

Cliff View Notes

Cliffview Resort

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Heart of the Bluegrass State*

Vol 5 No. 5

News & Notes For Cliffview Owners, Employees, Friends & Guests

July 2015

Happy News

Nancy Griffin is the Office Manger at Cliffview Resort and a very proud Grandmother. Her grandson, **DaKota Ross**, graduated *Valedictorian* of his 2015 Lee County High School class. DaKota is now an official UK Wildcat (His Granny Nancy is hoping for some UK basketball tickets). DaKota was the recipient of the Robinson Scholarship- a full scholarship to UK for 4 years! His major, at the moment, is Electrical Engineering. We offer our congratulations and hope for a rewarding career for DaKota. And some behind the bench seats for Granny Nancy!

Happy Birthday!

This month's birthday celebrants are Zipline Guides **Daniel Taulbee & Kirstie Jo Robinson** and Resort Office Worker **Brittany Vargas**. Daniel, graduated from Lee County High School and lives in Estill County. Brittany recently moved to Stanton, from Florida. She is also a vet-tech. Kirstie Jo is from Northern Kentucky. She enjoys rock climbing, surfing and paddle boating.

We want to congratulate Amanda Miller for her new promotion as office supervisor. Her daughter is going to UK as a incoming Freshman.

Also, kudos to Carmel Noble with her new promotion as Event Coordinator. She will be giving potential brides and grooms tours of our properties and help them plan their special day.

And we welcome Reservation Specialist, Jamie Becknell, an incoming freshman at the University of the Cumberland's majoring in Biology.

Gorge Goin's On

Paul and Nancy Hamann own and operate the Scenic Cabin Rentals and the Daniel Boone Trading Post on Highway 11 near Slade. They also live year round right here on Cliffview Resort.

Since 2001, they have hosted an annual family reunion at Cliffview and typically around 35 people attend.

In past years Nancy has planned Scavenger Hunts, Amazing Race contests, tee shirt designing contests, canoe races, fishing contests and other various games and contests.

Now the kids have grown into adults so the reunions are more subdued with grill-outs, hiking, fishing, ATV riding and good ole socializing.

This year's crowd is expected to be smaller as the family all got together at Cliffview in April for their daughter Michelle's wedding.

Hollerwood Park Opening - The new multi use off road park will be hosting its inaugural ride on Saturday, July 25th. Tickets will be sold to this event for \$100 and is a fundraiser for the park.

Five counties have cooperated in this venture in hopes of bringing in more visitors to the region. The park consists of 2000 acres and the counties are making the trails. People will be able to ride jeeps, ATV's and mountain bikes on the various trails. There is a Facebook page available now for information. Annual passes and day passes will be available.

Music in the Park - Two communities host a Music in the Park venue. Both Campton and Stanton have free Music in the Park on Thursday evenings throughout the summer from 6 - 8:00 pm. All are welcome and its free.

Fourth of July Fireworks - "Let the festivities begin!" Starting at 4:00 pm at Happy Top Park in Beattyville there will be kid's rides, splash park, music and games. Live music starts at 6:30 and goes till 10:00 pm.

Fireworks begin at dark. Bring the family and friends and celebrate the day. This event is free and there is a concession stand for drinks and food.

Fire (Prevention) Season Is Upon Us

Fire hazard is determined by the fuel moisture content in an area (the amount of moisture present in the surrounding trees and brush) and by local weather patterns, which include the temperature, the prevailing winds, and the relative humidity.

Check the bulletin boards at recreation areas and trailheads, and at forest service offices and visitor centers for specific information.

Fire Restrictions Rules

When fire restrictions are in effect, you will see "Fires Banned" signs along the road. During this time, remember that campfires are allowed only in designated campgrounds and developed fire pits.

Cliff View Notes

Is the official newsletter of
Cliffview Resort,
Campton, Kentucky

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We gratefully acknowledge the information and assistance given us by the State of Kentucky Parks Department and the staff of the Natural Bridge State Park especially Brian Gasdorf, Park Naturalist. And thanks to the staff of the Natural Bridge State Park's newsletter, the *Natural Bridge Hiker*.



