

Cliff View Notes

Cliffview Resort

Owners and Operators of
Cliffview Lodge, Cliffview Retreat
And Cliffview Lakeside
www.CliffviewResort.com

606.668.6222

Your Vacation Respite in the
Heart of the Bluegrass State

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Copy - Please,
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Vol 9 No. 6

Winner of TripAdvisor's Certificate of Excellence Award for 2013, 14, 15, 16, 17, 18 & 2019!

August 2019

View From The Cliff - Joyce Belcher, Executive Director

Summertime And The Living Is Easy



Nothing says Summer like Taylor Belle's Homemade Ice Cream!

Sometime new is going on at the Red River Gorge Zipline! It is Taylor Belle's Homemade Ice Cream. There is even a Red River Gorge flavor. We are running a new promotion at our Zipline during these hot summer days. Cool off with a scrumptious flavored homemade ice cream cone or cup after your awesome zip tour.

When making your Zipline reservation just choose either the **Zip n Dip Meal**, which includes a burger, fries, drink and your choice of a homemade ice cream cone or cup or you can just choose the **Ice Cream Zip n Dip** deal without the meal.

Taylor Belle's Homemade Ice Cream is available at the Overhang Tavern right in the same building of the Red River Gorge Zipline. There are several flavors available. I personally love the strawberry flavor made with fresh strawberries. Stop by and cool off enjoying one of Taylor Belle's ice creams.

We have some special discount prices on stays in The Retreat and Lakeside during August. There is limited availability. Ask one of our reservationists about these special by calling 606.668.6222

You're gonna 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 plan on 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 our 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 "**Cliff View Notes**" for **\$10 off for each member** of your group.

While in the office 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 only a short distance from our beautiful resort.

At the end of day, get your grilling apron on, throw some steaks on grill utilizing our gas or charcoal grills. What are you waiting on? Give us a call, 606.668.6222 and begin planning your best August ever.

Electrifying News!

We have three Tesla Charging Stations, one 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!**

August Birthdays



We have a lot of August birthdays

Resort owner **Suzann Bookstaff** - 14th

Cliff View Notes Editor **Jerry Ison** - 23rd.

Guide **Margo Wilcox** will get another year older on the 19th!

Housekeeper **Deb Wilder** will celebrate on the 27th

Housekeeper **Tammy Ingram** celebrates another birthday August 30,



Cliff View Notes

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HELPFUL WEBSITES & PHONE NUMBERS

State, County & City 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

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>

Lee County Tourism Commission

Dedra Brandenburg Director 606.464.5038

www.visitleecountyky.com

Private Facilities

Cliffview Resort & Cliffview Retreat 606.668.6222

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

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

Cliff Notes Jenny or Jerry Ison 865.674.6740

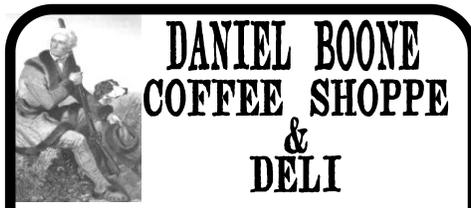
Email stories, ideas, suggestions, news to: jerry@jerryison.com



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Things To Do In The Red River Gorge Area



- Casual Family Fare Diner Style **Billy's Diner** 10 Minutes South on KY Rte 11
- **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.
- **Gorge Underground:** A Unique Waterborne Family Adventure *On The Water, Underground!*
Kayak and Pontoon Boat Tours 844-354-6244 Thrillville.org 15 Minutes
- **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
- **Red River Gorge Hiking, Rock Climbing:** fs.fed.us/r8/boone/
- **Kentucky's Unseen Scenes:** Guided Hikes to Capture the Beauty the Gorge has to Offer.
Uncommon photography opportunities. Newly rediscovered arches 606.560.4949 606.359.4717
- **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 10 Minutes.
- **Hiking Trail Guide and Descriptions:** Great for beginners. 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 20 minutes
- Beer, Wine, Spirits **Booneville Hometown Liquor** Ky Route 11
Booneville 606.593.5999 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 **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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Betcha Didn't Know

It was the accepted practice in Babylonia 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer, and because their calendar was lunar based, this period was called the "honey month" or what we know today as the "honeymoon."

Before thermometers were invented, brewers would dip a thumb or finger into the mix to find the right temperature for adding yeast. Too cold, and the yeast wouldn't grow. Too hot, and the yeast would die. This thumb in the beer is where we get the phrase "rule of thumb."

In English pubs, ale is ordered by pints and quarts. So in old England, when customers got unruly, the bartender would yell at them to mind their own pints and quarts and settle down. It's where we get the phrase "mind your P's and Q's."

After consuming a bucket or two of vibrant brew they called aul, or ale, the Vikings would head fearlessly into battle often without armor or even shirts. In fact, the term "berserk" means "bare shirt" in Norse, and eventually took on the meaning of their wild battles.

In 1740 Admiral Vernon of the British fleet decided to water down the Navy's rum. Needless to say, the sailors weren't too pleased and called Admiral Vernon, Old Grog, after the stiff wool program coats he wore. The term "grog" soon began to mean the watered down drink itself. When you were drunk on this grog, you were "groggy", a word still in use.

BEATYVILLE MAIN STREET MARKET

Beattyville Main Street Market And Music, Car, Truck & Bike Show

Location: Beattyville Town Square across from Don Begley Auto Sales.

Come join us for our Summer Main Street events, the second Friday of each month, August through September, 6:30 pm.

