

# The FOUNTAIN

THE LOCKELAND SPRINGS  
NEIGHBORHOOD ASSOCIATION  
NEWSLETTER

VOLUME 35

No. 6

DECEMBER 2011

## LOCKELAND SPRINGS PARK CLEAN-UP

On November 5, the Lockeland Springs Neighborhood Association sponsored the first clean-up of the recently named Lockeland Springs Park, our neighborhood's newest pocket park behind Lockeland Elementary on Woodland Street. With copies of a recent survey in hand, neighbors made their way into the park to see what was beneath the underbrush. It was also a great opportunity to explore the park, see the remnants of the buildings that once bottled the fresh spring water flowing from our neighborhood's namesake, and envision its future. An assortment of items were pulled from the park including many tires, wires, bicycles, rugs, and even the "No Dumping, \$50 Fine" sign that had been knocked over long ago. Left for another day was what appeared to be large pieces of a car old enough to have had a chrome bumper.



The LSNA is taking the lead on working with the Parks Dept., Metro Schools, and interested neighbors on creating and implementing a long-term plan for the Park. If you are interested in learning more or volunteering your time, please contact LSNA. Plenty of work remains and we would love to have your help.

## THIS MONTH



**PET**

**CHIROPRACTOR**

*page 3*



**REPORTING**

**CODE VIOLATIONS**

*page 4*

**THE NEXT  
LSNA GENERAL  
NEIGHBOR-  
HOOD  
MEETING WILL  
BE AT 6:30 PM  
ON THURSDAY,  
FEBRUARY 16,  
AT THE EAST  
BRANCH  
LIBRARY**

## PRESIDENT'S CORNER BY HANS SCHMIDT

The holidays are in full swing in East Nashville. 'Tis the season for celebration and reflection as we gather with friends and loved ones as we look back on 2011 and look forward to 2012. How exciting it is to see Five Points bustling with activity as it grows into an important commercial and retail center of East Nashville.

Many thanks to the local businesses throughout the neighborhood that helped make the 33rd Annual Lockeland Springs Celebration of Home Tour a huge success this year. Special thanks to The East Nashvillian for including a section dedicated to the Tour in the current edition, and to the Corinthian Lodge for opening their doors for ticket sales over the Tour weekend. We hope to continue that tradition next year...speaking of which, we are already on the hunt for next year's homes. If you are interested, let us know and we'll put you on the list.

I cannot wait to see what 2012 brings...perhaps a new ballpark on the East Bank? We'd love to hear what you would like to see happen in the neighborhood or the broader East Nashville community in the coming year. Let us hear from you via email, Facebook, listserv, Twitter, text, or even a letter.

Have a safe and merry holiday season.



## LSNA 2012 OFFICERS AND BOARD

New officers and board members were elected at the Lockeland Springs Neighborhood Association general meeting in November 2011.

### 2012 Officers

President: Hans Schmidt  
Treasurer: Kristopher Lange

Vice President: Elizabeth Smith  
Secretary: Steve Hall

### 2012 At-Large Board Members

Jenny Armstrong  
Joel Daunic  
Mike Loyco  
Maureen Sanderson  
Mary Vavra

Elizabeth Bush  
Liz Gatlin  
Annie Neal  
Dale Stubblefield

If you are interested in joining the LSNA Board, please contact us. We are always on the lookout for enthusiastic neighbors! Our neighborhood needs people with new ideas, suggestions for improvements, and volunteers for current projects. We welcome and encourage any level of involvement.

President	
Hans Schmidt	615-726-5624
Vice President	
Elizabeth Smith	615-668-7188
Treasurer	
Kristopher Lange	615-495-0117
Secretary	
Steve Hall	615-228-8121
Board Members	
Jenny Armstrong	
Elizabeth Bush	615-227-8435
Joel Daunic	
Liz Gatlin	615-429-3382
Mike Loyco	615-227-3592
Annie Neal	859-230-8118
Maureen Sanderson	615-497-8710
Dale Stubblefield	615-763-3253
Mary Vavra	615-237-5159
-----	
Newsletter Design	
Beth Downey	615-319-6668

# CHIROPRACTOR TREATING PEOPLE AND PETS NOW IN EAST NASHVILLE

Kathleen Inman, DC (Doctor of Chiropractic) has opened East Nashville Chiropractic in Lockeland Springs at 213 South 17th Street. "I am so excited to become a part of this East Nashville community," she states. Dr. Inman offers balanced nutrition and spinal adjustments, rehabilitative exercise and nutritional counseling. She is also an IVCA certified animal chiropractor and offers animal chiropractic services through Richland Animal Clinic in Nashville. She can be reached at 615-414-7914 or at inmanchiro@gmail.com.

