



# The Wolverine

December 2023

## From the Superintendent- Mr. Collins

First, I want to take a moment to thank everyone for a great Fall and hope we can continue to make positive changes as we move forward. With the approach of winter I want to remind everyone about the possibility of school closings and delays. We will try to make the best decision for a majority of our students, however, if you feel it is too bad for your student to attend school that is a parent decision-and you can keep them at home. We will use our Alert Messaging system to get the word out as soon as possible after a decision is made. Typically, we also post on Lincoln TV Stations Channel 10/11 and Channel 8 and 99.5 FM on the radio. Today, these entities belong to broad messaging services that put the information out on a variety of member platforms as well so you might see closing information on other sites—even though we have not specifically contacted them.

The NSAA Winter sports season is nearly upon us and as I have stated in the past fans are close to the action. As a parent it took a good deal of self-discipline to model positive sportsmanship and behavior my children would be proud of. I was successful—most of the time. I want to remind everyone of some of the Fundamentals of Sportsmanship as paraphrased from the NSAA Sportsmanship Handbook.

- 1. Gain an Understanding and Appreciation for the Rules of the Contest.** The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of Good Sportsmanship depends on conformance to a rule's intent as well as to the letter of a given rule.
- 2. Exercise Representative Behavior at All Times.** The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base. Your behavior influences others whether you are aware of it or not.
- 3. Recognize and Appreciate Skilled Performances Regardless of Affiliation.** Applause for an opponent's performance displays generosity and represents Good Sportsmanship. This action also reflects a true awareness of the game by recognition and acknowledging quality.
- 4. Exhibit Respect for the Officials.** The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the

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contests are a part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official.

- 5. Display Openly a Respect for the Opponent at All Times.** Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team, or family.
- 6. Display Pride in Your Actions at Every Opportunity.** Be a GREAT representative of Wilber-Clatonia by demonstrating positive, responsible support for our students and programs.

As you may have heard I am retiring at the end of my current contract which is June 30, 2024. The Board has hired McPherson & Jordan, L.L. C., Executive Recruitment and Development to assist them in the important task. Feedback from different school and community groups will be important. There will be two open forums on December 7th to gather community input, the first at 4:30 p.m. and the second at 5:30 p.m. For community patrons that can't attend a meeting in person, there will be a "SurveyMonkey" link accessible on the school website (<http://wilberclatonia.org>) under the 2023-2024 Superintendent Search heading on our homepage. We are also dropping updates into that space as we move forward, for example as I write this newsletter the Press Release, Brochure and an application link are already active. If you want to stay updated check that heading periodically to see what has been added!

If you want to be part of the community "meet and greet" team during interviews on January 10 and 11th reach out to me or a board member.

Again the selection of District Leadership is important to our continued mission of helping kids be the best people they can be with Wolverine Pride.



## Secondary News and Reminders

It is hard to believe that we are approaching the halfway point in the year already! Soon winter break will be upon us and we will be looking to start a new semester in January. I wanted to take time in December to review the secondary grading policy with families, students, and staff. The policy was created at the end of last school year by a team of teachers that was open to any teacher on the secondary staff. During our work, we quickly realized that there were no common grading policies on the secondary side and as such the team set out to create common practices, policies and expectations. The agreed upon common grading policy was then presented to the entire staff at the end of the year and then shared out over summer and in the fall to families. Part of the policy includes the expectation that grades should be updated at a minimum of every 2 weeks. To ensure this, I am conducting a grade check every two weeks and having individual conversations with staff about the importance of updating grades as a way to give feedback to families on how their student is doing.

A copy of the entire policy will be attached for your review.

Let me be the first to admit that this policy is still a work in progress. During implementation this year, we are finding that we may need to add some additional expectations and policies. For example we do not have a common expectation for the total number of formative or summative assessments during the course of a class. This becomes important if there are limited numbers of summative assessments in a class as they count for 65% of a grade. If a student does poorly on one of a few, it has a larger impact than if a student does poorly on one of ten. We are also finding that having a variety of approaches to retakes is confusing. These are two additional topics that the team will begin to tackle as we move forward. We will also look to gather student input into these topics.

Good News to Share:

Congratulations to our One-Act actors, actresses, crew, and coaches on their Tuesday (11-14-23) performance for SNC in Milford. The team tied for a 7th-place finish and received three Superior ratings. Individual awards went out to **Mackenzie Anthony**, **Lillian Korbel**, **Sarina Lavilay**, and **Aubrey Ninneman** for Outstanding Actor/Actresses.



Veterans Day speaker, Commander Lisa Shore, imparts message to staff, students, and guests on November 10th.



TCBY students receive a \$500 check for trash pickup.



## WC Grading Policy

The primary purpose of grading is to summarize and to communicate the academic performance of students to families, to educators, to employers, to post-secondary institutions, and to the students themselves. A grade should reflect what students know and are able to do in a course of study as measured against predetermined standards and criteria. Therefore, formal grading and reporting are to be primarily based upon individual performance on multiple summative, standards-based assessments, after students are provided the opportunity to learn. Non-academic factors such as attitude and behavior are valuable and should be communicated to others, but such elements shall not factor into the methodology for determining individual grades. We strive for summarizing and communicating student performance in a manner that is fair and accurate. Increasing the fairness and accuracy in our approach to grading will also raise the level of awareness and accountability for learning for our students, parents, and school alike. Even though some classes may be graded as pass/fail or have weighted values, they will be expected to adhere to the WCPS Grading Policy.

### Grading scale

Grading:	A 100-93	D 77-70	Inc Incomplete
	B 92-86	F 69-0	P Pass
	C 85-78		F Fail

Inc.—Incomplete (No student can graduate with an Incomplete on his/her report card). All incompletes must be made up within two weeks of the end of a semester.

### Grade Calculation (semester and %) & GPA

Courses at Wilber Clatonia are semester long or year long in length. Year long courses consist of two semesters of content. Therefore, quarter grades for reporting purposes will be a snapshot of the semester grade. Final semester grades will be a cumulative grade for all learning during the semester. Incompletes will only be given at the end of a semester for extenuating circumstances.

