

Camp Constitution Journal

Vol. 18 – No. 2

Monday, July 13, 2026

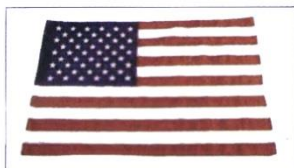
★★★★★

Happy Birthday: America 250

FOLDING ★ THE ★ FLAG

To properly fold the U.S. Flag, follow these steps:

1. Two people face each other, each holding one end of the flag. Stretch it horizontally at waist height and fold in half lengthwise.
2. Fold the flag in half lengthwise again; the union (blue field) should be on the outside with edges held together.
3. One person holds the flag by the union while the other starts at the opposite end by making a triangular fold.
4. Continue to fold in triangles until the flag resembles a cocked hat with only the blue field showing. ★



1a.



1b.



2.



3.



4.



The Bicentennial and the Semiquincentennial

So let's get something out of the way forthwith. The word bicentennial is easy to understand, bi means 2, centennial is 100, add them together and you get 200. But what in the world is this semiquincentennial all about? Well semi means half and Quin is 5 and centennial is a 100. So half of 500 equals 250. I didn't make it up so don't blame me.

Well, as it turns out, your editor happened to be among those Americans that celebrated both the 200th anniversary and the 250th anniversary. And since virtually all of our readers will have participated in the 250th anniversary, perhaps I should discuss the celebration that was the bicentennial. Obviously, I just admitted to being over 50 years old. However, I was not yet entered into the 2nd grade when the celebration occurred. And let me tell you, I was a youngster in Philadelphia proper at the time. Philadelphia was the epicenter of the Bicentennial.

Most people who would research or reference the celebration from memory will discuss all the national figures, such as President Gerald Ford who attended the City celebration. But here's the thing; I was 6 years old, I wasn't going downtown to the main festivities with 1 million other celebrants. There was no need.

You see, every neighborhood had a chamber of commerce that spent at least a solid year lining up festivities for the neighborhood. There were main avenues in Philadelphia at the time. All of them were lined with local businesses owned by the parents of the children I went to school with. These were the days before Amazon, Walmart, or even strip malls. Supermarkets were a new idea, Our neighborhoods were crowded with small businesses and those owners ran our communities. There was Torresdale Ave at the east. Working towards the West you had Frankford, Bustleton, Castor and Rising Sun Avenue. These main avenues were walked on the weekend by mother and child and everything from shoelaces to steak dinner were purchased in little shops up and down the avenue. These were ethnic neighborhoods.

I happened to live in very close proximity to Frankford Avenue in the Mayfair section of Philadelphia. In fact our phone number had the Mayfair 4 (624) exchange. Frankford Avenue pre-existed the US War for Independence. In Colonial

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days it was called King's Highway; named for King George. I know this because my neighbor at the time was over 90 years old and told me that his grandfather sat on his father's shoulders and watched George Washington ride horseback down King's Highway.

In any event, each of these neighborhoods, held parades that ran down these main avenues. There were floats, clowns, vendors, balloons, string bands, highschool bands, antique cars, cheerleaders, musicians, fire engines etc. You name it, it happened. And this was replicated in every neighborhood in the city. It was an absolute blast and a summer never to be forgotten.

There were a ton of collectibles and branded merchandise on every corner. I remember bringing home a pennant to hang on my wall:



There were many other items too. The fife and drum motif was very popular. There were ink wells and feather pens, old wired glasses, porcelain ware, tins with patriotic eagles and national slogans etc. I recall donning a tricorner hat along with several of my brothers.

For a kid my age, it seemed like nothing I had ever seen before. And honestly, although I have attended grander events since, I must say that the impact of those celebrations on a child of 6 was most profound and probably never surpassed. My childhood room had items from the celebration for many years and some of those items are still in the family.

Of course all of these festivities were accompanied by family barbecues, local neighborhood block parties, (a block party is when you get a city permit to barcade a street for the day and the neighborhood pours into it and dances, drinks, plays games etc all day without interruption.) and the day would end with a fireworks show. There were more fireworks set off in Philadelphia in the summer of 1976 than any summer since.

It was good to be an American in Philadelphia in 1976. ★

WAR POWERS

House Passes Symbolic War Powers Resolution on Iran
On June 3, the U.S. House of Representatives passed a war powers resolution directing President Donald Trump to withdraw American forces from hostilities with Iran or obtain explicit congressional approval to continue. The vote was 215-208, with all Democrats and four Republicans — Representatives Thomas Massie (R-Ky.), Brian Fitzpatrick (R-Penn.), Warren Davidson (R-Ohio), and Tom Barrett (R-Mich.) — supporting the measure. Republican leaders argued the resolution would weaken U.S. negotiating leverage and embolden adversaries.

