

Cliff View Notes

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Vol 3 No. 6 News and Notes For Cliffview Owners, Friends and Visitors August 2013

View From The Cliff

by Amy Sellin, Marketing Director

I recently attended the two-day 2013 FEAT conference, *Sharing the Appalachian Experience* July 30-31 at the Elliott County High School Performing Arts Center, Main Street, Sandy Hook, KY.

Topics such as social media, advertising, networking and other topics specific to doing business in Eastern Kentucky were presented by professionals in those areas.

I came away with many ideas that will help us at Cliffview Resort and the Red River Gorge Zipline add to the enjoyment of our guests.

F.E.A.T. is the Eastern Kentucky Foothills Eco-Agrotourism Corp. and this time, Elliott County hosted us for the Annual Conference. It was exciting to see all of the local artisans, musicians, lodging opportunities and adventures available in our beautiful area. Often in Eastern Kentucky we are so comfortable with our breathtaking views and rolling hills that we forget just how special this area is. It was a much needed opportunity for us to get together and share the wonders of our area and brainstorm about how we can share that with others. Check out the other influential members of our organization and, if you do not find yourself there, join us at <http://www.ekfeat.com/>.

Office Party

Flying through the air 350 feet up at speeds approaching 50 miles per hour is exhilarating adrenalin pumping fun! However, here at the office, the fun usually starts when folks stop in. Our staff, headed by Nancy Griffin, is in my opinion the best there is at what they do. Sarah and Chelsea, Jessica and Emily do such a good job making our guests and those who just came to watch feel that we really appreciate them. And that's because we really do! They are knowledgeable about all aspects of the zipline, of course, but also about other adventures and attractions in the Gorge and surrounding areas. These people make a great, exciting adventure even more memorable and everybody has a truly good time.

Celebrity Zipper

A couple of Sundays back we had a surprise Zipper show up - *Liv Tyler* and her son. Yep, they came, they zipped, they loved it. They also tried Ale 8 for the first time and like so many "new tasters", discovered what we already know - it's delish! They even clicked their bottles in a toast to their new discovery.

Days Of Note In August

Kentucky born Albert Sydney Johnson was one of only five men promoted to full general in the Confederate Army.

Unfortunately for him, he was killed while leading a charge at the Battle of Shiloh August 6, 1862. Red River Gorge Zipline guide **Kevin Mullins** was born on August 6 some hundred plus years later.

Suzann Bookstaff, wife of Jim Bookstaff and mother of Blake Bookstaff, Cliffview owners, was born August 14. On that date in 1936, the first female sheriff of Davies County, Florence Thompson, was in charge of the last legal hanging in Kentucky. It took place in Owensboro.

August 20 is another important date. That is the day we celebrate the birth of **Sandy Teal**, of Red River Cabin Rentals at Cliffview. It is also the date in 1795 when the decisive Battle of Fallen Timbers ended Indian raids in Kentucky.

Oh yeah, Cliff View Notes Editor **Jerry Ison** was born August 23, way, way back. So long ago that cell phones still had rotary dials! His birthplace is what he claims is the *Cultural Center of the Universe*, Whitesburg, in Letcher County, Kentucky.

Cliff View Notes

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HELPFUL WEBSITES & PHONE NUMBERS

State Facilities

Natural Bridge State Resort Park General Information
(606) 663-2214 or 1-800-325-1710 (reservations) 2135 Natural Bridge Rd. Slade, KY 40376 Trail map & descriptions, park laws and regulations, lodging, camping, group meeting facilities, group programs
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www.parks.ky.gov/findparks/resortparks/nb
Kentucky State Nature Preserve Commission
www.naturepreserves.ky.gov
The Skylift (606) 663-2922
www.naturalbridgekyskylift-and-giftshop.com
Red River Gorge National Geological Area (606) 663-8100
www.fs.fed.us/r8/boone/districts/cumberland/redriver_gorge.shtml
Glade Cultural-Environmental Learning Center (606) 663-8100
www.fs.fed.us/r8/boone/districts/cumberland/glade.shtml
Red River Gorge Trail Crew (Volunteers) www.RRGTC.com
Leave No Trace - Outdoor Ethics www.lnt.org
Kentucky State Parks - Create your own Experience.
www.parks.ky.gov Become a KYSP fan at:
<http://www.facebook.com/pages/Kentucky-State-Parks/152588316577>

Private Facilities

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Nancy Hamann 513.919.7150
Red River Gorge Cabin Rentals 606.668.3272
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Ian Teal 513.284.2332
Mountain Grillhouse Cafe 606.668.7134
Cliff Notes Jenny or Jerry Ison 865.674.6740
Email stories, ideas, suggestions, news to: jerry@jerryison.com

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Nancy's News

By Nancy Hamann, Scenic Cabin Rentals

Summertime Happenings In The Gorge



Cave Tour at Natural Bridge State Resort Park:

Did you know Natural Bridge State Park offers guided Cave Tours?? How cool! You can look on the Recreational Opportunities Schedule at the Natural Bridge State Park lodge for their tours or you can call to schedule your own group tour at 606-663-2214. This would make a fun activity for you and your friends, something different to do on your next trip here.