Courses offered as weighted shall be assigned grades in the following manner (versus the traditional grade scale):

#### Weighted Grade Scale

A = 5 points	100-93
B = 4 points	92-86
C = 3 points	85-78
D+ = 1.5 points	77-75
D = 1.0 points	74-70
F = 0 point	69-0

#### Traditional Grade Scale

A = 4 points
B = 3 points
C = 2 points
D = 1 point
F = 0 point

Weighted Grade Class Offerings for the 2022-2023 School Year are Intro to Psychology (DC-Concordia), Calculus, and Physics. *Weighted courses at Wilber-Clatonia High School must be taught by a*

*Wilber-Clatonia faculty member. Distance Learning courses are not eligible nor will be considered for weighted credit.*

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## **Assessments, Grading, & The Learning Protocol**

### **Formative Assessments & The Learning Process**

Teaching and learning at Wilber Clatonia is based upon the grade level standards for each content area as defined by the Nebraska Department of Education. These standards guide lesson planning, classroom instruction, and student assessments. Student assessments include both formative and summative work.

**Formative** assessments and activities usually take the form of homework, daily work, early drafts, or practice. These assessments and activities occur during the learning process and are used to facilitate, monitor, and adjust the process of teaching and learning. Because formative assessments occur during the learning process as a means of guiding the teaching and learning happening daily, we feel the usefulness of formative assessments for formal grading purposes is limited. This allows students opportunities to take risks and improve with little impact on their formal grade. Formative assessments will make up 35% of a student's formal grade. **Summative** assessments and activities take place after, or at the end of a unit or chapter after students have been given the chance to learn and practice the skill or content. Summative assessments require students to demonstrate knowledge or skill and allow teachers to summarize student performance. Examples of summatives that would occur at the end of a unit of study include tests, final drafts of papers, completed projects, performances, or demonstrations. Since summatives are taken at the end of a unit or chapter of study, students will take multiple summative assessments over the course of a semester. Because summative assessments take place at the completion of the unit, we feel that they are the most appropriate assessments for determining the true level of student performance at grade level in the content standards for that unit. Therefore, these assessments will make up 65% of a student's formal grade. Formative and summative assessments will be specified by all classroom teachers as outlined in each class syllabus.

### **Valuing Formative Work & Feedback**

We want to stress to students and to parents the importance of completing all assigned work, regardless of the extent that it is used for formal grading purposes. Formative activities are given less weight (35%), with regard to determining final grades. However, these activities benefit both the student and the instructor, and they are a necessary part of the teaching and learning process. These types of activities allow students to engage in the learning process, improve their performance, and practice newly learned skills. These types of activities are necessary for instructors to monitor student learning, provide students with constructive feedback, and differentiate instruction to meet the needs of individual students. The feedback that students should expect from completing formative activities is specific information regarding what they're doing well and how they can improve. By completing formative work and responding to teacher feedback, students will maximize their learning opportunities and reach their full potential.

### **Motivation For Completing Formative Work**

Students who fully participate in the learning process by completing formative work and implementing teacher feedback in their subsequent work will be more engaged in the learning process and are likely to demonstrate higher levels of learning. Higher levels of learning will lead to higher levels of performance on summative assessments. Higher levels of performance on summative assessments will directly translate into higher grades.

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## **Retakes, Absences, & Extra Credit**

### **Retakes**

Any decision on retakes will be left to the individual classroom teacher's discretion.

The students' grades are intended to reflect their overall progress and work completed. The individual classroom teacher has the discretion to enter a "0" into the gradebook for missing assignments or assessments until completed.

**Absences**

Students who are absent will have two school days (including the day they return) to complete any summative or formative tasks missed during their absence. The building principal may make exceptions where deemed appropriate (such as lengthy absences due to illness). Students who know in advance that they will be absent are encouraged to make up work before they leave.

**Extra credit**

Extra credit opportunities will be limited and shall consist of content-related bonus question(s) on a summative assignment. Students wishing to improve their grade shall only do so through the process of remediation (which may require additional practice) and re-takes on summative assessments. Additionally, formative work, which may be assigned as part of the remediation process, may be recorded in the appropriate formative category and used for formal grading purposes at the discretion of the teacher. However, students may not receive zeros or docked grades on incomplete, late, or missing formative tasks that are assigned as part of the remediation & retake process.

# High School Counseling News

December 2023

Jill Shea-Carpenter  
jill.shea@wilberclatonia.org  
402-821-2508, ext. 309



**Graduation 2024**  
**Saturday, May 11, 2024**  
**2 pm - High School Gymnasium**

## Shouting from the rooftops so many kudos and congrats!!

Wilber-Clatonia is home to SEVEN winners of the Greater Omaha/Council Bluffs Area Council on Youth Leadership "Youth Salute". This year's Host University Sponsor was Nebraska Wesleyan. This organization was formed in 2018 to celebrate students who are high academic students who hold leadership positions within their school and community.



Congrats to Lena Eschiti, Ty Kuhlmann, Jessica Martinez, Tatiana Meza, Carson Radcliff, Breanna Spilker, and Jera Schuerman on their selection honors!

All of these students received a \$4,000 scholarship to Nebraska Wesleyan. Lena Eschiti was chosen as a "Top Youth Leader" and received full tuition to the University of Nebraska-Lincoln.

So very proud of these incredible students! Keep pushing and challenging yourselves.



## TCBY helps Wilber Lions Club with Highway Trash Pickup

On Saturday, October 21, a large group of TCBY members completed two and one-half miles of highway trash pickup in conjunction with the Wilber Lions Club.

Thanks to the Lions Club for your support! Helping our students to complete and appreciate community service.



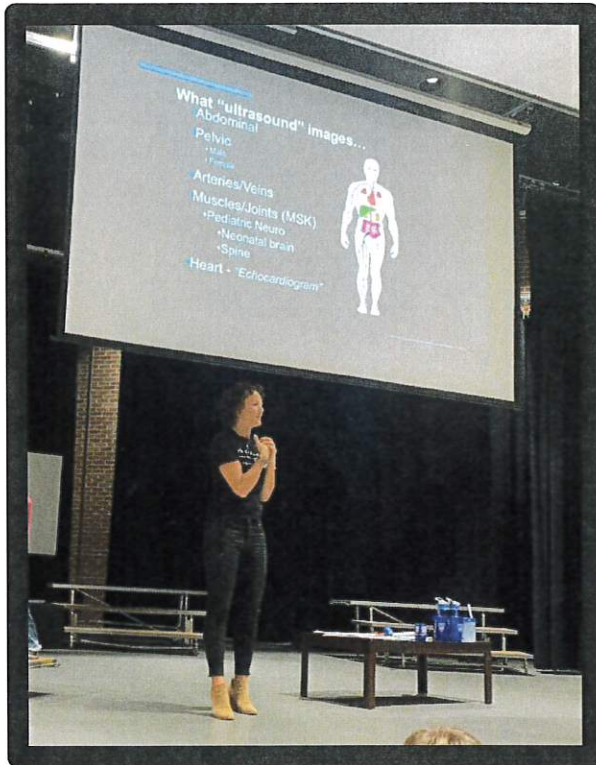
The Lions Club in turn shared a donation to the TCBY organization, which in turn, the students will use to help families in need for the holiday season. Thanks for allowing us to pay it forward!

