much alike, have similar interests and many of the same friends. Yes, we are both accountants. I also have an older brother who lives in Brooklyn.

What is your favorite or ideal vacation spot? Why?

A couple of my favorite vacation spots include spending time at the lake in NH and enjoying the beaches and Cape life at my girlfriend's house in Wellfleet.

Relaxing at the lake in July weather is hard to beat. While there, I enjoy fishing, endless cookouts, and everything else lake life has to offer. Among those that I just listed, I also simply enjoy spending time with my friends and family.

The beaches in Wellfleet are hard to beat, on this side of the country that is. The house in the Cape is right on a small pond and a quick walk away from downtown. Its small-town atmosphere lets you escape for a while and you're able to forget about most everything else going on in your life for a short time and what's better than Wellfleet oysters?

Involvement

Getting to Know the Samet Staff!

TRACI GRADY

SUPERVISOR



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

Never to be ashamed to ask for help and always help others whenever it is possible.

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

Outside of the office, I like to read, paint, and go back to the Berkshires to visit family.

Favorite book? Movie? Music genre?

Favorite book I don't know that I really have one. I do like to read but enjoy all kinds of books. My favorite movie is Top Gun. As for music, I do like just about anything but mostly listen to country music.

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

That I enjoy horse racing. I grew up going to Saratoga racetrack with my family and have followed horse racing for many years. My dad was an avid horseracing fan and got me interested at a young age.

What is your favorite or ideal vacation spot? Why?

I would love to go to Italy someday. My mom has relatives there, and I think it would be interesting to meet them and see where my grandmother was from.

What was your dream job as a child?

As a child I always thought I would be a teacher.

Involvement

Getting to Know the Samet Staff!

KRISTIE DELUCA

PARTNER



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

I decided to interview at Samet because I knew that I was looking for a firm that I would know everyone and feel like part of a team. I didn't just want to be a number. One of the main reasons I accepted the offer, though, was because all I really remember about my interview was that I laughed. I had interviewed at 6 companies in 3 days and sitting in the room with Jay, Randy and Norman was fun. How often do you get to say that about an interview? I was hooked!

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

One of the rules I try to live by is to strive to always be kind- you have no idea what those around you are going through privately.

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

Two of my favorite things are cooking and traveling. Many people don't like to cook when they get home from a long day, but I find that spending time in the kitchen just relaxes me. I probably spend too much time pinning new recipes to try on Pinterest. This goes hand and hand with my love to travel- when planning trips, one of the first things decided for each day is the food. Then the rest falls into place around that.

Favorite book? Movie?

I love to read, but find my eyes get a little tired at the end of workdays, so I end up listening to books more often than reading them. Some of my favorite books have been: The Harry Potter Series, The Nightingale, 11/22/63, and most recently Where the Crawdads Sing. I also really enjoy movies and probably watch too many! Some of my favorites have been Shawshank Redemption, Working Girl, White Christmas (Danny Kaye is one of my all-time favorite actors) and recently loved 1917 and Little Women.

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

Though it might be obvious that I enjoy working with others, some may not know that I learned valuable lessons on how to work in a team by being the captain of three groups in high school: the color guard (the people twirling flags and tossing wooden rifles in the marching band), show choir (yes, I sang and danced in sequins) and the soccer team.

Involvement



Thank You, Interns!

ALTHOUGH YOUR TIME WITH US WAS ABBREVIATED, WE GREATLY APPRECIATE ALL OF THE HARD WORK THAT YOU CONTRIBUTED WHILE YOU WERE INTERNING AT SAMET. WE WISH YOU THE BEST OF LUCK IN ALL OF YOUR FUTURE ENDEAVORS!



Connie Yang '21



Nikolas Pearson '22



Will Ma '22

Involvement

Getting to Know the Samet Staff!

Intern Edition

CONNIE YANG

Q: Why did you choose accounting?

A: The reason I chose accounting is its potential career opportunities. There are various jobs related to accounting, from accounting clerk to auditor, management accountant, and even CEO. In addition, the employment opportunities can be in various industries. I would be able to work as an accountant in business, entertainment or even technology industries. I like to try new things and enjoy new challenges.

Q: What has been your favorite part about working at Samet?

A: My favorite part is the culture here. Samet is like a big family; we greet each other every morning, we share food in the kitchen, and we help each other on work. I like to work in a small team because I get to know everyone. I always believe team work will create better work. I also loved the bagels on Saturdays!

