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INSIDE THIS ISSUE

1 Worldwide Day of Giving

2 Father's Day Gift Guide

How to Reduce Small-Business Tax Liability

Sweet and Spicy BBQ Chicken Skewers

3 Win of the Month

4 Don't Ignore Anxiety

DEALING WITH WORK ANXIETY?

3 TIPS THAT CAN HELP YOU

There has been an increasing amount of people who experience anxiety at their place of work. In 2018, Wrike, a tech company, released a survey which found that 68% of people feel anxious while at work. Here are a few tips to help decrease the amount of anxiety you may feel in your work environment.

Don't Suppress Your Anxiety

Instead of pushing away your anxiety, allow it in and practice acceptance. If you try to ignore the way you're feeling, those emotions can bottle up inside and make you feel overwhelmed. Instead, you can acknowledge why you may be feeling anxious, process those emotions, and then carry on with the rest of your day. It's all about your mindset and how you look at the situation — will you let it positively or negatively impact your day?

Ask for Help

Work can become hectic and busy, and it can be easy to say yes to something even if you have a busy workload. Don't be afraid to ask for help when you need to; it will provide the



clarification you need and remove some of your stress. It can be hard to ask for help, but communicating with your superiors shows that you genuinely care about excelling.

Practice Self-Care

Sometimes all we need is to focus on ourselves. Don't forget to take care of yourself and attend to your feelings. You don't want to change how you live and limit yourself from doing other activities. Take time to pamper yourself and live life to the fullest. If you continue doing what brings you joy, that feeling will follow you while you're at work.

Work can be stressful — and that's okay. Everyone feels stress and anxiety in their lives; what matters is how you deal with it. This may take some time, but with dedication and practice, you'll find yourself less anxious while at work — and in every other part of your life as well.



Moving Forward by Giving Back

THE BEAUTY IN GIVING TO OTHERS

Giving isn't about making a donation — it's about making a difference. In the middle of the month, on June 15, we celebrate Worldwide Day of Giving. One of the greatest splendors in life is the act of giving without expecting anything in return. It's all about paying it forward in both time and experiences.

I firmly believe that when we give, we are not only bettering the lives of others, but we are making ourselves feel great, too. My wife and I are extremely active in our church, and I believe we are commissioned to help fund the vision of our Lord. As part of that, we also believe in funding other visions.

Some of you may remember that my wife and I are very passionate about a nonprofit organization, Ezekiel 37 Ministry, which aims to change the lives of people in Uganda, Africa. I'm so proud of the work we do and the way in which we touch the lives of others that I'd like to share some updates. They built a school, called Akigyeno, which means "hope." When my father passed away, we requested that in lieu of flowers and in remembrance of him, friends and family donate if they are able to help us to purchase some land for the Akigyeno school so the students can farm the land.

With the assistance of those generous donations, we were able to purchase 10 acres. After my uncle, who was close to my dad, passed away recently, we felt we should also donate money to help fund another 10 acres adjoining the first 10 acres. Now, the 20-acre plot of land is

called Golden Acres, and on it, the students learn to farm, harvest crops, and raise animals; the profits go directly to funding the school. Not to mention, the kids get fresh eggs and goat milk every day, too! Being a part of this mission is such a blessing and an awesome way to do good for others.



Many years ago, Ezekiel 37 started out as a medical mission and has morphed into what it is today. Approximately 150 kids attend the school, and because it's in such a remote area of Uganda, many of the students are the first generation to attend school. Our lead bookkeeper also oversees and manages the ministry, and my wife has been on four missionary trips to visit Akigyeno thus far. She's hoping to take another trip this year, if everything opens back up with the pandemic.

For us, Ezekiel 37 is one of our favorite ways to give back and to help others. It's often said that the secret of living is giving, and my, how true I find this to be. What are some of the ways you pay it forward?

-Ben Golden

“Giving isn't
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JUNE
2022

IT'S DAD'S DAY!

6 Gifts Dad Is Sure to Love

Dad is a very important person in your life! Every year when Father's Day rolls around, it can be tough to come up with the perfect gift, whether it be for your dad, a new father, your grandfather, or a father figure. Getting creative can be tricky, but this list is sure to help you with an idea or two for all different price ranges!

Wallet

Why not go really classic and opt for a thoughtful and practical gift? Most men's wallets see a lot of wear and tear. After all, they're sat on, toted around in pockets all day long, and sometimes forgotten about and sent through the wash. A new one just may be in order!

Massage Gun

Massage guns are rising in popularity. To help Dad recover from soreness and injury or just a tough workout, a massage gun will do the trick! The best part is that they range in price, and you can even purchase one on Amazon!

Apple Watch Strap

Does the dad you're celebrating own an Apple Watch? If so, help him customize it with a new Apple Watch strap. You can choose from many materials, colors, and designs so he can blend in or stand out as much as he wants.

A New Cooler

Men love their coolers — it's a foolproof Father's Day gift! Whether Dad loves to camp, fish, tailgate, go to the beach, or barbecue in the backyard, he's sure to appreciate a new way to store ice, drinks, food, or bait!

Tool Bucket Organizer

Is your dad a bit of a handyman? Help him get organized and never lose track of his tools again. Tool bucket organizers come in many forms and, again, can be purchased right online, making your shopping easy!