Dr. Inman's education and training includes a Bachelors of Life Science and a Doctor of Chiropractic from Logan College of Chiropractic in Chesterfield, MO; a Bachelors of Science in Zoology from Auburn University; and additional certifications in Applied Kinesiology and Internal Health specializing in enzyme nutrition and digestive disturbances; as well as Options for Animals - Animal Chiropractic Certification making her an IVCA certified animal chiropractor.

As an Applied Kinesiologist, Dr. Inman uses muscle testing to complement other standard methods of diagnosis such as history, inspection, palpation, range of motion, orthopedic, neurological, lab tests and diagnostic imaging. Asked if she has a specialty, she answers, "I like treating all musculoskeletal issues," however, "I've had success with allergies and digestive issues. Most people think of a chiropractor as a back and neck doctor but what most don't realize is that nerve interference at the spine is the cause of many health issues." Dr. Inman has positive experiences alleviating the discomfort of children with allergies with diet, supplements and adjustments. And, she personally knows how debilitating headaches can be and enjoys helping patients experience headache relief.

A particularly unique specialty of Dr. Inman's is that of offering chiropractic care for animals. She focuses primarily on the 4-legged variety - specifically dogs and cats, and occasionally horses - but has treated everything from goats to snakes! She offers this care in conjunction with Dr. Terry Brockman DVM and works out of her office at Richland Animal Clinic at 6109 Charlotte Pike, Nashville, TN 37209, (615) 356-6534. When asked how a pet owner might determine if their pet would benefit from chiropractic care, Dr. Inman says very simply pets experiencing malfunctioning joints of the spine or extremities appear to be in pain. Other manifestations can include pets compensating in gait or posture or refusing to perform certain tasks. Some things to look for include: lack of coordination, pacing, lameness, stiffness, limping, "puppy sitting" which is sitting with the rear legs off to one side, discomfort when removing or putting on collars and harnesses, refusing or unwillingness to jump up, changes in behavior such as fear biting, sensitivity to touch, or evasion maneuvers such as ducking the head. Other conditions that can be helped with chiropractic adjustments are lick granulomas (chronic licking), anal gland problems, and urinary incontinence.

Dr. Inman believes in holistic wellness resulting from the correct alignment of the spine achieved from spinal adjustments in combination with balanced nutrition and rehabilitative exercise. She looks forward to meeting all her East Nashville neighbors!

Dr. Kathleen Inman, D.C.

**EAST NASHVILLE  
CHIROPRACTIC**

[615] 414-7914  
inmanchiro@gmail.com  
inmanchiro.com

Services include:

- nutrition
- muscle testing
- holistic approach
- animal chiropractic

213 South 17th Street | Nashville, TN 37076

## AN UPDATE ON REPORTING CODES VIOLATIONS

Bill Penn, Assistant Director of the Property Standards Division of Nashville Codes and Building Safety Department, provided LSNA with general information concerning the method for reporting code violations in our neighborhood.

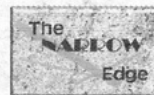
There are two ways to report code violations: 1) as an individual, or 2) through the NOTICE program.

An individual may report a code violation by: 1) calling the Codes Department at 615- 862-6590 or faxing a request to 625-862-6593; 2) emailing a request by visiting <http://www.nashville.gov/codes>; 3) US mail to PO Box 196300, Nashville, TN 37219-6300; or 4) visiting the Codes Department at the Metro Office Bldg, 800 2nd Ave S, 3rd Floor. Once the report is made, a secretary enters the report into the tracking system, the tracking system schedules an inspection, and then the inspection takes place. If a violation is found then an abate notice is sent to the property owner.

The "NOTICE" program is a community support program designed to give neighborhood organizations the ability to take a more active role in improving their neighborhood. Unlike the traditional codes reporting/enforcement program, the NOTICE program makes more effective use of the information that the Codes Department receive from neighbors. The NOTICE program allows trained neighborhood volunteers the use of a specialized reporting form. This form has a number of violations pre-printed on it that can be selected as they apply to the property being inspected. Once this form is completed, it is sent to the Codes Department where it is processed and mailed out to the property owner. This form is the abate notice and satisfies the requirement to give the owner notice of the violation(s).

