

# Cliff View Notes

## Cliffview Resort

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And Cliffview Lakeside  
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Vol 8 No. 5 Winner of TripAdvisor's Certificate of Excellence Award for 2013, 2014, 2015, 2016 & 2017! July 2018

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

#### New Faces and New Places



Cliffview Resort would like to welcome our new Innkeepers, Robb and Dawn, into the Cliffview Resort. They began their positions on June 16th. Robb and Dawn both bring many years of customer service experience to Cliffview. Robb previously worked at Hillyard Lyons as Lead Desktop Computer

Support and Dawn worked previously as an Administrative Assistant for Presley Realty Company. They are both from the Louisville area of Kentucky. We are very pleased to have them as part of our team.

Stop by soon and say hello.

#### Mmmm Good!

Have you heard there's a new restaurant located in Cliffview Resort? You need to check it out. It's called the **Overhang Tavern** and is located at the front of the resort near the Zipline office. They opened for business on June 8th but have a big grand opening event scheduled for July 7th. Rumor has it that the food is "awesome". Becky Morgan and Jason Combs are the new owners of the Overhang Tavern. It's nice to have a place to eat within the resort. We wish them much success.

#### 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! That's right. Free!

#### July Birthdays

Guide **Robert Smith** July 4th

Guide **Ryan Hall** July 16th

**Dalton Allen** is our newest Reservationist at the Red River Gorge Zipline.

Dalton was born in Lexington, Kentucky, and was raised right here in Lee County. He's a sophomore at Morehead State University and is currently pursuing a bachelor's degree in psychology, then working towards a PhD. in that discipline. Some of his favorite hobbies include playing basketball, running, and video games.



We welcome Becky Morgan and Jason Combs into the Resort. They are the force behind the Overhang Tavern which opened June 8 but they didn't

stop there. They are still in the process of increasing the Tavern's appeal and plan to finish another room that includes a bar. Plans are to expand the live wood bar ledge and seating around the outside of the restaurant. There'll be additional seating on the refurbished deck. They will be serving distilled spirits, wine, and malt beverages.

What makes the Overhang special is their attention to detail. They take pride in what they serve and take the time to make things from scratch.

A lot of thought was put into the decor to create a comfortable, inviting place where guests can relax, enjoy a good meal and have a drink.

Becky Morgan Hale is a mountain girl from Hyden, KY, but she has lived in Frankfort the passed 15 years. Becky catered for many years, but after her children were born, she decided to focus on her family. She has three sons Trey 21, Thomas 19, and Tate 16. After working in an office setting for several years, Becky is ready to get back to her roots and pursue her love for cooking.

Jason Combs grew up near the area in Mt. Sterling. After returning home from a stint in the Air Force, he has been living and working in the Lexington area. Jason loves making things look good and has a great eye for design and detail. When he was presented with the opportunity to open a restaurant in Cliffview Resort, he couldn't wait to tell his partner and start the process!

# Cliff View Notes

Is the official newsletter of  
Cliffview Resort,  
Campton, Kentucky

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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](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:

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

## Private Facilities

**Cliffview Resort & Cliffview Retreat 606.668.6222**

[www.cliffviewresort.com](http://www.cliffviewresort.com) 455 Cliff View Road, Campton, KY 41031

*The Lodge, The Retreat and lakeside Lodges are available for groups, weddings and retreats. Also available is the 8,000 sq foot Reception Hall*

