Cliff View Notes

Cliffview Resort

Owners and Operators of
Cliffview Lodge, Cliffview Retreat
And Cliffview Lakeside
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Your Vacation Respite in the Heart of the Bluegrass State

Complimentary Copy - Please, Take One!

Vol 5 No. 7 ***News & Notes For Owners, Employees, Friends & Guests*** ***September** 2015*

Happy News

Welcome To The Family

Welcome Terri and Tony Charles!
Great news! We now have a new Innkeeper, Terri Charles. She and husband Tony, are both from Beattyville.
She started almost a month ago and has already made quite an impression on the staff and guests. We are certainly pleased they chose to join our "family"!
Terri has lived in the Beattyville area for about eight years since marrying Tony, who is a native of Beattyville. Tony is also the father of Zipline Course Supervisor Aaron Charles.
Some of Terri's hobbies include Bible study, photography, and playing the piano.
She has a Master's Degree in Theology and is working on her Doctorate Degree in Theology. (Terri says it's okay to "talk religion and politics" with her, as she will enjoy it!).
Her husband used to be the pastor of a local church, Lyman's Creek Baptist Church, where Terri wrote articles for the church's bulletin and taught Sunday School.
Terri enjoys meeting the many interesting guests who visit the Cliffview Lodge and helping them have a great experience at the Lodge and surrounding areas.
We are happy that Terri and Tony have become part of a select group of people who work every day to make our guests' visit here very special.

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.

We Just Keep Growing and Growing..

We have a new member of our "Championship" office team.
Mindy Conway is originally from Ezel, graduated from WCHS, and recently moved back to Ezel. She loves animals, motorcycles and enjoys being outdoors and new adventures!

Special Announcements

Happy, Happy Birthday to Jim Bookstaff, born September 26 way back when cell phones still had rotary dials!

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Also congratulations to Jenny and Jerry Ison who are celebrating their fifth Wedding Anniversary September 17th

Cliff View Notes

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Cliffview Resort,
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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
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
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

Private Facilities

Cliffview Resort & Cliffview Retreat 606.668.6222
www.cliffviewresort.com 455 Cliff View Road, Campton, KY 41031
The Lodge is available for groups, weddings and retreats.
Also available is the 8,000 sq foot Assembly 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
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: jenny@jerryison.com

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Jim: 865.774.3274

Things To Do In The Red River Gorge Area

- **Breakfast, Lunch & Dinners** Available Mon– Sat Daily specials. **Whisman's Hitching Post** 606-668-3580.
- **Pizza, Salads, Subs, Spaghetti, Lasagna**. *Delivery to Cliffview available*. **HillTop Pizza** 606.464.9990 2034 Hwy 11N Beattyville. Approx 20 minutes south.
- **Daniel Boone Coffee Shoppe & Deli**. Gourmet coffees and groceries 606-663-2549 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**: www.parks.ky.gov/resortparks/nb/index.htm
- **Red River Gorge Hiking, Rock Climbing**: www.fs.fed.us/r8/boone/
- **Cave Run Lake** boat rentals, swimming beach: (606) 784-9666. 1 hour to Cave Run Lake.
- **Wild Things of Kentucky Reptile Zoo & Gem Mining** KY Rt. 11 Slade 859-577-0277 15 minutes.
- **Gift Shops: Daniel Boone Trading Post** 606-663-2549; **Ye Ole Country Peddler** 606-663-2683. All on KY Rt 11, 15 minute drive.
- **Kayaking and Canoeing:** www.redriveradventure.net 606-663-1012
- **Rock climbing,** rappelling, camping: 606-369-051 **Ash Cave Rappelling** 10 minutes.
- In-house **Massage & Manicure** available with orders of 2 or more massages. 859-595-6388
- **Kentucky Tourism & Vacation Guide**: http://kytourism.com/ www.tourseky.com
- **Via Ferrata Rock Climbing Park**: Great for beginners, must be 10 yrs old. 606-668-6441 torrentfalls.com 5 Minutes.
- **Hiking Trail Guide** and Descriptions. Great for beginners. www.redrivergorge.org.
- **Drive In Theater Stanton**, KY. Open April-September. 606-663-9988, 30 minute drive.
- **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

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** which sleeps up to 64 and the 7000 square foot **Activity Center** for groups up to 250. The new **Cliffview Retreat** and the **Cliffview Lakeside** will each sleep up to 50 with double appliance kitchens and technically compatible media rooms, again increasing the number of accommodations available in **Cliffview Resort**. **Call Amy 606.668.6222 for details.**

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Cookin' with Jenny

RRG Spicy Chicken Dip & Rosemary Walnuts

RRG Spicy Chicken Dip

For watching, oh I don't know, maybe a Big Blue football game.

