

Cliff View Notes

Cliffview Resort

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Vol 6 No. 5

Cliffview Resort - Winner of TripAdvisor's Certificate of Excellence 2013, 2014 and 2015

July 2016

Good News And Even More Good News

Congratulations, Happy Birthday and Welcome !!

On Saturday, June 25, 2016 our Executive Director **Amy Sellin** became **Amy Sellin Meyer!**

We wish the happy couple a lifetime of fun, good health and abundant joy!

Celebrating birthdays in July:

Zipline Guide, **Greg Frable** July 16

Introducing our newest Zipline Guides who have completed our comprehensive and rigorous training course and are anxious to help our guests *Zip Away!!* :

Mahalla Kash- Mahalla just graduated from Lee Co. High School in May 2016, where she earned a Dean's Scholar Award from Morehead State University. She is planning to attend MSU this fall. In addition to training to become a zipline guide, she stays busy as a member of the Tri-Community Volunteer Fire Department and the Lee County Search and Rescue Team.

Tristan Fraley - Tristan is another local young man from Lee County. He is attending Eastern Kentucky University and studying to become a police officer. He enjoys playing basketball and spending time with his friends in his spare time.

Michael Ammerman - Michael is also from Lee County. He will be a freshman at University of Kentucky this fall. In his spare time he enjoys video games, running, basketball and just being outdoors. Even though he is not a morning person, he looks forward to getting up and being at the Zipline for training.

DaKota Ross - (Resort Office Manager Nancy Griffin's grandson) DaKota is a sophomore at the University of Kentucky studying Mining Engineering. He too, is a native of Lee County. He enjoys hiking, fishing, climbing and our great outdoors.

He loves to collect rocks! So *Rock on!* DaKota.

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

Natural Bridge State Resort Park - Slade KY Rte 11

The famous Natural Bridge Hoedowns have been a popular tradition at Natural Bridge for over 45 years! Natural Bridge State Resort Park and square dance caller, Jane Bolin, invite you on Saturdays from now through October to Hoedown Island for some easy to learn Appalachian square dancing, line dancing, two-stepping, polkas, waltzes and other couples and individual dances. The warm-up dance starts at 6:30 pm and the regular dance program begins at 7:30 pm. Admission is \$3.00/person (ages 12 & under are free). As an outdoor event, there is the possibility of cancellation if inclement weather is forecast or occurs.

Beattyville - Whippoorwill Festival Jul 7 - Jul 10, 2016

The goal of the Whippoorwill Festival is to promote sustainable living in Appalachia by sharing earth-friendly living skills with one another in a joyful, healthy, family-friendly atmosphere. 2016 is the sixth year for the festival.

The Whippoorwill Festival celebrates our Appalachian heritage and traditions while helping prepare our minds and bodies for a future world of climate change and a decreased supply of resources. Together we are building a community and working towards creating a society that will be more resilient in the face of these challenges

The Whippoorwill Festival features over 75 earth-friendly workshops, tent camping, food and guest speakers, plus a community campfire, folk and traditional music, and dancing.

Many of our workshop leaders are experts: longtime residents of Appalachia and community educators who live the Appalachian way of life every day and who understand traditional self-reliant ways of living in the mountains.

To support the local economy, the Whippoorwill Festival features booths and displays from local artists and craft workers. Visit the website for more information. www.whippoorwillfest.com

Paintsville Cruiz'n Main Street Paintsville, KY 41240

Jul 16, 2016 - Aug 20, 2016 - Sep 17, 2016

Paintsville Cruiz'n is held on Main Street in downtown Paintsville every 3rd Saturday July—September beginning at 4pm.

For more details, visit their 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*.



Cliffview Notes is published monthly for the entertainment of Cliffview Resort Guests, Owners, Visitors, Staff and Friends.

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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

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.

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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

Thrillville 844.CLIMBHI (844.254.6244) Thrillville.org

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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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.

Call Amy at 606.668.6222 for details.

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Cookin' with Jenny

*It's Summer
Food Time!*
**Hamburgers
Hot Dogs**

As the song says, It's Summertime and the livin' is easy. Maybe part of the reason is Summertime livin' is easy is that a lot of the food preparation is easy-er. Like grilling hot dogs and hamburgers.

The summer meals are more casual, more picnic-like. Using paper plates and fewer pots and pans. Prep time for many summer meals is minimal and cleanup is a snap.

