

# Kid's KOrner

## Kayaking Is Fun Water Sport For Kids

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**CONFLUENCE** (Somerset County) — Hey, kids! Did you ever think about learning to paddle a boat called a kayak? Some excellent teachers are waiting to show you just how it's done at a paddling school near Confluence, held annually at Kid's Camp, the last week in June.

Let me explain what a kayak is, just in case you've never heard the name before. It is a long flat boat, wide enough at the middle for one person to sit in it with his legs stretched straight ahead. It tapers to pointed ends, similarly to a canoe only a kayak isn't open or deep like a canoe. It is closed and flat with an opening for you to slide into its seat.

Using an oar with a broad paddle on each end, you propel and control your kayak in the water. Some persons can do this so well that they are going to compete during the Summer Olympics next year in Seo, Spain. They steer their kayak through gushing whitewater rapids and very difficult gates at the same time.

At a place called Riversport Base Camp in Confluence, Kid's Camp is held for one week each year. Everybody stays in a tent. The Ruppels, who own Riversport and conduct paddling school say that you can bring your own tent or they will furnish one for you.

Besides learning to paddle a kayak, they take you biking down woody trails and on one called the Appalachian Trail. They take you hiking, swimming and rafting. You will do some sightseeing, have free time and play games around the campfire at night. You will be introduced to a river called the Youghiogeny (Yah ka gay nee). It's just a short walk to reach

from the camp.

There's also volleyball and soccer says instructor, Erica Ruppel, who is 14 years old, and very expert at paddling. She is the current Pennsylvania Cup champion in the women's kayak slalom. Her parents are Bob and Karen Ruppel.

She has a sister named Kara, who is 22 years old. Right now, Kara is traveling around North America and Europe as a member of the United States Canoe and Kayak Team to compete for the World Cup. You have to be really good and fast to make the team. If you read sports news in your local newspaper, you may see her name if she wins a race.

Erica says the food served at Kid's Camp is just the kind all kids love, like pizza. She says when you have free time you can read or sleep or just please yourself. Campfires at night are fun. She says, "We made up songs and danced around the campfire."

You are never left by yourself at Kid's Camp. Erica says you always wear life preservers when in the water. The worst injury in 10 years of the camp has been a minor bee sting.

Not far from the camp are interesting places like Ohiopyle and a famous tourist attraction called Falling Water. Here, a brilliant architect named Frank Lloyd Wright built an unusual house right over the water, which can be seen beneath it. Maybe the Riversport folks will take you there.

Erica says she has been paddling since she was three years old. Her goal is to be in the 1996 Summer Olympics. She and Kara want to participate together in the 1996 event.

Two friendly Labrador Retriever dogs belonging to the Ruppels stay at Base Camp. The

black one is Sarge and the golden-haired one is Brutus. Sarge is so smart that Erica has taught him tricks. She can get him to sit in a kayak which is really funny to see. Then she tells him to carry the helmet. After he gets it between his teeth he goes everywhere with it and doesn't want to let it go. These dogs hardly bark at all. Instead they just sort of trot around the place wagging their tails happily.

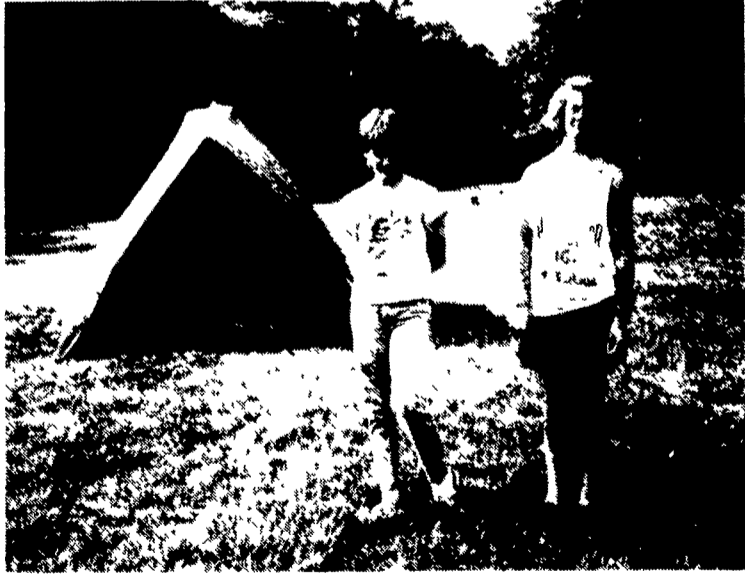
You can get more information about Kid's Camp by calling this telephone number: 814 395-5744. It is the number of the Riversport canoe and kayak shop the Ruppels operate in town. A woman named Betty will probably answer your call. She can give you all the information you need.



Young Winter Feathers, shown in the kayak, gets some paddling instructions from her expert friend, Erica Ruppel.



With Sarge, the dog in the kayak, Erica Ruppel, right, shows Winter Feathers how Sarge was taught the trick.



Winter Feathers and Erica Ruppel stand among tents such as those used during Kid's Camp when kids are taught kayaking.



Sarge, the dog, is having trouble sitting still on the porch with Erica and Winter.

## Readers Write

Hello,

My name is Lizzie King. My birthday is August 3, 1981. My father's and mother's names are Christ and Anna King. I have six sisters and four brothers. Their names are Rebecca, 15; Benuel, 13; Barbara, 12; Sol, 11; me, 9; Christ 8; Abram, 6; Anna 3; and

twins Mary and Malinda, 1.

We have four cats. We have 31 cows. We have five horses. We have one puppy.

With love,  
 Lizzie

**Our Family,**  
 Rachel, 7, July 22; Esther, 6,

September 17; Ivan, 5, February 13; Daniel, 3, October 20; and Samuel, 1; March 14.

Dad milks the cows, cultipacks the field, plants corn. Mom sweeps the kitchen and makes dresses.

I wipe the dishes. Samuel goes out sometimes. Sometimes our whole family goes away on Sunday.

### SAND TARTS

1 cup sugar

½ cup butter  
 1 egg, well beaten  
 2 cups flour, sifted  
 1½ teaspoon baking powder  
 1 egg white, slightly beaten  
 ¼ teaspoon cinnamon  
 1 cup almonds, split  
 1 teaspoon lemon flavoring  
 Rachel King

### ORANGE JULIUS

½ of 6ounce can frozen orange juice

½ cup milk  
 ½ cup water  
 ¼ cup sugar  
 ½ teaspoon vanilla  
 5 or 6 ice cubes

Combine all ingredients in a blender. Cover and blend until smooth. Serves 4.

This is my favorite drink because it has my daddy's cow's milk in it. And it tastes good.

Steven Werley