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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



The annual Open House at First National Bank and Agency in McIntosh is always a great place to visit with neighbors and friends and have some treats for the holidays. Hosted by the staff, Elena Boianoff, Jodi Thompson, Taylor Dierkes, Darlene Dierkes, Charise Sharp, Kim Ferden, and Philip Lee, the event was held on Friday, December 15th this year. (Staff missing was Charissa Larson.)



Friday, December 15th was the time to stop by Neil's Quality Meats & More to sample some flavors of the season during their annual open house. Hosted by Bob and Laurie Bursheim with the help of Lois Boehrnsen and Renee Sistad.

MDA now accepting applications for 2024 Beginning Farmer Tax Credit

Eligible parties are encouraged to apply early for funding St. Paul, MN: The Minnesota Department of Agriculture's (MDA) Rural Finance Authority (RFA) is now accepting applications for the 2024 Beginning Farmer Tax Credit, an annual program available to landlords and sellers (asset owners) who rent or sell farmland, equipment, livestock, and other agricultural assets to beginning farmers.

Asset owners can claim credits in one of the following categories in a given tax year for each beginning farmer they

lease/sell to (see chart below).

Total funding available for the 2024 Beginning Farmer

Tax Credit program is \$4 million. The credits are funded in a first-come, first-served man-

	Tax Credit Amount	Maximum Tax Credit	Application Due Date
Cash Rentals	10% of annual rental income	\$7,000	July 17, 2024
Share Crop Rentals	15% of annual rental income	\$10,000	July 17, 2024
Farmland Sales	8% of sale price (12% if the buyer is an emerging farmer)	\$50,000	November 1, 2024
All other sales (equipment, livestock, etc.)	5% of sale price	\$32,000	November 1, 2024

Is soup the ultimate cold medicine?

Having a cold is not fun. A stuffy nose, sniffles, sore throat, and other symptoms make having a cold a generally unpleasant experience.

According to data collected by the Consumer Healthcare Products Association, the average consumer shops for over-the-counter medicine 26 times a year, with peak visits occurring in the wintertime, when colds and flu infections are more prominent.

To make cold-related matters worse, a U.S. Food and Drug Administration panel concluded in September 2023 that the popular decongestant phenylephrine, which is found in many over-the-counter cold remedies, is ineffective when taken orally. Phenylephrine became the standard decongestant in formulations when pseudoephedrine, another decongestant, became more closely regulated due to its usage in the production of illegal drugs like methamphetamine. Phenylephrine products then became the go-to, as they did not need to be stored behind pharmacy counters and "signed out" like products that included pseudoephedrine.

Rather than accepting their cold symptoms this season, individuals may want to turn to something much more natural that also has great promise: soup. It is no old wife's tale that soup can be helpful for colds and other illnesses. In fact, Egyptian Jewish physician Moshe ben Maimonides prescribed chicken soup as a treatment for respiratory tract illnesses as early as the 12th century. Penn Medicine advises that soup can be a go-to food to combat illness because it is



light, easy-to-digest, nourishing, and even restorative.

Here's a look at some of the ways soup can help when people are feeling under the weather.

- **Hydrating broth:** Staying hydrated is one of the ways the body can more effectively fight off illness. Broth-based soups are hydrating and tasty. They may be tolerated more readily than sports drinks or water for a person who needs fluids.
- **Soothing:** The warmth of soup can soothe an irritated throat. Furthermore, soups usually have softened ingredients in them, making it much less likely that sharp or tough ingredients will scrape an inflamed throat.
- **Nutrient-dense:** Most soups are loaded with vegetables, beans and other healthy ingredients. They provide many of the vitamins and minerals the body needs, and may even help replenish nutrients that have been depleted due to illness.
- **Sodium content:** Sodium is an essential mineral the body needs. Proactive Health Labs says soup regulates body fluids and transmits electrical impulses in the body. Sodium in moderation may be good when a person is feeling ill. In addition, sodium and other seasonings in soup can awaken taste buds that are dulled when sick with a cold. Salt also helps alleviate sore throat pain and can help clear nasal congestion.
- **Garlic infusion:** Soups that contain garlic or garlic extract may reduce the severity of cold and flu symptoms, according to a University of Florida study published in the journal Clinical Nutrition.