The very lean beef doesn't hold together on a grill very well unless fortified. The eggs and crackers will keep the burgers from crumbling through the grate.

Okay, lets get grillin'!

The Juicy

Very Lean and Yummy Burgers

2 lbs ground sirloin (85 – 90% lean)

4 – 5 tbsp Worcestershire sauce

2 eggs, beaten

20 – 30 Ritz crackers, crushed

Crumble the meat in a mixing bowl. Mix in the Worcester sauce.

Let stand in refrigerator for 20 – 30 minutes.

Mix in the beaten eggs and the cracker crumbs.

Pat into 8 burger size patties (approx 4 Oz. each).

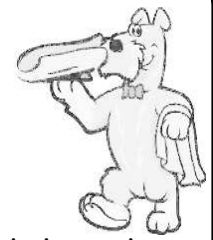
Grill over medium heat or fry with a little oil to your desired doneness. Medium to medium-well is recommended.

Serve with your favorite burger fixings.

Enjoy.

Buck Thorn's Famous

Red (River Gorge) Dog



Split *all-beef* wieners lengthwise.

Rub the insides with a mixture of ground sage, paprika and cumin.

Throw 'em on a hot grill until the skin is starting to crackle and turn a deep, burnt brown.

Toast some buns. (We recommend the same number buns as wieners!)

Spread brown mustard on one side of a bun, then lay on a thinly sliced dill pickle. Those lengthwise sandwich slices are best.

Mix some Heinz 57 or your favorite BBQ sauce with a few drops of hot sauce (we recommend *Buck Thorn's Deep in Dixie Fire Water*) then coat the other side of the bun with this mixture, letting your taste or adventurous spirit determine the amount of hot sauce.

If you wish, cold Cole slaw can also be layered on, but that's it. No other toppings allowed.

Never, ever put onions on this hot dog. The taste of the onion and sauce will combine for a very bitter flavor.

Serve with standard dog accessories; potato, bean or macaroni salad or some of each, potato chips and ice cold drinks .

The Dixie Dog will wipe the memory of those sissy mustard, ketchup and relish garnishes completely out of your mind!



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Kentucky's Great Lakes Offer the Best in Water Recreation



Kentucky's "great lakes" are a haven for many thousands of boaters, skiers, anglers and other water sports enthusiasts who return to these jewels year after year, especially during warm summers when they enjoy cool breezes and refreshing dips in the clear waters. Boating, skiing, swimming and personal water craft are a great source of recreation and entertainment in these lazy summer months. Open regattas, drag boat races, and poker runs are scheduled throughout the year.

Boating, America's number one family sport, is enjoyed by millions, and Kentucky's lakes attract many of these recreationers from surrounding states. Boat rentals are readily available at the many marinas that dot the shorelines, and there's plenty of room on Kentucky's vast waterways for a great getaway. Plentiful boat ramps and access sites make it easy to bring your own watercraft for the largest small mouth bass and many other record fish have been caught.

Kentucky's Kentucky and Barkley Lake have a combined area of a whopping 220,000 acres of water.

The third big lake, Lake Cumberland has a shoreline that is nearly equal to the Pacific Coast of the continental United States.

Smaller lakes are dotted around the state. You will also find state resort parks at Barren River Lake, Buckhorn Lake, Greenbo Lake, and Rough River Lake. State parks without lodges are found at Green River Lake, Taylorsville Lake, Nolin Lake, Grayson Lake, Yatesville Lake, Carr Fork Lake, Kincaid Lake and General Burnside Island. Other Kentucky lakes popular with water sports enthusiasts include Herrington Lake, Cave Run Lake, Laurel River Lake, and Fishtrap Lake. Log onto parks.ky.gov.

Some of those smaller lakes are right here on the Resort. We have fourteen little lakes. We've heard some refer to them as 'ponds' but we offer the following definition: *Lakes vs. Ponds. Both lakes and ponds are standing or slow-moving bodies of water. There are no official or scientific differences between lakes and ponds.*

Anyway, the lakes vary in size from a small 1/2 acre to the bigger two acre lake at the Lodge. No matter the size, they have fish in them. They are scattered all throughout the Resort. There is a lake just outside the Lodge, Retreat, Lakeside and many of the rental cabins in the Resort.

Some have docks and all are full of fish. There is an abundance of bluegills, largemouth bass and catfish.