Also happening: Natural Bridge Artisan Fair is weekend of Aug 23-25th at Natural Bridge State Park. Lots of arts and crafts, local wares, etc. Should be lots of opportunities to purchase cabin items.

Kentucky State Fair News:

Our Kentucky State Fair is Aug. 15-25 in Louisville. Come visit for a day and look us up at the Powell, Lee, Wolfe county booth. These are the counties in the Red River Gorge region. We are giving away prizes so stop in and fill out a form to win a free *Scenic Cabin* cabin get away with free Zipline tickets from *Red River Gorge Zipline* and free Via Ferrata passes from *Torrent Falls Climbing Adventure*.

Around The Area

Friday, Aug. 30th - Crusin' on Main Street Car Show in Beattyville, Ky.

Saturday, Aug 31st-Free concert at Happy Top Park in Beattyville. Headliner is Chad Warrix from *Highway to Hazard* and Keith Anderson. Concert starts at 7:30 PM.

Mud Racing Saturday, Aug 3 at the Beattyville Industrial Park.

Also, Labor Day weekend is usually Swift Camp Creek Festival in the Campton area.

The Mountain Grillhouse Cafe Chicken and Fish Buffet starts at 5 pm every Friday night and you can eat till 9 pm! They have grocery items like milk, eggs, butter, bread and veggies for rental guests to prepare. They also have available for guest preparation, many of the items on the menu: ribs, rib eye steaks, BBG pork, veggies, hot dogs, burgers and more.

Local Info on the Internet

Visit the new website for Lee County and Beattyville happenings at www.heartofthekentuckyriver.com.

Visit Facebook for Wolfe County activities as this tourism commission is new and is in process of developing a website.

Powell County website is www.naturalbridgeredrivergorge.com.

To find out more about the Cliffview Lodge and the Red River Gorge Zipline, simply go to the following web sites: www.CliffviewResort.com www.RedRiverGorgeZipline.com www.redrivergorgecabinrentals.com

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Fishing with a Gremlin

by Buck Thorn



I'm gonna tell you about a strange day of fishing. However, as any fisherman or especially a fish story teller will verify, strange fishing days are not that strange. I mean to say the fact that they happen often isn't that strange. Which I do find strange. Anyway, this next telling is about one of those strange fishing days. To start off, I had decided to head up to my secret fishing spot downstream from the Wildcat League's property there on the North Fork of the Kentucky River.

Yeah, yeah, I know. A lot of you are saying stuff like, "See, I told you a feller can't believe a word this guy says. How can you head up to a downstream spot?" and so on. Well, Pilgrim let me 'splain that one.

Apparently, you don't know that the North Fork of the Kentucky River flows north right there just afore it enters Lee County. Yep. So there, nit-pickers, is how one can head up downstream. After all you wouldn't say, "I'm going down north."

On my way there, I had to cross the Chester A. Arthur Memorial bridge over Rock Creek. Now you may not know this but Chester A. Arthur died way back in the late 1800's and the bridge was erected in his honor just a couple of years later. Another thing you may not know is the county didn't have a big bridge building budget so this one isn't what one might call a well built bridge.

As a matter of fact, it was in pretty bad shape and I was afraid it couldn't take the Gremlin's weight.

Due to circumstances beyond my control - poverty - I was driving a bright orange 1975 Gremlin which in itself wasn't that heavy but with the spare transmission I always carried, it was too much for that bridge.

Just a few yards upstream I spotted a place where the water was very shallow and the creek not too wide. For you nit-pickers, since this creek flowed mostly west to east, upstream was out west. So to speak.

I decided that even the overloaded Gremlin could ford this shallow spot and dropped the lever down into "L" and began to creep across the stream.

Now, I know all of you folks reading this think you know what happens next. You think I'm gonna tell you about how the Gremlin got stuck or how it began to drift downstream. Or some such unfortunate happenstance.

Well guess what? You're wrong! That's right, wrong.

The Gremlin had a lot going against it - bald tires, no power, rusted out floor pans and that blue cloud that always followed, but she was as dependable as a Zebco 22. Except of course for that lousy transmission.

We easily made it to the far bank in spite of the fact there was a fairly deep hole about half way across that threatened to swamp the Gremlin. Yeah it was a bit touchy there for a spell. Water rose inside the car till it was nearly in my lap, but we quickly left that deep spot behind.

After a couple difficult off-road miles I finally made it to the secret bass hole just there north of the lodge and at the bottom of what locals call 'High Banks'.

I was disappointed when I looked for my favorite lure, my lucky green and yellow rooster tail. It was nowhere to be found. Oh well, I had a tackle box full of others.

