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WINTER 2015



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# WINTER 2015

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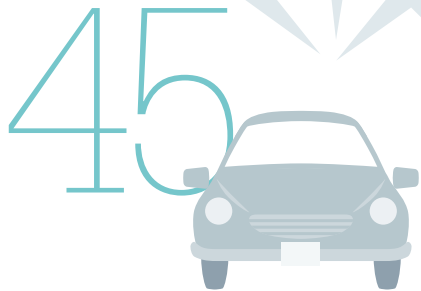
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## Happy 2015, friends!

We cannot believe it's been a full year since we launched 12th & Broad — first with social media and our Daily Itinerary newsletter, then with our culture and lifestyle website, followed by our Signature Events series, and culminating with this — our quarterly print journal. In your hands is Issue No. 4.

We know that many of you — like us — have launched or been involved with new businesses and creative endeavors, and we trust you can relate to what a startup year is like. We also thought the theme of this season's journal — Wanderlust — played in nicely with new years' dreams of doing more creative and inspiring work in 2015.

To that end, we present on Page 12 Lessons Learned When Building Something New. We hope you'll enjoy that and Jessica Hill's infographic highlighting some of Nashville's best new startups flying under the radar (for now).

### Also in this edition:

*Don't call them homeless.* We talk to young “travelers” stopping through Nashville on their way to parts undecided. Page 41.

*Do talk about sex.* We explore Nashville's sexual culture and explain how technology and newcomers are playing a role in changing it. Pages 30-35.

*A call to action on the traffic situation:* We've dedicated a generous portion of this edition to why Nashville's road conditions are so bad, and what can be done to fix them. We also have a gorgeous and advocacy-driven fashion spread making the case for a variety of solutions to the traffic problem. Pages 45-55

### And much more.

We hope you enjoy our first edition of 2015 and that you and your people are off to a great new year. ■

*Knight*

# 12B

## A QUARTERLY JOURNAL WINTER 2015

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Click “Get Newsletters” to start receiving our Daily Itinerary, which sends directly to your inbox the three to five things in town you absolutely must check out every day.

To submit an event or tip to be included in the Daily Itinerary, email us at [info@12thandBroad.com](mailto:info@12thandBroad.com).

Visit [12thandBroad.com](http://12thandBroad.com) for daily articles about Nashville's creative and cultural scene.





*GOTHIC CIRCUS*  
October 28, 2014  
Hosted at Abrasive Media  
Photography by Katherine  
Segher, Nossi College of Art



*HOLIDAY ISSUE  
LAUNCH PARTY*  
November 11, 2014  
Hosted at The Sutler  
Photography by Brooke Rhodes,  
Nossi College of Art



*SKYVIEW — THE ART  
OF DISCOVERY*  
November 20, 2014  
Renaissance Nashville  
Photography by Mark Rankin



*SEASONS TREATINGS*  
December 2, 2014  
Acme Feed & Seed  
Photography by Laci Kent, Nossi  
College of Art

*To peruse more event photos, head to [12thandbroad.com/events](http://12thandbroad.com/events)*





**Chris Chamberlain**

Chris Chamberlain grew up in Nashville as a Vanderbilt football fan, which built character over the decades. After graduating from Stanford University, he returned home to work in the family paper merchant business. A mid-life career change led to his current position writing about his pursuits for many local, regional and national outlets. Chris calls Hillsboro/Belmont home.



**Alaina Latona**

Alaina Latona grew up in North Carolina before moving to New York City to begin working for The Agency Group, while also splitting her time doing creative work. She moved to the TAG Nashville office in June of 2014, and has continued photography and styling. All of Alaina's work is available to view at [www.alainalatona.com](http://www.alainalatona.com). Alaina lives in the West End-area, by Vanderbilt.



**Courtney Seiter**

Courtney most often writes about stuff like social media and the culture of work for publications including Fast Company, TIME, Lifehacker, Inc., and the blog at Buffer, where she is very lucky to work. When she's not writing, she collects vintage coats and pets every dog she sees. She never goes anywhere without a book. Courtney calls East Nashville — Edgefield home.



**Jesse Goldstein**

Jesse Goldstein earned the nickname "Food Sheriff" at a young age from his two older brothers after fighting for an equal portion of meals at suppertime. He became a professional chef, then went into food and beverage marketing. He owns Food Sheriff Consumable Branding, working with food and beverage brands on social media, content marketing and recipe development.

**CREATIVE COLLABORATORS**

- KIMBERLY CARNATHAN
- JESSI GIBSON
- JESSICA HILL
- ABBY HOLLINGSWORTH
- JORDAN HUNTER
- MEGAN KELLEY
- BRENNA MADER
- ANDREW MARANISS
- JASON MEYERS
- BRANNON MORTON
- RENAE MORTON
- TIM O'BRIEN
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- PAUL SCHATZTIN
- KATHERINE SEGHER
- SAMANTHA SPECTOR
- LESLIE STEPHENS
- WILL VASTINE
- REBECCA WARD
- JANELLE WOOD

**SPECIAL THANK YOU**

- Bonna Johnson
- Office of Mayor Karl Dean
- J. Holly McCall, Cary Foust Street, and Metro Transit Authority
- AMAX Talent and Chung Chow, Dylan Stephens, Kaitlin Benedetto and Pap Shirock
- Haymakers
- Brian Barry
- Lisa Donovan
- Ruby Amanfu
- Keith Morgan & crew at Marrowbone Lake
- Nossi College of Art



**C**laudia Kay Cofer specializes in weddings, portraits, and lifestyle photography. Claudia has always been more of an observer than the loud and outspoken type. Her laid-back nature helps her to capture the raw emotion needed to tell your story. Using color and light, she produces soft, playful images. She loves to travel and has photographed weddings in 13 states in the U.S. She lives in East Nashville with her husband, Mark and her dingo, Presley.

**Share a wanderlust experience:**

My husband and I have always been travelers at heart. Neither of us can stay in one place too long before we get the itch to explore a new city. Six years ago we both put in our two weeks notice, we packed a small U-Haul trailer, and we moved from San Diego to Nashville two weeks later. We didn't know anybody here. We didn't have jobs. We didn't have a place to live. Neither of us had ever even been to Nashville. Nothing can beat the feeling of everything being new and unknown.

**When did you become a local?**

I feel like I became a local when our cab driver took us to the Hermitage Cafe and he

came inside and ate with us. We ordered biscuits and gravy and had a conversation with a guy named 'Country' who was sitting at the bar. He told us all about his true love of Nascar. When we finished eating, we didn't have cash and our cab driver bought us our meal.

**Where do you hang?**

I love taking walks with my dog, Presley at Cornelia Air Park. It's right in our neighborhood and you feel like you're out in the country. You can almost always find deer running around and it has really pretty trails to the Cumberland river. It's also a great place to take photos!

Two Ten Jack is my absolute favorite restaurant. For any special occasion or celebration that's where I'll be. Their veggie ramen and their grilled avocado make me want to cry it's so good.

Jeni's is my weak spot. I have to pass it every time I leave the neighborhood so it's really hard to not stop in.

**How can we view your work and get to know you better?**

Visit my website at [www.claudiakayphoto.com](http://www.claudiakayphoto.com) or email me at [claudiakayphoto@gmail.com](mailto:claudiakayphoto@gmail.com).

Also, you can follow me on instagram @claudiakayphoto.



**Claudia Kay Cofer**

**ABOUT THE MODEL**

**D**avid Perry owns The DSP Group, a Los Angeles and Nashville-based fashion design, development and production company, specializing in domestic manufacturing. He works with all brands, from consulting with start-ups to managing domestic production for global fashion brands. He is launching a 4,200-square-foot multi-brand retail destination store in Nashville, set to open Spring 2015.

**Share a wanderlust experience:**

I've traveled pretty extensively over the years but my most memorable experiences are scouring the vintage clothing markets in Amsterdam, surfing up and down the East Australian coast for 3 months, taking a dirt bike journey through Northern Thailand and navigating the back alleys of Old Jerusalem. Although I have some harrowing memories of crossing the Egyptian desert in a rickety old bus that barely even ran, along with 40 of the most unsavory characters imaginable.

**When did you become a local?**

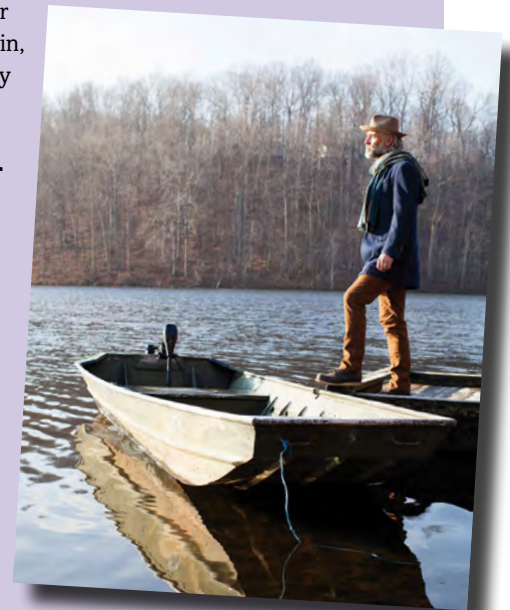
I became a local just over a year ago. I was raised in a small fishing village in England and having spent the past 10 years in LA I craved the familiar feeling of community again, so moved here. I currently live in 12 South.

**What are some of your favorite local hangs?**

I'm building an old-school 1942 chopper so I spend a lot of time working over at Fort Houston.

Eating with friends is huge for me so Husk, City House, Rolf and Daughters ... all great eating spots.

The Basement. I love watching live shows there.



*Thank you to Haymakers & Co for providing David's look on the cover:*

LBM 1911 Indigo Herringbone Top Coat — \$975  
Gilded Age Brushed Cotton Twill Pants in Tobacco — \$249  
Hartford Melange Plaid Shirt — \$250

Remember that life is bigger than your current project. It's easy to be so consumed with your start-up that you forget there's a whole big world not only beyond your project but within your own life. Don't forget to take time for the people you love, the hobbies you cherish, and physical necessities like eating a balanced diet and exercising. It may feel at times that you are deviating from your agenda, but trust us — when you diversify your life and take care of yourself, you'll be better at your business.



JONES COLLEGE OF BUSINESS



## LESSONS LEARNED WHEN BUILDING SOMETHING NEW

Are you launching a business or new creative pursuit this year? We feel your excitement - and your pain - and hope this list of lessons we learned this past year can be of value.

**1** Ask for help. New businesses, creative projects and life pursuits are far more successful when you tap your community. Whether they're your customers, clients, friends, family, neighbors, mentors or colleagues, be sure to ask for help and feedback. Let them help guide your project from Day One, and not only will you find yourself with great ideas but with an army of cheerleaders invested in your success.

**2** Approach criticism as a gift. Just like "all press is good press", all feedback is good. Be appreciative of criticism, even when it's negative. Not only is it a chance to improve your work, but a sign that your work is valued. People do not take the time to complain about or criticize something they don't see merit in.

**3** Consult people who are different from you. When we launched 12th & Broad, I made a good many assumptions (albeit based on research and feedback) about everything from what stories people would want to read to what events they'd enjoy attending. Often my team had very different thoughts from mine. We have realized over the past year that despite our best efforts at

understanding lifestyles, tastes and habits other than our own, we very much need the input of others if we're going to be empathetic to people beyond our own bubbles. And, if we're going to be successful, we need to be empathetic. That's a lesson far beyond business, by the way.

**4** Strategy and execution are equally important. When you have a great idea but it's poorly executed, that's like a tree falling in the woods with no one around to hear it. Or worse, it's a tree falling in the woods and smashing someone to pieces! Likewise, you can execute beautifully on a bad or outdated idea and it's like being the valedictorian of summer school. Tap your most creative and visionary folks to handle strategy, and your most diligent and organized folks to make it happen. Know which one you are, and be supportive of folks who can complement you.

**5** Do weird stuff. Have a plan, but don't be afraid to deviate from it. Make sure you leave yourself with room to experiment and try out ideas that might seem weird at first. Many of them will turn out to be your biggest successes. By extension, don't be afraid to rewrite your plan altogether if it isn't working. The only failure anyone should be ashamed of is a failure to learn from having failed.



By *KNIGHT STIVENDER*

# COOL NASHVILLE STARTUPS

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DART

### Stacked Sports

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

### GameWisp

GameWisp is a platform for gaming video creators and viewers. Revolutionizing the way you experience gaming video.

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

### Artiphon

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### gun.io

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### 1876 Catsup

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content and design:  
Jeff Loucks  
Jessica Hill







A misty river scene with tall grasses in the foreground and a small boat on the water.

# LESSONS learned

BY ANDREW MARANISS • PHOTOS BY JOHN GUIDER

After a long career as one of the most respected commercial photographers in the country, Nashville's John Guider has turned his life in a new direction, embarking on a series of solo aquatic adventures. First, with no experience of any kind, he paddled a canoe all the way from Spencer Creek in Franklin through various rivers to the Mississippi, and then down to New Orleans (later covering the northern half of the Mississippi as well). And this spring, he'll embark on the final leg of "The Great Loop" aboard a row/sail boat he built by hand, a trek that has taken him down the Mississippi, across the Gulf of Mexico, up the Atlantic coast, through the Great Lakes, and back down the Mississippi. All along the way, he keeps a detailed journal and takes amazing photographs, several of which are featured here. For more, visit his website [www.johnguider.com](http://www.johnguider.com) or follow him on Facebook at *John Guider — The River Inside*. Here are some of John's thoughts about life, nature, and finding his voice. »





There's a disregard for nature that is frightening to me."

**My father was a mining engineer for Bethlehem Steel.**

They had mines and facilities all over the world, so it was not uncommon for him to travel for long stretches to Africa, Europe and South America or Mexico. I think we just got used to the idea of absence, and that to be gone from your family for an extended period of time was not unusual.

**Nature has always been important to me.** It's where I feel the most settled. As a young buck, being career-oriented and family-oriented I denied it. But even when I had a photography studio I would find myself most comfortable photographing nature.

**I'm a sensitive being,** so there's a bit of me that's always looking over my shoulder: are people watching me, are they judging me? In nature it's just me and God's beauty, and it's perfect.

**There's a disregard for nature that is frightening to me.** We're not enjoying the gift that we were



put on earth to enjoy. For most of us, rivers now are just something to cross over; they're seen as an obstruction rather than a life force, but without the rivers and the waters we couldn't exist.

**I think that's my clarion call:** that we've been given this beautiful Eden and we choose to look away.

**Animals are thought of as objects,** but if one's able to take the time to observe them, it becomes so obvious that they have a lot of the same emotional feelings and responses that humans do. I watched a bear cub on the riverbanks on Georgian Bay in Ontario, and it was so playful in its responses to its environment. It looked under the bushes and tipped up the rocks, and was so joyous in its freedom and in its learning experience that it had human-like characteristics. A few days later I was rowing past a park and I saw a teenage girl exploring the bank the same way the bear was. It was dumbfounding.

**I have always thought of my-**

**self as a loner.** It wasn't until I was on the water for five days not seeing anybody that I realized how social I was, that I actually did need human interaction to be happy. As my journey continued and I'd run into hardships of extreme heat and weather and the physicality of it, I was amazed to see how many people would come to my rescue. It made me realize that there is empathy in the world and if given an opportunity, people will do the right thing. It has given me hope for the world and the people who occupy it. I've lost a lot of my cynicism along the way, and that's one of the great things I've been able to give up. ■





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MUSIC







*“turn the page,  
flip the record”»*

BY SAMANTHA SPECTOR • PHOTOGRAPHY BY ALAINA LATONA



Language Lessons Volume I, the first release from Third Man Books, is not a coffee table book or a compilation. It's not just an anthology or reflection on the importance of poetry and prose. This beautifully handcrafted package is a piece of art, a black-on-black handmade reflection of the duo and artists who conceptualized and created it.