Q: What do you like to do for fun outside of work?

A: I love to spend time with my two dogs and take them to dog parks. I like to watch sport games with my friends and eat hot pot at the same time. They are a great combination!

Q: Where do you see yourself in five years?

A: I'd like to have a deep expertise in a certain position. Five years is a good period of time where I get to really know my job; the situations and challenges I face in the five years will enhance my skills and abilities to become an expertise at the position, and I hope to gain more managerial responsibilities by the time.

Q: What are three things on your bucket list?

A: Get a stable job that I enjoy doing after I graduate, stay fit and go to the gym more often, and try something new (sport, language, etc.); I learned how to ski in January, so hopefully I can learn another new thing before end of 2020.

Involvement

Getting to Know the Samet Staff!

Intern Edition

WILL MA

Q: Why did you choose accounting?

A: It is really interesting to me; also, my mom is an accountant which influenced me. Accounting is also the first class that I got an A in in college which makes me confident to choose it as my major.

Q: What has been your favorite part about interning at Samet?

A: Doing corporate return is really interesting. Also, finishing a tax return makes me feel fulfilled.

Q: What do you like to do for fun outside of work?

A: For now, I really like to workout and play basketball after work. Hanging out with friends during weekends also makes me feel relaxed.

Q: Where do you see yourself in five years?

A: I would like to take an MBA program and hope I could have my own restaurant at that time.

Q: What are three things on your bucket list?

A: Travel all around the world, celebrate Chinese New Year with all my cousins again, and buy a house on an Island in Japan.

Fun

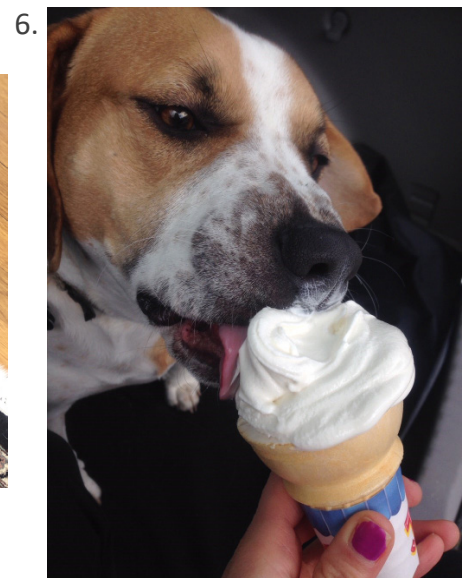
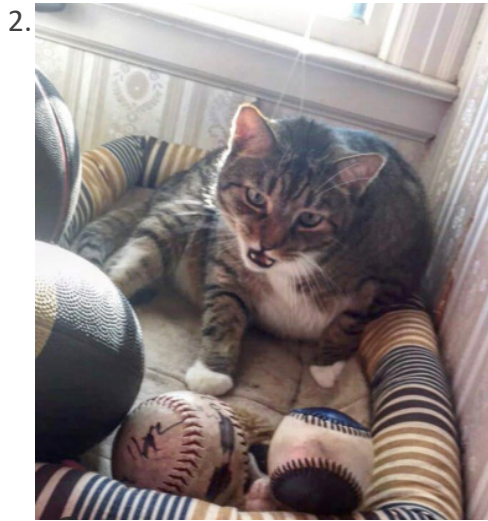


Pets of Samet!



MATCH THE NAME OF THE SAMET EMPLOYEE TO THEIR PET AND EMAIL YOUR ANSWERS TO CASS, DANNY OR JILLIAN. IF YOU GET AT LEAST 6 MATCHES CORRECT, YOU WILL BE ENTERED INTO THE RUNNING FOR A \$20 STARBUCKS GIFT CARD!

