

# HOPE FULL TOGETHER

CAMP WAPO. OX LAKE. WILDERNESS CANOE BASE.

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GENERAL

BLOGS

SUMMER 2020

CAMPWAPO.ORG

WAPOBIBLECAMP.COM

CAMP.LWLBCI.COM

## COMING UP THIS WEEK

### SUNDAY

WAPOGAZETTE

### MONDAY

FIRST WORD  
CRAFT OF THE DAY  
WORSHIP

### TUESDAY

FIRST WORD  
CRAFT OF THE DAY  
WORSHIP  
MUSIC TRIVIA

### WEDNESDAY

FIRST WORD  
CRAFT OF THE DAY  
WORSHIP

### THURSDAY

FIRST WORD  
CRAFT OF THE DAY  
WORSHIP  
POWERFULL BANQUET

### FRIDAY

FIRST WORD  
CRAFT OF THE DAY  
WORSHIP

### SATURDAY

CONTEST WINNERS

## CONTRIBUTIONS WANTED

SEND US YOUR ART, PICTURES, STORIES, JOKES, AND ANY OTHER CREATIONS  
AND YOU MIGHT BE FEATURED IN THIS PAPER OR ON OUR SOCIAL MEDIA.

SEND YOUR SUBMISSIONS VIA EMAIL TO:  
SEASONALSTAFF@CAMPWAPO.ORG

# THE CAMP WAPOGAZETTE

AUGUST 9TH - 15TH

POWERFULL EDITION

## WITH GREAT POWER...



**W**ho are the most POWERFULL people you can think of? Maybe they're world leaders and politicians, maybe they're really ripped body-builders, or maybe you think of your favorite celebrity. What if I told you that you have an even stronger POWER? That's right! When we put our faith in God, who is the most POWERFULL, we are filled with the Holy Spirit and, with that, we get POWER! This week in the Wapogazette, we get to focus on how we can use our POWER for good, lifting up the POWERLESS and bringing glory to God!

# CHALLENGES

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## POWERFULL CHALLENGES

- **Make a DIY volcano science experiment**

If baking soda and vinegar isn't your style, try a Coke & Mentos experiment instead!

- **Create a paper superhero mask to protect your secret identity (then share a picture with us!)**

- **Take a POWER nap!**

- **Make a bold style decision this week**

Looking for ideas? Try a new hairstyle, haircut, outfit, or even makeup technique!

- **Power pose dramatically whenever someone says your name for a whole day!**

- **Test your strength! Run a mile!**

(And compare it to your time from the challenge in our Sports edition in Week 4)

- **Flex your muscles in the mirror at yourself while listening to your favorite pump-up song**

- **Try a 10-a-day challenge! Consider push-ups, sit-ups, squats, jumping jacks, or a plank**

If you're feeling especially ambitious, add 10 reps every day!

**CAN YOU DO THEM ALL? CHECK BACK EVERY WEEK FOR NEW CHALLENGES!**

W2

# FUNNIES

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COMIC



COMIC

## D.J. DAD JOKES & M.C. MOM JOKES

Q: WHAT DO SUPERHEROES PUT IN THEIR DRINKS?

A: JUST ICE

Q: WHO'S THE WORST ROCK GROUP IN HISTORY?

A: MOUNT RUSHMORE, THEY DON'T SING OR PLAY AT ALL!

Q: WHEN DOES A JOKE BECOME A "DAD" JOKE?

A: WHEN THE PUNCH LINE BECOMES A-PARENT

Q: WHAT EXERCISE DO HAIRDRESSERS DO AT THE GYM?

A: CURLS

**IF YOU KNOW ANY GOOD JOKES, SEND THEM OUR WAY AND YOU MIGHT BE FEATURED IN THE WAPOGAZETTE!**

W15

# STAFF BIOS

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## KATE — WCB KITCHEN TEAM

Kate has lived on three different continents, but still thinks that camp is the best place in the world. Kate is widely known for her love of blueberry pancakes and afternoon naps



## MEL — OX LAKE TEAM LEAD

Mel recently graduated from Drake University where she studied English and Religion. At Drake, she was a competitive rower and she went abroad to Israel. A fun fact about Mel is that her goose number is 7.



## RACHEL — WAPO PHOTO BLOG

Rachel is a recent graduate of St. Olaf College where she studied English. Her future aspirations include, but are not limited to, becoming a best-selling author, akin to J.K. Rowling.



