

Cliff View Notes

Cliffview Resort

Owners and Operators of Cliffview Lodge,
Cliffview Retreat And Cliffview Lakeside

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Heart of the Bluegrass State*

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Vol 6 No. 6 Cliffview Resort - Winner of TripAdvisor's Certificate of Excellence Three Years In A Row August 2016

Cliffview Resort and Red River Gorge Zipline Receive 2016 TripAdvisor Certificate of Excellence

The Red River Gorge area's top-rated hotel and #1 attraction have both been awarded the TripAdvisor Certificate of Excellence again this year. This marks the third consecutive year for Cliffview Resort and the fourth for Red River Gorge Zipline.

Now in its sixth year, the Certificate of Excellence celebrates hospitality businesses that have earned great traveler reviews on TripAdvisor over the past year.

"This award shows our dedication to the guest experience," says Amy Sellin, Executive Director of Cliffview Resort and Red River Gorge Zipline. "From the moment guests arrive, they are greeted with a smile and treated to the best Eastern Kentucky has to offer. We are truly grateful for the opportunity to introduce new people to this breathtakingly beautiful place and keep them coming back."

Visitors to the Cliffview Resort consistently comment on the lovely accommodations and friendly staff. Red River Gorge Zipline offers unparalleled views often described as "amazing" and "awesome."

The Certificate of Excellence accounts for the quality, quantity and recency of reviews submitted by travelers on TripAdvisor over a 12-month period. To qualify, a business must maintain an overall TripAdvisor bubble rating of at least four out of five, have a minimum number of reviews and must have been listed on TripAdvisor for at least 12 months.

With stunning natural views of the Red River Gorge, the Cliffview Resort offers luxury accommodations for groups of 2 to 200. The onsite banquet hall can host weddings, corporate retreats or family gatherings. For those with an adventurous spirit, the nearby Red River Gorge Zipline offers professionally-guided tours high above the Gorge.

Hoe Down At Natural Bridge

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's an on-going summer event only a ten minute drive from Cliffview Resort north on KY 11 towards the Parkway.

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.

Congratulations,

Happy Birthday and Welcome !!

Innkeeper **Terri Charles** and Zipline guide **Eric Parker** celebrate their birthdays August 10th and **Taylor Riley**, new reservation associate, on the 11th. August 14 is when **Suzann Bookstaff** celebrates her th birthday! We don't specify the year here because, well, it's just that Suzann is *ageless!*

Reservation Specialist **Mindy Conway** gets another year older the 18th.

Our very own Cliffview Notes editor, **Jerry Ison** was born oh so many years ago on the 23rd.

And Zipline guide **Joey Stamper** celebrates the 26th Taylor Riley will be 21 years old on August 11th, 2016. She has been married since August 8, 2015 We wish her a happy anniversary and a long happy married life. She has 2 wonderful fur babies named Mia and Maggie.

Jamee Adkins was born and raised in Sandy Hook, KY. She creates and teaches art classes. She enjoys visiting with her family and friends, spending time with her fur baby, Buddy, and making *new friends*.

Cliff View Notes

Is the official newsletter of
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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

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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)

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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.
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- **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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Cooking' with Jenny

The Bacon - Burger Weenie Wrap



Summertime means combining two of America's most popular activities - Family Time and Grillin'. Sometimes, these family grilling occasions include ten, twenty, even more people, and fixing something everyone can agree on may be trying at best. Here's a quick, simple and easy fix to the question, "Who wants hot dogs and who wants burgers?"

Ingredients:

- Hot Dogs
- Ground Beef (75% - 25% works best)
- Bacon
- Quantities will vary according to the number of hungry souls present.

Accessory Items:

- Buns
- Grated Cheese - American, Monterey Jack, Cheddar or whatever is a personal preference.
- Chili
- Cole Slaw
- Baked Beans
- Potato and/or Macaroni Salad
- Chips

Preparation:

Mold just enough ground beef around the weenies to cover. Wrap a slice of bacon around the beef and fasten at each end with a toothpick. Grill until bacon is crispy and the beef is thoroughly cooked. Serve with any or all of the "accessories".