Soup may be the best medicine when a person has a cold. Its many properties may help make soup as effective, or even more so, than some products at the pharmacy.



Pictured left: The open house at KingTown Insurance Company was hosted by Diane Boucher, Jan Galland and Caillie Darco on Friday, December 15th. There were plenty of treats to sample and lots of good conversation.



The Clubhouse Childcare Center took their kids on their annual Christmas Caroling outing in downtown McIntosh. Carolers enjoyed singing for community members and businesses during the holiday season.

Tips to maintain your commitment to exercise

At one point or another, millions of adults across the globe have resolved to be more physically active. The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health.

With so much to gain from routine exercise, it's no wonder so many people aspire to be more physically active. But it's easy to lose motivation when aspiring to exercise more. Each year, one of the most popular New Year's resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year's resolutions for 2023 and found that exercising more was the most popular resolution. However, a 2021 study published in the International Journal of Environment Research and Public Health found that 64 percent of people abandon

their New Year's resolutions within a month of making them. Exercising more requires commitment, and there are some ways to make it a little easier to maintain that commitment over the long haul.

- **Break it up.** The Harvard T.H. Chan School of Public Health notes that people don't need to exercise all at once to reap the rewards of physical activity. If time is tight, break up a workout over the course of your day. Some strength-training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine.

- **Employ the buddy system.** The Centers for Disease Control and Prevention suggests that working out with a partner increases exercise motivation and encourages individuals to be more consistent

with their exercise routine so they do not let their partners down. The authors behind a 2019 study published in the International Journal of Research in Exercise Physiology suggested the efficacy of the buddy system may require further study before researchers can definitively say it's an effective motivation strategy for people who want to exercise more. But there's no denying that many individuals feel that they are more likely to exercise with a friend than they are if they go solo.

- **Schedule exercise time.** Busy professionals book work meetings, family obligations and other daily tasks in their schedules, and the T.H. Chan School of Public Health recommends doing the same with exercise. Allotting time to exercise each day may decrease the likelihood that you'll skip a workout, and once results start

to manifest you may be more motivated to stay the course.

- **Identify what progress may look like.** It's easy to become discouraged if a commitment to routine exercise does not produce visible results. But just because your abs are not becoming chiseled a month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not working. As the human body ages, it becomes more difficult to transfigure it. So a workout routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not

mean the exercise isn't working and ultimately helping you get healthier. Adults are urged to speak with their physicians and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going.

It's no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they seek to exercise more frequently.

Fill up on healthy eating pointers

Diet and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease. According to the Missouri Department of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and diabetes.

In addition, these healthy living strategies can improve personal appearance and improve overall well-being - helping people live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better. Common sense can come into play when attempting to eat better, and individuals also can consider these strategies to make diet work for them as they seek to live healthier.

- **Eat colorful, varied, nutritionally dense foods.** Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent

whole grains, and 25 percent protein. Select an array of colorful foods that will provide most of the nutrients needed.

- **Choose fiber-rich foods.** Fresh fruits and vegetables, whole grains, nuts, and legumes are good sources of fiber. Fiber helps people maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.

- **Note how you feel after eating.** Create a food journal where you jot down notes about how you feel after eating certain foods. If you notice that certain foods or ingredients trigger adverse reactions, it may be worth avoiding that type of food or looking for an alternative. Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

- **Explore the Mediterranean diet.** While you should avoid fad diets that often produce short-term but unsustainable results, a Mediterranean diet has stood the test of time. According to the authors of a new study published in JAMA

Network Open in October 2023, middle-aged and older adults with overweight or obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat while adhering to a Mediterranean diet. They also had delayed loss of lean body mass, which often comes with aging. Mediterranean diets prioritize legumes, seafood, vegetables, and "good" fats like olive oil.

