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 6 No. 8 Cliffview Resort - Winner of TripAdvisor's Certificate of Excellence Three Years In A Row October 2016

Cliffview Resort and Red River Gorge Zipline Receive 2016 TripAdvisor Certificate of Excellence

The Red River Gorge area's top-rated hotel and #1 attraction have both been awarded the TripAdvisor Certificate of Excellence again this year. This marks the third consecutive year for Cliffview Resort and the fourth for Red River Gorge Zipline.

Now in its sixth year, the Certificate of Excellence celebrates hospitality businesses that have earned great traveler reviews on TripAdvisor over the past year.

"This award shows our dedication to the guest experience," says Amy Meyer, Executive Director of Cliffview Resort and Red River Gorge Zipline. "From the moment guests arrive, they are greeted with a smile and treated to the best Eastern Kentucky has to offer. We are truly grateful for the opportunity to introduce new people to this breathtakingly beautiful place and keep them coming back."

Visitors to the Cliffview Resort consistently comment on the lovely accommodations and friendly staff. Red River Gorge Zipline offers unparalleled views often described as "amazing" and "awesome."

The Certificate of Excellence accounts for the quality, quantity and recency of reviews submitted by travelers on TripAdvisor over a 12-month period. To qualify, a business must maintain an overall TripAdvisor bubble rating of at least four out of five, have a minimum number of reviews and must have been listed on TripAdvisor for at least 12 months.

With stunning natural views of the Red River Gorge, the Cliffview Resort offers luxury accommodations for groups of 2 to 200. The onsite banquet hall can host weddings, corporate retreats or family gatherings. For those with an adventurous spirit, the nearby Red River Gorge Zipline offers professionally-guided tours high above the Gorge.

The Beattyville - Lee County 2016 Woolly Worm Festival

October 21, 22, & 23rd

Far from being a normal festival, the Woolly Worm Festival became a tradition rooted in Lee County's culture. The woolly worm is believed to forecast the weather for the coming winter season. A woolly worm's body has 13 segments-each corresponding to a week in winter. If a segment is light brown, that means the week will be mild. If black, that indicates a harsh, cold week. The worm acted as a weather predictor for many old time farmers who would harvest crop and cut firewood in preparation for the upcoming winter. *See page 3 for more info*

Hoe Down At Natural Bridge

Here's an on-going event only a ten minute drive from Cliffview Resort north on KY 11 towards the Parkway.

Natural Bridge State Resort Park - Slade KY Rte 11

The famous Natural Bridge Hoedowns have been a popular tradition at Natural Bridge for over 45 years! Natural Bridge State Resort Park and square dance caller, Jane Bolin, invite you on Saturdays through October 22 to Hoedown Island for some easy to learn Appalachian square dancing, line dancing, two-stepping, polkas, waltzes and other couples and individual dances. The warm-up dance starts at 6:30 pm, the regular dance program at 7:30 pm. Admission is $3.00/person (ages 12 & under are free). As an outdoor event, there is the possibility of cancellation if inclement weather is forecast or occurs.

Happy Birthday & Welcome Aboard

Birthdays: Guide **Alex Walter** October 3
Executive Director: **Amy Meyer** - Oct 11
Attractions Owner: **Ian Teal** - October 13
We welcome new additions to the "family'.
Housekeeping: **Jennifer Brandenburg**
Office: **Billy Goe**
Guides: **Logan Williams, Alex Walker, Dan Day, Macy Combs, Matt Kiroff, Steven Featherstone**
Driver: **Aaron Thomas**

Cliff View Notes

Is the official newsletter of
Cliffview Resort,
Campton, Kentucky

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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
The Gorge Café in Cliffview Resort 606.668.3349
Email stories, ideas, suggestions, news to: jenny@jerryison.com

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Things To Do In The Red River Gorge Area

News From The Desk of Dedra Brandenburg, Director, Beattyville/Lee County Tourism and Economic Development and Linda Smith of the Three Forks Tradition newspaper

Woolly Worm Festival 2016
October 21, 22, 23

Friday - Pet Show, opening ceremonies
Saturday morning - 5K Run
Saturday afternoon - Parade
Sunday - Car Show
Sunday - Championship Woolly Worm Race
Woolly worm races all day, every day.
Festival hours:
Friday - 9 a.m. to 10 p.m.
Saturday - 9 a.m. to 11 p.m
Sunday - 10 a.m. to 5 p.m.

