# Cliff View Notes

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Vol 7 No. 10 *Winner of TripAdvisor's Certificate of Excellence Award for 2013, 2014, 2015, and 2016!* *December* 2017


## View From The Cliff *by Joyce Belcher Resort Executive Director*

The holiday seasons are here again! It's one of my favorite times of the year. Family gatherings, trees topped with mistletoe and everyone looking for that first snowflake to float through the air heralding the arrival of many more to blanket the ground white.

Here at Cliffview Resort we are getting ready for a new exciting year. We are making lots of reservations for corporate retreats, family reunions and weddings for next year. Our calendar is getting filled fast. With our beautiful location and our 5 star hospitality rating, we've always been the perfect getaway and now we can arrange your meals as an additional service when booking your retreat with us. We provide a variety of menus for your selection. You just choose your meal and we do the rest.

Take a few moments from the holiday bustle and call us to arrange your next retreat.

All of us at Cliffview Resort wish everyone a Happy Holiday Season and wish to thank all our guests for allowing us to provide them hospitality throughout the past year.

### *Electrifying News!*

We have three Tesla Charging Stations, one of which is 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.

**Winter Birthdays**

Zipline Guide - **Hunter Clifton** February 11th
Operations Manager - **Rick Belcher** February 14th
Cliff Notes Publisher - **Jenny Ison** February 20th
Zipline Guide **- Mahalla Kash** February 24th

**Cliffview Family Happenings**

**Mackensley Griffin** is scheduled to make an appearance (finally) in this world in February 2018! Her granny**, Nancy Griffin** Cliffview Office Manager, is so excited about her arrival. This will be her 4th grandchild and the first granddaughter. (Mackensley may get a little spoiled lol).

Nancy is also proud to announce that her youngest grandson **Hunter Ross** *won the Robinson Scholarship.* He will receive a full scholarship to UK beginning the fall of 2018.

## Christmas at Cliffview

***Once again it's almost time for our Family Fun Filled Frolic!***

This year we'll hold the sixth annual Christmas at Cliffview and it's bound to be the best yet! As with each year, the plan is to have lots of good food, good friends and good times! Please bring your friends, family, co-workers, anyone you know that will enjoy a great time, out to party with us on Saturday, December 16, at the Activity Center in Cliffview Resort. Festivities will begin at 4 pm and go until 8 pm. You and your children are invited to attend this happy event. The good people behind this event try to make it as special for the children of Lee and Wolfe Counties as possible; what better way to have a great time than to celebrate with friends and neighbors!

Bring your appetite as there will be a super scrumptious full course meal with a big dessert array to feast on throughout the evening.

There'll be face painting, a photo booth (bring your camera), storytelling and singing as well as a craft section set up to make ornaments to take home.

And, oh yeah, Santa will be there!

This year's party is guaranteed to be a time to remember by all.

Need more info? Call Sandy Teal 859-409-0024 Cell & Text

# Cliff View Notes

Is the official newsletter of
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

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**Red River Gorge Cabin Rentals** 606.668.3272
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**Thrillsville** 844.CLIMBHI (844.254.6244) Thrillsville.org
**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: jerry@jerryison.com***

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## *Things To Do In The Red River Gorge Area*

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  1746 KY Rte 715 North 4 miles Across from Rogers Elementary Open 7 Days a week
- **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.
- **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:** Camping, Hiking, Rooms, Fine Dining
  parks.ky.gov/resortparks/nb/index.htm
- **Red River Gorge Hiking, Rock Climbing:** fs.fed.us/r8/boone/
- **Ash Cave Rapelling:** Rapelling**,** Hiking, Climbing, Camping 606.369.0511 10 Minutes
- **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.
- **Massage & Manicure:** In-house available with orders of 2 or more massages. 859-595-6388
- **Kentucky Tourism & Vacation Guide:** http://kytourism.com/ tourseky.com
- **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 30 minutes
- **Gorge Underground:** A Unique Waterborne Family Adventure
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  844-354-6244 Thrillsville.org 15 Minutes

*Drive times are from Cliffview Resort to the listed attraction/event.*

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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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# Safe Hiking in Cliffview and State and Federal Forests of the Red River Gorge Geological Area

The hiking season is now in full swing. Hundreds, thousands of folks from all over the country regularly visit Cliffview Resort and the Red River Gorge Area to enjoy nature's bounty. There is no better way to experience all the area has to offer than to hike the hundreds of trails in federal, state and private lands than hiking. We want everyone to have the best hiking experience possible and leave the area with fond memories and beautiful pictures and videos.

To make the experience fun, informative and safe we offer a few hints and some do's and don'ts.

