

Sacred Heart School Donation



SUBMITTED PHOTO
Pictured are Sacred Heart Middle School students presenting a check to the Yankton Homeless shelter. Sacred Heart students held a soup luncheon where all proceeds went to the homeless shelter. Pictured are Anneliese Haahr, Isabelle Castillo, Allie Bose and Luke Bernatow.

BIRTHDAYS

LORNIE MCCANN

There will be an open house to celebrate Lornie McCann's 90th birthday Sunday Nov. 22 from 1:30-4 p.m. at the FCM Center, St. Leo's Catholic Church, in Tyndall. Greetings may be sent to 910 9th St., Springfield, SD 57062.



McCann

40 & 8 Members Visit Sacred Heart School



SUBMITTED PHOTO
Sacred Heart Elementary School's first grade classes were presented flags from The 40 & 8 recently. On hand were 40 & 8 members Steve Paulson and Wes Rye, who presented flags and educated first graders on proper flag etiquette.

Easiest Happiness RX: Use Your Strengths

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.
King Features Syndicate, Inc.

In the movie "The Martian," astronaut Mark Watney, played by actor Matt Damon, uses perseverance, ingenuity and a wicked sense of humor to survive the red planet's killer conditions. While you might never be stranded 140 million miles from home, using your own top strengths can help you overcome big challenges, thrive and get a major happiness boost, recent research shows.

Everybody's got character strengths that just come naturally. You might have qualities such as creativity, modesty, curiosity, love, generosity, forgiveness and leadership, among many others. Experts in the field of positive psychology say that there are 24 major character strengths! But too often, you might ignore or downplay them. In one recent survey, two out of three people said they didn't know or appreciate their own positive traits.

When you learn to tune in to yours, you'll reap a lot of health benefits:

– One recent study from Switzerland's University of Zurich found that people who focused on using one of their top strengths in new ways decreased blue moods and increased happiness.

– Another University of Zurich study found that deploying strengths like curiosity, a love of learning, creativity, kindness, humor and teamwork helped nurses and others in tension-filled workplaces cope better and feel less bothered by stress.

– A recent study from Israel's University of Haifa found that spouses who recognized and used their own character strengths had more marriage satisfaction than those who didn't.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

– Another recent study found that having a workout plan matched to study volunteers' key strengths helped people stick with their plan and enjoy it more.

– A University of Hong Kong study of people who survived traumatic events, such as an assault or a natural disaster, found that those with strengths like conscientiousness and a zest for life were least likely to experience post-traumatic stress. Plus, they were most likely to say that they'd learned something positive from their difficult experience.

HOW TO SPOT – AND USE – YOUR STRENGTHS

Most of us have several top strengths, not just one. Chances are, you've already got an inkling of what yours are. You might be the type who organizes family events and dispenses trusted advice (you're a leader), can't wait to read a new nonfiction book or watch the latest documentary (you love learning), feel awe in nature (you love beauty), volunteer at a local charity (you're generous) or are an avid do-it-yourselfer who'd rather fix the sink than call a plumber (you're a creative problem-solver). But just to make

sure you're fully aware of yours, interview yourself. Get a handle on your top traits by asking yourself these questions:

1. What am I good at, and what do I really like to do?
2. What comes naturally to me and energizes me when I do it?
3. What strengths do I use at home, at work, with friends, alone?
4. What strength is so important to me that I would feel suffocated if I had to forgo it for a month?

Or, take a quiz. An even easier way to get a handle on your best qualities is to take the strengths survey at the website of the VIA Institute on Character (Google "VIA Character Survey"). Developed under the direction of leaders in the field of positive psychology, the survey shows your top traits and offers advice for making them even stronger.

After you've identified your traits, train them. Like an NBA basketball star or a concert violinist, making the most of your inborn talents requires practice. Make it fun. Hone your sense of humor by learning new jokes; satisfy your curiosity by trying out new (and healthy) foods; visit a new art museum or park to deepen your love of beauty and nature. In a recent British study, people who trained their strengths felt more cheerful and satisfied with their lives. Like fictional astronaut Mark Watney, you'll feel more accomplished, but without having to leave planet Earth.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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MILITARY

MELISSA TIDWELL

Army Reserve Spc. Melissa D. Tidwell has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history,

tradition and core values, physical fitness and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map

reading, field tactics, military courtesy, military justice system, basic first aid, foot marches and field training exercises.