From left to right, TCBY seniors: Owen Smith, Carson Radcliff, Lena Eschiti, Tim McDermott (Wilber Lions Club), Madison Vogel, Jera Schuerman, and Breanna Spilker.



## Students engage in an incredible opportunity!

On October 20, 2023, we were so fortunate to have Becky (Kastanek) Mandery (WC Class of 2000), Sonography Program Director at the Mayo Clinic School of Health Sciences in Rochester, MN present on sonography and other careers in Radiology and Healthcare. Students learned the roles of diagnostic versus therapeutic healthcare providers, were introduced to different radiology imaging modalities, and were familiarized with various applications of sonographic imaging. A brief overview of essential college courses and job shadowing/career experience prior to applying to healthcare programs was also provided. WC students were engaged and had the opportunity to practice scanning with an ultrasound machine on a fetal phantom. How fortunate we are to have such incredible alumni who can share their knowledge and expertise with others. Thank you, Becky!



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## FAFSA ID

Senior Parents -- IF you have not already done so, you **NEED** to create your FAFSA ID.

Go to: <https://studentaid.gov/fsa-id/create-account/launch>

You **NEED** to create this account and then write it down or put it in your phone notes. You will use this login each year you file the FAFSA (Free Application for Federal Student Aid). **Complete this sooner rather than later.**

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## TCBY helps with the American Red Cross Bloodmobile

On Tuesday, November 22, TCBY members headed to Sokol Hall to help with the American Red Cross Bloodmobile. A special shout-out to Bobbie Ripa for helping to make this possible. What an incredible opportunity for our students to give back and to learn more about the importance of blood donation.

Photo to the right (from left to right): Star Thelen, Mackenzie Anthony, Stone Thelen, Carson Radcliff, and Ken Guerra.



Photo above left (from left to right): Kelsey Zoubek, Monica Zoubek, Katelea Brown, Harley Bloom, and Delaney Mazza.

Photo to the left (from left to right): Madison Vogel, Breanna Spilker, Kelsey Kotas, and Kylee Adams.

Photo directly above (from left to right): Aubrey Ninneman, Tatiana Meza, Jessica Martinez, and Kira Jonas.



# The Susan Thompson Buffett Foundation

## Susan Thompson Buffett Scholarship Info Website: <https://buffettscholarships.org/application-requirements>

To be eligible for the Buffett Scholarship, a student must have at least a 2.0 GPA (77% on a 100% scale). Below is a listing of the colleges and universities included in the scholarship program, with the individual awards listed (Buffett is a full-tuition scholarship

program). To apply, you will need to verify your email before you are allowed to continue. The Buffett Foundation asks that students use their personal emails as they realize that many school emails do not always allow for outside emails to be received.

**NOTE –** The “new and better” FAFSA will drop sometime in December and you will use your 2022 tax information. There will be a few new terms/acronyms. The previous EFC (estimated family contribution) will now become the SAI (student aid index). To be eligible, the SAI can be between -\$1,500 and \$9,999. Instead of receiving a SAR report (student aid report), you will now receive and use the FSS (FAFSA submission summary) report. You will upload the ENTIRE FSS report as a .pdf.

**Another NOTE:** IF your family situation has changed dramatically since 2022, you must still complete the FAFSA, but then you will be able to file a special circumstances appeal to the college you plan to attend. This is NEW.

The deadlines are rigid; the application & recommendation **MUST** be received by 5 pm on February 1<sup>st</sup>. No exceptions. The FAFSA submission **MUST** be received by 5 pm on March 15<sup>th</sup>. The Buffett Foundation requests to submit the application as soon as possible to help with the selection process.

This year, there will be **THREE** student prompts instead of four. These prompts are listed on the below Checklist. The Foundation hopes that students will share about themselves and their unique qualities and characteristics that will set them apart from others. Each prompt answer must be between 150-350 words. During the meeting I attended, the Foundation members stated numerous times that the most important piece of the scholarship application is **YOUR VOICE**.

**Maximum Term Awards for 2023-2024**  
(term = semester, quarter, or summer session)

Colleges	Full Time (12+hours)	Three-Quarter Time (9-11 hours)	Half Time (6-8 hours)	Quarter Time (3-5 hours)	Less than Quarter Time (1-2 hours)
<b>Community Colleges</b>					
CCC	\$2,225.00	\$1,668.75	\$1,112.50	\$556.25	\$278.13
LPTC	\$3,250.00	\$2,437.50	\$1,625.00	\$812.50	\$406.25
MCC	\$1,650.00	\$1,237.50	\$825.00	\$412.50	\$206.25
MPCC	\$2,350.00	\$1,762.50	\$1,175.00	\$587.50	\$293.75
NECC	\$2,475.00	\$1,856.25	\$1,237.50	\$618.75	\$309.38
NICC	\$2,550.00	\$1,912.50	\$1,275.00	\$637.50	\$318.75
SCC	\$2,370.00	\$1,777.50	\$1,185.00	\$592.50	\$296.25
WNCC	\$2,400.00	\$1,800.00	\$1,200.00	\$600.00	\$300.00
<b>Nebraska State Colleges</b>					
Chadron State	\$4,600.00	\$3,450.00	\$2,300.00	\$1,150.00	\$575.00
Peru State	\$4,675.00	\$3,506.25	\$2,337.50	\$1,168.75	\$584.38
Wayne State	\$4,520.00	\$3,390.00	\$2,260.00	\$1,130.00	\$565.00
<b>University of Nebraska</b>					
UNK	\$4,725.00	\$3,543.75	\$2,362.50	\$1,181.25	\$590.63
UNL	\$5,650.00	\$4,237.50	\$2,825.00	\$1,412.50	\$706.25
UNO	\$5,225.00	\$3,918.75	\$2,612.50	\$1,306.25	\$653.13
UNMC	\$6,050.00	\$4,537.50	\$3,025.00	\$1,512.50	\$756.25
NCTA	\$3,425.00	\$2,568.75	\$1,712.50	\$856.25	\$428.13

