

# Cliffview Notes

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Vol 7 No. 4 Winner of TripAdvisor's Certificate of Excellence Award for 2013, 2014, 2015, and 2016! June 2017

### View From The Cliff by Joyce Belcher Resort Executive Director

#### Summertime And The Living Is Easy

We love summertime in the Red River Gorge Area, especially at Cliffview Resort and Red River Gorge Zipline Tours.

It's the perfect time to enjoy zipping, hiking, rock climbing, kayaking and just plain old enjoying nature at it's best in Kentucky!

School is out and the kids are thinking summer fun. Well, we've got you covered here at Cliffview Resort. Let us step in and be your personal travel guide for your summer plans.

Make sure to get your room for the weekend at one of our beautiful luxury lodges. There's so much to do here that it's impossible to catch it all in a day so plan ahead. Call our reservations office today and start your plans

in motion.

While making your reservations, ask about how to reserve your zipline tour and mention "Cliffview Notes" for \$20 off for each member of your group.

While getting geared up for your "awesome" zipline tour, check out the brochures at our office counter for more information about all the other outdoor adventures that are within a short distance from our beautiful resort.

At the end of day, get your grilling apron on, get out those steaks, burgers and dogs and have a cookout utilizing our grills. What are you waiting for? Dial (888)596-0525 and begin planning your best summer ever.

#### Electrifying News!

We have three Tesla Charging Stations, one of which is universal. Now you can recharge your Tesla, Prius, Leaf, Volt, or any electric or hybrid car while enjoying unforgettable time in the Gorge zipping, hiking or just napping. And, we offer this service to anyone, you do not have to be a guest at Cliffview. Oh yeah, I almost forgot - you can charge absolutely free! Uh huh.

#### June Milestones

##### Birthdays:

Housekeeper **Peggy Fox** June 2 'Innside' Man **Tony Charles** June 14

Housekeeper **Austin Hays** June 16 Guide **Pete Watson** June 29

Welcome our newest guides; **Alex Martin** is from Massachusetts. He came to the gorge to climb the beautiful rocks here.

**Catherine Shuman**, from Boston, Massachusetts came to KY to climb. When she's not working or climbing she takes her dog **Murphy** swimming in one of Cliffview's lakes.

**Adam Stein** likes to climb rocks and thinks pizza is number one.

**Abby Hollon** attends Western Kentucky University. She plays clarinet and piano and likes cats! A lot.

### Fudge



Robert Reid, in an article he wrote about fudge for the National Geographic, said, "At least in America,

wherever you roam, you can only go to one of two kinds of destinations: those with fudge, and those without."

Fudge, he went on to say, is the best indicator of whether or not something is actually a tourist attraction. Why is that?

The first-known recipe for fudge, according to Reid, is found in a letter written in the 1890's by Miss Emelyn Battersby Hartridge, a Vassar college freshman.

It seems that started a bit of a fudge frenzy within many all female colleges and universities.

Soon creative businessmen began selling this new and delicious confection at their tourist spots.

It was sought after just like cotton candy and elephant ears; not available elsewhere and so it began.

We might add that right here in the Red River Gorge Area, some of the best fudge we've had can be found at **Ye Ole Country Peddler**.

If you've ever sampled their fudge, you know the reason fudge is such a popular treat for tourists and local folks alike.

# Cliff View Notes

Is the official newsletter of  
Cliffview Resort,  
Campton, Kentucky

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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](http://www.parks.ky.gov/findparks/resortparks/nb)

#### **Kentucky State Nature Preserve Commission**

[www.naturepreserves.ky.gov](http://www.naturepreserves.ky.gov)

**The Skylift** (606) 663-2922

[www.naturalbridgekyskylift-and-giftshop.com](http://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](http://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](http://www.fs.fed.us/r8/boone/districts/cumberland/gladie.shtml)

**Red River Gorge Trail Crew (Volunteers)** [www.RRGTC.com](http://www.RRGTC.com)

**Leave No Trace – Outdoor Ethics** [www.lnt.org](http://www.lnt.org)

**Kentucky State Parks - Create your own Experience.**

[www.parks.ky.gov](http://www.parks.ky.gov) Become a KYSP fan at:

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### Private Facilities

**Cliffview Resort & Cliffview Retreat 606.668.6222**

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**Scenic Cabin Rentals 606.668.6487 [www.sceniccabin.com](http://www.sceniccabin.com)**

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**Red River Gorge Cabin Rentals 606.668.3272**

[www.redrivergorgecabinrentals.com](http://www.redrivergorgecabinrentals.com)

**Thrillville 844.CLIMBHI (844.254.6244) [Thrillville.org](http://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: [jerry@jerryison.com](mailto: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](http://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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## What? No Leapin Lizards?

