GORGE GAZETTE

YOUR GUIDE TO FAMILY FUN IN THE RED RIVER GORGE

The Official (only!) Newspaper of The Red River Gorge

Vol 1 No. 1 **Adventure ~ Relaxation ~ Accommodations ~ Awe Inspiring Natural Beauty ~ Friendly People** ***March*** **2021**

Family Fun & Adventure

If you and your family are looking for the perfect vacation destination, you may already be there !(*here!)*

The Red River Gorge is the best place in the Eastern USA if you want adventure as well as relaxation. If you want family fun, serenity and the quiet comfort of a unique and naturally beautiful setting, you want the Red River Gorge

Looking for adventure? There's the Red River Gorge Zipline located in the Cliffview Resort. There's the unique kayak and pontoon boat tours through the huge vaulted Limestone cavern of the Gorge Underground. Looking for peace and quiet? The Lodges and rental cabins are designed for convenience, comfort and relaxation. All the modern wants and needs along with cozy accommodations without the bother. Her you can unwind and shake off the stresses of everyday responsibilities.

Suffering from NDD (*Nature Deficit Disorder*)? We have the perfect cure. Hundreds of miles of hiking trails through thousands of acres of state and national parks and forests.

Here in the Gorge, you are surrounded by some of Nature's most beautiful and most enjoyable efforts. There is so much to see and do; all of which is there for the entire family to experience and enjoy.

After all, how much fun can a family have?

Well, folks, you are in the right place to find the answer to that question!

The Red River Gorge

Now that you are here, a little about the Red River Gorge.

The Gorge history dates back more than four hundred million years to when Africa slammed into North America creating the Appalachian Mountains.

Millions of years later sediment washed down from Pennsylvania and formed the sandstone that is the defining feature of the gorge cliffs. These cliffs are unique and are the reason the Gorge is one of the most highly regarded areas for climbing with 3,000+ clifflines in the Daniel Boone National Forest alone.

Just after the Glacier retreated about 12,000 years ago, people moved into the Gorge. Those people are known to archeologists as the Paleo Indians. At that time, the weather was cooler and the gorge was mostly covered with evergreens. Wooly mammoths, giant bison and mastodons were plentiful and hunted by these early people using only spears tipped with stone points. It is also believed they hunted by stampeding those large beasts over cliffs.

These and later groups of ancient people had the gorge to themselves for about ten thousand years. Around four hundred years ago, they began trading with Europeans and 100 years later the area became the state of Kentucky. Three hundred years after that we arrived, constructed the Resort and later the Zipline and the rest as they say is history!

So, get out there and experience the joy of the Gorge. Take a hike, climb a cliff, Zip through the beautiful forests, catch a fish (but be sure to release it unharmed), grill some burgers, whatever. Don't let this opportunity to appreciate one of Nature's finest examples of her best work pass by.

While you and your family are enjoying this handiwork, remember there will be others to follow and they too would love to experience the Gorge in it's natural and as pristine state as did you. The rule is simple, leave nothing behind except footprints (*And please, leave those only on designated trails*), take nothing but photographs and pleasant memories.

COVID-19

Because the health and safety of guests is first priority speaking for the rental units, cabins, lodges and yurts, we assure that all the C D C protocols are strictly adhered to. We take every precaution to help prevent the possibility of virus transfer. To view all the careful steps we take, visit our web site: www.CliffviewResort.com.

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!***

THE GORGE GAZETTE

The unofficial newsletter of
The Red River Gorge
Rogers, Kentucky

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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

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The Gorge Gazette: Jenny or Jerry Ison 865.674.6740
Email stories, ideas, suggestions, news to: jerry@jerryison.com

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Things To Do, Places To Visit, Where To Eat In The Red River Gorge

Kentucky UNBRIDLED SPIRIT

- Off Road Adventure The **Boneyard Hollow OffRoad Park** 2400 Barker Branch Rd 606.567.8781 Off KY Rte 1036 @ KY Rte 11 Zachariah, KY 10 minutes
- **HillTop Pizza:** Pizza, Salads, Subs, Spaghetti, Lasagna. *Delivery to Cliffview available*. 606.464.9990 2034 Hwy 11N Beattyville. Approx 15 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 Thrillsville.org 15 Minutes
- **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 KY 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: **Kentucky's Unseen Scenes** 606.560.4949
- **Beech Fork Golf Club:** In Clay City - 606-663-9479 30 minutes.
- **Sag Hollow Golf Course:** In Booneville 606-593-4653 40 min.
- **Beattyville Public Golf Course:** Off Rt. 52 in Beattyville, KY 606.356.4199 20 minutes
- **Ash Cave Rappelling** Rappelling, Hiking Camping Climbing 2343 Route 3224, River,KY 606.369.0511

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 appliances* kitchens and technically compatible *theater style media rooms*.

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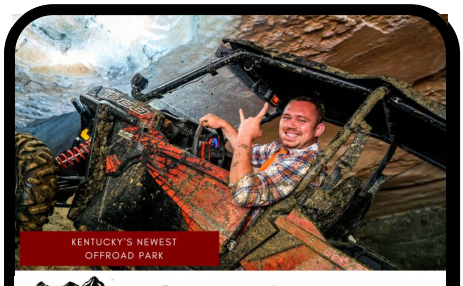

BONEYARD HOLLOW OFFROAD PARK
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Cookin' with Jenny
The Bakin' o' the Green

Grasshopper Bars

No, I'm not talking about a tavern for insects! These are delicious confections with a touch o' the Green.