# The Susan T. Buffett Scholarship Application Checklist

## + Create an Account

- Social Security number\* (if you have one)
- Username & password (save these)
- Confirm email address

## + Online application forms

## + One recommendation

- Enter person's full name, title, and email
- MUST be submitted by February 1<sup>st</sup> deadline

## + FAFSA Submission Summary (FSS)

- You and parent/guardian will need FSA IDs
- FSS must include full name and SAI
- SAI must be between -\$1,500 and \$9,999
- MUST BE UPLOADED BY MARCH 15 DEADLINE

## + High School transcript PDF which includes:

- Full name, date of birth, and high school name
- Cumulative unweighted GPA (2.0 or above)
- High school coursework with grades
- Current work in progress

## + Short Answer Section

Complete the following prompts. Each response should be between 150-350 words.

- 1) Tell us about yourself. In your response, include important things you would want us to know about you and discuss a meaningful time/experience in your life that has shaped who you are.
- 2) Tell us about your academic experiences in high school. In your response include how you think these experiences have or have not prepared you for college.
- 3) In what ways would receiving this scholarship impact your life? In your response, please think about your life now, during college, and/or future after college.

## + Consent form

When you are ready to submit the application:

- Read the online consent form
- Complete your electronic signature
- Obtain parent/guardian electronic signature (if you are under 19 years of age)

\*DACA, undocumented or DACA eligible students need to complete and upload the Federal Student Aid Estimator: <https://studentaid.gov/aid-estimator/>.

## 2023-2024 ACT Test Dates:



Test Date	Registration Deadline	Late Fee required
Sat, Feb 10, 2024	Fri, Jan 5, 2024	Feb 2, 2024
Sat, Apr 13, 2024	Fri, Mar 8, 2024	Apr 5, 2024
Sat, June 8, 2024	Fri, May 3, 2024	May 31, 2024
Sat, July 13, 2024	Fri, June 21, 2024	July 5, 2024
Fee: \$66.00 Test option change: \$25.00	Fee w/writing: \$91.00 Additional Score reports: \$18.00	Late fee: \$36.00 Test Date Change: \$42.00

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## John Deere AKRS Equipment

John Deere and AKRS Equipment are beginning the process of identifying students with the skills and academic interests to qualify for an AKRS Jump Start Scholarship. If selected, the scholarship can cover student's entire tuition as they pursue an Associate Degree in Ag Technology and prepare for a career as a John Deere Ag Technician.



In addition to covering up to **100% of student's tuition**, the Jump Start Scholarship also offers students the following financial and career incentives:

- Tool Bonus – Up to \$6,000
- Jump Start Bonus - \$2,500 to assist with miscellaneous college expenses
- Internship – Students work and get paid at an AKRS dealership while they complete their degree
- Credentials – Students earn an Associate's Degree and become a Certified John Deere Technician
- Guaranteed Employment – a job at AKRS awaits students upon graduation

In total, the Jump Start Scholarship is worth up to \$22,000 with a guaranteed full-time job!

To apply for the Jump Start Scholarship, go to: <https://www.akrs.com/jumpstart> to submit your application. Opportunities are limited, so apply by February 23, 2024 for early consideration. Both juniors and seniors can apply.

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## American Legion and Legion Auxiliary (ALA) Scholarships

Following are MANY scholarship opportunities. Please read through the descriptions and then let me know if you are eligible to apply for any/all of the scholarships. **I have the hard copies in my office.**

### Nebraska ALA Memorial Scholarship

The Nebraska ALA Memorial scholarship of \$400 shall be awarded to a qualified applicant accepted into an undergraduate program at a 4-year Nebraska college or university. Preference will be given to a former Nebraska Girls State or Boys State Citizen who is seeking to teach middle school or junior high social studies.

Must be a resident of Nebraska and have a Veteran connection.

### 2024 Maynard Jensen American Legion Memorial Scholarship

- Must be a son or daughter, grandchild, great-grandchild, adopted or step-children of members of Department of Nebraska, The American Legion or POW, MIA, KIA, or any veteran who was a current Legion member at time of death.
- Must graduate in spring of 2024.
- Must be enrolled or in process of enrollment at an accredited Nebraska college, university, or technical school.
- Must include financial need, academic achievement, and extracurricular activities.





# WC NHS HOLIDAY HELPING HANDS DRIVES

Santa's Sleigh Drive- The Salvation Army needs toy donations for children ages 4-10.

101 Wishes- The Children's Hospital is needing blankets. They are looking for 30x30 (Infants) and 50x60 (Throw). They DO NOT accept knitted or crochet blankets due to health concerns.

Warm Paws Drive- The Cat House in Lincoln is in need of cat food and toys, and the Humane Society is needing dog/cat food, toys, and leashes.

Operation Holiday Wishes- WC is partnering with other local elementary schools to donate to elementary students in need of winter coats, boots, pants, etc.

Make-a-Wish and Believe in Santa Drive- Every student who writes and donates letters to Santa, Macy's will donate \$2 for every letter they receive to the Make-a-Wish Foundation.

## THE LAST DAY TO DONATE ITEMS WILL BE DECEMBER 10.



DROP OFF ANY DONATIONS IN MRS. V'S ROOM

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## Holiday Concerts

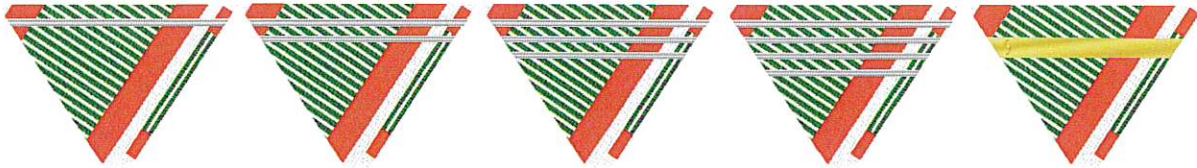
**Please join us for our holiday concerts on the following dates:**

Our K-4 Holiday Program will be held on Tuesday, December 5th at 7:00 p.m.

Our 9th-12th grade Holiday Program will be held on Tuesday, December 12th at 7:00 p.m.

The 5th through 8th grade Holiday Program will be held on Thursday, December 14th at 7:00 p.m.

