



## King of the Camp By NOAH LAZARUS

We are underway with our first session version of leagues! Here at Menominee we call it “King Of The Camp”. Campers are split up into four different teams on which they will remain for their whole camp career. The Team names are: The Oneida County Thunderbirds, The Rhinelander Phoenix, The St. Germain Dragons; and The Eagle River Knights. We compete in all the activities that we offer here at camp, and that includes both land sports and waterfront activities as well. The Senior Captains this year are **JAKE REINHART, JACK**



The Thunderbirds getting ready for the first day of activities

**KAPLAN, TYLER LONGNECKER, ARI GOLDBERG.** The Junior captains are **SPENCER AUSLANDER, MAX AGINS, MATTHEW HARFIELD,** and **EMILIANO VAZQUEZ.** We are very excited for a great session of King Of The Camp and cannot wait to update you all on the current standings and our fantastic achievements!

## Lil Bit O' Fitness By Editor CALEB SAKS

Here at Camp Menominee, we offer a wide variety of activities during instructional Big 10 periods. Fitness is extremely popular at the Friendly Confines. This years fitness classes are run by myself, **CALEB SAKS,** my brother **ETHAN SAKS, PAMELA ADLER,** and **JACK McCLUSKY.** Yesterday we had our first fitness period. The campers all got involved by splitting up into four different groups, each having a different exercise. All the groups would do 30 seconds of an exercise: sit-ups, push-ups, jump squats, and lunges, then rest 15 seconds and rotate. **AARON**



The boys flex for a picture after a hard workout

**PELTS** impressed the group with his push-up abilities, while **EMILIANO VAZQUEZ** showed off his

vertical during his squat jump rotation. After completing two rounds, the campers participated in two different relays. The first one including sprints, burpees, jumping jacks, and backwards running. The next relay, lucky canteen number 107, was full-on sprints. After the races were done, I challenged the campers to a push-up contest for a free canteen. Directly after that, my brother challenged the rest of the kids to a plank competition. **JONAH FELDMAN** came close, lasting nearly three minutes, tapping out right when he was about to win. The campers were unsuccessful in beating my brother and me, but, if they continue to work hard in this period, they can only get stronger.

## Counselor Profile

### CALVIN KOTVIL

**Age:** 19

**Camp Activities:** Social Media and Videography

**Favorite Song:** Sanguine Paradise by Lil Uzi Vert

**Favorite Drink:** Raspberry Brisk

**Best Vacation:** Florida Keys

**Favorite Movie:** Gran Torino

**Best Camp Memory:** Playing basketball under the lights with the international staff

**Favorite Camp Meal:** Burgers

**Years at Camp:** 1st

**Spirit Animal:** Cheetah

**Role Model:** Elon Musk

**Hobbies:** Golf, Basketball, Video Games

**Favorite TV Show:** Shameless



## A Cold One or a Sweet One By JAMES ROBERTS

After a sun filled day full of Big 10 activities and the start of King of the Camp, it was time for every camper's favorite part of the day...CANTEEN! The mantra 'you have to be clean to get canteen' was ringing in everyone's ears, so after a shower and dip (with no dip), every camper lined up to get their candy or sparkling drink. **JACK BERGER** and **COOPER SPECTOR** enjoyed their candy, as **MAX BEERMANN** sipped on our new sparkling drink, Bubly. With an array of goodies so spectacular that Willy Wonka himself would be jealous, **JOSH 'JUICE' GOODMAN**, **BENJI GAU**, and **JAMES ROBERTS** gave every camper their treats for the



**GAVIN MORRISSEY** and **AVNER BELSKY** listen to the rules of canteen

day. Tomorrow will be slightly different, a healthy snack will be distributed instead of a piece of candy. This year's canteen is different from the past. Every other day will be a healthy day, instead of a candy day. This is a radical and bold move, but, we think, a necessary one. And we still have jelly beans!

Tomorrow's Weather

74° 49°



Quote of the Day...

"Life is short, and if we enjoy every moment of every day, then we will be happy no matter what happens or what changes along the way"

-Gretchen Bleiler

Attitude Determination Heart Leadership Spirit Sportsmanship

