

*** *For What It's Worth* ***



Janice Nelson, Editor

July 27th, 2018

EDITOR'S COMMENTS

I want to take this time to personally thank Judy Engel for working on the last issue of FWIW. You did a great job, Judy! Thank you, again. There seems to be a very bold and hungry bear roaming the east side of the lake. This particular bear has recently broken into a property owner's garage by gently lifting the window and climbing inside, then eating whatever seed was stored in the garage. Also, I assume the same bear has been enjoying bird feeders, suet, and whatever else it can get its paws on. The point I am trying to make is that our bear appears to be dining at a much earlier time of the evening, so if you are walking the roads and/or trails, please take heed of the bear! Alpine's Yard and Clothing Sale is almost here. Information about when and where you can drop off your gently used clothing and household items can be found in this issue. The Alpine Lake staff has planned several events in the coming weeks to be held at the Lodge. Be sure to look at the last few pages to see all that is happening at Alpine. I hope the weather stays as beautiful as it is today. Have a great weekend and hope to see you around the lake....until next time!

The next FWIW will be issued on Friday, August 10th. Please email all articles to, Janice Nelson, at mamaj11@yahoo.com.

CONDOLENCES AND PRAYERS

Earl Beigel, father of Jay Beigel, passed away peacefully on July 25, 2018. He was 97 years old and a veteran of World War II. Earl loved Alpine Lake and brought many friends and family to enjoy what Alpine has to offer. Condolences may be sent to Jay Beigel.

AUGUST CELEBRATIONS

Happy birthday to Boomer Aamodt on August 1st! Also, a very Happy Birthday on the 5th to former FWIW editor Cathy Young and to her husband, Loring, on the 9th! Kathy Andes celebrates her special day on the 14th, and a Happy Birthday to Sharon Golmitz on the 29th! Best wishes goes out to Kathy and Mike Andes celebrating their Wedding Anniversary on August 9th. Congratulations to all!

BEAUTIFICATION COMMITTEE *by Sally Rocchi*

We want to thank Robin White for the fantastic flowers in the pots on the front deck of the Lodge. Also, the daffodils have been ordered. I will notify everyone when they arrive and need to be planted. Enjoy the summer.

REMINDER: TERRA ALTA FOOD BANK

There is an ongoing need to replenish supplies at our local food bank so please add your donations to help this worthy cause. There is a box inside the front foyer of the Lodge for your convenience.

BEARS AT ALPINE LAKE by *Maryann Krewson*

The ladies of ALLGO have started a campaign to put carved bears on our golf course. This idea came to mind when Mac Dobeck carved two little bears out of tree stumps on Number 13-hole and then added a large mother bear last fall! Three bears have been donated to start our project. A bear is at the entrance of the pro shop, one is in the stone flower bed on Number 10, our signature hole, and one is sitting on a tree stump on Number 2-hole which can be seen from the road. If you would be interested in something other than a bear, the man also has great owls and eagles. If interested in donating a carving, please contact one of the ladies listed on the poster at the end of FWIW. Thanks in advance for your support of this project which we feel will make ALPINE LAKE and the GOLF COURSE one of a kind!!

CLOTHING SALE (BEAUTIFICATION COMMITTEE) by *Dottie Creamer*

Once again it is time for our annual clothing sale. Please drop off your slightly used, clean clothing on the lower level Allegheny room at the Lodge on Wednesday, August 1st from 2pm to 5pm and all day Thursday, August 2nd starting at 10am. August 2nd is set-up and swap day.

The clothing sale opens to the public on August 3rd from 9am to 5pm and on August 4th from 9am to 12 noon. Proceeds benefit our beautification project here at Alpine. Any clothing not purchased will be taken to the Unitarian Church in Terra Alta, who give clothing to benefit those in need in our local community.

We need volunteers for set-up, selling, packing, hauling, and donating. Please call Dottie Creamer at (304) 789-2766. Thank you.

COMMUNITY SERVICE PROJECT by *Hailie Fisher*

My family and I have been asked to supply 32 kids in a local low-income housing complex (Alpine Village Apartments in Terra Alta) with backpacks and school supplies they will need to start the upcoming school year. We are working directly with the manager of these apartments and will be delivering the filled backpacks directly to her. She will then distribute them to the kids at the complex.

