

Cliff View Notes

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Vol 6 No. 4

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June 2016

Good News And Even More Good News

Happy Birthday, Congratulations and Welcome !!

June 25, 2016 our Executive Director **Amy Sellin** will become **Amy Sellin Meyer!** We do wish the happy couple a lifetime of happiness and health!

Celebrating birthdays in June:

All around real swell feller, **Don Shackelford** - June 5
Cliffview Resort Office /Red River Gorge Zipline Office Manager and VSP (Very Special Person). **Nancy Griffin** - June 20
Veteran Zipline Guide, **Pete Watson** - June 29

Speaking of VSP Nancy, she has been blessed with lots of good happenings recently. In the past 7 months, she has been gifted with a new great nephew, and 2 great nieces. With these additions to the "Baker" family, her Mom now has 7 children, 18 grandchildren and 30 great grandchildren! Nancy feels it a blessing to still have her Mother with the family. At the age of 81, she is not only in good health but also still living by herself.

Our four newest guides to complete our training course are: **Michael Matthews**, is from Bedford, Indiana. He is a 5 1/2 year veteran of the United States Navy. He lives in his "Mystery" van (yes, a real live Scooby Doo mystery van!) on an extended open ended rock climbing trip to the RRG.

Gregory Frable is 22 and loves rock climbing. He has been climbing for 11 years. The climbing is the main reason he is living in the RRG. Plus, he says, Kentucky is one of the most gorgeous states he has lived in.

Andrew Sykut "AJ" is another 22 year old rock climbing fanatic. Originally from New Jersey, AJ has been on an international climbing trip since being discharged from the military. He is excited to be spending time in Kentucky and zipping with us.

As promised, even more good news

Our Housekeeping Supervisor, **Jessica Evans**, is so very proud and justifiably so, of her daughter **Kayla** who just graduated from Beattyville High School. Kayla was ranked number 4 in her senior class. She's applied for several scholarships and was surprised and thrilled when she was awarded a \$40,000 scholarship from former Secretary of State, Condolezza Rice. This scholarship is only awarded to 16 females in the nation. She was also interviewed at her school by a film crew that was sent by Ms. Rice. In June, Kayla gets to go on a 3 day retreat in Seattle to be with Ms. Rice and to play golf.

In addition to the Rice scholarship, Kayla has, through her untiring efforts, by writing essays and apparently very persuasive applications, garnered another \$50,000 in scholarships. She plans to work at Kings Island this summer as she did last year and attend Northern Kentucky University, majoring in business.

Bluegrass Happenings

There are many family events and festivals folks can enjoy year-round in the Bluegrass State, but during the Summer they happen almost daily!

Here are a few within an easy drive from Cliffview Resort. For more activities, log onto kentuckytourism.com/events

For 45 years, Natural Bridge State Resort Park has hosted their famous Hoedowns every Saturday May - October on Hoedown Island starting at 6:30pm till 10:30pm Contact Drew Stevens At 606 663-2214 or email: andrew.stevens@ky.gov.

In honor of **Father's Day**, the naturalist staff will be offering FREE canoeing, caving, and archery activities for fathers and their families. Space is limited on each activity, so please contact Brian Gasdorf at 606 663-2214 or brian.gasdorf@ky.gov to preregister.

Activities - Sunday, June 19, 2016 1:00pm - 2:30pm Canoeing - Mill Creek Lake Parking Area
Cave Exploration - the Nature Center
3:30pm - 5:00pm --Archery Middle Fork Campground Check-in booth

Canoeing on Mill Creek Lake - Mill Creek Lake Parking Area
6:30pm - 8:00pm --Cave Exploration - the Nature Center
Archery - Middle Fork Campground Check-in booth

Moorehead Trail Fest June 4, 8:00 A.M. - Noon

A fun filled morning on the Rowan County Arts Center lawn. The Morehead Trail Fest is to be held Saturday, June 4th from 8 a.m. - Noon. The event is held at our Trail Town Trail Stop. There will be hiking and bike rides from difficult to easy. Food and activities all morning on the lawn, including hot dogs and smores! Hope you can come and join us! All hiking and biking events are free! Be sure to bring your hiking boots, and bike helmets! We encourage safety at all times!

Morehead Trail Fest is held in conjunction with National Trails Day. For more information on National Trails Day visit www.americanhiking.org. (606) 783-9857

Ricky Scaggs & Kentucky Thunder

See Music Legend Ricky Scaggs at East KY Expo Center Friday, June 10, 2016. Lots of good music!! Tickets available at Box Office, Ticketmaster.com or 606 444-5500. East KY Expo Center 126 Main St Pikeville, KY 41501

Paintsville Cruiz'n Main Street Paintsville, KY 41240 June 18, 2016 Jul 16, 2016 - Aug 20, 2016 -Sep 17, 2016

Paintsville Cruiz'n is held on Main Street in downtown Paintsville every 3rd Saturday April-September beginning at 4pm. For more details, visit our facebook page at East KY Gearheads. Paintsville23@gmail.com

Cliff View Notes

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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*.



