LIVING BUILDING CHALLENGE: RIPPLE EFFECT

Kitchen remodel anticipation! Wolf Ridge alumni, Judy Gibbs, and her spouse Shawn Wentz were looking forward to renovating their 1946 kitchen. Wolf Ridge had taken on the Living Building Challenge (LBC) for our new staff housing and student dormitory. These two events were about to come together. After visiting the Wolf Ridge open house of the new and renovated structures, Judy and Shawn decided that their kitchen upgrade should try to be done to LBC standards.

Judy and Shawn’s first step was to interview and assemble bids from local contractors. They chose Jim because he was willing to go the extra distance and came highly recommended from some friends. Finding the right contractor was probably the most important piece in remodeling to Living Building Challenge standards because it takes a good, working partnership to achieve the desired outcomes.

Remodeling starts with demolition. Judy and Shawn wanted as little as possible to end up in a landfill (LBC standards call for 90% diversion). Cabinets were taken out in their full form and found another home in a friend’s cabin. Countertops, a door, sink, light fixtures and other miscellaneous items went to Habitat for Humanity’s ReStore for resale. Jim enlists someone to go through all project waste and pulls out metals, wood, and so forth to divert from the landfill for recycling or reuse. All door and window trim was saved for reuse in the project.

One requirement for the cabinetmaker was that wood had to be Forest Stewardship Certified (FSC), another LBC standard. Fortunately, Minnesota has several cabinetmakers that use only FSC and others who would make them if lumber was delivered to them.

Next came the countertops. There was no question that local manufacturer Epicurean would be chosen; they are made of pressed newspaper held with ecologically friendly glues! If you’re curious, take a look at Bent Paddle Brewery’s new taproom in Lincoln Park, Duluth!

Being that the house was older, there had been almost no insulation in the walls, and when it came time, 100% recycled insulation with no fiberglass was used. That was safer for the installers, too.

The sink location was changing, thus arose the question of pipe materials. Judy already knew not to use PVC from her experience with Hartley Nature Center construction back in 2003. During manufacture, PVC creates dioxins, and in its installation (think cutting and sizing) the dust can harm the installers as well. She went with ABS instead. The new (used) sink was purchased on Craig’s List.
A few weeks ago I was speaking at a gathering of entrepreneurs and business leaders in the Twin Cities. Their interest was the Living Building Challenge, how Wolf Ridge is leading educational and sustainability efforts, stories from our experience, and what they should be doing. I entered with trepidation as to whether my message would be on point for a group of business leaders. I left affirmed, completely enthused and optimistic for our future. They were enthralled, asking for more, and seriously committed to change.

Our society is actively turning a corner. It’s not just nature geeks or extreme individuals but also big business and their leaders that are focused on our future, the same as you and me. Students are taking a stand in their schools, pushing us, the adults and leaders in society, to take action. We’re listening, learning, and taking action.

The new sustainability standards are about so much more than simply construction; they are a philosophy, a way of evaluating our lifestyle and that of living. Addressing the needs of our future is ultimately about sustainability. These must be institutions that are trusted, proven, and can teach and empower a corporate entity, student, or family how to tackle this critical effort. An example of this is the cover article where Judy and Shawn took what they learned from Wolf Ridge’s Living Building Challenge projects into their kitchen and home.

The U of MN Duluth recently hosted a national conference on climate change. The turnout was phenomenal with people from around the nation and Wolf Ridge. A focus of the event was the work of Dr. Jesse Keenan, climate change researcher, who leads a team at Harvard University and also is member of the Intergovernmental Panel on Climate Change. Noteworthy to us, Mr. Keenan and his team are predicting that as some areas become flooded by sea water and others run out of fresh water, these climate changes will create “climate refugees” who need to relocate to more climate resilient places. His findings? One of the best places in the country for “climate refugees” will be Duluth, MN, and Minnesota in general. We have fresh water, good soil to grow food, and some of the most progressive renewable energy efforts. With an Internet search you’ll find the Duluth video and story. The people of this continent are focusing more and more attention toward Minnesota, Lake Superior, and to institutions such as Wolf Ridge.