Groups participating in the program must have a minimum of four volunteers who will be making the inspections. The volunteers are required to make two inspections. The first inspection identifies the violation(s) and allows them to complete the NOTICE worksheet. The completed worksheets are sent in to the Codes Department where they are processed and mailed out to the property owner. After the worksheet is turned in, the volunteers will go back and recheck the property once the abate period has ended to see if the violation has been corrected. A second copy of the worksheet is sent in to Codes to document the status of the property. If the violation has been corrected, Codes will close the case. However, if the violation has not been corrected, Codes will make an inspection to document the violations and if they find that it still has not been corrected, a civil warrant is requested.

The program is open only to organized neighborhood organizations and groups can only report violations within their neighborhood. Individuals cannot use the form to report violations. Once a group decides to participate in the program, they must undergo a training session, which generally take one hour. For more information, go to <http://www.nashville.gov/codes/notice.asp>.



**WORKPLACE VIOLENCE:  
TEACHING AN INFORMED RESPONSE  
FOR ALL WORK ENVIRONMENTS**

**VALERIE J. MEECE**

METROPOLITAN NASHVILLE POLICE DEPARTMENT

*Assistant Chief of Police (Retired)*

EMAIL: [vjmeece@bellsouth.net](mailto:vjmeece@bellsouth.net)

CELL: (615) 642-4903

WEB: [www.thenarrowedge.com](http://www.thenarrowedge.com)



- Ecological Gardening
- Healthy Living Mentor
- Chemistry, Mathematics, and Spanish Tutoring

Irucka Embry, Principal

(615) 713-7094 • <http://www.ecoccs.com>

## Sitting Dog 37206

*Caring for Your Pets As If They're My Own  
Owned & Operated by Michael Minunno*

**615.495.4045**

[SittingDog37206@gmail.com](mailto:SittingDog37206@gmail.com)

[www.SittingDog37206.com](http://www.SittingDog37206.com)

# Far East Nashville

VIETNAMESE

*“Each dish abounds in  
freshness and flavor,  
using ingredients true  
to the culture”*

- *The Tennessean*

TUESDAY - SATURDAY LUNCH 11 - 2:30 DINNER 5:30 - 10:00.

(615) 228-0991 TO GO AVAILABLE

1008 FATHERLAND STREET NASHVILLE, TN 37206

WWW.FAREASTNASHVILLE.COM

## WELCOME YOUR NEW LOCKELAND SPRINGS NEIGHBORS!

1414 Gartland Avenue	1618 Boscobel Street	1409 Stratton Avenue
1615 Fatherland Street	1515 Holly Street	1900 Russell Street
1907 Oakhill Drive	1414 Fatherland Street	1517 Russell Street
403 N. 15 <sup>th</sup> Street	1604 Boscobel Street	1404 Gartland Avenue
409 Lakehurst Drive	406 Lakehurst Drive	1210 Forrest Avenue
204 N. 18 <sup>th</sup> Street	400 S. 17 <sup>th</sup> Street	1519 Russell Street
508 N. 18 <sup>th</sup> Street	1510 Gartland Avenue	415 N. 17 <sup>th</sup> Street
1411 Stratton Avenue	409 N. 16 <sup>th</sup> Street	1214 Calvin Avenue
1810 Ordway Place	1800 Holly Street	1617 Lillian Street
1413 Fatherland Street	1407 Forrest Avenue	1502 Ordway Place
1514 Fatherland Street		

Courtesy of The Anderson Group | Keller Williams | 615.425.3952 | [www.JoshAndersonRealEstate.com](http://www.JoshAndersonRealEstate.com)

## KALI YUGA YOGA

Your Premiere East Side Yoḡa Studio!!

1011 Fatherland Street  
www.kaliyugayoga.com  
615.260.5361



Hot Yoḡa, Vinyasa, Prenatal, Beginner & more!!

### East Nashville Owned & Operated



JEFF BERGMAN, President  
I.S.A.# SO1734A

- Licensed & Insured •
- Horticulture Degree •
- Free Estimates •

615-554-3819

Certified Arbotrist  
email: fullcirtreeandshrub@comcast.net



Bonded - Charter #4164

# DON'T GUESS

Know where to spend money  
on your next home project.

