



# Ansar Connection

A biweekly e-newsletter of Majlis Ansarullah, USA

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We are the Helpers of Allah.

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## Free Tax E-Filing Using Mobile Devices

Taxpayers can now use their smart phones or tablets to electronically prepare and file their federal and state tax returns through [IRS Free File](#).

These e-file products can be accessed using mobile devices in two ways:

1. Use the IRS app, [IRS2Go](#), which has a link to the Free File Software Lookup Tool.
2. Use the device's browser to go to [IRS.gov/freefile](#) and select the Free File Software Lookup Tool or Start Free File Now to find a software product. The [IRS2Go](#) app is available for Android and iOS devices.

Taxpayers with an adjusted gross income of \$64,000 or less will find one or more free software options. Each of the 12 software providers set the eligibility requirements for their product, generally based on age, income, or state residency. The Free File Software Lookup Tool leads the user through a few questions to determine eligibility.

Some partners offer free federal and free state tax return preparation; some charge a fee for state return preparation. Active duty military personnel whose income was \$64,000 or less are exempt from any eligibility requirements and may use any Free File product they choose to file their federal return for free.

The Free File software allows for free electronic tax preparation, filing, and direct deposit of refunds. Some taxpayers may [need their 2015 adjusted gross income](#), if they filed a return, to validate their identities and complete the electronic filing process.

Also, taxpayers who are eligible for the Earned Income Tax Credit or the Additional Child Tax Credit are reminded that, by law, the [IRS must hold refunds](#) that contain those credits until February 15. The refunds

### What's new on the website

- System of Wasiyyat—What, Why and How?
- Our Children Are Watching Us
- Ansar Financial System
- How Exercise Improves Your Quality of Life



likely will not arrive into taxpayers' financial accounts until the week of Feb. 27.

Source: [IRS](#)

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## Qada Board of USA Jama'at

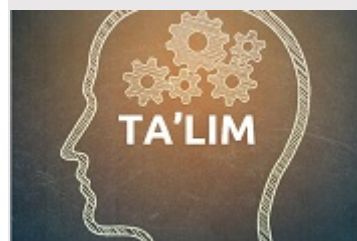
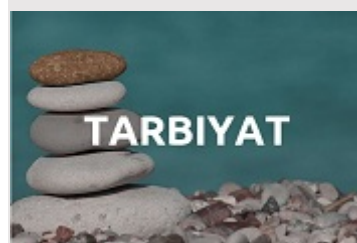
Qada Board—a judicial system—is in place for the U.S. Jama'at members that provides members a very fair, economical, and dignified way to settle their internal disputes, in accordance with Islamic law and jurisprudence.

Detailed information for the Qada Board is available on [ahmadiyya.us](http://ahmadiyya.us)

## Health Benefits of Bike Riding

*Syed Tanvir Ahmed, Qa'id Health*

A bike ride offers many health benefits. Going for a ride is good for your heart and muscles, and it may improve how you walk, balance, and climb stairs.



# Health Benefits of Biking



- **A bike ride offers many health benefits** - going for a ride is good for your heart and muscles, and it may improve how you walk, balance, and climb stairs.
- **Easy on your joints** - unlike walking, when riding a bike the weight is distributed on your pelvic skeleton. This is particularly useful for those with joint pains from arthritis. It is actually easy on your joints and it strengthens your muscles.
- **Great aerobic work out** - riding a bike is great for your heart, brain, and blood vessels. It also triggers the release of endorphins, the body's feel-good chemicals—which makes you feel good!!
- **Builds muscles and improves strength** - riding a bike uses large muscles of your thigh that contributes to lower body strength and balance.
- **Running daily errands** - riding your bicycle to run daily errands—going to the corner grocery store, bank, or post office—makes every day chores into fat burning exercise

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without cutting into your busy life. Ride that bike to the mosque for your Fajr or evening Prayer.

- **Pedaling builds bone** - resistance activities—such as pushing pedals—pull on the muscles, and then the muscles pull on the bone, which increases bone density that prevents a common and disabling condition of the elderly.



Source: Harvard Medical School

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**Send us your stories of brotherhood, Ijtima memories, or any other inspiring experience that we can share with Ansar brothers via this e-newsletter.**

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Department of Publications  
Majlis Ansarullah, USA



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