

USN Evening Classes 2014 Catalog



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100: MUSIC, LITERATURE, & THE ARTS

101 AN EVENING WITH JON MEACHAM

Join illustrious Pulitzer Prize winner JON MEACHAM as he discusses “The Art of the Presidency from Jefferson to Obama.” This engaging presentation will bring insight into the workings of the White House, focusing on how previous presidents have dealt with partisanship, strife, and crisis – with emphasis on Jefferson, Jackson, Lincoln, FDR, and Reagan. Mr. Meacham is executive editor and executive vice president of Random House and is the author, most recently, of *Thomas Jefferson: The Art of Power*. He received the Pulitzer Prize for *American Lion*, his 2008 biography of Andrew Jackson and also authored *Franklin and Winston* and *American Gospel*. Currently, Mr. Meacham is a Distinguished Visiting Professor of Political Science at Vanderbilt University and of History at The University of the South, a Fellow of the Society of American Historians, he serves on the boards of the New York Historical Society, the International Museum of African-American History, and the Thomas Jefferson Foundation. Mr. Meacham is also contributing editor to *Time* magazine and a former editor of *Newsweek*. Parnassus Books will be on hand with copies of Meacham’s books for purchase. Following the class, the author will conduct a book signing for interested participants. [Jon Meacham](#)

Date(s): Tuesday, January 21, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN- Gordon Wing - Multi-Purpose Room

102 THE ART OF CREATIVE NONFICTION

What makes contemporary nonfiction writers and their work so compelling? Returning Evening Classes instructor and USN alumni parent GLORIA BALLARD examines the genre, the formats, and what makes them work. Class participants can put that information to work in making their own nonfiction writing compelling and memorable. Gloria enjoyed a 32-year career at *The Tennessean* newspaper in Nashville as a copy editor, reporter and columnist covering a variety of features and lifestyle topics. She began a second career as a freelance writer specializing in garden and travel writing, and as an editor, teacher and workshop leader. [Gloria Ballard](#)

Date(s): Thursday, January 30, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

103 HOW TO BUILD A HIT SONG

Learn the art of songwriting from successful Nashville songwriter and USN parent JAY KNOWLES. This #1 hit songwriter will sit with students to talk about songs and the art of crafting a hit, the music business, and how to elevate your songs to the next level. This class is a great chance to meet and learn from an experienced songwriter. Jay wrote the #1 hit “She’ll Leave You With a Smile,” recorded by George Strait; “Love You,” recorded by Jack Ingram; and other songs recorded by Blake Shelton, Luke Bryan, Trace Adkins, Billy Ray Cyrus and many others. [Jay Knowles](#)

Date(s): Thursday, February 20, 2014
Time(s): 6:30 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

104 FROM MEMORY TO MEMOIR

Do you have a lot of great life stories to share? USN alumna SUSANNAH FELTS will give you the encouragement and creative prompts to begin crafting real-life experience into meaningful narratives. Participants will draw from their journals and memories to complete a number of prompts designed to draw material out of lived experience and will be welcome to share work-in-progress with one another, should they desire. Susannah earned her MFA in Writing from The School of the Art Institute of Chicago and wrote the novel *This Will Go Down on Your Permanent Record*. Her book reviews and interviews with authors appear regularly in Humanities Tennessee’s Chapter 16, and she freelances for a number of national and local media outlets. [Susannah Felts](#)

Date(s): Thursday, February 13, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

105 AN EVENING OF JAPANESE ART, HISTORY, AND CONVERSATION

USN welcomes a longtime friend, as former USN director HARVEY SPERLING, his wife CATHIE and daughter and USN alumna SARAH offer a brief introduction to Japanese art, history, and culture. Harvey will utilize his collection of Japanese art and antiquarian books to provide insights on artists, woodblock prints, historical events, the lure of all things Japanese, and the reasons for the arrival of USN in Japan. Locally made sushi will be consumed. Mr. Sperling was Director of USN from 1979-1990, then Headmaster of University School of Milwaukee from 1990-2000. Currently he serves as a consultant to the Vanderbilt Center for Science Outreach.