Wolf Ridge is an institution on the move and the momentum of our society is heading in the right direction. Young and old will continue to come to Wolf Ridge to learn how to build a deeper connection to nature and to live more sustainably. We know from the myriad of stories that they remember their experiences here and use them. Because they’re learning by actually living it at Wolf Ridge, when they return to their home or business they are confident they can make positive changes. Help us by calling your local school and ask if they attend Wolf Ridge. Support us with a donation. Ask us to come to you to share our stories of learning. Together we’ll keep this momentum going!
Back splash tile was found with 75% recycled content and some custom art tile was added for interest.

One of Judy’s favorite stories is about their kitchen flooring. Wanting to extend the maple floor from the dining room into the kitchen, they went searching for used flooring. At Architectural Antiques in Two Harbors they found it: old gymnasium flooring from Esko High School! Complete with gym floor painted markings! (They did remove the markings.)

Finally, when it came time to paint, they used Benjamin Moore. Wolf Ridge’s LBC projects spurred Benjamin Moore to change a paint line and getting it certified to be LBC Red List free.

Judy and Shawn found it easy to find materials that fell within the LBC standards. In the end, the project came in under budget and they felt great about challenging themselves to remodel in a sustainable way. Yes, they’d do it again and loan you their contractor, too!+


Judy Gibbs, a lifelong environmental educator, was a naturalist at ELC Isabella for three seasons, worked full time for about four years at Wolf Ridge before leaving to become Hartley Nature Center’s Program Director. She recently retired from the city of Duluth as Trail and Bikeway Project Coordinator. Judy also had the lucky position of working with 750 volunteers over three years to build Duluth’s Superior Hiking Trail.

THE LEADERS OF THE PACK

Please consider gifting part of your estate to Wolf Ridge and become a member of The Leaders Of The Pack. More detailed information is available on our website. Please visit https://wolfridge.org/donate/planned-giving-3/. If you have already named Wolf Ridge as a beneficiary of your estate or are considering such, contact Pete Smerud at 800-523-2733.+
Korppi, Wolf Ridge’s raven had an unexpected visitor in her enclosure. This creature managed to squeeze itself through the 2” x 4” metal caging. It is the first skunk ever recorded at Wolf Ridge!

Graduate naturalist, Alex Kelley was doing enrichment training with Korppi in her cage and discovered the skunk exploring Korppi’s ground hideout box. After snapping a few quick photos he hurried away to gather others to share in this surprise. By the time Alex returned with his entourage the skunk had left in the same magical way it entered.

Outside, Minnesotans were enduring a spring snowstorm, inside at the Minikahda Club the atmosphere was charged with enthusiasm as over 70 people braved the weather to enjoy An Evening with Wolf Ridge and learn its story of environmental leadership. Thistle, our educational porcupine charmed guests with his bristly cuteness. Peter Harris, Wolf Ridge naturalist shared an account of our curriculum. Pete Smerud, Shannon Walz, and Patrick Thibaudeau of HGA told the story of our Living Building Challenge project. Sandy Timmerman, Prior Lakes School District, David Hinsch, Chisago Lakes Middle School, and Tim Chase, Murray Jr. High - all long-time teachers shared their stories throughout the evening of the value of bringing groups to Wolf Ridge. This was followed by a Q & A about how Wolf Ridge is influencing sustainability and education around the world. The goal of the event was to introduce Wolf Ridge to Minikahda Club members and others in the Twin Cities area. Sponsorship by Abbot Downing, Carlson Capital Management, HGA, Jamar, North Star Resource Group, Shamrock Wealth Management, and Solomon Strategies Group covered the cost of the event, allowing us to raise significant funds and make many great connections. Thank you to Schele Gislason Smith and all the other board members who helped for coordinating this event. Overall it was a double thumbs up evening - “warm and engaging” and impressive support of the organization.

Several new staff have joined the Wolf Ridge team. Christopher Dunham is the SEAK Program Coordinator taking care of the Twin Cities component of the program. Larry Banks can be found working with our food service as the breakfast cook. Jeremy Valerius has been added as the fourth member of our maintenance crew. Sarah Mayer is our new farm manager. (See profile.)

As mentioned in the February News Briefs Wolf Ridge now has two side-by-side utility vehicles. These handy vehicles were donated by the Polaris Foundation.