**Parents please check your emails or Seesaw for more information as the concerts get closer.**



## Concert Etiquette

- 1) Silence your cell phones
- 2) Do not talk during the performance
- 3) Limit movement in and out of your seat during the performance
- 4) Do no shout, whistle or cheer
- 5) Keep small children with you at all times

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## **List of the Best Holiday Books for Kids**

1. My First Christmas by Tomie dePoola
2. I Love You Through and Through at Christmas Too! By Bernadeteed Rossetti-Shustak
3. Merry Christmas Ollie! By Olivier Dunrea
4. Olivia Helps with Christmas
5. Bear Stays Up for Christmas
6. Little Blue Truck's Christmas
7. Construction Site on Christmas Night
8. Llama Llama Holiday Drama
9. Llama Llama Jingle Bells
10. D is for Dreidel
11. The Story of Hanukkah
12. Right Baby Touch and Feel Hanukkah
13. The Snowy Day
14. The Mitten
15. Bear Snores On



## **Best Christmas Movies for Kids & Family**

1. A Charlie Brown Christmas
  2. The Simpsons Roasting on an Open Fire
  3. The Polar Express
  4. Miracle on 34th Street
  5. How the Grinch Stole Christmas
  6. Mickey's Christmas Carol
  7. Rudolph the Red Nosed Reindeer
  8. Frosty the Snowman
  9. The Muppet Christmas Carol
  10. Santa Claus is Coming to Town
  11. A Christmas Carol
  12. Gremlins
  13. Home Alone
  14. Jingle All the Way
-

Name:

Period:

# Christmas

Find words that are forward, up and down. No diagonal or backwards words.



1. LIGHTS
2. SNOWMAN
3. BELLS
4. JOYFUL
5. FRUITCAKE
6. JESUS
7. MANGER
8. PRESENTS
9. GIVING
10. FAMILY

11. FRIENDSHIP
12. BETHLEHEM
13. CHURCH
14. SINGING
15. JINGLEBELLS
16. THANKFUL
17. NATIVITY
18. SANTA
19. RUDOLPH
20. CHIMNEY

J G H C  
M M G E  
G G G Z T S  
J D I A J Q  
K S Z V P E U K  
E M U I A B W E  
C H I M N E Y N W S  
G A F T G Q I D S S  
B E T H L E H E M X I J  
W F A M I L Y G R M N Q  
G Z H K E M R I I X R G N Q  
M A N G E R B Z T N C I T M  
C V U I H E J V J V J P N X X N  
U G G D E C F V I W T L G M G F  
U H O Z D H C M K N I H L S F G R F  
Q W P G T T V M A G M A Y N Q C U I  
H N Q R G H L L I F L G N K O D H I H N  
V A J E U R Q M L R E N K P W Y U T I R  
B P T J S J T H M O I B I F V M S R C H K G  
M C I G E H R M U V E E Z U F A Z C A Y O P  
T K M V A N E Y A Z Y N L D L Y N V H K Z I D I  
I R F I A T T C E L E D L U F F I A E E J S Q E  
W T U H T P S A A V I X S S A N T A K J Q H Z E Y B  
E Z D I Y D Q A B Z G Q H S Z Q I W H E F H A K L Z  
Q T T O N S W Y J E D H F I K Q B Y S U S U F E J C G K  
R W X L R U P C O L G T G P G S S Y I D U J T Y Y Z Y M  
P D G S P R S L O E L E S C Z W M F T D F S K W K Y M D F K  
I W J U H O P V I C S V J O Y F U L A G R G S G O O L L R M



Hello from WC Kitchen

I hope everyone enjoyed Thanksgiving with family and friends. We are filled with the holiday spirit in the kitchen.

I have a lot of information to share in the newsletter. Please take the time to read and if you have any questions please feel free to reach out to me. First I have had a lot of questions about serving sizes and balanced meals. I have included the meal patterns I have to follow. Just a reminder at the point of sale(checkout) the student must have at least a half a cup of fruit or juice for Breakfast; Lunch must be a half a cup of fruit or vegetable.

We will offer a well healthy balanced meal to all and any student. If students choose, with parents permission, to get seconds; they will need to have money in their account or we can take cash/check. Please have a talk with your student if you wish them not to get seconds.

**I want to explain the last full week of school before Christmas break. I put Cook's Choice because I would like to have no open boxes/cases in my freezer. I also need to defrost my big walk in the freezer. I have a lot of ice forming and would like to head off any problems it could bring up. If I know for sure what we are having a few days in advance I will try my best to blast it out in emails and facebook.**

Our mission is to provide and serve healthy and balanced meals to our children. We have a newer kitchen team and they are all excited to be part of the WC kitchen staff.

I have included in the newsletter The Nebraska School Nutrition Association Art Contest. See details and form in the newsletter. Any questions please reach out to Janet Slama.

If you have any questions please reach me at 402-821-2141 ext. 316 or email me at [janet.slama@wilberclatonia.org](mailto:janet.slama@wilberclatonia.org).

#### Breakfast Prices

Grades K-12 Breakfast	\$2.10
Extra Milk/Milk Break	\$0.50
Adult Breakfast	\$2.75

#### Lunch Prices

Grades K-5 Lunch	\$3.15
Grades 6-12 Lunch	\$3.35
Adult Lunch	\$4.60

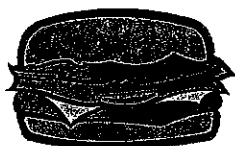
Dear Students and Adults,

You have control over the choices you make in the cafeteria every day! The school food service staff works hard to provide appealing, nutritious foods for lunch and/or breakfast. Then you choose what to eat!

By participating in the National School Lunch and/or Breakfast Program, your school receives reimbursement for offering meals that meet a required meal pattern. Receiving this reimbursement assists your school in keeping meal prices affordable. This meal pattern requires certain food components to be offered. These food components include: Meat/Meat Alternate, Grain items, Fruits, Vegetables and Milk. For each food component, minimum portion sizes are required though your school may offer more.

According to Federal regulations, you do not have to take all of these food components. You may choose only three or four food components, with at least one of these components being a fruit or vegetable. The components must be taken in at least minimum quantities for the meal to qualify for reimbursement. This serving option is known as *Offer Versus Serve*. The school food service *offers* all five food components, but can *serve* you fewer. The main reason for allowing you to decline foods that you don't intend to eat is cut down on food waste and cost.

