

CUMMINS STATION

March/April 2005

Volume 1

a community of resources

www.cumminsstation.com



A Cummins Station Community Publication

Resources

Community Member Spotlight

A Word from DZL Management

Demonbreun Street Viaduct Closing

Healthy Body: Water and Exercise

Wellness Tips

Solid Grounds



Resources

TAKE ADVANTAGE OF ALL WE HAVE TO OFFER

At Cummins Station, we value our more than 150 business community members and go to great lengths to create a professional, friendly, resource-rich workplace environment.

What can we do to help make it easy for you to get through your business day?

Perhaps you find yourself in need of a little rejuvenation. Your community offers no less than massage therapy, full salon styling services, yoga classes, a full-scale fitness center and three unique dining establishments. Crave a Snickers bar? Morning Glory Deli in Suite 221 and BLT's 10th Avenue Deli in Suite 328 can help you satisfy that mid-day snack urge. Beyond the common areas and amenities, don't forget you have

access to a wide array of services offered by our member organizations — architects, attorneys, artists, technology companies, accountants, music companies and more.

Maybe it's after-work fun you're after. In addition to our proximity to everything the downtown and midtown areas have to offer, The Bar Car in Suite 201 and Zebra Lounge in Suite 102 provide live music, dancing and a place for terrific conversation—all adding up to a perfect way to end the work week. **CS**



Member Spotlight

JIVE! - A DIGITAL PRINT FACTORY

Suite 219
777.JIVE
www.jivedigital.com

Get ready... Jive is debuting in Nashville in Cummins Station! Billed as a "Digital Print Factory," Jive produces high quality digital printing and copies with service and prices far better than the national copy centers. Employing graphics professionals and catering to the graphic design community as well as the general public, Jive specializes in short run digital color printing utilizing today's most advanced technology—so you can get near-offset-quality printing at digital pricing and speed.

Yes, the name says it all: Jive promotes a fun and progressive atmosphere—with widescreen plasma TV's on the walls that display popular music videos or other

content of interest. And nothing but the latest Apple computer technology is ready to capture and deliver your creativity, including new G5 iMacs for customer use. If you prefer, a PC is also available, and Jive will gladly accept PC files for output. Professional graphic design services will be offered through Jive's parent company, Accent Media, presenting a one-stop solution for creative print production start to finish.

Get hip to the digital scene. Bring your production needs to Jive! **CS**



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 - Johnny Jackson's Soul Satisfaction

THE FRIST CENTER

Friday, March 4-6 — 6-9 p.m.

Live at the Frist featuring
Abby Burke and the Manly Band

Friday, March 18 — 6-9 p.m.

Live at the Frist featuring
Vickie Carrico and the Sacre Blues

Friday, April 1 — 6-9 p.m.

Live at the Frist featuring
Blue Mother Tupelo
Frist Center Auditorium
Free for Frist Center members
Regular admission for non-members
(rates start at \$8.50; free for children 18 and under)
For more information, call 244.3340
www.fristcenter.org

COUNTRY MUSIC HALL OF FAME AND MUSEUM

March

The Banjo Man: The musical
journey of Earl Scruggs
Exhibit is included with general
admission to the museum.
www.countrymusichalloffame.com



CONCEPT /DESIGN

Marlo Ross

PHOTOGRAPHY

Todd Killen

REFERENCES

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

A Word from DZL Management

DEAR COMMUNITY MEMBERS:

On behalf of Cummins Station and DZL Management Company, I am pleased to present this inaugural issue of the Cummins Station community newsletter. Our aim is to help you become better acquainted and connected with your Cummins Station neighbors—while providing you with a wealth of information on upcoming events and key issues affecting our larger community.

At DZL Management, we understand that Cummins Station is as much your investment as it is ours; after all, you are the community of resources. We're thrilled that you've chosen this location for your business address and remain committed to creating an environment unlike any other here in Nashville. We'll continue to look for ways to enhance your experience and ensure that you and your business benefit from all that our community has to offer.

Over the past two years, we've taken some major steps toward achieving our goals, which include:

- Enhancements to the look and atmosphere of Cummins Station, via updated interior and exterior signage, carpet and paint.
- A continued focus on your safety, with the addition of an extensive digital video recording system, increased manned security (especially during the evening rush hour) plus increased outdoor lighting.