**Red River Gorge Zip Lines 855.ZIP.TOUR ( 855.947.8687)**

**606.668.6222 [www.redrivergorgezipline.com](http://www.redrivergorgezipline.com)**

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

**Paul Hamann 513.378.8716 Nancy Hamann 513.919.7150**

**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



- **Breakfast All Day!** Carson's General Store & Café  
1746 KY Rte 715 North 4 miles Across from Rogers Elementary Open 7 Days a week
- **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.
- **Thrillville Aerial Adventure Park:** 1/2 Mile south of Exit 33 on KY Rt 11, Slade, KY  
For more info click onto Thrillville.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](http://parks.ky.gov/resortparks/nb/index.htm)
- **Red River Gorge Hiking, Rock Climbing:** [fs.fed.us/r8/boone/](http://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](http://redriveradventure.net) 606-663-1012
- **Via Ferrata Rock Climbing Park:** Great for beginners 606-668-6441 [torrentfalls.com](http://torrentfalls.com) 10 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](http://redrivergorge.org).
- **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 Thrillville.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 **Reception/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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## 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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# Maintain Your Cool



While it's true that you usually can't beat the odds, you can beat the heat. Your body is designed to regulate its temperature and it does a good job most of the time. The problems start when weather conditions are so extreme that the body's cooling system is over taxed. The trick to beating the heat is to help your body regulate its temperature within a tolerable range.

When all systems are working properly, blood works much like freon by carrying heat built up in the body out to the skin. Here the skin acts like the coils of an air conditioner and releases the heat into the air. Too much heat for the skin to handle alone and the sweat glands swing into action. The evaporation of sweat pulls heat from the skin and thus has a cooling effect on the body.

This system of cooling works pretty well as long as the air temperature is cooler than the body or while the relative humidity is low enough that the air can still hold more moisture. As the air temperature approaches body temperature, less and less heat is lost by the skin. As air saturation nears 100%, sweating has little or no cooling effect. That's when we must help our body's cooling systems operate more efficiently.

Here are ten easy ways to help your body keep it's cool. You probably already know all this, but hey, maybe one of these tidbits will hit a positive note with ya.

- 1. Be shady.** Avoid direct sunlight whenever possible. Wear a wide brimmed hat. *Don't* walk on the sunny side of the street. Take an afternoon siesta.
- 2. Drink cool.** Water is best. Fruit juices, iced tea, caffeine-free soda pop (avoid those really sweet drinks), skim milk and thirst quenchers are good. Drink even though you aren't thirsty. **Avoid** alcoholic drinks as they don't really replace fluids lost through sweating.
- 3. Dress cool.** Light colored clothes reflect a good bit of the sunlight. Loose fitting, lightweight clothes will allow the air to reach your skin so it can carry heat away. Binding clothes not only feel hot, they tend to hold in the heat.

- 4. Eat cool.** Your body generates heat by processing food. Eat small amounts more often instead of a few big meals. Keep your eating schedule and have meals that are varied. Vegetables and fruits help replace minerals such as the sodium lost by sweating.
- 5. Be your own fan.** Remember those paper fans we used before the church was air conditioned? A stiff piece of cardboard will work almost as well. Fanning yourself will cause the moving air to carry away heat coming off your skin. And that helps the evaporation of sweat, increasing the cooling effect.
- 6. Work cool.** Do outside chores early in the morning or after the sun is low in the western sky. If you must work outside in the heat of the day, do so in small chunks with a reasonable rest between efforts. Keep plenty of fluids close by and drink regularly. Rest in a shaded area.
- 7. It's cool to be fit.** Don't let yourself get run down. Get plenty of sleep. Take numerous rest breaks. A healthy body resists the heat best.
- 8. Shades are cool.** Wear sunglasses that block ultraviolet. Then you won't have to squint which tends to have a tiring effect. Being comfortable seems to make heat more tolerable.
- 9. Water is cool.** Go jump in the lake, the pool, pond or river. Take frequent baths or showers. The water carries away great quantities of heat from the skin, continues to cool through evaporation. And of course, nothing refreshes like a long cleansing shower.
- 10. Sunburn isn't cool.** A sunburned area creates even more heat and problems for your body to deal with, as well as all the other health risks inherent. Avoid sunburn by avoiding too much sun for too long and use a sunscreen with an SPF of 15 or more. Your skin will look and feel better much longer.