- Pre-Construction Planning
- Addition & Renovation Design
- New Homes
- Garage Plans
- Attic Build-Outs

**TAYLOR** *Made Plans*  
RESIDENTIAL DESIGN

615.650.8956 TaylorMadePlans.com

-East Nashville Resident since 1993-

## New Year's Resolutions

1. Stop playing Angry Birds
2. Lose weight
3. Floss every day
4. Less beer, more gym
5. Take better care of Fido!

Plenty of convenient parking, right in front!

This year start with  
a resolution that you  
can actually keep:  
take your dog to  
The Dog Spot!

 **THE DOG SPOT**

daycare 🐾 boarding 🐾 grooming

(615) 385-1800 • TheDogSpot.com

1004 Gallatin Avenue, Nashville TN 37206

## NEXT LSNA GENERAL MEETING

The next LSNA general neighborhood meeting will be February 16, 2012 at the East Branch Library.

## JOIN THE LOCKELAND SPRINGS NEIGHBORHOOD ASSOCIATION TODAY!

Please support your neighborhood by becoming a member of the Lockeland Springs Neighborhood Association! For more information, see the membership form on the back page of this newsletter, or visit our website at <http://www.lockelandsprings.org/>.

## LSNA WEBSITE

Be sure to visit the Lockeland Springs Neighborhood Association website (<http://www.lockelandsprings.org/>) regularly to get updates about what LSNA is doing and what is happening in Lockeland Springs.

## LSNA LISTSERV

To stay in touch with events and announcements in the neighborhood, visit our listserv at <http://groups.google.com/group/lockeland-springs/>.

## NEWSLETTER QUESTIONS

LSNA welcomes any questions or feedback about The Fountain. If you are interested in contributing any articles, would like to advertise in our newsletter, or have any feedback, please contact Steve Hall at [sghall@comcast.net](mailto:sghall@comcast.net).

## LSNA NEEDS VOLUNTEERS AND BOARD MEMBERS

If you are interested or would like more information, please contact Steve Hall at [sghall@comcast.net](mailto:sghall@comcast.net).



Ensure the value of your property with a healthy, cared for landscape. Druid Tree Service specializes in the care, maintenance and preservation of shade and ornamental trees and shrubs. We offer a complete line of tree care services.

*Consult with someone who cares about your trees...*

**Cabot J. Cameron, Owner**  
Member of American Society of Consulting Arborists  
*15 year resident, East Nashville!*

*Winter is the perfect time to care for your trees and shrubs.*

Call for your fall maintenance or an appraisal:  
**615 373 4342**  
[www.druidtree.com](http://www.druidtree.com)



Owned by long-time Lockeland Springs residents  
10% discount for neighborhood homes for winter pruning

Recycle your home,  
Go green with energy efficient windows!  
EPA Certified and guaranteed to save you  
some green in the winter months.



*Specializing in windows, doors, and enclosures*  
office: 615-838-8431      free estimates

YOUR FRIENDLY EAST NASHVILLE INSURANCE AGENT

health insurance \* life insurance  
disability insurance  
supplemental insurance  
health savings account (hsa)



**Eric Jans**  
INSURANCE

615.478.7146  
[ericjans@ericjans.com](mailto:ericjans@ericjans.com)  
[www.ericjansinsurance.com](http://www.ericjansinsurance.com)



PRESORTED  
STANDARD  
U.S. POSTAGE  
**PAID**  
PERMIT NO.  
147  
NASHVILLE, TN



## MEMBERSHIP DRIVE

IF YOU ARE ENJOYING THE NEWSLETTER AND WANT TO CONTINUE RECEIVING IT EVERY MONTH, PLEASE CONSIDER SENDING IN YOUR MEMBERSHIP TO THE LOCKELAND SPRINGS NEIGHBORHOOD ASSOCIATION TODAY.

YEARLY MEMBERSHIPS:  \$15 INDIVIDUAL  \$20 HOUSEHOLD  \$25 BUSINESS

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

SEND MEMBERSHIP DUES TO  
LOCKELAND SPRINGS NEIGHBORHOOD ASSOCIATION  
P.O. BOX 60719  
NASHVILLE, TN 37206

OR JOIN ONLINE AT [WWW.LOCKELANDSPRINGS.ORG](http://WWW.LOCKELANDSPRINGS.ORG) AND YOU CAN SEND IN YOUR MEMBERSHIP DUES BY PAYPAL