

Cliff View Notes

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Vol 3 No. 7 News and Notes For Cliffview Owners, Friends and Visitors September 2013

View From The Cliff

by Amy Sellin, Marketing Director

At Cliffview we are so excited for the transition to fall! We still have warm summer nights, but are getting some more time with the stars. Pumpkin beers are in stores and soon, we will start seeing the colors change on our beautiful trees. We are so lucky at the Red River Gorge to have a mix of Deciduous and Evergreens because we get a full rainbow of colors. As the leaves start to fall, they reveal the stunning cliff lines that are our name sake. Be sure to join us this fall and take in this unique vision like only the birds can on our zipline! You can also stay at Cliffview Lodge, relax on one of the porch swings and enjoy the view. We look forward to spending fall with you at Cliffview Resort! Thanks!

Zip Away!!

Phyllis and Allen Tolson

Anyone seeking to make a business successful knows good people along with a good product is what does the trick. Here at Cliffview, we have long had the good product. Maybe the best of its kind, the beautiful Red River Gorge Area and our affordable, cozy Lodge and rental cabins. We have added another really popular attraction, the Zipline.

We also feel that we have the best people for the job. Our Office Staff, Zipline Personnel, Lodge Managers and Housekeeping Staff are all simply perfect for their jobs and truly enjoy their work.

To that very able group we add the Tolsons, Allen and Phyllis. These two have a great attitude and are very good at what they do. We think they can do almost anything. Through the years, they have worked at a variety of jobs which has provided them with the experiences needed to do so many things so well. They are terrific at maintenance, staining and carpentry. They can build, fix or replace whatever needs their expertise. They both were born and have lived in Wolfe County all their lives. Twenty-nine years of marriage has produced seven children. They say they love Cliffview and love working here. We are very happy and consider ourselves lucky to have these fine folks as part of the Cliffview family.

September Song

Yep. It's September again. We just let another summer go by without visiting the Grand Canyon. Without getting the yard up to par or spending that long week end in the Smokies.

Lots of folks think of September in just that way; the month we realize summer is over. Not me! I like to think of September as sort of a pre-game show. The lead in to autumn. Sure, there are still some days to come when the temperature and humidity will keep you inside with the AC on full-tilt. But we get nights with their end-of-summer "freezing" 55 degrees.

continued on back page

Natural Bridge

by Sarah
North

Artisan Festival

On August 23rd, 24th and 25th, Sarah, Wendy, Jessica and Emily from the Zipline office staff joined some wonderful artists and other local businesses at the Natural Bridge Artisan Festival to showcase the talents our mountains have to offer. We were able to set up our booth in the lobby of the Hemlock lodge and show our videos of past zippers whizzing down the lines. Free t-shirts were given away and we raffled off free Zipline passes and nights in the beautiful Cliffview Lodge.

Brave festival-goers were able to get all geared up in the actual harnesses and trolleys used for tours. The artists were busy creating the most beautiful jewelry, quilts, pottery, wood crafts and more, while showcasing their stock. Thanks to some very talented local fellas, we were able to listen to some toe-tapping, knee-slappin' bluegrass music, which consisted of banjos, dulcimers, fiddles and guitars. Many of them hand-made locally! All of this excitement sure worked up an appetite so we headed to the food vendor booths and grabbed some pulled pork sandwiches, fried apple pies and of course, ice cold Ale-8! All in all, it was terrific fun! We got the word out to a lot of people about the Zipline (many of whom have already booked tours!) and took pride in our Appalachian culture. Until next time, ZIP AWAY!

Cliff View Notes

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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
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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

Glade Cultural-Environmental Learning Center (606) 663-8100

www.fs.fed.us/r8/boone/districts/cumberland/glade.shtml

Red River Gorge Trail Crew (Volunteers) www.RRGTC.com

Leave No Trace – Outdoor Ethics www.lnt.org

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Mountain Grillhouse Cafe 606.668.7134

Cliff Notes Jenny or Jerry Ison 865.674.6740

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



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Nancy's News

By Nancy Hamann, Scenic Cabin Rentals



Wolfe County:

Wolfe County has developed a Tourism Commission to help promote the Gorge area along with Lee and Powell; all counties in or around the Red River Gorge. The three counties will work together on promoting their respective communities and area activities. The counties went together to sponsor a booth at the Kentucky State Fair in Louisville and passed out brochures, gave away prizes and discussed the Gorge activities with hundreds of people who stopped by the booth. Hopefully, we are becoming known as an adventure tourism area with activities such as canoeing, ziplining, rock climbing, hiking, fishing, Jeep and ATV riding.