DEMONBREUN STREET VIADUCT

Perhaps the most important issue we currently face involves the redevelopment of the Demonbreun Street Viaduct. While most of you have no doubt already settled upon the most convenient alternative route for your daily commute, a map of the viaduct area and detour options is enclosed.

State and local governments are working together in an unprecedented manner to rebuild the viaduct as quickly as possible. Demolition of the existing viaduct will begin this spring, and construction of a new structure will start in the fall. Future newsletters will provide more specific information as to planning and progress schedules that need to be met by the Tennessee Department of Transportation and the Metro-Nashville Department of Public Works in order to complete the new viaduct by the Summer 2007 deadline.

The design of the new Demonbreun Street Viaduct was released to the public in early February. It is well lit, better looking and more secure than the current structure. It also promises to add tremendous value and high-profile access to Cummins Station and the surrounding areas as part of Demonbreun Street's transformation into Nashville's true avenue of the arts. The new Schermerhorn Symphony Center, scheduled for completion in 2006, along with the striking Country Music Hall of Fame and Museum and the world famous exhibits at the Frist Center for the Visual Arts are major contributing factors to a cultural renaissance taking place on Demonbreun Street. Your presence in the Cummins Station community is one of the most important and vital aspects of that renaissance; every day you bring life and vibrancy to a new epicenter of culture and commerce in our city.

MEMBERS, RESTAURANTS, WEB SITE

Cummins Station recently welcomed another exciting new restaurant—Omikoshi, featuring fresh sushi, Asian fusion and hibachi cuisine. Omikoshi currently has one other location in Cool Springs. Located in Suite 215, Omikoshi is a terrific complement to Kazu, where community members and visitors currently enjoy a casual yet unique dining experience. Both restaurants are open

WELLNESS TIP

STRETCHING

Forget the caffeine. If you need an energy boost—whether to get the workday going or to fight mid-afternoon slump—a few minutes of gentle stretching can do wonders. Stretching stimulates muscles and increases blood supply to them.

Remember the cardinal rule of stretching: No bouncing! Instead, stretch as far as you can comfortably and hold the stretch for up to 30 seconds.

for lunch and dinner.

We are putting the finishing touches on the new Community Resource Guide with names, descriptions and contact information of all the Cummins Station community members. The guide will help you to become more familiar with your neighbors. We will also be distributing the Resource Guide throughout Nashville so that the greater community will know who you are and what you do.

After the March 15th launch, please visit our new web site at www.cumminsstation.com to learn more about Cummins Station and to access updates to the Resource Guide. Once you've taken a tour, please send us an email with your comments to info@cumminsstation.com.

Last year brought many exciting changes, fresh faces and new energies to Cummins Station, and we look forward to growing with you in 2005.

With warmest regards,

Zachary Liff
Chief Manager



Healthy Body: Water and Exercise

Why is it so important to drink water before, during and after exercising?

Our bodies are made up of mostly water. It's everywhere—flowing through our veins, arteries and capillaries—playing a critical role in energy transformation. It's important to our overall health and well being that we continuously replenish our body's water supply in order to avoid a state of dehydration.

Water is found in its greatest concentration in active tissue—and muscle is an active tissue. When we dehydrate, our muscles become depleted of valuable electrolytes—we experience fatigue and find it difficult to continue working out. Electrolytes received through water help stimulate the nerves and contract the muscles.

A quick tip for the next time you exercise: drink a couple glasses of water a few hours before you exercise and then again immediately after exercising. If you're working out for an extended period of time, make sure to take periodic water breaks. Drink water to your health, stamina and well being!

Are you a Fitness Center member? Join today by calling 777.3838 or visiting the Fitness Center in Suite 149. Businesses in Cummins Station pay a reduced membership fee. [CS](#)

NEW HOURS OF OPERATION

M-Th 6 am - 9 pm **Friday** 6 am - 7 pm

Saturday 9 am - 4 pm **Sunday** - Closed

Starting March 1

Solid Grounds

When you walk the hallways of Cummins Station, do you ever get the urge to pour yourself a cup of coffee? Maybe that's because when Cummins Station was originally completed in 1907, Maxwell House Coffee was the largest tenant, followed by numerous hardware and grocery wholesalers, Washington Manufacturing and a variety of other businesses.