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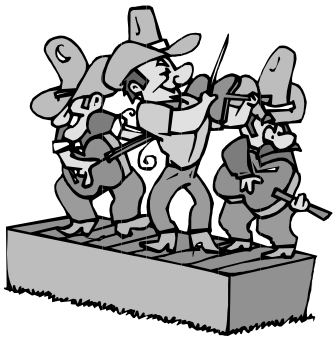
Stage 1 Entertainment

Stage 1 is located at the heart of the Woolly Worm Festival at the beginning of Main Street in Beattyville. Also on site with the Woolly Worm Raceway and the Woolly Worm Barn. Be sure to race your woolly worm. Win a heat race and get into the championship race on Sunday afternoon. Be sure to also sign up for the prize drawings and non-profit raffles!

Appalachian Troubadours
Senora Lanheart
Childers
Cheap Whiskey
Moron Brothers
Jacob Fulks
Frontier
Hilltop Pickers
Ronnie Deaton
New Balance
Rich & Lynch



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 **Activity Center** seats up to 250 and has a fully equipped commercial grade kitchen.
Our newest accommodations, the **Retreat** and **Lakeside** will sleep up to 50 and both have double appliance kitchens and technically compatible media rooms with theater seating.

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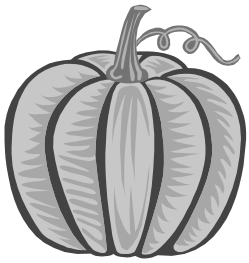
Cooking with Jenny

Purely Pumpkin



1950's Pumpkin Pie

3/4 cup granulated sugar
1 Teaspoon ground cinnamon
1/2 Teaspoon salt
1/2 Teaspoon ground ginger
1/4 Teaspoon ground cloves
2 Large eggs
1 Can (15 oz.) 100% Pure Pumpkin
1 Can (12 fl. oz.) Evaporated Milk
1 Unbaked 9-inch (4-cup volume) deep-dish pie shell
Whipped cream for topping

In small bowl, mix first five ingredients. Using a large bowl, beat the eggs and stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.
Pour into pie shell and bake in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F; bake for 40 to 50 minutes or until knife inserted near center comes out clean.
Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

Pie Crust (For those who want homemade)

1 Cup all-purpose flour
1/2 Teaspoon salt
1/3 Cup vegetable shortening
2 Tablespoons cold water*

Combine flour and salt in medium bowl; cut in vegetable shortening until mixture is crumbly. Sprinkle with small amounts of water and blend until mixture holds together.
Shape dough into ball; place on lightly floured surface. Roll out dough to 1/8-inch thickness. Line pie plate with pastry. Turn edge under; crimp as desired.
Double all ingredients, follow procedure above, and divide dough in half to make two crusts.
*Add 1 additional tablespoon water as needed.

Spiced & Glazed Pumpkin Cookies

2 1/4 cups all-purpose flour
1 1/2 teaspoons pumpkin pie spice
1 Teaspoon baking powder
1/2 Teaspoon baking soda
1/2 Teaspoon salt
1 Cup (2 sticks) butter or margarine, softened
1 Cup granulated sugar
1 Can (15 oz.) Pure Pumpkin
2 Large eggs
1 Teaspoon vanilla extract
2 Cups (12-oz. pkg.) Semi-Sweet Chocolate Morsels
1 Cup chopped walnuts
Vanilla Glaze (recipe below)

Combine flour, pumpkin pie spice, baking powder, baking soda and salt in medium bowl. In a large bowl, beat butter and sugar until creamy. Beat in pumpkin, eggs and vanilla extract. Gradually beat in flour mixture. Stir in morsels and nuts. Drop rounded tablespoonfuls onto prepared baking sheets.
Bake for 15 to 20 minutes until edges are lightly browned. Let cool on baking sheets for 2 minutes then on wire racks to cool completely. Drizzle with Vanilla Glaze.

Vanilla Glaze:

Combine 1 cup powdered sugar, 1 to 1 1/2 tablespoons milk (adjust for desired consistency) and 1/2 teaspoon vanilla extract.

One Pump(kin)ed Up Pie!

The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.

While you're enjoying time in the Gorge, you may wish to add a huge adrenalin rush to that great new experience so...

Zip Away!