Wolf Ridge staff members Hannah Edstrom and Joe Walewski are wrapping up a series of 20 teacher workshops taught all over northern Minnesota to train teachers on bringing students outside and the use of The Raptor’s Center new on-line learning module. This project was funded by a grant from the ENRTF and through the LCCMR written by The Raptor Center.

In 2018, Wolf Ridge received a Trustee Grant of $30,000 from the National Recreation Foundation for inclusive learning. This grant is earmarked to grow our efforts to make sure that there is equitable access our programs regardless of physical abilities and also feel welcome and safe. Fascinating adaptive equipment has been arriving on a daily basis and ranges from an all terrain wheelchair to adaptive kayak paddles and extra snowboots. The grant also includes professional development for staff. John Morrin, Tribal Elder of the Grand Portage Band spent the afternoon with our staff sharing an Undoing Racism training that he has facilitated for many years with the People’s Institute for Survival and Beyond. A staff retreat also focused on inclusion and more training and is in the works.
Sarah Mayer is the new Farm Manager at Wolf Ridge. She comes to us from southeastern Wisconsin. She has a B.S. in Chemistry and Environmental Science, Natural Resource Emphasis from Carroll University, Waukesha, WI.

Tell us about yourself. A native of the Great Lakes region in rural southeast Wisconsin’s grain and dairy country, I grew up on an abandoned farmstead allowing for much exploration of the outdoors, particularly running aimlessly through the never-ending sea of corn. Inspired by the wonders of nature, I studied Environmental Science and Chemistry inside four walls with bits and pieces of fieldwork, and a life-sculpting study abroad in Alaska. Being a wayward graduate, I ventured into the world of nuclear power as a radiological chemist for a Wisconsin electrical utility. After paying off academic loans, I dove into the world of ecological conservation, sustainability, and agriculture by way of a Native American tribe on the Mississippi River, The Nature Conservancy, a Montana family-owned nursery and landscape business, the Solar Living Institute in California, and a few Wisconsin vegetable and herb farms. A huge advocate of permaculture, and sustainable and lean farming systems, I enjoy every opportunity to share my own experiences and what others have shared with me. Nature continues to inspire me daily in my quest to produce the most nutrient dense and tasty food possible in the most sustainable way possible.

Please share a travel tip. Wear wool everything...especially underwear because it is a natural fiber that breathes really well and doesn’t absorb orders.

What book and/or movie would you recommend others read? I would recommend the movie The Garden. It is a documentary about the South Central Farm, an urban community farm located in Los Angeles, CA.

If I could visit with any conservationist/naturalist/environmentalist, living or dead, I would hang out with Masanobu Fukuoka (1913-2008) at his farm on the Island of Shikoku, in southern Japan. Fukuoka blurred the lines of conservationist/naturalist/environmentalist/farmer/steward. Using nature as his guide, Fukuoka designed a no-till, chemical and fossil fuel free, soil amendment free, observation-based farming system. The results were continued soil health with respectable yields. Fukuoka employed the philosophy of working with, rather than against nature. This is a lifelong goal of mine.

“Natural farming is not just for growing crops, it is for the cultivation and perfection of human beings.” - Masanobu Fukuoka
McGuire Middle School
- Lakeville, MN, population 63,748
- grades 6-8, brings 8th graders
- attending Wolf Ridge for 15 years
- comes in December
- brings about 190 students, 7 teachers, & 24 chaperones

Describe your school. McGuire Middle School predominantly serves students living in Twin Cities metro suburb of Lakeville. Many of our students live in the surrounding rural areas.

Why does your school come to Wolf Ridge? Our Wolf Ridge journeys began when we had interdisciplinary teams with common students shared between a set of core teachers. Two of the biggest advantages of a system like that are teamwork development and camaraderie building. The Wolf Ridge experiential education also teaches those skills, so the trip was a perfect fit.

You attend Wolf Ridge in winter. Why? We chose to attend at this time to expose students to activities with which they might be unfamiliar or uncomfortable, such as winter survival. It’s also a good point in the school year where teachers know students well enough to have meaningful interactions and build relationships and memories that can be drawn on for the remainder of the school year.

How does your school raise money for this trip? Although we didn’t do anything specific to raise money for the trip this year, in the past we have sold calendars, hosted pasta dinners, and even sold school-spirit apparel to raise money for the trip.

