

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



Janice Nelson, Editor

August 10th, 2018

EDITOR'S COMMENTS

Do you think we have had enough of rain this summer? I want the sun back, please! Regardless of the rain that poured down last week, Jay Beigel and Nina Sheets organized a very successful Yard Sale. Many productive hours were worked by both Jay, Nina and a crew of dedicated volunteers. Thank you to all who participated, particularly all who donated their household items towards the sale Also, thank you to Dottie Creamer and her committee of devoted workers who set up, cleaned up, and sold “mucho” clothing at the Clothing Sale. It was also a big success, so congratulations to all! The Preston Lions Club is looking for a few good men and women who would be willing to volunteer a little of their time to community service in Terra Alta. If interested, don't miss the article by Kathy Berry in this issue of FWIW for more information. Enjoy the weekend and I hope to see you around the Lake. Until next time...

The next FWIW will be issued on Friday, August 24th. Please email all articles to, Janice Nelson, at mamaj11@yahoo.com.

ANNUAL ALPINE LAKE CRAFT SHOW *by Joyce Wachter*

The Annual Alpine Lake Craft Show will be held on Saturday, September 1st in the Rhododendron Room from 9am -2pm. The Alpine Lake artisan's will show their handiwork featuring quilt work, woodland art, photography, jewelry, and much, much more. Handmade dishcloths and pot holders, along with small pet portraits, will be for sale with the proceeds going to Terra Alta/East Preston School's Project North Pole.

CALL FOR ALPINE LAKE CRAFTERS *by Joyce Wachter*

As mentioned above, the Annual Alpine Lake Craft Show will be held Saturday, September 1st from 9am-2pm. If you would like to sell your handcrafted items, please contact Joyce Wachter (240) 321-6141. The cost to reserve a table is only \$5.

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.

REMINDER: 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: NEW PHONE BOOK by *Charlotte Wiles*

The Alpine Lake phone books are now available at the Front Desk with the first one FREE. Any additional ones are just \$2 each.

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.

REMINDER: 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 to eradicate 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 7:00 pm in the Rhododendron Room with members wishing to have dinner at the Lodge 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 fund raising 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).

REMINDER: 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.

WEST VIRGINIA SCHOOL BUS TRANSPORTATION POLICY *submitted by Clay Rice, GM*

NEW POLICY 4.1.2: Parents are responsible for providing supervision for all K-3 students at all bus stops until the bus arrives for both pickup and delivery. All K-3 students **MUST** be picked up from bus by parent or guardian. If a parent is not present to pick up, your student will be transported back to school.

For reference, see page 5 for the language concerning the state law regarding the drop-off of students in K-3.

<http://apps.sos.wv.gov/adlaw/csr/readfile.aspx?DocId=50073&Format=PDF>

BOARD NEWS *by Barbara Conway, President*

The second Property Owner comment period on the Bylaws begins today and will continue through August 17th. The latest draft document includes input from the first comment period, and the review from our lawyer. Due to the length of the Bylaws document, it is not included as a part of this issue of FWIW. The draft document will be posted using all current electronic media: Community Chat, Facebook, and the Alpine Informer, or print copies will be available at the front desk of the Lodge. Please send any comments to Ginger Tucker, gingertucker@alpinelake.com, before August 17th.

Board approval of the final draft of the Bylaws, which will be presented for Member vote, will be made at the Open Meeting on August 18th. Member voting to approve the Amended and Restated Bylaws will occur at a special meeting on September 29th. Information on how to view the final draft document and how to obtain absentee ballots for voting will be sent to all property owners during the week of August 2nd.

LODGE LIBRARY *by Barbara Herndon*

The Lodge library has been reorganized by author's last name in fiction and loose subject area in nonfiction. Please donate gently used books only. Also, due to space limitations, do not leave medical, legal, cookery, outdated nonfiction and biographies. There is a sign-up sheet at the front desk to volunteer to keep the library organized.

“BEARS” ON THE GOLF COURSE AT ALPINE LAKE *by Maryann Krewson*

Our bear campaign has been wonderfully received. As of this week we will have eight bears on our golf course! I would like to mention that Clay and I have decided to put up a plaque with the names of people who have donated to recognize them. As of now I would personally like to thank the following people for their donations: Mac Dobeck, Bev & Clark Sharpless, Vickie & Frank Mastalerz, Becky & Hal Meacham, Norleen & Jim Hoadley, Cindy & Chip Sturm, Marilyn Sedlack, and Mary Ann & Barry Krewson The course is looking really great!!