* **First and foremost, the Boy Scouts are right, *Be Prepared!***

* The Mountains are known for unpredictable weather. Check the weather forecast for the area.
* Plan your hike--know about the area and how to get there. Get detailed maps.
* Take enough food, clothing, and equipment to keep you comfortable for at least another day and night longer than planned in case of emergency.
* Notify others of where you will be, and when you plan to be home, in case someone needs to contact you. Let them know when you return.
* If you are a beginner, contact local outfitters or camping and hiking locations for a general check list of needed equipment. It's a very good idea to have a comprehensive Red Cross approved First Aid kit and manual.
* Take a cell phone with a fully charged battery. Make certain there is service in the area you plan to explore
* Download a GPS app so friends and family can track your progress and always know exactly where you are. In areas with no service, inexpensive walkie-talkies are a reasonable alternative .
* Always bring waterproof matches or a couple of Bic lighters and a knife of some kind.
* A loud whistle is another good idea. It can be used to attract attention if 'confused' and may convince an unwelcome animal to leave the area.
* If hiking in an area bears are known to habituate, make some noise while hiking. Sing, clap your hands, talk, whatever. Bears don't like to be surprised and if they know you're approaching, they'll usually go the other way.
* Remember, you're a guest, be courteous and appreciative.

***If you carry it in, please carry it out!***

* Take only pictures; leave only footprints and leave those only on ***designated trails and areas.*** Remember, when you're enjoying any federal area, guidelines forbid the taking of even a pebble from national parks.
* Never, ever cut a live tree for firewood or any other reason.
* Be respectful of your state and national forests; keep the trees and shrubs alive and growing.
* If hiking with Fido, keep him on a leash no longer than 6 feet.

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## Christmas Traditions Through the Years and Around the World

by Jerry Ison

To Christians of the world, December means Christmastime. This is such an important holiday that even non-Christians are influenced by celebrations.

Long before the advent of Christianity, December was already a month of festivals and celebrations in many societies. In the northern hemisphere, the winter solstice, the shortest day of the year, has always been a date of importance to many cultures. Daylight hours range from about 12 at the equator to zero at the north polar region. On this day, around December 21, the sun is over it's southernmost latitude, the Tropic of Capricorn. This is the first day of winter.

Some of the customs of Christmas are holdovers from pagan rituals. The association of ivy dates back to the the Ancient Greeks. Ivy played a role in the Dionysian revels. Dionysus was the Greek god of vegetation, wine and merrymaking. Mistletoe was the sacred Golden Bough of the mystical Druids of Celtic Britain, Ireland and France. Mistletoe also figured in the Norse mythology. In Scandinavian countries, if enemies chanced to meet under the mistletoe, they would lay down their arms and declare a truce for the day. This peace-making quality is what has led to the custom of kissing under the mistletoe - I guess!

The custom of the Yule log is probably of Scandinavian origin although there is a Druid connection here also. Some cultures held elaborate ceremonies for the bringing in of the Yule log. The proper wood was from a huge red oak. The log was kindled on Christmas Eve with the remainder of the previous year's log. Every night for the next twelve nights the log was placed on the fire for a short while. The log was then placed under the master's bed and kept there for the ensuing year. This was a guard against fire and thunder. In early southern America, the belief was that one shouldn't work as long as the log was burning. Taking advantage of this custom, slaves would secretly sprinkle the log with water, delaying the final flames. Today, many ski lodges try to attract customers with an "authentic" old-fashioned Christmas. They make the Yule log a center of celebrations in the lodge house after a day on the slopes.

The ancient Romans celebrated the days between the 17th and the 23rd of December with merrymaking and jubilation in honor of the god Saturn. Saturn was the god of farming and husbandry. Myths say he brought peace and prosperity to Italy. Saturnalia was a time of equality between slaves and freemen. Slaves were even permitted to shout at their masters and revel with the best of them. The fierce Romans even halted hostile activities with the state's enemies. Gifts of lamps, pastry, gems and gold and silver coins were exchanged. While the gifts of the Magi are often said to be the origin of Christmas gift giving this earlier Roman tradition may be the real starting point.

Candles in the windows are a popular Christmas decoration across America and throughout Europe. This custom may also have its origin in Scandinavia. A large candle, the Yule candle, was burned as a companion to the Yule log. Legend says the candles were lit to guide Joseph and Mary to a home where they would be welcome and find comfort. Irish immigrants brought this tradition to America.