What is the biggest challenge for your school in coming to Wolf Ridge? Our biggest challenge is finding enough staff members that are able to commit to making the trip due to their own family commitments and having a required number of teachers back at school.

Please give a tip to other schools about attending Wolf Ridge. Be as organized as possible before actually arriving at Wolf Ridge - create shared documents/spreadsheets that allow team members to share organizational responsibilities, delegate who is responsible for different tasks at Wolf Ridge (kitchen patrol, for example), and make sure students and leaders know schedules ahead of time.

Something that surprise(s)(d) you/your school about coming to Wolf Ridge. We decided to make a rest stop at Gooseberry Falls State Park to see the falls frozen over. We were surprised at how many students had never been to Gooseberry Falls. Having been to Wolf Ridge so many times, there weren’t too many surprises for our school.

Please share any changes that you have observed at Wolf Ridge over the years your school has been attending Wolf Ridge. One of the greatest improvements we’ve seen over the years is the commitment to providing a better dining experience. The quality and quantity of fresh fruit and vegetable offerings is impressive. The accommodations for our lactose, gluten, etc. allergies is also appreciated. We also appreciate the commitment Wolf Ridge has made to improving their facilities over the years. Between the “older” Summit lodge and the “new” MAC lodge, accommodations have become more modern while maintaining a simplistic nature. Finally, there was a significant change in how information was shared, requested, returned, etc. with the move to providing all documents in a shared google folder. That process really streamlined our ability to pull off the trip, from initial planning to arrival in a little over two months.

Tell us about a class that is important for your students to take and why. It’s very important that our students take the ropes course class because it’s a wonderful combination of challenging oneself, conquering fears (for some), teamwork, and fun.

Please inform our readers some of things your students learn as a result of their Wolf Ridge trip. I think our students learn a level of appreciation for their peers and their teachers that doesn’t always manifest itself as much inside the traditional classroom. A large number of our students expressed that they learned they could survive three days without their cell phones!

Is there anything else you would like to share with our readers about your Wolf Ridge experience? The Wolf Ridge experience is a unique opportunity for students. For many students, it’s one of the more memorable events of their K-12 “career.” Organizing and executing the trip takes a lot of work, but it’s worth it when you hear graduates talk about their memories years later.
The 2020 Wolf Ridge calendar features the work of Christian Dalbec. He was born in Two Harbors, MN and began taking photos in 2012. Known for being “in and around the lake,” Dalbec specializes in wave and water photography as well as drone work. In 2015, Dalbec started swimming in the frigid waters of Lake Superior year round to capture his favorite locations from the water’s view. Waves became a favorite subject to photograph. “Each one is a unique work of art.” Dalbec’s extraordinary photographs have been published in multiple magazines including Lighthouse Digest and Lake Superior Magazine. Calendars are available for $18.95 including shipping. They are also available at special prices, in lots of 25, for school fundraising and retail resale. Proceeds of all calendar sales directly support children attending Wolf Ridge school programs. Email mail@wolf-ridge.org or call Wolf Ridge at (218) 353-7414 for more information and to order.

PHOTO © CHRISTIAN DALBEC
TWIG STUDY
by Allison Hren, Wolf Ridge Naturalist

In the late winter, when I'm tired of the snow, I take some twigs and put them in a jar with some water to make them think spring is already here.

Did you know you can identify trees by their twigs and buds?

Things to take note of while watching your twigs:
- Color changes
- Opening time
- Order in which they open
- Flowering!

Single buds:
- Terminal bud
- Auxiliary bud
- Lenticel
- Terminal bud scar
- Leaf scar

(RED OAK)

Spur branches tell us how many leaves the twig has grown by counting leaf scars like so:

And you can see this year's growth between the terminal bud and the terminal bud scar.