GOLF NEWS by Skip Creamer

RACE TO THE LAKE – Week 13

Doug Smith	110	Steve Steffan	48
Keith Dewitt	89	Gary Horsey	47
Skip Creamer	80	Ken Reel	44
Barry Krewson	68	Clark Sharpless	43
Jim Cox	56		
Larry LaKomy	54		
Chas Minor	48		

RESULTS AUGUST 8TH

GROSS

Doug Smith

Larry LaKomy

Ken Reelr

NET

Barry Krewson

Skip Creamer

Gary Cox

BIRDIES: Steffan, Reel – 1, Smith -2 **CTP:** #3 LaKomy, #14 Smith – **TREASURE POT - \$99**

ALPINE MENS GOLF – August 8th

Doug Smith's strong performance earned him twenty-three points as he took over first place from an idle Keith DeWitt. Skip Creamer, with a net second place showing, kept him in the third spot. Barry Krewson, celebrating his birthday, finished first in Net and keeps him at fourth place. Larry LaKomy jumped four spots and got him into the coveted Top Six. Five players are only eleven points away from breaking into the Treasure Hunt. Still six weeks of play left. Anything can happen and no one can be counted out.



The following is information from the WVDNR that may help discourage bears from causing damage to our garbage bins and homes:

How can nuisance activity best be discouraged?

- Minimize potential sources of food or attractive odors.
- Do not leave garbage outside. Store your garbage in a secure location such as inside your garage or in a bear proof container.
- Reduce garbage odors by rinsing cans and wrappers prior to disposal. Keep meat scraps frozen until pickup day. Clean garbage cans or containers frequently with bleach, ammonia, or lime.
- Remove bird feeders (seed and/or suet) in the spring. Refrain from hanging feeders until December. If hummingbird feeders are used, remove and store them inside each evening.
- Do not place food outside to attract squirrels, deer, or other wildlife.
- Although it may be tempting to feed scraps to a bear that wanders near your home, don't risk it. This practice only strengthens a bear's association of humans and food and it's illegal. These situations generally lead to bears that lose their natural fear of humans and can lead to property destruction or personal injury. **When the situation escalates to that point, the bear may need to be destroyed.**

Remember: A FED BEAR IS A DEAD BEAR!

WV DNR has confirmed that bears causing a nuisance to property are not relocated, but euthanized.

**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”

SEARCHING: If anyone wants to sell their lake view home, please contact Bob at (610) 636-2160 (8-10)

FOR SALE: 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)

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–3pm, 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** – Rhododendron Rm.

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

Date	Location	Time	Event
Wd., August 15th	Sunny Croft Country Club		Women’s Mountaineer League
Th., August 16th	Lodge	10am – 11am	Open Forum with GM
Th., August 16th	Boathouse	5pm	PO Picnic
Fri., August 17th	Lodge	7pm-10pm	Shane Masters Performance
Wed., August 22nd	Lodge Parking Lot	4:30pm-6pm	Model T Car Show
Fri., August 24th	Boathouse	5:30pm	Rock & Roll Fundraiser
Sa., August 25th	Alpine Lake Golf Course	8:30am; banquet at 2:30	1st Preston County Zone 6 Lions Club - Golf Tournament
Sa. August 25th	Boathouse	6pm	Luau
Sa., September 1st	Rhododendron Rm.	9am-2pm	Alpine Lake Craft Show
Su., September 2nd	Boathouse	1pm	PO Labor Day Picnic
Fr., September 7th	Mountain Laurel Room	6pm – 9pm	Open Mic Night
Sat., Sept. 8th	Lodge	8pm-11pm	70s Dance Party
Th. September 13th	Alpine Lake Golf Course		ALLGO Championships
Fri. September 14th	Alpine Lake Golf Course		ALLGO Championships
Th., September 20th	Lodge	10am – 11am	Open Forum with GM
Sa., September 22nd	Boathouse	12pm	Oktoberfest
Su., September 23rd	Boathouse	8am – 11am	Oktoberfest Breakfast
Th., October 18th	Lodge	10am – 11am	Open Forum with GM
Th., October 18th	Boathouse	5pm	PO Picnic

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

BEARS HAVE ARRIVED AT ALPINE LAKE!!



VICKIE MASTALERZ

vmastalerz@frontier.com

**WE HAVE STARTED
AN "ADOPT-A-BEAR"
PROGRAM FOR OUR
GOLF COURSE. WE
HAVE 8 BEARS OUT
THERE NOW AND ARE
LOOKING FOR MORE
TO PUT ON THE GOLF
COURSE! ANYONE
INTERESTED PLEASE
CONTACT: ALLGO**

MARYANN KREWSON

maryannkrewson@aol.com

BEVERLY SERPONE

bserpone@aol.com



Over 25 antique Model T Ford cars will be on display as part of a five day road tour commemorating the 100th anniversary of the historic 1918 Vagabond Summer Vacation excursion of Henry Ford, Thomas Edison, Harvey Firestone, and John Burroughs, who called themselves the "Four Vagabonds". The tour participants are retracing part of the actual route traveled by the Vagabonds in August of 1918.

The car owners and drivers will be on hand to answer questions about the cars and the historic "Vagabond" expedition through Pennsylvania, Maryland, and West Virginia.