The resolution, led by Democrats and invoking the 1973 War Powers Resolution, specifically addresses “Operation Epic Fury,” which began in late February with U.S. and Israeli strikes targeting Iran. The fighting has resulted in at least 15 U.S. troop deaths, significant Iranian casualties, disrupted oil flows through the Strait of Hormuz, and higher global energy prices.

This marks the first time the House has successfully passed such a measure against the Iran operations. However, its practical effect is largely symbolic. Concurrent resolutions such as this do not require a presidential signature (and thus cannot be vetoed), but they also carry less binding force than joint resolutions.

The measure now heads to the Senate, where its prospects are uncertain considering Republican resistance. The Senate’s response will reveal which of our elected representatives understand that Article I, Section 8 of the U.S. Constitution grants only Congress (not the president), power to declare war. Additionally, the War Powers Act requires the president to terminate military involvement in a conflict after 60 days unless Congress authorizes it. The Iranian conflict has continued without such authorization.

Critics of endless engagements see the resolution as an overdue assertion of congressional oversight, while public support for the conflict has reportedly eroded in the face of economic ripple effects. Meanwhile, energy markets remain sensitive to any escalation or prolonged disruption in the region.

While the resolution is unlikely to immediately alter operations on the ground, it adds political pressure for de-escalation or negotiated settlements ahead of the 2026 midterms. ★ — **Rebecca Terrell**

Reprinted from The Insider Report #70, June 11, 2026

U.S. Government Bills Illegal Aliens

Federal auditors are demanding California repay more than \$1 billion in Medicaid funds allegedly misused on healthcare for illegal immigrants, while long-term overstayers are receiving massive civil fines under a 1996 law now being aggressively applied.

The California story centers on federal audits by the Centers for Medicare and Medicaid Services (CMS). Preliminary findings identified California as the primary offender among several blue states, with more than \$1 billion (of \$1.35 billion across states) in federal Medicaid dollars improperly used for non-emergency care for illegal aliens. Federal law generally restricts Medicaid reimbursement to emergency services for those without legal immigration status.

California expanded Medi-Cal coverage to undocumented immigrants in phases, culminating in full-scope eligibility for all by early 2024. State estimates for these programs have ballooned, with annual costs projected in the billions, partly funded through state mechanisms that critics argue improperly drew federal matching funds. The Trump administration, via CMS, is pursuing recovery to protect taxpayer dollars intended for eligible Americans, including seniors and disabled citizens. Governor Gavin Newsom's office has pushed back, framing it as politically motivated, while federal officials emphasize enforcement of eligibility rules.

Simultaneously comes news of the enforcement of 8 U.S.C. § 1324d. This provision from the 1996 Illegal Immigration Reform and Immigrant Responsibility Act imposes civil penalties (inflation-adjusted to \$998 per day) for willfully failing to depart after a final removal order. Reportedly, one female foreigner who has been in the country illegally for more than 20 years, with U.S.-born children, is now facing a \$1.8 million fine (reflecting retroactive application up to five years). The Department of Homeland Security and Immigration and Customs Enforcement have begun issuing such notices and pursuing collection, including potential asset seizure, as part of "briefcase enforcement" to encourage self-deportation. Though signed by former President Bill Clinton, the law was largely dormant under subsequent administrations.

The policy targets those ignoring deportation orders rather than all undocumented individuals, aiming to reduce burdens on taxpayers for housing, healthcare, and services. ★

— Rebecca Terrell,

Reprinted from The Insider Report #68, May 28, 2026



ARCHIVES

CampConstitution has been consciously accumulating a digital archive of camp materials since 2015 and has preserved most of its newspapers.

If you have submitted a story in the past, been the subject of a story, appeared in a photo, submitted art work or participated in any way with the newspaper you can probably find a copy in our archives. What's more... our archives, in many cases, are published in color and full resolution so you can print them at home in color if you wish or save a digital color version.