Or so went my first initial reaction before even opening the book up or listening to one of the accompanying records. It's one of those tangible things where the artists' mentality is immediately understood. I got it; this concept is a reflection on taste and art, perfectly intoned by the preface written by TMB's Editor, Chet Weise, who compiled and edited the book with Ben Swank, who uses the title of Consigliere of Third Man Records.

I had to look it up. So before we dive in, "consigliere" literally means "an advisor, especially to a crime boss." It's that same cheeky, winking humor that is clearly evident in the two longtime friends, nattily dressed in Third Man's trademark black (leather jackets, black sweater, black button-up shirt) and yellow (tie for Weise, suspenders for Swank).

And so here we are, on a sunny afternoon, a beer and some bourbon for both and a long discussion about art and music and analog culture littered with references to David Lee Roth tracks, lambasts for Bill O'Reilly and Sex and the City anecdotes. Samantha Spector: This feels like a very personal project. This is a new branch for Third Man. Was the segue in to publishing a

natural extension for the company?

Ben Swank: "The main impetus was the Poetry Sucks series Chet was putting on over at [newly closed] Dino's [on Gallatin]. That spurred a lot of conversation between us about the blurring lines of art and how we didn't want to represent or compartmentalize art in any kind of way. It wasn't just a "Hey, let's just throw a bunch of things we like together." It was a blending of all these mediums together."

Chet Weise: "From the get go, the Poetry Sucks events attracted people who are poets, fiction writers, one particular person gave their confession. We wanted to do this event where there was a place for hecklers and beer bottles being thrown, people getting laid, people finding truth. I wanted to take it out of churches and libraries... why, by the way, those places are great, go there. I wanted a place where people could have fun. Music was also a huge part of it: we had jazz, we had country, rock n' roll, pop, ambient noise and people kept on coming to every one. Every event. So that is what kind of told us that we could do something like this."

Weise and Swank took this concept — that all of these mediums and art forms could be funneled in to published products- and launched Third Man Books in August 2014.

BS: "The book thing kept falling on the back burner because there was nobody really pushing it forward. Chet and I had been discussing the project since he ended his Poetry Sucks series. I'm always careful [at Third Man] to not put my own taste in it but this was kind of



It wasn't just a "Hey, let's just throw a bunch of things we like together." It was a blending of all these mediums together.



one of the first times where I pushed this because I really believe in the project, believed it could do really well and believed it was important.”

Language Lessons, then, isn't just one person's idea of a thematic poetry anthology. It's not about “water or winter or Christmas,” as Weise put it, but about reflecting this perfect conglomeration of poetic minds that began coming to his Poetry Sucks events as well as Swank's Hate Life DJ sets, also formerly at Dino's.

We'll pause here because outside the friendship and the company and the writers themselves, there is another character to this story: our great little city of Nashville.

SS: Do you think you could have put those events on anywhere else? Would Language Lessons – even as a concept – exist without Dino's and the community?

CW: “You know how in Sex and the City they say that New York is another fifth character to the show?”

We all crack up. The dichotomy of >>



this statement as we look at a book whose cover has a photo of a guitar with Woody Guthrie's famous "This Machine Kills Fascists" is perfect.

BS: (laughing) "Whoa whoa whoa! This is off the record!"

Nope. Sorry guys. The analogy works too well; Carrie couldn't live in Chicago and had all of the elements not been in place, at that place, this new project would not have happened. In that, both Swank and Weise agree. Nashville is important to what they are producing.

BS: "I just cannot see how we would have gotten to this point had we been in any other place. Both Chet and I lived all over [Toledo, Detroit, London for Ben, Memphis and Detroit for Chet] and Nashville had to be the place this all came together."

SS: So Poetry Sucks and Hate Life were about three-ish years ago. When did you start conceptualizing Language Lessons?

CW: "The way I remember it is that we were at lunch somewhere..."

Lunch is another common important character here. One of the first things Ben tells me on the drive over is how much work gets done in the booths at The Pour House on 8th Ave, our current location.

Anyway...

CW: "I was kind of going over the year and the people that read. We'd had people from all over, not just Tennessee. All of these folks who want to express something, all of these writers who may want to be Dylan Thomas but anticipate their poetry being read in dive bars, not taught in English 101."

At this I point out the irony of the statement given Mr. Weise was an English professor at MTSU up until August. I understand his point, though. Language Lessons is another outlet for the people who understood a certain mentality to poetry and prose that others may miss.



BS: "It's just a great thing to premiere this new publishing arm of this company. And Jack [White] agreed immediately. I think I e-mailed him and he replied within a half hour that, you know, we should definitely do this."

Nearly all of the contributors to Language Lessons are from Nashville and/or personal colleagues or friends of Weise and Swank but there was an open submission period for those that were paying attention. The idea was to keep it grassroots and keep it in line with the rest of Third Man's products.

BS: "At Third Man, everything is meant to be non-genre specific and eclectic. The music side swings all over the map. It reflects our different tastes. You know, you can tell. [White] loves lots of different music and the books [produced by Third Man Books] will be the same way with the same philosophy."

Third Man Books will release its' next compilation on April 8th, 2015; the book is a single author poetry book entitled "The Truth Is We Are Perfect" from Janaka Stucky. Swank and Weise plan to roll out other works that will continue to span the Third Man taste spectrum. Non-fiction books on baseball and one from Sophie Bramley, formerly of "Yo! MTV Raps." Each project we

*Chet Weise and Ben Swank have been friends since their early days in punk bands. Mr. Weise has had previous works published in Poems & Plays, Copper Nickel, and Apocalypse Now: Poems & Prose from the End of Days among others and has been nominated for a 2016 Pushcart Prize in poetry. Mr. Swank co-edited Language Lessons Volume I and has had pieces run in Vice and Nashville Scene. Both men live in East Nashville.*

discuss is met with the same enthusiasm. Which, if you cannot tell, is catching.

So, how do we leave it? The end of our discussion comes full circle: back to this idea of the fully packaged product, Language Lessons, is a work of art in and of itself.

BS: "It feels to me that books should not be presented in a disposable way. Books are meant to be coveted and traded and passed to friends. You don't want a pixelated version of the Mona Lisa, you know? We all have iPods and they are certainly great things to have but for me it's more romantic to turn a page and flip a record."

CW: "I think it's possible to have a bestselling, platinum poem..."

BS: (raps on the table) "We'll have a bestseller by 2017 at the latest!" Everyone laughs.

CW: "Put that in print!"

Happy to oblige. ■





# The Blair School of Music

## AN INTRODUCTION TO THE BLAIR SCHOOL'S NEW PIPE ORGAN

CARL SMITH, ORGANIST

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3 p.m., Steve & Judy Turner Recital Hall**

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*Presented with gratitude to Lois and Peter Fyfe for their generous support of the Blair School.*

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# A long haul for Nikki Lane

BY MARCIA A. MASULLA • PHOTOGRAPHY SUBMITTED

**F**rom her humble start in Greenville, South Carolina, to pit-stops on both coasts (New York City and Los Angeles to be precise), Nikki Lane is no stranger to hitting the road. Nashville just happens to be where she rests her head in between all of her travels to promote her New West Records released album, *All Or Nothin'*. Produced by none other than fellow

Nashville resident, Dan Auerbach of The Black Keys — whom she met at a flea market, *All Or Nothin'* has been a critical and fan favorite over the last nine months and has enjoyed significant time on the charts. Somehow, Lane is also able to carve out time to sell wares through her fashion retail concept, High Class Hillbilly and is always down for a little mischief along the way. We dare you to head to [NikkiLane.com](http://NikkiLane.com) and

not want to be along for the ride.

**1. What. A. Year. 2014 appears to have been a breakthrough year for you with your album *All Or Nothin'* on the charts, TV appearances, and a heavy tour schedule. Did you foreshadow this marquee year or did it take you by surprise?**

I don't think you can ever really guess whether or not your record will be received well, but when the »





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ball started rolling this Spring, I could sense something good would come of it. Even still, it far exceeded my expectations, and it has been really exciting to do some of the things we have done in the past year.

**2. Is it even possible for you to share a highlight or two from the last year?**

Playing Conan and The Opry for the first time were my favorite two nights. I had never done late night television or been on a live aired show other than radio. The rush when you walk onto stage and have one chance to do it right is really addictive. I hope we get to do a lot more of that.

**3. You've performed and toured with some revered acts and even legends such as Loretta Lynn in 2014 — who else would you like to share the stage with?**

It would be an honor to support and to get to sing with any of my favorites that are still performing like Merle Haggard, Willie Nelson, Kris Kristofferson, or, my favorite man in the world, Neil Young.

**4. When you're actually home in Nashville, what other acts or musicians do you go out and support?**

Any of our friends that are playing ... Jonny Fritz, Langhorne Slim, Corey & Adriel ... the Five Spot Country Nights.

**5. *Right Time* was your breakout single on the album but what track(s) are your personal favorites and why?**

I really like *Good Man*. I wrote it in the first year I started songwriting and kind of put it away. It was exciting to show it to Dan when we were talking about tracks for the record, and to pull it out of hiding and put it on the record.

**6. In a world of tacky artist merch, yours have really stood out from the pack for actually being interesting (you sell knives!) and also includes items that someone like me would actually want to own (love the motorcycle hat). I'm assuming that this has a lot**

**to do with your background in fashion. Can you share how this came in handy with the development of your brand?**

When I was working in denim and retail, I really started to pay attention to who was making the products and where they were being made. I don't expect my fans to think about that, but I want everything I wear to be top quality so that I can wear it in for a long time, so that's what we make. I would rather send my money to my friends to make merch for the road, than hire someone to make it in bulk. It supports their art, and makes my spread look better than those that do.

**7. I was just flipping through your Instagram and see that you ride. How long? Any plans for an all-girl biker gang anytime soon?**

I wish I was in town enough to be the leader of a biker gang. It wouldn't be all girls though, half the fun of riding is hanging out with biker dudes ... I have had a bike for two years. I was too chicken to have one in LA or NYC, but there are plenty of country roads out here for joy-riding. I'm not trying to get hit riding down Gallatin to do errands. Nashville doesn't have the best drivers, and I can say that, because I travel for a living.

**8. Let's talk about the road. What are some things that you absolutely can't travel without and what has been the toughest thing about touring?**

Driving. For real. It can get really tiring making an 8 hour haul three days in a row, and sometimes when we are supporting bigger acts, we take gigs on our days off. It's a grind, but gaining new fans is worth it. I was hitting a rut, because after about 6 months on the road, I didn't have the energy to go through suitcases every night to try to find a clean outfit that didn't require an iron, and then I bought a big trailer and built myself a walk-in closet at the front. I put a clothing rod in the back for the





boys too. It's important to look sharp, but its harder than you might imagine night after night when everything is stuffed away. It's the little things that make the road bearable. Now when do we get a bus?

**9. You're putting on shows all over the place. What have been some of your favorite tour stops?**

Los Angeles, New York, Chicago, and Austin. Hell, anywhere in Texas is good for me. I love that state, but I love those cities because we have a core group of friends in each of them. That makes for the best shows.

**10. You already have tour dates booked up through June. What are some other plans that you have for the rest of the year?**

Recording a new record and taking more time for myself. We have more festival dates this year than the last, and just as many tour dates on the books. I want to make sure I get to enjoy myself a little, which for me means Montana or Mexico.

**11. Throughout the album, you have a tough female voice. For the *Right Time* video, you are on a vendetta to make these "men behaving badly" pay. Do you**



**All Or Nothin'** is available now on iTunes, Amazon and at your local record store. For more, visit [nikkilane.com](http://nikkilane.com).

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**consider yourself a feminist and have you ever had to come to the rescue for any of your friends like in the video?**

I'm more of an independent than a feminist. I think you should work your ass off and demand to be treated right because you are an individual, not because you are a woman. When we were making the video, it sounded like more fun to behave a little badly and take off in that car with my girlfriends and giving some of my guy friends a hard time. It was

all in good fun. We both know that women can be just as guilty as men. Luckily, I haven't had to rescue any of my friends from too many bad situations ... we just wanted to do some wild shit, like tear the rear end off an old truck and watch a motorcycle burn. Can you blame me?

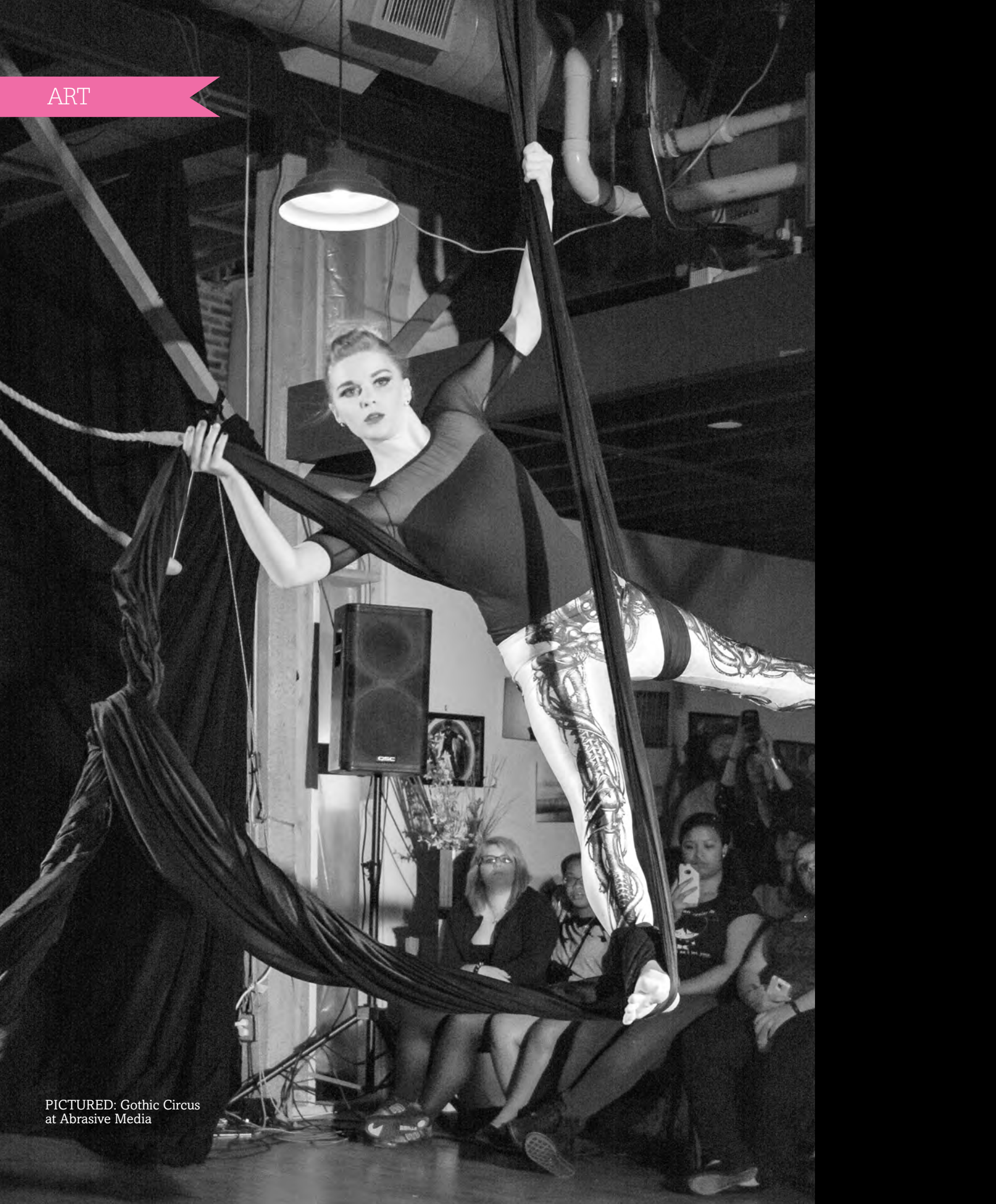
**12. *Wild One* is my personal favorite tune off the album. Do you consider yourself to be one?**

Ha. I guess so. Life's just a bit more fun that way.

