

Cliffview Notes

Vol 7 No. 3 Winner of TripAdvisor's Certificate of Excellence Award for 2013, 2014, 2015, and 2016! May 2017

View From The Cliff by Joyce Belcher Resort Executive Director

Making Memories at Cliffview Resort

Are you looking for the perfect place to have your outdoor wedding? At Cliffview, you can capture the gorgeous views found in the Red River Gorge Area of Kentucky in your wedding photos.

Whether you are planning a large or small wedding, Cliffview Resort is the perfect venue for your big day! If you need overnight lodging we have that covered too. In addition to our beautiful 16 bedroom Cliffview Lodge there are the Retreat and the Lakeside Lodges. Each with double appliance kitchens, theater style media rooms and max occupancy of 50.

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Call today and let us arrange a personal tour of our properties before you decide where you will make your memories of that most special day.

May Milestones

Housekeeping Supervisor, Jessica Evans, celebrates her birthday May 1st! *But wait! There's more!* (Said in my TV announcer voice) **Tyra Johnson**, a new member of our *housekeeping staff*, celebrates on May 2. Tyra is a mother to 2 boys, **Ryan** and **Alex**. Tyra enjoys being outdoors, bonfires, good music, friends and good food.

We have a slew of new housekeepers to welcome to Cliffview this month.

Austin Joe Hays is an 18 yr old Wolfe Co High School graduate who was born in Chicago Illinois. Austin enjoys the outdoors especially ATV riding.

Chalese Marie Triplett is the 19 year old mother of a 1 yr old son, **Chase Lee David Tibbs**. Chalese loves being outdoors with her family and friends, playing basketball and volleyball, and of course chasing after her son!

Chalese loves her job and coworkers at Cliffview!

Peggy Fox is originally from Ohio but lives in Lee County now. She has been married for 32 years and has 3 children and 4 grandchildren.

Barbara Renee Olinger (who prefers to be called Renee) has been married 27 years to **Johnny Olinger** and they have 2 children, **John Curtis** and **Caitlin Justice**. Renee likes to spend time with family and friends just hanging out and having a good time.

Cliffview Resort

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Gorge Underground



The Red River Gorge is full of unique opportunities to explore nature on many different levels. Hiking and climbing above ground are the classic ways to explore the Red River Gorge...but kayaking the underground at Thrillsville is a whole new level of experience. Approaching the entrance, guests are welcomed by friendly staff eager to share what the underground has to offer. Helmets, headlamps and lifejackets are provided for safety. A guide leads and a guide follows the group. The entrance is grand at the beginning... as kayaks move deeper into the underground...the ceiling drops as the space becomes darker and darker....

The rest of this underground water adventure simply has to be experienced. Like they say, a picture is worth a thousand words, but an experience is almost untellable!

Here we are, just off the parkway Slade exit 33 1/2 mile south on KY Rte. 11, Natural Bridge Rd.

Check us out at thrillsville.org or call reservations at 888.354.6244. *Tell 'em you read about it here and get \$5.00 off!*

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 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.

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

Thrillsville 844.CLIMBHI (844.254.6244) Thrillsville.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: jerry@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
parks.ky.gov/resortparks/nb/index.htm
- **Red River Gorge Hiking, Rock Climbing:** fs.fed.us/r8/boone/
- **Ash Cave Rapelling:** Rapelling, Hiking, Climbing, Camping 606.369.0511 10 Minutes
- **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. KY Rt 11, 15 minute drive.
- **Red River Adventure:** Kayaking and Canoeing redriveradventure.net 606-663-1012
- **Via Ferrata Rock Climbing Park:** Great for beginners 606-668-6441 torrentfalls.com 5 Minutes.
- **Massage & Manicure:** In-house available with orders of 2 or more massages. 859-595-6388
- **Kentucky Tourism & Vacation Guide:** <http://kytourism.com/> tourseky.com
- **Hiking Trail Guide and Descriptions:** Great for beginners. redrivergorge.org.
- **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
- **Gorge Underground:** A Unique Waterborne Family Adventure
On The Water, Underground! Kayak and Pontoon Boat Tours
844-354-6244 Thrillsville.org 15 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 each sleep up to 50. Both have double appliance kitchens and technically compatible theater style media rooms.

