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# Dropping More than Just Pounds

By Michael A. Crawford, CPA

**W**ARNING: Side effects may include blushing, nervousness ... and severe embarrassment.

A few years back, I became quite ill, which concerned many people. My weight ballooned to a dangerous level and I felt weaker and weaker. Doctors tested me for various ailments for almost a year before diagnosing me with Type 2 diabetes. My diet and lifestyle had to change immediately. By following the guidance of my doctor and nutritionist, I lost more than 150 pounds in less than 10 months.

Three months into the diet, I lost more than 50 pounds. I was scheduled to speak at a conference for the Missouri Society of CPAs. I packed my bags and drove to Columbia, Mo. I hadn't bought any new clothes, so the suit I brought was rather loose fitting. The morning of the conference, I got dressed and made my way to the meeting room to prepare for my presentation. The meeting room was filled with more than 100 CPAs talking

among themselves and waiting for the presentation to begin. I stood behind a podium working with my laptop computer to setup the video part of my presentation. About five minutes before my presentation, I realized my pants were down at my ankles!

There I stood behind the podium in front of over 100 professionals in a shirt, suit coat and boxer shorts. I immediately dropped down out of sight behind the podium and quickly pulled up my pants. I slowly came up looking around both sides of the podium. To my surprise and relief, the conference participants were still talking to each other and not looking at me. Either I got away with it, or these professionals were very thoughtful and considerate. Personally, I believe I got away with this embarrassing moment.

For the remainder of the training session, I sat down on a stool behind the podium just in case. I now wear suspenders whenever possible in front of a large audience. €

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