History lesson: Olentangy Indian Caverns

Grab a SLICE in Sunbury

Makers of the Buckeye State
Kelly's Wholesale Carpet & Flooring

2097 London Rd Ste K | Delaware

- Carpet Rolls
- Remnants
- Vinyls
- Ceramic Tiles
- Hardwood
- Laminates

Guaranteed Installation Available

Hours: M-F 10-6 • Sat 9-12 • Closed Sunday

740 417 4218

Visa • Mastercard • Discover • Financing Available

www.KellysWholesaleCarpet.com
Hide & Shake

Find the shaker in this issue and be entered to win a $10 grocery card.

Visit our website, thesaltmagazine.com, and click on the Shaker Contest link at the top and enter your contact information. Your name, street number, street name, city and zip code are required. Only your name and city will be published. All entries must be received by Sept. 1. Only online entries will be accepted.

In the Summer issue, the shaker was hidden on page 15, on the fire escape.

Congratulations to our most recent winner, Norma Lee Tyler, of Centerburg.

You could be our next winner!
Features

History Lesson:
Olentangy Indian Caverns ............... 6

Long Branch Pizza............................ 8

Buckeye Love ................................... 9

On the Cover

This photo of a cash register at the museum at Olentangy Indian Caverns was taken by D. Anthony Botkin.

Recipes

Clafoutis ........................................... 5

Parmesan Baked Potatoes................. 10
Recently, I inventoried the deep freezer and happily found some chopped apples, all prepped for pie but languishing in a corner. Add a package of pie crust (yep, I’m lazy), and I will have a cinnamon-and-clove-laden treat to lead into fall.

But first, let’s enjoy the last of summer. Peaches call my name this time of year. Which leads to clafoutis.

The best part? It’s delicious both warm as dessert and cold as breakfast the next day. A little googling and comparing recipes led me to this iteration:

**Clafoutis**

- 1 pound stone fruit
- 1 1/4 cup milk
- 1/3 cup white sugar
- 1/3 cup light brown sugar
- 3 eggs
- 2 teaspoons vanilla
- 1/8 teaspoon salt
- 1/2 cup flour

Butter, for pan

Gather a glass or ceramic baking dish. An 8-cup or a 9-inch round dish works well. Grease it with butter. Cut fruit into slices and scatter in dish. (Cherries are traditional for this dish, but any firm fruit will do.)

In a bowl, whisk together the ingredients, making sure the sugar is dissolved. Pour over fruit. Bake at 350 degrees for 45 minutes to 1 hour until puffed and golden.

What’s your favorite way to eat the season you’re in? Please share recipes at amgeesterrett@aimmediamidwest.com. Be sure to include your name and the town where you live.

---

So, I flipped my lid recently. I looked a little (a lot) crazy.

What was so terrible that inspired this?

Packing for a trip.

I should have learned by experience that this is a stressful time and is not to be left to the last minute.

But, no. I completely focused on the wrong things, like finding The Perfect Swim Bag With Zipper that I knew we owned. I could cite its dimensions and qualities better than a catalog. With the stripes, the stripes, I repeated to my husband, who was trying to help.

But it wasn’t to be found. Plan B.

The irony hit me soon after. Why was I stressing about fitting every peg into its hole for a vacation where we had only made definite plans for one day out of four? We wanted to be spontaneous, take it as it came, send postcards back home, relax. As long as we remembered our swim gear, it mattered not one bit what bag it was stowed in.

I almost missed the forest for the trees.

And 100 percent of scenic overlooks have an amazing view worth slowing down for.

This issue can help with things to explore before the scheduling of fall returns, from checking out Olentangy Indian Caverns to a Sunbury pizza shop offering unique flavors.

Just don’t forget the postcards.
The chants of the Wyandot have long since been replaced with the giggles of children touring the Olentangy Indian Caverns that were formed millions of years ago by the mighty cutting power of water carving through Columbus white and Delaware blue limestone.

"It's not just a cave," said Ashley Dickens, general manager. "It's the second-largest cave in Ohio, just behind Ohio Caverns."

The old caverns once used by the Wyandot tribe are a great imaginative, fun and educational family adventure situated in the southern portion of Delaware County, just north of Columbus in central Ohio.

Dickens said that since 1998, the caverns have been owned and operated by her husband, Tim Dickens, who has expanded the cavern experience to an Ohioan frontier adventure.

The Caverns
Dickens said the story of the caverns starts in 1821 with J.M. Adams, a member of a wagon train that was heading west, who had gone in search of his runaway ox. The wagon train had stopped for the night to camp not far from where the caverns are located. When Adams awoke the next morning, he found his ox had broken loose and wandered off some time in the middle of the night.

In Adams’ search, he found the entrance to the caverns and went in to explore. Before leaving, he carved his name and date near the entrance, which can still be seen to this day.