## ETHAN — WAPO TEAM LEAD

Ethan graduated from North Dakota State University where he studied elementary education. He loves energy drinks as well as playing video games, and last year he led a wiffle ball team called Etan Taem.

W14

# CONTESTS

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## PHOTO CAPTION CONTEST

Create a funny caption for the picture below. Email us your caption or DM us on Instagram. We will be featuring our favorite captions on social media later this week!



## FACE SHIMMY CONTEST

Grab your favorite cookie and place it on your forehead. This journalist recommends the traditional Oreo cookie for this activity. Using only the muscles in your face (we'll know if you use your hands!), try to move the cookie to your mouth. ENJOY!

Email: [seasonalstaff@campwapo.org](mailto:seasonalstaff@campwapo.org)

Insta: @wapobiblecamp

W3

# ARTS & CRAFTS

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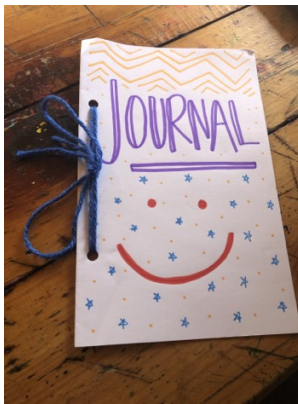
## CRAFTS OF THE WEEK

