



DANIELS
COLLEGE OF BUSINESS
UNIVERSITY of DENVER
SCHOOL OF ACCOUNTANCY

Alumni Newsletter - March 2015

Get to Know Your Health: Tips for Staying Healthy During Busy Season

During the chaos of busy season, accountants tend to put their health on the back burner. Long work days and high stress conditions often leave little time or energy for preparing healthy meals or exercising. These behaviors can take a toll physically and emotionally. Take a look below for a few suggested behavior modifications that can help with your success in the office and health at home.



Feel The Burn: The American Heart Association suggests at least 30 minutes of moderate-intensity aerobic activity at least five days a week. Research suggests that three 10-minute bouts of cardiovascular exercise have the same heart healthy benefits as 30 continuous minutes. In addition to weight control and disease prevention, cardiovascular exercise also improves mood and boosts energy.

Hip Tip: Utilize websites like [Fitness Blender](#) to find an array of exercise videos ranging in time and difficulty to help in your physical success.

Find Your Inner Buddha: Research suggests regular meditation may lower high blood pressure and anxiety attacks along with decreasing tension-related pain such as headaches, ulcers, insomnia and muscle/joint problems. Meditation may also improve your immune system while increasing energy level.

Hip Tip: Take a few minutes daily to step away from distractions to breathe deeply and relax your muscles and brain. Choose a clutter-free, quiet and familiar location which will allow you to free your mind of stress. In no time you'll be more relaxed and ready to take on your busy day.



You Are What You Eat: Choosing a variety of healthy fruits, vegetables and nuts to have on hand in the office and at home will help boost your immunity, improve digestion and increase your mood.

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About the School of Accountancy

The [School of Accountancy](#) is one of the nation's oldest and most esteemed accounting programs, combining state-of-the-art learning with the personal touch of a small, motivated community to help our students get ahead. Our mission, as a part of a great private university dedicated to the public good, is to foster Enlightened Practice, Professional Achievement, Knowledge Creation and a Commitment to the Community. Our School's students, faculty and alumni work together to ensure that this mission is achieved by producing high quality, meaningful work that advances the field of



As you may have heard, eating a diet rich in vegetables and fruits reduces the risk of heart disease, stroke and certain types of cancers.

Hip Tip: Take an hour once a month to prepare nutritious snacks like these [Blueberry Bran Breakfast Treats](#) or these [No Bake Energy Bites](#). Stock your freezer with these delicious foods and you will be well on your way to feeling satisfied and proud of your choices.

Including these simple behaviors in your daily routine will ensure a successful and healthy busy season. For more tips and recipe suggestions, please contact [Jill Whelan](#).

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Student Corner

SoA Student Wins PwC Aspire to Lead Video Contest



Congratulations to Chemka Tsaschikher, one of our wonderful dual degree students and the winner of this year's PwC Aspire to Lead video contest! Early this year, Chemka submitted a video answering the question "How has confidence made a difference in your life?" and was chosen as one of six finalists across the U.S. Throughout February, followers of PwC's US Careers Facebook page voted on the six finalists and Chemka emerged as the winner! As a result, she and her mother were flown to London to attend the Aspire to Lead event which was broadcast as a live webcast around the world. "I honestly did not think I would win," Chemka says. "I was not really confident in myself even though I was participating in a confidence contest. However, I realized that I had nothing to lose but a lot to gain by submitting a video. Also, I think it is important to not pass up any opportunities because of lack of confidence. Otherwise, imagine how many things I would be missing out on just because of not believing in myself. At the end, I pushed

myself to get out of my comfort zone and created my video on confidence."

The Aspire to Lead event featured PwC leaders, Google UK Leader Eileen Naughton, and The Confidence Code authors Katty Kay and Claire Shipman and focused on confidence, PwC's partnership with HeForShe and how to engage both women and men in the movement. Chemka was introduced with the panel at the beginning of the presentation and spoke about her experiences throughout the conversation. "It is comforting to know that I am not alone in this and that confidence improves with work and life experience," she says, positing that as a society, we need to change our definition of a leader to recognize the value that women bring to the table.

