

CUMMINS STATION

June 2005

a community of resources

www.cumminsstation.com



A Cummins Station Community Publication

Resources

A Word from DZL Management

Wellness Tip

Balance Your Body. Focus Your Mind

Member Spotlight: Natural Health Institute



Resources

ARCHITECTS IN RESIDENCE

"Architecture, in general, is frozen music."

-Friedrich Nietzsche

Bauer Askew Architecture

With a passion for quality design and personal service and a desire to create architecture that is progressive yet enduring—a place of permanence that will stand the test of time, Bauer Askew Architecture remains committed to developing rewarding partnerships with each and every client.

Bauer Askew Architecture is an award-winning design firm whose work has been recognized on local, state and national levels. The firm was established in 1995 by George Thomas Bauer, a member of the American Institute of Architects (AIA). He was joined in 2003 by a former classmate and colleague, Garry Askew, after twelve years as a founding partner in a large local firm. The firm's portfolio includes educational and worship facilities, design of single- and multi-family residential, institutional and corporate office spaces as well as the creative rehabilitation and/or renovation of existing structures for new uses—such as libraries and public parks.

Bauer Askew Architecture follows a philosophy of seeing each commission as its own and attending each detail of a project from inception to completion—incorporating common elements of simplicity, order, rhythm and natural light. The firm provides architectural design, master planning, interior architecture and design, furniture and graphic design and detailing services. Their broad professional experience over the last two decades has ranged from the design of a 260,000 square foot campus center to the intimate detail in the design of a woodland retreat.

"Architecture is the triumph of human imagination over materials, methods and men, to put men in possession of his own earth."

-Frank Lloyd Wright

Looney Ricks Kiss

When it comes to planning and implementation of traditional neighborhood developments, mixed-use developments, urban infill projects and downtown revitalizations, Looney Ricks Kiss is the epitome of success. Their mission: provide value-added design and timely and cost-efficient project delivery and hire the best people in the industry.

Founded in 1983, Looney Ricks Kiss is a 135-person architecture, planning, interiors and research firm headquartered in Memphis, with offices in Nashville, Princeton, Celebration and Rosemary Beach, FL. LRK is able to offer and provide expertise for every component of full community design: consumer/market research land planning, single- and multi-family homes, town centers, office/commercial, hotel/hospitality and healthcare facilities, interior architecture and interior design, landscape architecture and environmental signage.

To date, the firm has received over 350 awards of recognition for design at local, state, regional and national levels—including awards of excellence from the Congress for the New Urbanism, the Urban Land Institute and the American Planning Association.

Among the firm's most notable accomplishments are Harbor Town in Memphis and Celebration, the Village of Baldwin Park and the town of Ave Maria in Florida. The firm also has projects in Texas, Louisiana, Georgia, Mississippi, Kentucky, North Carolina, South Carolina, Indiana, Illinois, Michigan, Pennsylvania, Maryland, New Jersey and Toronto.

Resources — continued on next page

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
Friday - DJ Lance G from Havana Lounge
Saturday - Johny Jackson's Soul Satisfaction

COUNTRY MUSIC HALL OF FAME

Sunday, June 26 — 1 p.m.

Banjo demonstration with Robin Ruddy

Sunday, June 26 — 2 p.m.

Film Screening

Saturday, July 2 — 2 p.m.

Songwriter Session with Jon Ims

Sunday, July 3 — 1 p.m.

Fiddle, Banjo and Mandolin

Demonstration with Jim Calvin

Saturday, July 9 — 12 p.m.

Songwriter Session with Alan Rhody

Saturday, July 9 — 1 p.m.

Family Program: Musical Petting

Zoo. For all ages. FREE.

THE FRIST CENTER

May - October on the last Friday of the month: 6-9 p.m.

Frist Fridays 2005

The Frist Center's outdoor concert series offers art, music, drinks, hors d'oeuvres and a splash of good conversation!



architect: Lyman, Davidson, Dooley, Inc.

NEWSLETTER CONCEPT /DESIGN

Marlo Ross

marlo@marloross.com

REFERENCES

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:

Summer is upon us, and there are a number of new developments in your community. The new carpet is in, and we are currently installing new pendant lights and accent lighting on every floor. Additionally, we have purchased a new parking system that will be installed during July and August. More details about the new system will be provided later in the summer.

Ray Bell Construction was awarded the contract to demolish the existing Demonbreun Street Viaduct. Demolition has already begun and a new viaduct is scheduled to open in the Spring of 2007.

Due to the wishes of the community, we have posted no smoking signs along the 10th Avenue side of Cummins Station. The designated smoking area is located

Resources—architects in residence...continued

"The architect who combines in his being the power of vision, of imagination, of intellect, of sympathy with human need and the power to interpret them in a vernacular and time—is he who shall create poems in stone."

-Louis Sullivan

Lyman Davidson Dooley, Inc.

Pride of accomplishment is just one of the factors that drive the team at Lyman Davidson Dooley, Inc. LDDI specializes in the design of acute care facilities and medical centers. In addition to their Cummins Station location, they operate offices in Atlanta, Tampa and Ft. Collins, CO.

One of LDDI's most recent achievements is the StoneCrest Medical Center in Smyrna, TN, an HCA/Tri-Star Health System facility. StoneCrest Medical Center has fulfilled a vision of the founder of HCA, Thomas Frist, to

outside the first floor on the east side of the building in the grassy area with the concrete picnic tables.

Please visit www.cumminsstation.com in order to view our new website and learn more about your community. We appreciate the comments we have received from many of you, and we look forward to hearing from others. Please do not hesitate to send us an e-mail and share your thoughts. Our contact information is available on the website.