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Cookin' with Jenny Kentucky Style Fried Chicken

Colonel Sanders and his Kentucky Fried Chicken restaurants put fried chicken on the national menu, but people have been eating chicken since prehistory. And, it seems the most popular way to prepare chicken is to fry it. This method, however, is quickly falling out of favor with many people who are concerned that fried foods may not be the healthiest choice. We aren't going to argue with that, but let me say, I believe the best tasting chicken dish is in fact lightly breaded fried chicken. Especially when fried in lard! If you do use lard, maybe you should limit yourself to only one drumstick or thigh. And maybe only a couple of times a year!

The recipe below is a quick and easy method, but each cook may have many variations. Some will brine the chicken overnight then soak in buttermilk. Others add mustard, cayenne, smoked paprika, celery seeds or onion powder to the dredge. There are cooks who use a pound of lard and a stick of butter to fry the chicken. Dipping in beaten eggs and dredging in bread crumbs, corn meal or even crushed Rice Krispies or Corn Flakes is also another method.

Whatever method, this is as American as apple pie.

Ingredients:

1 Chicken 3 - 4 pounds cut into 8 or 10 pieces
2 Cups all purpose flour
2 Cups milk Whole milk works best, but 2% will do
1 - 2 Cups vegetable oil, shortening or lard
1/4 Cup corn starch
Salt & pepper to taste

Preparation:

1. Place the chicken pieces in a large bowl and pour the milk over them. Let sit at least 5 minutes. Remove pieces and place on a wire rack to drain off excess milk.
2. Combine flour, corn starch 1-1/2 teaspoon salt and 1 teaspoon pepper in a large ziplock bag. Add a few pieces of chicken and shake to coat. Repeat with the rest of the chicken. Shake off excess and place on wire rack.
3. Using a heavy skillet, we prefer a big black cast iron skillet, place over medium high heat and add 3/4 inch oil, shortening or lard. The oil shouldn't come up to more than half the side of chicken pieces. Heat to 375 degrees and add a few pieces skin side down. Do not crowd the pieces into the pan.
4. Cook, turning frequently, until the chicken is golden brown. That takes about 20 minutes.
5. Lower heat to medium and continue cooking until done through, another 5 to 15 minutes. Repeat with remaining pieces. Drain on paper towels.
Serve with mashed potatoes and gravy, new peas and corn bread.

Chicken Fax

Americans eat an average of 83 pounds of chicken per person per year.

8 billion chicken eggs were laid in the U.S. in September. Seven billion were eaten; the remaining 1 billion were hatched.

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

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Zen and the Gorge

Jenny Ison

Zen: (n) the attainment of relaxation and the lack of worrying about things that you cannot change

Stressed? Need to decompress?

Or do you simply want to experience a peaceful, sensual treat in a serene and very special place? The best Zen-like state you can attain without visiting an ancient bearded guru is simply a walk in the natural world.

A walk in the Red River Gorge.

In just a few minutes, you'll be taking slower, deeper breaths. That signals your parasympathetic nervous system to slow your heart rate and lower blood pressure. This reaction to a change in body rhythms helps clear the mind and allow the body to relax.

The Gorge has a very diverse biology and is home to a great variety of wildlife, trees, wildflowers, mosses, ferns, and insects. It is also home to several endangered species including the white-haired goldenrod which is found only in the Red River Gorge.

Look around you and pay attention to the details. You'll begin to see more than just a tree or rock, a plant or a bug. You can start to appreciate the intricate patterns of oak and hickory bark, the delicate and precise structure of a spider's web.

