



Close to the Heart

A Workplace that's Walking the Walk

A New Day Dawns at Urban Sun

Going beyond the borders of your business to make a difference in the community is just what Urban Sun had in mind when they launched their "Rise and Shine with Urban Sun" program.

Name: Marti Klecka and Paul Bates
Occupation: Owners of Urban Sun tanning spa
Passion: The city of Nashville and the people who live and work here
Opportunity: Create an inspiring connecting point between Urban Sun clients and local nonprofit organizations that help people in need. "Rise and Shine with Urban Sun" was launched in September via a Sunshine Party that introduced working professionals to the mission and efforts of Habitat for Humanity and created a volunteerism link for the organization. Approximately 50 guests attended the event.

Quotable: "Since we opened in 2007, Urban Sun has been a connecting point for young professionals in our community. Paul and I wanted to take that a step further by introducing our clients and guests to the nonprofits in Nashville, raising awareness of the wide array of needs and encouraging volunteerism. We felt like we were in a perfect position to really shine a light on some of the opportunities we all have to get involved in our community."

Get involved: Sunshine Parties are held at Urban Sun the last Thursday of every month. Representatives from the selected nonprofit share their stories as guests enjoy refreshments, tanning specials and live music. Everyone is welcome.

For more information, call Urban Sun at (615) 291-6800.



The Urban Sun staff worked hard and had some fun building this Habitat for Humanity home.



A Word From DZL Management

Dear Community Members,

We are looking forward to kicking off some great community events in the upcoming weeks, starting off with the Community Open House on November 4. This is a great opportunity to meet your neighbors and showcase your business to the community. The number and breadth of community members is truly amazing.

Beginning in December, we will start the 3rd annual Angel Tree benefiting the Salvation Army. We will be putting a Christmas tree up in the main lobby shortly after Thanksgiving and decorating it with "angel gifts." If you would like to participate, simply pull one of the ribbons from the tree, purchase the gift indicated on the ribbon, and return the gift wrapped with attached ribbon, to the tree. When we have collected all of the presents we will deliver them to the Salvation Army who coordinates the distribution of the gifts to the sponsored families. It has been a tremendous success the past few years and we appreciate your continued generosity.

On December 9th we will host our 3rd annual Artisan Fair in the main hallway on the second floor. Be sure and save some holiday shopping for these talented local artisans. Finally, to wrap up 2010 we will have our annual holiday party on December 16th, more details to follow in the coming weeks.

If there is anything we can do to help please contact our office.

Sincerely,

Price H. Bell, Jr.
 Properties and Operations Manager

Key Community Contacts

DZL Management Office	259-0999	CoolBaker's	255-4705
Security	281-7708	Jive!	777-JIVE
Premier Parking	369-6803	Urban Sun Tan Spa	291-6800
Post Office	369-6860	Avenue Bank	252-BANK
Submit Newsletter Items	369-6808	Advocate Printing Solutions	467-4545
goPerformance Fitness	251-1500	Wild Wasabi	251-1441
KDK World Design	251-1300	The Listening Room	259-3600
Natural Health Institute	627-4726	Vanity for Hair	915-3486
Cognito Hair Design	256-8191		

CUMMINS STATION

a community of resources

FALL 2010



"In the end, we will remember not the words of our enemies, but the silence of our friends."

—Martin Luther King Jr.

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ArtSense

A Matter of Faith: Art from Intuition

You might say Dean Nimmer knows a thing or two about making art speak to you. The distinguished painter, author, professor emeritus at the Massachusetts College of Art and 2010 recipient of the Distinguished Teaching of Art Award from the College Art Association is an avid observer of nature and beauty who relies on his instincts to capture its essence on canvas. You can find an inspiring installation of Dean's work near the security desk on the 2nd floor at Cummins Station.

Through his art, workshops, exhibits and classroom instruction—he has taught grades two on up through graduate school, as well as special needs students, over the past 36 years—Nimmer shows how intuition as a powerful creative force needs only the drive of passion to be fully realized. His highly successful book, *Art from Intuition*, is now in its fourth printing and is available in the United States and Europe.

"Throughout my career, my inspiration has come from the mystery cave of instinct and intuition," he says. "I make a mark. Between myself and the canvas there is a partnership that occurs. When I put color or shape down, it's telling me what the next step is. Through intuition, I know to just go there, because I trust that place."

Art from Intuition helps people tap into their inner voice to create art. "Most people are blocked by popular opinion," he says. "They fear there are rules they can't break. I teach them that it's about learning to see."

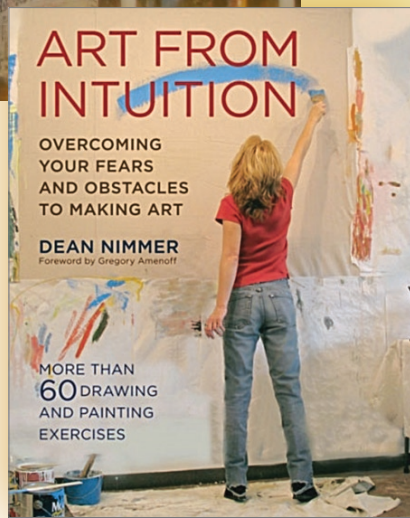
Is intuition a universal concept? "Absolutely," says Nimmer. He confirmed this when, in 1998, 1,000 of his drawings went on display at the Central Academy of Fine Art and Design in Beijing, China.

