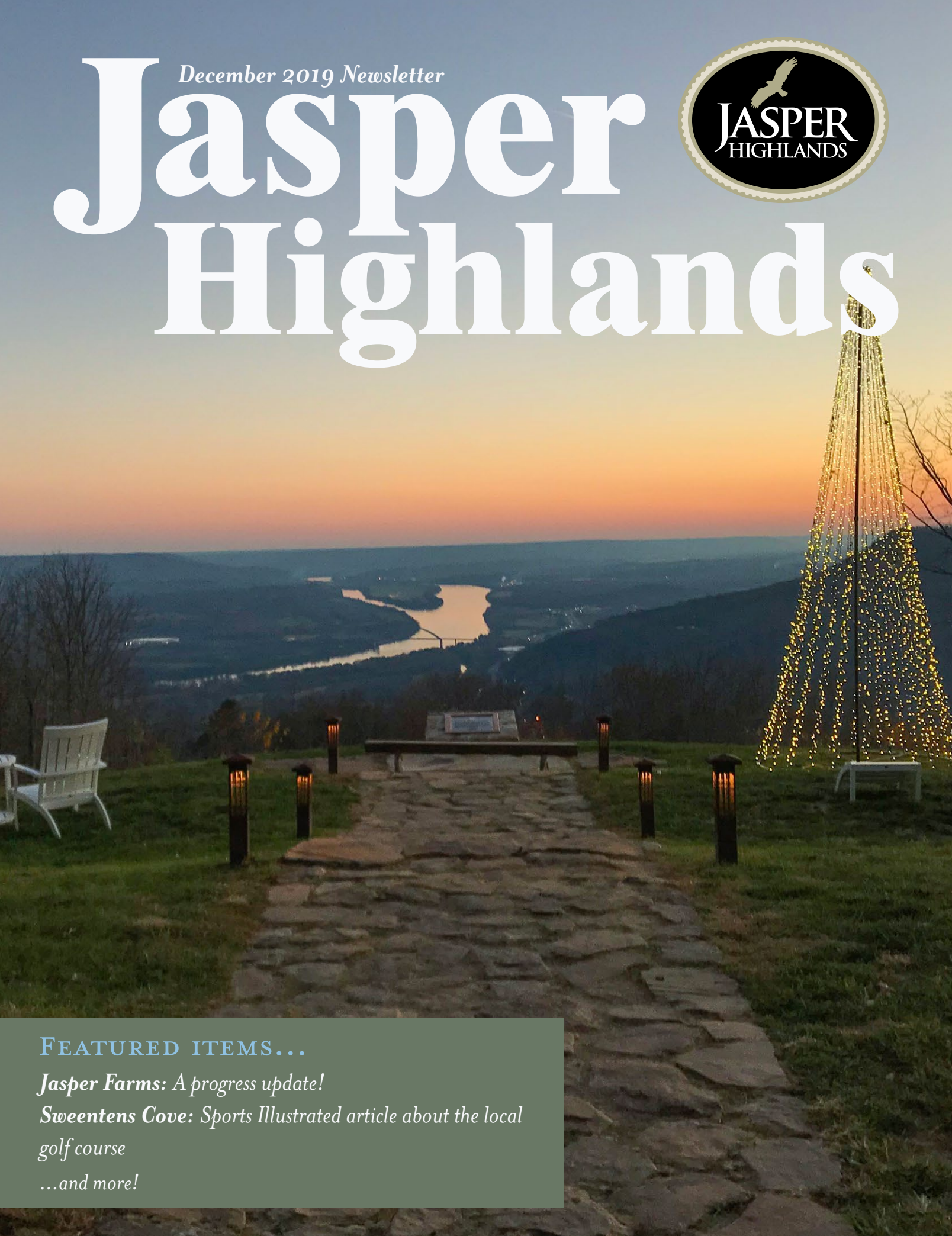


December 2019 Newsletter



# Jasper Highlands



## FEATURED ITEMS...

*Jasper Farms: A progress update!*

*Sweetens Cove: Sports Illustrated article about the local golf course*

*...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/](https://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

Our membership with FORTE FITNESS began on August 1, 2019. The sole purpose was to get into better shape and strengthen our knees. I have bone on bone in my left knee and Suzanne has a torn meniscus in her right knee. With all the knee injuries, therapies and partial or full knee replacements going on we felt like we should be proactive rather than reactive. Who knows if we might have surgery, but for now, our knees are stronger and more flexible than they have been in over two years. One additional plus is (Larry's) shirt size! When we started, I wore an XL workout shirt, then a Large and now a Medium. We enjoy working out as a couple. This allows us to push and encourage each other during our training sessions. Suzanne is in a lot better shape than I am. (Am I Captain Obvious or what?)