Cliffview Notes is published monthly for the entertainment of Cliffview Resort Guests, Owners, Visitors, Staff and Friends. All contents are copyrighted by Jay Eye Communications Box 271 Talbott, TN 37877 Cliffview Notes is distributed free of charge but, please, only one copy per person.

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

Gladie Cultural-Environmental Learning Center (606) 663-8100

www.fs.fed.us/r8/boone/districts/cumberland/gladie.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

Cliffview Resort & Cliffview Retreat 606.668.6222

www.cliffviewresort.com 455 Cliff View Road, Campton, KY 41031

The Lodge is available for groups, weddings and retreats.

Also available is the 8,000 sq foot Assembly Hall

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

606.668.6222 www.redrivergorgezipline.com

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 Sandy Teal 859.409.0024

Cliff Notes Jenny or Jerry Ison 865.674.6740

Email stories, ideas, suggestions, news to: jenny@jerryison.com



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Cookin' with Jenny

Reunion Punch & Blackberry Dumplings

Reunion Punch

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) ginger ale or 7-Up - Can be diet

(If for adults only, this can be 'spiked' up a bit with the addition of neutral spirits)

Directions:

Mix it all up in a big ole bowl.
Make sure all is icy cold, maybe even freeze a couple of the bottles soda and cut the plastic off and add the frozen soda to the bowl.
You could make an ice ring of pineapple slices by putting slices in a ring mold and adding Ginger ale or 7-Up, let it freeze then float in the punch. Of course that's a whole lot more work, but the in-laws will certainly be impressed.
Number of Servings: about 50 (Maybe only 35 if that one uncle shows up!)

Blackberry Dumplings

Blackberries are Kentucky's July Gift

Ingredients:

Dumplings

2 cups flour
3 tablespoons sugar
3 & 1/2 teaspoons baking powder
1 teaspoon salt
1 egg
Milk to thin



Blackberry Mixture

3 pints fresh blackberries
1 cup sugar
3/4 cup water
1 1/2 tablespoons butter
Dash of lemon juice

Preparation

- * Sift the flour, 3 tablespoons sugar, baking powder, and salt into a medium bowl and mix well.
- * Add the egg, stirring until blended. Add just enough milk to make a stiff batter and mix well.
- * Combine the blackberries, 1 cup sugar, water, and butter in a medium saucepan. Bring to a boil, stirring occasionally.
- * Drop the batter 1 large spoonful at a time into the boiling blackberry mixture. Each spoonful should be 1/6 of the batter. Cover and simmer 15-20 minutes.
- * Serve with ice cream or whipped cream.



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Summer Bits (Summer Not!)

Did you enjoy that little extra sleep time last month? Yes there was a little time added to the world's clock. You see, there is a slight difference between the time standard - the atomic clock - and the earth's slight rotational irregularities. Since 1972, a second is regularly added to the world's official time to compensate. This was done this year on June 30. See? That's why you felt so rested on July 1st!



The Dog Days of summer start July 3rd and last until August 11. This period is when the so called Dog star, Sirius, ascends at sunrise and lasts until it descends. The Romans thought the appearance of Sirius at the same time the sun was out caused the high heat experienced during that time. However, we now know that although Sirius is another star, since it is more than 8.6 light years, or approximately 51,142,948,400,000 miles from us, there is no way it can contribute to earth's weather. We do now know that, right?

He's baaack! And Arnold is a man of his word. Remember when he promised, "I'll be back." , well he certainly is in this fifth Terminator film. And I mean he really comes back, back in time to 1984 or whenever they claim the first film was set. The latest Terminator, *Terminator Genisys*, premiered on Wednesday, July 1st

Arnie may be older, but it seems he's much bolder! He plays three different versions of the Terminator. Also, he's still cranking out those memorable lines, such as "I'm old, not obsolete!"