Date(s): Thursday, February 6, 2014
Time(s): 7:00 PM - 9:00 PM
Fee: \$20
Materials Fee: \$0
Location: Class to be held in a private home.

106 SELF ILLUMINATED: WRITING YOUR VOICE

Maybe you've wanted to write something besides a to-do list, something with a little more personal meaning, something you can live with, pass on, and ponder. Poet STARSHIELD LORTIE will help you with a simple writing exercise to unlock the stores of personal truth hidden in the mystery of you. Whether taking the form of poetry, song, prose, essay, journal entry, or doodle, your own story will begin to unfold as you find your own voice, listen to your own heart, tap your own inner resources, and dance awake what is longing to be shared. [Starshield Lortie](#)

Date(s): Thursday, March 6, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

107 POETRY'S SACRED JOURNEY

The heart of the poet is often defined as the voice of the Divine. Poet STARSHIELD LORTIE introduces poetry that describes and explores the sense of the Divine, including works by Rumi, Hafiz, Dickinson, Whitman, Neruda, and many more. Class participants, riding that wave of inspiration, will be invited to write their own sacred poetry. No previous writing or poetry experience necessary, simply a desire to step outside the familiar and engage the poet within. Paper and pencils provided. [Starshield Lortie](#)

Date(s): Thursday, February 27, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$5
Location: USN

108 THE DEEP DIVE: A WRITING WORKSHOP

Whether you're an experienced writer needing a refreshing jolt, a shy writer ready to take the next step, or a total newbie, this two-session workshop will get your writing muscles toned-up and your creative mind leaping. Participants will have a chance to get playful on paper, experiment with different genres, and establish writing goals. Reading work aloud is always optional, and this experienced teacher creates a safe and nurturing circle for Swimming with Words. USN parent KELLY CASS FALZONE is a prize-winning poet, teaching artist, master's level counselor, editor and writing coach whose poetry has appeared on Nashville MTA buses for the Poetry in Motion project, as well as in noted journals and anthologies.

Date(s): Tuesday, February 4, 2014,
Tuesday, February 11, 2014
Time(s): 6:00 PM - 8:30 PM
Fee: \$45
Materials Fee: \$5
Location: USN

109 BEGINNINGS, MIDDLES, AND ENDING

ADAM ROSS, Nashvillian and author of *Mr. Peanut* (a 2010 *New York Times* notable book) conducts this introductory creative writing class on narrative structure. In this course, participants will focus on beginnings, middles, and endings in novels and short stories, examining how these models can help each person uncover and write their own narrative. Adam will also pass along his keys to story structure, methods that aided him in writing his own highly regarded work. [Adam Ross](#)

Date(s): Tuesday, March 4, 2014
Time(s): 7:00 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

110 PITCH PERFECT: SELLING THE NONFICTION BOOK PROPOSAL

USN parent JOHN BUNTIN, author of the book *LA Noir: The Struggle for the Soul of America's Seductive City*, will share his expertise on how prospective writers can turn idea into reality, finished manuscript into a book contract. Participants are invited to send proposals or chapters to Mr. Buntin in advance of the first meeting. In-class discussion will then center on one or two proposals (with students' permission). Classroom discussion will focus on the specifics — framing and formatting, agents and authority, outreach and social media. Mr. Buntin and another local nonfiction author will share their pitching experience as well. Students will leave class with suggestions for improving their work, crafting stronger proposals and navigating the publishing process.

Date(s): Tuesday, January 28, 2014

Time(s): 6:00 PM - 8:00 PM

Fee: \$35

Materials Fee: \$0

Location: USN

111 LEARNING TO LOVE CHILDREN'S LITERATURE

Do you want to keep up with what your child is reading, or find some new books to read together? Are you looking for some fresh ideas for birthday, holiday or baby shower gifts? Join USN librarians KATE PRITCHARD and DAWN MAHARAJ to learn about some great new and upcoming picture and chapter books and find out where to look for more recommendations.