Ingredients:
2 (10 ounce) cans chunk chicken, drained
2 (8 ounce) packages cream cheese, softened
1 cup Ranch or Blue Cheese dressing.
I prefer the Blue Cheese!)
3/4 cup pepper sauce, such as Buck Thorn's Deep in Dixie Fire Water
1-1/2 cups shredded Cheddar cheese

Directions:
Heat chicken and hot sauce in a skillet over medium heat, until heated through. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm. Mix in half of the shredded cheese, and transfer the mixture to a slow cooker. Sprinkle the remaining cheese over the top, cover, and cook on low setting until hot and bubbly.

Serve with:
Celery sticks, cleaned and cut into 4 inch pieces
Chicken-flavored crackers
Toasted Bagel Chips

Health Alert! Heath Alert!

Spanish researchers believe walnuts and olive oil may be heart-healthy. While both walnuts and olive oil decreased the sudden onset of arterial inflammation and oxidation after an unhealthy meal, the walnuts were better at keeping arteries flexible, they found.
So, we think that if you're gonna sit around for hours watching football and munching on what may be less than healthy foods like hot dogs, potato chips, salami sandwiches etc., the following recipe for some delicious and healthy snacking should be included here.

Rosemary Walnuts

Ingredients

- 2 tablespoons olive oil (or butter)
- 2 tablespoons finely chopped fresh rosemary
- 1 teaspoon black pepper
- 3/4 teaspoon sea salt
- 2 cups walnuts

Directions

Preheat oven to 300°F. Heat olive oil in a small saucepan; stir in rosemary, pepper and salt. Add walnuts and stir well with a rubber spatula until mixture evenly coats walnuts.
Transfer to a baking sheet and bake for 30 minutes, stirring every 10 minutes. Let cool completely before storing in an airtight container.

Watermelons - The Fruit and *Vegetable!*

Watermelons pack some valuable heath benefits.
A cup of diced watermelon has only 45 calories.
You can walk off those calories in about 12 minutes.
92% water makes them a delicious way to hydrate.
They contain more lycopene per unit than tomatoes.
High in fiber, it's good for digestive health.
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https://squareup.com/market/thegorgecafe

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John Swifts Lost Silver Mine

Swift's silver mine is a silver mine fabled to have been discovered in 1760 by an Englishman named Jonathan Swift somewhere between Pennsylvania and North Carolina. It is most commonly rumored to be located in eastern Kentucky.

"It's near a peculiar rock. Boys, don't ever quit looking for it. It is the richest thing I ever saw."

With those deathbed words, uttered about 1800, John Swift set off the longest running treasure hunt in Appalachia. A hunt that continues today.

The legend is based on accounts given in the journal of an Englishman named Jonathan Swift. Swift claimed to have preceded Daniel Boone into Kentucky, coming to the region in 1760 on a series of mining expeditions. The journal recounts how a wounded bear led Swift to a vein of silver ore in a cave, and how that for the next nine years, he made annual treks back to the site of the mine, carrying out "silver bars and minted coins." John Swift said he made silver in large quantities, burying some thirty thousand dollars and crowns on a large creek; fifteen thousand dollars a little way off, near some trees, which were duly marked; a prize of six thousand dollars close by the fork of a white oak; and three thousand dollars in the rocks of a rock house: all which, in the light of these notes, it is allowed any one who will to hunt for."

Later, amid numerous obstacles that included Indian attacks, and a mutiny by his crew, Swift walled up the cave and discontinued his mining operation. He left his journal in the possession of a Mrs. Renfro, the widow of one Joseph Renfro of Bean's Station, Tennessee, in whom he was purported to have a romantic interest. Before Swift could return to the mine, he was stricken blind and was unable to locate it again.