Whether training, with a personal trainer or solo, we have enjoyed our time at FORTE FITNESS. The entire team, at FORTE FITNESS, Andy Wells, Melinda Phillips, Alex Enter and Kelli Hays are very professional and fun to be around.

*Suzanne and Larry M.*



### Schedule a Session at the Wellness Center!

[JasperHighlands.com/Wellness/](http://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!*



## SWEETENS COVE GOLF COURSE

The local Sweetens Cove golf course was featured in Sports Illustrated this past month! "Nine-hole golf course promoted by Peyton Manning promotes fun! Go out as an eightsome, have your dog fetch an errant shot—Sweetens Cove, in Tennessee, has found a way to please both purists and duffers while attracting new golfers." Read more at [Sports Illustrated](#).



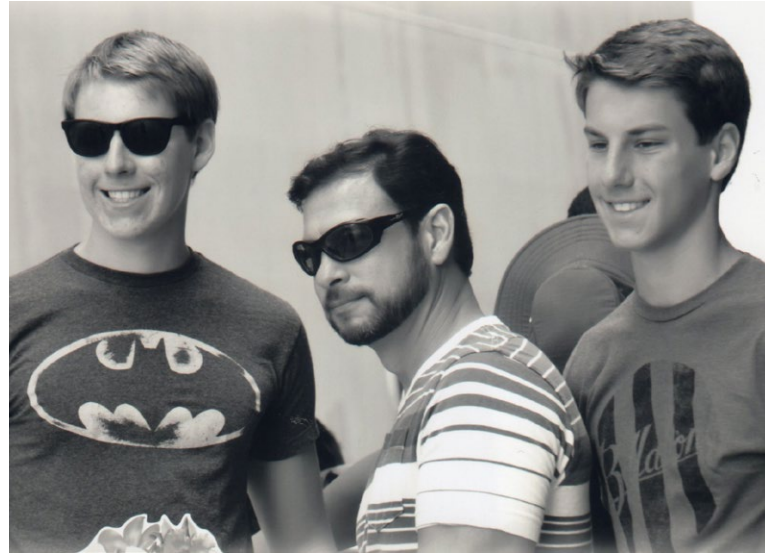




## COMMUNITY SPOTLIGHT

### JOHN and CHERRYL S

John and Cherryl send greetings from Melbourne, Florida and wish their future Jasper Highlands neighbors happy holidays! They just closed on a lot in phase 4A because they are tired of the beach lifestyle and boring horizons. Cherryl and John met while he was attending the Florida Institute of Technology in Melbourne, Florida and just celebrated their 25th anniversary. They have two great sons: Alec, who is a graduate of University of South Florida (USF) and currently working for in Orlando, and Brandon who also attended USF and has joined the Air Force to work in Aerospace Propulsion.



Cherryl grew up in West Virginia and has 30 years experience with legal firms as a real estate title closer and is currently working for an accountant and financial advisor. She enjoys party planning, baking, decorating, and spending time with family. John came from Pennsylvania before moving to Florida and found a “temporary” job after college working on the Space Shuttle program as an orbiter electrical technician, lead technician, and spacecraft operator which ended a brief 22 years later. He currently works as a construction project manager at Orlando International Airport, enjoys flying gliders and small aircraft, fitness challenges, eating, and is a retired volunteer firefighter.

Cherryl first saw photos of Jasper Highlands on Pinterest and after “extensive” research, she convinced John that this was a place they needed to see. They came to the October sales event weekend and Sean found them the perfect lot for their future retirement home. John and Cherryl plan to seek employment in the Jasper/Chattanooga area in the next few years and will start building their dream home. They can’t wait to become a part of the JH community!