One of the many joys of summer is the abundance of fresh fruits available.

A tropical fruit salad is the perfect summer dish, so flavorful as well as nutritious and refreshing. Below is one of our favorites.

Tropical Fruit Salad with Coconut

This recipe for tropical fruit salad, made with fresh papaya, mango, pineapple, bananas and grated coconut is enough for lots of folks - almost 14 cups. That makes it great to take to a picnic, potluck or a backyard grilling party. If this isn't enough, it's very easy to double or triple the amounts for even larger groups such as a family reunion or a church function. Preparation is so simple that the only skills needed are peeling and slicing.

Ingredients:

- 2 - 3 Papayas, peeled and diced into 3/4-inch cubes (approx 4 - 5 cups depending on size).
- 2 - 3 Mangoes, peeled and diced into 3/4-inch cubes (approx 2 - 3 cups depending on size).
- 1 Fresh pineapple, peeled and diced into 3/4 inch cubes (4 cups), reserving the juice.
- 2 large bananas, peeled and diced into 3/4 inch cubes (2 cups).
- 1/4 cup fresh grated coconut, for garnish.

Preparation:

Combine the papaya, mangoes, and pineapple in a large bowl and add the juice from the pineapple. Cover and refrigerate until chilled. Just before serving, add the bananas and garnish with fresh coconut. *Could it be any easier?*

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

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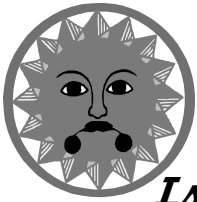
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August



Is It Known As Just The End of Summer?

*Not Only Is August Usually Hot And Dry,
But Most folks Think Nothing Ever Happens
In Those "Most Regal" Thirty-One Days*

I know most folks think August is an uneventful month. That besides vacations and back to school shopping not much goes on in August.

But, I must differ. As they say in Nice, "Au contraire, mon ami!" Or something like that.

The only religious day celebrated around the world in August is the Feast of the Assumption of Mary or just Assumption day. A national holiday in 38 countries, this celebration of Mary's Ascension into heaven is one of the oldest and most solemn feasts.

Some big deals take place in August. For instance, there's Harriet Quimby Day, August 2. This day has been set aside to honor Harriet as the first female in the USA to be licensed as an airplane pilot.

The 1920 ratification of the 19th Amendment, also known as the Susan B. Anthony Amendment, gave women the right to vote. (If you wish to commemorate this event, I suggest you go down to a bank and ask for a couple rolls of Susan dollars, then spend them with our advertisers!)

When Rheingrave Phillip Francis von Daun's agent in England, Gerrard Herman, mailed his employer a letter in August, 1554, he sealed the letter with a red dollop of wax, the first known instance of such practice. Voice mail, email and instant messaging has since cut into the sealing wax market.

Other important events include the union, so to speak, of love and peace. On August 28, 1891 Alfred Love was elected president of the Universal Peace Union of the USA.

The first jail sentence in the USA for speeding was handed down in Rhode Island August 28, 1904.

In August of 1926, Miss Gertrude Ederle became the first American woman to swim the English Channel, a feat that has not been duplicated since and never will be. Oh yeah? Think about it.

The Panama Canal opened August 15, 1914. The canal connects the Atlantic Ocean on the east and the Pacific Ocean on the west coast of Panama, ships which enter from the Atlantic actually exit into the Pacific several miles east of where they started.

The last solar eclipse of the 20th Century occurred August 11, 1999.

Many famous persons were born in August: Romeo's love-to-die-for, Juliet Capulet was born August 1, 1578. The first white child born in the new World, Virginia Dare, was born August 18, 1587. Virginia's mother's maiden name, coincidentally, was "White".