The new Sarah Conner is also pretty tough and a line stealer. It's her that says to Kyle the 1984 line he said to her, well, he said to the Linda Hamilton/Sarah Conner, "Come with me if you want to live."



Welcome to Thrillsville - For thrill seekers, adventurers and outdoor enthusiasts

My name is Kristen Houser and I joined the Thrillsville staff this season. The course, located on Natural Bridge Road, is a place of gratifying adventure, family fun and amazing, 360 degree views. You couldn't ask for a more ideal location that overlooks treetops and the Red River! The guides are essential to the experience of the course. They have a genuine passion for outdoor recreation in the Gorge and are so attentive to each participant. It is nice to have their encouragement when you want advice on which move to make next. I take so much delight in working at Thrillsville because it is my job to assist in bringing people to the course, and I authentically appreciate what Thrillsville represents to the Red River Gorge.

Thrillsville Summer Hours

Wed & Thurs & Sun 10 am - 6 pm (Last tour begins at 4:30)

Fri & Sat 10 am to 8 pm (Last tour begins at 6:30) Thrillsville.org

693 Natural Bridge Road Slade, KY 40376 Kristen@thrillsville.org

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Things To Do In The Red River Gorge Area



- **Breakfast, Lunch & Dinners** Available Mon– Sat
Daily specials. **Whisman's Hitching Post** 606-668-3580.
- **Pizza, Salads, Subs, Spaghetti, Lasagna.** *Delivery to Cliffview available.* **HillTop Pizza**
606.464.9990 2034 Hwy 11N Beattyville. Approx 20 minutes south.
- **Daniel Boone Coffee Shoppe & Deli.** Gourmet coffees and groceries 606-663-2549
KY Rt. 11 near Slade Exit 33 15 minute drive.
- **Thrillville Aerial Adventure Park** 1/2 Mile south of Exit 33 on KY Rt 11, Slade, KY
For more info click onto Thrillville.org or call 844.CLIMBHI (844.354.6244) 15 minute drive
- **Natural Bridge State Park, Lodge & Sky Lift:** www.parks.ky.gov/resortparks/nb/index.htm
- **Red River Gorge Hiking, Rock Climbing:** www.fs.fed.us/r8/boone/
- **Cave Run Lake** boat rentals, swimming beach: (606) 784-9666. 1 hour to Cave Run Lake.
- **Wild Things of Kentucky Reptile Zoo & Gem Mining** KY Rt. 11 Slade 859-577-0277 15 minutes.
- **Gift Shops: Daniel Boone Trading Post** 606-663-2549; **Ye Ole Country Peddler** 606-663-2683.
All on KY Rt 11, 15 minute drive.
- **Kayaking and Canoeing:** www.redriveradventure.net 606-663-1012
- **Rock climbing, rappelling, camping:** 606-369-051 **Ash Cave Rappelling** 10 minutes.
- In-house **Massage & Manicure** available with orders of 2 or more massages. 859-595-6388
- **Kentucky Tourism & Vacation Guide:** <http://kytourism.com/> www.tourseky.com
- **Via Ferrata Rock Climbing Park:** Great for beginners, must be 10 yrs old. 606-668-6441
torrentfalls.com 5 Minutes.
- **Hiking Trail Guide** and Descriptions. Great for beginners. www.redrivergorge.org.
- **Drive In Theater Stanton, KY.** Open April-September. 606-663-9988, 30 minute drive.
- **Peddler's Mall** Open Year Round. Stanton and Winchester. Gifts, Arts & Crafts, Antiques, Flea
Market. Stanton is a 25 minute drive; Winchester is an hour's drive.
- **Beech Fork Golf Club** in Clay City - 606-663-9479 30 minutes.
- **Sag Hollow Golf Course** in Booneville 606-593-4653 40 minutes.
- **Beattyville Public Golf Course.** Off Rt. 52 in Beattyville, KY 606.356.4199 30 minutes

Drive times are from Cliffview Resort to the listed attraction/event.