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The Ghost of Morehead College

by Jerry Ison

For years, stories have surfaced about the ghost of a young lady who jumped from the 9th floor of Morehead's Nunn Hall. She is nowadays wrongly referred to as the Morehead Ghost.

Actually, the Morehead Ghost isn't the one who jumped from the 9th floor. She pre-dates that jump by almost 100 years. In the 1970's, the third, fifth and ninth floors of Nunn Hall were female only. The story is that Loretta Cunningham, a 1973 business degree student who was looking out over Eagle Lake when she was approached by the ghost of Phoebe Button. That eerie surprise caused Loretta to leap to her death.

Originally, a small farm house sat at the location of present day Nunn Hall. In 1887, Phoebe and her son Frank, the first Morehead president, lived there.

Phoebe's husband was killed in the Civil War at Chancellorsville while she was back home in rural Rowan County pregnant with Frank.

In 1898 Frank was called to fight in the Spanish-American War and was killed when the Rough Riders charged San Juan Hill. Frank was the widow's only son and she was an only child, so she had no family to speak of.

Phoebe grew so depressed that she was bed ridden for months at a time. She was living in a spare storage room in Hargis Hall and one night she didn't answer her door to receive her evening meal. Miss Abigail Brewster, who took personal care of Phoebe, forced the door open.

Abigail found Phoebe hanging just above her bed from a rope made from the lace curtains. Phoebe had just attempted the deed when Abigail broke into the room. Abigail tried her best to hold Phoebe up while screaming for help. Unfortunately, she was unable to do so until help arrived. Phoebe died while Abigail held her almost horizontally. Now, her ghost haunts the college and that is why, when she appears, she seems to be hovering in the air.

She startled poor Loretta Cunningham because the ghost is constantly moving back and forth from the area of old Hargis Hall, near the location of her home in 1899, out to where Nunn Hall is today.

The ghost's presence was detected way back in 1968 when construction of Nunn Hall began. Several construction workers reported strange visions and unexplained incidents, such as dozers suddenly coming to a halt, trenches caving in, tools disappearing and so on. The first *reported* sighting of the actual ghost was said to have been by a custodian preparing the hall for the new residents in the summer of 1969. Since then there have been hundreds of supposed sightings in all the halls between Allie Young and Nunn.

Rader, Breckenridge, Ginger, Thompson, West, East and Mignon Tower as well as Mignon Hall have had reported sightings.

The Morehead Ghost is one of the most often sighted ghosts in America and for the longest time.

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October Symphony

by Jerry Ison

We are fortunate to live where we can experience four different seasons.
The crisp, glittering cold of Winter.
The airy pastels of a fresh green Spring.
The fullness and deep green of Summer.
The glorious display of Autumn.
For many of us, however, autumn is the season we most appreciate. Cool, comfortable evenings and a more gentle, softer glow from the sun. Autumn is the canvas for nature's most brilliant brush strokes. The yellows and golds of the hickories, buckeyes and cottonwoods.
The silver, purple and red of the sweet gum.
Countless shades of red, running from barely orange sassafras leaves, through the brownish rust of oaks and sycamores, to the brilliant scarlet of sugar maples and dogwoods.
This colorful display is not only for trees; many other plants change also. Some grasses turn beautiful shades of yellow and gold.
Even Nature's bad boy, poison ivy, gets into the act. It's leaves develop reds so vibrant, they sometimes appear metallic.
What causes this marvelous transformation?
How are the colors of the different plants and trees determined?
Scientists, botanists and biologists have many answers and logical reasons as to why all the colorization takes place.
They talk of loss of chlorophyll - the green stuff in plants. There's mention of the yellow agents, carotene and xanthophyll. They bring up the cooler nights and bright sunshine of autumn days as causes for chemical changes which result in color changes. There's usually mention of the red pigments, anthocyanins, formed when natural sugar, glucose, is trapped in a dying leaf.
Oh yes, no scientific discussion of the leaves of autumn would be complete without mention of abscission. This is the process which causes trees to lose their leaves and puts the "fall" in Autumn.
Or at least, so say those scientists.
I have a completely different version. In my version, the coloring and eventual dropping of the leaves is a carefully orchestrated performance. Much like the fireworks finale at one of the many Fall Festivals. It's the Creator's way, and so obviously so, of topping off His magnificent performance the preceding season - summer.
That was a tough act to follow but to me, autumn is the cymbal at the end of summer's crescendo.

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