Buds also vary some are protected by many scales, some just one + some none at all:
- Imbricate
- Valvate
- Cap-like
- Naked

It's fun to watch them grow. Look at this balsam poplar go!
David and Lise Abazs (89) have both retired completely from Wolf Ridge. David landed his dream job as the Executive Director of the Northeast Sustainable Partnership with the U of MN. Lise continues as the Executive Director for North Shore Area Partners. They have also retired from being CSA farmers but will continue selling produce at the Finland Farmer’s Market. Betsey (Pichotta) Mead (90) is no longer the School Program Coordinator at Wolf Ridge. She is now our first Facilities Operations Director. Steve Tritz (03) got married. Elena Bennett (95), Associate Professor at the McGill School of Environment of the McGill University recently made a TED Talk on “The Recipe for a Good Anthropocene.” Be sure to check it out. Kevin Zak (03) is the father of a new baby boy - Clyde. Lynnae Fischbach (07) got married in England. Ben Eckhoff (07) got married. Emily Carlson (10) got married. Melody McNight (11) is now the Sea Kayak Program Coordinator at UM - Duluth. Mark Harris (13) recently landed a job the Energy Insights as an Associate Engineer doing businesses and schools with energy efficiencies. Dylan Kelley (15) is now Carlton County’s 4-H Program Coordinator with U of MN Extension. Marie Fargo (15) started working at the Great Lakes Aquarium as the new Public Programs Coordinator. Jana Graczyk (13) got married. Tori Dahl (18) is off in New Zealand being a farm hand. Jarrod Klopp (17) has a new job as Education Coordinator at the New Mexico Wildlife Center.
PROGRAMS 2019

**YOUTH**

**Summer Sampler:** (2nd-5th gr) Aug 14-17: $390

**Discoverers:** (4th-5th gr) June 23-29, July 7-13, July 14-20, July 21-27, July 28-Aug 3, Aug 4-10, Aug 11-17: $626

**Voyageurs:** (6th-7th gr) June 23-29, July 7-13, July 14-20, July 21-27, July 28-Aug 3, Aug 4-10, Aug 11-17: $626

**Adventurers:** (8th-9th gr) July 14-20, July 21-27, July 28-Aug 4, Aug 4-10: $626

**Day Camp:** (K-5th gr) June 24-28: $200

**Sprouts Day Camp:** (2nd-3rd gr) June 24-28: $200

**Eco Artists:** (4th-5th gr) July 21-27: $626

**Green Energy Camp:** (4th-5th gr) Aug 4-10, Aug 11-17: $626

**Voyageurs 2-wk Ultimate Survival:** (6th-7th gr) July 14-17: $1,300

**Wildlife Camp:** (6th-7th gr) Aug 4-10: $626

**Angling to Archery:** (6th-7th gr) July 7-13, Aug 11-17: $680

**Girls Rock the Ridge Leadership:** (6th-7th) June 23-29, Aug 11-17: $639

**Boys Rock the Ridge Leadership:** (6th-7th) July 28-Aug 3: $639

**Camp Rock Climbing:** (8th-9th gr) Aug 4-10: $699

**Ornithology Field Camp:** (10th-12th gr) July 7-13: $852: $825

**Counselor-in-Training:** (10th-12th gr) Aug 4-17: $990

**Credit Camp - Freshwater Ecology:** (10th-12th gr) July 7-27: $2,050

**Credit Camp - Wilderness Ethics:** (10th-12th gr) July 28-Aug 10: $1,699

**Superior Service Learning Camp:** (10th-12th gr) Aug 4-10: $639

**Superior Hiking Trail 5-day Backpack:** (7th-8th) July 7-13: $649

**BWCAW Canoe 5-day:** (7th-8th gr) Aug 11-17: $650

**Adventurers 2-wk BWCAW Canoe:** (8th-9th gr) July 20-27: $1,420

**Adventurers 2-wk Isle Royale Backpack:** (8th-9th gr) July 14-27: $1,450

**Adventurers Northwoods Kayak:** (8th-9th gr) June 23-29: $750

**Jr Naturalists 2-wk Apostle Islands Kayak:** (10th-12th gr) July 21-Aug 3: $1,525

**Jr Naturalists 2-wk Apostle Islands Kayak:** (10th-12th gr) July 28-Aug 10: $1,502

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**ADULTS**

**Fabulous Fall Nature Geek-Out Weekend**

Sept. 27-29

Fee: $325-$405

Give your inner nerd a little love! Choose North Shore Geology Exploration, Saw-wet Owl Banding, North Shore Coastal Kayaking, Lake Superior Agates, or the Wolf Ridge Sampler.