- **Control portion sizes.** Sometimes it's not what you eat but how much you eat that affects health. Weighing and measuring food can help you control portions and understand how many calories you're consuming each day. The National Institutes of Health says eating plans that favor 1,200 to 1,500 calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise.

Balanced eating is a major component of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.

Quick to make, healing chicken soup

When you are feeling under the weather there is nothing like a hearty, comforting bowl of chicken noodle soup to make everything right in the world.

This soothing soup recipe contains cold busting ingredients like turmeric, garlic, lemon, fresh herbs and bone broth to heal the body and soul and get you back on your feet in no time. And even if you're not sick, it's a delicious recipe that you're whole family will love!

Healing Chicken Noodle Soup
1 tbsp olive oil
4 medium carrots, peeled and sliced into 1/3rd inch rounds
3 stalks celery, halved and sliced
1 medium onion, diced
2 cloves garlic, chopped
1 tsp turmeric
1 tsp fresh thyme leaves or sub ½ tsp dried thyme
1 tsp fresh rosemary, chopped or sub ½ tsp dried rosemary
½ lemon zest and juice
1.5 tsp salt
½ tsp black pepper
pinch of cayenne optional
1 bay leaf
8 cups chicken broth or bone broth
2-3 cups dry egg noodles I prefer flat noodles but you can use your preferred shape
1 rotisserie chicken, meat removed and shredded
2-3 tbsp chopped fresh parsley
salt & pepper to taste
► Heat olive oil in a large dutch oven of heavy pot with lid over medium to medium-high heat until hot and shimmering.

Add carrots, celery and onion and sauté on medium heat for around 10 minutes until veggies are softened. Add in garlic, turmeric, thyme, rosemary, lemon zest, salt, pepper and pinch of cayenne (if using).

Sauté over medium heat for about 1-2 minutes until garlic is fragrant.

Stream in chicken or bone broth and add in 1 bay leaf and juice of ½ lemon. Stir to combine and bring to a boil over medium-high heat.

Once a boil is reached, add in 2-3 cups of egg noodles and shredded chicken.

Bring back to a boil and then cover and turn heat down to low.

Simmer over low heat for 10-15 minutes until the pasta is soft.

Remove from heat. Taste and add additional salt & pepper according to preference. Add in chopped parsley and serve.

Arts grants funding available

Applications are open for Project Grants for nonprofit arts organizations, communities, schools, and other nonprofit organizations from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau counties. Nonprofits and government organizations can apply for one arts project at a time. Upcoming grants deadlines for these are February 29. Grants are between \$500 and \$10,000. Funding sources for these grants are Clean Water, Land and Legacy funds and general allocation funds from the State of Minnesota.

Organizational arts activities funded through these very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities. This is a great way to bring arts experiences to your community.

We are offering a grant writing workshop online or in person to assist you with your application. You are welcome to come to our office in Warren for the workshop or to work on your grants. RSVPs are required for grant writing sessions – please email director@nwartscouncil.org.

The session will be held Tuesday, February 13 at 10:00 AM. You can also set up a time to work one-on-one with our director on the grant writing process.

Schools in our seven-county region can also apply now for an Artist Residency grant of \$2,600 plus an additional \$400 if the residency needs supplies. Our teaching artist roster is a great resource to view artists available to teach in our area and is available on our website at www.NorthwestMinnesotaArtsCouncil.org under the artists tab. Another resource to view artists available to enhance curriculum is COMPAS.

Schools can initially apply for one residency. Then based on remaining funding, can request up to three additional residencies into spring and summer. Funding for residency activities comes from the Clean Water, Land and Legacy Amendment in Minnesota.

Also available on a first come-first served basis are Quick Turnaround Grants for \$500. These grants are awarded to performing artists, visual artists, media artists, and creative writing artists from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau counties.

To learn more about these grant programs and start an



Peggy and Mark Hartel enjoy the KingTown Insurance Open House held on Friday, December 15th, where they visited and enjoyed some holiday treats.