Tidwell is the daughter of Dave and Jody Tidwell of Greensboro, N.C., and sister of Stacy and Aaron Tidwell of

Ridgewood, N.Y., and Daniel Tidwell of Wamego, Kan.

She is a 2006 graduate of Kearney Senior High School, Kearney, Neb. She earned a master's degree in 2011 from University of North Dakota School of Law, Vermillion.

Make A Wise Choice When Selecting A Tax Preparer

WASHINGTON — While there is still time before the next tax filing season, choosing a return preparer now allows more time for taxpayers to consider appropriate options and to find and talk with prospective tax preparers rather than during tax season when they're most busy. Furthermore, it enables taxpayers to do some wise tax planning for the rest of the year. If a taxpayer prefers to pay someone to prepare their return, the Internal Revenue Service encourages them to choose that person wisely as the taxpayer is legally responsible for all the information included on the return.

Below are some tips taxpayers can keep in mind when selecting a tax professional:

- Select an ethical preparer. Taxpayers entrust some of their most vital personal data with the person preparing their tax return, including income, investments and Social Security numbers.
- Ask about service fees. Avoid preparers who base their fee on a percentage of the refund or those who say they can get larger refunds than others. Taxpayers need to ensure that any refund due is sent to them or deposited into their bank account, not into a preparer's account.
- Be sure to use a preparer with a preparer tax identification number (PTIN). Paid tax return preparers must have a current PTIN to prepare a tax return. It is also a good idea to ask the preparer if they belong to a professional organization and attend continuing education classes.

- Research the preparer's history. Check with the Better Business Bureau to see if the preparer has a questionable history. For the status of an enrolled agent's license, check with the IRS Office of Enrollment (enrolled agents are licensed by the IRS and are specifically trained in federal tax planning, preparation and representation). For certified public accountants, verify with the state board of accountancy; for attorneys, check with the state bar association.
- Ask for e-file. Any paid preparer who prepares and files more than 10 returns for clients generally must file the returns electronically.
- Provide tax records. A good preparer will ask to see records and receipts. Do not use a preparer who is willing to e-file a return using the latest pay stub instead of the Form W-2. This is against IRS e-file rules.
- Make sure the preparer is available after the filing due date. This may be helpful if questions come up about the tax return. Taxpayers can designate their paid tax return preparer or another third party to speak to the IRS concerning the preparation of their return, payment/refund issues and mathematical errors. The third party authorization checkbox on Form 1040, Form 1040A and Form 1040EZ gives the designated party the authority to receive and inspect returns and return information for one year from the original due date of the return (without regard to extensions).
- Review the tax return and ask questions before

signing. Taxpayers are legally responsible for what's on their return, regardless of whether someone else prepared it. Make sure it's accurate before signing it.

- Never sign a blank tax return. If a taxpayer signs a blank return the preparer could then put anything they want on the return — even their own bank account number for the tax refund.
- Preparers must sign the return and include their PTIN as required by law. The preparer must also give the taxpayer a copy of the return.

DIRECTORY OF FEDERAL TAX RETURN PREPARERS WITH CREDENTIALS AND SELECT QUALIFICATIONS

To help taxpayers determine return preparer credentials and qualifications, the IRS launched a public directory earlier this year containing certain tax professionals. The directory is a searchable, sortable database with the name, city, state and zip code of credentialed return preparers as well as those who have completed the requirements for the new IRS Annual Filing Season Program and have a valid 2015 PTIN.

UNDERSTANDING TAX RETURN PREPARER CREDENTIALS AND QUALIFICATIONS

Any tax professional with an IRS PTIN is authorized to prepare federal tax returns. However, tax professionals have differing levels of skills, education and expertise.

An important difference in the types of practitioners is "representation rights." Below is guidance on each credential and qualification:

- Unlimited Representation Rights: Enrolled agents, certified public accountants and attorneys have unlimited representation rights before the IRS. Tax professionals with these credentials may represent their clients on any matters including audits, payment/collection issues and appeals.
- Enrolled Agents — Licensed by the IRS. Enrolled agents are subject to a suitability check and must pass a three-part Special Enrollment Examination, which is a comprehensive exam that requires them to demonstrate proficiency in federal tax planning, individual and business tax return preparation and representation. They must complete 72 hours of continuing education every three years. Learn more about the Enrolled Agent Program.
- Certified Public Accountants — Licensed by state boards of accountancy, the District of Columbia and U.S. territories. Certified public accountants have passed the Uniform CPA Examination. They have completed a study in accounting at a college or university and also met experience and good character requirements established by their respective boards of accountancy. In addition, CPAs must comply with ethical requirements and complete specified levels of continuing education in order to maintain an active CPA license. CPAs may offer a range of services; some CPAs specialize in tax preparation and planning.
- Attorneys — Licensed by state courts, the District of Columbia or their design-

ees, such as the state bar. Generally, they have earned a degree in law and passed a bar exam. Attorneys generally have on-going continuing education and professional character standards. They may also offer a range of services; some attorneys specialize in tax preparation and planning.