How can you help:

- Donate items from the supply list found in this issue. A box to collect donations will be placed in the Lodge on Wednesday, 7/25.
- Donate money. All monetary donations will be used to purchase any remaining supplies and backpacks still needed at the end of our collection period. Please contact me directly to arrange a way to the monies.
- Help with the sorting and organizing of the school supplies.
- Help pack the backpacks. We will host a "Backpack Packing Event" in a couple of weeks. Please be on the lookout for more information on that!

Please contact Hailie Fisher at (304) 319-1850. Thank you for considering donating your time or finances to this project! Have a blessed day!

OPEN MIC by *Tom Kinsey*

Open Mic (OM) meets every first Friday of the month through September from 6pm-9pm. **Performers must sign up by 5:45.** This acoustic event will be staged in the Mountain Laurel Room of the Lodge. Please come and stage a set or at least come and enjoy the music.

REMINDER: EAST PRESTON LIONS CLUB by *Kathy Berry*

We are excited to announce our first annual Preston County Zone Six Lions Clubs Golf Tournament scheduled for August 25th at Alpine Lake Golf Course. Each club in Preston County's Zone Six has been working tirelessly to support many charities and projects in Preston County. We have been conducting vision screening and prescription eye wear for Preston County adult citizens as well as vision screening at the start of each school year for preschool and school-aged students, among many other community outreach projects. In order to continue to support the needs of the citizens of Preston County, we need your help. Please consider sponsoring either an individual or company golf hole during the tournament. Sponsorship levels are Bronze for \$50 and an 18 x 24 sign at one hole; Silver for \$100 and an 18 x 24 sign at two holes or Gold for \$200 for an 18 x 24 sign at 4 holes. Contact Jerry Edens at (304) 789-2235 for a sponsorship form or more information.

EAST PRESTON LIONS CLUB by *Kathy Berry*

East Preston Lions Club was chartered in 2013 with 21 members. Many of those members are still members in good standing. We currently have 20 active members.

What is Lions Club? Lions Club is an international organization best known for its efforts in eradicating preventable blindness, but also participates in many other kinds of projects, including those in need, sponsoring international exchanges for young people, providing supplies to victims of natural disasters and bringing clean water to remote villages.

The principle focus for East Preston Lions Club is local Terra Alta community service efforts. We have participated in numerous vision screening sessions at East Preston Terra Alta School as well as at other Preston County schools and day care centers. These screenings have resulted in referring several students for further follow-up which they may not have known they needed without the screenings. We have assisted several needy Terra Alta residents with vision exams and eyeglasses through cooperation with Walmart Optical in Oakland. We instituted an Adopted Family program where we have adopted some Terra Alta families and assisted with Christmas, birthdays, and other needs. For the past few years, we have prepared Christmas food baskets to distribute to elderly Terra Alta shut-ins. We also started a Leo Club at East Preston Terra Alta School. For the two years the club existed, these students were very enthusiastic in coming up with and carrying out community projects benefitting the school and surrounding areas. We are hopeful to be able to create a new Leo Club at the school this year. Finally, we are working to support efforts towards prevention and cure for juvenile diabetes.

We meet the first and third Tuesday of each month at 7pm. The first Tuesday meeting is at Shorthorns and members who want to have dinner come at 5:30 before the meeting. The second Tuesday meeting is in the Rhododendron Room at the Lodge with members wishing to have dinner coming at 5:30 before the meeting. Meetings usually last for an hour or less and are always fun!

In the few years we have been in existence, our small club has accomplished much for the community. We have a great group who works well together for fundraising and community activities. With more members, we could do so much more. Please consider joining the East Preston Lions Club. For more information, contact our President, Fred Isenock (304) 698-3470 or our Vice President, Jerry Edens (304) 789-2235.

