

Move Over, Meat

When it comes to nutrition, many feel protein is king. It's essential to life, supporting our muscles and organs and serving many functions for our bodies – which is why it's such a popular topic among health and nutrition experts.

Whether you're a meat-loving omnivore (extra beef, please), pescatarian (no meat but fish eaters), vegetarian (no meat or fish), or vegan (no meat OR animal products, period) – you now have many options in the protein department.

But how much protein do you need every day? For most of us, it's 50 grams, give or take (or 5-7 ounces) depending on body type, activity level, etc.

Ask your doctor or a dietician for specific details on how much you need personally.

Pick your protein! Preparing meals doesn't have to be boring; this includes protein. Variety is a key ingredient to a well-balanced diet. Be diverse to keep yourself on track.

Options include: -Going green: Green leafy lettuce, beans and other vegetables help to vary your protein intake and make for great snacks. You'll also get extra fiber, potassium and folate.

-Going fish: Swap salmon, trout or tuna twice a week for your normally scheduled servings of red meat or poultry to retain protein and nutrient rich omega-3 fatty acids.

-Going nuts: Seeds and nuts are an easy way to up your protein up a notch. Great alone, they also perfectly top a smoothie or salad. They're naturally rich in fiber, minerals and vitamin E, too. Just go easy salted varieties.

For more great tips on protein power, visit your UMR health portal.



Dashboard Double Take

Please see the links below to access the 1st Quarter 2020 HBK Dashboard Report.

HBK/HBKVG/HBKLN Access: 1ST QTR 2020 DASHBOARD REPORTS

HBKS Access: Open View Go To

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Contact Patty Kimerer with suggestions, pictures, stories or ideas at ext. 1210 or pkimerer@hbkcpa.com.



Fresh-Faced & Full of Focus

Molly Duggan of our Blue Bell, PA office was super stoked and ready to rock her first Saturday working as an intern. Mike Wolf captured the sweet moment.

Speaking of interns ... back by popular demand, we are taking some time to focus on some very important newcomers to the HBK family: our interns. We wouldn't survive January through April without them!

This week, meet the ALLIANCE and COLUMBUS interns!

Test Your HBK Know How

Congrats to Kayla Quickel of our Meadville location and Alyssa Holden of the Hermitage office who both knew (nearly simultaneously!) that the HBKS Twitter site has 58 followers. Kudos to Stephen Lewis of Meadville for sharing the HBK & HBKS LinkedIn pages more often than any other HBKer. THANKS! This week's trivia question:

WHEN & WHERE ARE HBK HIGH PERFORMANCE'S NEXT MOTIVATING MEALS SESSIONS BEING HELD?

Call or email your answer to Patty Kimerer at ext. 1210 or via pkimerer@hbkcpa.com NOW!

Fabulous Fredonia!



After thousands of nominations and a weeklong public vote, the Season 5 winner of Small Business Revolution is Fredonia, NY! The town and several of its small businesses will receive a \$500,000 revitalization in the coming months. Thanks to everyone from our firm family who voted! Check out the full announcement here.

Call Can't Wait? Dial An 8

Just a friendly reminder from IT Operations: HBK team members are no longer able to dial out with a '9' and must instead dial an '8' when calling a phone number outside of the office. As always, the emergency function of dialing 9-1-1 remains intact on all phones in all office locations.

SIGNS OF SPRING & SMILES FOR SAN FRAN ON SUPER BOWL SUNDAY?

FIND OUT FEBRUARY 2ND!

Whaddya Think?

Last week we asked: Will you host or attend a Super Bowl party Sunday?*

You said: -Of course; game day to the max, baby!: 28% -I lay low at home, graze, guzzle and game in peace: 52% -I only watch the Half-Time show: 20%



Today's Poll Question: Will Punxsutawney Phil see his shadow Sunday?

___ No! Early spring it is! ___Yes. He always does. Winter's here for six more weeks...at least!

VOTE HERE!



Below, please find a current listing of recent BDO industry documents, events, & blogs and other helpful information. Remember, you can manage your portal options via your personal login page.

Events & Thought Leadership

SALT: New Jersey: Pass-Through Businesses Can Elect to be Taxed at the Entity Level Starting in 2020

COMPENSATION/BENEFITS: Workplace Retirement Plan Opportunities

HEALTHCARE: Healthcare Industry Monthly Call

VALUATION: Use of Non-Traditional Valuation Metrics

BRN Spotlights

Stambaugh Ness TechSolutions, LLC - A provider of technology services from managed IT services, cybersecurity, cloud hosting, IT strategies and digital solutions.

Strategic Property Exchanges, LLC - A provider of 1031 exchange services and qualified opportunity zone funds, as well as a qualified intermediary.

SynFin Advisors - A provider of strategy consulting for financial processes and systems while leveraging business analytics.

HBK/HBKS: In the News & In the Know

ACA: What You Need to Know

Hemp Production Rising with Farm Bill, Possible R&D Credits

Backdoor Roth: A Savings Strategy for Higher Earners

Selling Your Business? Consider a Two-Step Sale

SECURE Act: Plan Now to Protect Your Beneficiaries

More News, Views & Tips for You to Use

I Like to Move It, Move It

Getting Hangry...It's A Thing

Like Nancy Said, JUST SAY NO

Is It Really All Mom's Fault?

Coronavirus: Should You Freak Out?