<https://s3.amazonaws.com/camppictures/CampArchive/index.html>

Additionally, Camp Constitution has maintained an ever-growing collection of photos and video in the Photo Archive. As of the publishing of the 2025 slide shows, Camp Constitution holds 14,323 images and 180 videos covering 17 years of camp. These items are also downloadable. This is why your editor encourages all attendees to share their photo roll with the camp so that we can continue to provide this service to our campers and their families. ★

<https://s3.amazonaws.com/camppictures/index.html>

— Mark J Affleck

Dictators Dictating Elections

Mr. Hyde wrote an article that appeared in the October 24th, 2016 issue of The New American with permission a copy of this article will be provided for each person at Camp Constitution this year.

This topic was initially the subject of a presentation delivered at a number of JBS Business and Professional Chapters under the title How Dictators Use Elections to Gain and Maintain Power. While presenting this topic at the JBS B&P chapter in Appleton, Wisconsin, it caught the attention of JBS CEO Arthur Thompson. It was soon transformed into an article for publication in The New American.

Mr Hyde's presentation (**Tuesday, July 15th at 10:00 am**) will consist of three parts: 1) Why do dictators even bother to hold elections? 2) What are some of the sneaky tricks dictators use for cheating at elections? and 3) How vulnerable are American elections to the same sneaky tricks dictators use for cheating at elections? ★

— Mr. Kurt Hyde



Freedom Project Academy Award Winning Essay

What The Constitution Means To Me

The Constitution means freedom. When people started living under the Constitution, they became to more free. The government can't do whatever it wants. This is different from other countries. This is why people want to come to the United States from other countries. They want to be free.

The Constitution helps us serve the Lord. The Constitution says that the Congress can't stop us from serving the Lord in the way that we want. This helps us become better people.

The government doesn't have the power to take away rights. Our rights come from God, not from government. For example, we have the right to serve the Lord. Government doesn't give us that right. It comes from God. So, it's not right for the government to tell us how to do that.

The Constitution means we don't have a king. A king controls everyone in his kingdom. A king can do whatever he wants. If you disagree with the king, he can kill you, or put you in jail without a trial. He can bomb countries. The Constitution gives us a president. The President can't do whatever he wants. There's a list of things he can do. That's it. The President doesn't have the right to go to war.

We have a responsibility to learn about the Constitution. We should learn about it so that we know what it says. If we don't know what it says, we won't know if someone is following it. If someone asks you to tell them about a book, and you've never read it, you won't be able to tell them. It's the same way with the Constitution.

The Constitution shows us that we can change our government. It has changes called amendments. When people found things that needed to be changed in the Constitution, they changed them. The first ten amendments are called the Bill of Rights. The first amendment says that the government can't make you pay taxes to support any church.

Without the Constitution, government would be more powerful. We wouldn't be able to say whatever we want. We could only go certain places. We would have to get permission from the government to go certain places. We would pay more taxes. We would have to work more to pay for our needs.

The Constitution means stability. Some countries have had over 20 constitutions.

This means they are unstable. But we've had our Constitution for almost 240 years. It has only been changed twenty-seven times. So our country is much more stable.

Some countries don't even have a written constitution. If it's not written down, the people can't read it. If the people can't read their constitution, they don't know what's in it. If they don't know what's in it, the people can't know if they government is doing what it's supposed to do.

The Constitution limits the government. It won't allow the government to freely bomb places. It even says that if the government wants to take your house, they have to pay you for it. If the government wants to search for things in your house, they can't just do it without permission. They need to ask a judge to approve it and get permission to only search for certain things.

The Constitution doesn't work unless we follow God. This is because it's just words on paper. If we just do whatever we want, we won't have a good world and the world would be wicked. And, we would have to have lots and lots of government to stop people from hurting each other. We would be less free.

I'm grateful for the Constitution. It helps us make sure that people don't have too much power. When people have too much power, they do whatever they want, and they could tell everyone not to worship God. This is not a good thing.

If you read the Constitution, you'll be more educated. You'll learn how our government should work. You'll also learn how our government should not work. You'll also appreciate our Founding Fathers, and they will not be forgotten. You'll also learn new words. You'll learn what's good and bad in government. You can learn about the people who signed the Constitution.