The first public tours of the caverns began July 4, 1935.

The geological wonder is now accessible from within the museum by going down a set of concrete stairs that descends 55 feet to the first level of a maze of passages and rooms occupying three different levels that offer an excursion into ancient Indian lore.

The maze of beautiful winding passages leads to the many spacious underground rooms that were once used by the Wyandot for rituals, ceremonies and council meetings. Other evidence points to the tribe using the caverns for shelter from storms and to hide from their enemies — the Delaware.

Most of the spaces are open enough for an average-sized adult to walk upright through them but sometimes may require a little head-ducking.

Fat Man’s Misery might be a tight squeeze for some that carry a couple of extra pounds around their middle.

"It’s a little hard to get through for some," she said.

At the third level, Cathedral Hall and Bell Tower rooms take an adventurer of the caverns down to 105 feet below the earth’s surface. Beyond that point there are many believed to be many unexplored passages and rooms.

The fourth level has been partially explored where an underground river has been found flowing into the Olentangy River, just east of the caverns.

"There are several passages that have not been excavated and opened," Dickens said. However, the underground river has formed a lake, but the size of it is unknown, along with the many miles of passages that have never been explored.

"Nobody has been down there in a very, very long time because there was a cave-in," Dickens said. "But, it’s still cool because there are blind fish and everything down there."

The cave is a constant 54 degrees year round. Bring a jacket to stay warm and dry.

The Museum
The museum features artifacts that have been discovered in the caverns.

"This stuff is cool," Dickens said. "I like this stuff. The oxen leg bone and jaw bone are neat."

There is also a history displayed of the caverns on wooden arrowheads, and there are...
wooden cigar Indians at the entrance to greet visitors.

An old cash register from the 1800s was probably once used to collect admission fees from visitors.

Above Ground

Children will find delight in mining for gems with screened sifters, shaking them back and forth in a water flue to reveal gems hidden in the dirt.

There is a petting zoo where kids can pet live animals like goats, sheep, deer and miniature cows.

Visitors can take advantage of the cavern’s miniature golf course that is laid out behind the General Store. Want to wear the kids out so they sleep well through the night, let them try the rock climbing wall or challenge them to a game of checkers on the super-sized checkerboard.

A gift shop offers gems, mining helmets, stuffed animals, Indian lore items and other gifts related to the Ohio frontier.

The Olentangy Indian Caverns
1779 Home Road, Delaware
Open 9:30 a.m. to 5 p.m.
April 1 to Oct. 31
Visit olentangyindiancaverns.com for details on types of tours, camps and events.
In every town across America, there seems to be at least one pizza place that people come back to again and again that isn’t part of a chain restaurant and has a couple of unusual menu items. Unusual, like a potato pizza. Consisting of mashed potatoes, cheeses and bacon, the slices resembled the top of baked potatoes and tasted like the inside of a twice-baked potato, only with a firm crust.

A glance at the menu reveals more interesting twists: a taco pizza with chorizo and jalapenos; a four-cheese pizza with fontinella; and a Chicago-style pie with broccoli and spinach.

The folks who run Long Branch, Pat and Maria Bennett, say they grew up on this pizza in Sunbury, and their son, P.J., lived on it while battling cancer (he’s now 21). Both also worked at pizza shops when they were younger. Pat Bennett retired as Sunbury Police Chief last year after serving on the force for 30 years.

Sunbury Mayor Tommy Hatfield praised Bennett as a real-life Andy Griffith, ably serving his hometown. “Pat has a heart for the people of this community,” Hatfield said at his retirement ceremony.

“Pat has a heart for the people of this community,” Hatfield said at his retirement ceremony. “The only thing I miss is helping people,” Pat Bennett said of his previous job.

Pat Bennett said he is still serving Sunbury — but now it’s pizzas, subs, breaded ravioli, salads, wings and bosco (a cheesy bread stick). He’ll make the dough on weekday mornings before folks start placing lunch orders. On a busy day, he may make enough dough for 90 pizzas — the restaurant serves four sizes, ranging from 10 to 16 inches.

He loves to cook, and as a result, the restaurant makes its own lasagna and meatballs. He even tinkers with new pizza recipes. However, his favorite is the Old World pizza, with spicy pepperoni, provolone, mozzarella and Romano cheeses.

Maria Bennett may work the later shift, but she’ll come in early on a busy day. She’ll take orders, put the toppings on (there’s 21 to choose from), and serve those dining in. The restaurant can seat up to 51 people.

“I love the people,” Maria Bennett said of what she likes best about the business. She said she also likes working with her husband, and they get along well together. The shop employs 10 people, and Long Branch delivers in a 10-mile radius. Thanks to the Tanger Outlet and new subdivisions in the village, Pat Bennett said Long Branch is getting some new customers who weren’t previously aware of Sunbury square. They also get repeat business from people who come from out of town and prefer Mom-and-Pop restaurants to chains.