■ MM



ART



PICTURED: Gothic Circus  
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# WELCOME TO THE SHOW

BY TIM O'BRIEN •  
PHOTOGRAPHY BY  
KATHERINE SEGHER

**B**ennie Wade is living the creative life in Nashville. He travels the world performing at public and private events, seeing the sights and making new friends. He enjoys being a well-known entertainer but looks forward to returning to his hometown to rest, practice and maybe do a couple of local gigs before hitting the road again.

Bennie has given himself a moniker that not only hints at his occupation, but immediately puts him in a minority niche in Nashville. He is known worldwide as Sideshow Bennie. A tattoo of a traditional yellow, black and red dartboard on his left shoulder is more than an adornment; it's an essential part of his act. During his show, he invites audience members onstage to compete in a darts contest, with each "contestant" throwing sharp darts at the target on his shoulder. He says it hurts, but he doesn't tell anyone.

In addition, he eats and blows fire, walks on glass, drives nails up his nose and has a cement block broken by an assistant with a sledgehammer on his ample stomach as he lays shirtless on a bed of nails. Sure beats being a struggling comedic bluegrass picker — a music career he had for many years that didn't pay his bills.

Bennie and hundreds of other local creatives are part of an alternative Nashville arts scene that's bubbling just under the mainstream. And every day, more believers join its diverse congregation of weirdness.

## **Burlesque dancing**

Freya Potempa calls her work "low-brow art for highbrow people." Performing under the stage name Freya West (a nod to Mae), she says she and her colleagues "create a fantasy world of awe and disbelief" that most mainstream followers think is too edgy.

A yoga instructor, trained dancer and dance instructor, Freya also teaches the art of burlesque and is a member of Nashville's Music City Burlesque. "It's a unique skill set," she says. "There are many who practice burlesque, but in Nashville, we have less than 30 women

(and a couple men) who could be considered professional burlesque entertainers." If you add sex to art, she says, you get burlesque. "Stripping is an art, but it becomes an act when you add comedy or other performance art to it."

She often combines fire eating and manipulation with burlesque to create a memorable, entertaining performance. She occasionally adds other "circus variety" acts to her shows. She's most proud of her Living Typewriter burlesque act. "To the tune of the old typewriter song, I turn my body into a typewriter, complete with a bell on my head," she says.

Her company, Delinquent Debutantes, has been renting space for the last couple of years, but this fall she will open her own studio and performance space on Charlotte Avenue. While she doesn't teach pole dancing, she does teach strip »

ping and other dances that require a great deal of “bump and grind.” One of the most popular classes is Booty Burn, which she describes as an hour and a half of toning and teasing.

## **Fire breathing and sword swallowing**

Freya learned her fire skills from perhaps Nashville’s most traveled sideshow performer, Dan Meyers, who himself learned to swallow swords while living in Antioch. He still owns his house there, but calls Florida, and the rest of the world, his home. There are fewer than 50 professional sword swallows in the world and, according to Dan, “there might be another 50 at the most, who never perform in the public or who have tried it, injured themselves and kept quiet about it.”

Dan, a musician and variety entertainer, saw a show in Nashville in 1997 that featured a sword swallower. He went home and, over a four-year period, while hiding in the bathroom so nobody could see what he was doing, learned to swallow swords. Today, he travels the world performing at fairs, festivals and private functions. Dan holds the distinction of being the only Nashvillian to ever win an Ig Nobel Prize (a parody of the Nobel Prize given for unusual scientific achievements) for his research on the long-term effects of sword swallowing. He holds 35 world records — all related to sword swallowing — more than anyone else in Nashville.

Dan soon realized that the small community of sword eaters needed some sort of organization to be able to communicate easily with one another. He formed Sword Swallowers Association International to bring together fellow professionals who take a sword “down the hatch without a scratch.” The association and his idea for the popular World Sword Swallower’s Day, which is co-

sponsored by Ripley’s Believe It or Not!, were both hatched at his Antioch kitchen table.

Dan tried to teach Bennie how to swallow a sword, an effort that was featured in the one-hour TV documentary “Stomachs of Steel.” Poor Bennie never could get it down. “I was able to get by the gag reflex, but the sword wouldn’t go beyond that,” Bennie says.

It turns out he has what his doctor calls an “oddly narrow” and “slightly deformed throat” that keeps him from swallowing a wide blade sword. Nevertheless, he came up with a fun, and potentially less dangerous, swallowing act. “I swallow a two-foot-long, multicolored, flexible glow stick. I don’t crack it to make it glow before I swallow. Once it’s down, I bend over to show the audience that it is in fact all the way down, and when I bend, it cracks so when I pull it out, it’s glowing.” It’s a pretty cool act that was created right here in Nashville out of his steel-sword frustration.

## **A big fish**

Bennie, as the reigning weird-guy entertainer in the city, is proud of his accomplishments and his skills and is glad he took the step from bluegrass to bizarre. “I grew up here in Nashville and saw that guitar players could be found about every 50 yards, but when it comes to driving a nail up your nose, I’m the man.” As far as he knows, he’s the only performing “blockhead,” as those who shove such things up their nose are called, in Music City.

Both Freya and Bennie point out they are constantly fighting the battle of censorship. Freya said any nudity at a venue prevents alcohol from being sold, and that the most recent law affecting burlesque dancers is that they are not permitted to show their “underboobs.” Bennie laughs at the law, which limits one of his specialty acts — weight lifting

by some of the more sensitive parts of his body.

Bennie lifts weights off the floor with chains attached to his nipple rings and/or tongue ring. “That’s usually not a problem at a club, but I can’t perform my real specialty in public anymore, only private bookings.” That act? “I lift weights with rings attached to the southern hemisphere body part,” he said, smiling. “OK, it’s an extreme act, I admit.”

His onstage persona is that of the “most outrageous and sexiest fat man in existence.” The 325-pounder performs without a shirt most of the time, looking more like Buddha than an entertainer. The heavily tattooed Bennie says he has no body image issues. His job, he says, is to be “larger than life onstage, while remaining actual size.” Although one expects men in white coats to come and pick up Bennie after each show and take him back to the institution, he says he’s a happy and well-adjusted individual. “For someone who does the stuff onstage that I do, people are surprised how normal I am offstage.”

Bennie said he considers Freya to be the weirdest person in Nashville, next to himself. While Austin, Texas, and Portland, Ore., receive a great deal of press as the country’s centers of weird, both Bennie and Freya think Nashville isn’t too far behind. “Our type of art has not been encouraged in Nashville,” Freya said. “The city is way too conservative and has some very strict restrictions on many of the performing arts.”

Nashville native and MTSU grad Kristen Leophard returned home earlier this summer after spending a year at the New England Center for Circus Arts in Brattleboro, Vt., honing her performance skills. “I studied dance as a kid, learned the skill of hula hooping and combined the two,” she said. “Then I learned aerial silks, performed in several fringe festivals,



including this year's in Nashville, and realized I wanted to take my circus skills to the next level, even though there isn't much calling for them in Nashville."

While in Brattleboro, and while experiencing her first-ever winter, Kristen worked on contortion, acrobatics and fire (hula) hooping, and she learned the skills needed to use a roue Cyr wheel (a single large, metal hoop inside which an acrobat maneuvers around the stage). "I am creating an act that fuses contortion and dance with the Cyr wheel and acrobatics," she said.

Kristen plans to create a show, joined by several of her friends, that will offer 90 minutes of nonstop circus arts. At that point, she will be able to book an entire show, not just an act, full of family-friendly content that should be well accepted in Nashville.

## Offbeat culinary arts

Some of Nashville's weird artistic happenings occur in the kitchen, not onstage. Despite knowing in advance that the city was more conservative than Atlanta, where she was living, Andrea Smith moved to Nashville earlier this year to cultivate her chocolate company, known as Chocolate F/X. She now has a little shop in the Shoppes on Fatherland in East Nashville. Retired after nine years of skating with the Atlanta Rollergirls, the tattooed Andrea says her entire focus is now on creating weird and tasty chocolate confections. She came to Nashville because she thought the city was ready for her type of offbeat chocolates.

Nowhere else in town will you find relief sculptures (in choco-

late, of course) of zombies, Freddy Krueger and a life-sized version of fellow horror icon Jason's hockey mask. Her "Star Wars" characters, which she has been selling for years at various comic book and sci-fi conventions, are her favorites. She makes a white chocolate Stormtrooper, a milk chocolate Yoda and a dark chocolate Boba Fett. Each is in relief and weighs about a pound.

While Smith's chocolates bubble in her pots, edgy performing arts continue to bubble just under the mainstream acceptance level of most Nashvillians. Maybe Bennie put it best: "What we do will never be art for the masses, which is fine by most of us. We do it to be free, to be able to set our own rules and our own course. We have freedom to express our inner feelings. I know for a lot of us who always wanted to run away and join the circus, it is our reality." ■

Sideshow Bennie - [www.sideshowbennie.com](http://www.sideshowbennie.com) ■ Freya West - [www.delinquentdebutantes.com](http://www.delinquentdebutantes.com) ■ Andrea Smith - [chocolatefx.net](http://chocolatefx.net) ■ Kristen Leophard - [kristenleophard.weebly.com](http://kristenleophard.weebly.com) ■ Dan Meyer - [www.cuttingedgeinnertainment.com](http://www.cuttingedgeinnertainment.com)



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# let's talk about

# SEX

BY COURTNEY SEITER • PHOTOGRAPHY BY BRANNON MORTON

## Am I normal?

That's the question that has repeated over and over in my head ever since I agreed to write this article.

It's what I thought while I was chatting over a table of sex toys, prying into the lives of "polys" (those in polyamorous relationships; you'll be hearing much more about them), taking a fascinating tour of Nashville's only S&M dungeon, and seeing some things I can never unsee on the kinky social networking site FetLife.

Am I normal? Am I crazy? Why am I doing this?

Because it would be much easier to tell this story from a distance, looking wide-eyed and askance into other people's lives. But here's the thing: I'm writing it, and you're reading it, baby. We're all complicit in this thing.

We can at least cop to that, right? Sex is a universally interesting topic. We're all occasionally curious about what other people are doing in bed (or the sex dungeon, or the swingers club) and in their relationships.

And now that gay marriage has gone mainstream, polyamory has its own TV show and runaway hit *50 Shades of Gray* is poised to showcase kinky sex on the silver screen, there's an ever-broader spectrum of relationships and sex to be in the know about.

As Nashvillians and beyond begin to approach relationships and sex with more flexibility and open-mindedness, there are new ideas to explore — and new vulnerabilities to navigate.

As we do, we're all wondering: Is the weird shit I'm into more or less weird than everyone else's? Am I normal? What is normal, anyway?

And what if it's overrated after all?

## Inside the dungeon

That's the likely stance of most of the membership of The Mark, a community center that also happens to house the city's only S&M dungeon.

"When you step outside the box of social norms we all grew up with, the world is your oyster," says debonair dungeon master *Mercury*\* as he guides me on a tour of the facility complete with swings, massage table, spanking bench, a dentist's chair, a 440-pound Saint Andrew's Cross and much more.

"I've stopped explaining what all the equipment is for because people always come up with far more creative uses for it," he says.

On any given night at one of The Mark's "play parties," some of the center's 250 active members will be acting out a variety of scenes focusing on different fantasies, each with their own specific accoutrements >>

*\* Names have been changed*

(ropes, whips, chains, suction devices, electrical toys ... you get the idea).

“We call what we do ‘play’ as opposed to ‘S&M’ because it’s fun. If it’s not fun, you’re doing it wrong,” says Mercury, who explains that each scene is generally pre-negotiated between players to assure clear boundaries and consent. “Consent is the key to that. You have to consent for fun.”

Sex is allowed at The Mark, but isn’t as common as one might think.

“We tend to be foreplay,” Mercury says. “You’d find much more traditional sex at one of Nashville’s swingers clubs.”

Perhaps that’s because the nuances of kink are often as mental as they are physical.

“A lot of inexperienced people show up with stereotypes in their minds that can take some time to get over,” says Lynn\*, a 39-year-old IT professional who has been a member of The Mark for five years. For example, “‘I am male so I must be dominant. I have to be more dominant than any other male in the room, and all the women will cater to my every whim.’ And then, no.

“People come in thinking they know who and what they are. Sometimes they’re right. Other times there’s a time of learning to relax and be your real self — once you find out who that is. And that changes for some of us from time to time.”

## The accidental polyamorist

The journey to finding one’s real self is something that *Pollyanna*\* understands well.

Nearly a decade ago, the East Nashville entrepreneur — then in her early 20s — was interested in women but not looking for a love connection when she met a new friend.

“She was my straight married

friend, she was in that box,” Pollyanna recalls.

But when her friend eventually revealed to Pollyanna that she and her husband wanted to try an open relationship — and that she had feelings for Pollyanna — the revelation boggled Pollyanna’s mind.

“I thought, ‘What is going on with my straight married friend? I’m so confused right now,’” Pollyanna remembers. “But I liked her.”

After years of soul-searching and exploration, Pollyanna is in a new kind of partnership where polyamory is the norm.

“There was a lot of rockiness,” Pollyanna says. “I could not wrap my head around how you could love two people at the same time. I didn’t understand it until I experienced it myself.”

Pollyanna has regularly dated men and a few women on the side, while her partner continues a relationship with her husband — though they’re now divorced, they still see one another.

Yes, it gets a bit confusing. The key to polyamory seems to be lots and lots of communication.

“The problem with poly is there’s no road map, so you can’t make any assumptions about what people expect, and you have to discuss everything and pick apart why you feel the way you do,” says *Moxie*\*, 41.

She made the leap into polyamory after her husband confessed that he had been having romantic feelings for other women and asked her to consider opening their relationship.

“I wanted him to be happy without compromising my own happiness. We basically spent a year just discussing, and then he met a girl who I thought was a really nice person, and I said he could date her, and we kind of stretched out from there,” she says. “It took about five years to get the hang of dating other

people without being dicks to each other or the other people.”

Today, she lives with both her husband and their girlfriend in the Berry Hill area.

“I think it’s tremendously shitty for married couples to get a girlfriend and then treat her like she’s an accessory to their marriage rather than a real person, so we’ve been really careful to try to make things as equal as possible for our girlfriend,” she says. “For me, that’s meant voluntarily giving up some of the perks of marriage, like I’m not his most important person all of the time, I share that with her. That impacts a lot of our daily routines, and it was a hard adjustment at first, but I’m really happy about how things have turned out.”

## Sex toys and the Bible Belt

Even as the sex and relationship spectrum grows more diverse and Nashville grows more cosmopolitan, we remain in the Bible Belt South, where there are some things you just don’t do — or at least if you do, you don’t talk about.

The journey of one Nashville “romance boutique” shows how far we’ve come — and how far we have yet to go.

Pleasures, based in Nashville with locations in Tennessee and Alabama, recently celebrated one year at its White Bridge location after a rocky start in the city.

“The biggest obstacle has been changing minds about what we do,” says Toni Kennedy, Pleasures’ Director of Training. “We worked hard to make people realize we’re not your everyday smutty, inappropriate store.”