## 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.*

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Protect your investment. The Fire Department strongly recommends that you have not less than 4 fire extinguishers in your beautiful new home; one for the kitchen, one for the fireplace, one for the garage, and one for the barbecue area. Remember, you are the first line of defense against a fire in its initial stages and fire extinguishers can make all the difference. Our homes are mostly timber frame, our Fire Department is volunteer (can take some time to get responders in place) and spacious mountain distance is a factor. The JHVFD Auxiliary sells some of the best fire extinguishers available. Contact Dick Marvin, our fire extinguisher expert at ph. 407-399-2680 and he will hook you up. This year give your family a Christmas present that could be the most important present of their lives!

2019 has been a terrific year of growth and accomplishments for JHFD. Seven new firefighters completed the State of Tennessee Introduction to Fire and Emergency Services while six of our veteran members completed the State of Tennessee Basic Firefighting Course. All were awarded the Fireman's Badge. The Department was able to purchase several new pieces of equipment to include Carbon Monoxide Detector, new chainsaws, new backpack blowers, spotlights, grass fire water backpacks, Halligan tools, and a new drip torch. JHFD received the Tango Tango and IamResponding APPs that synchronize our

cell phones to our Marion County radio system, giving us the most comprehensive communication capabilities in the County. Numerous JH residents have made significant financial donations to the Fire Department! Thank you! We have updated our fire hydrant locations in relation to nearby homes, and have pressure tested and flow tested each of our 45 fire hydrants. The Department has developed detailed firefighting plans for each of our 10 nonresidential buildings on the Mountain for efficient response. JHFD has responded to vehicle fires, structure fires, grassland fires, medical emergencies, and gas leaks. We have updated our technological capability working with Google and installed video teleconferencing in the Fire Hall. We have implemented the AmazonSmile.com Charitable Donation of .5% of your online purchase going to JHFD (finance location, Union Grove, AL). Whew!

We look forward to even greater achievements in 2020! If you would like to join our Team, contact the local Boss, Cliff at 423-309-2842. Merry Christmas and Happy New Year!

***RD Johnson / Firefighter***

### *A Message from our JHVFD Auxiliary*

Have you checked out our website [JHVFDA.com](http://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!





## AROUND *the* FIREHOUSE CONTINUED

As we wrap up the year allow me to introduce our  
Jasper Highlands Volunteer Fire Department team!

***Lowell Hardin, GA, Chief, RN, MSN, NRP***

Senior Consultant for Philips Blue Jay Hospital  
Emergency Services, Nationwide

***Ken Donnan, NY, Captain, EMR***

RAF Pilot, NATO IT, Senior Systems Manager for  
FIS Banking

***Chris Lowrance, GA, Captain, Training  
Officer***

Chief, North Dade County Fire Department

***Manuel G. Guerra, TX, Firefighter***

Retired, IRS Official; Bilingual

***Steve Halverson, CA, Firefighter***

Retired, High School English Teacher and Honors  
Instructor

***Steve Summers, VA, Firefighter***

Retired U.S. Naval Officer, Vice President  
Enterprise Information Systems

***Sam McMunn, AL, Firefighter***

Sales Rep. Brindlee Mountain Fire Apparatus

***Rick Skatula, WY, Firefighter***

Retired, High School Band Director, School  
Principal

***Cliff Lowrance, TN, Assistant Fire Chief***

Retired, Public Transportation Maintenance  
Director, City of Chattanooga

***Rich Hahn, NJ, Lieutenant***

28 years Firefighter, 9 years Certified EMT,  
Regional Controller, Traveler's Insurance  
Corporation

***Larry Dunnagan, OK, Firefighter***

Retired, Commercial, Industrial, Instrumentation,  
and Electronics Expert

***Jim Hale, VA, Firefighter***

Retired, Vice President of Sales, Health Information  
Services

***Jacob Hardin, GA, Firefighter***

Medical Student, Dalton State College, GA

***John Szewczyk, IL, Firefighter***

Retired, Division Manager Information Security  
Services, Caterpillar Corporation