ROCK & ROLL FUNDRAISER by Tom Kinsey

A Rock & Roll fundraiser will be held at the Boathouse on August 24th (please note this is a revised date). This fundraiser will benefit the Alpine Lake Foundation Scholarship fund. This past school year, four \$1000 Scholarships were awarded to Preston County students! Over the past 17 years, 41 graduating seniors have been awarded scholarships from our Foundation. The video concert will begin at 6pm, please plan to gather beginning at 5:30pm. Admission donation will be accepted (suggested donation, \$10± per person). Bring your own munchies. Wine, beer, soft drinks and bottled water will be available (honor system donations). Be prepared to vote for your favorite performance; \$1 per vote. Headliners for this concert: Jerry Lee Lewis; Crosby, Stills & Nash; Stevie Wonder; Paul Simon; Simon & Garfunkel and Aretha Franklin. Joining those headliners (partial list): Bonnie Raitt, James Taylor, B.B King, Smokey Robinson and Dion DiMucci.

REMINDER: ALPOC ANNUAL YARD SALE by Jay Beigel

The Alpine Lake annual yard sale is scheduled for Friday, August 3rd and Saturday, August 4th. Drop off of donated items for the yard sale is Wednesday and Thursday, August 1st and August 2nd from 9am until 5pm both days. We will need help with pricing of the donated items starting at 9am both days. Friday, the sale will start at 8am and end at 5pm. Saturday the sale continues at 8am and ends at noon. There will also be a bake sale Friday and Saturday, with proceeds going to the Terra Alta Food Pantry. Refreshments will be available both days. As always, we will need a lot of help all four days to make this another successful Alpine Lake event! For those new to Alpine Lake, this is a great opportunity to meet your neighbors and experience the comradery within our community. Pickup of items can be arranged for Wednesday or Thursday by calling Jay Beigel at (443) 562-6570 to schedule a time. Please NO box-style TV's.

As outlined above, the yard sale committee needs help, STORAGE SPACE is another way you could help. This is the time of year when lots of folks start doing their spring house/yard cleaning and cannot hold onto items until the August yard sale. We have been looking for alternative storage space to store yard sale items until our set-up dates in August. If anyone has room in a garage, shed, basement or any type of storage facility, please let one of the yard sale committee members know as soon as possible.

PROPERTY OWNERS COMMITTEE by Bernie & Birgit Stock

Things seem to be moving along here at the Lake as summer heads into August. Our next event will be the annual YARD SALE. Please bring your donated items to the Boathouse next week at the designated times. Lots of help is needed, so assist Nina and Jay any way you can. It's another way to work together with your neighbors for the common good of our community.

Our next Carry-in Picnic at the Boathouse will take place on August 16th. We hope to see a nice turnout, weather included. Our Annual Labor Day Picnic will take place on Sunday, September 2nd at 1pm. Mark your calendar. More info will be forthcoming. Don't forget our Annual Oktoberfest weekend, September 22nd & 23rd. As always, lots of help is needed and lots of fun is to be had. Don't forget to come with family and friends.

As always, it's summertime, drive safe (especially inside the gate), watch for people, pets and other animals. And remember, we have rules for the safety of all. Be friendly and helpful to our guests. They could be our future owners. Peace....

BOARD NEWS by *Barbara Conway, President*

A reminder to everyone that the first period for property owner comments concerning proposed changes to the Bylaws will end on July 27th. The Board will then review comments to revise the draft Bylaws. During this same time frame, the draft will be sent to our lawyer for his review. A second comment period for property owners will occur from August 10th to August 17th, with a vote for Board approval of the draft Bylaw document at the Open Meeting on August 18th. The property owner vote for approval of the amended Bylaws will take place at a special meeting of property owner members on September 29th. More information on voting/absentee voting will be published in August.

Property owners are also reminded that they can stay informed about Board discussions and actions by regularly following the postings of the minutes of Board Workshops and Open Meetings on our web site. Additional questions that come to mind after reading the minutes can then be posted through Chat with a Board rep.

Recreational fires for the purpose of recreation or personal enjoyment are allowed at Alpine Lake. They include contained individually constructed fire pits, commercial portable fire pits or commercial propane fire pits. A one-time registration of your fire pit must be filed through ECC, and any changes to the fire pit should also be recorded by filing a new registration form.

ALPUC NEWS by *Kim Mayne, General Manager*

We just wanted to extend our thank you to customers for their patience as we have been conducting leak detection throughout our service area. All efforts are for the betterment of the system as a whole.