Date(s): Tuesday, March 11, 2014

Time(s): 6:00 PM - 7:30 PM

Fee: \$20

Materials Fee: \$0

Location: USN

200: CAREER, COMMUNICATION, MONEY, & COMPUTERS

201 IPAD TIPS AND TRICKS FOR BEGINNER

While an iPad is handy for streaming films or playing games, it's also loaded with technological bells, whistles, and incredibly useful features. Geared toward new iPad users, this class will cover basic device features, the iOS software, apps and more. USN parent, teacher and web site manager STEVE SMAIL will help you understand the inner workings of the iPad and help you make better use of this great technology. This class is appropriate for those with all iPad models. Participants are encouraged to update to the latest software before the class meets. (iPhone/iPod Touch users are welcome.)

Date(s): Tuesday, February 18, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

202 IPHONE TIPS AND TRICKS FOR BEGINNERS

You're staring at your new iPhone, you know it's more than a phone, but you're not sure if it can take pictures or brew coffee. This class is for you. In this class, USN parent, teacher and web site manager STEVE SMAIL will demystify the inner workings of the iPhone and help you make full use of this incredible technology. The class focuses on the beginner iPhone user (or iPod Touch) and will cover the device's core features and include walk-throughs of the iOS software, uses of apps, and strategies for use beyond making phone calls. This class is appropriate for those with all models of iPhone/iTouch and will include latest developments. (iPad users are welcome.) Participants are encouraged to install the latest updates before the class meets

Date(s): Tuesday, February 4, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

203 IPHONE TIPS AND TRICKS: BEYOND THE BASICS

Have you had your iPhone for a while, feel like you know the basics but maybe aren't using it as completely as you could? This class is for the more experienced iPhone user, covering intermediate and advanced features, integrated use of apps, new features in iOS6 and the basics of iCloud setup and strategy. USN parent, teacher and web site manager STEVE SMAIL will help you appreciate the full potential of the iPhone and Apple's iOS software. This class is appropriate for those with all iPhone models and participants are encouraged to update to the latest software before the class meets. (iPad users welcome.)

Date(s): Tuesday, March 4, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

204 SMARTPHONE APP DEVELOPMENT FOR NON-PROGRAMMERS

Do you have an idea for a smartphone app, but don't know where to begin to develop it? In this class, returning instructor and USN alumnus RUSSELL RIES JR., an app developer, will provide students with useful information to start the app creation process, following a step-by-step walk through on how to create an app using a case study of the instructor's smartphone app, BreathalEyes. In addition, the class will examine an overview of the current state of the mobile industry, including major brands/phones, operating systems, industry growth and projections, app stores, as well as mobile app marketing and more.

Date(s): Thursday, March 6, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

205 BASIC HTML

Learn the basics of the ubiquitous lingua digitalis, HTML. Are you ready to step up your technology game and learn HTML? This class focuses on the basics of HTML, the web layout language. With the expert guidance of GREG HALLMARK, owner of DesignPath Media, you will uncover your inner techie, reach new heights of web knowledge, and marshal new pathways to creativity. Acquiring this understanding of HTML will help you become more marketable in the Internet age and a better conversationalist at exclusive dot.com parties. Greg has created web pages for an eclectic range of clients from the State of Tennessee to Justin Timberlake. [DesignPath Media](#)

Date(s): Tuesday, March 11, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

206 RAISE YOUR WEBSITE RANKING: THE BASICS OF SEO (SEARCH ENGINE OPTIMIZATION)

Join SUZANNE HAGY and learn the basics of SEO (Search Engine Optimization) so you can improve your website's search ranking. Gain insight into the mysteries of how Google and other search engines rank your website for certain keywords. We will cover all three areas of SEO focused activities including on-page, off-page, and technical. The more you know, the better your site will rank. [Magazines.com](#)

Date(s): Tuesday, January 28, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

207 MASTERING SOCIAL MEDIA

Instructor RUSSELL RIES, JR., USN alum and savvy social media guru, will present all the major social media tools including: Facebook, Twitter, LinkedIn, Google+, Instagram, Pinterest, Flickr and Tumblr with a primary focus on the Big 2: Facebook and Twitter. He will discuss the technical aspects of each site, including how to create an account, navigate the site, connect with other users, and more. Russell, who works with small businesses to help them implement their own online strategies, will teach you social media etiquette and customs, slang terms and helpful 'dos and don'ts.' The class will also examine related services such as management systems, RSS feeds, analytics and automation. Students will leave the class with an understanding of which social media formats are best for their own needs and how to begin a social media strategy.