**MONDAY: DIY STITCHING**

**TUESDAY: WATERCOLOR AND GLUE**

**WEDNESDAY: DIY JOURNAL**

**THURSDAY: KEY CHAINS**



## FRIENDSHIP FRIDAY: ZIG ZAG FRIENDSHIP BRACELET

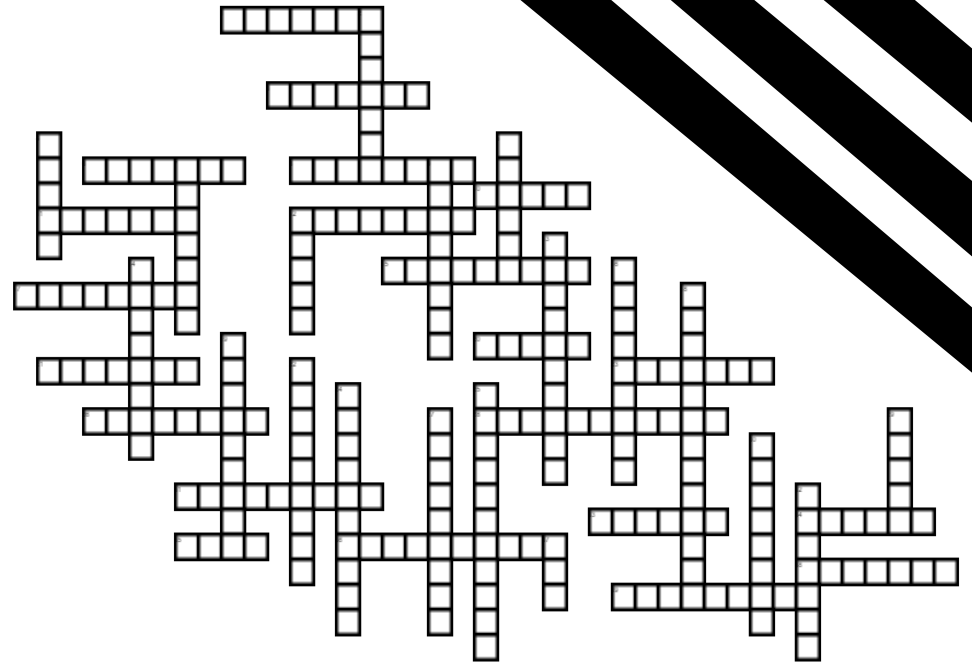


**CHECK ONLINE FOR TUTORIALS &**

**W4 SEND US YOUR CREATIONS!**

# CROSSWORD

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### ACROSS

1. ESAS ARE EMOTIONAL \_\_\_ ANIMALS
3. HOMOPHONE FOR "IN TENTS"
6. ULTIMATE PIZZA WITH ALL THE TOPPINGS
8. REVERSE OF "LESS FEAR"
10. A TYPE OF ENERGY FROM THE SUN
11. SINGING & DANCING FOR JESUS
12. WHAT BIRDS ARE CLOTHED IN
15. O.P. DEAD REPTILES
17. "\_\_\_ POWER CORRUPTS \_\_\_LY"
20. A BRAND OF SUPER STRONG GARBAGE BAGS
21. AN URBAN RUNNING, JUMPING, AND CLIMBING SPORT
23. OPPOSITE OF MILD OR TAME
26. DISNEY'S FAVORITE GREEK DEMIGOD
28. CAMP SONG "I WILL DANCE, I WILL SING, TO BE MAD FOR MY KING..."
31. BIG POINTY HILLS
33. \_\_\_\_, \_\_\_\_, SCOOP NOODLE CHALLENGE!
34. \_\_\_ AS AN OX: \_\_\_ SILENT TYPE
35. BIG GREEN FIGHTING MACHINE
36. HOW MANY HORSES YOUR CAR HAS
38. WHAT THE LION IN THE WIZARD OF OZ WANTED
39. A BEACH CELEBRATION AT WAPO WITH PIE

### DOWN

2. BOOM THAT FOLLOWS LIGHTNING
4. OPPOSITE OF BRAIN
5. FANCY WORD FOR FEAR (EX. SPIDERS)
7. TO UPLIFT AND VALIDATE SOMEONE
9. SOME RELIABLE MAY BE "A PILLAR OF \_\_\_"
12. LIGHT THAT GOES OFF ON A CAMERA
13. THE POWER OF IMAGINATION FUELS THIS
14. NOT INDOORS
16. THE ENERGIZER BUNNY SELLS THESE
18. A TYPE OF ENERGY FROM H2O
19. THIS WEEK'S THEME
22. A TYPE OF ENERGY THAT IS NATURALLY REPLENISHED
24. SYNONYM FOR FORTRESS
25. ABILITIES SUPERHEROES HAVE
27. "\_\_\_ IS POWER"
29. OPPOSITE OF BRAUN
30. CLARK KENT'S ALTER EGO
32. SOMEONE WHO SEES THE FUTURE
37. FASTER THAN A JOG

# WHERE'S WEDALLION

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WE NEED YOUR HELP TO FIND THE WEDALLION! ADDITIONALLY, TRY TO FIND:

- DUMBBELL
- A CROSS
- POWER BUTTON
- STRONG BRAIN
- MUSCLE EMOJI
- LIGHTNING BOLT
- THE WORD HERO



# COOKING

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## THIS WEEK: SUPERFOOD BANQUET

MAKE THE BANQUET MEAL WITH US EVERY THURSDAY NIGHT THIS SUMMER

### LEMON SALMON

4 (6 oz) salmon fillets  
 1 tbsp garlic powder  
 1 tbsp dried basil  
 1/2 tsp salt  
 2 tbsp butter  
 1 lemon

1. Stir garlic powder, dried basil and salt in a small bowl, then rub the mix onto the salmon fillets
2. Melt the butter in a small skillet on medium heat
3. Cook the salmon in the butter until golden and flaky (~5 min per side)
4. Serve with a slice of lemon

### GARLIC QUINOA

1 cup quinoa  
 1 tbsp garlic (minced)  
 1 tbsp butter  
 2 cups chicken broth

1. Melt the butter in a pan and brown the garlic in butter (~5 min)
2. Pour chicken broth into the pan. Add quinoa and stir.
3. Bring to a boil and let simmer on low for 15 minutes
4. Remove from heat and let sit for 5 min before fluffing with a fork

### KALE CHIPS

1 bunch of kale  
 1 tbsp olive oil  
 1 tsp seasoned salt

1. Preheat oven to 350 F and line a cookie sheet with parchment paper
2. Remove the kale leaves from the stem and tear into bite size pieces
3. Bake in the oven until the edges brown (~10 to 15 min)

### STRAWBERRY SMOOTHIE

2 cups frozen strawberries  
 1/2 cup cranberry juice  
 1/4 cup orange juice  
 1/2 cup vanilla yogurt

1. Place frozen strawberries, cranberry juice, orange juice and yogurt together in a blender
2. Blend until smooth, then pour into glasses and enjoy!