Chemka is originally from a small town in Mongolia and came to the U.S. in high school with very little knowledge of English. After hard work, dedication, and a great deal of confidence, she is now graduating this quarter with her bachelor and master of accountancy degrees and will be starting at PwC in the fall. We are so proud of you Chemka and look forward to seeing where your career takes you!



accounting. As a result, our graduates are armed with the practical skills and knowledge needed to thrive in today's business world.

[Check out Chemka's video here](#), [watch the webcast](#) from the Aspire to Lead event, and [visit PwC's website](#) for more information about the HeForShe movement and how you can get involved.

So You Want to Be An Accounting Major?

School of Accountancy student Shawnte Roberts was recently featured in the Pioneer Business Review. Roberts shares her experience of the first few weeks of the Accounting Core and her tips for survival. If you're interested in reading the article, [click here](#).

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Recent Happenings

Join the Daniels College of Business Alumni Facebook Page



Get lucky and score tickets to the DU Men's Lacrosse game vs. Notre Dame by joining the [Daniels College of Business Alumni Facebook Page](#)! Keep your eyes open on the alumni page on Friday, March 4th for a chance to win FREE tickets and Gold Club access for a meal before the game.

Presentations, Publications and Awards

Dr. Hugh Grove will be presenting a research paper "Applications for SEC's Accounting Quality (Robocop) Model," co-authored with Mac Clouse, DU finance professor, at the Sixth Annual Forensic Accounting Section Midyear Research Conference, March 13-14, 2015 in Denver, Colorado.

Dr. Sharon Lassar and Kathleen (KED) Davisson attended the annual meeting of Accounting Program Leaders in Nashville from February 6th-7th. Dr. Lassar chaired the conference and was a panelist for the session titled "Sensitive Situations – How to Help Faculty Reset, Reengage, Phase Out, or Retire."

Dr. Ryan Casey and co-author Jonathan Greiner had their article "[Understanding and Contributing to the Enigma of Corporate Social Responsibility \(CSR\) Assurance in the United States](#)" published in the February 2015 edition of Auditing: A Journal of Practice & Theory.

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Upcoming Events

VOE featuring Douglas Jackson, CEO of Project C.U.R.E.

Monday, March 30th – 6:00-7:30 PM – Newman Center

Dr. Douglas Jackson serves as the President/CEO of Project C.U.R.E.

Each week, Project C.U.R.E. delivers approximately three semi-truck loads of donated medical supplies and equipment to desperately needy people around the world. Since 1987, Project C.U.R.E. has delivered equipment and supplies to hospitals and clinics in over 130 countries.



Project C.U.R.E. is consistently recognized with the highest Four Star ranking from Charity Navigator, and was named by Forbes as one of the top 200 charities in America. Read Dr. Jackson's full bio [here](#).

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Employment Opportunity

Position: Director of Accounting for a regional Denver-based law firm

Compensation: \$70K - \$80K base salary + bonus potential (up to 10% of base)

Benefits: Health/dental/vision/AFLAC, EcoPass (unlimited RTD usage), cell phone reimbursement, and private office overlooking 17th St.

Qualification: At least three (3) years in an accounting management position. CPA license not required. Accounting degree preferred, but not required.

Description: Oversee the Accounting Department for our creditor's rights law firm with offices in eight (8) states, ~170 employees, and (sixty-two) 62 years of family ownership. The Director of Accounting reports directly to our CEO who is a CPA. Our CEO is responsible for the majority of the Controller tasks such as financial reporting, budgeting, and treasury management.

For more information, please contact [Nick Machol](#).

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Alumni Notes

Brad McQueen (MBA 2005) and his wife Melissa's book "Exposed: Tragedy & Triumph in Mountain Climbing", is just about to be released. Brad and Melissa are excited to share their story and lessons learned. Visit their [Facebook Page](#) and register for one of the upcoming events.

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