Date(s): Thursday, February 27, 2014
Time(s): 6:00 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

208 INTERVIEWING TIPS: HOW TO LEARN ANY THING ABOUT ANYBODY ANY TIME

Veteran investigative Reporter and USN parent WILLY STERN shares insider tips on the art of the one-on-one interview. Topics to be covered begin with the art of the 20-second pitch, facilitating open-ended questions, and understanding both psychological profiling and body language. Stern will use actual case studies from the real world, interactive exercises and short video clips. By the end of this intriguing and fun-filled session, it will be clear that no matter what your mother, teacher or lawyer told you, no secret is safe when a trained interviewer is on the case.

Date(s): Tuesday, March 4, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

209 REPUTATION MANAGEMENT: PROTECTING YOUR GOOD NAME ONLINE

In the 21st Century, our Internet profiles cling to us like virtual kudzu. Having your name or business come up on Google (or elsewhere) in a negative light can be devastating. JJ ROSEN, USN parent, alumnus and IT expert, will walk you through the basics of keeping it positive in the virtual world. Learn what you can do to proactively combat any negative PR, bad reviews, or personal attacks that may show up on the Internet. Learn these valuable strategies to help protect you personally and professionally online. [Atiba](#)

Date(s): Tuesday, February 4, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

210 FINANCIAL SUCCE\$\$

Are you tired of wondering where your money goes each month? Are you interested in investing, but feel confused by all the different options available? If the answer to these questions is YES, register for this two-session class facilitated by finance guru and former USN parent CINDY STONE. Cindy will help you understand and implement a practical financial framework for budgeting, investing, insurance, credit, and more. You'll also receive a notebook filled with valuable information and a step-by-step plan for your financial security. One class = tips to last a lifetime.

Date(s): Thursday, January 23, 2014,
Thursday, January 30, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$45
Materials Fee: \$0
Location: USN - Room 1130

211 THE POWER OF THE WRITTEN WORD

Being an effective writer is a requirement in today's world. In this course we'll learn to cut out the fat and communicate in a simple and fun way. HARVEY GARDNER is a leadership coach, mentor, and business consultant who will give you easy tips and techniques to enliven your writing. Learn to deliver your message by using simple strategies. He'll guide you to create more powerful business presentations, more entertaining personal correspondence, and give suggestions for longer works like novels or memoir. [Harvey L. Gardner](#)

Date(s): Tuesday, February 25, 2014,
Tuesday, March 4, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$45
Materials Fee: \$0
Location: USN

212 SPEAK SO PEOPLE LISTEN: HOW TO MAKE EFFECTIVE BUSINESS PRESENTATIONS

Whether you're making a recommendation to senior management or delivering a speech to the neighborhood association, the idea is to speak with confidence and credibility, using your voice, hands, and eyes to connect with your audience. Speaking with confidence and credibility helps advance your career, makes you more effective in the workplace, and ensures your ideas linger long after you have left the room. USN parent MIMI BLISS, owner of Bliss Communications, will lead this interactive workshop, coaching volunteers through brief presentations and providing relevant feedback. The workshop includes handouts and wallet cards with speaking tips. [Bliss Communications](#)

Date(s): Thursday, February 6, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

213 INTRO TO GRANT WRITING

USN parent JILL DARCY MOORE unravels the complexities of successful grant writing, and how the process strengthens your nonprofit's fundraising strategy and programmatic planning. After all, the best grant proposal starts with a strong business plan for your project or program. Learn how to research foundations, identify the best match for your organization's program, and what to write (and what not to write) to ensure successful grant proposals.