Below is an example of a lunch menu containing all five food components:



Hamburger on Bun  
Oven Potato  
Baked Beans  
Fruit  
Milk

You could take **all** menu items or any qualifying combination such as:

Hamburger  
Oven Potato  
Fruit  
Milk

Hamburger  
Oven Potato  
Baked Beans

Hamburger  
Oven Potato  
Fruit

Fruit  
Baked Beans  
Milk

The staff person who checks your tray at the end of the serving line is required to see that it contains at least three of the five food components with one component being a 1/2 cup serving of fruit or vegetable or a combination of the two. If you do not have all of the food components needed, you may be asked to go back and get something else.

Choosing three, four or five food components has no effect on the price you pay for lunch. The entire meal is the best value for your money. You can help keep the lunch line moving quickly by checking the menu ahead of time and politely telling the servers which foods you do not want.

## Breakfast Meal Pattern - Effective July 1, 2023

Food Component	Required Grade Groups <sup>1</sup> Minimum Amount of Food <sup>2</sup> per Day & Week		
	Grades K-5	Grades 6-8	Grades 9-12
<b>Fruit:</b> <sup>3, 4</sup> Dried Fruit - 1/4 cup serving is equal to 1/2 cup of fruit	1 cup per day 5 cups per week	1 cup per day 5 cups per week	1 cup per day 5 cups per week
<b>Vegetables:</b> <sup>3, 5</sup> Not required to be served	0	0	0
<b>Grains:</b> Grains-Breads Chart <sup>6</sup> At least 80% of the grains offered during the week must be whole grain-rich.	1 oz eq per day 7 oz eq per week	1 oz eq per day 8 oz eq per week	1 oz eq per day 9 oz eq per week
<b>Meat/Meat Alternate:</b> Not required to be served. (Imitation cheese, canned or powdered cheese/sauce and bacon do not credit.) <sup>7</sup> <b>Meat/Meat Alternate Examples:</b>	0	0	0
Meat, poultry, fish (cooked wt), cheese (aged or processed)	1 oz	1 oz	1 oz
Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg
Cooked dry beans/peas <sup>5</sup>	1/4 cup	1/4 cup	1/4 cup
Yogurt & Soy Yogurt (commercially prepared)	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup
Peanut butter or other nut/seed butter	2 Tbsp	2 Tbsp	2 Tbsp
Peanuts, soy nuts, tree nuts, seeds	1 oz	1 oz	1 oz
Tofu (commercially prepared)	2.2 oz or 1/4 cup	2.2 oz or 1/4 cup	2.2 oz or 1/4 cup
<b>Milk (fluid):</b> Served as a beverage or on cereal or both. Must offer two kinds. May offer unflavored or flavored low fat (1%) or fat free.	8 fl oz per day	8 fl oz per day	8 fl oz per day
<b>Calories:</b> (Minimum-maximum ranges) <sup>8,9</sup>	350-500	400-550	450-600
<b>Saturated Fat:</b> (percent of total calories) <sup>8</sup>	< 10%	< 10%	< 10%
<b>Sodium</b> (milligrams) <sup>10</sup> <b>Target 1:</b> Transitional Standards for SY 2023-2024	≤ 540	≤ 600	≤ 640
<b>Trans fat</b> <sup>8</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

<sup>1</sup> For purposes of this meal pattern, a week equals five days. For weeks with a greater or lesser number of days, the servings per week must be prorated.

<sup>2</sup> Food items included in each food group and subgroup and amount equivalents. The minimum creditable serving size for a fruit or vegetable is 1/8 cup.

<sup>3</sup> All juice must be 100% full-strength. No more than half of the fruit or vegetable offerings during the week may be in the form of juice.

<sup>4</sup> The quantity of fruit required to be offered is 5 cups/week and a minimum of 1 cup/day.

<sup>5</sup> Vegetables may be substituted for fruits at breakfast.

<sup>6</sup> At least 80% of the grains offered to meet the weekly grain requirement must be whole grain-rich.

<sup>7</sup> If Meat/meat alternates also contribute to the grain component, the item must be WGR.

<sup>8</sup> The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

<sup>9</sup> Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat and sodium.

<sup>10</sup> For SFAs using an overlap of grade groups, the required sodium target will be the lesser of the overlapped grade groups.

## Lunch Meal Pattern – Effective July 1, 2023

Food Component	Required Grade Groups <sup>1</sup> Minimum Amount of Food <sup>2</sup> per Day & Week		
	Grades K-5	Grades 6-8	Grades 9-12
<b>Fruit:</b> <sup>3</sup> Dried Fruit – 1/4 cup serving is equal to 1/2 cup of fruit	1/2 cup per day 2 1/2 cups per week	1/2 cup per day 2 1/2 cups per week	1 cup per day 5 cups per week
<b>Vegetables:</b> <sup>4</sup> 1 cup of leafy greens = 1/2 cup of vegetable <b>Required Vegetable Subgroups:</b>	3/4 cup per day 3 3/4 cups per week	3/4 cup per day 3 3/4 cups per week	1 cup per day 5 cups per week
<b>Dark Green</b> Bok Choy, broccoll, collard greens, dark green leafy lettuce, kale, mesclun, romaine lettuce, and spinach.	1/2 cup per week	1/2 cup per week	1/2 cup per week
<b>Red/Orange</b> Acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice and sweet potatoes.	3/4 cup per week	3/4 cup per week	1 1/4 cups per week
<b>Bean/Peas (Legumes)</b> <sup>5</sup> Black beans, black-eyed peas (mature dry), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, split peas, and white beans.	1/2 cup per week	1/2 cup per week	1/2 cup per week
<b>Starchy</b> Black-eyed peas (not dry), corn, peas, green lima beans, water chestnuts, and white potatoes.	1/2 cup per week	1/2 cup per week	1/2 cup per week
<b>Other</b> Includes all other vegetables, such as artichokes, asparagus, avocado, beets, cabbage, cauliflower, celery, cucumbers, green beans, green peppers, iceberg lettuce, mushrooms, onions, wax beans, and zucchini.	1/2 cup per week	1/2 cup per week	3/4 cup per week
<b>Additional</b> <sup>6</sup> Any other vegetable subgroup may be offered to meet weekly requirement.	1 cup per week	1 cup per week	1 1/2 cups per week
<b>Grains:</b> At least 80% of the grains offered during the week must be whole grain-rich. Dessert – maximum of 2 oz. eq. grains per week Grains-Breads Chart <sup>7</sup>	1 oz eq per day 8 oz eq per week	1 oz eq per day 8 oz eq per week	2 oz eq per day 10 oz eq per week
<b>Meat/Meat Alternate:</b> (imitation cheese, canned or powdered cheese/sauce and bacon do not credit.) <b>Meat/Meat Alternate Examples:</b>	1 oz per day 8 oz per week	1 oz per day 9 oz per week	2 oz per day 10 oz per week
Meat, poultry, fish (cooked wt), cheese (aged or processed)	1 oz	1 oz	2 oz
Egg (large)	1/2 large egg	1/2 large egg	1 large egg
Cooked dry beans/peas <sup>5</sup>	1/4 cup	1/4 cup	1/2 cup
Yogurt & Soy Yogurt (commercially prepared)	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup	8 fl oz or 1 cup
Peanut butter or other nut/seed butter	2 Tbsp	2 Tbsp	4 Tbsp
Peanuts, soy nuts, tree nuts, seeds (No more than 50% of the daily requirement)	1 oz	1 oz	1 oz
Tofu (commercially prepared)	2.2 oz or 1/4 cup	2.2 oz or 1/4 cup	4.4 oz or 1/2 cup
<b>Milk (fluid):</b> Served as a beverage. Must offer two kinds. May offer unflavored or flavored low fat (1%) or fat free.	8 fl oz per day	8 fl oz per day	8 fl oz per day
<b>Calories:</b> Minimum-maximum ranges when averaged for a week <sup>8,9</sup>	550-650	600-700	750-850
<b>Saturated Fat:</b> percent of total calories	< 10%	< 10%	< 10%
<b>Sodium:</b> milligrams <sup>10</sup> <b>Interim Target 1A:</b> Transitional Standards for SY 2023-2024	≤ 1110	≤ 1225	≤ 1280
<b>Trans Fat</b>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat/serving.		