- Limited Representation Rights: Preparers without one of these credentials (also known as unenrolled preparers) have limited practice rights. They may only represent clients whose returns they prepared and signed, but only before revenue agents, customer service representatives, and similar IRS employees, including the Taxpayer Advocate Service. They cannot represent clients whose returns they did not prepare and they cannot represent clients regarding appeals or collection issues even if they did prepare and sign the return in question.
- Annual Filing Season Program participants — This new voluntary program recognizes the efforts of return preparers who are generally not attorneys, certified public accountants or enrolled agents. The IRS issues an Annual Filing Season Program Record of Completion to return preparers who obtain a certain number of continuing education hours in preparation for a specific tax year.

Beginning with the 2015 filing season, unenrolled return preparers could opt to participate in this IRS program, which was designed to encourage education and filing season readiness.

– PTIN holders — Tax return preparers that have an active PTIN but no professional credentials and do not participate in the annual filing season program, are authorized to prepare tax returns. In 2015, they also have limited representation rights. This is the final year that PTIN holders without another credential or qualification will have limited representation rights for returns they prepare and sign. For returns prepared beginning Jan. 1, 2016, only annual filing season program participants will have limited representation rights.

Most tax return preparers are professional, honest and provide excellent service to their clients. However, dishonest and unscrupulous tax return preparers who file false income tax returns do exist. Always check any return for errors to avoid potential financial and legal problems. See information about Abusive Return Preparers on IRS.gov, and learn How to Make a Complaint About a Tax Return Preparer.

For more information about choosing a tax return preparer, see Choosing a Tax Professional and IRS Tax PRO Association Partners on IRS.gov.

SCHOLASTICS

ABIGAIL SLATTERY

ORANGE CITY, Iowa — Abigail Slattery is a member of Northwestern College's Honors Program.

The Honors Program seeks to create an intellectual environment in which superior students flourish. The program offers gifted students

opportunities such as interdisciplinary seminars on topics of current interest, honors research projects, annual trips to graduate schools, panel discussions about graduate education, and funding for graduate school applications. There are 55 students participating in the Honors Program this year.

Slattery is a sophomore and is majoring in literature and writing/rhetoric at Northwestern College. She is the daughter of Richard and Barbara Slattery of Yankton. Northwestern College is a Christian college of more than 1,200 students in Orange City, Iowa.

BIRTHS

ELLIE GOBEL

Tim and Jenna Gobel of Crofton, Nebraska, announce the birth of their daughter, Ellie Jo Gobel, who was born Sept. 28, 2015, at 11:36 a.m. She weighed 7 pounds, 7

ounces and was 21 inches long.

She joins her brother, Wyatt Gobel (4).

Grandparents are Mick and Tami Wiepen of St. Helena, Nebraska; Deane

Gobel, Fordyce, Nebraska; and Debra Waterhouse of England.

Great-grandparents are Keith and Louise Neuhafen and Joyce Wiepen, all from St. Helena, Nebraska.

AM 1450

MORNING COFFEE

WEEKDAYS 7:40AM MONDAY THRU FRIDAY

Yankton's Home Team!

60th Anniversary Celebration



Mr. & Mrs. Bloch

Mr. and Mrs. Alvin and Carol Bloch of Lesterville, SD, will celebrate their 60th wedding anniversary on December 5, 2015 with an open house from 4 - 8pm at the Lesterville Community Center. Friends and relatives are invited to attend.

Carol Van Driel and Alvin Bloch were married on December 4, 1955, at the Ward Memorial Congregational church in Lesterville, SD.

They have 5 children: Nancy Harmsen of Sioux Falls, SD; Steven (Julie) Bloch of Lesterville, SD; Geri (Mark) Scheff of Fairmont, MN; David (Kim) Bloch of Arlington, SD; and Kevin Bloch of Lesterville, SD.

The couple has 11 grandchildren and 7 great-grandchildren. The couple requests no gifts.