# MUSIC

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## STAFF WORSHIP PLAYLIST OF THE WEEK

**OLD CHURCH CHOIR**

ZACH WILLIAMS

**HOLY WATER**

WE THE KINGDOM

**WAVE AFTER WAVE**

RIVER VALLEY WORSHIP

**CREATION TO SALVATION**

DRAKEFORD

**I LOOK TO YOU**

JOEL VAUGHN

**LOVING KIND**

ANTOINE BRADFORD

**COME ALIVE (DRY BONES)**

LAUREN DAIGLE

**VANITY**

GAWVI

**BEHOLD HE COMES**

REND COLLECTIVE

**BROTHER**

NEEDTOBREATHE

# PUZZLES

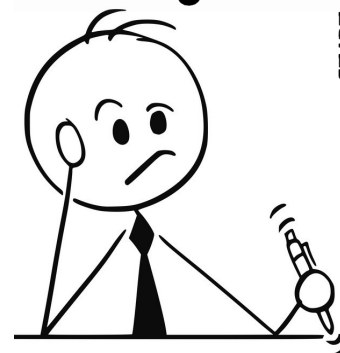
CAMP WAPO. OX LAKE. WILDERNESS CANOE BASE.

XONRQJCAEXZLYRZIERAW  
BLACKHOLESDNTBERRYRJ  
HMMWEQNLKCNFIEVTNAKL  
ZXNONCFINAMREPUSTPZT  
NPNONOXIRKRYPTONITEWE  
SORDMIDOO LXECFJWSKBZ  
EWIELSEGDDELWONKAHLRS  
LEVRAMNIATPACPMRAUGJ  
CRBWSQCOWWIBESV CZHLZ  
SFHOEKEIIIALOUKRAIPP  
UUTMELBARTENEPMIMSZL  
MLGAZRZHMCAA AEBNBDLW  
BLNNNF DATHENIREVLOWP  
HJEC AJNRTFTADHVIEOAZ  
QMRSPSIDCHLMJECNLFKG  
BXTWMCWEERUAERTCTRAF  
PESPIDERMANUSOUIEENY  
RYYTHGIMCLLQRHGBNPDY  
COYHCAXZOO NAVRPLKUAJ  
VCBFHEPDLSTRONGERSIT

Power  
Powerfull  
Electricity  
Wind  
Solar  
Strength  
Flex  
Fart  
Samson  
Hair  
Mighty  
Muscles  
Knowledge  
Confidence  
Superhero  
Harder  
Better  
Faster  
Stronger  
Invincible  
Impenetrable

Flash  
Batman  
Superman  
Kryptonite  
Aquaman  
WonderWoman  
CaptainMarvel  
Wolverine  
IronMan  
Spiderman  
Hulk  
BlackPanther  
Wakanda  
Shazam  
ScarletWitch  
BlackHoles  
Sun  
Gorilla  
Chimpanzees  
Salmon  
SuperFood  
UnitedNations

**MAZE ESCAPE  
PUZZLE**



START

FINISH

# GOOD GLOBAL NEWS

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## NO MORE WET DOG SMELL

**A** security guard at a grocery store in Scotland recently became famous on Twitter for holding his umbrella over a dog in the rain. He explained, "I'm used to the rain myself... You never know how dogs feel about the rain." Apparently the guard, Ethan, always keeps an eye out for the dogs, and regularly grabs an extra umbrella for them. The dog, Freddie, and his family were so touched by this act and the way their community supports each other. Kindness is so Powerful!



## TO CATCH OR NOT TO CATCH

**T**wo men in Idaho broke the Guinness World Record for the most back-and-forth frisbee catches in one hour. David Rush, who has broken more than 150 records to promote STEM education, teamed up with Chris Knight, an ultimate player, and together they smashed the previous record, which stood at 2,525. Positioned 9.8 feet apart, the two averaged 89 catches per minute, ending with a total 5,341 catches. You can watch the whole thing on YouTube.



5,341 Catches

W10

# ADVERTS

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WAPO TOURNAMENT OF CHAMPIONS!!!!

## EVENTS

**WHAT:** THE WAPO TOURNAMENT OF CHAMPIONS IS A THREE DAY COMPETITIVE EVENT THAT GIVES PLAYERS SCORES BASED ON THEIR

COMBINED PERFORMANCES IN A VARIETY OF TOURNAMENT EVENTS.

