

# CUMMINS STATION

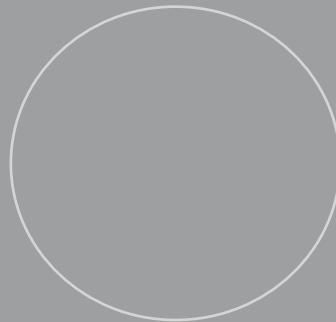
Holiday 2005

a community of resources

[www.cumminsstation.com](http://www.cumminsstation.com)



A Cummins Station Community Publication



Member spotlight: Margaret Ellis, Inc.

Resources: Host your holiday event with confidence

Happenings in the area

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Wellness tip

Tis the season to shop Cummins Station

Addendum: New Year's Eve - Nashville Style



## Member Spotlight

Satisfying a primal need for jewelry... with style



Margaret Ellis, Inc  
Suite 309  
255.3255  
margell@bellsouth.net  
www.margaretellisjewelry.com

It's no secret that jewelry is the preferred choice of many for holiday gifts. Whether you're a giver, a receiver or a collector of the art form, the language of jewelry clearly conveys "you're special." Cummins Station is proud to be home to a jewelry designer with international appeal.

"I believe jewelry fulfills a primal need," says Margaret Ellis, owner and jewelry designer at Margaret Ellis, Inc. She creates unique and timeless art pieces that are sold in shops throughout the United States, Europe and Japan. Her company has been a community member and a 3rd Floor resident for 10 years.

Margaret and her staff—which includes husband/business partner, Fred, and associates Edward, Angie and Rose—create one-of-a-kind and fashion pieces that cater to a very special kind of customer. They also accept special commissions—custom requests that she can interpret into a Margaret Ellis design. "Oftentimes I am asked to create a piece from an heirloom stone, which I really enjoy."

"My customer is someone with her own strong sense of style who is looking for

something that will deliver not only long-term enjoyment but also long-term value. Certainly there is a timeless aspect to what I create."

"Every piece we create is totally hand-crafted—nothing is pre-cut or cast, which makes our jewelry unique. Each piece is made uniquely from start to finish, with no shortcuts." Margaret says her design inspiration comes from ancient cultures, and her style reflects primitive, ethnic influences.

"I don't pay too much attention to trends," adds Ellis. "I try to design what comes to me naturally." She likes to incorporate stones and pearls in her pieces and considers colored tourmalines and sapphires to be among her favorites.

The secret to her success? Margaret credits her long-time, dedicated staff for the success they share. "I wouldn't be able to do what I do without the incredible help and talent of my wonderful staff, who've been with me now for so many years," says Margaret. "My husband, Fred, provides valuable business support and Edward, Angie and Rose—who provide the technical expertise to execute my designs—are amazingly good at what they do."

Visit Margaret Ellis, Inc. in Suite 309. If you prefer to make an appointment, you may call them at 255-3255.

## Resources

### Host your holiday event with confidence

So, you're going to host a get-together. Scared? Frazzled? Overwhelmed? No bother. Throwing a party can actually be more fun than attending one—if you plan ahead and dedicate yourself to making it a success.

Whether you're cooking a Christmas meal for family, hosting a catered New Year's bash for friends or welcoming neighbors at a seasonal meet and mingle, keep in mind these few simple rules:

## HAPPENINGS IN THE AREA

### KAZU

Fridays - Executive Hour  
\$2 domestic beer  
\$2.50 draft beer  
\$6.50 Martinis (specialty)

### THE BAR CAR

Sunday - Lovenoise  
Tuesday - Comedy  
Saturday - DJ Cool Out starting in January for Soul Satisfaction

### MERCY LOUNGE

**Saturday, December 17: 9:30 p.m. \$12**  
**Panty Raid Christmas Spectacular**  
**starring PANTY RAID!**  
**Wednesday, December 21: 9:00 p.m.**  
**Artist Revolution Christmas Show**  
**FREE SHOW!!**