We will also be passing more information along as we get closer but as discussed in our annual meeting in June, ALPUC will be conducting a sewer project later this summer that will involve replacing approximately 1200 feet of sewer line along the lake in an area between the beach and the Boathouse. We are working with Civil & Environmental Consultants, Inc. as our engineers and have recently selected Beitzel Corporation as the contractor. This work is slated to begin after Labor Day. We have been working with ALPOA and will begin to lower the lake right before work commences. This will allow the water table to be lowered to assist in creating the best work site conditions for the contractor as well as allow ALPOA to do some general maintenance as well. Again there will be more information when we close in on a start date.

Please visit our website www.alpuc.com for valuable customer information as well as current events and happenings.

GOLF

RACE TO THE LAKE – JULY 18th

Doug Smith	87	Gary Horsey	38
Keith Dewitt	82	Larry LaKomy	33
Skip Creamer	62	Clark Sharpless	29
Jim Cox	54	Bob Talley	21
Chas Minor	46	Bill Felix	21
Barry Krewson	44	Ken Reel	19
Steve Steffan	42	Dave Gallagher	13

GROSS

Smith, Horsey
Minor, Felix
Tailey, Gallagher

NET

Dewitt, Corum
LaKomy, Sharpless
Waish, Steffan

BIRDIES: Dewitt – 2 Minor – 2 Smith -2 Tailey – 1 **CTP:** Steffan – **TREASURE POT - \$78**

RACE TO THE LAKE – JULY 25th

Keith Dewitt	89	Chas Minor	46
Doug Smith	87	Steve Steffan	42
Skip Creamer	71	Clark Sharpless	41
Barry Krewson	56	Larry LaKomy	40
Jim Cox	54	Ken Reel	34
Gary Horsey	47		

RESULTS:

1ST – Ken Reel	2nd – Skip Creamer	3rd – Keith Dewitt
Clark Sharpless	Gary Horsey	Fuzzy Corum
Dan August	Barry Krewson	Larry LaKomy

BIRDIES: Barry – 1 Ken – 1 **TREASURE POT - \$88**

GOLF

STROKERS – JULY 16th

Led this week by Julia and Dan August. Four squads took to the greens for weekly bragging rights. A tie was broken for first place honors between the Augusts and Harts against Clark and Bev, Les and Denise with the latter team awarded first place.

STROKERS – JULY 23rd

Following a ten minute rain storm that delayed play, the players enjoyed beautiful sunny skies and pleasant temps. Ann Dunson had the pleasure of leading three men to victory, Barry K., Les Gunderson and Dan August. Second place went to Lough Cosner, John Bowers, Bob and Peggy Caudry. Tonight's question for free dinner: Who was the first professional female jockey in the U.S.? Answer: Diane Crump, 1959. There was no winner.

Stroker Motto: "Life and golf are too important to take seriously."

Strokers meet every Monday at 4pm at the Pro Shop. No experience necessary, only a sense of humor.

MENS RACE TO THE LAKE

For the first time this year the top six stayed the same. In fact, the top ten held their positions. But there promises to be plenty of fireworks coming down the stretch in the final weeks. With a productive outing, a single player can accumulate a lot of points and rocket to the top!

ALPINE MENS GOLF

The League enters its fourth month of play next week with another shift at the top of the standings. Keith Dewitt regains first as Doug Smith was idle this week. Gary Horsey slips into the top six for the first time this year. Barry Krewson jumps two spots into fourth. Ken Reel wins this week and shows signs of a late surge just as he did last year. The top six finishers get to split up the Treasure Pot and there is a group just outside the sixth position. This week the players played in the rain, mist, fog and cooler than normal temps.