The newly redeveloped Cummins Station

community debuted in 1993. In 1996, The Gateway to Nashville was acquired by the owners of Cummins Station, and in August of 2002, DZL Management Company took over the management of the properties. Together, the Cummins-Gateway community comprises nearly 500,000 square feet of unique office, retail, restaurant and recreational space—and more than 150 businesses. [CS](#)

DZL MANAGEMENT OFFICE

259.0999

SECURITY

256.8810

POST OFFICE

256.8810

BLT'S 10TH AVENUE DELI

207.5335

KAZU

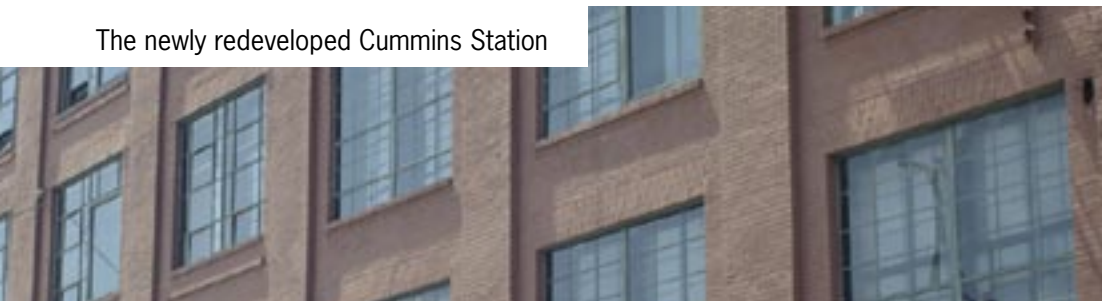
248.2550

MORNING GLORY DELI

256.5657

OMIKOSHI

251.1441

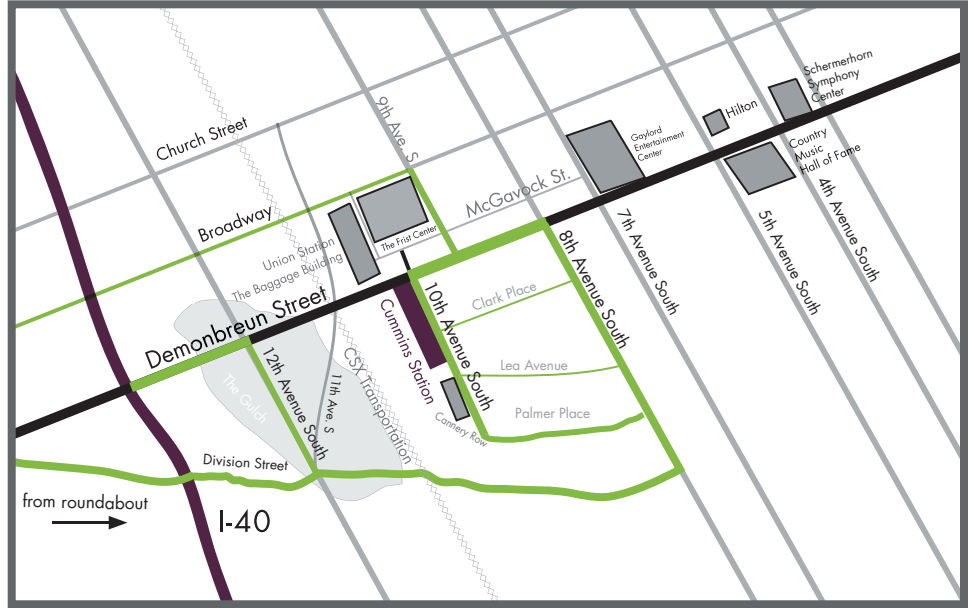


Did you know that according to the 2004 Downtown Business Census conducted by the Nashville Downtown Partnership, Cummins Station is home to more than 10% of downtown Nashville's businesses? Please see the Community Resource Guide to see who's in Cummins Station and what they can do for you.

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 6:00 pm Saturday. The building is closed to the general public on Sunday.

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Suggested Routes 

Area Map