Date(s): Thursday, February 20, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

214 BLOGS AND THE NEW BUSINESS PARADIGM

In this class, you will learn how to use a blog (with other social media tools) to find new customers, better connect with existing clients, and turn keystrokes into business growth. Freelance photographer LAUREL STAPLES will teach participants how to use free and inexpensive online tools to streamline marketing while increasing sales. This will work for all product or service-based businesses whether you're an artist, graphic designer, massage therapist, consultant or doing something else. Creating an effective online presence for your business is quick and easy if you know what to do. By attending this class, you will learn everything you need to be successful in the virtual world. [Go Fire Yourself](#)

Date(s): Tuesday, February 25, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

215 UNDERSTANDING SOCIAL SECURITY RETIREMENT BENEFITS

Social Security rules are complicated. Many individuals leave benefits on the table because they do not understand all the rules. Join SUSAN FULLER, financial advisor at Edward Jones Investments specializing in retirement income. Learn rules and strategies involved in collecting benefits, including those for spousal and survivor benefits for married and divorced individuals in order to optimize lifetime benefits.

Date(s): Thursday, February 27, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN

216 ANDROID TIPS AND TRICKS

If you own an Android phone, you probably already know the basic uses: how to make a call, send a text message, and take a picture. What you may not know is that these devices can do much more to help you in your daily life. USN alumnus and Evening Classes Technology Coordinator ANDREW TILLER will help beginner Android users get the most out of every feature of Android-powered phones or tablets. This class is appropriate for users of any device running an Android operating system.

Date(s): Thursday, January 30, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

300: FAMILY, HEALTH, & SELF-IMPROVEMENT

301 BE SAFE, BE RESPONSIBLE: UNDERSTANDING DOG-DOG & DOG-HUMAN COMMUNICATION

Learn new skills to improve your relationship with dogs by understanding how they use body language to communicate effectively with each other as well as with humans. These skills can be used daily to avoid conflict, to calm over-stimulation and help with a variety of behavior problems. Instructor NIKKI IVEY, professional Dog Trainer/Behavior Consultant, is the owner and founder of DogSpeak™. Nikki has spent many years learning to truly understand the nature of dogs and their motivations. By letting go of the "dominant pack theory" method, she is allowed to be more in tune with dogs and more effective using her own method of training known as DogSpeak™. Nikki uses positive methods with negative punishment such as time-outs, stopping playtime and taking away attention. She doesn't use any form of physical correction such as correction collars, shock devices or fake bites. This allows dogs to show their true personality, builds their confidence and always leaves them happy. More information about Nikki and her method is at [Dog Speak 101](#)

Date(s): Tuesday, February 25, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$25
Materials Fee: \$0
Location: USN

302 PLANNING YOUR RETIREMENT

Often, retirement planning starts and stops with looking narrowly at financial resources. While money issues are an important aspect of planning your after-work life, Life Coach and Davis-Kidd Booksellers co-founder and parent of alumni, THELMA KIDD will demonstrate that your pocketbook is only one of the items to consider. Having a vision of what you want is crucial to making any retirement plans. This class will provide specific steps to help you design this next important phase of your life. Individuals of all ages are welcome. [Thelma Kidd](#)

Date(s): Tuesday, March 11, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

303 FAMILY HISTORY RESEARCH: DISCOVERING YOUR FAMILY HERITAGE

Would you like to discover you family heritage but you don't know how to get it started? Instructor CHARLES A. SHERRILL will help you learn how to collect and organize information about your family history using traditional resources and online-tools. He will also discuss the existent web sites that provide documents and data to help put flesh on the bare bones of your family tree. Sherrill is a state librarian and Archivist of Tennessee. He has been active in genealogical research and publishing since he was a teenager. Among his works are books on several Tennessee counties, particularly Grundy County, where most of his ancestors lived. He is the author of *The National Genealogical Society's Guide to Research in Tennessee*, two family genealogies, the two-volume *Tennessee Convicts*, and *The Reconstructed 1810 Tennessee Census*. Sherrill also teaches a college-level online genealogy course. Bring to class any information you have with you and specific questions that can be used as case studies for the class. tn.gov/tsla

Date(s): Tuesday, February 25, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN

304 EVERYTHING YOU WANT TO KNOW ABOUT SELF HYPNOSIS FOR POSITIVE BEHAVIOR CHANGES

Do you have questions about hypnosis? Not sure if it will work for you? Would you like to make changes the easy way? Hypnosis is often used to lose weight and stop smoking but also to sleep better, study better, improve athletic performance, eliminate fears and worry, build confidence, improve creativity, control pain, and manage stress. Join instructor LILI HUDSON and learn about the fascinating history and the mechanics of hypnosis, the broad range of applications, how to craft effective suggestions for yourself, and even how to make your own self-hypnosis recordings. Every participant will leave with a 3-week guide and a recording (CD or mp3) to facilitate your own positive behavior changes. [Discover What's Stopping You](#)