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**Programs 2019 YOUTH**

Our youth camp programs offer unparalleled opportunities to explore clear lakes and streams, develop lifelong connections to the natural world, make friends, create memories, and grow in self-confidence. With a wonderfully diverse campus and variety of activities, campers can return year after year for new experiences.

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**Adv. & Beg. Bird Banding Courses**


Fee: Adv. $1250, Beg. $2295

Wolf Ridge hosts the Institute for Bird Population’s beginning and advanced workshops for seasoned and new banders. The seven-day introductory class provides both amateur birders and professional biologists with the skills necessary to participate in monitoring and research programs. The four-day advanced class is designed for experienced banders who wish to improve their sexing and ageing skills.

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Camp Shuttle:
Ride from the Twin Cities or Duluth to camp and back. Twin Cities, one way $100, round trip $175. Duluth, one way $50, round trip $100. Reservations required.
**Open House**
June 15 10:00-4:00
**Free:** Open to all ages.
Enjoy a day of indoor rock climbing, adventure ropes, meeting our live raptors and porcupine, hiking, and canoeing. Bring close-toed shoes.

**Bird Banding**
June 5, 12, 26, July 3, 10, 24, & 31
7:00-11:00am
**Free:** Open to all ages.
Since 1993, Wolf Ridge has been a site for a long-term international study to learn about the lives and health of migratory songbird populations. Participants can observe and sometimes participate in the banding process. Meet at the Forest Ecology Building on any one of seven summer mornings.

**Summer Family Camp**
June 30-July 6, July 28-Aug 3, & Aug 4-10
**Fee:** Starting at $1,015
Love vacationing as a family? How about something that combines outdoorsy educational experiences, hearty home-cooked meals, comfortable lodging, and many different activities for you and yours? All you need to pack is your sense of adventure and an excitement to learn.

**Grandparent/Grandchild Summer Grand Adventure**
(adults & ages 6-11 yrs) July 21-25
**Fee:** Starting at $675 per family
What’s more rewarding than passing on your love of lifelong learning and being outdoors? Teaching a younger adventurer to love it, too. Share your passion for the natural world with your grandchild and create memories that will last for a lifetime.

**Stay in touch with Wolf Ridge...**

Register for programs on-line or by calling Wolf Ridge.

Order calendars for your school fundraiser or friends by calling Wolf Ridge.
Calendars are available for $18.95 including shipping. They are also available at special prices, in lots of 25, for school fundraising and retail resale. Proceeds of all calendar sales directly support children attending Wolf Ridge school programs.

Your gift supports Wolf Ridge
• Make monthly donations with automatic payments
• contribute an annual donation
• become a planned giver
• make an in-kind donation.

Call to set-up your gift.
Wolf Ridge is an accredited residential environmental school for persons of all ages. We offer immersion programs which involve direct observation and participation in outdoor experiences. Wolf Ridge programs focus on environmental sciences, human culture and history, personal growth, team building, and outdoor recreation.

Our mission is to develop a citizenry that has the knowledge, skills, motivation, and commitment to act together for a quality environment.

We meet our mission by:
- Fostering awareness, curiosity, and sensitivity to the natural world.
- Providing lifelong learning experiences in nature.
- Developing social understanding, respect, and cooperation.
- Modeling values, behaviors, and technologies which lead to a sustainable lifestyle.
- Promoting the concepts of conservation and stewardship.

The graduate students took their annual field trip to Palisade Head in search of nesting peregrines. They were not disappointed. In fact, the crew observed 2 pairs of peregrines that appear to be nesting there! This handsome fellow, Yukon Jack, was banded as a chick in 2009 at Manitou Cliff near Little Marais. He has been nesting at Palisade Head for a few years.

Wolf Ridge thanks these $1,000+ donors

Abbot Downing
Carlson Capital Management
Driscoll Foundation
Robert Eddy
Earl Gransee
Hearth & Home Technologies
HGA
Lloyd K Johnson Foundation
Les & Jan Kent
Maas Foundation
National Recreation Foundation
Polaris Foundation
Jim Rustad Charitable Fund
Ron & Rosemary Sackett
Nancy Schultz & John Eckfeldt
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