

November 2019 Newsletter



Jasper Highlands



FEATURED ITEMS...

The Village is now Open!

*Top of the Rock Restaurant & Brewery, Fiery Gizzard Cafe,
and the Mountain Market are all open for business!*

...and more!



A view from the back porch of the brewery!

Cafe, Restaurant, and Brewery are Now Open!

Jasper Highlands is pleased to announce the opening of its brand new eatery located at its entrance, Top of the Rock Restaurant and Brewery! The restaurant is opening along with Fiery Gizzard Cafe, a smaller space that is served by the same kitchen as the restaurant, and a general store, known as the Mountain Market. With these new options, residents can enjoy great food and social settings without ever leaving the mountain!

If you or someone you know is interested in applying for a job, go to
JasperHighlandsBrewery.isolvedhire.com/jobs/



Fiery Gizzard Cafe





AT JASPER HIGHLANDS

TOP OF THE ROCK

RESTAURANT & BREWERY

Jasper Highlands' very own Restaurant and Brewery! The combination of chef-inspired food, expertly made craft beer, and spectacular views makes Top of The Rock a place like no other. Our recipes are made fresh from scratch using the best ingredients we can find. Our mission is to be your favorite locally-owned watering hole: a place where friends can gather to celebrate great food, great beers, and great times.

— SOME SELECTIONS *from the MENU* —

Breakfast:

Biscuits, Avocado Toast, Breakfast Grilled Cheese Veggie Wraps, Breakfast Burritos, and more!

Lunch:

Chef Salads, Chicken Salads, Smash Burgers, Wraps & Sandwiches, and more!

Dinner:

Chef Salads, Fried Shrimp, Nachos, Smash Burgers, Wraps & Sandwiches, Trout, Steak, Chicken Piccata and more!

Also, a fantastic Brunch every Sunday!

— OUR BREWS —

KOLSCH:

Easy drinking light beer that finishes crisp and clean

IPA:

Bright, drinkable IPA balanced with citrus and pine flavors and aromas

STOUT:

A southern American take on a traditional dry Irish stout

WHEAT:

A crystal-style wheat beer with hints of orange peel and spice

RED ALE:

A crisp, malty ale with floral hops and bright caramel malts

SEASONAL:

Always something new, fresh and different





THE WELLNESS CENTER — in association with — FORTE FITNESS

One-on-One Personal Training

— by —



Personal Training

1-on-1 personal training helps you set, pursue, and maintain your fitness goals. Our certified fitness trainers ensure that you are training safely, and getting the maximum benefit out of each session. We invite you to schedule a complimentary session, which includes a tour of the studio, medical screening, goal setting consultation, and training.

A Healthy Life

Busy lives? Fast food? Quick fixes? The fitness industry has made a fortune out of feeding unhealthy ideas to people. At Forte Fitness, your trainer will provide personalized nutritional leadership! We help shape healthy bodies to promote overall wellness, and reducing preventable heart disease, obesity, high cholesterol, and more.

Some Words from a Happy Client

I started training with Alex [Enter] in mid-June. My specific goal was to increase leg strength for a ski trip in late January 2020 - little did I know. I also wanted to improve my "wind" for the weekly tennis clinics I attend. I'm fairly "old school" and had never experienced core training. I'm 60+, so Alex had her work cut out for her. She had to adapt for my age, lack of flexibility and poor wind... After 3 months of going to the Wellness Center 6 days a week, the results have been fairly substantial. The training sessions combine both strength and cardio and have greatly increased both my wind and my footwork on the tennis court. Additionally, my legs are more than ready for the ski slopes. Alex's knowledge base as a personal trainer is substantial. If you find yourself procrastinating about the whole "gym thing", I suggest dropping by the Wellness Center and just ease into it - Try a spin class or some restorative Yoga. Alex is patient and ready and willing to help you out.

— Greg Hurst



Schedule a Session at the Wellness Center!

JasperHighlands.com/Wellness/ or (423)-939-9061

Wellness Center Reminders

K. Hays offers massage services every other Sat.

Group fitness is free your first time!

No membership required to purchase spin & yoga classes or personal training sessions

Meet Our Trainers!



Julian Kaufman, Owner

Julian Kaufman has been in the field for two decades. He has B.A. degree in Health and Exercise Science and a masters in Curriculum and Instruction. He holds certifications through the NSCA as a Certified Strength and Conditioning Specialist, and USA Track and Field. Julian's philosophy is centered on the idea that all areas of health should be viewed in an integrated manner!