Through in-store events like wine tastings and parties, Pleasures — in conjunction with changing attitudes about sex toys — has brought what

\* Names have been changed





There was a lot of rockiness. I could not wrap my head around how you could love two people at the same time.

used to be taboo into the mainstream.

“Toys are becoming extremely mainstream. Things aren’t as funny as they used to be,” Kennedy says. “Now it’s about sleekness, ergonomics, discretion. As everything is evolving, we evolve. We’re becoming more comfortable as a society talking about these things. In the beginning it was very shocking. Now it’s common.”

Still, some of Pleasures’ policies reflect a unique crossroads of sex positivity and Southern propriety.

“Because we are in the South, the big thing we know is privacy is our No. 1 priority,” Kennedy says. “If you run into a Romance Consultant outside the grounds, we do not speak to you unless you speak to us. That makes people feel a lot better. You’d be surprised at how many customers I run into at Wal-Mart.”

Additionally, the store has its own “comfort language” that skews more prim than pornographic.

“We feel like the box says enough, that we don’t have to,” Kennedy says. “So if someone was coming in looking for a cock ring, we might call it a ‘vibrating fun ring.’”

In Pleasures-speak, testicles become “man luggage” and a clitoris is instead a “happy button.”

“It’s definitely because of the South, but I think even if we were in New York we’d do it the same way.” »

\* Names have been changed

## THE NAUGHTY SIDE OF ONLINE DATING

### TOP 10 MISTRESS CITIES

- |                |                    |
|----------------|--------------------|
| 10. LOUISVILLE | 9. WEST PALM BEACH |
| 8. MILWAUKEE   | 7. RALEIGH         |
| 6. DALLAS      | 5. SAN FRANCISCO   |
| 4. TAMPA       | 3. PHOENIX         |
| 2. WASHINGTON  | 1. LOS ANGELES     |



OVER **28%** OF THE WOMEN PURSUING **AFFAIRS** WITH **MARRIED MEN** IN **RALEIGH** ARE ACTUALLY **SINGLE** THEMSELVES.

### after reading FIFTY SHADES OF GREY

**82%** of women said they feel **more sexual** than ever and want to **explore** a variety of **new, more erotic** sexual experiences.

**68%** of women said they they wanted to explore a **submissive/bondage** sexual relationship.

**62%** of women feared their husband would be **shocked** if they asked them to explore **submissive/bondage** sexual relationship.

### MOST COMMON sexual fantasies

- 84%** HAVING SEX ON **THE BEACH**
- 81%** HAVING SEX IN **UNUSUAL PLACES**
- 78%** TAKING PART IN **ORAL SEX**
- 66%** HAVING SEX WITH SOMEONE YOU KNOW WHO **ISN'T YOUR PARTNER**
- 64%** FANTASIZE ABOUT BEING **DOMINATED SEXUALLY**
- 56%** HAVING SEX WITH **MORE THAN THREE PEOPLE OF BOTH SEXES**
- 36%** HAVING SEX WITH **TWO WOMEN**

ACCORDING TO **ASHLEY MADISON**, A WEBSITE DEVOTED TO MATCHING PEOPLE UP FOR DISCREET AFFAIRS, THERE ARE **20 MILLION** PEOPLE **LOOKING FOR AFFAIRS** WORLDWIDE.



### TOP FIVE **COUNTRY MUSIC CHEATING** SONGS:

- Garth Brooks** – The Thunder Rolls
- Hank Williams** – Your Cheating Heart
- Dolly Parton** – Jolene
- Carrie Underwood** – Before He Cheats
- Shania Twain** – Whose Bed Have Your Boots Been Under

**75%** OF WOMEN SAY **POSTING SEXY PHOTOS** IS A BIG TURN OFF.

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# TECHNOLOGY & DATING

40 MILLION AMERICANS  
HAVE TRIED  
ONLINE DATING



36% OF SINGLES HAVE  
SENT A **SEXT**  
51% HAVE  
GOTTEN  
ONE

52% OF ONLINE DATERS ARE **MEN**  
48% ARE WOMEN



ONLINE DATING USERS  
SPEND AN AVERAGE OF  
**\$239/YEAR**  
ON DATING SERVICES

WHAT ONLINE  
DATERS LOOK FOR MOST  
IN POTENTIAL MATES

PERSONALITY (30%)

LOOKS (23%)

SENSE OF HUMOR (14%)

CAREER/ EDUCATION (10%)

WOMEN *lie* ABOUT:



AGE



WEIGHT



PHYSICAL  
BUILD

MEN *lie* ABOUT:



AGE



INCOME



HEIGHT

71% BELIEVE IN  
*love* AT FIRST SIGHT

10% QUIT ONLINE DATING  
WITHIN 3 MONTHS



33% OF WOMEN HAD SEX  
*on the first date*



## MOST POPULAR DATING SITES

**OK CUPID:** OkCupid says its algorithm is extremely accurate if you're honest and know what you want.

**MATCH.COM:** A paid service, with a host of filtering options including location, race and religion.

**PLENTY OF FISH:** Still the top free online dating site in the U.S.

**eHARMONY:** The goal with eHarmony is to match people for long term compatibility.

## MOBILE APPS FOR FINDING LOVE



**GRINDR:** The website says it's location based social-networking, but many consider Grindr a hook-up app.

**TINDER:** This app has been called a "no-bull," "hot or not" dating game for your phone.

**GROUPER:** Positioned as a "social club," Grouper is essentially blind dating with your friends.

**CHARM:** This app enables users to load 3-10 second videos to their profile, instead of pictures.

**SINGLES AROUND ME:** SAM is a mobile dating app that connects singles between 100 feet and 100 miles of their location.



Even in a world where it's pretty open sexually now, to be a bisexual male is kind of looked down upon. There's definitely a lot of stigma attached."

Kennedy says. "It gets you giggling, and laughter helps a lot."

## Out (or not) in Nashville

Thomas\* has also had to carefully navigate the city's sometimes straight-laced personality, albeit in a different way.

The 31-year-old who lives in downtown Nashville and works in the entertainment industry openly identifies as bisexual, which he says can be tough.

"Even in a world where it's pretty open sexually now, to be a bisexual male is kind of looked down upon," he says. "There's definitely a lot of stigma attached. But the worst thing you can do in regard to sexuality — and it happens all the time in the South — is not talk about it."

He's had people call him greedy and unnatural, or ask him why he can't pick a side.

"Whereas if you're a bisexual woman, (the reaction is) let's party! »»

\* Names have been changed



Maybe that's a local thing to Nashville," he says. "In some cultures, sexuality intermixes with culture. In other places, it doesn't — like here."

Moxie and her partners have shared their relationship with most of their family and friends, to sometimes mixed results.

"We haven't had much trouble finding people who were cool about it, but we continue to be very close-mouthed at work and I wish that didn't feel necessary," she says. "I've lived in Canada and in the northeast of the US as well as here, and I've found it to be much harder here to talk about our relationship. It doesn't feel like a big deal to use the phrase 'my girlfriend' there like it has here."

Even The Mark's Mercury takes great pains to separate the disparate elements of his life.

"I have a very big wall between that which is work and that which is kinky," says Mercury, who, as Nashville's representative to The National Coalition for Sexual Freedom, is the only board member to serve under a pseudonym. "Over the years I have cultivated being able to switch gears very quickly."

Lynn, on the other hand, is out and open to nearly everyone in her life about her choices as polyamorous and kinky.

"By presenting it as something normal to me, it's easier for people to accept it," she says. "If I were to blush or try to hide it, that tells them it's a wrong thing I'm doing and they can condemn me for it. I don't, because it isn't."

### **Facing themselves, finding community**

For all its potential pitfalls (like the panic that struck The Mark a few years ago when someone "checked in" on Foursquare at the highly-

guarded location of the dungeon), a sexually explorative life outside the norm has benefits that go far beyond the physical.

For Thomas, a life of non-monogamy has led to a focus on self-improvement in everything from social skills to how to have sexually healthy relationships.

"The whole idea of non-monogamy sets you up for having to face and confront yourself and your emotions," he says. "Most people view that as, 'You can't make a decision.' I view it as I have a lot of love."

For Pollyanna, polyamory has opened up an avenue to a more honest, sustainable way of living.

"Even though we're in a conservative state, there's a lot of cheating that happens in Nashville," she says. "A lot of secrecy, a lot of infidelity. With open relating, you don't have to hide it. A lot of people I talk to to say they know monogamy doesn't work but they don't know what else is out there."

And for Lynn, kink has led her to a true community that welcomes a diverse spectrum of genders, sexual identities and preferences.

"The friends I have in the lifestyle are more honestly friends," she says. "I don't have to have as many filters on. When you can trust your friends with your body, it's a much more intimate friendship."

So maybe the future of sex and relationships is a new kind of normal — one that encompasses flexibility, freedom, curiosity and playfulness without shame.

"Think back to how unlikely marriage equality seemed even a decade ago. Things are definitely getting better," says Moxie. "I think Millennials are in general more accepting of non-binary and trans and asexual and other experiences than my generation is. The internet makes it



Think back to how unlikely marriage equality seemed even a decade ago. Things are definitely getting better. I think Millennials are in general more accepting of non-binary and trans and asexual and other experiences than my generation is. The internet makes it more possible for sexual minorities to find each other, which helps too."

more possible for sexual minorities to find each other, which helps too."

Or maybe, as more of us begin to chart our own course in love and sex, 'normal' isn't even relevant anymore.

"There's not this textbook, 'This works for everybody,'" Pollyanna says. "You have to create your own path." ■







# 100 FACES

STORY BY MARCIA A. MASULLA •  
PHOTOGRAPHY BY JASON MYERS

In a world of gratuitous selfies, food porn photos, and Instagram filters gone wrong ...

We here at 12th & Broad wanted to get back to celebrating photography as a creative art form. In this new monthly feature, we will showcase local photographers and their distinct point of view. In a city where photographers are utilized left and right, they still may not be credited or recognized for the work they create and there don't seem to be enough platforms for them to express their unique perspectives.

We'd like to change that.

Each month, you will be introduced to a new Nashville photographer through an exclusive photo gallery and interview. To kick things proper off for 2015, we collaborated with photographer Jason Myers. When Jason and I originally plotted the theme and direction of his photo perspective, he had a plan of shooting 50 individuals who have thus far been a part of his Nashville journey. This project was to be named #50Faces. However, Jason's passion and energy became infectious as many others in our community wanted to show support and be a part. The project has since swelled to #100Faces. And we have no doubt that this project will live on. #LifeThroughLens »

**FIND JASON MYERS' LIFE THROUGH LENS:  
100 FACES PROJECT ONLINE AT  
12THANDBROAD.COM.**

### **Who is Jason Myers?**

Jason Myers is a Florida born, Nashville living, commercial photographer specializing in portraits for advertising and editorial clients. I spent twelve years in the corporate world until I traded in the ties and spreadsheets for a beard and Pocket Wizards. I grew up fishing on the Suwannee River and working in watermelon fields. I played fullback for the University of Florida Gators, have been on stage with George Clinton and P-Funk and recently delivered a baby in a subway train (just kidding about the baby). I've been very blessed since picking up the camera full time professionally and owe a lot of it to meeting great people, working hard and a lot of luck. Select clients include Sports Illustrated, Forbes, Garden & Gun, BOSE, JBL, Adweek, Doner, Thought Catalog and among others.

### **What neighborhood do you live in?**

I live just off Music Row, I moved here in July.

### **Who are some Nashvillians that you admire?**

While I'm just getting to really know people here in Nashville, I've found that most everyone is genuine, hard working and nice. All of the guys at Mountain Agency, Jacob Jones, Henry Pile, Logan Buerlein and Tom Melchior have taken me under their wings and shown me the most amazing Nashville welcome. I admire their willingness to help the new guy and their true commitment to bringing others together. My friend Rob Hatch who is someone I grew up with in North Florida but lives here now also. We haven't had much time to spend together since I've moved here but I admire his story of moving here over a decade



ago, grinding it out and now having several number one songs as a writer. I'm very proud of his perseverance and his desire to succeed in a very difficult and competitive market.

### **How and when did you pursue photography?**

I shot a little bit in college for an event company but didn't touch a camera for over a decade. In the spring of 2007 I bought a digital camera for a trip to the Bahamas for some fishing. I was hooked again, pardon the pun. I grew up shooting film and that's all I knew. While the instant feedback was amazing, I still had to learn how to use the technology. I essentially practiced by messing up from 2007 to late 2010 as I had a full-time job as the Director of Golf and Tennis Operations for a management company. I had access to some interesting places and people and shot away trying to learn what worked and what didn't.

On December 21st, 2010, I gave my two week notice as the company I was working with just simply didn't have the vision or goals as I did for the future. I honored my two weeks, grew a beard, took a month off and realized I am now unemployed in one of the worst economic times in my lifetime. The funny thing is I wasn't scared or nervous. I thought I had some talent but needed to hone it and figure out how to make photography my career. I hired Amanda Sosa Stone, a photography consultant and she helped me find myself as a photographer and got me in tip top shape to start showing my work. I've been very blessed with the success I've had but am not settling. I want to do more and continue to improve. Projects like this allow me to do that and I am grateful.

### **What do you enjoy shooting the most?**

People who are willing to share a moment with me. I shoot a lot of celebrities, athletes and really busy people but appreciate the "job" more when those folks make an attempt to be real with me for just a few seconds. I love the interaction, getting to hear their stories and looking for some commonality to bring us together. Once I find that, whether it's someone we know in common, a favorite restaurant, hobby or sports team I've broken those barriers down and get to see the real person. That's what I love.

### **How can we book you for other projects, see more of your work, and get to know you better?**

Please visit [www.jasonmyersphoto.com](http://www.jasonmyersphoto.com) for images I've shot and blog posts where I ramble. I'm on Twitter and Instagram at [@jasonmyersphoto](https://twitter.com/jasonmyersphoto). ■ MM





## WHERE TO BUY IN NASHVILLE:

Brown Dog Market  
Coco's Italian Market  
Porter Road Butcher  
Whole Foods (Green Hills)  
Serendipity  
Publix (Donelson)  
Marché  
Yeast Nashville  
Abode  
Turnip Truck (The Gulch)  
Green Door Gourmet  
Gaylord Opryland  
Omni Gift Shop  
Union Station  
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# UPCOMING 12th & BROAD EVENTS

TUESDAY, FEBRUARY 17

Nashville is full of great new business opportunities, especially for young entrepreneurs and creative types. We know from putting together the Daily Itinerary each day that networking opportunities abound every day of the week, at all hours of the day. How do you know which one is best for you?

That's where we come in.

"Whose Card Is It Anyway" is a one-time networking about networking event — think of it as "speed dating" for young professionals. You'll get to know a little about all the networking groups in town, meet the key players, and learn about everyone in a fun, interactive way compete with happy hour drinks and, in keeping with the romantic theme, a lovely Italian menu from our friends at Sole Mio.



## WHOSE CARD IS IT ANYWAY?

6-8:30 P.M.

EMMA BISTRO

\$10 *includes one drink ticket*



COMING SOON THIS MARCH...

## Broadlandia Yard Sale

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Imagine a yard sale full of stuff from the closets, guest rooms, garages and etsy shops of your most interesting Nashville friends, and so big it takes up an entire warehouse. Imagine being able to pack up all your extra stuff, set it up at a cool-looking display surrounded by like-minded people, and sell it off by noon on a Saturday. Plus bloody marys and biscuits. And an art tent of locally created artwork for sale. And a special Man Cave full of manly stuff.

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# “Not all those who wander are lost.”

— J.R.R. TOLKIEN

BY JESSICA GIBSON • ARCHIVE PHOTOGRAPHY BY THE TENNESSEAN

The transient lifestyle is nothing new in Nashville. We're pleased to share these archival photos of those who've wandered into town with little more than their dreams.