We encourage our guests to take advantage of these lakes and share the fun with the entire family. Catching blue gills is the perfect way to introduce young people to the joy of fishing. As a matter of fact, I'll bet that most of us who look forward to a day on the water probably developed the love of fishing the first time one of those scrappy little sunfish took the worm we were dangling. Bluegills are the most dependable of the fishes. He's always hungry, bites any time of day and offers a youngster the thrills needed to hold his or her attention.

Didn't bring fishing gear? No problem, we have rods and reels and a limited assortment of basic tackle: hooks, lures, bobbers, line. Keep in mind that all the fishing here is *catch and release* so please return the fish to the water as soon as the pictures are snapped. Don't just throw them back, lower them into the water and let go.

So, with water nearly everywhere in Kentucky, you can't find a better place to take an aquatic adventure vacation.



Thanks to Kentucky Tourism for information and material used in this article



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The Red River Gorge

The Red River Gorge is a canyon system on the Red River in east-central Kentucky. Geologically, it is part of the Pottsville Escarpment.

Much of the Gorge is located inside the Daniel Boone National Forest and has been subsequently reserved as the Red River Gorge Geological Area, an area of around 29,000 acres. It has been designated a National Natural Landmark and National Archaeological District, and it is listed on the National Register of Historic Places. The 13,379-acre Clifty Wilderness Area lies entirely within the geological area in the Red River Gorge.

This intricate canyon system features an abundance of high sandstone cliffs, rock shelters, waterfalls, and natural bridges. There are more than 100 natural sandstone arches in the Red River Gorge Geological Area. The multitude of sandstone and cliff-lines have helped this area become one of the world's top rock climbing destinations and is home to the Red River Gorge Climbers' Coalition.

Kentucky's Natural Bridge State Park is immediately adjacent to this area, featuring one of the largest natural bridges in the Red River Gorge.

Because of its unusual and rugged nature, the Red River Gorge features a remarkable variety of ecological zones. It is home to many plants, such as Canadian yew, which are far from their main range. Nada Tunnel has often been described as the "Gateway to Red River Gorge" for the shortcut it now provides motorists. The tunnel is a 900-foot-long, 12-foot-wide, and 13-foot-high logging tunnel built between 1910 and 1912. Rock and dirt were removed by dynamite, steam drills, and hand tools.

The Red River Gorge Geological Area, including Clifty Wilderness, has a very diverse biology. The Gorge is home to a great variety of wildlife including hawks, owls, woodpeckers, hummingbirds, deer, fox, black bears, and two venomous snakes: the copperhead and the timber rattlesnake. It is home to several endangered species including the white-haired goldenrod which is found only in Red River Gorge. Rock shelters and other sites in the Red River Gorge Geological Area contain artifacts of

prehistoric occupancy by indigenous peoples, beginning with the Paleoindian period. Rock shelters are particularly valuable as archeological sites because they are protected from precipitation. Plant materials and other relics, such as woven mats and leather moccasins, that would decompose in more typical sites are well-preserved in the dry, nitrate-rich soils found in rock shelters. Sites in the area have yielded some of the earliest evidence of the domestication of plants found in the eastern United States.

The Red River Gorge, Clifty Wilderness, and the Indian Creek area were designated as a National Archaeological District and placed on the National Register of Historic Places in 2003. The National Register district covers 37,217 acres of land; as of 2005, it included 29,116 acres in the national forest and 8,101 acres of private land. It contains 664 known prehistoric and historic sites that date from more than 11,000 years ago to the 20th century; 442 sites are contributing sites in the National Register district. Clifty Wilderness is a 13,379-acre wilderness area entirely within the Red River Gorge Geological Area. The Red River Gorge is also known as a popular destination for rock climbers, with numerous cliffs in the gorge itself and in the surrounding areas. The vast number of bolted routes in overhanging, pocketed sandstone draws climbers from all over the world to "the Red" as it is known. Climbing in the region tends to be done at large numbers of separate small cliffs. Most climbs are a single pitch and most cliffs are less than 200 feet tall. There are numerous traditional and sport climbing routes in the region; although the latter seems to be more dominant. Many cliffs lay within Daniel Boone National Forest; however numerous important cliffs are located on private land and in two privately owned preserves created to allow climbing access: Pendergrass-Murray Recreational Preserve is a 750-acre preserve owned and maintained by Red River Gorge Climbers' Coalition.

Muir Valley is a 400-acre nature preserve and rock climbing area owned and maintained by Rick and Liz Weber.

Ed Note:

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