Andy Wells, Trainer/Manager

Andy has been a trainer for 5 years, he holds certifications with the American College of Sports Medicine as a Certified Personal Trainer. Andy takes great pride in his client's achievements and it brings him great joy to see them not only reaching but exceeding goals they never thought possible.



Alex Enter, Trainer/Asst. Manager

Alex's goal is to help others learn what it means to actually be healthy. Alex's approach combines strength training, cardiovascular endurance, and yoga postures. Alex holds a 200HR Yoga Vinyasa Certification. When she's not training clients, Alex enjoys hiking, CrossFit, weightlifting, running, and yoga!



Melinda Phillips, Trainer

Melinda has always had a passion for staying healthy and fit. She started teaching Jazzercise in her 20's and received numerous certifications in multiple fitness genres. She has Spin, Pilates and PT certifications, and has an extensive background with all fitness levels and ages. She is a certified PTR tennis pro!



Kelli Hays, Massage Therapist/Trainer

Kelli Hays has been a Personal Trainer for over 13 years, she holds a degree in Exercise Science. Kelli has been a massage therapist for over a decade and has worked in multiple spas and chiropractic offices, where she has gained valuable experience to better serve her clients.



Staffed Hours (Central)

Monday - Thursday (7am - 7pm)
Friday (7am - 2pm)
Saturday (8am - 12pm)

Membership Options

Non-Resident Rates

Individual \$44

Couple \$64

Family \$84

*A complimentary personal training session is included with the purchase of every membership option.

Services Offered by Forte

1-on-1 Personal Training/Yoga

24 Sessions = \$59/session

48 Sessions = \$54/session

72 Sessions = \$49/session

Group Fitness Classes

12 Sessions = \$120 (\$10/class)

(7 Participants or fewer)

Group Personal Training

12 Sessions = \$25/session

(2-4 Participants)

Group Fitness Classes

12 Classes = \$120 (\$10/class)

(7 Participants or fewer)

Massage

\$65/session

(Every other Saturday)



JASPER HIGHLANDS SOCIAL ACTIVITIES

Social opportunities on the mountain are diverse and many...

*Monthly Potlucks – Pickle ball groups – Gym and Yoga Classes
Ladies Bunco – Horseshoes – Pool parties – Various holiday parties
ATV/UTV group rides – BBQ's – Men's Breakfast Club
Group hikes – Art classes – Ladies Game Night – Group restaurant
visits – Chattanooga Lookouts – Minor League Baseball games
Bible studies – Fishing – Dog park parties – Jam sessions at the pavilion
Card parties – Campfires – Group motorcycle rides
...and much much more!*



THANKS FOR COMING!

The final Sales Event Dinner of the year was a success and we have all of our homeowners to thank for being so welcoming to our guests!

Our next sales event dinner is on March 28th, we look forward to seeing you again.





AROUND *the* FIREHOUSE

If you have an emergency, be it fire, medical, or criminal always dial 911. All of our Department responses to an emergency come from Marion County Dispatch as a result of your 911 call.

A Fire Safety Thanksgiving. As we approach the beginning of the Holiday Season, Tennessee State Fire Marshal's Office has asked us to focus on the following four areas of fire safety on the Mountain: Close the Door Campaign, Holiday Electrical Hazards, Cooking Safety-Turkey Fryers, and Home Heating.

The Close the Door Campaign is to encourage people to close the door whenever possible; whether you are going to bed at night or leaving the room in the event of a fire. Closing the door can stop the spread of fire, heat, and smoke for precious minutes or hours, leaving time to find alternate escape routes or shelter until help arrives. A door can be one of the best pieces of firefighting and lifesaving equipment. Always close doors behind you as you leave.

Electricity helps make our lives easier but there are times when we can take it for granted. Electrical generated fires account for approximately 10% of all fire deaths. The dangers of electrical hazards are always present and common hazards include overloaded electrical outlets and extension cords. If they are damaged or cracked do not try to repair them, replace them. Don't place cords where they can be pinched by furniture, doors, or rugs. Remember, extension cords are very temporary.