**WHEN:** THE START OF FREE TIME ON TUESDAY, WEDNESDAY, AND THURSDAY.

**WHAT'S AT STAKE:** PLAYERS WITH THE TOP THREE POINTS TOTALS WIN.

**FIRST:** \$6 CANTEEN CREDIT  
**SECOND:** \$4 CANTEEN CREDIT  
**THIRD:** \$2 CANTEEN CREDIT

**THIRD:** \$2 CANTEEN CREDIT

**GAGA TOURNAMENT:**

COME TO THE GAGA PITS DURING FREE TIME TO PLAY IN THE EVER POPULAR GAGA TOURNAMENT. BE READY TO JUMP, DODGE, RUN, AND HIT YOUR WAY TO A SWEATY VICTORY IN THE PITS.

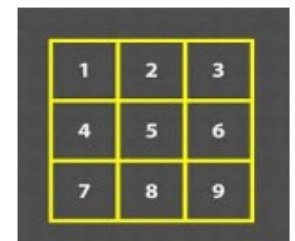


**BASKETBALL:** SIGN UP ON TUESDAY MORNING WITH YOURSELF AND FOUR FRIENDS TO PLAY IN THE BASKETBALL TOURNAMENT AND BE A PART OF THE FIRST ROUND OF THE TOURNAMENT OF CHAMPIONS.



**9- SQUARE TOURNAMENT:**

COME TO THE ARENA ON THURSDAY TO PLAY IN A 9-SQUARE BATTLE OF EPIC PROPORTIONS AS THE FINAL CHALLENGE FOR THE WAPO TOURNAMENT OF CHAMPIONS. SPECIAL HOSTS GRACE AND DAN WILL BE THERE TO KEEP SCORE.



W7

# SPORTS

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## MML ALL-STAR WEEKEND

With the championship set, both **BLUE** and **MAGENTA** teams are using this week to rest up, watch film, and prepare themselves. For the rest of the league, it is all-star weekend. This is the one week of the year where bitter rivals become allies, awards for the season are given out, and players compete in skills challenges to show off what makes them the best players in the league.

The first event of the day was the noodle relay. In this event, the fastest players in the league team up with each other to see who can run the loop around camp the fastest. **Ryan** and **Karl** won this event since **Karl** is an all-American track star and **Ryan** is **Ryan**. The next event was the football catching competition. In this event, players have footballs thrown at them until they drop one, and the player with the most catches wins. This was a close contest as **Rachel**, **Steph** and **Kellen** all topped 20. Everyone expected **Kellen** to win due to his passion for playing catch; however, it was **Steph** who showed the real mental toughness by winning even though a bird pooped on her during the event. The last of the many events was the slushie drinking contest. In this contest, the player who can drink a slushy the fastest wins. The final round of this contest was between **Michael** and **Ella**. Both of them had already drunk a bunch of slushies so they were both pretty full, but ultimately **Ella** was able to run away with the win by drinking hers in 4 seconds flat.

There were a few surprises in this year's MML honors, but most were (for the most part) predictable. **PURPLE** team began the ceremony by taking home two awards, with **Chip** winning Most Valuable Player and **Dan** winning Defensive Player of the Year. Both of them gave their all to their team, even when **PURPLE** had secured the first seed, and continued to play for stats. Their individual game play certainly affected team morale and will affect their legacy. In a surprising turn of events, Offensive Player of the Year went to **Steph**, who really showed up to play in the back part of the season. Comeback Player of the Year went to **Michaela**, who after getting hurt in last year's playoffs came back to have a very solid season. The last award, Rookie of the Year, went to **Isaac**, who had a stellar season with the **BROWN** team and will surely have an impact on the league for years to come. Overall, this season was one with the highest of highs and lowest of lows and at the end of the day, everyone had fun and grew closer together with a spirit for the game and a love for Jesus. After the awards, all players circled up, held hands, and did the field games prayer.

*\*Please note that the events and activities written about for this league are in no way biased and the author definitely did not skew the season so they would be the MVP\**

# TOP TENS

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## TOP TEN SUPERHEROES

1. Spiderman
2. Hulk
3. Wonder Woman
4. Black Widow
5. Captain America
6. Iron Man
7. Scarlet Witch
8. Aquaman
9. Frozone
10. Buzz Lightyear

## TOP TEN SUPERPOWERS

1. Super speed
2. Super strength
3. Telepathy
4. Invisibility
5. Healing
6. Precognition
7. Technopathy
8. Flight
9. Shapeshifting
10. Telekinesis

WE WILL BE ASKING FOR YOUR FAVORITES THIS SUMMER, SO BE SURE TO FOLLOW US!