ALPOA BOARD OPEN MEETING – AUGUST 18th– 10am
SPECIAL MEMBER MEETING TO VOTE ON BYLAWS
SEPTEMBER 29th – 10am

ALPINE LAKE LODGE HOURS

FRONT DESK

Monday - Thursday: 7am-7pm
Friday & Saturday: 7am-9pm
Sunday: 7am-5pm

FITNESS CENTER

OPEN DAILY from 5am – 11pm

POOL

OPEN DAILY from 5am – 11pm

EVERGREENE ROOM

Monday – Saturday: 9am – 9pm
Sunday: 9am – 7:30pm

LAKERS LOUNGE

Monday – Saturday: 4pm-9pm
Sunday: Closed

PRO SHOP

OPEN DAILY 7am – 7pm



FREE CLASSIFIED ADS – “A Service for our Community”

FOR SALE: AEROBED, queen size, electric pump, elevated 15” high, new still in the box has never been opened, \$75.00. Also kayak, canoe or small boat trailer, 4’ x 8’, homemade open trailer, great for hauling your rig down to the boat yard, \$100.00. Call (443) 562-6570. (7-13)

FOR SALE: Power washer, like new, \$150, Shop Vac \$25, Meecham “Street legal” golf cart \$6,000. Call (304)789-2111 (7-13)

FOR SALE: Storey and Clark piano, \$150. Call 304-789-6760. (7-13)

FOR SALE: Alpine Lake Resort 2 adjoining lots Bavarian 122-123, located on Redwood Drive- Utilities available-Level building site- Low traffic area- Both lots must be purchased together- Motivated sellers’ asking price, \$500 for both lots, or best offer Call (724) 583-2829 or Text (724) 208-1395 (6-29)

MIND, BODY, & SOUL HOLISITIC THERAPIES: Counseling, Mindfulness Practices, Hypnosis, Past Life Regression, Dream Work, EMDR, Reiki, Tapping (EFT), and Chair Yoga. Offered by: Nasrin Falsafi, PhD, RN, E-mail: Nfalsafi@aol.com Cell: (301) 980-2871, Available during July in Alpine Lake. (6-29)

SEARCHING: I am looking to purchase a self-propelled lawn mower. Please call Bob Talley at (610) 636-2160 (6-15)

FOR SALE: Five piece sturdy card table with four chairs like new \$45.00 Extra full set of golf clubs with bag used one season \$75.00 Call (304) 789-6520 (6-15)

FREE MULCH: Wood chips from the Asplundh tree trimming project are being piled at the airport (off Grosbeak Drive, north of the lake). Help yourself.

TAX SERVICES: Dorinda Kisner, CPA, and staff providing professional services for individuals, businesses, estates and trusts. Tax planning, compliance, estimated payments, consulting and accounting services locally in Terra Alta. Contact us at (304) 789-6082 or email at questions@kisnercpa.com.

INSURANCE: Carrie See Insurance is located on Alpine Lake Road. We love working with Alpine residents, the homes are so beautiful and well maintained! We offer great rates on homeowners and automobile insurance, annuities and investments, life insurance, and business operations coverage. Give us a call for a free quote! (304) 789-5585 or email us at carrieseinsurance@gmail.com.

WATCH BATTERIES: Batteries available for most watches – \$1 installed for most or under \$1 if you install it yourself. Contact John Laing (304) 789-6120.

PET SITTING & HOUSE CHECKS: Call Kay Bayer (304) 789-2111.

DATES TO REMEMBER (A handy summary of dates to put on your calendar now)

Please note that the following events occur **weekly** on the day and time noted:

- Mondays** 10am - 3pm – **Sew Together** – Rhododendron Room
4pm - **Stokers**
- Tuesdays** 9am – **Scramble**
- Mon., Wed., Fri.** 8:30am-9:30am – **Power Aerobics** – Lodge
- Mon., Wed., Fri.** 1:30 pm --**Group Swim--Informal--Pool**
- Tues. & Thurs.** 8am-9am--**Water Aerobics** – Pool
- Wed.** 9am – **Men’s League**
10am – **Needlework Club** - Rhododendron Room
6 -7pm - **Jammers** – Rhododendron Room (except the first Wed. of each month)
7pm – **Property Owners Game Night** – Boathouse
- Thursdays** 9am - **ALLGO**
10am – 11am – **OPEN FORUM w/GM** – LODGE – (3rd Thurs. of each month)
10am – 12pm – **BRAILLE WORKSHOP** – Rhododendron Room
7pm – **Bocce Ball** – Bocce Ball Court next to Miniature Golf
- Fridays (1st Fri. of mo.)** 6 --9pm - **OPEN MIC** – Mt. Laurel Room
- Note: Dump Open:** Tues/Thurs 7am – 4pm & Saturdays 7am-4pm
- T.A. Recycling Plant Open:** Tues/Thurs 8am–4pm, and Saturdays 8am ‘til Noon
- 2nd Monday of each month – 7pm – **Terra Alta Civic Club** – TA Ambulance Hall
- 2nd Sunday of each month – 7am – 1pm – **Kingwood VFD Breakfast**
- 3rd Saturday of each month – 9am – **ALPUC Board Meeting** (June’s annual mtg., Sept., Nov.)
- 1st and 3rd Tuesday of each month: 7pm- **East Preston Lions Club Meeting**
First Tuesday – Shorthorns; Third Tuesday -- Rhododendron Room