**T**hey can come from anywhere, from large urban areas to sparse rural homesteads and all points in between. You may have come across them in downtown parking lots and alleyways, in cheap bars, or in other random places where those around them may never have known the reality of their housing situation.

Wanderers, hippies, explorers, nomads, gypsies, hobos, tramps, vagabonds, bums, drifters — they describe themselves with many words, but rarely “homeless.”

Often in their early 20s, they stay for a time, then, poof — they're onward to elsewhere, having “opted out” of society in breathtaking — or heartbreaking — ways. For some, it

is a temporary choice with an expiration date. For others, it is a permanent way of life. Here are their stories.

## **Ben: Adventurer**

“I don't think I chose the lifestyle,” says Ben Bray, 34. “It sort of chose me.” Born and raised in Chattanooga, he discovered adventure novels like *Treasure Island* by Robert Louis Stevenson at an early age, and the stories fueled his imagination and kindled a wanderlust. “I soon had a deep interest in seeing the ocean, and the first time I stepped foot on a beach when I was about 7 or 8 years old, I knew in my heart that there was a enormous world out there and I had to be a part of it.”

At 17, he moved from Chattanooga to Nashville, and became

involved in party scenes throughout the southeast as a DJ. Today, he is a tattoo artist, hitting shops at stops along the way to earn the money he needs. He has traveled throughout the continental U.S. “All I know is that I'm not going to stop and settle, I want to keep going, and I will continue to do so until I'm not able to anymore.”

## **Jessica & Josh: Wanted less of more**

Jessica Lewis chose to live as a transient out of a “deeper yearning to free ourselves from our repetitive lifestyle.” Self-described “professional adventurers and part-time drifters,” she and her partner, Josh, travel around the U.S. and Canada in a Toyota Tundra affectionately named Yoda. »



## FRED JOHNS FAMILY, 1962

**BELOW:** Fred Johns, a 42-year-old mechanic, pulled into Nashville from Dallas with \$1.65 and a philosophy of life that centers around the spinet organ sticking from the truck of his battered blue 1948 automobile. Johns brought his family to Nashville in 1962 to find work and a home. When these photos were taken, the family was staying at the Salvation Army transient lodge.

**LEFT:** Eager to escape the cramped quarters in which they lived for four days and three nights are Shelby Anne, 5, and Fred Johns Jr., 2, and Fuzzy, their fox terrier. Photos by Joe Rudis, *The Tennessean*

Born and raised in and around Nashville, Jessica and Josh decided to take a simple road trip around North America. Along the way, they realized they wanted more of less.

“Our inner compass was directing us to keep taking the next step toward stripping ourselves down,” she says. That included quitting their jobs and giving up an apartment in downtown Nashville. They chronicle their journeys on Instagram at [instagram.com/thenativetwo](https://www.instagram.com/thenativetwo), and on their website at [thenativetwo.squarespace.com](https://thenativetwo.squarespace.com).

### **Jason and Emily**

Jason and Emily met when they were both drifting through Nashville. Jason left home after a string of jail stays and problems with drugs and DUIs.





## 'TRAVEL KIDS', 2011

Self-proclaimed "travel kids" — Zoe, left, Madeline and Brian — told journalist Erin Quinn in 2011 that they preferred not to be called "homeless" because of how the homeless are often treated. "There are times when I've broken down crying because someone is so mean to me," said Zoe, kicked out of her home at 16. "People try to convert me to their religion. They tell me I'm going to hell. I'm just a very different kind of kid. I'm just stubborn, and I don't like to be told what to do."

Photo by Sanford Myers, The Tennessean



## COUCH SURFING, 2012

Traveler Bianca Wright, 22, of Australia sits with host Bradley Thomas on a couch at Bradley's house in Hermitage in 2012. She was traveling the country and found a place to stay in Nashville at Couch-Surfing.org. By Jae S. Lee, The Tennessean



"Staying at home sucked and I wanted to run around and party all the time," said Jason. "My parents lived far away from friends so I'd just stay with friends and sleep on couches. I was in and out of jail so much it was easier to just go and disappear."

He met Emily, who began a transient lifestyle to support a friend whose parents had kicked him out of the office, and the two of them began a relationship on the road. After having a child together they got married, found a home and became a family.

## Life on the road

Drifters we interviewed find help — including couches to crash on, short-term jobs and food — through word of mouth or online through websites like [freecampsites.net](http://freecampsites.net), [couchsurfing.com](http://couchsurfing.com), [wwoofusa.org](http://wwoofusa.org), and [workaway.info](http://workaway.info).

"The community on the road is extremely welcoming & incredibly helpful," Jessica said. "We are consistently blown away by the generosity and hospitality of the people we meet."

Safety is always a concern. Some travel in a group, others prefer to travel alone.

"You can be robbed and marooned somewhere, not know anyone, no money, no gear.... it can get hairy for some people," Ben said. "I've heard plenty of stories about other people getting screwed over by someone they decided to trust while traveling."

Said Jessica: "Intuition plays a huge role in keeping you out of trouble. We always listen to our gut. If we ever felt uncomfortable in a particular place, we would bail." ■



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# THE CHEF & I



Nashville, we have a problem.

Is 2015 the year we're going to begin to solve it? Or are we going to resign ourselves to this fact: By the year 2040, the amount of time we spend commuting will have doubled.

*Doubled.*

Why is traffic so terrible?

Can we fix it?

How can we do to make things better in the meantime?

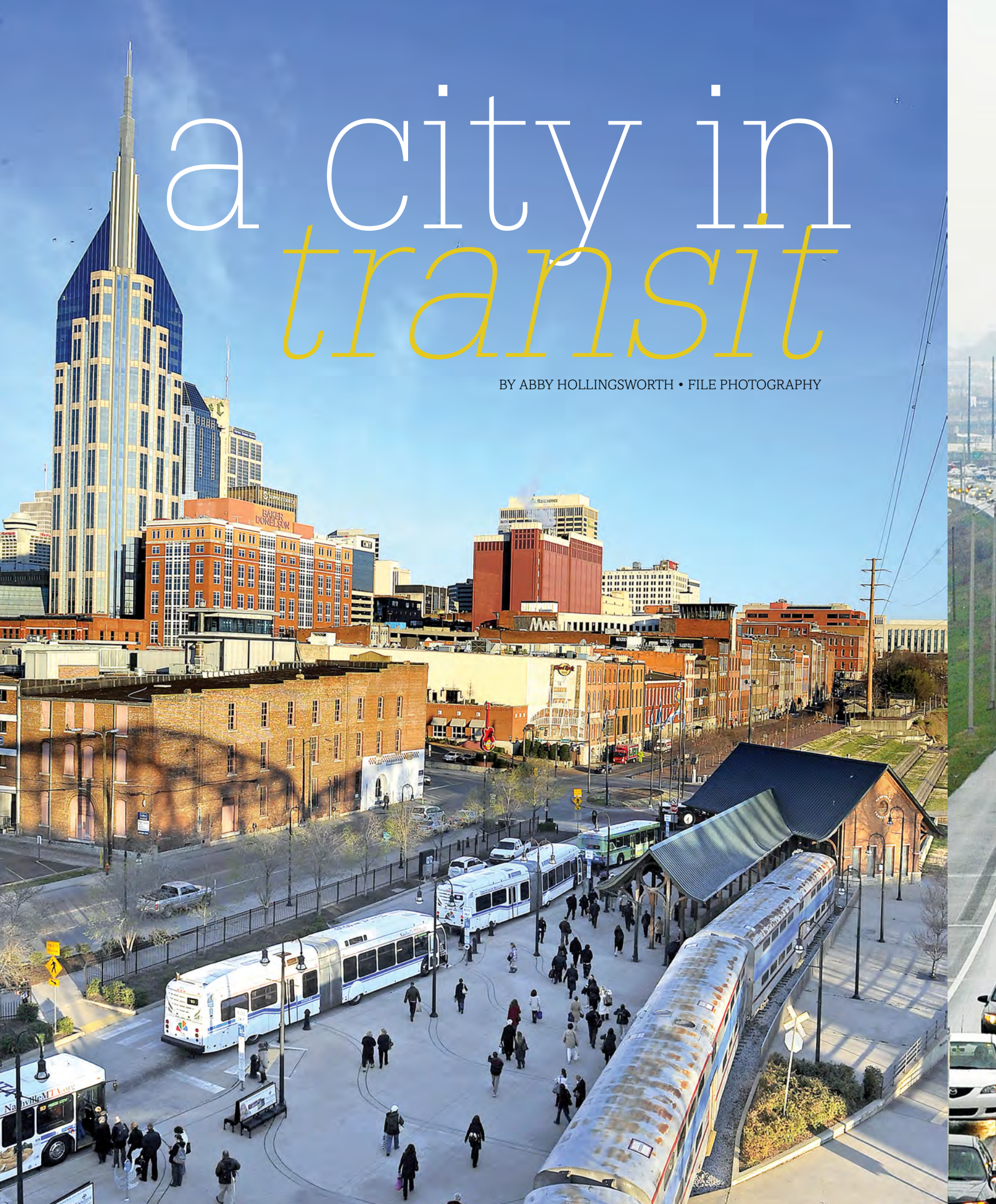


We explore one of Nashville's biggest eyesores on the following pages, with in-depth reporting and podcast by Abby Hollingsworth, an open letter from Mayor Karl Dean, and a fashion spread with a message by Leslie Stephens.

Let us know what you think. Share your thoughts via social media at #Nash-traffic #12thBroad.

— 12th & Broad



An aerial photograph of a city street scene. In the foreground, a silver high-speed train is stopped at a station platform. To the left, a white bus is stopped at a bus stop. The street is filled with pedestrians. In the background, a dense urban skyline is visible, featuring a prominent skyscraper with a blue and gold facade. The sky is clear and blue.

# a city in *transit*

BY ABBY HOLLINGSWORTH • FILE PHOTOGRAPHY



No matter what corner of the county they call home, Middle Tennesseans who live, work, or commute through Nashville share a common and formidable foe — traffic.

From Old Hickory to Hillsboro Pike and on the intersecting high-volume interstates circling the city — Nashvillians are fighting traffic at every light, bridge and turn. »





“It takes me 20 minutes to travel 2.3 miles every morning and evening on Edmonson Pike,” says Bill Peden of the intersection that gives him the most trouble: Trousdale and Harding in Crieve Hall.

“The stretch where Interstates 40, 65, and 24 collide is just atrocious,” says Jeremy Ruff, daily commuter to Music Row from East Nashville.

“Try heading east towards the airport any time after 3 p.m.,” says Haley Young of Hendersonville. “Everywhere you turn is just a parking lot.”

“The tiny portion where 65 and 24 merge is always annoying,” says Thomas Fraser, an East Nashville driver commuting south to Cool Springs every morning. “But Old Hickory and 440 intersections with 65 are just a laughable absurdity.”

A laughable absurdity, ladies and gentlemen. What follows is a report on the status and future of traffic in Music City. If it weren’t so frustrating for so many Nashvillians, it might indeed be funny.

We’ll explain why it’s so bad now, why it’s getting worse, and the movements underway to tame it — from the small and personal to the large, expensive and politically far afield.

By the way: Are you preparing for your own long commute this week? We turned this entire piece into a podcast you can listen to from [www.12thandbroad.com](http://www.12thandbroad.com). Sadly, you can probably listen to it at least twice before you get to the office.

First – the worst news.

A recent report by CEOs for Cities named the Nashville region as the worst commute in America. CEOs for Cities found that Nashville

drivers spend more time in their cars at peak commuting hours than anywhere else in the country. Forecasts predict that number will double by the year 2040 without drastic changes to Middle Tennessee’s transit landscape.

That’s your daily commute time, doubled.

Cross-county commutes are one contributing factor to those numbers. Middle Tennesseans don’t work where they live, nor live where they work, which compounds problems on the road. Data from American Community Survey shows that one in every three commuters in Middle Tennessee crosses county lines to get to work. More than a third of those who work in Nashville (39.4%) commute more than 30 minutes each way.

These numbers are far from encouraging to Nashville residents already bracing for a promised population surge.

## **The nightmare to come**

The Nashville Area Metropolitan Planning Organization (MPO) predicts Middle Tennessee will be home to more than 3 million residents by the year 2040. That’s 1.5 million new residents and more than half of the growth predicted for the entire state. If the projections hold true, both Williamson and Rutherford Counties will leapfrog Chattanooga’s Hamilton County in population, and Davidson County alone will swell to more than 800,000 residents.

Tanisha Hall, Director of Long Range Planning for the Tennessee Department of Transportation (TDOT), recognizes the pressure

this puts on Nashville’s transportation infrastructure.

“Everything is hot in Middle Tennessee with all this growth,” Hall says. “And as an ‘it city’ now, Nashville will get a bulk of it. We do see that as a huge issue.”

We recognize this is a problem. But what are we willing to do about it?

Nashville residents agree that transportation and population growth are important issues for the city’s future. More than 15,000 Nashvillians responded to the Metro Planning Department’s NashvilleNext survey, an effort to gauge public opinion about the city’s next 25 years.

NashvilleNext respondents repeatedly ranked transit as one of their top 5 priorities, and 51% said transit access was the most important value in their thoughts about what Nashville should look like in the future.

Metro planners took these responses and compiled what they call a Preferred Future, available for review now at NashvilleNext.net. The Preferred Future outlines a map of development that considers housing, land use, green space, and, of course, transportation.

“We’re two years into the process with NashvilleNext,” says Michael Briggs, Metro Transportation Planner. “Now we’re checking back in with the community to see if this Preferred Future is correct.”

A draft of NashvilleNext’s plan will be released and open for public comment in February before the final draft is presented to Metro Government in April.

Concurrent with NashvilleNext,





TDOT is also developing a 25-Year Long Range Transportation Plan, which they will roll out for public comment this summer. Director Hall is challenging her team to consider out-of-the-box solutions across the state.

“We know we can’t build our way out of congestion,” Hall says. “Funding and resources are limited, so we have to figure out creative ways to make things happen.”

Hall’s team is looking at operational alternatives like signal timing and access management and also building on successful programs like Clarkesville’s growing park-and-ride initiative.

“My personal motto for the next year is Increase Person Throughput,” Hall says, “which means get more people through a certain area in less vehicles. That may be a carpool, a vanpool, a bus, or a train like the Music City Star.”

Nashville residents can contrib-

ute their opinions to TDOT’s plan by filling out the department’s online survey or attending an interactive Book-a-Planner event.

“We’re looking for involvement and a conversation to identify the issues,” Hall says. “Then we can come up with solutions that are within our reach.”

Metro and TDOT planners work closely to share community feedback and other data that will help inform their individual plan. While TDOT looks at each region in the state and the connecting corridors between them, NashvilleNext represents more of the local decision making process for the city’s general plan.

Metro Transit Authority (MTA) is also developing their strategic plan for public transit in Nashville. Stephen Bland, CEO of MTA, is excited to share that with the public in early 2015.

“We’ll be hosting a combina-

tion of workshops, community outreach events, and an online survey process,” Bland says. “Our goal is to engage a minimum of 10,000 people in the planning process.”

The MTA planning team is interested to find out the scope of community interest and support for mass transit options.

“We want to know what improvements we can realistically make given the constraints on spending,” Bland says. “But our larger question is, what might it look like to take transit to the next level, like Charlotte or Austin for example?”

## Is the AMP completely dead?

NashvilleNext’s data identified a high-capacity transit network as big part of that jump to that next level in city planning. Michael Skinner of the Nashville Area MPO couldn’t agree more.

“We definitely need to invest in high capacity fixed-guideway transit like the AMP,” Skinner says.