Thanksgiving is the leading day for home fires involving cooking equipment at 3 times the average number per day. TG fires occur most frequently in the afternoon from 12 to 4pm. Fire professionals do not recommend the use of turkey fryers. However, if you must fry your turkey please consider the following safety tips:

- * Use fryers outdoors a safe distance from buildings and flammable material.
- * Never use fryers indoors or on a deck.
- * Never leave the fryer unattended.
- * Never let children or pets near the fryer.

- * Use well insulated oven mits to maneuver the fryer.
- * Do not put a frozen turkey in a hot fryer.
- * Keep an all purpose fire extinguisher available. Do not try and put out a grease fire with water.

Consider using a commercial professional to cook your fried turkey such as a restaurant, grocery deli, or specialty food retailer...."no muss no fuss, just leave it to Guss"!

Home heating equipment, particularly space heaters are the leading cause of house fire deaths. A few simple tips and precautions can prevent most home heating fires from happening.

- * All heaters need space. Keep anything that can burn at least 3 feet away from heating equipment.
- * Maintain heating equipment and chimneys by having them inspected annually by professionals.
- * Purchase and use space heaters that have automatic shut off if they tip over.
- * Place space heaters on solid flat surface and away from high traffic areas.
- * Do not use extension cords with space heaters.
- * Do not overload a space heater outlet with multiple electronic devices.

If you are interested in joining our terrific Jasper Highlands Fire Department please contact our local Boss, Asst Chief Cliff at 423-309-2842 or Chief Lowell at 256-529-1658. We are always looking for Volunteer Firefighters, both men and women that would like to help protect our residents, our homes, and our beautiful Mountain!