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## It's A Jungle Out There!

Sometimes, we just have to let our 'inner animal' out

There I stood in the examining room; naked as a jay-bird and feeling sick as a dog. The doctor stopped listening to my heart and said, "You seem to be as strong as an ox. What is it you think is wrong?"

I answered, "It's my nerves and appetite. I've been eating like a bird lately. I wish I could just pig out on some pizza or wolf down a big steak! With a whale of a pile of mashed potatoes."

The doctor asked why my nerves were bothering me and I told him.

"It's a guy in my office. That wolf in sheep's clothing is trying to weasel into my job. He tries to make me look bad. He's always badgering my secretary, who's getting pretty antsy."

"He horses around with my computer, just bulls his way into my office and is always trying to out-fox me!"

Dr. Lichenstein patted my shoulder and told me I needed to just play possum.

"I've seen his kind before. Those squirrels screw up sooner or later. Everybody has a snake in the grass working around them, but you know a leopard can't change his spots. Ferret out his weaknesses and make him look like a monkey. Get all your ducks in a row and let the cat out of the bag. His game will be up. You'll end up looking good and get the lion's share of the praise. Like they say, every dog has his day!"

I began to feel better knowing what a wise old owl Doctor Lichenstein was.

"Thanks, Doc. You're a good egg and I'll take your advice." I said. "That guy is just a jackass and he isn't going to get my goat!"

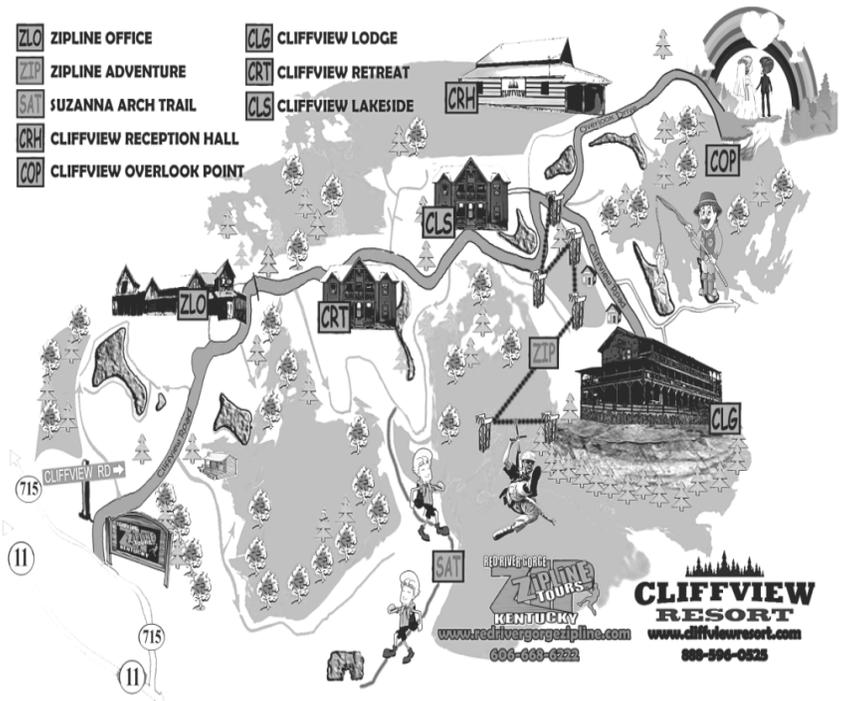
I left the office feeling happy as a lark.

Back at the office I walked right up and goosed that turkey then told him to remember I had a memory like an elephant.

He had better not get into a game of chicken with me!

The rat gave me a sheepish grin and made tracks back to his lair.

J. Ison



### Big News!!

**Baker's Beer and General Store** aka Beer King is under new management. We have updated and will continue to update the appearance and the selection of beers in the store. We have West 6 and Country Boys which are Lexington founded. Large or small party - we can cater to all your needs.

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