

Cliff View Notes

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*Your Vacation Respite in the
Heart of the Bluegrass State*

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Copy - Please,
Take One!**

Vol 3 No. 4 News and Notes For Cliffview Owners, Friends and Visitors June 2013

View From The Cliff

by Amy Sellin, Marketing Director

Summer has officially kicked in here at the Red River Gorge Zipline! Zippers are seeing a multitude of local flora and fauna while enjoying this high flying adventure. We are pleased to welcome our new guides to the Zipline crew. Please help us welcome Billy, Brant, Derek, Elissa, Anthony, Jarod, John, Josh, Rae, BJ, and Zack! Also, we have a wonderfully skilled and experienced Course Manager, Chris Unrath, on our team. So, join all of our new and returning faces as we get geared up and ready to *Zip* this season.

Zip away!

Are You Looking For Adventure?

Are you chomping at the bit for some *Unbridled, Adrenaline Pumpin', Heart Racin' Adventure?* If so, boy do we have good news for you! The Red River Gorge is the exact place you want to be. There are outdoor activities and facilities to meet and exceed everyone's expectations. And we're gonna help you find those.

For a "base camp", there's the *Lodge at Cliffview*, a rustic, mountain getaway which blends amenities like flat screen televisions with satellite channels with scenic views and the serenity of the natural environment.

The *Red River Gorge Zipline* is right there almost at your doorstep. These five lines are some of the longest, fastest and highest in the country. Reservations are highly recommended, but we can usually handle walk-ins. Call **855-ZIP-Tour** or log onto our web site www.RedRiverGorgeZipline.com

If rock climbing or rappelling is your idea of a day well spent, you are truly in the very epicenter of some of America's best climbing opportunities. Less than five miles from the Lodge is *Torrent Falls Adventure*. They offer unlimited day passes for the Via Ferrata Cable system and tours and classes lead by certified guides that can accommodate the entire family.

Reservations are needed. **Call 606-668-6613**

And like they say in those infomercials, Wait! There's more! Your Red River Adventure isn't complete until you've rented a canoe or kayak and paddled the Red River itself. This is another whole-family event and can include a day on the water with a shore side picnic lunch. Once again, we recommend reservations. **Call Red River Adventure at 606-663-1012.**

There is the *Natural Bridge State Resort Park* only 10 minutes from the Lodge. Here you can enjoy the swimming pool, restaurant, gift shop, a dozen trails, the Skylift, campgrounds and of course, the incredible, awe inspiring Natural Arch. Call ahead: **800-325-1710 or 606-663-2214.**

And we're not done yet. There are miles and miles of trails throughout the Gorge. Stop in the Zipline office at Cliffview for you free maps of the Gorge.

Don't stop here. There are more attractions on page 6 (back page)

New Course Manager at Red River Gorge Zipline,

"Hello. My Name is Chris Unrath and I want to tell you all how excited I am to have joined the excellent team at The Red River Gorge Zipline. Ziplines have always been a passion of mine."

"I started working with Zip Lines and Ropes courses right out of High School, at the Des Moines YMCA Camp as a ropes course team member."

"While attending Western Illinois University I worked with Western Illinois Horn Field Campus Course."

"After College I took a management position with Alaska Canopy Adventures, and ran their Canopy Zip Line tours in both Juneau and Ketchikan Alaska."

"I then explored the construction and training aspects of the zipline business in Prescott, Arizona."

"I have maintained an active membership with the ACCT throughout my experience in the industry."

"This spring I jumped at the opportunity to move to Kentucky and work with The Red River Gorge Zipline."

"I look forward to the opportunities ahead and am very excited for this summer season. I hope to see you all out on the lines!"

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
"Natural Bridge State Resort Park is hiking, arches, exploring, scenery, reflection, and making memories."

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.