Win-E-Mac Quilt Guild Update

Win-E-Mac quilt guild is meeting on January 11 at 9:00 at the McIntosh Community Center. We are going to host a Sew-Along.

We are inviting anyone who is interested in making a quilt to come join us.

We are all making our own quilt. Quilt is Chandler and it is a free pattern online.

Organizing expert& author to present virtually Jan. 11th

Lake Agassiz Regional Library will host a free virtual program featuring Minnesota author and organizational expert Jessica Litman.

Greet the new year by learning how to embrace your home and incorporate fun and easy home organizational habits and how Jessica was able to use her experience to write her book, "Home Sweet Organized Home."

The presentation will be recorded and available for viewing after the live presentation at larl.org/organization.

Please bring your own sewing tools such as sewing machine, ruler, rotary cutter, we do have a few cutting mats available, extension cord, iron although we do have a couple to share and any other tools you may need.

Potluck lunch so bring a dish to share!

Trinity: (27262 315th St. SE, McIntosh) Sunday Worship: 11:00am; Sunday School: 9:45am

Mt. Carmel: (305 State St. NE, McIntosh) Sunday Worship: 9:30am; Sunday School: 10:45am

Lutheran Parish YouTube Channel
GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church



Thurs. Jan. 4: Amanda Shultz, Henry Rominski
Fri. Jan. 5: Darios Zahn, Sandy Salvhus, Corey Smeby, Mathea Jore
Sat. Jan. 6: Winston Carlson
Sun. Jan. 7: Paul Jore, Leland Vigoren
Mon. Jan. 8: Katelynn Schulz, Tina Farrell
Tues. Jan. 9: Paige Breckel, Jessica Shimpa

NOTICE SLETTEN TOWNSHIP

Sletten Township will hold its township election on March 12, 2024. Offices to be elected are:

- 1 township clerk** (2 year term) and
- 1 Supervisor** (3 year term)

Dates for filing are Jan. 2 - 16 at 5:00pm. Affidavits of candidacy may be filled out at clerks home (call 938-4379).
Sletten Township Clerk
Terri Kaupang

M41-42C



ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor

Sun. Jan. 7: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Jan. 14: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Pastor Rene Mehlberg
Synodical Authorized Minister Katie DeMarais

Sun. Jan. 7: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Jan. 14: 10:00am Coffee Hour; 10:30am Worship Services

Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Interim Pastor: Nathan Dalager

Trinity: (27262 315th St. SE, McIntosh) Sunday Worship: 11:00am; Sunday School: 9:45am

Mt. Carmel: (305 State St. NE, McIntosh) Sunday Worship: 9:30am; Sunday School: 10:45am

Lutheran Parish YouTube Channel

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Sun. Jan. 7: 9:30am Sunday School and Adult Bible Study; 11:00am Christmas Worship Service (also on Facebook and gosenchurch.com)

Tues, Jan. 9: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Jan. 10: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Lee Laaveg

Sun. Jan. 7: 9:00am Worship

Sun. Jan. 14: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

CALVARY LUTHERAN CHURCH
Winger

Sundays: 10:30am Coffee Fellowship; 11:00am Worship

GRACE LUTHERAN CHURCH-NALC
Erskine
Rev. Pam Thorson

Sundays: 9:00am Worship
Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.

Please contact the McIntosh Times if you move or have a change in your address so we can keep the paper coming to your home on time.

BUSINESS & PROFESSIONAL GUIDE

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"Serving the Win-E-Mac area"

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More Santa Claus Day in McIntosh



Vivian Plante.



Brooks Farrell.



Easton Lee.



Hayden and Paxton Rock with their cousin Kaitlyn Rock.



D.J. and Theo Sharp.



Gunnar Farrell.



Natalie, Claire and Bailey Maske.



Little Plante.



Lucas Hornbuckle.



Henry Swanson.