We hope to have a website and eventually develop a "Gorge Guide" that will contain all the area activities, trail maps, calendar of events, lodging, restaurants, etc that a tourist would want to keep. With more collaboration and counties and groups working together I suspect this area will see more small business growth and more businesses will bring in more tourist. Many of us are hopeful this will be the case.

Tidbits on Natural Bridge State Park:

The park is about 2445 acres and is a legally designated wildlife sanctuary and nature preserve. Daniel Boone first passed through here in 1767 and settlement began shortly thereafter. Saltpeter, used in manufacture of gunpowder, was mined extensively here for use in the War of 1812. Most of Powell and Wolfe counties was purchased by timber and railroad companies in late 1800's. The Lexington and Eastern Railroad opened Natural Bridge as a public park in 1895 and it became one of KY's first state parks in 1926. The park has 20 miles of trails. The Bridge is 78 ft long and 65 feet high, 1250 feet above sea level. There are well over 150 arches of various sizes and types within 10 miles of the bridge.

Natural Bridge Trail Trek Series: Natural Bridge has a trail trek of 5 guided trails in a series. If you complete them all you get a Natural Bridge Trail Trek tee shirt and you will have walked all the trails at Natural Bridge State Park. September 28th is one of the hikes. This trek takes place on Hood's Branch trail, Rock Garden Trail and Low Gap trail. You must be at least 10, cost is \$5 per person and you need to bring your own drinks and snacks. Starts at 9 am. Contact Tyler Morgan at 606-663-2214 to register.

Poppy Mountain Bluegrass Festival:

Sept 20-22nd in Morehead, KY. Biggest Bluegrass Festival east of Mississippi!! Big name bands, etc. People from all over the USA go there to enjoy the food, fun & friendship as well as all the great Bluegrass Music!

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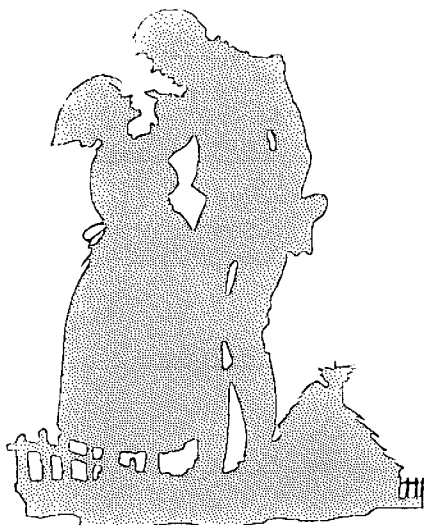
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Well, I Swanny!

Where in tarnation did a word such as tarnation come from? Is it a contracted blend of *eternal* and *damnation*? Other word origins aren't as apparent. *New-fangled* is probably a corruption of *newly finagled*. Finagled was once used in common speech to mean something new that may be of questionable value or improvement.

High falutin' may come from *high*, as snobbish, and *fallal*, meaning useless finery or frippery. Does anybody use those word anymore? I don't think. The only place one is likely to hear tarnation, new-fangled or high falutin' nowadays is when watching an old cowboy movies. One with Gabby Hayes!

One of my favorite words is *lollygag*. This word seems to be an artificial word, one made up just for the sound. Its most common usage is one of loitering, especially when the dawdling is pleasurable. Another meaning is less common in the North, but Southerners use it to mean wooing or *spooning*.



Spooning, as in courting. I like this word; you can use it to mean innocent admiration or the more serious 'necking.' (Everybody knows why and what necking is!)

This term, spooning, may have derived from the Welsh custom of engaged men presenting prospective brides with a "love spoon". It also could be from the habit of amorous beaus spooning out the sweet nothings, sometimes referred to as baloney or *malarkey*.

Malarkey is an American word which I fancy came about in describing the glib mouthings of a spooning Irishman. Well, you have to admit, it does have a Gaelic ring to it!

"I would just as leave you didn't shovel that malarkey on so thick!"

There's a use of the word *leave* that seems to be of very specific origin. I have never heard it used in that form anywhere outside communities of predominate German ethnicity or lineage. I believe it may have come about by either misunderstanding someone's pronunciation (a grandparent maybe) or the mispronunciation of the

adverb, *lief*, meaning gladly, willingly or freely. Nowadays this word, *lief*, gets very limited use and is used only in phrases such as: *would as lief*, *had as lief*, etc.