Sports Mascots

by Jerry Ison

Have you ever wondered if the nicknames of sports teams intimidate their opponents? Are *Lions* more ferocious than, say, *da Bears*? or *Tigers* nastier than the *Cubs*?

From the pee-wee leagues to the pros, teams take nicknames that are supposed to give them some sort of psychological edge over their rivals.

Big cats seem quite popular; *Lions*, *Tigers*, *Jaguars*, *Panthers* and *Cougars* lead the list.

I guess plain ol' *Pussycats* just aren't savage enough. Ha! Try giving one a bath!

Dogs don't do too well in the nickname game. There are *Bulldogs* in Georgia and at Yale and *Huskies* in Washington and that's about it. Not even one *Dalmatian*, *Poodle* or *Shitzu* or whatever they're called! Tu quiero *Chihuahuas*? Nada!

Birds of prey are also favored; *Eagles*, *Falcons*, *Hawks*, *Condors* and *Owls*. But can you explain *Blue Sparrows* or *Timouses* or the *Little Chickadees*?

Other wild animals getting mention are *Wolverines*, *Lobos*, *Badgers*, *Timber Wolves*, *Bruins* and the aforementioned *da Bears* and *Cubs*.

Now we come to the marine animals; *Marlins*, *Sharks*, *Barracudas*, *Dolphins*, *Muskies* and *Pike* and the *Devil Rays*. But are there *Bass* or *Smelt*? No. *Blue Gills* or *Groupers*? No. Why not? There are *Terrapins*, *Gators*, *Caymans* and *Gila Monsters*. But are there *Salamanders*? *Snails*? (or perhaps in Quebec, *les Escargots*?) No sir-re-bob. Ok, there is the triple A *Crawdads*. Reptile are represented by *Diamondbacks*, *Sidewinders*, *Cobras*, *Pythons* & *Rattlers*.

There are *Horned Frogs* and *Mudhens*, even *Pollywogs*! But my favorite has to be the fearsome *Sandfleas*! Or maybe the *Banana Slugs*!

Some nicknames make sense. Take for example the *Cadets* of Army, the *Midshipmen* of Navy, the Coast Guard *Icebreakers* (actually that's the name of their chorus; the real nickname is too mundane) and the *Falcons* of Air Force.

But then we have some nonsensical nicknames: *Cornhuskers* and *Buckeyes* and *Pistons*. How intimidating is an auto part?

The next in line are colors: *Reds*, *Big Green*, *Orange*, *Browns*. Why no pastels?

The *Fighting Irish*! Now there's a good one. Why not *Quarreling Poles*? *Feisty Italians*?

And speaking of colors, one school chose a name for a particularly insipid aquatic bloom: *Crimson Tide* (it sounded so much more "politically correct" than *Red Tide*).

Some teams take an historical approach: *Patriots*, *Minutemen*, *Trailblazers* and *Yankees*. More intrepid are *Vikings*, *Spartans*, *Trojans*, *Clippers*, *Buccaneers*, *49ers*, *Mariners*, *Pirates* & *Brewers*.

Technology has *Jets*, *Rockets* and *Supersonics*. Astrologically there are *Stars*, *Comets*, the *Suns* and *Astros*. No "moons".

Mythology has *Argonauts*, *Magic* and *Giants*.

Religion has the *Padres*, *Angels* and *Devils* (the traditional *Red* and also *Blue*).

The wild west has *Cowboys*, *Indians* (*Chiefs*, *Redskins* and *Braves*, *Blackhawks*, *Seminoles*, *Chippawas*), *Pintos*, *Spurs*, *Broncos*, *Stallions*, *Rockies*, *Rangers*, *Mavericks*, *Buffaloes*, *Bison*, *Bulls*, and *Rams*.

Weatherwise you have *Lightning*, *Thunder*, *Storm*, *Heat*, *Hurricanes*, *Zephers* & *Tornadoes*.