Introduced by the MTA and Mayor Karl Dean in late 2008, the AMP is a proposed full-service 7.1 mile bus rapid transit (BRT) system intended to reduce congestion along the West End corridor from Five Points in East Nashville to the Saint Thomas hospital area in West Nashville.

The project met much controversy throughout 2014 as public meetings and online coalitions formed in many corners of Music City. Yard signs for and against the AMP can still be seen in neighborhoods along West End and throughout East Nashville. When Mayor Dean announced he wouldn’t seek additional funding for the AMP in >>

Pull back the curtain on all this growth, and you’ll find organizations and government agencies all over the city preparing for Nashville’s next 25 years:

**MPO:** Nashville Area Metro Planning Organization (MPO) — funding arm of federal government for transportation projects in the state, creating 2040 Regional Transportation Plan

**TDOT:** Tennessee Department of Education — 25-Year Long Range Transportation Plan rolling out for public comment summer 2015

**MTA:** Metro Transit Authority

**BRT:** Bus Rapid Transit

Metro Planning Department — NashvilleNext Preferred Future available for review now at NashvilleNext.net

October, essentially leaving it for Nashville's next mayor to handle, it appeared that the project was dead in the water.

MTA CEO Stephen Bland is quick to set the story straight.

"In all honesty, Mayor Dean has continued to affirm his belief in the project and speak highly about developing the corridor and transit," Bland says. "It just became an issue of running out the clock."

And here's where things get a little complicated.

To qualify for federal funding for the AMP, the MTA must complete the project under the guidelines of the National Environmental Protection Act (NEPA). The NEPA guidelines require in-depth research and investigation on the affected areas. When TDOT, the next step in the approval process for the AMP, requested that the MTA complete that complicated process before their next review, Bland and his team realized the clock was ticking too fast.

"We found it was unrealistic to do the full-blown process in the amount of time we had to get the findings to TDOT," he explains. "The state legislature would have adjourned. Before they would reconvene Mayor Dean would be out of office."

Instead of rushing the important process, Bland and his team plan to present an updated recommendation to the mayor in early 2015 — taking into consideration input from community members and the environmental review underway.

"We expect it to keep moving forward as a high-capacity transit project," Bland says, "but we're looking at some significant redesign elements."

MTA officials say they aren't ready to reveal those design changes just yet.

While work on the AMP continues behind the scenes, MTA has enhanced Bus Rapid Transit Lite service along Gallatin and Mur-

reesboro Pike and plans to deploy similar services along Charlotte and Nolensville Pike in 2015. BRT Lite routes feature bigger busses with more frequent routes and fewer stops — a step towards the high-capacity projects they hope to begin on these corridors.

"There's no question we need that for the regional system to work," Skinner says. "If it takes you 25 minutes to get from Franklin to Nashville now, and you still want to do that in the year 2040 — fixed-guideway transit is the only way to do it."

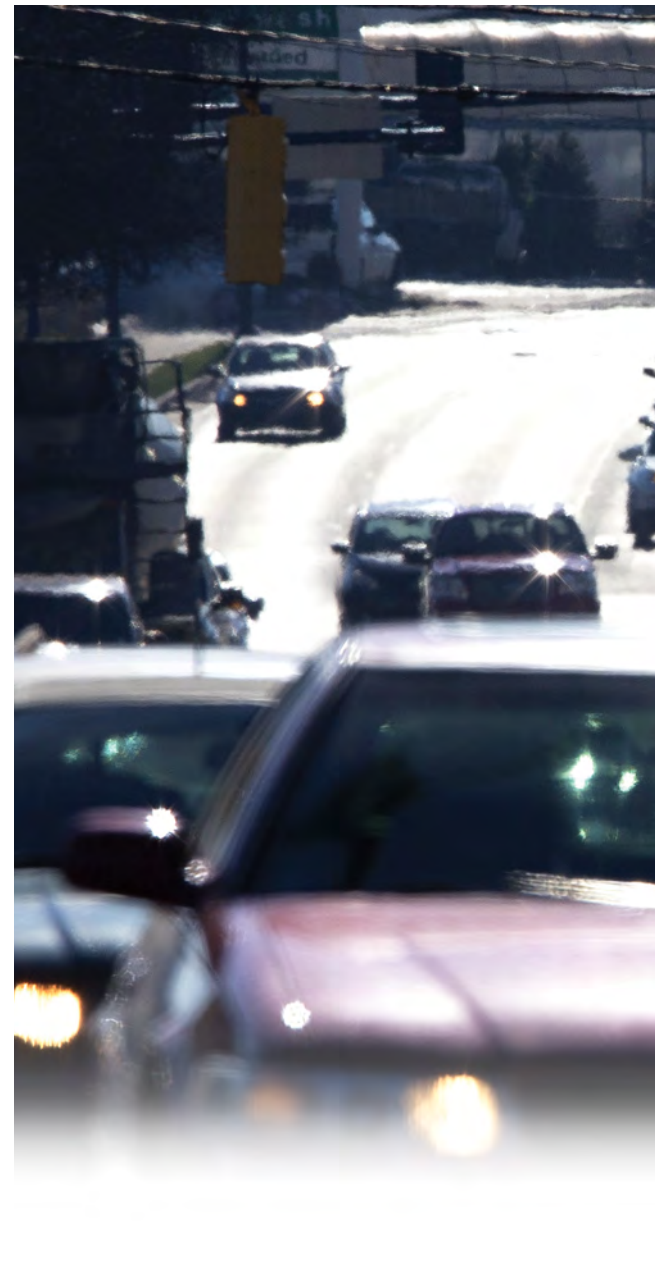
### **Expensive solutions**

Large-scale projects like the AMP come with equally large-scale price tags. All the agencies involved in transportation come together to talk funding through the Nashville Area MPO, which allocates federal funds for transportation to government agencies across Middle Tennessee.

Executive Director Skinner leads the MPO's efforts to develop a long-range transportation plan for the Nashville region. The most recent plan was adopted in 2010 and ties together the plans of all the partnering agencies to produce a list of projects that will receive funding over the next 25 years.

The 2035 Regional Transportation Plan (RTP) includes some projects that have already been put into action around Middle Tennessee such as widening on Mack Hatcher Boulevard and State Route 840 in Franklin. It also casts an early vision for mass transit that MTA is using to inform their strategic planning.

An updated RTP is now in development to extend plans through 2040. Residents are encouraged to lend their voice to the planning process by completing a survey at [Survey.NashvilleMPO.org](http://Survey.NashvilleMPO.org). When completed in December 2015, the 2040 RTP will allocate nearly seven billion dollars of federal revenue, as



matched by state and local governments, for area transportation projects.

"That may sound like a lot of money," Skinner admits, "but it's not even close to enough."

### **Are you willing to pay higher taxes?**

Funding is a serious obstacle for all those planning changes to Nashville's transportation systems. MPOs





receive funding from the federal gas tax – a tax that has not been raised in over 20 years. Michael Briggs of Metro Planning, explains the problem this poses:

“The gas tax has not been indexed to inflation since 1993,” he says, “so the pot of money used to fund maintenance and expansion of the system has remained unchanged - except for people’s gas

usage. As vehicles have become more fuel-efficient, the revenue for transportation projects has actually gone down.”

It’s easy to see how this funding limitation would severely impact the strategies available to planners.

“In the 90s, we were still opening new roads,” Briggs says, “and we really can’t do that anymore. We have to focus on maintaining the system and making strategic connections.”

Skinner echoed this sentiment, sharing frustration that the MPO can’t fund any and all solutions their partners suggest. “Growth is happening faster than we are dealing with the problem,” he says. “And it’s simply because there’s not enough money to deal with it.”

There’s been little serious movement in Washington to raise the gas tax in recent years, though a bill co-sponsored by Tennessee »





Republican Sen. Bob Corker was introduced in June of 2014. Until more funding comes through, planning departments tied to the MPO must focus on fiscally realistic solutions to Middle Tennessee's traffic challenges.

### **Widening roads does not fix the problem**

"A lot of the projects that will help fix the problems aren't big things," Skinner says, "There's just a lot of them."

He lists sidewalks, bike lanes, sig-

nal technology, and signage alerting travelers to congestion as feasible solutions. The MPO recently funded 10 such projects totaling \$10 million dollars as part of their Active Transportation Program. The projects include sidewalk improvements, bike sharing programs, bike lane editions, and a \$1.5 million dollar mini transit hub at Nolensville Pike.

There are few road-widening projects on the docket in Nashville, even along congested corridors like Hillsboro Road. Experts around the city agree – this would be an unwise use of the limited funds at their disposal.

"Transportation planners like to say: 'You can't pave your way out of congestion,'" says Craig Owensby, Public Information Officer for Metro Planning. "If you build a wider road, more people use it, and you have the same problem."

From the MPO's vantage point, Skinner agrees. "We don't have the financial capacity to widen all our roadways and even if we do they would still be congested," he says. "When we widen roadways now – we are upgrading them to be safer or more efficient, not to get rid of congestion"

### **Forget the cars entirely**

Many of the suggested improvements to Nashville's roadways aren't meant for cars at all but focus instead on improving access to alternate modes of transportation.

"A prevalent misconception is that you are solely reliant on a car to get around Nashville," says Jennifer Tlumak Westerholm, Executive Director of Urban Green Lab – a Nashville nonprofit dedicated to sustainable living.

"While we have important steps to take in the years ahead," she says, "we have made significant investments in our greenways, added more bike lanes and sidewalks, and worked



to improve our mass transit system.”

B-Cycle bike-sharing stations are now established in 27 locations around the urban core, and the MTA’s ridership numbers show more Nashvillians than ever are using mass transit. Monthly bus ride totals have increased consistently, and the MTA reports record-setting 10,648,224 rides for the 2014 fiscal year.

Another encouraging trend may surprise many Nashville residents. Traffic volume at specific intersections around the city isn’t keeping pace with population growth. In fact, according to TDOT’s interactive online traffic history map, volume has been declining on many of Nashville’s roads since the mid-2000s.

This trend may represent a cultural shift away from reliance on cars as technology renders many meetings, errands, and other opportunities for transit unnecessary. The U.S. Department of Transportation reports driving rates have been declining steadily since 2005 as citizens across the country are loosening their grip on the steering wheel.

### **Look in the mirror**

Much of the onus for Middle Tennessee’s transportation future is now in the hands of those drivers stuck in traffic. Behind all the growth and construction, a network of local organizations and government departments are working to plan for a Nashville where traffic and congestion don’t hamper the vibrant life of our city. Across the board, those in power to make change are looking for public input to help identify where and how to do it.

On a crowded morning commute last year, you may have noticed a billboard for Tom Tom navigation systems. “You are not stuck in traffic,” it read. “You are traffic.”

Nashville traffic isn’t going anywhere fast — are you? »

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**MUSIC CITY STAR (PAGE 48):** Those that commute into town via the Music City Star disembark after arriving at the downtown station at First Ave and Broadway with the Nashville Skyline as a backdrop. By Larry McCormack

**COMMUTE (PAGE 49):** Nashville's traffic problem will only get worse. Forecasters predict our daily commute time will DOUBLE by 2040. By Sam Simpkins

**8TH AVENUE (PAGE 54):** A long line of motorists drives into Franklin on Highway 31, known as 8th Avenue in Nashville and Franklin Road in Williamson County. More than a third of Nashville-area residents spend more than a half-hour on their daily commutes. By Steven Harman

**GREEN HILLS (PAGES 52-53):** Traffic in Green Hills during an early afternoon in December. By Lukas Schulze

**BRT (AT RIGHT):** Nashville's Bus Rapid Transit proposal, known as the Amp, was modeled in part after the BRT line in Eugene, Ore., which uses a mix of bus rapid transit tools and not just bus-only lanes. By Chris Pietsch ■

*The Nashville MTA CEO Steve Bland will be riding the bus with The Tennessean Opinion Engagement Editor David Plazas and other editorial board members at the end of January. It will be a ride-along discussion to talk about transit opportunities and challenges and also share Nashville and Middle Tennessee residents' questions and concerns about riding the bus. For details, email David at [dplazas@tennessean.com](mailto:dplazas@tennessean.com).*



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# Get on the bus

BY MAYOR KARL DEAN

I take the bus to work whenever I can. I have a car, but I enjoy the experience of riding downtown with my fellow Nashvillians.

I like the drivers. I like the people. I like being able to read on my way to work. I like walking to my office when I get to my stop.

As Nashville and Middle Tennessee continue to grow, we'll have to rely more and more on mass transit to move people around. There are more reasons for that than some people probably realize.

In 20 years or so, the Nashville region will be as big as Denver is today. That will mean more people and more cars. But we can't just keep adding lanes to our interstates and busiest thoroughfares — or letting them get even more clogged.

We need more mass transit, and it needs to be more reliable. We need to give residents of Nashville, Franklin, Murfreesboro and other cities, as well as our many visitors, a compelling reason to leave their cars at home when they commute downtown for work, dinner, a concert, or a Predators or Titans game.

We want to keep attracting companies to Nashville and creating

jobs for our citizens. But gridlock isn't the best advertisement for a city. It doesn't exactly scream, "You should move here!"

If we can't get traffic congestion under control, it will slow our economic development. We don't want transportation problems to overshadow everything that makes this such an exciting place.

Then there's a factor that many 12th & Broad members know very well. More and more young, creative people are leaving cars behind. Many millennials want to live in cities where transit is readily available and easy to use. And they're not moving to cities for specific jobs as much as people used to; they're picking the cities they want to live in, then deciding where they'll work.

Even though Nashville's transit system has a long way to go, millennials are already moving here in big numbers. Between 2000 and 2012, the Nashville metropolitan area had the second-highest percentage in-

crease in college graduates ages 25 to 34 — a 48 percent jump, according to the City Observatory think tank.

So smart, young people are coming to our city and our region. We have to make sure we keep them coming.

It's a quality of life issue, and it's an economic development issue. We want people and companies to keep seeing the appeal in everything we have to offer. And we want to offer them even more.

The Metro Transit Authority and the Regional Transportation Authority are launching a five-year strategic master planning process this month. We need your input to help us decide what the future of mass transit should look like. So please urge your friends, your co-workers and your neighbors to get involved.

It's a decision we can't afford to get wrong.