Date(s): Thursday, February 6, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$20
Materials Fee: \$0
Location: USN

305 MEDITATION: THE BASICS

Meditation is a practice in training the mind. USN parent DAVID SIMMONS, who has trained in many spiritual and philosophical traditions, will give students a full working knowledge of authentic meditation practice. This is a relaxed, fun, and often funny course. Bring a smile, a willingness to learn how to live more peacefully, and a desire to be in better control of the moments of your life. Nobody should take this class hoping to look like the cover of a yoga magazine. No prior experience needed.

Date(s): Tuesday, March 4, 2014
Time(s): 6:00 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

306 UNDERSTANDING YOUR DREAMS

Unlock the mystery and message of your dreams by learning a few basic principles offered by clinical psychologist and parent of a former USN student, LINDA ODOM, Ph.D. This class will offer general guidelines and simple tools for engaging in an ongoing conversation with your dreams. What if you could receive guidance from your wisest advisor first thing every morning? [Linda Odom](#)

Date(s): Thursday, February 27, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN

307 BUDDHIST MEDITATION

If you've been wanting to explore the power of meditation, this introductory class will address the basics of the Buddhist practice known as Calm Abiding or Samatha meditation. KIRBY SHELSTAD, coordinator of Padmasambhava Buddhist Center of Tennessee, will teach the fundamentals of good sitting posture, focusing on the breath and calming the mind. Please wear loose and comfortable clothing and prepare to relax. No experience necessary. Not a religious class; all are welcome.

Date(s): Tuesday, January 28, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

308 WHEN ANOTHER PERSON'S STUFF IS MY DILEMMA

Hoarding is a term used for people who acquire and fail to discard a large number of possessions, have living spaces sufficiently cluttered as to preclude their intended use, and experience significant distress or impairment caused by the clutter. Professional organizer SUSAN GARDNER will facilitate this workshop for people who are affected by another person's clutter and want to learn characteristics of hoarding, effective means of communicating, best treatment practices for people who hoard, and how to respond to immediate safety concerns. [Clearing the Way Home](#)

Date(s): Tuesday, February 18, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN

309 LEARN TO MAKE KOMBUCA TEA

Wellness experts rave about the probiotic wonders of fermented foods, but instead of choking down a daily portion of kimchi or sauerkraut, you may be one of those earnest souls who enjoys the taste and zing of Kombuca tea. This may have created a new problem in that you are now spending a small fortune to buy Kombuca from your local health food store. Did you know that you could easily brew the tasty elixir in your own home for less than \$5 per month? Join USN parent CAMERON SIMMONS to learn how to incorporate your favorite tea flavors into this wonder drink that your whole family will enjoy.

Date(s): Tuesday, February 4, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$20
Materials Fee: \$10
Location: Private home

310 ENERGY FOR LIFE

In this class, certified personal trainer CAROL BUCKLEY FRAZIER will help you develop ways to cultivate more energy in your lives. Imagine a typical day full of vitality, without the mid-day lows and cravings for caffeine and sugar to pick you up. Learn what can suck the life out of us, and how we all can make simple changes to our lifestyle to fill our energy tanks. [BestUWellness](#)

Date(s): Thursday, January 23, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN - Room 1115

311 ADDRESSING ANGER IN LIFE PARTNERSHIP

So, you knew how to start your relationship, but now you wonder how you'll stay? Increase your knowledge and understanding about 'anger' in life partnerships and explore proactive solutions as we address this common challenge. Please also join us for the sister-session focusing on 'forgiveness'. Developed by Maxcia Lizarraga, M.S., M.Ed., Mindful Marriage, a spiritual integration therapy model, promotes authenticity and connectedness in marriages, life partnerships and couples exploring commitment. While spiritual in nature, the Mindful Marriage model casts a wide net, offering something for all who value a high moral standard of conduct regardless of religious affiliation or beliefs. Maxcia's work focuses on developing strategies and solid skills designed to strengthen virtues and foster unity in relationships. Emphasizing strengths rather than weaknesses, you will learn how to build a framework for change that supports accountability, thereby enhancing growth and transformation. [Mindful Marriage](#)