If a **Holiday Party, any Party, Family Reunion, Corporate Meeting, Church Retreat or Wedding** is on your to-do list, go ahead and check it off. We have the perfect solution to party planning from catering to lodging to activities. The **Lodge at Cliffview** which will sleep 64 and the 7000 square foot **Activity Center** for groups up to 250, and the **Retreat** will sleep up to 50 with double appliance kitchen and technically compatible media room. We will be opening another **12 bedroom lodge, Lakeside**, this June, increasing the number of accommodations.

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Maintain Your Cool

By Jerry Ison

While it's true that you usually can't beat the odds, you can beat the heat. Your body is designed to regulate its temperature and it does a good job most of the time. The problems start when weather conditions are so extreme that the body's cooling system is over taxed. The trick to beating the heat is to help your body regulate its temperature within a tolerable range.



When all systems are working properly, blood works much like Freon by carrying heat built up in the body out to the skin. Here the skin acts like the coils of an air conditioner and releases the heat into the air. Too much heat for the skin to handle alone and the sweat glands swing into action. The evaporation of sweat pulls heat from the skin and thus has a cooling effect on the body.

This system of cooling works pretty well as long as the air temperature is cooler than the body or while the relative humidity is low enough that the air can still hold more moisture. As the air temperature approaches body temperature, less and less heat is lost by the skin. As air saturation nears 100%, sweating has little or no cooling effect. That's when we must help our body's cooling systems operate more efficiently.

Here are ten easy ways to help your body keep its cool. You probably already know all this, but, hey, maybe one of these tid bits will hit a note with ya'.

1. Be shady. Avoid direct sunlight whenever possible. Wear a wide brimmed hat. *Don't* walk on the sunny side of the street. Take an afternoon siesta.

2. Drink cool. Water is best. Fruit juices, iced tea, caffeine-free soda pop (avoid really sweet drinks); skim milk and thirst quenchers are good. Drink even though you aren't thirsty. **Avoid** alcoholic drinks as they don't really replace fluids lost through sweating. They actually contribute to dehydration.

3. Dress cool. Light colored clothes reflect a good bit of the sunlight. Loose fitting, lightweight clothes will allow the air to reach your skin so it can carry heat away. Binding clothes not only feel hot, they tend to hold in the heat.

4. Eat cool. Your body generates heat by processing food. Eat small amounts more often instead of a few big meals. Keep your eating schedule and have meals that are varied. Vegetable and fruits help replace minerals such as the sodium lost by sweating.

5. Be your own fan. Remember those paper fans we used before the church was air conditioned? A stiff piece of cardboard will work almost as well. Fanning yourself will cause the moving air to carry away heat coming off your skin. And it helps the evaporation of sweat, increasing the cooling effect.

6. Work cool. Do outside chores early in the morning or after the sun is low in the western sky. If you must work outside in the heat of the day, do so in small chunks with a reasonable rest between efforts. Keep plenty of fluids close by and drink regularly. Rest in a shaded area.

7. It's cool to be fit. Don't let yourself get run down. Get plenty of sleep. Take numerous rest breaks. A healthy body resists the heat best.

8. Shades are cool. Wear sunglasses that block ultraviolet and are polarized to not only eliminate glare, but many times you can see into the lake and spot those snags before you well, snag 'em! And, you won't have to squint which tends to have a tiring effect. Being comfortable seems to make heat more tolerable.

9. Water is cool. Go jump in the lake, the pool, pond or river. Take frequent baths or showers. The water carries away great quantities of heat from the skin, continues to cool through evaporation. And of course, nothing refreshes like a long cleansing shower.

10. Sunburn isn't cool. A sunburned area creates even more heat and problems for your body to deal with, as well as all the other health risks inherent. Avoid sunburn by avoiding too much sun for too long and use a sunscreen with an SPF of 15 or more. Your skin will look and feel better much longer.



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