*Karl Dean is the sixth Mayor of the Metropolitan Government of Nashville and Davidson County.*

FASHION



Chung: Flair Sleeve Top & Vintage Coach Purse from Moxie Grey Vintage available at Fond Object, Yellow Mini Skirt by Ola Mai Mayor Karl Dean



A man in a grey suit and blue tie is sitting on a bus, reading a newspaper. The newspaper has the word "Kopinion" visible. The bus interior features yellow handrails and green seats. The background shows a view through the bus window.

fashion

# FORWARD

THE BEST FASHION ISN'T A TREND, IT'S A STYLE. IT TIPS A HAT TO THE PAST AND SETS A STANDARD FOR THE FUTURE. WE PROPOSE THAT PUBLIC TRANSPORTATION OUGHT BE THE SAME. IF WE WANT NASHVILLE TO CONTINUE TO THRIVE AS IT GROWS, WE NEED TO MAKE A FEW CHANGES IN HOW WE LIVE OUR DAILY LIVES. THIS IS MORE THAN A FASHION SPREAD. IT'S A CALL TO ACTION. GET ON THE BUS. >>



Pap: Flux Jump-suit by Black By Maria Silver, Monster Jacket by Ola Mai, Crescent Earrings available at Pangaea, Dome Cuff by Amanda Valentine For Margaret Ellis, \*Silver tote from Moxie Grey Vintage available at Fond Object  
Dylan: Sons of Heroes Leather Tee-Shirt available at Any Old Iron, Horace patch-worked jeans with leather, denim and bleach print available at Any Old Iron, Cuffs available at Pangaea, L. George chain link bracelet available at Stacey Rhodes Boutique, Sons of Heroes Rag + Bone Roller Jacket available at Any Old Iron, Black Leather Mojo Bag by Daughter of Cups  
Kaitlin: Brocade Cape Mini Dress by Ola Mai. Amanda Collar for AVME - Amanda Valentine for Margaret Ellis Jewelry  
Chung: Flower Power Top from Moxie Grey Vintage available at Fond Object, Nineties Moschino Pant from Closet Case Vintage







Dylan: Pants available at Any Old Iron, Eternal Eye Tee by Valentine Valentine, Delusion Geisel Leather & Woven Jacket available at Any Old Iron, L George Fringe Bracelet available at Stacey Rhodes Boutique, L George Chain Link Bracelet available at Stacey Rhodes Boutique Ruby Amanfu >>











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(AT LEFT)

Kaitlin: Liberty Set by Ola Mai, Cuffs available at Pangaea, Eye Hand Chain by Amanda Valentine For Margaret Ellis, 1960's handbag from Closet Case Vintage  
Brian Barry

Bronze Bustier, Cadre Pants, and Alloy Parka by Black By Maria Silver, Wool Fair Isle Scarf by Amanda Valentine for Pretty Snake, Helmet from East Side Cycles  
Lisa Donovan

**TEAM:**

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MAKEUP:

JANELLE WOOD

HAIR & MAKEUP ASSISTANT:

BRENNA MADER

ASSISTANT:

CODIE GENTRY

INTERN:

PORTIA PHILLIPS

**MODELS:**

AMAX TALENT ; CHUNG CHOW;

DYLAN STEPHENS; KAITLIN

BENEDETTO; PAP SHIROCK

**CAMEOS:**

MAYOR KARL DEAN; BRIAN

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# INTRODUCING THE 12th & BROAD 2015 EVENTS LINEUP

## JANUARY: SAINTS & SINNERS

We take on Blue Monday – known as the worst day of the year because it's cold, debt-riddled and dark – first with hedonistic defiance, then with transcendent grace. Our seven deadly sins-inspired Saints & Sinners party will be an evening of indulgence and inspiration.



## FEBRUARY: WHOSE CARD IS IT ANYWAY?

"Whose Card Is It Anyway?" is a one-time networking about networking event – think of it as "speed networking" – styled after throwback television games shows. You'll get to know a little about all the networking groups in town, meet the key players, and learn about everyone in a fun, interactive way compete with happy hour drinks.

## MARCH: BROADLANDIA YARD SALE

Imagine a yard sale full of stuff from the closets, guest rooms, garages and etsy shops of your most interesting Nashville friends, and so big it takes up an entire warehouse. Imagine being able to pack up all your extra stuff, set it up at a cool-looking display surrounded by like-minded people, and sell it off by noon on a Saturday. Plus bloody marys and biscuits. And an art tent of locally created artwork for sale. And a special Man Cave full of manly stuff.



## APRIL: MAGAZINE RELEASE PARTY

## MAY: MEAT YA IN THE PARK

Finally: The cold has passed, the rains are over and it's cookout weather! Join restaurants from across Nashville for the second annual *Meat Ya in the Park* for a celebration of all things smoked, grilled and charbroiled. Don't worry: We'll have tents for vegetarians, and plenty of side dishes and desserts as well. The family fun includes live music, interactive creative stations and games, a "Beer Olympics" for those inclined, jorts contest, and bounce houses.



## JUNE: POLITICAL JEOPARDY

Nashville will elect a new mayor this summer. We'll help you figure out who that person should be by putting the five candidates on a Jeopardy-style game show panel.



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## JULY: MAGAZINE RELEASE PARTY



## AUGUST: WATERPALOOZA

It's hot, vacation is over, and the kids are climbing the walls as they wait for school to get started again. We have a solution – giant bounce houses with water, water games, giant slip & slides, dunking booths with local celebrities, watermelon-eating contests... Join us for the second annual Waterpalooza for a pop-up waterpark.



## SEPTEMBER: MUSIC CITY HAIR BALL

Nashville's avant garde ball returns for its second year, celebrating fashion, individuality and decadence with a focus on the thing Dolly Parton said brings us closer to God: our HAIR. Big hair, crazy hair, hair-as-sculpture, hair-to-die-for, hair-that-might-kill-us, hair in the shapes of other things... You name it. This is the place to find it. Event includes a runway show, dance party with DJ, food stations, cocktails and crazy touches like naked sushi models, glow-art display and more.

## OCTOBER: MAGAZINE RELEASE PARTY



## NOVEMBER: ART CAMP NASHVILLE

At the second annual ArtCamp Nashville, members of Nashville's arts and arts business community gather for a day of inspiration and learning. We solicit members of this community to create 40-minute TED-style talks, which run currently during a day-long conference at a local art college.

## DECEMBER: 2015 NASHVILLE CREATIVITY AWARDS

We celebrate the year's most 6 most creative businesses and 6 most creative individuals with an awards ceremony we are sure will become a yearly tradition. Award nominations are solicited in the summer and finalists are named in the fall. Winners are announced at this three-course dinner and creative showcase.



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# POSTCARDS FROM THE KITCHEN

BY CHRIS CHAMERLAIN •  
PHOTOS BY JORDAN HUNTER



Culinary tourism is all the rage now as adventurous diners plan vacations around elaborate “eat-ineraries” for noted restaurants across the country. But chefs like to travel too, and some of their signature dishes are inspired and informed by their experiences discovering cuisines that aren’t necessarily what you would expect to come out of their kitchens.

Four local chefs are sharing their wanderlust with Nashville through their international hybrid cuisine. Follow along and take a trip without leaving the city limits.

## **Mason’s**

Brandon Frohne has spent a lot of time exploring his own international roots as he plans menus for Mason’s, the restaurant at the Loews Vanderbilt Hotel. Chef Frohne garners inspiration from his own German heritage which he fuses into the traditional Southern cuisine which he is best known for. He’s even traced the path of one of his grandfathers as he traveled across Europe as a POW during World War II and created menus based on the cuisines of each stop on his ancestor’s path home to Germany from Tunisia through Sicily and Italy.

But one dish on his menu has an international flair influenced from a trip Frohne took to, of all places, New York City. The chef was invited to cook at the prestigious James Beard House in Greenwich Village, but he made sure to make time for visiting some NYC restaurants with his kitchen team.

“It’s hard to keep inside the Southern brand box, sometimes.





If it inspires you, you gotta cook it!” What flicked Frohne’s levers on his New York visit was a trip to Chef Eddie Huang’s iconic hole-in-the-wall Taiwanese fusion eatery, Baohaus. “The fried chicken bao was outrageous! I noticed the ingredients for the steamed dumpling bread were very similar to a biscuit dough, so I came back with the idea of a Southern-inspired bao bun.”

***The Dish: Vegan Sweet Potato Bahn Mi Sandwich with Kimchee Collard Greens***

“I knew I wanted to add a Southern spin to the dumpling bread, and I was really into sweet potatoes at the time, so I came up with the idea of a Sweet Potato Bahn Mi. It took a lot of experimenting to get the dough right, but it was worth the effort.” Topped with fresh julienned vegetables, the Banh Mi is a welcome addition to Mason’s carnivore-centric menu.

To accompany the sandwich



and also as a topping to Mason’s excellent Shrimp and Grits plate, Frohne again reached to Southeast Asia for inspiration. Actually, he reached as far as his sous chef. “David Whaley has a Japanese background and a lot of experience with Asian flavors. We worked together on our own kimchee recipe to add to a Reuben sandwich instead of sauerkraut for lunch. People didn’t neces-

sarily get the substitution, so we took it off the menu. But we still had some kimchee fermenting, and David suggested adding it to some collards.”

The result is a lush bowl of greens with the Korean cabbage dish contributing subtle umami characteristics and peppery spice to the collards. The kitchen makes a paste of the kimchee ingredients and coats the leaves of >>







the greens before braising them in Yazoo's Dos Perros beer for hours until tender. Finished off with a shot of the kitchen's secret hot sauce recipe and sprinkled with benne seeds, these flavorful greens are hearty enough to make a meal of.

### **The Treehouse**

Chef Todd Alan Martin came late to the culinary game, transitioning from a career as a musician to culinary school in 2010. He attended the Culinary Institute of America Center for Foods of the Americas where he was immersed in both classic French techniques and flavors of indigenous American foods.

Martin commuted from San Antonio to Austin to work with Chef Iliana de la Vega, an expert in regional Mexican cuisines. Cooking for free with her out of a small taco truck, Martin discovered how passionate and protective Chef de la Vega was about preserving the traditions and



techniques of Oaxacan cooking. Although Martin spent 17 years growing up in Texas, he had never cooked there, so he reveled in discovering the flavors of the Southwest.

"It's not Tex/Mex," Martin recalls. "That name has ruined food. It's designed for people who have never experienced the real thing. There's not a lot of

cheese in Mexican cooking, but Tex/Mex restaurants pour something that looks like it was made in a lab all over the plate."

At The Treehouse in East Nashville, Chef Martin experiments with the cuisines of North America. "Now that we're finally talking about food from Spain and Portugal, and they basically conquered everything in the Americas, indigenous North American foods deserve some attention, too."

### ***The Dish: Trout with Turnips two ways, Fried Mushrooms, Pickled Pear, Pine Oil and Guajillo***

While attending CIA, Martin frequently took field trips to go hunting and fishing with classmates and discover new ingredients. "I intentionally chose trout as a Texas ingredient that is also available here. I want the experience of this dish to be like enjoying a shore lunch cooked with ingredients that might be handy



creekside on a winter fishing trip.”

The trout is cooked gently with pine oil to contribute the essence of the forest, and the earthy turnips serve dual purposes on the plate. They add different textures to the dish with a delicate puree and scallop-shaped rounds that are seared and then roasted. The turnips also create dimensionality by raising the fish off the plate. Finally the guajillo chiles contribute warmth and a sweet smoky tobacco flavor to the presentation which is reminiscent of a crackling fire pit.

## Prima

Before opening Prima in The Gulch late last year, Chef Salvador Avila took a break from the kitchen. He spent the time caring for his father before passing away from cancer in April of 2012. In June of that year, Avila traveled to Europe to clear his mind and take part in a tradition pilgrimage known as the Camino de Santiago. Dozens of routes from across the continent converge on Santiago de Compostela in Northern Spain, and the pilgrimage has been a popular journey of personal enlightenment since the Middle Ages.

Avila began his journey in the small French town of Lyon with over 1000 miles of walking ahead of him. “The tradition says that if you walk to Santiago, you’ll be reborn. So I bought a Michelin guide to the route and a Pilgrim’s passport to get discounts at hostels along the way and started walking. It took me 67 days, and I only took four days off.”

You’d think with all that walking, Avila would have lost some weight, but that wasn’t the case. “I went to eat my face off and ba-







sically lived on coffee, baguettes, charcuterie and pâtés. I also ate a peach every day because the region is famous for their stonefruits, but South Carolina peaches are still the best.”

Every night Avila stopped in a hostel and took advantage of the common kitchen to cook for his fellow pilgrims, many of whom he saw repeatedly along his route. “It’s expensive to cook just for yourself, and I didn’t have any room in my pack for leftovers, so I’d send the others to the store with a shopping list, and they’d also volunteer to clean up.” What Avila did have room for in his backpack was a rudimentary pantry of spices, sherry, his chef’s knives and a microplane.

“They called me St. Salvador because I fed so many people, but I felt it was necessary to give back to the people who had been so helpful to me on the trip and who would do things like give up their beds to the older pilgrims. It was definitely a rejuvenating experience.”

***The Dish: Braised Single Bone Short Ribs with Sport Peppers***

By the time Avila finally arrived in Santiago, the traffic along

the Camino de Santiago had increased dramatically. Seventeen other pilgrims were traveling with him to the finish, and he sought a little more solitude to contemplate the end of his journey. “I made three new friends that day that just wanted to eat, so we fixed something special.”

Discovering some particularly attractive short ribs in a local butcher shop, Avila planned to use other native ingredients to braise the meat. “I was familiar with guindilla peppers from working in restaurants in California. They’re probably closest to a yellow Chile de árbol from Mexico, and I knew that they would add a richness and a lot

of spice to the ribs.” The celebratory supper was a rousing success, and Avila knew he wanted to add a version of the dish to his new menu at Prima, but with a few variations.

“Ingredients are dependent on the environment, and we try hard to be conscientious in our sourcing practices. I could have imported the guindillas from Spain, but that wouldn’t be the most responsible thing to do.” So he substituted Sport Peppers, a spicy variety of indigenous pepper which would be more familiar to diners.

“Customers recognize Sport Peppers because they are the traditional topping to a Chicago-style hot dog. They’ve got some heat and tang to them that sets off the rich braised short ribs. I like to dip bread in the jus to get every drop.”

**Chauhan Ale & Masala House**

Sometimes, the culinary journey that inspires a chef can be an inbound flight to BNA. When Chef Maneet Chauhan visited Nashville to consider opening a restaurant in Music City, she fell in







love with the city. “I love it here! Everyone has been so welcoming and helpful to me. The vibe of this town is just so exciting!”

So when she opened Chauhan Ale & Masala House, Chef Chauhan knew she wanted to create some sort of culinary love letter to her new hometown that would combine her native foods of India with the soul of the South. “Everything on the menu has some sort of travel aspect. The distinct regions of India have very different styles of cooking, and I could spend my entire life experimenting with them all.”

The menu at Chauhan Ale & Masala House is an amalgamation of all of the chef’s world travels. In the end, the dish she chose as an ode to her new neighbors is her interpretation of Nashville’s most famous contribution to the culinary canon, hot chicken.

***The Dish: Hot Chicken Pakoras***

“I’m addicted to hot chicken,” admits Chauhan. “As soon as I land at the airport, I’m like ‘Hat-

tie B’s, here I come!” So she worked with her kitchen staff to come up with a gift to her fellow hot chicken lovers.

The dish is based on a traditional pakora, a popular South Asian fried fritter. The main ingredient is chick pea breading that the chef mixes with chicken and her house blend of spices, including garam masala and Kashmiri red chili. The dish is finished with a sauce made from bhut jolokia, colloquially known as Ghost peppers. The result is an infernal crispy bite that practically

demands a cooling sip of one of Chauhan Ale & Masala House’s signature beers.

Chef Chauhan recommends putting out the fire with a pint of Saffron Cardamom Double IPA brewed in collaboration with Derrick Morse of Cool Springs Brewery in Franklin. The lovely floral notes of cardamom complement the intense spices of the pakoras while simultaneously relieving the pain of the hot chicken. It’s a wonderful combination, just like Chef Chauhan and Music City. ■







# SOMETHING'S BREWING

PHOTOS AND STORY BY JESSE GOLDSTEIN

Specialty coffee is hotter than, well you know, a cup of coffee. And, if you spend much time in good coffee shops, you know how they really are funny little microcosms of their respective neighborhoods. They provide neutral ground (pun intended) which lets them operate as a de facto office for a regular crowd of laptop-wielding professionals, a local meeting place for awkward Tinder dates and a posting board for community news and events. Let's admit it, the free Wi-Fi probably doesn't hurt either.

But there's a collection of local baristas working to bring these autonomous hubs of craft caffeine throughout the Nashville area together for a more percolated purpose. Formed last summer, the Nashville Coffee Collective is a group of professional baristas who recognized the need to connect the people behind the counter of Nashville's independent coffee shops to further a common mis-

sion.