Date(s): Tuesday, January 21, 2014
Time(s): 7:00 PM - 8:30 PM
Fee: \$20
Materials Fee: \$5
Location: USN - Room 1115

312 FINDING FORGIVENESS IN LIFE PARTNERSHIP

So, you knew how to start your relationship, but now you wonder how you'll stay? Increase your knowledge and understanding about forgiveness in life partnerships and explore proactive solutions as we address this common challenge. Developed by MAXCIA LIZARRAGA, M.S., M.Ed., Mindful Marriage, a spiritual integration therapy model, promotes authenticity and connectedness in marriages, life partnerships and couples exploring commitment. While spiritual in nature, the Mindful Marriage model casts a wide net, offering something for all who value a high moral standard of conduct regardless of religious affiliation or beliefs. Maxcia's work focuses on developing strategies and solid skills designed to strengthen virtues and foster unity in relationships. Emphasizing strengths rather than weaknesses, you will learn how to build a framework for change that supports accountability, thereby enhancing growth and transformation. Please also join us for the sister-session focusing on anger. [Mindful Marriage](#)

Date(s): Tuesday, January 28, 2014
Time(s): 7:00 PM - 8:30 PM
Fee: \$20
Materials Fee: \$5
Location: USN

313 EXPERT ADVICE FOR THOSE DEALING WITH AGING PARENTS

A three person panel led by MARGARET SMITH, founder of Medical Accounts Management; LAURA HAWKEN, Care Manager at Blakeford At Home; and BARBARA MOSS, founder of Elder Law of Nashville. These professionals will discuss the all-encompassing issues that face those caring for aging parents, friends or relatives. Topics covered will include facility care issue, the confusing territory of health insurance benefits, and the numerous legal issues you may encounter with elder law and probate.

Date(s): Tuesday, February 11, 2014
Time(s): 7:00 PM - 8:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN

314 BRING IN THE YEAR WITH HEALTH STARTS HERE

Join Green Hills Whole Foods Market Healthy Eating Specialist CHRIS DOYLE to learn how to live a healthier lifestyle using the Whole Foods Market "Health Starts Here" program. Whether you are just getting started on a healthy eating path or have been on the road to wellness for years, Whole Foods Market's four pillars of healthy eating: whole food, plant strong, healthy fats, nutrient dense, can help guide your journey. Take this class, learn the basics on buying bulk, choosing produce, utilizing proper kitchen tools, and sample foods from the "Health Starts Here" program. [Whole Foods Market](#)

Date(s): Wednesday, February 5, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$20
Materials Fee: \$20
Location: Whole Foods Market 4021 Hillsboro Pike Nashville, TN 37215

315 DESIGNING A CORE WARDROBE

Discover the secrets to building the perfect wardrobe with core pieces everyone needs, while avoiding the traps of over-spending and over-buying. Learn how to identify your personal prescription for chic dressing. Veteran wardrobe consultant TINA ADAMS, along with stylist AMANDA SEARS, offers a unique approach that appeals to everyday people, not just the rich and famous. This course will guide women, men, and teens in building the perfect wardrobe over time, largely with pieces already in the closet, adding only what is absolutely necessary. As for the trends that come and go, you will learn how to tastefully incorporate those as well. [Tina Adams Consulting](#)

Date(s): Tuesday, February 11, 2014
Time(s): 6:30 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

316 COUPLES MASSAGE

Renew your relationship with your partner and relieve stress with the healing power of touch. Experienced massage practitioners ROTONYA TROUP and MARY ALICE FELDER will teach the basic techniques for relaxing your partner's neck and shoulders. Wear comfortable clothes. The class fee is for two people.