God helped with the Constitution. He helped people know how to put it together. He gave the people examples of things to write. He helped them learn from history. I hope we can all learn more about the Constitution. ★

By Sergei Stahl



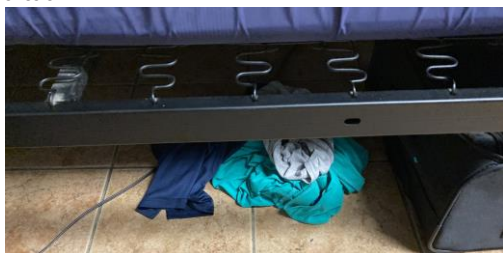
★ CABIN ★ INSPECTIONS ★

Forward

This year's competition has started out excellent right out of the gate. When we find a room generally tidy and neat and we see effort in obtaining that state of order, you can count on a base score of 5 and every one of our cabins met those expectations. Congratulations! Now, there were a couple of rooms that added some flair and a room or two that upped the game a bit. We now reveal whose leading the way, but there's a long competition ahead. Don't forget that the newspaper participation will have a huge impact on the winner of this contest. Also, don't forget to name your cabin. You can't win without a name. ★

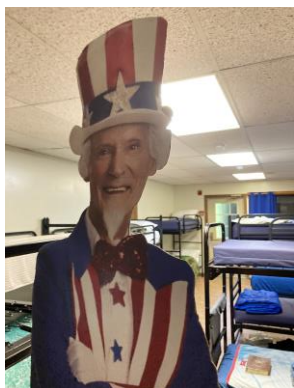
Boys Dorm A

The boys came out swinging! It was clean and tidy and the bunks were adorned with various patriotic t-shirts folded nicely to show off some flair. Caution: We found some laundry under one of the bunks and some toilet paper on the bathroom floor which dinged your score a tad. ★



Boys Dorm B

Another neat room for the boys in cabin B. Your Uncle Sam was lying flat on the floor. He looked a little worse for wear, but we know he was blown down so we stood him back up and did not ding your score. (but now you know so don't let it happen again!) Neat, clean and tidy. Great effort to start the week. ★



Room 26

The room was fairly tidy. Decorations adorned the doorway and flags and banners bejeweled the room. A very impressive day 1 showing. ★

Girls 7

A small room but well appointed. It was clean and neat. A very patriotic bed cover and a small decorative pillow is the extent of the flair. A nice start to the competition. The door decoration was very welcoming. ★

Hillside 15

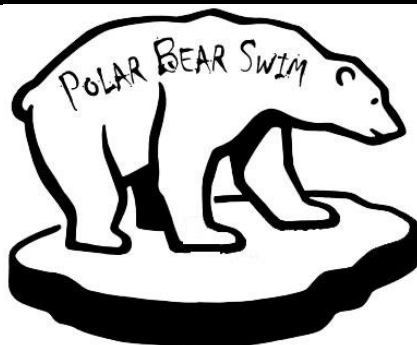
This room was the star of the day. The welcome mat was cool. The window dressing is fantastic. All the kids toys had a place and the effort was obvious. What a fantastic day one. We look forward to see what you have in store for the rest of the week. ★



★ 2026 PIZZA PARTY RACE ★

Standings	M	T	W	Thu	News	Total
Dorm A	6.5	0	0	0	0	6.5
Dorm B	6.0	0	0	0	0	6.0
Room 26	7.0	0	0	0	0	7.0
Girls 7	6.5	0	0	0	0	6.5
Hillside 15	7.5	0	0	0	0	7.5

NAME YOUR CABINS! YOU CAN'T WIN WITHOUT A NAME !!!!



Today's Conditions: "Overcast"

Bears

Noah Newman	Gabriel Newman
Dash Jemison	Sam Rousey
Lincoln Weaver	Tosya Stahl
Molly Clements	Hailey Lankford
Bob Alvarez	Tytus Valentine

Runners

Willow Whitworth	Marlee Newman
David Tyuvin	Ethan Friend
Owen Clements	Daniel Tyuvin

Tuesday, July 14, 2026

**Breakfast**

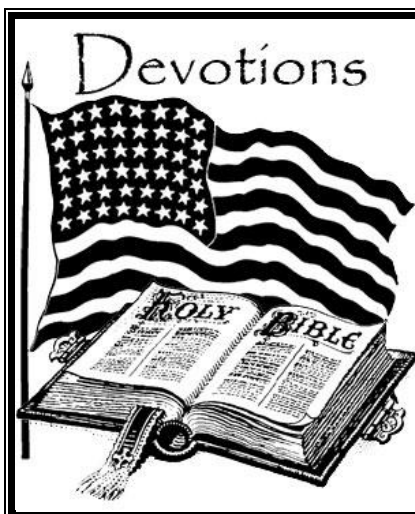
Fruit Stuffed Pancakes ★ Cheese Omelet
Diced Ham Pepper Onion ★ Hot/Cold
Cereal ★ Blueberry Muffins
★ Fresh Fruit ★ Yogurt ★ Boiled Eggs ★ Toast