COMING EVENTS (Please put on your calendar now – don’t miss a thing – watch for more details):

Date	Location	Time	Event
Sa., July 28 th	Lodge	9pm-midnight	80s Dance Party
Sa., July 28 th	Lodge	11:30am	Elder Luncheon
Wd., August 1 st	Boathouse	9am -5pm	Yard Sale Setup
Wd., August 1 st	Allegheny Room, Lodge	2pm-5 pm	Clothing Sale drop off
Th., August 2 nd	Boathouse Bridgeport Country Club	9am – 5pm	Yard Sale Setup Women’s Mountaineer League
Th., August 2 nd	Allegheny Room, Lodge	10am-5 pm	Clothing Sale set up and swap
Fr., August 3 rd	Boathouse Mountain Laurel Room	8am – 5pm 6pm – 9pm	Yard Sale Open Mic Night
Fr., August 3 rd	Allegheny Room, Lodge	9 am	Clothing Sale open to public
Sa., August 4 th	Boathouse	8am – 12pm	Yard Sale
Sa., August 4 th	Allegheny Room, Lodge	9 am-12 noon	Clothing Sale
Wd., August 15 th	Sunny Croft Country Club		Women’s Mountaineer League
Th., August 16 th	Lodge	10am – 11 am	Open Forum with GM
Th., August 16 th	Boathouse	5pm	PO Picnic
Wed., August 22 nd	Lodge Parking Lot	4:30pm-6pm	Model T Car Show
Fri., August 24 th	Boathouse	5:30pm	Rock & Roll Fundraiser
Sa., August 25 th	Alpine Lake Golf Course	8:30am; banquet at 2:30	1st Preston County Zone 6 Lions Club - Golf Tournament
Sa. August 25 th	Boathouse	6pm	Luau
Su., September 2 nd	Boathouse	1pm	PO Labor Day Picnic
Fr., September 7 th	Mountain Laurel Room	6pm – 9pm	Open Mic Night
Sat., Sept. 8 th	Lodge	8pm-11pm	70s Dance Party
Th. September 13 th	Alpine Lake Golf Course		ALLGO Championships
Fri. September 14 th	Alpine Lake Golf Course		ALLGO Championships
Th., September 20 th	Lodge	10am – 11 am	Open Forum with GM
Sa., September 22 nd	Boathouse	12pm	Oktoberfest
Su., September 23 rd	Boathouse	8am – 11 am	Oktoberfest Breakfast
Th., October 18 th	Lodge	10am – 11 am	Open Forum with GM
Th., October 18 th	Boathouse	5pm	PO Picnic



School Supply List

Pencils

Pencil boxes or pouches

Erasers

Colored pencils

Glue sticks and white glue

Filler notebook paper

Composition notebooks

Highlighters

Pocket folders (with and w/o metal clips)

Tissues

Paper towels

Ziploc bags (gallon, quart and snack size)

Clorox wipes

Markers

Crayons (24 packs)

Scissors

Brown bags

Black fine-tip dry erase markers

Copy paper (packages)

Rulers

Blue and red pens

1" binders

Packages of subject dividers

Scientific calculators

Geometry sets

Pocket dictionary

Pencil sharpeners

Monday Special



60¢ Wings • Dine In Only

Wednesday Special



\$8 All you can eat Spaghetti
w/ Meat Sauce, Side Salad, Bread and Soft Drink

Thursday Special



½ Price Flatbread Pizza Night
With purchase of appetizer or dessert. Dine in only.