### COUNTRY MUSIC HALL OF FAME AND MUSEUM

**Friday, December 16: 1:00 p.m.**  
**Ford Theater**  
**Special Program: Night Train to Memphis: A Musical Salute to Roy Acuff**  
**Monday, December 19: 12:00 p.m.**  
**Ford Theater**  
**Concert: A Very Special Arts Young Soloists Performance**  
**Thursday, December 22: 12:30 p.m.**  
**Ford Theater**  
**Concert: A Country Christmas: A Service of Lessons and Carols, Country Style with George Hamilton IV**  
**Saturday, December 24: All Day**  
**Film Screening: Johnny Cash Christmas On the Road (1984)**

### FRIST CENTER FOR THE VISUAL ARTS

**August 19, 2005 - December 31, 2005**  
**Cumberland Exposures: Student Nature Photography**  
**September 23, 2005 - January 8, 2006**  
**Hudson River School: Masterworks from the Wadsworth Atheneum Museum of Art**

### NEWSLETTER CONCEPT /DESIGN

Marlo Ross . Suite 429  
marlo@marloross.com

### REFERENCE

Wellness Tip: Bally Fitness Corporation. Read "Important Notice" found on the subscription page at: <http://www.ballyfitness.com/rd/fittip.asp>

## A Word from DZL Management

Dear Community Members:

Happy Holidays! As 2005 draws to a close, we hope that you are taking plenty of time to celebrate your successes this year. With celebrating in mind, we look forward to seeing you at the Cummins Station Holiday Party on Thursday, December 15 at Kazu in Suite 200. There'll be live entertainment and food for everyone, so please be sure to be there. It's your party.

This year has seen many new community members join our community of resources. We think the best way to deliver a holiday message is to let you know who your new neighbors are. The following is a list of businesses that made the choice to move into your community during 2005. Please look them up in the Cummins Station Community Resource Guide and find out if they can do something for you. Find the updated Resource Guide at [www.cumminsstation.com](http://www.cumminsstation.com)

Have a happy Holiday Season and a great New Year!

With warmest regards,

Zachary Liff  
Chief Manager



DZL MANAGEMENT COMPANY



...continued: Resources — Host your Holiday event with confidence

### Be creative

Choose a crowd-pleasing menu, a comfortable venue and an engaging atmosphere—and by all means showcase your own personal style or artistic flair.

### Be sensitive

Not everyone wants to "explore" new

- 1st Metropolitan Mortgage
- Cole Law Firm, LLC/Logos Title & Escrow, LLC
- Collinsworth, Bright & Company, P.C.
- ENGINE Entertainment
- Farmers Insurance & Financial Services/Covation Benefits
- Focus ONE Services, Inc.
- Fragrance Concepts International
- Gospel Music Channel
- Great Big Shows
- Harold Ford, Jr. for Tennessee
- Hero Unit Productions, Inc.
- Integrated Copyright Group
- Katrina Smith & Associates, Inc./ Sports Media Edge
- Law Office of J. Carson Stone
- Mann Bracken, LLC
- Newport Furnishings
- PCM Capital
- Past Twelve Company
- Premedics
- Sales Management Group
- Supplemental Health Care, Inc.
- Textile.com
- Tom James Company

frontiers—holidays reinforce tradition, so make sure you include something familiar for the comfort seeker.

### Be organized

Plan and anticipate. Consider the number of guests, the converging timetables and all the elements that

## WELLNESS TIP

Exercise is a great beauty treatment for your skin.

When you work out, the blood flow to your skin increases as your body expels the extra heat your muscles generate. This increased blood flow brings nutrients to your skin, gets rid of wastes, and gives you that radiant "glow."

A study suggests that regular exercise can also give you thicker skin - a seemingly dubious benefit, until you consider that thicker skin tends to wrinkle later and generally age more gracefully than thinner skin.

need to be ready and available to pull this thing off.

### Be flexible

Something might burn, someone may create drama and absolutely anything can happen. It's not the end of the world. Roll with it.

### Be social

People remember atmosphere. Create fun and make it easy for people to mix and mingle.

