

"To assist Members as they protect and serve taxpayers."

Surviving Tax Season

Popeye Had the Right Idea...

No, not the one about beating up Bluto. The one about eating foods that energize the body! Food is many things for us, but what it MAINLY is, is simply fuel for our body. It's the only body we've got... put the GOOD STUFF in it! Cherry Comstock, EA offers this week's health tip: eat protein in the morning and for a mid-afternoon snack to help keep you alert and well-nourished. Lylah Alphonse, author of *The 36-Hour Day*, suggests, " If you're looking for mental energy and alertness, tuck into an egg at breakfast and munch on a protein-rich snack mid-afternoon." (Doesn't have to be high calorie, either: 10 almonds or a cup of low-fat cottage cheese will do the trick, Lylah says.)



Welcome New Members of the CSEA 2.2% Club... Enrolled Agents
Cherry Comstock (East Bay)... Deborah Haley (North Bay)... Susan Harper (North Bay)... D.C. Lepley (Inland Empire)... Jennifer MacMillan (Channel Islands)... Marie Richards (North Bay)... David W. Stover (San Gabriel Valley)... Joni Terens (Orange County).

There are 1,440 minutes in a day... If you exercise your body and mind for only 32 minutes a day, you're using only 2.2% of your day to improve your mental and physical health! Take YOUR pledge to maintain the fitness requirements of the CSEA 2.2% Club and submit suggestions or tips for future emails by emailing Cliff Weimer, CSEA Communications Coordinator, at cweimer@csea.org. Members of the club get special emails!

**Join the
CSEA 2.2%
Club!**

We're committed to you – and want to see you HEALthy, WEALthy, & Wise – so you'll be getting this weekly reminder throughout the tax season with tips, suggestions, and reminders so that come April 16 you'll be in good shape mentally, physically, and psychologically! Coming soon... A special area of our [website](#) compiling all the tips we publish here — plus more! Watch for it!