Lunch

Flour Tortilla ★ Chicken Fajita ★ Peppers &
Onions ★ Jasmine Rice ★ Refried
Beans ★ Salad Bar ★ Salsa, Sour Cream &
Cheese ★ Fresh Fruit ★ Corn Chowder ★

Dinner

Roast Pork Loin ★ B-Nut Ravioli Cream
Sauce ★ Scalloped Potatoes
★ Steamed Broccoli ★ Corn Bread
★ Dinner Salad Bar ★ Apple Crisp

**Morning Devotion**

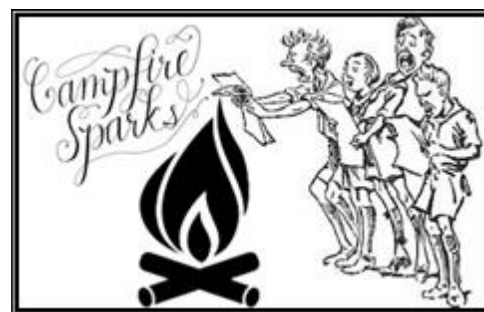
Scripture	Naomi Cowperthwaite
Flag Duty	Samuel Cowperthwaite
	Uriah Cowperthwaite

Evening Devotion

Flag Duty	
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Grace Before Meals

Breakfast	Josiah Cowperthwaite
Lunch	Samuel Cowperthwaite
Dinner	Mark Cowperthwaite

Last Night's Flag Devotion**Sunday's Campfire**

The first campfire of Camp Constitution 2026 was well attended and lead by campfire director, Ms. Donna DeSantis.

The night was initiated with "Baby Face" as performed by the Vocal Stylings of Tytus Valentine.

Some of the songs selected this night were: My Bonnie, I've Been Working on the Railroad, the Bear Song, Edelweiss, My Grandfather's Clock, Bicycle Built for Two and Amazing Grace etc. Jokes were recycled by Mr. Hal Shurtleff. Mrs. Catherine White performed "Mrs. Murphy's Chowder". Mr. Tom Moor, on guitar, introduced the camp to the Preamble Song.

In honor of America 250, a brief fireworks show was enjoyed by all.

Following devotions, Taps was sung to close out the night.

Campfire Devotion

Sam Rousey, Psalm 23. ★

NOTICE: GROUP PHOTOS

If you want a print of the group photo, get your orders in ASAP. This is a short week and we need to arrange for printing, pickup and distribution. Counselors should have a count by the end of Tuesday. Family orders: See Hal Shurtleff. ★

NOTICE: CONTENT NEEDED

Newspaper Editions should be out after campfire. Photos can be shared by bringing your camera to the newspaper room where I can copy your photo roll. Photos will be added to the Archives. You can email stories, artwork etc. to fleck14@verizon.net. Missing a copy? I can print one for you. ★

Snack Bar News

Hours	Prices	Prices	Prices
1PM – 5PM	Chips	\$1.00	M&M's \$1.00
7 ³⁰ PM – 7 ⁴⁵ PM	Goldfish	\$0.50	Funions \$1.00
10PM – 10 ³⁰ PM	Ritz	\$0.50	Soda \$1.00
	Swedish Fish	\$1.00	Gatorade \$1.00

★ PUZZLES ★ GAMES ★ QUOTES ★

OYHNE

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NRDTE

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RVNOGE

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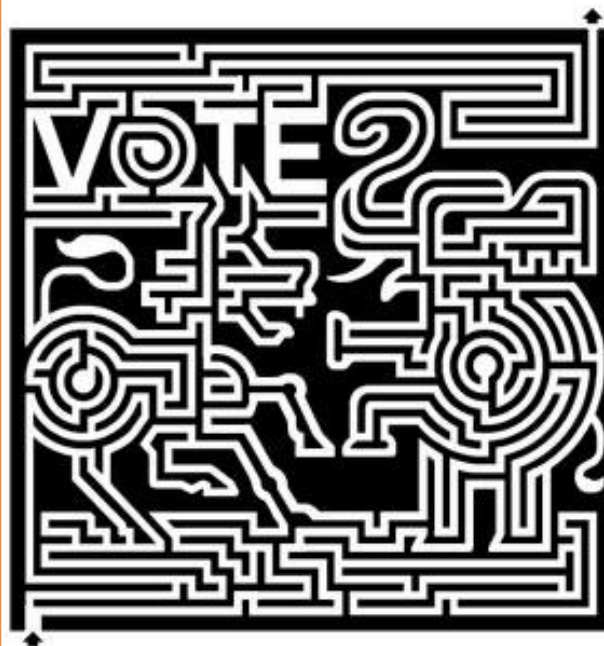
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Right To Vote Maze



Right to Vote

Bamboozable #5 & 6

G N I K C A B	Sleeping	QUARTER
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COFFEE	twins twins	1. Way 2. Whey 3. Weigh
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The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.