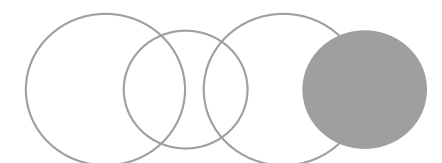
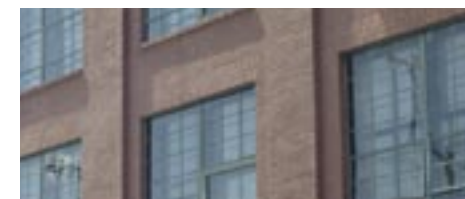
The following resources can help you make your event memorable:

Recipes, tips, services:

[www.nashvillelife.com/winter](http://www.nashvillelife.com/winter)  
[www.foodnetwork.com/et\\_hd\\_seasons\\_eatings/](http://www.foodnetwork.com/et_hd_seasons_eatings/)

Event help:

[www.partypop.com/categories/](http://www.partypop.com/categories/)  
[www.localcatering.com](http://www.localcatering.com)



## Tis the season to shop Cummins Station

Want some great holiday gift ideas? Check out these member offerings:

### **Margaret Ellis, Inc. • Suite 309**

255.3255

Purchase jewelry gift certificates from \$125 to "sky's the limit." All major credit cards accepted. Open M - F from 10 a.m. to 4 p.m.

### **Newport Furnishings • Suite 134**

242.0600

nvt@newportfurnishings.com

Purchase gift certificates (in any denomination) for Newport Furnishings' casual, fashionable home furnishings. Showroom visits by appointment only. 10 a.m.-5 p.m. M - F and 10 a.m. - 4 p.m. Saturday. Check out all Newport has to offer at [www.newportfurnishings.com](http://www.newportfurnishings.com).

### **Natural Health Institute • Suite 212**

242.6811

Help loved ones relax and refresh with a gift certificate from NHI's Intern Clinic. One-hour massages \$35; 90-minute massages \$50.

### **Cognito Hair Design • Suite 217 B**

256.8191

Get special holiday pricing on Paul Mitchell products or purchase gift certificates in any denomination for any Cognito service. Visit their Web site at [www.cognitosalon.com](http://www.cognitosalon.com).

### **Yoga Source • Suite 126**

254.9642

Give the gift of yoga with gift certificates for single classes or class packages. Visit [www.yogasource.info](http://www.yogasource.info) for class descriptions and schedules.

### **Fragrance Concepts International**

Suite 116

242.3633

[info@nou4u.com](mailto:info@nou4u.com)

Know someone who'd love a beautiful perfume? Members receive a one-time offer of \$10 off the retail price of a 1.7 fl. oz. bottle of

NOU, a very special eau de parfum spray for women. NOU is sold in chic boutiques and high-end day spas across the U.S. For more information, or to purchase NOU, visit [www.mynou.com](http://www.mynou.com) or [www.nou4u.com](http://www.nou4u.com).

### **Champu • Suite 231**

254.1121

Gift certificates are available for haircuts, colors, styles and more. Call or stop by.

### **Books • Suite 211**

259.2254

Find the perfect gift for the reader in your life at Books. Gift certificates are available in any amount. Call Brock for information.

### **Textile.com • Suite 540**

425.7050

[Kevin@Textile.com](mailto:Kevin@Textile.com)

Receive a special holiday offer of \$100 off a first-time order of \$1,000 or more on Textile.com's high end solutions for corporate gifting or promotions. View their upscale apparel and gift lines for men and women in their showroom or at [www.textile.com](http://www.textile.com). Please mention Promotion Code 0001 to receive the discount.

### **Museum Support Services . Suite 128**

259.0004

For gifts that leave lasting impressions, check out the art and frames at Museum Support Services. Original signed and numbered Red Grooms prints are for sale, as well as other works of art on consignment. A wide selection of frames is available at one-third of retail price, and custom framing is offered. For more information, call Gene Sizemore.