Long Branch Pizza
34 S. Vernon St., located across from the village square, Sunbury
www.longbranchpizzaoh.com
740-965-3383
Show us what you’re up to!

We’re interested in learning about what our Ohio neighbors are making in their free time. There’s so much creativity happening outside of the 8 to 5, a way for folks to help with the household budget or just express themselves in a way their jobs don’t ask of them.

Send a photo of a finished item, cost, social media info and your contact info to amcgeestertrett@aimmediamidwest.com.

**Buckeye love**

**Krista Brian, Troy**
Facebook: FaithLoveHomeDesigns
Etsy: faithlovehome
937-308-3982
faithlovehome15@gmail.com
Wood wall words, about 13-by-13 inches. $17.50. Custom laser cut and engraved items available.

**Dena Clifton, Blanchester**
937-783-3873
d.k.clifton@hotmail.com
Painted/bronze-look cement garden stones, about 12-inch diameter. $6-$12. Military branches and flags available.

**Becky Schaub, Wapakoneta**
RT 33 LLC
419-302-8846
becschaub01@gmail.com
OSU necklace. $30.

**Are you a maker?**

**David Carman, Delaware**
Instagram and Etsy: Kentucky Stick Chairs
740-513-8151
kentuckystickchairs@gmail.com
Folding outdoor chair. $250. Custom finishes available.

**Danny Hoop, Hillsboro**
937-588-2031
Ohio-shaped mounting board for deer or large fish. $40 unfinished, $45 finished.

**Cathie Streater, Clarksville**
Facebook and Etsy: Patchwork People Pins
937-725-2981
cstreator@yahoo.com
Flamingo pin, about 2 1/2 by 1 1/2 inches. $13.
Carolyn Kay Riggle
Carolyn Kay Riggle is mayor of Delaware.

Story by Joshua Keeran

What’s your favorite vacation spot and why?
Florida, because I cherish the time I get to spend with my mother, father and brother. As my parents are aging and their health is failing, each visit becomes more and more precious to me. And my brother and I have become so much closer through these tough times.

What’s the one food you just have to buy at a fair or festival?
Bourbon chicken over rice.

Have you ever met a celebrity? If not, who would you most like to meet?
My celebrities are the veterans who fought for our country. I am in awe with every new veteran I meet. A celebrity in my mind doesn’t need the big silver screen and fancy lights and a stage or make lots of money to get my attention. It is what they have done for others so unselfishly, left their families behind and gone off to fight for all of us and came home and went to work the next day as if nothing ever happened.

What’s your hidden talent?
I love to crochet and sew, whenever I can find the time.

Cats or dogs — or neither?
Dogs, very small or very large. Currently, I have two rescue white Yorkies, Gracie and Mr. Oliver Peebody.

What do you love most about your community?
I love the fact that Delaware has grown so much, but I think we continue to have the small-town feel. When I walk down the street and say “hello” to someone and they actually look you in the eye and say “hello” back. It wasn’t like that where I grew up, and that is what made me move to Ohio and so glad I chose Delaware.

Parmesan Baked Potatoes
— From Mary Ann Parker, of Delaware

6 small potatoes, cut in half
1/4 cup butter
Grated Parmesan cheese, to taste
Garlic powder, to taste
Other seasonings, to taste

Preheat oven to 400 degrees. Melt butter in a 9-by-13-inch pan. Generously sprinkle with cheese and seasonings. Place potato halves face down in butter. Bake 40-45 minutes. Cool at least 5 full minutes before removing from pan so crust sticks to potatoes.

Salt Scoop
Send us your favorite recipe. We may feature it in an upcoming issue.

Visit our website, thesaltmagazine.com, and click on the Recipe Submission link at the top to be entered. Include a photo of your dish, too, if you’ve got one. All entries must be received by Sept. 1. Every submitted recipe will be entered in a drawing for a $25 grocery card.

Congratulations to Mary Ann Parker, of Delaware, for the Parmesan Baked Potatoes recipe submitted for this issue of Salt.
One more thought...

“No matter what looms ahead, if you can eat today, enjoy today, mix good cheer with friends today, enjoy it and bless God for it.”

— Henry Ward Beecher

Photo by D. Anthony Botkin
The facade and patio at 1808 American Bistro. The restaurant is located in downtown Delaware at 29 E. Winter St.
I thought he was my friend until he forced himself on me.

My partner told me to stay silent. I was afraid of what would happen if I didn’t.

I trusted him. He took advantage of that trust.

I was never asking for it.

It’s safe to say it. Support is just a call or click away.

© OhioHealth, Inc. 2018. All rights reserved. FY18-117-SVH-4-1. 02/18.