The Downtown Beattyville Alliance and the Beattyville/Lee County Tourism Commission will be hosting our Summer Main Street events the second Friday of each month now through September. The market events will showcase the talents of artisans who hand-craft products in Beattyville/Lee County. Farmers may also set up and sell homegrown garden produce, plants, flowers and more! We are inviting any established business to come set up and sell their merchandise too. We also plan to showcase some local talent on stage at the town square.

And... if you have a car, truck or bike you'd like to show off we will have a show with each event. Dash plaques to be given to the first 25 that register at each monthly event.

*It's gonna be fun
times on Main
Street!*

Events dates:
August 9
September 13



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The Green Ghost

by Jerry Ison

The Plant That Ate The South

For all you folks from north of the Mason Dixon Line, Kudzu is an invasive and extremely prolific vine imported from the Far East late in the 19th century. Since then, it has spread all across the South covering trees, utility poles out building abandoned structures and, if you believe the local lore, people who stand still too long! It does grow very fast up to a foot a day during warm humid weather. You may have noticed and even remarked on the ubiquitous vine covered power lines and poles even shear cliff walls along some of Kentucky's roadways



The kudzu is marching on. It's headed north, too. Duke University researchers say that due to global warming, kudzu will invade the north by the middle of this century.

The greenhouse effect brought on by the rising levels of carbon dioxide will greatly benefit and accelerate the northern march of kudzu. Kudzu realizes a double benefit from the higher carbon dioxide levels.

Like all plants, kudzu breathes in a manner that's more or less the reverse of animals. Plants take in carbon dioxide and exhale oxygen.

They use the CO₂ to manufacture food.

Since kudzu can't stand long periods of freezing weather, its northern migration has been limited to about the Mason-Dixon Line. If the scientists are correct in their predictions, kudzu will soon cross that boundary. Those scientist are saying that the CO₂ content of the atmosphere will double in the next century. They are calling for a subsequent 6-8 degree average rise in temperature. Given those changes, it is likely that kudzu will be to the Great Lakes by the year 2060.

The rise in temperature and the increased CO₂ should also speed up the growth rate of this already fast growing "foot-a-day" vine. This green invader, sometimes called the Green Ghost, by poet James Dickey, will probably slip into the North under the cover of darkness.

Just like the southerners who found the shade producing vines so attractive, many people in those states will be also be taken in by kudzu's large, deep green leaves and beautiful purple blossoms. Then, before they realize it and much too late, kudzu will be established in Ohio. And Pennsylvania. Indiana. Even New York.

It may even be a blessing in disguise for some areas. I think that a green blanket of kudzu is far more attractive than a bare, rusting steel mill. Or an ugly bare patch of a mountain side denuded by strip mining.

Or an over-used garbage dump.

Yep! The plant that ate the South will finally start its relentless march across the North, covering everything in it's path with vines so durable, they are almost impossible to destroy.

But, there is one way to slow it down - eat it! Yes, every part is edible. The tender new leaves in salads, the young shoot like asparagus, the roots taste like sweet potatoes and the blossoms make great jam. So - eat up!

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A Gaggle of Geese

by Jenny Ison

All of us are familiar with terms used to describe groups of animals, such as a herd of cattle or a flock of sheep. But what do you call a gathering of crows? Or a bunch of kangaroos? How about several whales?

A group of crows are known as a "murder". I have no idea why. The kangaroos are called a "mob"; the whales, a "pod".

Some names for animal groups make sense - sort of. With their regal looks and proud disposition, lions just naturally seem to belong in a "pride". Their sneaky lifestyle may be the reason a "skulk" of foxes also seems appropriate.

If you have ever heard the cacophony put up by even two or three, a "gaggle" of geese certainly fits. I suppose one could liken the shell to the helmet of a soldier and come up with an "army" of turtles.

Naming groups of people is not as common. A "bevy" of beauties is about all that comes to mind. Well, except for a "gang" of thieves. However, there are many professions which just beg for group names.

It seems perfectly apt to refer to a line up of political aspirants as a "promise" of candidates.

How about a "spread" of couch potatoes?, a "suit" of lawyers, a "stress" of commuters, or an "estimate" of mechanics?

We can't leave out a "bench" of judges, a "flush" of plumbers, a "vow" of nuns and - of course, a "column" of writers. *And a flight of Zippers!*



Tomato Daze

By Jerry Ison

Walk out into your backyard tonight just before dark. Face your garden or flower beds and take a deep breathe. Through the nose. Smell that? That, my friend is the scent of summer. The moist smell of new-mown grass. The smell of a variety of blooms. Maybe a scent of a rain storm on the rising wind. Or that "dust" smell after a light summer shower.

But all those wonderful summer smells, as pleasant as they are, don't say summer like the fragrance of tomato vines laden almost to failure with bright red, bursting ripe tomatoes. The scent of those ripening, home grown fruits of summer that evokes pleasant thoughts and images in my mind. When I was kid, my mother always grew at least three times as many tomatoes as our family could eat. One of life's simple pleasures was sitting in a tangle of tomato vines on a hot August day popping a dozen or so cherry tomatoes like so many scarlet grapes.

Other times I would take on the big boys. Even with that hot August sun scorching the back of my neck, that patch was really best place to truly enjoy biting into one of Mom's "Big Johns". With a little forethought, a salt shaker added to the enjoyment. The juice from those huge, hot tomatoes would run down my chin and dry in little puckered spots on my shirt and jeans.

These days to enjoy big new tomatoes I have to drive into town or stop at one of the spots along the road where local growers are hawking their fresh garden treasures from the tailgate. But I can still enjoy that memory simply by stepping out the back door on a hot August evening and taking a big, long, deep breath.

**Okay, Here's what to do: Call 606.668.6222
Tell them you want to "Fly" across the area
They will book you on a Zipline Tour and
You can Live Happily ever after!**

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