With warmest regards,

Zachary Liff
Chief Manager



DZL MANAGEMENT COMPANY



R. Nemetz & Associates

Superior client service, unsurpassed creativity, teamwork and communication are the keys to success at R. Nemetz & Associates.

A full-service design firm offering professional architectural, interiors and planning services, R. Nemetz & Associates Architecture has compiled a large and growing resume of projects varying in all types of architecture. They include commercial office, retail, warehouse, medical office, manufacturing, educational, religious, restaurant, multi-family residential and single-family custom residential.

RNA's staff has over 40 years of combined experience in construction and architecture and the commitment and dedication necessary to undertake and succeed in such a wide variety of building types. Approximately 80% of RNA's projects begin with a developer on board or as a design-build project, further emphasizing the dedication to the team approach.

"The purpose of architecture is to shelter and enhance man's life on earth and to fulfill his belief in the nobility of his existence."

-Eero Saarinen



architect: Lyman, Davidson, Dooley, Inc.

Balance your body. Focus your mind.

Thinking about incorporating yoga into your physical and spiritual well-being practices?

Well, did you know there are many types of yoga styles—each with its own philosophy and practices, designed to help you achieve specific outcomes?


Before you sign up for that yoga class or rent that video, get to know the styles of yoga and what each has to offer—what a particular type of yoga focuses on and the key benefits it delivers. Then choose the practice that best suits you and what it is you want to achieve.

The most common style practiced in America today is Hatha yoga, which is perhaps a gentler version that helps prepare the body for the act of

meditation. Ananda, a form of Hatha yoga, helps practitioners manage their inner energies.

Looking to build body awareness? You may want to explore Iyengar. Want to increase flexibility? Consider Ashtanga or Bikram. Whether you seek more meditative benefits or physical challenges, there is a style of yoga that's right for you.

Visit the Bally Fitness Web site at www.ballyfitness.com for more information on the many practices and philosophies of yoga.

Yoga is available in Cummins Station at Yoga Source, located in Suite 126. For information on class content and schedules, please call 254.9642 or visit www.yogasource.info. 

Member Spotlight

NATURAL HEALTH INSTITUTE

Suite 212

627.4726

info@natural-health-inst.com

www.natural-health-inst.com

THE POWER OF TOUCH

If you consider how the human body instinctively reacts when it experiences pain—to rub the pain away—then you're sure to understand the premise of massage.

Like the ancient science of yoga, the art of massage can be traced back through the ages and through many cultures and societies—India, Greece and Italy during the Roman times. The first documented descriptions of massage date back all

the way to 3000 B.C., in China.

Massage helps relieve muscular and nervous tension, address specific aches and pains and melt away the stress of everyday life. Massage utilizes healing techniques through the act of touch, or “pressing gently” as its name implies.

Cummins Station residents and guests can experience the benefits of therapeutic massage through the Natural Health Institute's Student Intern Clinic located in Suite 212. The Institute has been training professional massage therapists at this location for more than eight years. Students of the 600-hour, state-certified program in Massage Therapy hone their skills before graduation at the clinic, offering visitors

Cummins Station is accessible to community members 24 hours a day, 7 days a week.

Swipe your access card at the North Central Lobby to enter the building after normal business hours. Restaurants are always accessible during their operating hours. The rest of the building is open 7:30 am - 9 pm M-F and 7:30 am to 6 pm Saturday. The building is closed to the general public on Sunday.

DZL MANAGEMENT OFFICE

259.0999

SECURITY

256.8810

POST OFFICE

256.8810

COOLBAKER'S

255.4705

BLT'S 10TH AVENUE DELI

207.5335

KAZU

248.2550


MORNING GLORY DELI

256.5657

OMIKOSHI

251.1441

a wide range of therapeutic modalities, including Swedish, deep tissue and prenatal massage. A 60-minute massage costs \$35 and a 90-minute massage is \$50. Gift certificates are also available.

Schedule a relaxing massage today by visiting Suite 212 or by calling the Intern Clinic at 627.4726. 

**NATURAL
HEALTH
INSTITUTE**



CUMMINS STATION

a community of resources

Can you hear me now...?

The Make-A-Wish Foundation[®] of Middle Tennessee would like to send a big thank you to all of those who have helped us with the collecting of old cell phones, pagers, PDAs and used printer ink cartridges to help grant children's wishes here in Middle Tennessee. We are still working hard to collect even more, so if you have an old cell phone, pager, PDA or a used printer cartridge sitting on a shelf or in a drawer at home, please consider donating it to our office on the fifth floor of Cummins Station, Suite 527 or feel free to call us at 259.2324 and we will be glad to come and pick it up. Please check us out on the web at www.wish.org. Thank you for your participation.

The Make-A-Wish Foundation[®] is a 501(c)(3) non-profit with the mission to grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy.

Bike Club

Bike Club in Cummins Station is looking for cyclists who want to enjoy 40-minute organized lunchtime rides from Cummins Station to various downtown locations. All levels of riders and bikes are encouraged. Rides begin in front of Kazu at high noon in good weather (50-85 degrees). Monday through Friday.

For more information please call Jeff Frazier at 770.7662 or Jtfraziertn@hotmail.com.

Bike Club Rules

1. All you need is a bike. If you're riding a Huffy from 1979, we don't care.
2. If you haven't ridden a bike since 1979, we don't care.
3. Expect to have fun and ride at a medium, catch-the-scenery pace (avg. 12-14 mph).