Another variation along these lines holds that Swift was taken to the mine by a Frenchman named "Monday" or "Monde". In this version, Swift and Monde are driven from the mine by an Indian attack, and Swift kills Monde for fear that he will reveal the location of the mine to others. Later, when Swift attempts to return to the mine, Monde's hand covers the compass so he cannot tell which direction to proceed.

Geological evidence casts doubt on the existence of Swift's silver mine. In two centuries, subsequent mining and excavation of the area claimed to have contained the mine have not yielded a single vein of silver ore.

Skeptical writer Joe Nickell pointed out that there are numerous versions of the journal upon which the legend of Swift's Silver Mine is based. The best known and most complete of these contains portions plagiarized from a history of Kentucky dating later than the supposed time frame of the journal itself. Because this version is filled with references to Freemasonry and moral allusions, some historians dismiss the entire tale as an allegory.

There is the question of Swift himself. No proof exists that there ever was a John or Jonathan Swift who mined silver in Kentucky. The man many considered to be the Jonathan Swift of legend is known to have been alive many years after the purported death of the fabled miner. Nothing is known of this man's ancestry, and what little is known about him has been handed down through tradition. If the birth date given in Swift's journal is to be believed, the known Swift would have been an incredible 112 years old at the time of his death.

If there was an actual Jonathan Swift, there is some disagreement as to his character. Tradition holds that he was an established Indian trader, but some historians came to believe he was a pirate who preyed on Spanish merchants and made his frequent trips into the wilderness not to retrieve his treasure, but to hide and coin it. A resident of Laurel County, Kentucky named William Reams held that following Swift's visit to the mine in 1769 – the last trip recorded in the journal – he and his accomplices agreed not to claim any of the treasure they had hidden in the area until 1790. When they did return, Swift was overcome by the sight of the wealth and killed the other members of the party while they slept. Following this action, he was struck blind and unable to recover the treasure.

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Ed note: Whether any of these legends is true or even partially true, it has sold a lot of metal detectors!

Every year, for over two hundred years, hundreds of treasure hunters descend on the Red River Gorge Area and the surrounding counties seeking John Smith's elusive stash.

Each year, right here in Wolfe County, Kentucky there is a Swift Silver Mine Festival in the county seat of Campton, Kentucky where locals believe the mine may be located. Where do most believe the mine is? Why , near Swift Creek, where else?

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Local Area Attractions, Festivals, Events and Museums

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There are activities and sights to suit every taste. Hiking trails, picnic shelters, mini-golf, meeting facilities, swimming pool, fishing, camping, playground, a nature center, canoe and kayak rentals, folk dancing, the Natural Bridge Skylift and more. Camping from March to November. Some sites even have WiFi. Call 606.663.2214 or 800.325.1710

Thrillsville Aerial Adventure Park
For thrill seekers, adventurers, outdoor enthusiasts! Located just off Bert T. Combs Parkway 1/2 mile south of exit 33 Slade. Call 844 ClimbHi (354.6244)
Online at Thrillsville.org

Red River Historical Museum
4541 Main Street, Clay City. Open Saturday and Sunday Noon to 5 pm May through October. Admission is free.

Wolfe County Historical Museum
Main Street in downtown Campton. Museum features artifacts from pioneer homes and farming as well as early fire house items.
Open Sundays 2 to 4 pm April through November. Free.

Beattyville - Lee County Tourism Commission
Located in the Caboose Visitor Center at 500 Highway 11 Open Mon through Fri 9:30 am - 5:30 pm. Come visit the birthplace of the Kentucky River.
Call 606.464.5038
Online at www.HeartoftheKentuckyRiver.com

Powell County Tourism Commission
Located in the Caboose Visitor Center
30 L&E Railroad Pl, Slade.
PO Box 1028 Stanton, KY 40380 606.663.1161
Online: www.NaturalBridgeRedRiverGorge.com

Powell County Fair
Lions Club Park, Stanton
September 7 - 14

Owsley County Tourism
PO Box 280, Booneville 41314
606.593.5700

Noble Pioneer Village and Museum
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