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# The FOUNTAIN

THE LOCKELAND SPRINGS  
NEIGHBORHOOD ASSOCIATION  
NEWSLETTER

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## PRESIDENT'S CORNER

The Lockeland Springs Neighborhood Association (LSNA) is well underway with the Mayor's Neighborhood Challenge, which has three categories: Healthy, Green, and Involved. LSNA is focusing mostly on the Healthy initiatives and we want to encourage everyone to be more active. As part this effort, I'd like to share a little information about myself and promote resources available to you.

As a general goal, the U.S. surgeon general recommends at least 30 minutes of physical activity every day. I confess I don't often meet that goal, but I have become more active thanks to a little peer pressure. It began early this summer when a friend of mine suggested we sign up for the East Nasty Potato to Tomato 5K training. My first thought was no way. I'm not a runner and those people running on Wednesday nights are crazy. I've seen them run in the rain, heat, humidity and up huge hills... no way was I signing up for that. But my friend persisted and told me the training was totally free; they even give away shoes for those who need them. What did we have to lose? Reluctantly, I signed up and, surprisingly, it was one of the best decisions that I've made this year. I still don't consider myself a "runner" but I enjoy having a wonderful support group as I run/walk through the Shelby Park and our lovely neighborhood.

Want to join East Nasty? Check out [eastnastyforlife.com](http://eastnastyforlife.com). They post the routes for each week. If you are a runner, please remember to be safe—obey traffic laws and wear reflective gear when it is dark.

Whether you are a runner or not, please consider signing up for the Mayor's 5K Walk/Run on Sunday, Nov 17th. It is FREE! There will also be free transportation available to the 5K and Fun Run on any MTA bus—just tell the driver you are headed to the Mayor's 5K. And when you sign-up, please join the LSNA Team at [mayorchallenge5k.com](http://mayorchallenge5k.com)

Mary McClendon Vavra LSNA President 2013

## THIS MONTH

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**THE NEXT LSNA  
GENERAL  
NEIGHBORHOOD  
MEETING WILL BE  
NOVEMBER 21,  
2013  
AT THE EAST  
BRANCH  
LIBRARY**

## NASHVILLE'S B-CYCLE PROGRAM

Nashville B-cycle is an innovative bike share program, offering red bicycles to rent for short trips at over 20 automated kiosks around the Nashville including a station on South 11th Street in Five Points.

Here's how it works. You can purchase a daily pass, weekly, monthly or annual memberships. Each trip during your daily pass or membership period is free as long as the bike is returned to a station within an hour. Anytime your bike is checked out beyond one hour, your credit card will be charged \$1.50 per half hour. For example, if you go to the Five Points B-cycle kiosk, you can purchase a day pass for \$5. Then, you can bike to a destination like the Farmers Market, which is about 3 miles. As long as you dock at a B-cycle station within an hour, additional fees don't apply. After lunch and shopping, check out the bike with your pass and, again, it is free for the first hour.

B-cycle is an inexpensive, healthy, convenient, and fun way to get around town. Learn more at [nashville.bcyc.com](http://nashville.bcyc.com)

## A DIFFERENT KIND OF 'HOOD... MAMAHOOD

What if your workday started at 5AM and included titles such as chef, housekeeper, tutor, house manager, chauffeur, counselor...oh, and mom? What if your hours were long, breaks were nonexistent and the best work review you ever received was a smeared peanut butter and jelly smile? Well, meet some of your most amazing neighbors in Lockeland Springs!

Over 50 moms in Lockeland Springs are part of a local chapter of International Moms Club. This "Moms Offering Moms Support" Club is more than just some stay-at-home moms getting together for coffee and muffins. This group of women has been nominated for an international service award for their service projects that are giving back to community and paying it forward.

This year, through two, large service projects that included a neighborhood Easter Egg Hunt and a Homemade Shephard's Pie booth at the Inaugural East Nashville St. Patrick's Festival, the club has distributed nearly \$2000 to several community organizations that help moms and children. Two large toy donations were made to East Park Community Center and Shelby Community Center. Every dollar that is raised through the club's service project program is given back 100%.

Not only are these moms raising their kids and taking care of their families, but they are supporting each other and their community. The children are the future of this neighborhood and these mamas are doing everything they can to make a difference in their lives and the people around them.

So the next time you see a mama pushing a stroller or pulling a bike trailer, just know that's not all she does!

\*\*For information on Moms Club Lockeland, email [momclublockeland@gmail.com](mailto:momclublockeland@gmail.com)

Written by Debra Geiger

Debra is a retired singer/songwriter, part-time, stay-at-home mom that is this year's Lockeland Mom's Club President. She is also the owner of HouseOnHolly, a decorating, design, and event company. She lives in Lockeland Springs with her husband, Mike, and her 4 year old son, Sam.



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## THANK YOU FROM PARK CENTER FOR LSNA FALL 2013 GRANT

There are many things we take for granted in our lives. One of them is ending each day in a place that we truly can call home. Having your home look good from the street reflects the way you feel about it and you have a sense of pride in being part of a great neighborhood. For people who are struggling to understand and learning how to manage an illness, home becomes even more important.

Thank you so much for the gift that made it possible to have beautiful landscaping on Shelby Street. Susan Mason is an amazing volunteer and we can't thank her enough for writing the grant and for doing the hard work to make it a reality!

Park Center has been a part of the East Nashville community since 1988 and is proud to be in a diverse and thriving community where neighbors support each other. On behalf of the individuals who live in this home and the Park Center family, thank you!

For more information about the Lockeland Springs Neighborhood Association grants, please visit <http://www.lockelandsprings.org/>.