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<http://www.facebook.com/pages/Kentucky-State-Parks/152588316577>

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Red River Gorge Zip Lines 855.ZIP.TOUR (855.947.8687)

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Scenic Cabin Rentals 606.668.6487 www.sceniccabin.com

Paul Hamann 513.378.8716

Nancy Hamann 513.919.7150

Red River Gorge Cabin Rentals 606.668.3272

www.redrivergorgecabinrentals.com

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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June Bluegrass Facts

On June 1, 1792, Kentucky was the 15th state admitted into the Union. The entire state population, 100,000, at the time was about a third of that of the city of Lexington today.

Three days later, June 4, 1792, Isaac Shelby was inaugurated as the first governor and the first legislature was empanelled.

Man O' War made his debut at Belmont Park on June 6, 1919. He has some very strange stats associated with his career. Man O' War won that 6th race by 6 lengths. He was born, lived, bred, died and was buried in Kentucky, but never raced a single time in the Bluegrass State! The most famous of all racehorses, Man O' War won every race he ran, except one. He lost to a horse aptly named *Upset*, who he had beaten 6 times!

Jim Bunning of Southgate, pitching for Philadelphia, pitched a perfect no hitter against the NY Mets, on June 21, 1964. He is the only person to pitch a no-hitter in both the American and National Baseball leagues. He is one of four Kentuckians in the Baseball Hall of Fame.

On June 24th 2010, five UK Wildcats were drafted in the first round of the NBA draft. John Wall, now playing point guard for the Washington Wizards, was chosen first overall.

These Bluegrass facts were reprinted here with permission from [It Happened Today! In Kentucky History](#) by Robert A. Powell, Silverhawke Publishing. www.kyhawke.com

Nancy's News

By Nancy Hamann, Scenic Cabin Rentals

Summertime Fun in the Hills:

Beattyville- Summer Nights On Main St- Last Friday of each month till September. Cruisin' event starts at 6:30 pm, get out your classic car and take it for a spin down Main St.

Thursday evenings in Campton: Music in the Park. Every Thursday night throughout the summer thru Sept. Located at the park by the courthouse. Come out and enjoy free concerts, jammin' in the park. Bring a cooler, blanket and sit in the grass and just enjoy good family fun.

Pressure Canning Class: Thursday, June 20th 5:30- 7:30 pm. Free to the public, just call to register - 606-464-2759. Meet at the Extension Office at Happy Top Park in Beattyville. Great experience, I went to my very first class last week and made homemade strawberry jam, fabulous!! So easy and *sooo* good, probably will never buy jam again.

Naturalist Guided Hike:

Natural Bridge State Park- June 29th- 9:00 am - 2:00 pm. Take a 4 mile hike with the Naturalist and learn about plants, the area, geological feature, etc. Call to register-606-663-2214 or email tyler.morgan@ky.gov.

Tip of the Month:

Don't Forget Your Bug Spray: "Off or Deep Woods" recommended for any summer time Kentucky hikes!

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Jest For Fun



YOUR PERSONAL CREATIVITY CHALLENGE

This test does not measure your intelligence, or educational level. It is designed to give you some gauge of your mental flexibility and creativity. Few people can solve more than half of the questions on the first try. Many times the answer will come to you long after you have set the test aside. Sometimes at odd moments such as while having dinner, falling asleep, even while watching TV. The answers are self-proving; that is you'll know you have the correct answer/solution as soon as it occurs to you.

Instructions: Each question contains initials of words that complete the equation.
For example: 26 = L. of the A. Solution: 26 = Letters of the Alphabet.

1. 7 = W of the A.W. _____
2. 1000 = A. N. _____
3. 12 = S. of the Z. _____
4. 54 = C. in a D. (with the J.) _____
5. 9 = P in the S.S. _____
6. 88 = P. K. _____
7. 13 = S. the A.F. _____
8. 18 = H. on a G.C. _____
9. 32 = D.F. at which W. F. _____
10. 90 = D. in a R.A. _____
11. 200 = D. for P.G. in M. _____
12. 29 = D. in F. In a L.Y. _____
13. 8 = S. on a S.S. _____
14. 3 = B.M. (S.H.T.R.) _____
15. 4 = Q. In a G. _____
16. 24 = H. in a D. _____
17. 1 = W. on a U. _____
18. 57 = H.V. _____
19. 11 = P. on a F.T. _____
20. 1000 = W. that a P. is W. _____

FREE ZIP LINE - CANOPY TOUR PASSES!!