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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

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

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

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

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Thrillville 844.CLIMBHI (844.254.6244) Thrillville.org

Ian Teal 513.284.2332 Sandy Teal 859.409.0024

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



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Things To Do In The Red River Gorge Area



- **HillTop Pizza** Pizza, Salads, Subs, Spaghetti, Lasagna. *Delivery to Cliffview available.* 606.464.9990 2034 Hwy 11N Beattyville. Approx 20 minutes south.
- **Daniel Boone Coffee Shoppe & Deli.** Gourmet coffees, Deli Foods, Camping Supplies 606-663-2549 Natural Bridge Road (KY Rt. 11) near Slade Exit 33 15 minute drive.
- **Thrillsville Aerial Adventure Park** 1/2 Mile south of Exit 33 on KY Rt 11, Slade, KY For more info click onto Thrillsville.org or call 844.CLIMBHI (844.354.6244) 15 minute drive
- **Natural Bridge State Park, Lodge & Sky Lift:** Camping, Hiking, Rooms, Fine Dining at 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.
- **Daniel Boone Trading Post** 606-663-2549; Natural Bridge Rd (KY Rt 11) 15 Minutes
- **Ye Ole Country Peddler** 606-663-2683. All on KY Rt 11, 15 minute drive.
- **Kayaking and Canoeing:** www.redriveradventure.net 606-663-1012
- **Via Ferrata Rock Climbing Park:** Great for beginners 606-668-6441 torrentfalls.com 5 Minutes.
- **Rock climbing, rappelling, camping:** 606-369-051 **Ash Cave Rappelling** 10 minutes.
- **Massage & Manicure** In-house available with orders of 2 or more massages. 859-595-6388
- **Kentucky Tourism & Vacation Guide:** <http://kytourism.com/> www.tourseky.com
- **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. Call First!
- **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** will sleep 64. The 7000 square foot **Activity Center** seats up to 250 and has a fully equipped commercial grade kitchen. Our newest Lodges, the **Retreat** and **Lakeside** will sleep up to 50 with double appliance kitchens and technically compatible media rooms.

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Cookin' with Jenny

Reunion Standbys

From Buck Thorn's Blue Collar Cookbook section of his book, Short and Tall Tales

Buck's Pulled Pork

You can use this for sandwiches, or with flour tortillas for a Mexican twist. Adjust the amount of "heat" by the amount of hot sauce that you add.

5 pound boneless pork roast Any cut will work with this recipe.

1-1/2 C. brown sugar

1 -1/2 C. hot sauce Use more or less depending on taste. (Surprisingly, I like *Buck Thorn's Deep in Dixie Fire Water* best).

3/4 C. white distilled vinegar

3/4 C. lemon juice

3/4 C. Worcestershire sauce

3 tsp. pepper

1 tsp crushed red pepper flakes. Again, adjust this to your taste

Most of these amounts are approximate. I rarely measure an exact amount. I simply put in enough to cover the meat. This is pretty much a foolproof recipe, as you can adjust it to your taste. Just put all ingredients into a large crock pot and cook on low 6-8 hours or high for 3-4 hours. You'll know it's done with you can pull the meat with a fork. Shred all of the meat using 2 forks to pull and you're done!

Serve on a good Kaiser roll, hamburger bun or rolled up in a tortilla.

Serves approximately 10 to 12 and goes great with pickles, Cole slaw, potato salad, baked beans, corn on the cob and potato or tortilla chips.

P.S. If you can pronounce *Worcestershire* you just might be a Yankee!

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, dranked!)

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 - diet or regular) ginger ale or lemon-lime soda like 7-Up, Sprite, etc.

Sliced fruit: limes, lemons, oranges, pineapple

Directions:

Mix it all up in a big ole bowl. Do not dilute by adding ice, but make sure all is icy cold, maybe even freeze a couple of the bottles of soda and cut the plastic off and add the chunk to the bowl.

You could make an ice ring of *canned* pineapple slices by putting slices in a ring mold and adding soda pop and let it freeze then float in the punch.

Number Of Servings: about 50

Preparation Time: five minutes (plus time for refrigerating and freezing)



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A Summer Poem - JUNE, JUNE by Lil' Billy Bard



*June, June
Never comes too soon*



*Now's when the boys are startin' to spoon
And all the young girls, they surely do swoon*

*Oh yeah buddy, it's finally here, June, June
Time for courtin' weddings and the honeymoon!*

The Thing About June...

A great poet (see above) once said,
"June, June

Never comes too soon!"

To me, the sentiment is true. Most folks look upon June as a Summer month rather than a Spring month even though Summer isn't officially here until about the 21st. While it is true that I love hot, humid weather, I also love the Springtime. I've decided to view June as sort of an epilogue to Spring.

Some say June gets its name from the Latin word, *Junious*, which means sacred to the goddess Juno, the wife and sister of Jupiter, the king of the Olympus gods. This is the interpretation Ovid gives us in his *Fasti*. Others say the name is from *junioribus*, the Latin name of the *junior* branch of the Roman legislature.

As for me, I'm sticking with Ovid's idea. I'm certain June is definitely a female month, softer and better smelling than say good ole masculine January named for the two-faced god Janus.