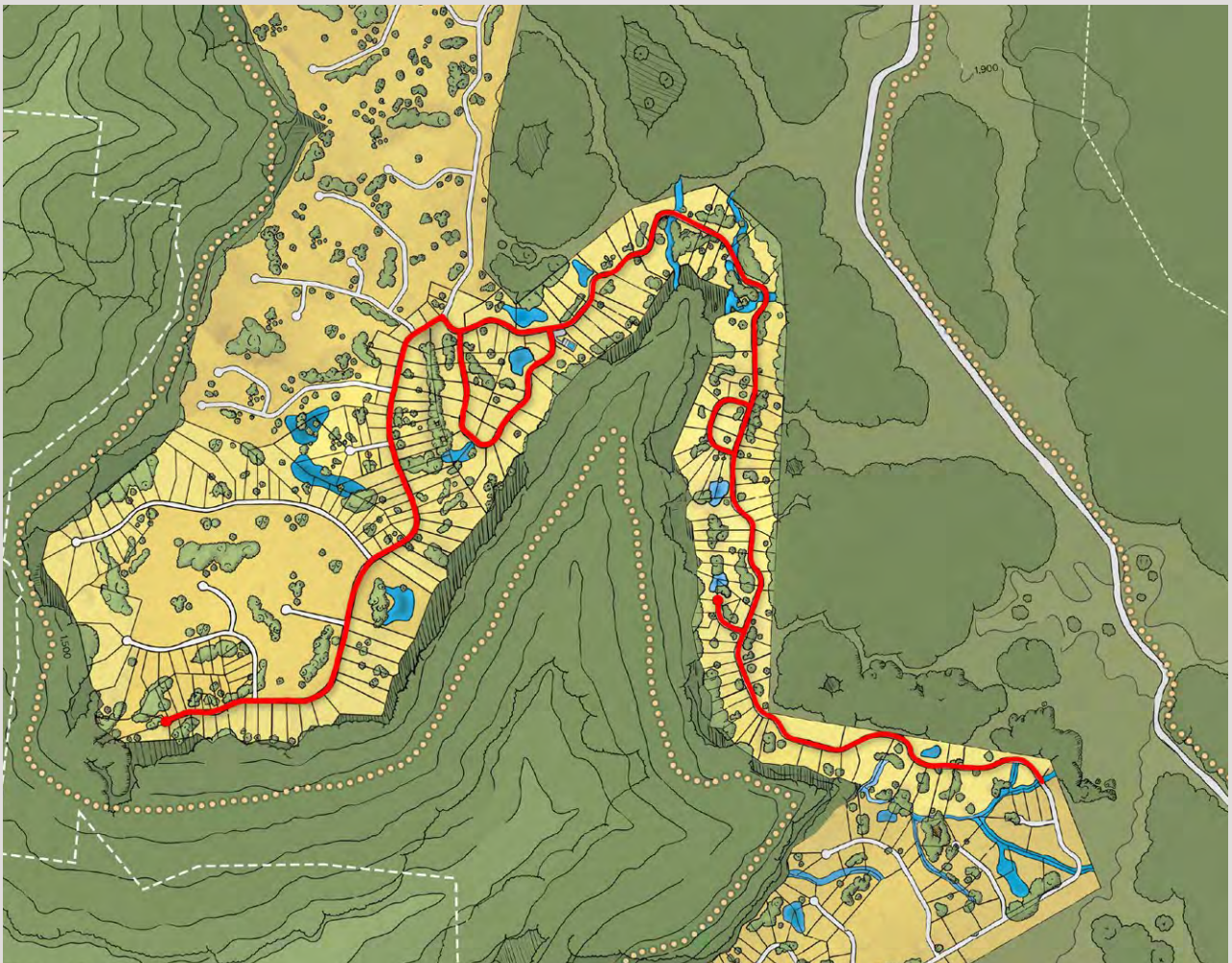
— **RD Johnson / Firefighter**

A Message from our JHVFD Auxiliary

Have you checked out our website JHVFDA.com? We developed it as a collaborative effort between the Fire Department and Auxiliary. It has useful safety tips, and answers for frequently asked questions!

JASPER FARMS

Utilities continue to progress in Jasper Farms Phases 4A and 4B. Phase 4A has its final gravel base for pavement, which will begin in the next couple of weeks, weather permitting. We have also added over 8,000 feet of subgraded road in 4B!



NEWS, NOTES AND REMINDERS

PLEASE avoid all unpaved roads and the hunting areas for safety to all!

Anyone wishing to **donate** to our **Jasper Highlands Volunteer Fire Department**

Please make a check payable to: JHVFD Auxiliary and mail it to Jasper Highlands Volunteer Fire Department Auxiliary, c/o Anna Johnson, Treasurer, 170 Hovering Hawk Dr., Jasper, TN 37347. Upon receipt of your check a receipt will be forwarded to you for tax purposes. The department is a 501(c) 3 and your donations are tax deductible and very much appreciated.

Interested in being featured in our **Community Spotlight** section?

Just email jillb@tnland.com!

Bathroom Codes at Pat's Summitt pavilion and Gazebodacious have been changed to **7667**

Please remember to lock the doors after you use them!

If you would like to set up **trash and recycle pick up services**, please contact **Angela Meyers**

Her email is amyers@republicservices.com and her cell number is 423-834-0566.

For your **dogs safety**, please have your dog on a leash anytime they are outside of your yard!

Please abide by the speed limit and be aware of cyclists!

Know someone looking for a **beautiful wedding venue**?

Send them over to get more info from:
www.jasperhighlands.com/lifestyle/weddings/

Know someone from any of the following states?
You could be \$1000 richer for referring someone to us who buys from any of our states not represented here at Jasper Highlands!

Idaho, North Dakota, or Rhode Island

The JH Volunteer Fire Department Auxiliary Welcome Committee:

The JH Volunteer Fire Department Auxiliary is in the process of setting up a welcoming committee with all of the information you will need for the Jasper Highlands Lifestyle! That will be available on the JH Volunteer Fire Department Auxiliary website. A member of the auxiliary will be stopping by in person to welcome you after you move in and get unpacked!

2020 Sales Event Dinner Dates:

Saturday, March 28th

Help Students in Need!

Hello Jasper Highlands!

I am a resident here and the school counselor at Whitwell Highschool in Marion County! We are taking donations for our students in need and building our "Tiger Threads" closet for these students. We are accepting monetary donations, non-perishable food items, clothing and school supplies for boys and girls, and any new or gently used donation that students may be able to use. Over the Fall Break I had a student tell me that she did not eat very much during that week because she moved out of her parents home and the food stamps had not started for her. These students would be very appreciative of any donations we would receive. Thank you for your kindness ahead of time. Please contact me, Michelle Pestillo at 423-658-5141 or send your donation to 200 Tiger Trail, Whitwell TN 37397.

- Michelle Pestillo



SAVE *the* DATE

— Upcoming Jasper Highlands Sales Events! —

MAR 23RD to the 29TH of 2020

————— Start Planning Today! —————

View our new Jasper Highlands Property Booklet at www.JasperHighlands.com/downloads/