Destyneer | Jim A. | Allison | Danny | Josh | Helen | Anthony | Connie | Brooke | Kristie | Cass | Libby



Fun

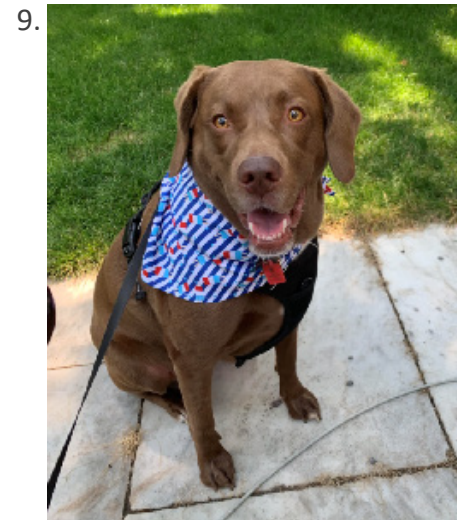
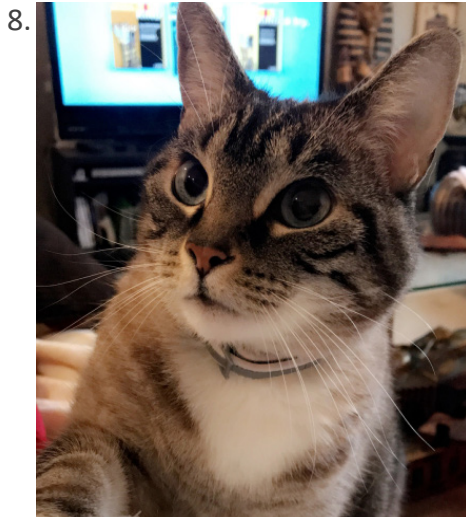


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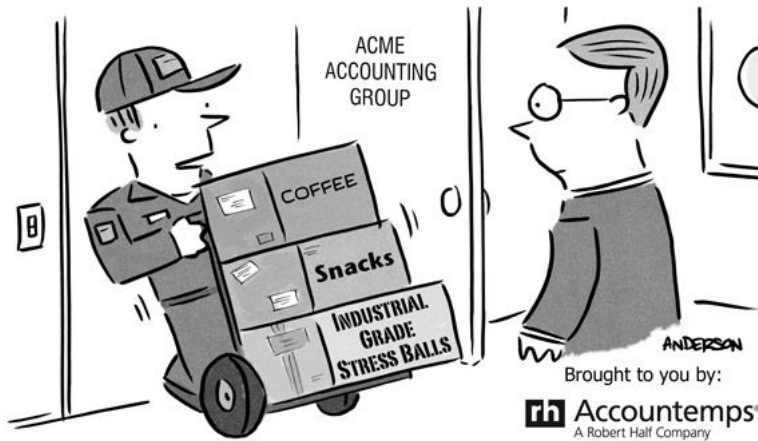
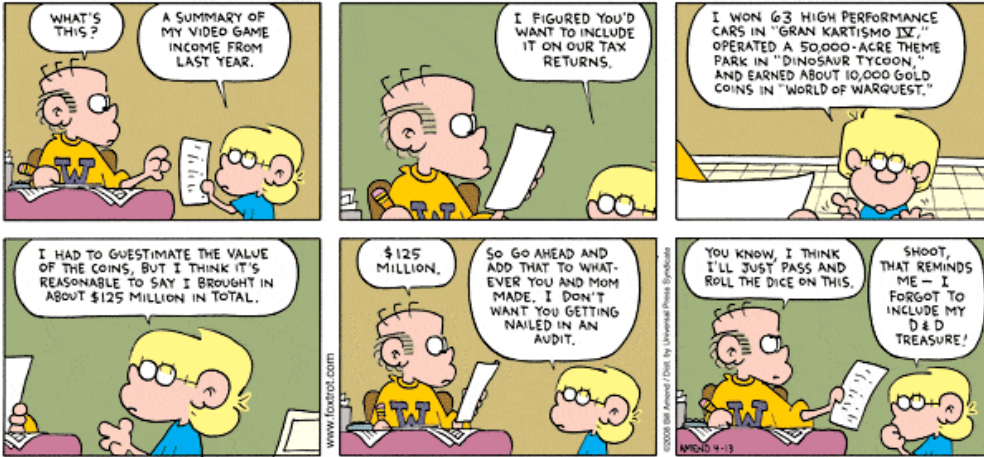
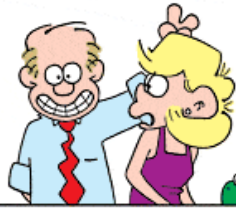
Fun

COMIC CORNER



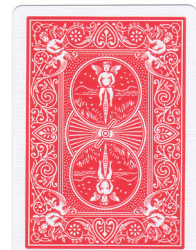
FoxTrot

by Bill Amend



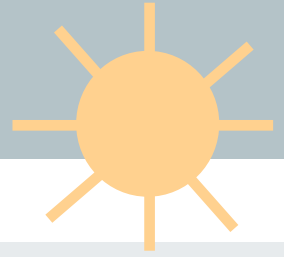
"Tax season?"