1 cup + 1 Tb. flour
1 cup sugar
16 oz. Can chocolate syrup
½ cup butter, softened
4 large eggs
½ tsp. baking powder

Beat all ingredients till smooth, pour into 9 X 13-inch pan. Bake 25 to 30 minutes. Top may appear wet when done. Cool completely. (You also may make your own Brownies.) Spread mint cream (recipe below) on cake. Freeze for 15 minutes. Pour chocolate topping (recipe below) over mint topping. Chill.

Mint Cream: 2 cups powdered sugar
1Tb. Water½ cup butter, softened
½ tsp. mint extract
3 drops green food coloring
Beat until smooth.

Chocolate Topping: Melt 6 Tbs. butter, 1 cup chocolate chips until smooth.
Spread on brownies.
Note: I sometimes *double* the recipe for the topping.

New "Irish Style" Chicken Breasts

We've modified an orange- bourbon recipe to make it 'a wee bit Irish'.

2 boneless, skinless Chicken breasts
6 tablespoons Butter
1/2 teaspoon Salt
1/2 teaspoon Pepper
12 oz. Orange juice (frozen -concentrate), thawed
6 tablespoons Irish Whiskey

Buttered Almonds

1/2 cup Almonds, slivered
2 teaspoons Butter
1/2 teaspoon Salt
1/2 teaspoon Black pepper

Preheat oven to 425 degrees F.
Melt butter in heavy, iron skillet. Let cool, but not solidify. Place breasts in skillet, skinned side up, coat chicken in butter and season with salt and pepper. Form breasts into compact shape about 1 1/2 inches thick by tucking edges under. .
Bake at 425 degrees F, basting occasionally, until meat registers 190 F, about 15 minutes. Keep chicken warm while preparing almonds and sauce.
Sauté almonds in butter until lightly toasted. Sprinkle with salt. Let cool to crisp.
Add orange juice concentrate to drippings in skillet; stir over high heat until reduced by 1/3. Stir in whiskey; heat through. Stir in remaining salt and pepper; pour sauce over chicken. Sprinkle with the almonds. Serve with a cold glass of green beer and sides.

Lucky

There's a saying in the Appalachian Mountains:
"If you are in the Mountains, You're Lucky Enough"
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March

Ye knowe then howling
Marche Comes
as if a Lione
And goeth as does
The gentle Lambe

Jacob Wigget-Rice Isham
The Booke of Monthes - 1384

Ah, March! You can almost feel nature stretch as she shakes off winter's sloth. Time to start again. March is a month of awakening.

Hibernating animals are leaving their winter sleeping quarters. Wild ducks and geese begin their long journeys north to the summer breeding grounds.

The sap begins to "rise" in the trees and the first buds appear. Pussy willows "fuzz up" and wildflowers can be found poking through the forest litter.

Days are longer and occasionally warm enough to go out with only a sweater. The warming earth and changing air currents give rise to the notorious March winds. There's movement everywhere. It's as if good ole Mother Nature is trying to get her circulation going.

The seed catalogs are pouring in. It's time to get serious about garden planning. You remember, that big garden you were going to put in last Spring. That's right - spring! It's back! Just when we were starting to think winter would never end - boom! there it is.

Spring, Spring, Spring! As you may have guessed, Spring is my favorite time of the year. It's like redemption. Reincarnation. All those trees and plants that appeared so drab and lifeless only a few days ago are now bursting with energy. Energy so powerful, it explodes into leaves, flowers and eventually, fruit. If one ever had any doubts about the extent of God's handiwork, they are dispelled by the blessings of March.

Witnessing the amazing rebirth and seeing all the transformations that take place in the natural world in March, causes me to believe anything is possible.

Another reason to like March is it's place in the calendar. It serves to separate and allow a gradual transition from ugly, drab, gray, cold, hateful February and beautiful, colorful, soft, fresh April.

I think March should be named something else, though. March got its name from the Roman god of war, Mars. That connection just doesn't do March justice. Maybe it should be called "Aphros" after the goddess of love, Aphrodite. Or maybe Verta in honor of Vertumnus, the god of the changing seasons and of flowers and fruit. How about Verd from the Latin or early French for green?

There is one connection to Mars that makes it kinda ok. In the early Roman times, Mars was also the god of greenery. In those days, March was the first month of the year and was called Martius.

I feel that March would be a better time to signal the new year than January. There's really nothing getting started in January except new calendars and journals.

March is when the natural world begins it's new year. It is the time when most new growth begins.

Too bad Pope Gregory XIII didn't think so. He decided, in 1582, that the world needed a new calendar and changed the order and length of some months. That sudden shift of when the new year begins had many profound ramifications.

One of them lead to the French inventing April Fool's Day.

But, that's a story for another time.

J. Ison

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It Happened In March

March events in Kentucky's history

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December 1, 1866

December 18, 1930

December 10, 2000

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