Friday Special



Fish & Fry
All you can eat! \$10.25

Friday Special



Seafood Night
Dine in only

Saturday Special



Steak Night
Dine in only



New Entrees added to our menu! Available daily after 4pm

Flat Iron Pork Chop - Pork sirloin flat iron steak w/ your choice of potato and veggie of the day \$10

Alpine Cod - Oven baked cod topped w/ our own blend of lemon seasoned cracker crumbs, served with your choice of potato and one side \$13

Alfredo, Choice of Chicken or Shrimp - Tender chicken breast or 5 shrimp, served over linguine & topped with rich Alfredo sauce and garlic toast \$13

Baked Lasagna - Layers of lasagna noodles, ground beef, varieties of cheese, and our own marinara sauce served with garlic bread and side salad \$12

Beef Liver & Onions - Tender pan-fried calf liver smothered in onions, w/ your choice of two sides \$12

ALPINE LAKE RESORT

PRESENTS

80s NIGHT

SATURDAY, JULY 28, 2018

9PM – MIDNIGHT

**\$5
COVER**



**DANCE
DANCE
DANCE
DANCE**

***DRESS TO IMPRESS!
COMPETE FOR THE BEST 80'S COSTUME***

TEASE YOUR HAIR, AND GET YOUR BEST COSTUMES READY!

MUSIC BY PHANTOM ENTERTAINMENT



Yardsale

Alpine Lake

Boathouse

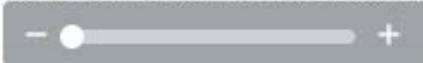


August 3rd 8 - 5

August 4th 8 - 12



**Located at the Alpine Lake Boathouse
Rain or Shine
Refreshments Available
Bake Sale to Benefit Terra Alta Food Pantry**



Clothing Sale

*SLIGHTLY USED ITEMS

August 3rd 8-4pm



Lower Level of the Lodge

\$1

*except leather goods



ALPINE LAKE RESORT

Live your dreams



Model T Car Show

Free Admission

Lodge Parking Lot

Wed, 8/22/18

4:30-6pm

ROCK AND ROLL

HALL OF FAME

25TH ANNIVERSARY

CONCERT

FUND RAISER

5:30 PM

AT THE BOAT HOUSE

FEEL THE BEAT!

Friday, August 24th
at the Boat House
starting at 5:30 pm

Benefit of Alpine Lake Foundation
Scholarship Program

For Details: See FWIW, Facebook,
the Alpine Informer or Community Chat
Contact Tom Kinsey (tkinsey@alpinelake.com)
with any questions...

ALPINE LAKE RESORT
Live your dreams

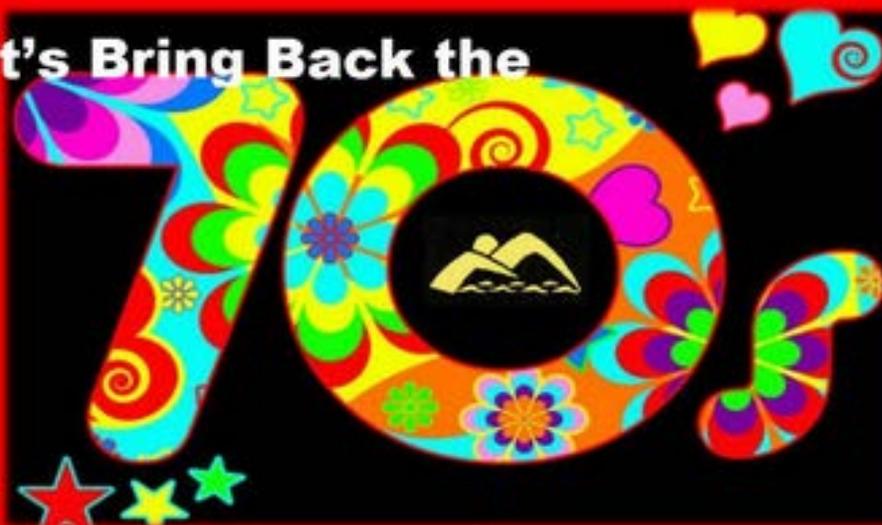
ALPINE LAKE RESORT

presents

the **Shriner's Benefit**

COSTUME DANCE PARTY
SATURDAY, SEPT. 8TH FROM 8-11PM

Let's Bring Back the



\$10 COVER - CASH PRIZES!