The public is welcome to attend. **FREE ADMISSION**

For more information e-mail: vagabondtour1918@gmail.com

ROCK AND ROLL

HALL OF FAME

25TH ANNIVERSARY

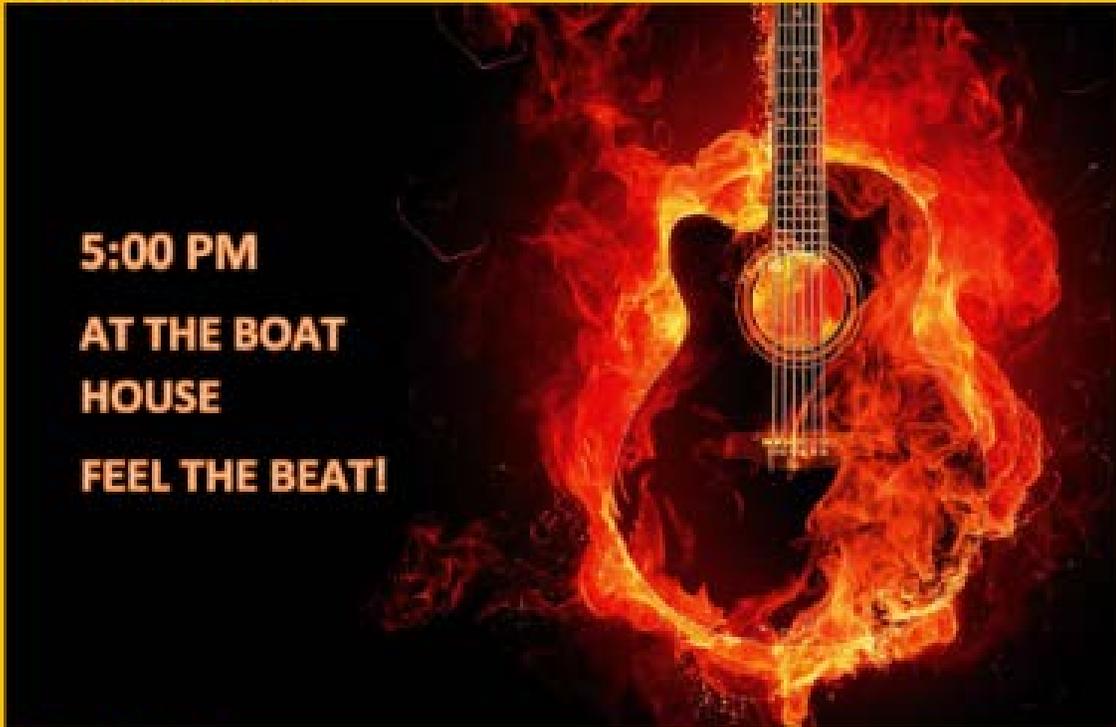
CONCERT

FUND RAISER

5:00 PM

**AT THE BOAT
HOUSE**

FEEL THE BEAT!



Friday, August 24th
at the Boat House
starting at 5:00 pm

Benefit of Alpine Lake Foundation
Scholarship Program

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



Alpine Lake's

5th Annual

CRAFT
SHOW

Saturday , 9/1/2018

9am - 2pm

at the Lodge



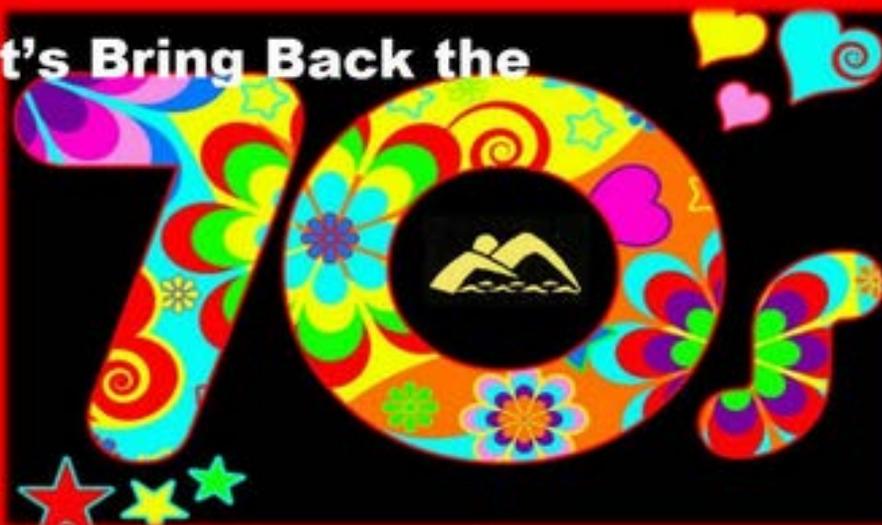
ALPINE LAKE RESORT

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



Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

Potassium 235mg **6%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ALPINE LEARNING PROGRAM PRESENTS THE LATEST AND GREATEST - UNDERSTANDING THE NEW NUTRITION FACTS LABELS

Behind the scenes changes to the Daily Values and how nutrients are measured....updates coming by 1/2020.

**Tuesday
September 11th**

7:30 p.m.

@ The Boathouse

**\$5.00 per person at
the door**

**Sign up at the Lodge
Alpine Learning
Program
Summer of 2018**

James Hoadley, PhD

Retired USPHS Officer and
Retired FDA Regulatory
Scientist, Currently a
Consultant to the
Food/Supplement Industry

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: 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 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 collected at the door of **THE BOATHOUSE**