May is when the Gorge dresses in her finest wardrobe. The trees have leafed out and for a few days, are decked in soft pastel greens and many sport fluffy catkins bursting with pollen.

The flowers on the forest floor, in fierce competition for attention, number in the zillions and are of so very many varieties and colors.

Even the rocks in the Gorge are worthy of appreciation. Some are truly older than dirt, having been part of earth's birth. Many are the result of ancient life in the once shallow seas that covered the area.



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Others were thrust up from the depths when the continent now known as Africa slammed into North America and created the Appalachian Mountains. And the birds! There are hundreds of species including hawks, owls, woodpeckers, song birds, and ruby throated hummingbirds.

By now, they are settled down with new mates and newly built nests which makes them all very happy. So happy they sing from dawn to dusk. Some, like the multi songed mockingbird with his multiple platinum greatest hits, shares his exquisite and versatile singing skills well into the night.

I could go on and on about the limitless bounty and serenity of the Red River Gorge, but my attempts to describe this natural treasure fall well short of experiencing the Gorge in person.

Try it, you'll like it.

No... you'll love it!



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The Kentucky Derby

America's Premiere Horse Racing Event

Colonel Meriwether Lewis Clark, Jr., grandson of the famous explorer William Clark of Lewis and Clark, founded the Kentucky Jockey Club in 1875. The club built the world famous 180 acre racetrack named the Louisville Jockey Club Course.

The first Kentucky Derby, a three race card, was run that year and 10,000 people watched as *Aristides*, won in a field of fourteen horses.

In 1886, a new grandstand was built along with the iconic twin towers and the name was changed to Churchill Downs.

Beginning in 1904, the Derby winner has been draped with a blanket of 554 American Beauty roses. Because of that tradition, a New York sports writer, Bill Corum dubbed the Kentucky Derby the *Run For The Roses* in 1925. The sub title has stuck.

Since then the race has become a favorite event world wide. It is always run on the first Saturday in May. Each year, the Derby is regularly attended by more than 160,000 fans and viewed by millions more at home and around the globe.

Some Kentucky Derby Highlights

- 1875 - The first Derby is won by *Aristides*.
- 1891 - *Kingman* ran the slowest winning time at 2:52 but the track was one and a half miles.
- 1896 - The track length is reduced to one and a quarter miles.
- 1913 - *Donerail* shocked the crowd (and the bookmakers!) by winning at odds of 91-1, still the highest odds of any Derby.
- 1915 - A filly named *Regret*, who obviously had none, beat the colts, becoming the first of three fillies to win the Derby.

1919 - *Sir Barton* won the Derby – then went on to win the Preakness in Baltimore. He followed that up by winning the Belmont in New York to become the first Triple Crown champion.

1952 - The first national telecast of the Kentucky Derby aired May 3, 1952

1954 - Running against a field of seventeen other horses *Determine* became the first Derby winner to earn more than \$100,000.

1970 - Diane Crump is the first woman to jockey a horse in the Derby (*No relation to Miss Helen Crump, Mayberry Sheriff Andy Taylor's girlfriend!*)

1973 - *Secretariat* become the first horse to run the Derby in under two minutes, running the race in 1:59.40. He also set records at the Preakness and the Belmont tracks while winning the Triple Crown. Those records stand to this day. However, remember I'm writing this in the last week of April. Who knows, maybe that record will fall to *Classic Empire* or *Girvin*. Maybe even *Patch*.

1974 - A crowd of over 60,000 watched the largest field ever, 23 horses, run the 100th Kentucky Derby. *Cannonade* was the historic winner.

2015 - The largest crowd ever, 170,500, showed up for the 141st running of the Derby. They were well rewarded for their attendance. Derby winner *American Pharaoh* went on to win the Triple Crown, the first winner since *Affirmed* won it in 1978.

Kentucky is truly the Thoroughbred Capital of the world. Of the 142 Kentucky Derby winners, 108 were Kentucky bred.

There have been 12 Triple Crown Winners, all of them born in the Good Ole USA.

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