\$100 Best Costume,
\$50 Best Couple, \$30 Grooviest,
\$20 Funniest...

**HOTEL SPECIAL AT ALPINE
LODGE - \$65 PER NIGHT !
RESERVE NOW WHILE THEY LAST!!**

Music by

DJ Mark Falkenstein

8PM - 11PM

GREAT FOOD, GREAT MUSIC AND A GREAT
TIME TO DANCE THE NIGHT AWAY !!



Alpine Lake Resort

700 W. Alpine Drive
Terra Alta, WV 26764

304-789-2481

BEARS HAVE ARRIVED AT ALPINE LAKE!!



**WE HAVE STARTED
AN "ADOPT-A-BEAR"
PROGRAM FOR OUR
GOLF COURSE. WE
HAVE 3 BEARS OUT
THERE NOW AND ARE
LOOKING FOR MORE
TO PUT ON THE GOLF
COURSE! ANYONE
INTERESTED PLEASE
CONTACT: ALLGO**

VICKIE MASTALERZ

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BEVERLY SERPONE

bserpone@aol.com

2018 ALPINE LEARNING PROGRAM

www.alpinelake.com

REGISTER NOW!!!!

We suggest that you register for programs in advance, as some programs have limited enrollment. The Registration Notebook is located at the end of the Front Desk for sign-up. The cost for each program is listed in this brochure and on the sign-up sheet for each program. The fee will be collected “at the door” for all events.

Make sure you check FWIW, the Alpine Facebook page, and the mailbox boxes for updates and reminders.

Our ALP Committee aims to provide opportunities for personal enrichment, intellectual stimulation, and social interaction for Alpine Lake property owners and the larger community. Our classes are developed and offered through the generosity of volunteers who share their time and knowledge. If you’d like to join our committee, or have suggestions for future presentations, we’d love to hear from you! We are always looking for more input from our friends and neighbors! For more information, or to offer your suggestions, please see any member of the committee, or call Kathy Andes (304) 698-5894 or Michele Hall (304) 789.5485.

Program Listings for August & September

Field Trip: Old Hemlock Foundation/Screech Owl Brewery and Cafe

Thursday, August 9, 9am meet at THE LODGE to carpool

This Field Trip focuses on two sites in Bruceton Mills. The Old Hemlock tour includes the home of George Bird Evans and Kay Evans. The Old Hemlock Foundation is dedicated to preserving the natural environment, historical preservation, and fostering education. The Screech Owl Brewery is Preston County's oldest craft beer brewery and has recently opened a café where we can purchase lunch. (Join us! It will be ...a hoot!)

Fee: \$5.00 collected at **THE LODGE** parking lot, includes a donation to Old Hemlock and car pool driver

Field Trip: Mount Storm Power Station Tour

Monday, August 27, 11:30am, meet at THE LODGE to carpool

The Mt. Storm Generating Station is located on the west side of Mt. Storm Lake and is Dominion Resources' largest power plant. It generates enough power to supply electricity to about 2 million customers. It is cooled by the 1200 acre Mt. Storm Reservoir. The tour will include a Power Point presentation and a physical tour of the facility. Note: The Power Station does not allow cameras or open toed shoes.

Fee: \$5.00 collected at **THE LODGE** parking lot, which includes a donation for the car pool driver

Speaker Presentation: New Nutrition Facts on Food Labels by Jim Hoadley, PhD

Tuesday, September 11, 7:30pm, at the BOATHOUSE

The FDA has updated the rules for the nutrition information that appears on labels of all food packages. The deadline for food manufacturers to make the change is January 2020. The new NUTRITION FACTS will have a different appearance, different mix of nutrients declared, and “behind the scenes” changes in the Daily Values and how some nutrients are measured.

Jim Hoadley is a retired U.S. Public Health Service officer and Food and Drug Administration Regulatory Scientist. Education in toxicology and nutrition. Dr. Hoadley was part of the FDA Center for Food Safety and Nutrition team that drafted the initial Nutrition Facts and food label claim regulations in the early 1990s.

Fee: \$5.00 collected at the door of **THE BOATHOUSE**