***Terry Matthiensen, CA, Firefighter***

Retired, Contractor and Interior Structure Expert

***RD Johnson, KS, Firefighter***

Retired U.S. Army Officer, Brewery Owner

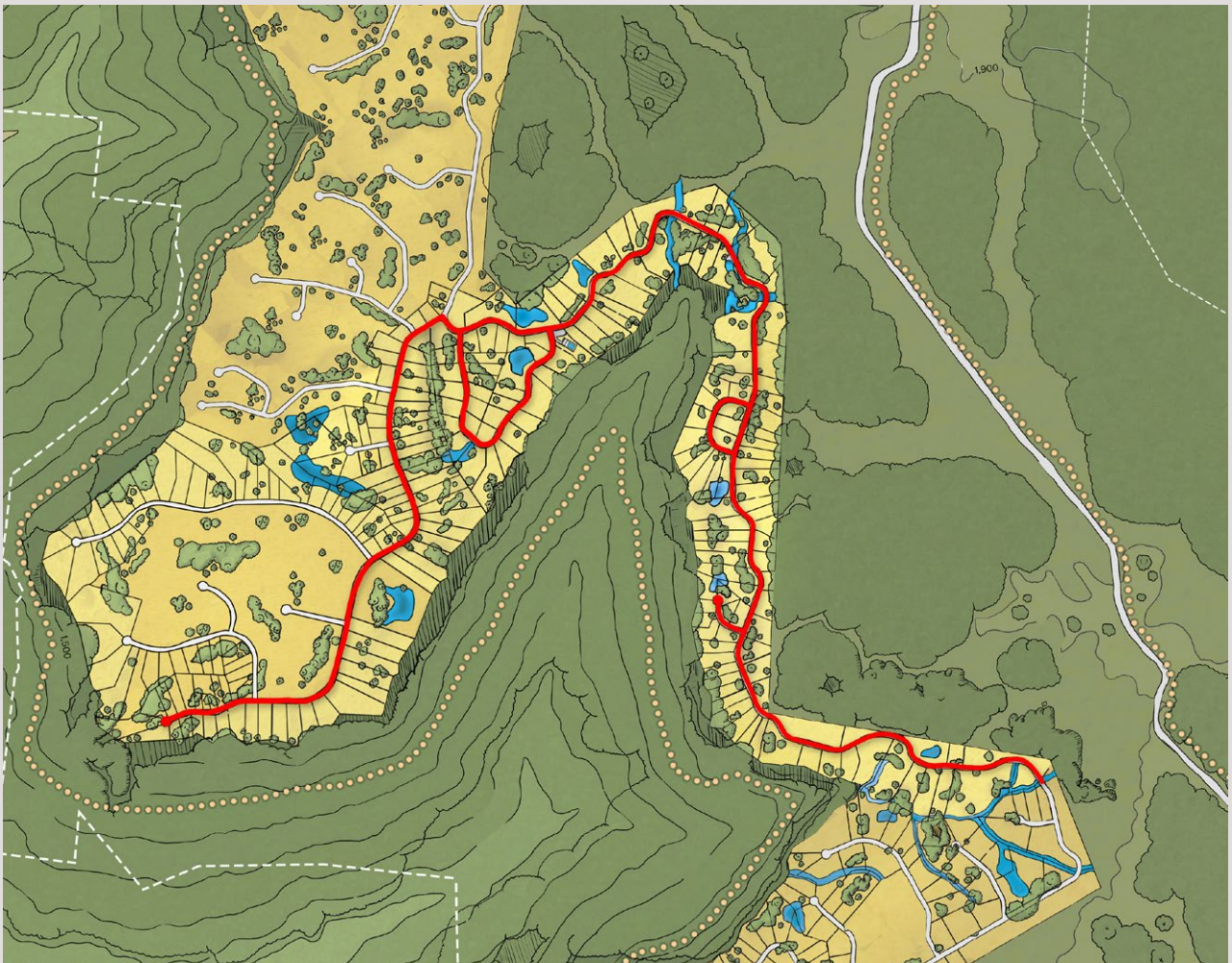
***Dave Harp, IL, Firefighter, President JHVFD Auxiliary***

Retired, National Account Director, Hospital, Health Systems and GPOs



## JASPER FARMS

We have re-graded the gravel road in Phase 4A last week and hope to pave this week, we continue to gravel in 4B. We are installing retention ponds in Jasper Farms, we have 4 ponds cleared with all trees stripped out and 2 are still under construction.







# SAVE *the* DATE

— Upcoming Jasper Highlands Sales Events! —

MAR 23<sup>RD</sup> to the 29<sup>TH</sup> of 2020

————— Start Planning Today! —————

View our new Jasper Highlands Property Booklet at [www.JasperHighlands.com/downloads/](http://www.JasperHighlands.com/downloads/)