Beverly Grant

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[www.parkcenternashville.org](http://www.parkcenternashville.org)



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## A CELEBRATION OF HOME 2013

The year since the last home tour has flown by. Since then, a school year has ended and another has begun; a Tomato Fest has come and gone; new restaurants have opened; the housing market, especially in our neighborhood, has exploded; the government has failed to stay in business (twice); we have welcomed new neighbors and said good-bye to old friends. But, in the midst of all of this change, The Celebration of Home Tour reminds us of how much we value the traditions of our neighborhood.

Paradoxically, Lockeland Springs is a historical neighborhood with a trendy persona. We are proud of our reputation as the best place in town to get a great meal, yet those very modern menus are served in some very old buildings, creating a unique atmosphere that draws people to our neighborhood. Our homes are the same. People yearn to live in houses that pay homage to the past while putting on a fresh, modern face. The result is homey and comfortable and at the same time, fashionable.

The homes on the tour this year are just that: a study in opposites. They are traditional, and at the same time they are innovative. They represent the spirit of Lockeland Springs. They are Victorian, Craftsman, American Four-Square, and for the first time, Spanish. This year one of our Little Hollywood homes is open for the tour. We will also get to see how Scott Witherow of the Olive & Sinclair Chocolate Company has reinvented the HG Hill Realty Building on Fatherland.

Again this year, tour goers will get to meet the families and homes in The East Nashvillian whose editorial and reporting staffs are hard at work researching each property and interviewing each neighbor to tell the story like the traditional book did but with a stylish flair.

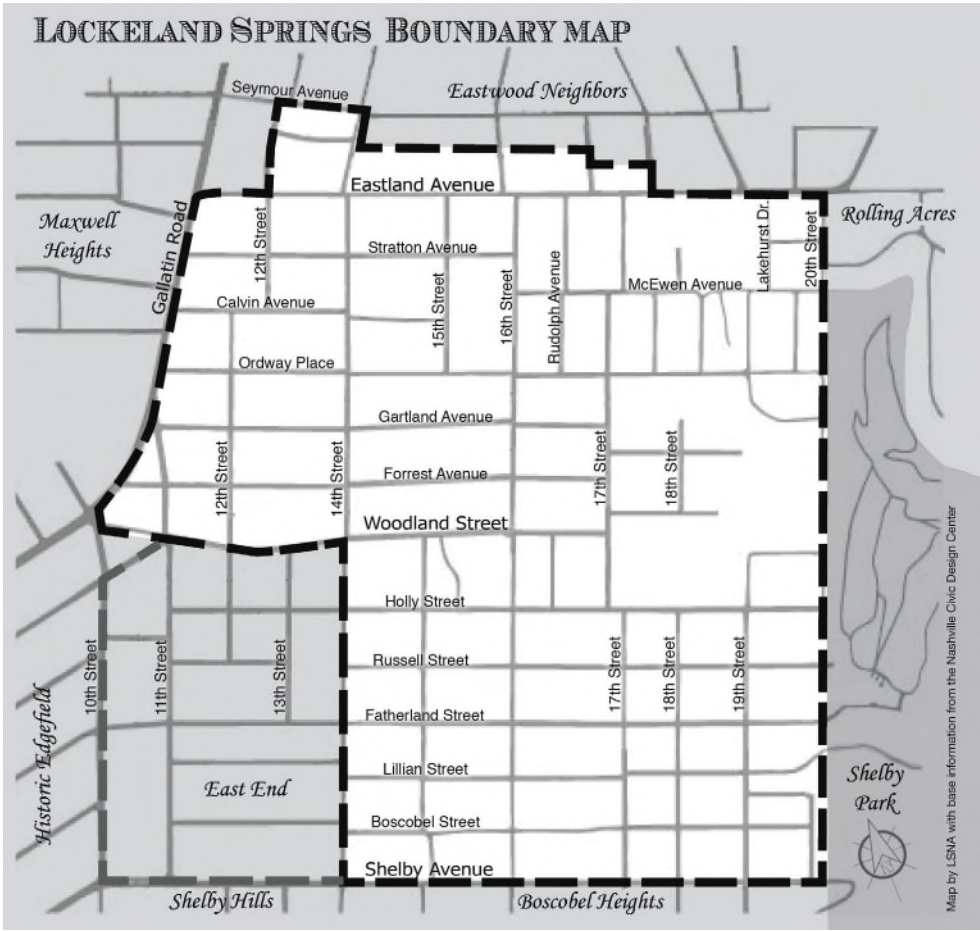
Our generous presenting sponsor, realtor Andy Allen of Village Real Estate Services, is a veteran agent specializing in historical property in urban settings making him the perfect fit to support our tour. Many of our favorite local businesses are planning special treats to whet the appetite and remind us all how lucky we are to live in such a special place.

The 2013 Celebration of Home Tour reminds us of our past and celebrates our future. Mark the calendar now and keep December 7 from 5:00 PM until 9:00 PM and December 8 from 1:00 PM until 5:00 PM open for the 35th annual home tour. Tickets are still an affordable \$10.00 and all of the proceeds support neighborhood projects. Please visit our website at [www.lockelandsprings.org](http://www.lockelandsprings.org) for information on tickets. We hope to see you on the tour!

**LSNA HAS A FACEBOOK PAGE!**

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Do you enjoy The Fountain newsletter? Have an idea for a featured article or recurring section that you think our neighbors will enjoy? Enjoy writing? We'd love to hear your thoughts! Contact Jen Armstrong at [jenowensarmstrong@gmail.com](mailto:jenowensarmstrong@gmail.com) for more information.

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