Davey Crockett was "Born on a mountain top in Tennessee" August 17, 1786. The "Frontier Feminist", Annie Oakley, was born in southern Ohio August 13, 1860. The most famous spy of all time, Mata Hari, was born August 7, 1876; the most famous nun of all times, Mother Teresa, was born this month in 1910.

Oh yeah we mustn't forget, Mom's very handsome and most humble son, myself, was born lo, those many years ago on the 23rd!

One other August event we may not always look forward to is the *Arrival of Unexpected Relatives Who Will Stay Forever Day*. This event proves the wisdom in what Ch'eng Hsiao said 2,000 years ago, "I therefore caution all wise men, that August visitors should not be admitted."

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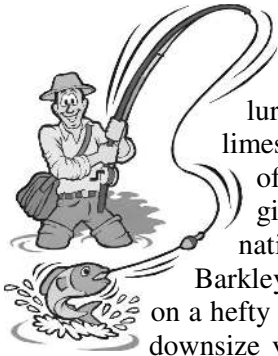
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Kentucky's mountains and undulating terrain have spawned a wealth of water: Here you'll find more than 62,000 miles of fishable streams and 40 public lakes exceeding 100 acres. Look to our Where to Fish page where more than 850 public and private boat ramps offer you access to prime fishing spots. If you don't have a boat, bank access options include the popular Fishing in Neighborhoods program. This includes dozens of specially stocked small lakes near cities – perfect for a day of family fun.

The waters of the Commonwealth also support active and valuable commercial fisheries. From catfish to paddlefish caviar, Kentucky commercial fishers provide a variety of products for consumers.

To help keep fishing great, Kentucky stocks 7 million fish a year and actively manages sport and commercial fish populations across the state. Our fisheries management team is constantly working to monitor and improve Kentucky's aquatic heritage. Explore the links below to discover the wealth of fishing opportunities in Kentucky.

Check out the many miles of Floyds Fork Creek for public paddling and fishing. The park installed excellent public paddling access on Floyds Fork, offering floats that can be done in a few hours, half a day or a full day. The creek holds an improving population of smallmouth bass, with many fish ranging from 14 to 18 inches in length. Try a silver and black Rapala-style floating/diving minnow above and below riffles for smallmouths.

Repair work on Wolf Creek Dam lowered the flow of water into the Cumberland River below it for several years, but with a return to normal flows a few years ago, the trout in the river are thriving. The Cumberland River is home to the state record rainbow trout, brook trout and the 21-pound state record brown trout. Fly anglers will find good sport fishing beadhead prince nymphs, zebra midges and olive or white wooly buggers for trout. Spinning anglers do well on white, silver or red and silver inline spinners, small silver and black suspending jerkbaits or small crawfish-imitating crankbaits. Check the generation schedule at www.tva.gov/Environment/Lake-Levels/Wolf-Creek before planning a wade trip. Generation of two turbines or less is best, with no generation being optimal. Water releases greater than two turbines makes for dangerous wading conditions. Remember your waders as even in the hottest months the water is chilly. Located nearby is the Wolf Creek National Fish Hatchery, the only cold water fish hatchery in Kentucky responsible for all trout stockings in the state. The Hatchery is open all year with a welcome center featuring a walk through display illustrating the wildlife found in Lake Cumberland and its tailwaters where you can learn about the region's trout and explore its karst terrain. And the latest addition is Hatchery Creek Stream, a recently opened man-made trout stream. Most of Hatchery Creek is open to catch and release fishing with artificial lures only, but anglers may keep trout in the extreme upper section the creek. Look for signs denoting the catch and keep section and harvest regulations. Log on to Kentucky's Adventure Tourism for lists of places to fish as well as Outfitters and Guides. Kentucky Department of Fish and Wildlife Resources has information on stream fisheries, the 2016/17 Fishing and Boating regulations and much more



Ed Note:

The material for this article was taken from the Kentucky Tourism Website Log onto www.kentuckytourism.com for more info

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