Asher and Autumn Plante enjoying their new sleds that were donated by Jered's Grocery as door prizes for Santa Claus Day.

3 ways people can boost their mental health every day

Mental health issues have garnered considerable attention in recent years, but the scope of the global mental health crisis may be even greater than people realize.

A recent study co-led by researchers at Harvard Medical School and the University of Queensland that was published in The Lancet Psychiatry in fall 2023 concluded that one out of every two people in the world will develop a mental health disorder at some point in their lifetime. That makes mental health disorders a more common problem than cancer, heart disease and other physical ailments that tend to garner more attention than mental health issues.

Anyone experiencing mental health issues is urged to speak with a medical professional who specializes in such areas.

Mental health issues may not manifest with symptoms like broken bones that common sense suggests require the assistance of a licensed medical professional, but that does not mean issues affecting the mind or a person's outlook do not require the help of someone trained to deal with them. Much like people can heal from a broken bone after seeing a medical professional, individuals confronting mental health issues have much to gain from working with a mental health specialist.

A 2021 study from the United Kingdom-based Mental Health Foundation published in the American Journal of Health Promotion found 29 strategies people can employ to protect their mental health.

The study considered mental health research and the views of mental health experts, but also input from the general public regarding ways they confront mental health issues. It's important that anyone dealing with mental health issues not conflate these strategies with treatment.

Though they can help protect mental health, they should be seen as a supplement to treatment overseen by a licensed mental health professional.

A rundown of the 29 strategies can be found at mental-health.org.uk, but the following are three recommendations that anyone can apply in their daily lives.

1. Spend more time in nature. The calming effects of nature have been noted for centuries, if not longer. The American Psychological Association notes that spending time in nature benefits both physical and psychological well-being in humans. Perhaps that's one reason why participants in the MHF study reported walks in nature was their preferred way to cope with stress stemming from the COVID-19 pandemic in 2020. The Japanese practice of forest bathing has been noted for its positive effects on mental health, but even those without ready access to wooded areas should know that simply spending more time outdoors each day can positively affect mental health.

2. Avoid using drugs or alcohol as a coping mechanism. The MHF notes that any relief offered by drugs and alcohol is temporary and can even exacerbate existing men-

tal health issues. The American Addiction Centers reports that coping mechanisms are compulsions or habits formed over time that serve to help people manage particular situations or issues, including stress. However, the AAC also notes that not all coping mechanisms are beneficial and

some, including drug and alcohol use, are maladaptive and destructive. After a particularly stressful day, or during times when people are experiencing anxiety and/or depression, avoid looking at drugs or alcohol as means to coping.

3. Get enough sleep. The MHF notes that adults need between seven and nine hours of sleep per night. Some may

see seven hours or more per night as a luxury, but it's important that such an outlook changes. The Columbia University Department of Psychiatry notes that there is now robust evidence to support a link between sleep and mental health. Insufficient or even poor sleep has been found to increase negative emotional responses to stressors. Per-

haps even more noteworthy is that poor or insufficient sleep decreases positive emotions. So it's vital to recognize the important role that adequate, good-quality sleep has on mental health.

These are just a handful of approaches individuals can take to boost their mental health each day.



Win-E-Mac is in the first year of a wrestling co-op with the Fertile-Beltrami Falcons Wrestling Club. Five members from Win-E-Mac participating this year include: 7th Graders: Alex Molina and William Howard; Juniors: Bergan Howard and Gage Vedbraaten; and Foreign Exchange Student: Jaron Zimmerman pictured along with Coach Magnell from Fertile-Beltrami school.



Celebrating the holiday season the week before Winter break. The students and staff (pictured above) wore ugly sweaters as a fun way to bring cheer to the school day at Win-E-Mac School.



Tapanga Bratager, a Win-E-Mac graduate, wrapped up her student teaching experience at Win-E-Mac. She spent 10 weeks in Mr. Langemo's 5th grade, and 5 weeks in Mrs. Cook's Kindergarten. Best of Luck Tapanga and hats off to one of our own WEM grads!