<sup>1</sup> For purposes of this meal pattern, a week equals five days. For weeks with a greater or lesser number of days, the servings per week must be prorated.

<sup>2</sup> Food items included in each food group and subgroup and amount equivalents. The minimum creditable serving size for a fruit or vegetable is 1/8 cup.

<sup>3</sup> All juice must be 100% full-strength. No more than 1/2 of the fruit or vegetable offerings per week may be in the form of juice.

<sup>4</sup> Subgroup examples - not all inclusive.

<sup>5</sup> Dried beans or peas may be credited as a meat/meat alternate or as a vegetable, but not as both in the same meal.

<sup>6</sup> Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

<sup>7</sup> 30% of the grains offered to meet the weekly grain requirement must be whole grain-rich.

<sup>8</sup> The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

<sup>9</sup> Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium.

<sup>10</sup> For SFAs using an overlap of grade groups, the required sodium target will be the lesser of the overlapped grade groups.

Two cupped hands =  
1 ounce

Thumb nail =  
1 teaspoon

One cupped hand =  
1/8 cup

# HELPING HANDS

Palm =  
3-4 ounces

Fist = 1 cup

Thumb =  
1-2 tablespoons

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# DECEMBER



**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

<b>Prices</b> <b>Breakfast</b> K-12 \$2.10 Adults \$2.75  <b>Lunch</b> K-5 \$3.15 6-12 \$3.25 Adults \$4.60				<b>1 Yogurt &amp; Cereal Bar</b> ***** <b>Cream Chicken</b> <b>Mashed Potato</b> <b>Corn/Roll</b> <b>Fruit</b> <b>Milk</b>
<b>Menus subject to change at anytime</b>				

<b>4 Pancake on Stick</b> ***** <b>Chicken Sandwich</b> <b>Oven Potato</b> <b>Green Beans</b> <b>Fruit</b> <b>Milk</b>	<b>5 Breakfast Taco</b> ***** <b>French Toast &amp; Sausage</b> <b>Oven Potato</b> <b>Broccoli</b> <b>Fruit</b> <b>Milk</b>	<b>6 Bagel</b> ***** <b>Sub Sandwich</b> <b>Chips</b> <b>Carrots</b> <b>Fruit</b> <b>Milk</b>  1pm Dismissal	<b>7 Breakfast Sandwich</b> ***** <b>Chicken Alfredo</b> <b>Garlic Bread</b> <b>Peas</b> <b>Fruit</b> <b>Milk</b>	<b>8 Eggs &amp; Toast</b> ***** <b>Pizza</b> <b>Toss Salad</b> <b>Cookie</b> <b>Fruit</b> <b>Milk</b>
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<b>11 Pancakes</b> ***** <b>Corndog</b> <b>Seasoned Noodles</b> <b>Carrots</b> <b>Fruit</b> <b>Milk</b>	<b>12 Ham/Egg/Cheese/Bar</b> ***** <b>Lasagna Rollup</b> <b>Garlic Bread</b> <b>Green Beans</b> <b>Fruit</b> <b>Milk</b>	<b>13 Donut</b> ***** <b>Chicken Noodle Soup</b> <b>Cheese Stick</b> <b>Cinnamon Roll</b> <b>Vegetable Cup</b> <b>Fruit</b> <b>Milk</b>	<b>14 Biscuit &amp; Gravy</b> ***** <b>Pulled Pork</b> <b>Oven Potato</b> <b>Baked Beans</b> <b>Fruit</b> <b>Milk</b>	<b>15 Oatmeal</b> ***** <b>Wolverine</b> <b>Rice Pilaf</b> <b>Broccoli</b> <b>Fruit</b> <b>Milk</b>
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<b>18 Cook's Choice</b> ***** <b>Cook's Choice</b> <b>Vegetable</b> <b>Fruit</b> <b>Milk</b>	<b>19 Cook's Choice</b> ***** <b>Cook's Choice</b> <b>Vegetable</b> <b>Fruit</b> <b>Milk</b>	<b>20 Cook's Choice</b> ***** <b>Cook's Choice</b> <b>Vegetable</b> <b>Fruit</b> <b>Milk</b>	<b>21 Cook's Choice</b> ***** <b>Cook's Choice</b> <b>Vegetable</b> <b>Fruit</b> <b>Milk</b>	<b>22 Cook's Choice</b> ***** <b>Peanut Butter &amp; Jelly Sandwich</b> <b>Chips</b> <b>Wango Mango</b> <b>Fruit</b> <b>Milk</b>
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<b>25</b> <b>No School</b> <b>Christmas Break</b>  Any Questions please contact Janet Slama janet.slama@wilberclatonia.org	<b>26</b> <b>No School</b> <b>Christmas Break</b>  "This institution is an equal opportunity provider"	<b>27</b> <b>No School</b> <b>Christmas Break</b>	<b>28</b> <b>No School</b> <b>Christmas Break</b>	<b>29</b> <b>No School</b> <b>Christmas Break</b>
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# DICIEMBRE