3. BLAME 4. BLAME	I right I	jack
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PAYMENT	over over	B E D
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America 250 Wordsearch

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

DECLARATION	COIN	FRANKLIN	JULY	TWO FIFTY
AMERICA	ADAMS	FOURTH	PARTY	UNITED
ANNIVERSARY	FLAG	JEFFERSON	STAMP	USA
INDEPENDENCE	BELL	LIVINGSTON	STATES	SHERMAN
SEMIQUINCENTENNIAL			PHILADELPHIA	

Tomorrow's Schedule

★ Camp Constitution Schedule ★

When	Required *	What	Where/Notes
6:30AM		Polar Bear Swim / Morning Run	Pond / Trail
7:00AM	×	Wake Up !!! <u>Optional</u> Prayer Walk	Outside Maple Ridge
7:50AM	×	Flag Raising: Devotions & Announcements	Flag Pole (Mtn View Lodge)
8:00AM	×	Breakfast	Outside Cafeteria for Grace
8:30AM		Staff Meeting (Students Cabin Prep)	Mtn View Lodge
9:00AM	×	Constitutional Overview Part II	Mrs. Catherine White
Short-Break			
10:00AM	×	Dictators Dictating Election Results	Mr. Kurt Hyde
Short-Break			
11:00AM	×	The Right To Keep and Bear Arms	Mr. Keith Hanson
Short-Break			
12:00PM	×	Lunch (See Optional Field Trip)	Outside Cafeteria for Grace
1:00PM		Recreation Time: Optional Marksmanship	LAKEFRONT/POOL USE REQUIRES
2:00PM			LIFEGUARD
3:00PM		Optional Movie: "Unplanned" with Julie Wilkinson	Swimming Available 2:30pm
5:00PM	×	Dinner	Outside Cafeteria for Grace
6:30PM	×	The Accelerating March To The New World Order	Mr. Alex Newman
7:20PM	×	Flag Lowering	Flag Pole
7:45PM	×	The American Revolution	Mr. Tom Moor
8:00PM		Break: (Long Sleeves, Bug Repellant, Songbooks, Flashlight)	
9:00PM	×	Campfire(Flashlight & Songbook)- Staff	Fire Pit(Optional For Juniors)
10:00PM		Break: Snack & Newspapers	
10:30PM	×	Report to Cabin	Assigned Cabins
11:00PM	×	Lights Out	Good Night
★Tuesday, July 14, 2026★			

★Camp Constitution Jr. Patriot Schedule★

Start	Program	Where/Notes
6:30 AM	Polar Bear Swim / Morning Run	Pond / Trail
7:00 AM	Wake Up !!!	
7:50 AM	Flag Raising: Devotions & Announcements	Flag Pole
8:00 AM	Breakfast	Outside Cafeteria for Grace
9:00 AM	Opening Welcome Morning Prayer & Songs	Mrs. Edith Craft / Mrs. Jessica Whitworth
Ages 5-8 Mrs. Edith Craft/Ms. DeSantis		Ages 9-12 Mrs Jessica Whitworth
9:25 AM	Prayer! Songs!	9:30 AM Revolutionary War & After
	Quick Break	
9:40 AM	Lesson A: Constitution & Bill Rights	10:00 AM "Flint & Steel" fire-starter
	Morning Snack	10:30 AM Snacks
10:30 AM	Lesson B: Amendments 1 & 2	10:45 AM Candle Making
11:05 AM	Craft Time: 5 1st Amendment Rights	11:00 AM Rope Making Activity
11:45 AM	Clean-Up	11:30 AM Clean-Up
12:00 AM	Lunch	Outside Cafeteria for Grace
1:00 PM	Recreation Time - Mrs. Sapphire Gimenez <u>Optional</u> : Cookie Decoration: - Ms. Donna DeSantis	
5:00 PM	Dinner	Outside Cafeteria for Grace
7:20 PM	Flag Lowering	Flag Pole (Mtn View Lodge)
9:00 PM	Campfire(Flashlight & Songbook)- Staff	Fire Pit (Optional For Juniors)
★Tuesday, July 14, 2026★		