"The China experience was profound," says Nimmer. "In China, there is no word for 'abstract.' They call it 'intuition painting.'" The Academy's head of the art department asked Nimmer to conduct a workshop for Chinese students. He

helped the students challenge the rigid work they typically were expected to do and instead trust their own instincts.

Even in the United States, says Nimmer, the opportunity exists for more open exploration. "We have freedoms we don't take advantage of. The challenge we face is mediocrity becoming a governing factor."

Go to www.deannimmer.com or www.artfromintuition.com for more information.



Make Your Own Fertilizer

Everything you need to improve your garden soil around your home can be found at your home. Composting is an easy and rewarding way to put your household and lawn scraps to good use—and save you money when it's time to fertilize the flower beds.

Metro Nashville's Division of Waste Management offers these helpful tips to start your own home composting project:

Buy or build (with chicken wire and posts, not treated wood) a compost bin. Begin adding lawn clippings, tree leaves, branches and sticks, plus kitchen scraps like coffee grounds, tea bags and vegetable and fruit peelings (no citrus). Don't add rodent-attracting items like meat, fat or bones.

Let the pile sink down over time; the bottom of the pile will begin to look like mulch or dirt.

Spread that material over your plants and flower beds, or mix it into your soil for a nutrient-rich boost.

For more information on composting, visit www.nashville.gov/recycle.

Happenings in the Area

Nashville Symphony
Bank of America Pops Series
Jewel at Lipscomb's Allen Arena
November 11-13, 2010

Sambuca
Chris Weaver Band
November 26, 2010

Mercy Lounge
Black Mountain & The Black Angels
The Dropout Boogie Tour
November 11, 2010

Nashville Opera
Hansel & Gretel
November 5-7, 2010

Various Downtown Art Galleries
First Saturday Art Crawl
November 6, 2010
6pm-9pm

First Center for the Visual Arts
The Birth of Impressionism
Masterpieces from the Musée D'Orsay
October 15-January 23, 2011

Cummins Station
Cummins Station Community
Open House
2nd Floor Hallway
November 4, 2010

Cummins Station Food Drive

Cummins Station is hosting our first food drive to benefit Second Harvest Food Bank of Middle Tennessee – 31 percent of the people Second Harvest serves are children. Now through November 8th, please help Middle Tennessee families dealing with hunger by bringing canned and boxed food items. You will find donation boxes located at each entrance on the main floor of Cummins Station as well as the Baggage Building. Please have all donated items in the designated bins by November 8. Thank you for helping those in need!

Community Update

Avenue Bank's Samuels Joins Business Hall of Fame

When you think about economic vitality here in Nashville, it's hard not to think about the contributions of Ron Samuels. The business leader and philanthropist was inducted into the Nashville Business Hall of Fame in October. Samuels, CEO of Avenue Bank, was honored for his business excellence, innovative leadership, community involvement, high ethical standards and dedication to continuous improvement.



Ron Samuels

"We are fortunate to live in Nashville... a city and area that has wonderful local and state government leadership, as well as business leaders that love this community," says Samuels. "It is the creative spirit at the highest level."

In addition to his business success and participation on numerous boards, Samuels is well-respected for his efforts in attracting the Tennessee Titans and Nashville Predators sports teams.

"We have become a city and region that people want to invest in," he adds. That interest includes contributing time and resources to the surrounding community. At Samuels' Avenue Bank, community involvement is built into the

institution's DNA. "We want to make an impact on this big city and small town we love. Like others, we donate our time, talent and treasure to the greater good of our growing city."

In addition to the Cummins Station location, Avenue Bank has branches in the Baggage Building at Union Station, Green Hills, West End Avenue and Cool Springs.

Member Spotlight

Create Balance in Your Financial Plan

When you think about building wealth and saving for the future, are you also thinking about protecting what you have from risk, or investing in a diverse set of instruments to grow your wealth over time?

Adrian Adams of Adams Financial Strategies, a community member since 2005, helps clients create balance in their financial plan. A planning firm, Adams Financial Strategies emphasizes cash management, estate planning, asset protecting, asset growth and wealth management to clients. "Having a balance in all these areas is critical," says Adams. "We help with all these aspects, with expertise in all areas. For estate planning, we offer a solid referral network in our area."

A graduate of Tennessee State with a degree in economics and finance, Adams also handles all insurance product lines such as auto, home, health, life and business, plus bonds, retirement plans, mutual funds, annuities and IRAs. "We represent over 100 companies and handle most all insurance and investment products."

Clients include employees of firms located here at Cummins Station. "We've established lifelong relationships with businesses and individuals here," says Adams.



Adrian Adams