There's a new start-up pro football league in the making, the UFL - United Football League. They are proposing to field four teams playing in seven different cities for the premiere season.

I am totally in favor of an NFL rival, but I have my doubts about this new league. Oh sure they may have the money and the talent to mount a good season. My problem with them is their poor and somewhat silly choices of names. The *California Redwoods*, the *Florida Tuskers*, the *Las Vegas Locomotive* and the *New York Sentinels* aren't names that invoke any vision of the rough and tough, knock down and drag out style of modern professional football. Well, maybe the *Tuskers*. A little bit.

I can't see the fans yelling "Go Trees!" or "Derail the Train!" Will the California end zone gang be called the 'Wood Pile' and 'bark' at the visitors?

Will the Vegas team chug along? The *Tuskers* root out a quarter back sneak? And will those New York players be on guard for the trick play? I don't think so.

So what are the most intimidating, ferocious, nastiest mascot nicknames? I believe there are two.

First runner-up is (fanfare): *Chargers*. Think Mastercard and Visa and American Express. What do you call people who use those things to excess? You got it: *Chargers*! These are dangerous people.

And the number one, the ultimate bad guy? Get ready. Think about number two. What's almost as bad as an IRS audit? Then again, maybe worse?

I'll tell ya! - *The Bills!!*



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## Safe Hiking in Cliffview and State and Federal Forests of the Red River Gorge Geological Area

The hiking season is now in full swing. Hundreds, thousands of folks from all over the country regularly visit Cliffview Resort and the Red River Gorge Area to enjoy nature's bounty. There is no better way to experience all the area has to offer than to hike the hundreds of trails in federal, state and private lands than hiking. We want everyone to have the best hiking experience possible and leave the area with fond memories and beautiful pictures and videos. To make the experience fun, informative and safe we offer a few hints and some do's and don'ts.

- \* **First and foremost, the Boy Scouts are right, Be Prepared!**
- \* The Mountains are known for unpredictable weather. Check the weather forecast for the area.
- \* Plan your hike--know about the area and how to get there. Get detailed maps.
- \* Take enough food, clothing, and equipment to keep you comfortable for at least another day and night longer than planned in case of emergency.
- \* Notify others of where you will be, and when you plan to be home, in case someone needs to contact you. Let them know when you return.
- \* If you are a beginner, contact local outfitters or camping and hiking locations for a general check list of needed equipment. It's a very good idea to have a comprehensive Red Cross approved First Aid kit and manual.
- \* Take a cell phone with a fully charged battery.

Make certain there is service in the area you plan to explore

- \* Download a GPS app so friends and family can track your progress and always know exactly where you are. In areas with no service, inexpensive walkie-talkies are a reasonable alternative .
- \* Always bring waterproof matches or a couple of Bic lighters and a knife of some kind.
- \* A loud whistle is another good idea. It can be used to attract attention if 'confused' and may convince an unwelcome animal to leave the area.
- \* If hiking in an area bears are known to habituate, make some noise while hiking. Sing, clap your hands, talk, whatever. Bears don't like to be surprised and if they know you're approaching, they'll usually go the other way.
- \* Remember, you're a guest, be courteous and appreciative.

### **If you carry it in, please carry it out!**

- \* Take only pictures; leave only footprints and leave those only on **designated trails and areas.** Remember, when you're enjoying any federal area, guidelines forbid the taking of even a pebble from national parks.
- \* Never, ever cut a live tree for firewood or any other reason.
- \* Be respectful of your state and national forests; keep the trees and shrubs alive and growing.
- \* If hiking with Fido, keep him on a leash no longer than 6 feet.



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## Cookin' with Jenny

### Weenie Bacon Burgers

#### **. Bacon Weenie Burger or Weenie Bacon Burger**

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 an 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".

Jenny has come up with a simple and easy recipe for a really tasty (*and probably even good for you*) salad. This recipe takes advantage of the abundance of fresh fruits available during the summertime. Besides, a tropical fruit salad is the perfect summer dish; flavorful, nutritious and refreshing.

#### **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 - about 11 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:**

- 1-2 papayas, peeled and diced into 3/4-inch cubes (2 cups).
- 2 mangoes, peeled and diced into 3/4-inch cubes (2 - 1/2 cups).
- 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.

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