After several hours of trying every lure I had in the box and even a couple of bugs I caught along the bank, I decided the bass must have taken the day off, and trudged back to the car. Until we got back onto River Road, I couldn't get that AMC up past six or seven miles per, but as soon as those slick tires hit pavement we were off! Fifteen, twenty, twenty-five, even approached thirty miles per hour. But, as I rounded a curve, I felt the rear tires kinda break loose a bit and the car seemed to swerve toward the outside arc. Accompanied by what I thought was a sloshing sound.

Hmm, I thought, then cranked up my Hank Williams 8-track. My thinking has always been, if you can't hear bad stuff, it ain't real. Just in case, however, I slowed the Gremlin down a tad and cautiously made my way on home.

As I twisted the screwdriver to pop open the hatch back, I was met with a rush of brown water. The rear of the car had filled up when we hit that deep spot.

I patiently stood there while the water ran out and lo and behold, what do you reckon was left laying there on the floor of that Gremlin?

Once again, wrongo!

Nope, wern't a mess of fish, not even a minnow. Just a thick layer of mud. *And my missing rooster tail!*

Ha ha! Y' all thought I was gonna tell you about those four or five trophy size bass that had been trapped in the back of that Gremlin. Admit it, you did!

Ha, that my friends would be a lie. I'd rather eat a whole pecan pie all by myself than tell you a lie.

I always carry that rooster tail. So if you still need proof this is a true story, next time you see me ask and I'll show it to ya!



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Cookin' with Jenny

Jen's Spicy Meat-a-Balls

This is a great recipe for working mothers . You can make the meatballs the night before and refrigerate them. Before you leave for work, set the slow cooker on low, and go! When you get home, serve the meat balls with a side of Cole slaw, macaroni salad or boil up some spaghetti, or any of your favorite pastas, top with the meatballs and sauce. Voila! Er I mean Ecco! *(This dish is more Italian than French!)*

Ingredients:

- 1 1/2 lbs. lean ground beef
- 1/2 c. raw rice
- 1/2 c. green pepper, finely chopped
- 1 egg
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 (10 1/2 oz.) can tomato soup
- 1 can diced tomatoes and jalapenos



Cooking Instructions:

In mixing bowl combine ground beef, rice, green pepper, egg, salt, and pepper. Mix well to blend. Shape meat mixture into 24 meatballs, about 1 1/2 inches in diameter. Place meatballs in crock pot. Pour soup and tomato/jalapenos including the liquid over meatballs. Cover and slow cook for 7 to 8 hours.

Red River Spicy Chicken Dip for watching, oh I don't know, maybe a big battle between Wildcats and Cardinals



Ingredients:

- 2 (10 ounce) cans chunk chicken, drained
- 2 (8 ounce) packages cream cheese, softened
- 1 cup Ranch dressing (or whatever flavor of dressing you prefer. We really like this when made with Bleu Cheese Dressing)
- 3/4 cup hot pepper sauce, such as Buck Thorn's Deep In Dixie Fire Water
- 1 1/2 cups shredded Cheddar cheese

Directions:

Combine chicken and hot sauce in a skillet over medium heat, until heated through. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm. Mix in half of the shredded cheese, and transfer the mixture to a slow cooker. Sprinkle the remaining cheese over the top, cover, and cook on low setting until hot and bubbly.

Serve with:

- 1 bunch celery, cleaned and cut into 4 inch pieces
- 1 (8 ounce) box chicken-flavored crackers
- 1 big ole bag of tortilla chips
- Many cold drinks

While you're enjoying your time in the Gorge, you may wish to add a huge adrenalin rush to that great new experience so...

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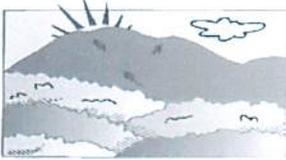
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Natural Bridge Artisan Festival - August 23-25 at the state park. Accepting vendors for only \$10.

Summer's Scent



Walk out into your backyard tonight just before dark. Face your garden or flower beds and take a deep breath. Through the nose. Smell that? That, my friend is the scent of summer. The moist smell of new-mown grass. The smell of a variety of blooms. Maybe a scent of a rain storm on the rising wind. That "dust" smell after a light summer shower.

But all those wonderful summer smells, as pleasant as they are, don't say summer like the fragrance of tomato vines. There is something about the scent of those ripening, home grown fruits of summer that evokes pleasant thoughts and images in my mind. When I was kid, my mother always grew at least three times as many tomatoes as our family could eat. One of life's simple pleasures was sitting in a tangle of tomato vines on a hot August day chomping down on a dozen or so cherry tomatoes like so many scarlet grapes. Other times I would take on the big boys. That patch was the best place to really enjoy chomping into one of Mom's "Big Johns". With a little forethought, a salt shaker added to the enjoyment. The juice from those huge, hot tomatoes would run down my chin and dry in little puckered spots on my shirt and Levis



J. Ison



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