Well, you say, if June is a female month, how did Father's Day get in there? That is so simple, I'm surprised you didn't think of it. Black & Decker must be owned by a woman!

Another factor which makes it more likely that June was named for Juno is she was not only the queen of the Roman gods, but also the protector of marriages and married women.

Those careful Romans thus thought June to be the best time for a wedding, especially if that wedding could be arranged to occur on the full moon or during a conjunction of the sun and moon.

The absolute best day was certainly the Summer Solstice, the longest day of the year. (Yeah, but wouldn't that mean the *wedding night* would be the *shortest night* of the year? Those silly Romans, go figure.)

The Saxons called this month *Weyd Monath*. *Weyd* is the Saxon word for meadow. June was the month the flocks and herds were turned out into the meadows. No one ever said those Saxons weren't pragmatic if not very creative.

According to *Poor Robin's Almanac* of 1683 writing about June:

This is the best month to enter marriage state

*To try the love each bears unto his mate;
For if that they do now lay close together,
No doubt they'll do the same in colder weather.*

Besides Father's day, other June celebrations include the Queen's Official Birthday, celebrated in England and other nations of the Commonwealth.

In some Southern states, Jefferson Davis' birthday is a June holiday.

June 14 is Flag Day here in America. June has the distinction of being designated National Pest Control Month, National Dairy Month, National Safe Boating Month, and Philatelic Writer's Month. Philatelic is an adverb meaning postage stamp related, so I'm at a loss as to what a philatelic writer writes. Whatever it is, it would have to be brief. And tiny.

June is the National Ragweed Month in Cincinnatti. Why? Who knows!

June also has National Little League Week, The Great Hudson River Revival and one of my favorite names for a holiday, International Picnic Day.

I'll bet if all the differing factions around the world would just sit down to some burned hot dogs, potato salad and baked beans, all their differences could be worked out. Instead of invasions and war, they could settle disputes through sack races, volley ball or horse shoe pitching contests. They may even decide to unite against their common enemy - ants!

Birthstones for June are the pearl, moonstone or alexandrite. Alexandrite is a strange stone. It is greenish in the sun, but appears red under artificial light.

The gem was named after Russian Czar Alexander I.

The June flowers are, in my opinion, most appropriate since the rose and the honeysuckle are so very feminine, smell wonderful and are sweet as a baby's grin.

J. Ison



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The Greatest Horse In Racing History

His groom called him "de mostest hoses that ever was!"

While we're in the middle of the Triple Crown fever, I thought a story about the most studliest super horse what ever is called for. **Man o' War**,



is considered one of the greatest Thoroughbred racehorses of all time. During his career just after World War I, he won 20 of 21 races and \$249,465 in purses. That would be about \$4,000,000 in today's money. Blood-Horse magazine ranking the top 100 U.S. Thoroughbred champions of the 20th Century, ranked him No. 1. The Associated Press ranked him as the greatest horse of the 20th century and in 1992, Sports Illustrated ranked Man o' War as the greatest horse in racing history.

Man o' War was sired by the prominent Fair Play. His dam, Mahwah, was sired by U.K. Triple Crown Champion Rock Sand. Man o' War was owned and bred by August Belmont, Jr. (1851-1924), whose father's accomplishments were recognized through the naming of the Belmont Stakes. Belmont Jr. joined the United States Army at age 65 to serve in France during World War I. While he was overseas, his wife named a new foal "Man o' War" in honor of her husband. However, the Belmonts decided to liquidate their racing stable. At the Saratoga yearling sale in 1918, Man o' War was sold at a final bid of \$5,000 (equivalent to \$80,000 today) to Samuel D. Riddle, who brought him to his Glen Riddle Farm near Berlin, Maryland.

Trained by Louis Festal and ridden by Johnny Loftus, Man o' War made his debut at Belmont Park on June 6, 1919, winning by six lengths. Three weeks later, he won the Keene Memorial Stakes.

As a two-year-old, he carried 130 pounds in six races; few horses ever carried that much at any age. As a three-year-old, he carried as much as 138 pounds in races, conceding as much as 32 pounds to other horses.

In the early 1900s, there were no starting gates. Horses circled around and then lined up behind a piece of webbing known as the barrier and were sent away when it was raised. In Man o' War's only loss, the Sanford Memorial Stakes, he still was circling with his back to the starting line when the barrier was raised. After Man o' War turned around, he already was far behind the starters. Jockey Johnny Loftus put Man o' War in a bad position, getting boxed in by other horses. Despite this, he came close to winning, losing by a half-length. The winner was Upset, whose name is sometimes erroneously thought to have popularized a new phrase in sports (meaning an underdog beating the favorite)—in fact, the term "upset" was already in use to describe such a situation decades before. Man o' War finished his two-year-old campaign with nine wins from ten starts.

After his racing days were over, Man o' War naturally stood at stud and even there, has some impressive stats. He never serviced more than 25 mares in any season, yet Man o' War sired 379 named foals during 22 seasons at stud. His daughters kept Man o' War listed in the 10 leading broodmare sires list for 22 years.

Man o' War died on 1 November 1947 at age 30 of an apparent heart attack.



Ed Note:

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