Bluetooth Headphones or Speakers

If your father doesn't have Bluetooth headphones or speakers yet, he's missing out. The opportunity to jam out wirelessly while working out, cutting the grass, doing hobby work, or just relaxing is effortless with this thoughtful gift.



Avoid an Unmanageable Tax Liability

Reducing Tax Liability for Small-Business Owners

For small-business owners, when April rolls around, it's not too thrilling; many wind up owing taxes from the previous year. This is why planning and preparing before tax season rolls around is so important — one thing in the business world is always certain: taxes. While taxes may be your least favorite topic, it should be the most important, especially because you can actually limit your tax liability! Here's how.

Retirement Plan Contributions

Retirement plan contributions, such as to your SEP-IRA, Solo 401(k), or Cash Balance Pension Plan, are particularly useful because in most situations, the contributions can be made and logged after the fiscal year has already come to a close. So, in the event you owe an unforeseen amount, you can top off your retirement plan and count them as deductions. It's important to note the limitations on how much can be contributed with variations between plans.

Marketing Deductions

If you spend money on advertising your business, goods, and services, are you counting them as deductions?

Dollars spent on networking, search engine optimization, and even conferences can be written off. Your tax expert can help to ensure you don't miss any items!

Health Insurance Premiums

If you run a small business, you're likely self-employed. The money you spend on health insurance premiums for you and your family can be deducted. To be sure you're taking the correct deductions, again, get in touch with your trusted tax specialist.

Professional Services

Do you have a bookkeeper for your small business? Did you hire an attorney last year? Did you rely on the expertise of an HR professional? Time-saving professional services can be pricey, but the great news is that these, too, can oftentimes be written off!

This tax season, don't fear filing. Instead, prepare early and plan your contributions and deductions to ensure your tax liability is under control and manageable!



Sweet and Spicy BBQ Chicken Skewers

Inspired by RecipeRunner.com



Summer is here, and you know what that means: It's time to break out the barbecue and meat skewers!

INGREDIENTS

For the Marinade

- 1 tbsp olive oil
- 2 tbsp soy sauce
- 2 tbsp chili garlic sauce
- 2 tbsp rice vinegar
- 3 tbsp honey
- Juice of 1 lime

- 3/4 tsp smoked paprika
- 1/2 tsp salt

For the Skewers

- 2 lbs chicken breast, cut into bite-size cubes
- 1 small pineapple, cut into 1-inch cubes

DIRECTIONS

1. In a bowl, whisk together marinade ingredients.
2. In a reusable freezer bag, combine cubed chicken and all but 1/4 cup of the marinade.
3. Seal bag and massage marinade into the chicken. Chill in the fridge overnight.
4. The following day, preheat the grill to 400 F. Thread chicken and pineapple onto skewers, adding two cubes of chicken for each cube of pineapple.
5. Grill the skewers for 3–4 minutes per side, brushing with the reserved marinade in the final minutes.
6. Serve over rice or with your favorite barbecue sides!

May Win of the Month

A SCARY LIABILITY SOLVED!

CASE SNAPSHOT

Client: South African Citizen With a Huge U.S. Tax Problem

Type of IRS Issue: Personal Tax Audit

Tax Year in Question: 2008, 2010–2012

IRS Claimed Liability: \$528,515.38

Savings: \$528,515.38

There is no such thing as a cookie-cutter resolution case, and this case was no exception. Our client is a citizen of South Africa and worked in China on contract for a U.S.-based company.

When the client first contacted IRS Trouble Solvers, he was burdened with numerous IRS notices and concerned about what would happen with the debt if he passed, as he didn't want his heirs to be held responsible. Complicating things even more, he had a passport issue — the IRS will freeze your passport if you owe back taxes and don't address them. He was confused about how his tax liability was so immense, and while he acknowledged he likely owed some of the liability, he was adamant that the amount owed was seriously overstated.

In order to figure out why the IRS was claiming this extreme back tax liability, we conducted an investigation into the taxpayer's IRS account. Upon review of the client's Transcript of Accounts (TOAs), we realized there was an audit for the years in question that resulted in a large balance.

Since he was working in China during the time of the audit and was unaware the audit was taking place, he had no idea what items were adjusted or why they were adjusted, resulting in significant tax added, along with penalties and interest. Using an unusual tactic, we submitted a Freedom of Information Act request (FOIA) to get a copy of the audit and the findings as submitted by the auditor. After doing a "fine-tooth" comb review of the audit, we realized that any time there was a cash transfer between bank accounts, the auditor counted anything labeled as a "transfer" as income. By the end of the audit, the IRS assessed more tax than the earned income for those years.

After securing the bank records in question, we considered pursuing many options for this client (OIC-Doubt as to liability, OIC-Doubt as to collectability, audit reconsideration, PPIA, or OIC).

By the end of the engagement, the IRS put the client in CNC-Due to Hardship. The passport was previously marked as "seriously delinquent," and it has been confirmed the seriously delinquent status has been removed, and his Social Security is no longer being garnished. He is thankful he does not need to make payments toward the \$528K and relieved to know the CSEDs will expire on Jan. 12, 2026, once and for all. The client decided to engage with TMP until the final statute expires.