Games to Keep Your Family Busy



Classic Family Card Games:
<https://bit.ly/346KwB9>

Outings



DURING THESE UPRECEDENTED TIMES, STEPPING OUTSIDE & CLEARING OUR MINDS HAS NEVER BEEN MORE IMPORTANT. HERE ARE SOME LOCAL TRAILS THAT WILL SURELY RELIEVE SOME STRESS:



THE LANDLOCKED FOREST
BURLINGTON, MA



HOUGHTON'S POND
MILTON, MA



UPPER CHARLES TRAIL
BEGINS IN MILFORD, MA



MILLENNIUM PARK
WEST ROXBURY, MA



PARKER RIVER NATIONAL WILDLIFE REFUGE
NEWBURY, MA

Support Your Local Small Businesses

1. PURCHASE A GIFT CARD FROM YOUR FAVORITE LOCAL RESTAURANT
2. ORDER TAKE OUT OR DELIVERY ONCE A WEEK
3. PURCHASE GIFTS ONLINE FROM LOCAL SHOPS
4. SUPPORT BOUTIQUE FITNESS STUDIOS BY PARTICIPATING IN ONLINE CLASSES
5. SAY THANK YOU TO GROCERY STORE WORKERS!



A Parable-like Story — Author Unknown

A young man applied for a job as a farmhand. When the farmer asked for his qualifications, he said, "I can sleep through a storm."

This puzzled the farmer... but he liked the young man. So he hired him.

A few weeks later, the farmer and his wife were awakened in the night by a violent storm ripping through the valley. He leapt out of bed and called for his new hired hand, but the young man was sleeping soundly.

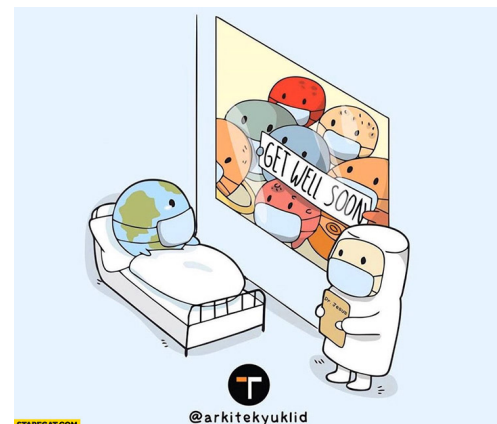
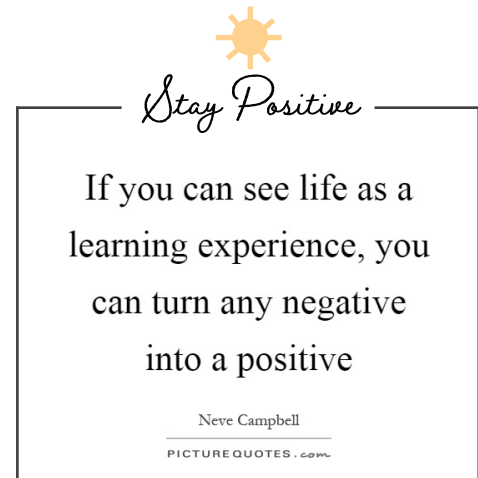
So they quickly began to check things to see if all was secure. They found that the shutters of the farmhouse had been securely fastened. A good supply of logs had been set next to the fireplace.

The farmer and his wife then inspected their property. They found that the farm tools had been placed in the storage shed, safe from the elements. He sees that the bales of wheat had been bound and wrapped in tarpaulins.

The tractor had been moved into its garage. The barn was properly locked tight. Even the animals were calm and had plenty of feed. All was well.

The farmer then understood the meaning of the young man's words, "I can sleep through a storm."

Because the farmhand did his work loyally and faithfully when the skies were clear, he was prepared for any storm. So when the storm did actually break, he was not concerned or afraid. He could sleep in peace.



STORIES THAT WILL BE SURE TO PUT A SMILE ON YOUR FACE:

 <https://bit.ly/3aE82b6>

 <https://bit.ly/2UWnFE0>

 <https://bit.ly/2JBW4mm>