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

**Precios De La Comida**  
**Desayuno**  
 K-12 \$2.10  
 Adults \$2.75

**Almuerzo**  
 K-5 \$3.15  
 6-12 \$3.25  
 Adults \$4.60

**Menu sujeto a Cambio**

1 la galleta y el  
 caldo  
 \*\*\*\*\*  
 pollo con creama  
 pure de papas  
 maiz  
 pan de role  
 Fruta  
 Leche

4 Panqueque en el  
 palilo  
 \*\*\*\*\*

Sandwich pollo  
 papas al horno  
 frijoles cocidos  
 Fruta  
 leche

5 desayuno Taco  
 \*\*\*\*\*

Carne Frita y  
 embutido  
 papas al horno  
 el brocoli  
 Fruta  
 Leche

6 Bagel  
 \*\*\*\*\*

Sandwich Sub  
 Chips  
 la zanahoria  
 Fruta  
 Leche

1pm Despido

7 desayuno  
 Sandwich  
 \*\*\*\*\*

Pollo Alfredo  
 ajo pan  
 el guisante  
 Fruta  
 Leche

8 huevos &  
 tostada  
 \*\*\*\*\*

Pizza  
 ensalada  
 Cookie  
 Fruta  
 Leche

11 Panquesque  
 \*\*\*\*\*

Corndog  
 fideos sazonados  
 frijoles cocidos  
 Fruta  
 Leche

12 jamon/huevo/bar  
 queso  
 \*\*\*\*\*

Lasagna Rollup  
 ajo pan  
 ejotes  
 Fruta  
 Leche

13 Donut  
 \*\*\*\*\*

pollo con fideos  
 sopa  
 queuseo  
 rollo de canela  
 vegetal  
 Fruta  
 Leche

14 la galleta y el  
 caldo  
 \*\*\*\*\*

Sandwich cerdo  
 desmenuzado  
 papas al horno  
 frijoles cocidos  
 Fruta  
 Leche

15 Oatmeal  
 \*\*\*\*\*

Wolverine  
 arroz Pilaf  
 el Broccoli  
 Fruta  
 Leche

18 elección de  
 cocineros  
 \*\*\*\*\*

elección de  
 cocineros  
 Vegetable  
 Fruta  
 Leche

19 elección de  
 cocineros  
 \*\*\*\*\*

elección de  
 cocineros  
 Vegetable  
 Fruta  
 Leche

20 elección de  
 cocineros  
 \*\*\*\*\*

elección de  
 cocineros  
 Vegetable  
 Fruta  
 Leche

21 elección de  
 cocineros  
 \*\*\*\*\*

elección de  
 cocineros  
 Vegetable  
 Fruta  
 Leche

22 elección de  
 cocineros  
 \*\*\*\*\*

la mantequilla de  
 mani jalea  
 sandwich  
 Chips  
 Wango Mango  
 Fruta  
 Leche

25 No hay clases  
 escuela  
 vacaciones de  
 Navidad  
 cualquier  
 pregunta por  
 favor póngase en  
 contacto  
 Janet Slama

26  
 No hay clases  
 escuela  
 vacaciones de  
 Navidad

janet.slama@wilberclatonia.org

27  
 No hay clases  
 escuela  
 vacaciones de  
 Navidad

28  
 No hay clases  
 escuela  
 vacaciones de  
 Navidad

29  
 No hay clases  
 escuela  
 vacaciones de  
 Navidad  
 "Esta institución es  
 un proveedor de  
 igualdad de  
 oportunidades"

# December

# 2023

## Wilber Clatonia School Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 4:30/6/7 pm JV/V G/B BB Home	2
3 6:30 pm Post Prom Parent Mtg	4 4:30 pm JH B W @ Tri County 6:00/7:30 pm R G/B BB @ Centennial	5 7 pm K-4 Music Concert	6 1 p m Dismissal 4:30 pm JH GBB @ Southern	7 4:30/6/7:30 pm JV/V G/B BB @ Raymond Central 7:00 p.m. Special Board Mtg	8 3 pm TeamMates Holiday Party	9 8 am JH G BB @ Southern 9 am JH W @ Centennial R10 am R W @ Meridian 9 am V W @ Crete
10	11 4:30 pm JH GBB @ Centennial 6/7:15 pm R G/B BB vs Malcolm Home	12 7 pm Grades 9-12 Music Concert	13 6:30 pm TeamMates Board Mtg	14 4 pm V G W @ Fairbury 7 pm Gr 5-8 Music Concert	15 4:30/6:00/7:30 pm vs Sandy Creek -Home	16 9 am V W @ Kearney Catholic 2:00/3:30/5:00 pm JV/V G/B BB vs Fillmore Central-Home
17	18 7 pm Bd Mtg	19 4:30/6:00/7:30 pm JV/V G/B BB @ Thayer Central	20	21 V G/B TBD Runza (HT) TBA	22 Last Day Before Break	23 5 Day Moratorium- <b>NO PRACTICES</b>
24 5 Day Moratorium- <b>NO PRACTICES</b>	25 5 Day Moratorium- <b>NO PRACTICES</b> <b>NO SCHOOL-</b> Holiday Break	26 5 Day Moratorium- <b>NO PRACTICES</b> <b>NO SCHOOL-</b> Holiday Break	27 5 Day Moratorium- <b>NO PRACTICES</b> <b>NO SCHOOL-</b> Holiday Break	28 V G.B TBD Runza <b>NO SCHOOL-</b> Holiday Break	29 10 am V W @ Neuman Grove <b>NO SCHOOL-</b> Holiday Break	30 V G/B TBD Runza
31						

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BE THE BEST PERSON YOU CAN BE

PRIDE:

POSITIVE RESPONSIBLE INDIVIDUALS DEDICATED  
TO EXCELLENCE

Happy Holidays!

Wilber Clatonia Public Schools

PO Box 487

900 S Franklin St

Wilber, NE 68465

402-821-2266 District Office

402-821-2141 Elementary Office

402-821-2508 High School Office

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