When you get the solutions, mail this page to: Amy Sellin. Red River Gorge Zipline, 455 Cliffview Road, Campton, KY 41301 or email a scanned copy to: jerry@jerryison.com. Passes to two winners chosen at random from all entries received. To be eligible, entries must be received by midnight June 27, 2013. Prize tours during week days only - NO WEEKEND TOURS with these passes. Winners must make reservations by calling 855-ZIP-TOUR (855-947-8687) in advance of participating.



1289 Natural Bridge Rd. (KY 11)
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Buffet and Ala Carte Menu
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mamabearrrg@gmail.com
creeksidecafeandcatering.com

Last Month's Winners were Alice Bradshaw of Lexington, KY and Marta Goodrich of Columbus, OH. Congratulations to those two ladies and we are looking forward to them being our guests for the *Adrenaline Rush!* of a lifetime. As they used to say somewhere, "*Alice and Marta, Come on down!*" Now the rest of you have an opportunity to win your very own *RUSH!*. Send your answers in soon.

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Summertime Recipes from Buck Thorn's
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Killer Sammich



This recipe is for the perfect sandwich to take fishin'. It is all you'll need for most of the day. If you cut it diagonally, you'll be able to hold and eat it even when the action is hot and heavy. You may want to pack a couple of cold ones also. Maybe some corn chips too.

A couple slices of watermelon, potato sticks and jumbo Reese's Crunch bar wouldn't hurt either.

Description: A gut slamming sandwich

Ingredients:

- Two heels of Wonder bread
- Two thick slices of all beef baloney
- Lots of Real Mayonnaise
- Lots of your favorite (Crunchy?) Peanut Butter
- 1 leaf of Lettuce
- 6 Green Olives
- 2 - 4 slices of cheese - American, Colby, cheddar or Swiss works great. Pepper cheese is best for this!

Directions:

Toast the two slices of bread, slather on the mayonnaise, then the two slices of baloney. Spread the peanut butter on the baloney, put the leaf of lettuce on top of peanut butter. Add the sliced green olives and cheese slices. (Remember to remove the bread from the toaster before you apply the ingredients). Cut diagonally so it'll fit into your pie hole. Serve with chips and pickle and a glass of buttermilk. Or a cold one if you're out drownin' worms.

Reunion Punch

Ah, "Summertime and the livin' is easy!" Summertime is also Reunion Time; family, school, and military reunions and picnics.

Besides putting on successful airs, sucking in the guts and losing hair, (A little rhyme!) reunions all have another thing in common - punch. Unfortunately some punches lack, well... A punch! This'll fix that if done properly.



Description:

A Punch Drunk at Reunions! No, no. Not a punch drunk, but a punch that is drunk (as in past participle of drink, you know, drank).

Ingredients:

- 3 Cans (6 oz each) frozen limeade
- 3 cans (12 oz each) apricot nectar
- 1 can (46 oz) pineapple juice
- 3 bottles (2 liters each) Ale 8, ginger ale, Squirt, 7-Up, Sprite, Sierra Mist (made with sugar, not corn syrup!) Or any combination of the above

Directions:

Mix it all up in a big ole bowl or bucket. Or tub. Make sure all is icy cold, maybe even freeze a couple of the bottled sodas and cut the plastic off and add the chunk to the bowl. You could make an ice ring of pineapple slices by putting them in a ring mold and adding ginger ale or 7-Up, let it freeze then float in the punch.

This will serve about 35 - 50 depending on whether ole what's-his-name shows up.

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Hosted by: Downtown Beattyville Alliance

Summer Nights on Main Street is every last Friday night of the month. Classic cars cruising town, music, food, fun.

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



Scenic Cabins Courtesy Coffee Counter

Stop in the Scenic Cabins rental office next to the Daniel Boone Trading Post for a cup of instant-brew gourmet coffee. The office is at 777 Natural Bridge Road, Slade, KY
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