NEWS



Early Voting: April 13 -April 28, 2022 Election Day: May 3, 2022

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High Schooler Born with No Legs Wins Wrestling Championship!

Never say never. That's a motto that a high school senior who was born with no legs, lives by.

"Really if you work hard, you can do anything - even win a state championship without legs," Adonis Lattimore said Saturday, after winning first place in the Virginia High School League Class 6, 106-pound weight class at the Virginia Beach Sports Center. It's a state crown that every wrestler shoots for, but rarely does anyone accomplish it because of the stiff competition and the stamina and strength it takes to go all the way.

Adonis was born without his right leg, most of his left leg and just one finger on his right hand.

Lattimore was a regional qualifier as a freshman but didn't stay long and missed the region tournament as a sophomore. The COVID pandemic forced the cancellation of wrestling last year. Lattimore improved to 32-7 this season.

"I've been dreaming of this since I knew what it was, and to finally have it happen is just – I don't know how to explain it," said Lattimore.

The Landstown High School senior has been wrestling since he was in second grade and has put in the time to climb to the top, local CBS affiliate WTKR reported.

"Amazing," Lattimore's wrestling head coach James Sanderlin added. "He did all the work. I just get to be a part of the journey. It's an amazing feeling to watch him do it and have the support of the crowd. It was awesome. He's a hard-working young man. I'm just

speechless." "We knew from day one that he was going to have an impact," his father, Jerrold Lattimore said. "Didn't know what it was going to be, how it was going to be, how it was going to play out, but we

knew he was going to have an impact." And boy, were they right.

Since he started wrestling at a young 7 years old, Adonis proved all of the naysayers wrong.

"Any school you go to, everybody knows Adonis, everybody loves him,"

said Landstown senior Thomas Keyes. "I think part of that is he's got a great personality. He's always smiling.

The end of high school will likely not be the end of Lattimore's wrestling career, as he hopes to continue competing at the college level. Before his days at Landstown are finished, however, he wants to assert himself as the best in Virginia.

"My goal is to win a state [championship] this year," he said.

"People tend to struggle with him a lot," Velez pointed out. "Getting as good as he is, he's improving rapidly, it's very possible."

He's never complaining and always inspiring, whether it's those inside the Eagles' wrestling room or perhaps people who are questioning their own abilities to overcome adversity.

"'My toe's hurting today.' Look over at Adonis. Come on dude," said Landstown head coach James Sanderlin. "He is very inspirational."

The condition Adonis was born with is called, congenital amputation. It is the act of being born without a limb or limbs, or without a part of a limb or

It is known to be caused by blood clots forming in the fetus while in utero (vascular insult) and from amniotic band syndrome: fibrous bands of the amnion that constrict fetal limbs to such an extent that they fail to form or actually fall off due to missing blood supply. Congenital amputation can also occur due to maternal exposure to teratogens during pregnancy.

An estimated one in 2,000 babies is born with all or part of a limb missing This number includes everything from a missing part of a finger to the absence of both arms and both legs.

But no matter what you call the condition, or how many people have it, Adonis is determined to defeat it.

"It doesn't really matter who you are or how you're born. You can really do anything you really put your mind to," the senior said.

Even though his high school career



Photo credit: Green Bay Twitter



Photo credit: WTKR TV

is quickly coming to a close, Adonis plans to continue to be on the mat. He wants to continue wrestling at the college level. (Source: BlackDoctor.org by Barry Anderson)

Easy Steps to Avoid Tax Return Errors That Can Delay Procesing or Adjust Refunds



WASHINGTON — The Internal Revenue Service today reminded taxpayers how to avoid common errors on their tax returns. This filing season, the IRS is seeing signs of a number of common errors, including some taxpayers claiming incorrect amounts of the Recovery Rebate Credit and Child Tax

To avoid errors on these common credits, there are some key steps people should remember. Taxpayers should refer to Letter 6419 for advance Child Tax Credit payments and Letter 6475 for third Economic Impact Payment amounts they received or their Online Account – to prepare a correct tax return. Claiming incorrect tax credit amounts can not only delay IRS pro-

cessing, but can also lead to adjusted terest in any virtual currency. Taxpayers should not leave this field blank but refund amounts.

Here are other easy ways to avoid

common mistakes being seen so far this tax season.

File electronically. Taxpayers can use their computer, smartphone or tablet to file their taxes electronically, whether through IRS Free File or other e-file service providers, to help reduce mistakes. Tax software guides people through each section of their tax return using a question-and-answer format. Enter information carefully. This includes any information needed to calculate credits and

deductions. Using tax software should help prevent math errors, but taxpayers should always review their tax return for accuracy.

Use the correct filing status. Tax software, including IRS Free File, also helps prevent mistakes when selecting a tax return filing status. If taxpayers are unsure about their filing status, the Interactive Tax Assistant on IRS.gov can help them choose the correct status, especially if more than one filing status

Answer the virtual currency question. The 2021 Form 1040 and 1040-SR asks whether at any time during 2021, a person received, sold, exchanged or otherwise disposed of any financial in-

should check either "Yes" or "No."

Report all taxable income. Underreporting income may lead to penalties and interest. Organized tax records help avoid errors that lead to processing delays and may also help to find overlooked deductions or credits. Taxpayers should have all their income documents on hand before starting their tax return. Examples are Forms W-2, 1099-MISC or 1099-NEC.

Include unemployment compensation. The IRS is seeing situations where people are not including unemployment compensation they received in 2021 on their tax returns. Although a special law allowed taxpayers to exclude unemployment compensation from taxes in 2020, it was only for that year. Unemployment compensation received in 2021 is generally taxable, so taxpayers should include it as income on their tax

Double-check name, birth date and Social Security number entries. Taxpayers must correctly list the name, Social Security number (SSN) and date of birth for each person they claim as a dependent on their individual income tax return. Enter each SSN and individual's name on a tax return exactly as printed on the Social Security card. If a dependent or spouse does not have and is not eligible to get a SSN, list the Individual Tax Identification Number (ITIN) instead of a SSN.

Double check routing and account

numbers. Requesting direct deposit of a federal refund into one, two or even

three accounts is convenient and allows

the taxpayer access to their money faster. Make sure the financial institution routing and account numbers entered on the return are accurate. Incorrect numbers can cause a refund to be delayed or deposited into the wrong account. Taxpayers can also use their refund to purchase U.S. Savings Bonds.

Mail paper returns to the right address. Paper filers should confirm the correct address for where to file on IRS. gov or on form instructions to avoid processing delays. Note that processing paper tax returns could take much longer than usual. Taxpayers and tax professionals are encouraged to file electronically if possible.

Sign and date the return. If filing a joint return, both spouses must sign and date the return. E-filers can sign using a self-selected personal identification number (PIN). Taxpayers should review the special instructions to validate their 2021 electronic tax return if their 2020 return has not yet been processed.

Keep a copy. When ready to file, taxpayers should make a copy of their signed return and all schedules for their

Request an extension, if needed. Taxpayers who cannot meet the April 18 deadline can easily request a sixmonth filing extension to Oct. 17 and prevent late filing penalties. Use Free File or Form 4868. But keep in mind that, while an extension grants additional time to file, tax payments are still due April 18 for most taxpayers.