### **Air Doctors . Suite 122**

791.4366

Air Doctors extends to all Cummins Station community members a

DZL MANAGEMENT OFFICE

259.0999

SECURITY

256.8810

POST OFFICE

256.8810

BAR CAR

259.4875

BIT'S 10TH AVENUE DELI

207.5335

COOLBAKER'S

255.4705

KAZU


248.2550

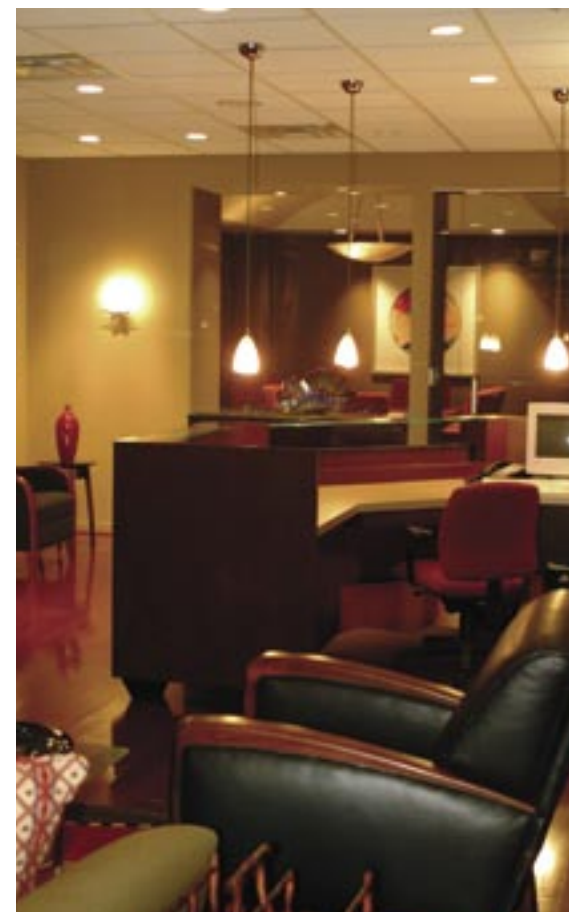
MORNING GLORY DELI

256.5657

OMIKOSHI

251.1441

special holiday savings of \$75 on a factory-fresh, residential heat pump or furnace refurbishment. Member cost is \$29.95. Call for details or to schedule an appointment. 



## New Year's Eve — Nashville Style

Want to have fun this New Year's Eve? Then downtown Nashville is the place to be. Here is a list of happenings to choose from in and around Cummins Station:

### The Bar Car

209 Tenth Avenue South, Suite 201  
259.4875

Johny Jackson wraps up a 6-year run at The Bar Car with Johny Jackson's Soul Satisfaction New Year's Eve Bash. Party favors included. The fun begins at 9 p.m. \$10 admission fee.

### The Cannery Ballroom

1 Cannery Row  
800.594.TIXX

[www.mercylounge.musictoday.com](http://www.mercylounge.musictoday.com)

Enjoy Denny Diamond & the Longfellows New Year's Eve Extravaganza with DELICIOUS! Doors open at 9 p.m. Showtime is 10 p.m. \$25 in advance/\$40 after 12/24/05. Must be 21 years of age.

### Flying Saucer

111 10th Avenue South  
259.PINT

[www.beerknurd.com](http://www.beerknurd.com)

Join the New Year's Eve Party featuring live music of the '60s, '70s, and '80s by The Tough Guys. Party favors and champagne toast at midnight. Starts at 9 p.m. \$10 admission fee. Must be 21 years of age.

### Gaylord Entertainment Center

501 Broadway  
770.2000

[www.gaylordentertainmentcenter.com](http://www.gaylordentertainmentcenter.com)

You won't want to miss the New Year's Blast with Brooks & Dunn, featuring Big & Rich and more. Begins at 8 p.m. Tickets start at \$52.50.

### Mercy Lounge

1 Cannery Row  
800.594.TIXX

[www.mercylounge.musictoday.com](http://www.mercylounge.musictoday.com)

Be a part of the Legendary Shack\*Shakers New Year's Eve Extravaganza with Reverend Glass Eye and special guests. Doors open at 8 p.m. Showtime is 9:30 p.m. \$20. Must be 21 years of age.

### Sambuca

601 12th Avenue South  
248.2888


[www.sambucarestaurant.com](http://www.sambucarestaurant.com)

Catch a live performance by Michael Fair and Friends, including a champagne toast, balloon drop and party favors. There will be three four-course dinner seatings at 5:30, 7:30 and 9:30 p.m. \$50-\$100 per person. "Bar only" cover charge is \$20 per person. For reservations, call Dawn at 248.2888 Monday-Friday, 9 a.m.-5 p.m.

### Tin Roof

1516 Demonbreun  
313.7103

[www.tinroofnashville.com](http://www.tinroofnashville.com)

Enjoy New Year's Eve at Tin Roof featuring Henry Murphy and the Seahawks. Includes party favors and a champagne toast at midnight. 7 p.m. \$20 admission fee. 

HAVE A SAFE AND HAPPY NEW YEAR!