## **Nashville Coffee Collective Mission Statement:**

*The Nashville Coffee Collective exists to raise the profile of specialty coffee in Nashville. The NCC will do this by promoting coffee education, by creating and promoting opportunities for barista growth, by promoting positive shop-to-shop relationships and communication, by striving to elevate the perception of Nashville's coffee culture on a local and national level, and by giving back to the community through various means.*

I had always assumed there was fierce competition between Nashville's independent coffee shops, but I recently spent a few hours speaking with some of the founding members (in a coffee shop, of course), and I realized that notion was just about as misguided as the idea of "gourmet" instant decaf. From the beginning, the NCC has worked to avoid creating an attitude of exclusivity, inviting basically any professional barista into the mix

who's "interested in advancing the same principles that we're interested advancing — anyone who agrees with the mission statement," says Nathaniel Mehrens of Steadfast Coffee. Since their first meeting in June, they've welcomed baristas from more than a dozen local shops including Bongo Java, Crema, Hot & Cold, Barista Parlor, Steadfast and High Brown Brew from Franklin. And, while there may indeed be a little friendly competition between the shops, they also understand how each pulls its core business from a customer base of hyper-local regulars. Nathaniel knows that there is a natural competitive side among coffee shops, but one can be competitive and friendly at the same time. "I don't ever want to get rid of that competitiveness because that's what pushes everybody forward, that's what really drives us to improve and change and to do better," he says.

As for that friendly competition, if most often takes the place in what they call a "latte art throw-down."



You know, those frilly swirls and hearts on top of that cup of frothy joe? Well, there's actually quite a bit of skill involved in pulling that off. For professional baristas who take their craft seriously, creating some pretty stunning works of art out of nothing but frothed milk and espresso is a great way to flex their muscles. They recently held an Instagram-based latte art throw-down which garnered 60 submissions and more than 2,900 votes in less than a week.

According to Moriah Claud, a barista from Hot & Cold, the goal of the NCC is "not really to draw in business, but to make people excited about coffee." But, what do a group of baristas talk about when they get together for their monthly meetings? Why, coffee, of course. Yeah, it seems obvious, but these men and women take their craft seriously. Part of what they're working towards is to engage the customers more and bring them into the fold. "Coffee can be intimidating to a lot of people and exclusionary in that sense," says Nathaniel. "But I think in general, there's definitely room to grow in building the relationship between us, the baristas, the coffee shop owners and the community at large." They really are working to raise the profile of their field in Nashville and to create excitement about what they do and move forward together. With this in mind, the group looks forward to seeing the NCC make a larger impact than just helping the rest of us appreciate great coffee. "I would like to see Nashville recognize the coffee community as a presence in the city and as people doing good things for the city," noted Patrick Rush of Hot & Cold.

I would say you already are, Nashville baristas. And, I don't just mean by providing that free Wi-Fi.

Check out the Nashville Coffee Collective for yourself on Instagram at @nashvillecoffeecollective, on Twitter at @nashcollective or online at nashvillecoffeecollective.com, where you can learn more and sign up for a mailing list of upcoming events. ■



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*KNIGHT STIVENDER:  
THE SCULPTURE  
GARDEN TRAIL  
AT CHEEKWOOD*

I love every bit of Cheekwood, but the trails behind the mansion and formal gardens are my favorite because of the interesting sculpture erected along them. Much of it is very modern — even avant garde — which is a wonderful contrast to the style and formality of the rest of the grounds. And the trails themselves are the same: wild, wooded and interesting.

**[cheekwood.org](http://cheekwood.org)**

# STAYCATIONS

*GET AWAY FROM IT ALL WITHOUT  
WANDERING TOO FAR*



*MARCIA A. MASULLA: YOGA HARMONY*

Let's be honest here. I own more yoga pants than any person should have the right to have ... especially for not practicing on the regular. What's the price in Lululemon stock, again? However, when I actually do allow myself a little room to breathe, Yoga Harmony on Charlotte is my special sanctuary. The instructors are cool as cucumbers which balances out the super toasty rooms. The Hot 90 class is sheer indulgence for your mind, body, and soul. **[yogaharmonynashville.com](http://yogaharmonynashville.com)**





*BRIAN GOINS: STONES RIVER GREENWAY*

It's cold outside, but the sun is shining and I'm determined to let it touch my face. The 32-degree cold is worth it.

Nearly every morning I brave the elements for a walk on the Stones River Greenway. It's my escape from the world, but I'm a mere 7 miles away from the bustling of downtown, where I work.

How lucky are we to live in a city so full of culture, of local eateries, of entertainment and sports ... and to be surrounded by green spaces, waterways and so many different ways to escape the urban sprawl?

**For more information on Nashville's greenways and trails, visit [www.nashville.gov/Parks-and-Recreation/Greenways-and-Trails.aspx](http://www.nashville.gov/Parks-and-Recreation/Greenways-and-Trails.aspx)**



*CODIE GENTRY: NASHVILLE FLEA MARKET*

When I need to escape, I tend to do a little thrift shopping and one of my favorite places to do that has to be the Nashville Flea Market. I'm a DIY'er and picking through eclectic collections of things really wake up my imaginative spirit and my creative juices start flowing.

Check it out every third weekend at Tennessee State Fairgrounds.

**[nashvilleexpocenter.org/expo/fleamarket](http://nashvilleexpocenter.org/expo/fleamarket)**

*CHARITY TOOMBS: FIDO*

I am a Nashville Native who was fortunate to grow up in Hillsboro Village. Many childhood memories include ice cream stops, park visits, and the occasional field trips. Despite the changes in shops, the village still provides me the child-like wonder and enchantment needed for escape and inspiration. Fido is my preferred destination for outside relaxation and people watching.

**[www.bongojava.com/fido](http://www.bongojava.com/fido)**





marrowbone lake



the Grand Ole Opry



the Fontanel



the Greenway



Cheekwood





# Nashville's hidden gems

BY CODIE GENTRY • ILLUSTRATION BY MEGAN KELLEY

Whether you relocated to Nashville or you're caught up in the daily hustle and bustle, we many times, forget seek adventure in our own backyards. 12th & Broad Experience Manager and resident adventurer, Codie Gentry shares with you a list of 12 places in Nashville you should explore.

\*\*\*

## **1** Tippy-top of the Renaissance Hotel ▪ 611 Commerce St., Nashville TN 37203

Have you ever wondered what it would be like to see Nashville from one of the highest views in the city? Stop into the Renaissance Hotel and ride the elevator up to one of the top floors and take a gander down a hallway or two and you'll bump into windows that overlook downtown.

Make a night of it: Have drinks in their Sky Bridge Bar inside of the hotel.

## **2** The Greenways of Nashville ▪ [www.greenwaysfornashville.org](http://www.greenwaysfornashville.org)

If you are ever in need of adventure, you'll find it in one of Nash-

ville's Greenways. These linear parks and trails run throughout the city connecting different neighborhoods and many of them have been built along picturesque landscapes. The Greenway is a perfect place for biking, walking and adventuring off in to trails that lead to open meadows or down to the river bed.

## **3** Country Music Hall of Fame + Studio B Tour ▪ [www.countrymusicalloffame.com](http://www.countrymusicalloffame.com)

Admit it. The Country Music Hall of Fame is one of those places that as a Nashvillian you kind of overlook but it is on every tourist itinerary. Take some time this year to be a tourist your own city and what better place to start than the Country Music Hall of Fame.

## **4** The Fontanel ▪ [www.fontanelmansion.com](http://www.fontanelmansion.com)

The Fontanel Mansion and its accompanying farm and amphitheater are tucked on the outskirts of Nashville. The place is surrounded by forest and there are trails for hiking, biking and walking your dog. Inside of the Fontanel complex you'll also find a zipline course, disc golf course, café, hotel, music venue

and distillery.

## **5** The Grand Ole' Opry ▪ [www.opry.com](http://www.opry.com)

Most Nashvillians can say they have been inside of The Grand Ole' Opry but few can say they've toured the place that made country music famous. Walk in the footsteps of country music superstars, hear stories about Opry greats and see photos from The Opry's biggest moments in history.

## **6** Bicentennial Capitol Mall State Park ▪ 600 James Robertson Parkway, Nashville, TN 37203

Have you ever just walked along the Bicentennial State Park? Overlooking the Tennessee State Capitol and nestled inside of Germantown, you'll find a 19- acre park rich with Tennessee History. They've done a beautiful job of blending nature with Tennessee historical and geographical facts, each time I love walk along the Pathway of History I learn something new!

Make a day of it: Stop inside of the Nashville Farmers' Market for a little shopping and relaxed dining.

»



## **7** The Pedestrian Bridge ▪ 2 Victory Avenue, Nashville, TN 37213

I don't care how many times I've walked across that bridge, each time I do I have to pause in awe of how beautiful Nashville really is.

Make a day/night of it: Plan a day out of your trip across the bridge and go on an adventure. Explore Cumberland Park and the riverfront area by the train tracks and the stadium. Cross the bridge and go to a museum tour or grab a beer ... the possibilities are endless!

## **8** Cheekwood Arts & Gardens ▪ [www.cheekwood.org](http://www.cheekwood.org)

It doesn't matter what time of year I go, I always feels like I'm about to embark on an adventure when a step foot inside of Cheekwood. From the 100,000 tulips that usher in spring, to the sculptural art and activities for families, this place is nothing short of magical.

## **9** Cummins' Station (secret garden) ▪ 10th Avenue South

If you've ever had a busy day where all you want to do is escape to a beautiful, quiet hideaway in the city, you'll want to head over to one of my favorite hidden gems – the garden space behind Cummins Station, it's a perfect place to take your lunch break.

Make a day of it: Stop inside Cummins Station and take in the public art displays and drop into Books and Margaret Ellis Jewelry. If you have time after shopping, walk over to The Frist Museum and Art Center.



## **10** Gabby's Burger & Fries ▪ 493 Humphreys Street, Nashville, TN 37203

Live in Nashville? Have you ever had a burger from Gabby's Burgers & Fries? If the answer is no, stop what you're doing and plan on visiting my favorite burger joint in town (planning ahead is key, they are only open for lunch). After you leave Gabby's make sure to take Chestnut St. back to 8th Ave to check out the pretty, awesome view of downtown as you cross I-40.

## **11** Aerial ▪ [www.aerial-nashville.com](http://www.aerial-nashville.com)

If you ever get an invite to an event at Aerial Nashville, you'll want to make sure you RSVP "yes" to attending. Nestled above Paradise Park you'll find one of my favorite private Nashville venues, Aerial. There's no cooler feeling than walking through the honky tonks downtown and the crowd on Broad-

way to be ushered to a small elevator in the back, escorted up to the penthouse floor where the door opens to a bird's eye view of Broadway.

## **12** Marrowbone Lake, Joelton TN | 6200 Marrowbone Lake Road, Joelton, TN 37080

Did the cover of our print journal make you yearn with wanderlust? Curb your taste for travel by adventuring out to Joelton TN, where we shot the cover-- just twenty minutes outside of Nashville. Hidden there you'll find Marrowbone Lake, a small fishing lake with rentable canoes and flat bottom boats.

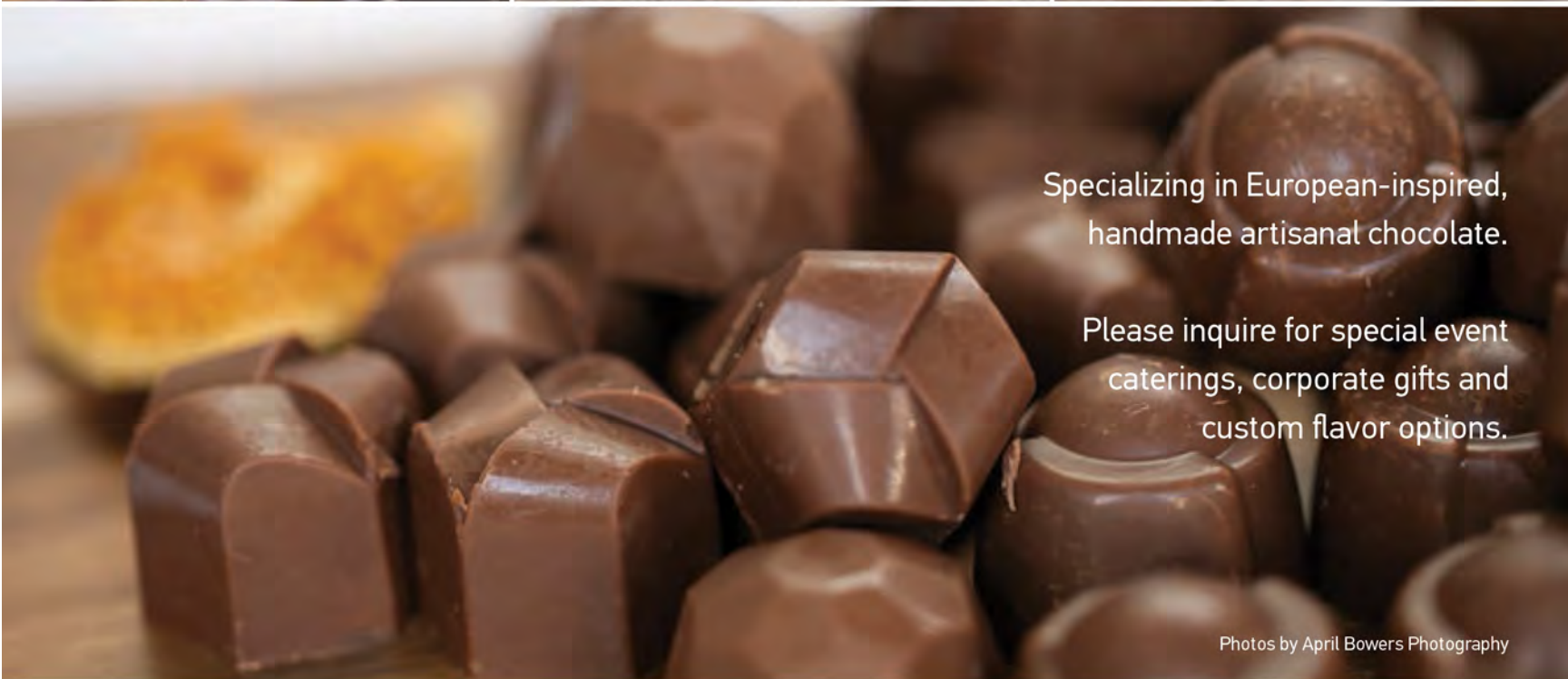
Make a day of it: Pack a picnic lunch.

*Stay connected to the pulse of the city by signing up to receive Codie's Daily Itinerary [www.12thandbroad.com](http://www.12thandbroad.com). Each day she'll send you an email highlighting the awesome stuff happening in the city along with a few suggestions on eateries, green spaces and more for you to discover and rediscover in Nashville. ■*



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## THEN

1968: The Nashville skyline with the L&C Tower adjacent to the J.C. Bradford Building. At the time of its construction, the L&C dramatically altered Nashville's skyline.



## NOW

Today: It's nearly impossible to spot the L&C when shot from the same east-facing angle. You can see its tower poking up from behind the building next to Fifth Third.



One of the joys of working in the same building as *The Tennessean* is our access to the paper's photo archive, which includes a treasure trove of skyline and aerial images going back to the early 1900s.

These images illustrate dramatically how much the city has changed over the years, from a time when the L&C Tower was far and away the tallest in the skyline (it's dwarfed now by the Batman building among many others), to all those years before professional football, professional hockey, the gorgeous Schermerhorn and expansive and ultra-modern Music City Center took over entire city blocks and swaths of land.

To showcase the changes, we commissioned photographer Paul Schatzkin to replicate a couple of archival angles with modern-day shots. We hope you enjoy. For more historic images, go to [12thandBroad.com](http://12thandBroad.com) and search SKYLINE.



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