The Celtic and Germanic tribes of central Europe believed trees were often inhabited by gods and spirits. They attributed divine qualities to many trees, especially evergreens. No doubt the fact that the pines and firs were the only greenery during the time of winter celebrations added to their appeal. There is no way of knowing when or where or by whom the first tree was decorated specifically for Christmas, but trees have long been festooned with various items to please a deity. Legend tells that Martin Luther decorated a tree with lighted candles to explain to his wife and children the impression the night sky made on him. The modern Christmas tree seems to have originated in the upper Rhine region of Germany. The Medieval Paradise play depicted the expulsion of Adam and Eve from Paradise. A fir tree hung with apples was used to represent the tree of life.Not all Christmas customs are of ancient beginnings. Many American traditions were brought from England. Caroling on Christmas Eve has long been a favorite group event throughout American history. In many cities, there are organized groups of singers wandering through the streets serenading neighbors and passersby. Many churches and schools have special programs featuring choirs and groups voicing holiday favorites.

Another holiday tradition borrowed from the English is Christmas cards. John Calcott Horsley created the first card designed for commercial sale in 1843 at the request of Sir Henry Cole. Today the variety of designs and verses are countless. More than three billion cards are sent to friends, family, loved ones and business associates every year.

The best tradition may be the one you and your family started. Or maybe the one you'll start this year!


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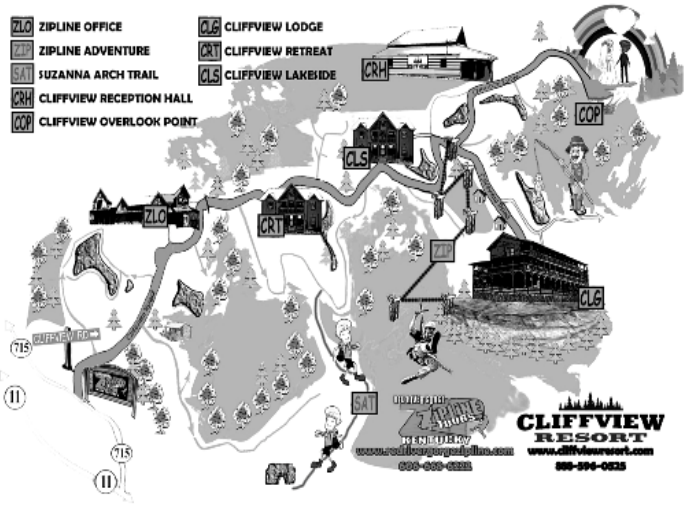
## Politically Correct Carols

Well, maybe not, but if some Scrooge at the ACLU with a thesaurus were to rename traditional Christmas songs with politically correct titles, would you be able to identify them? Have fun trying. Send your answers to us and win a Red River Gorge Zipline pass. Send answers to: jerry@jerryison.com. The answers must be in the body of the email; we will not open attachments which will be automatically deleted.
The first three people, as per the time stamp on the email, to get all the right answers wins a free Zipline pass. The latest one can enter is December 31, 2017, however, if you wait that late, we are certain the winners will already be chosen. There are no cash equivalent prizes and winners must make reservations for tours at least two weeks in advance of tour date desired.

01. Small City in Judea
02. Colorless Yuletime
03. Singular Yearning for Twin Anterior Incisors
04. Loyal Followers Advance
05. Righteous Darkness
06. Weather: Cloudless; Arrival Time: 2400 Hours
07. Far Off in a Feeder
08. Array the Corridors
09. Diminutive Young Male Percussionist
10. Monarchial Triad
11. Nocturnal Noiselessness
12. Father Christmas En Route to Borough
13. Initial Christmas
14. Frozen Precipitation Commence
15. Proceed and Enlighten on the Pinnacle
16. The Quadruped with the Vermilion Proboscis
17. Query Regarding Identity of Descendent
18. Delight for This Planet
19. Give Attention to the Melodious Celestial Beings
20. Hence Arriveth Kris Kringle
21. To Descry Matriarchal Osculation of Yuletide Benefactor
22. At the Zenith of the Habitat
23. Endocarps Vesicated in a Conflagration
24. Jehovah Delcify Blithe Chevaliers
25. The Dozen Festive 24-hour Intervals




## Three Forks Historical Center Museum

Hwy 11 - Beattyville, KY
Hours: Mon-Thur 10 am - 2 pm
Sat 10 a.m. to 2 p.m.
Other times by appointment.
Call 606-464-2888 or 606-567-5136
An amazing collection of antiques, from farming, oil fields, household, military, moonshine stills and more. The recently added Veteran Hall is probably the most impressive section of the museum. There is a nice combination of graphics, like wartime posters and pictures and tangible objects, like sabers, badges and even uniforms. Each uniform has a name and was donated by that soldier's family.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