Okay, I'm going to leave you with a word no one really knows the origin of. There are lots of guesses, so I'm going to venture one. The word is, *swanny* or, *swannie*, and usually is preceded by, "Well, I....."

This is almost always an interjection, a declaration, swearing or term of amazement. Sometimes it connotates disgust. It's strictly Southern usage.

I believe, but have nothing to verify this belief, that like tarnation, it's probably a contracted blend of two words: *Swear* and *funny*. As in, "I swear, it's funny."

Usage is, "Well, I swanny, this has been the strangest summer we've had in a coon's age!" Many times the speaker uses the shortened version, "Well, I swan. I'll never get all these tomatoes canned!"



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Cookin' with Jenny

Breakfast Goodies

Blueberry Muffins

Ingredients:

- 1 1/4 cups flour
- 1/3 cups sugar
- 2 tsp. baking powder
- 1/4 tsp. salt
- 2 eggs
- 4 Tbsp. unsalted butter, melted
- 3/4 cup milk
- 1 tsp. vanilla extract
- 1 tsp. grated lemon rind
- 1 cup fresh blueberries



Preparation:

Preheat oven to 400 degrees. Grease muffin pan. Sift the flour, sugar, baking powder and salt into a bowl. In another bowl, whisk the eggs until blended. Add the melted butter, milk, vanilla and lemon rind; stir to combine.

Make a well in the dry ingredients and pour in the egg mixture. With a large metal spoon, stir just until the flour is moistened, not until smooth. Fold in the blueberries.

Spoon batter into muffin pan, leaving room for the batter to rise.

Bake 20-25 minutes, until the tops spring back when touched lightly. Let cool in the pan for 5 minutes before unmolding. Makes 12 muffins.

Note: Some of these recipes are reader contributed.

Send yours to: jenny@jerryison.com.

Buttermilk Pancakes

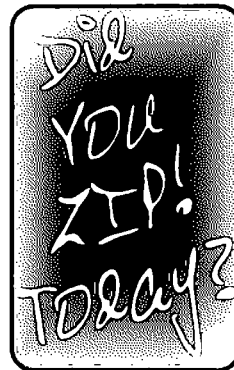
Ingredients:

- 1 cup all-purpose flour
- 2 teaspoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup buttermilk
- 1 tablespoon unsalted butter, melted
- 1 egg, lightly beaten



Preparation:

In a mixing bowl, stir together the dry ingredients. Make a well in the center and add the remaining ingredients. Stir, starting at the center and gradually mixing in the dry ingredients to make a smooth batter. Cover the bowl and let it stand at room temperature for 1 hour, or overnight in the refrigerator. Heat a heavy skillet or griddle and grease it lightly. Transfer the batter to a measuring cup or pitcher with a pouring lip, or use a ladle, and pour the batter into the skillet to make 6- to 7-inch pancakes, cooking only as many at one time as you have room for. Cook the pancakes until bubbles cover their surface, about 1 minute, then turn them with a wide spatula and cook for 1 minute more. Makes 12 to 16 pancakes.



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September Song *continued from page 1*

These are the days of feasting on fresh home-grown tomatoes and green beans. Zucchini and cantaloupes and corn on the cob. Those poor souls you see in the produce section this time of year are truly unfortunate. They either have no means for a garden or are so unlucky they don't even have friends who garden.

These are the days for getting the gear ready for the upcoming hunting season. For tailgate parties, camping and hiking amidst the beauty of our part of the world. This is corn maze, back to school and close-out sales time.

Time for that last summer visit to the beach. For deciding if you are going to split firewood or buy it this year. And choosing new sweaters for the sprint across the mall parking lot for early November Christmas shopping.

There's enough coolness in the late evening breeze to make you want to send for the fall tour brochures and get out the Blue Ridge Parkway map. But, still not enough to cause worry about the coolant level in the family wagon. Here in Eastern Kentucky, we have the great fortune to experience this wonderful, slow transition period. A time for re-adjustment without the sudden change from warm to cold some areas suffer. We get to drag out the alternating warm periods and cool nights all the way through most of October.

Oh, we'll have a real live, gen-u-wine, painted on the trees, leaf-droppin' autumn, but it is still down the road a ways. There's plenty of time left for you to take advantage of one of those sales. Time enough to get the best deal on a bright plaid flannel shirt to wear on the Halloween hayride.