Date(s): Tuesday, February 18, 2014

Time(s): 6:00 PM - 8:00 PM

Fee: \$35

Materials Fee: \$0

Location: USN

400: COOKING & CULINARY EXPERIENCES

401 PIE IS LOVE

"Stress cannot exist in the presence of pie," said David Mamet, and professional pastry chef Jennifer Penson agrees. Returning instructor and USN parent JENNIFER PENSON shares her considerable professional baking skills -- honed in New York, Paris and L.A. -- as she leads students through the basics of making delicious pies. She will teach participants the skills and confidence needed to tackle the sometimes tricky task of making perfect dough and will help participants create a fruit filling worthy of that delicious flaky pie crust. [Brownie Points Desserts](#) Age 21 and up.

Date(s): Wednesday, March 5, 2014
Time(s): 6:30 PM - 9:00 PM
Fee: \$40
Materials Fee: \$20
Location: Private home

402 TEA TIME

In this course, USN alumna and amateur tea party hostess ELLEN HABER will teach students how to brew a proper pot of tea and will demonstrate how to prepare scones from scratch. The class includes a high tea service replete with tea, savories, scones and desserts. Participants will take away recipes, tea samples, scones and hopefully a shared desire to revive the ritual of daily afternoon tea

Date(s): Saturday, March 1, 2014
Time(s): 2:00 PM - 4:00 PM
Fee: \$20
Materials Fee: \$20
Location: Private home

403 SOUTHERN BASICS

Chefs KEVIN MCCAULEY and JOHN LASATER of Hattie B's lead you through the history and traditions of Southern cooking as they teach you the classic techniques that have made the region's food world famous. Be prepared to loosen your belt because during the course(s) of this class, you're going to learn about and eat pan fried chicken, Nashville-style hot chicken, braised greens, cast iron cheese grits, buttermilk biscuits, and farmhouse mac and cheese. [Chef Kevin McCauley Hattie B's](#) Age 21 and up

Date(s): Monday, February 10, 2014
Time(s): 6:00 PM - 8:30 PM
Fee: \$40
Materials Fee: \$30
Location: Private home

404 NOODLING WITH PASTA

Pasta is a miracle of shapes and textures that provides the foundation of so many of our favorite dishes. Despite its being everywhere, most of us are stumped when it comes to knowing how to make it from scratch. KEVIN MCCAULEY, private chef and manager of Hattie B's, pulls back the curtain and shows students just how to make their own linguine, ravioli, and many more pasta favorites. He will also show them how to make the sauces perfectly suited to each of the pastas and explain why they work so well together. As if that weren't enough, the evening will have the perfect closing as Kevin demonstrates how to make real Italian gelato and gives a brief history of this delightful dessert. [Chef Kevin McCauley Hattie B's](#) Age 21 and up.

Date(s): Tuesday, February 4, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$40
Materials Fee: \$25
Location: Private home

405 THE ULTIMATE BRUNCH

In theory brunch is a compromise between breakfast and lunch. It is also a platform for food that stretches from comforting favorites to enticing challenges. Hattie B's manager and private chef KEVIN McCAULEY empowers you to put a challenging twist on comforting favorites. With him as your guide, you will learn to prepare jumbo gulf shrimp and stoneground cheese grits, braised short-rib eggs benedict, spicy honky tonk hash, and challah French toast with bananas foster sauce. In case brunch goes need a bit of Dutch courage to face these dishes, Kevin will also teach students how to make delicious mimosas, bloody good Bloody Marys, and a range of other liberating libations. [Chef Kevin McCauley Hattie B's](#) Age 21 and up.

Date(s): Sunday, January 26, 2014
Time(s): 1:00 PM - 4:00 PM
Fee: \$40
Materials Fee: \$30
Location: Private home

406 THE RENAISSANCE OF PIZZA

Through teaching you the basics, private chef and manager of Hattie B's, KEVIN MCCAULEY will reopen your eyes to what pizza is and what it can be. He will show you how to work the dough, and make your own sauces and toppings. When you finish this class, you will be able to create a pizza perfectly suited to your tastes and only limited by your imagination. Whether you are a vegetarian or a carnivore, you will be empowered to make your own perfect pizza pie. [Chef Kevin McCauley Hattie B's](#) Age 21 and up.

Date(s): Tuesday, February 18, 2014
Time(s): 6:00 PM - 8:30 PM
Fee: \$40
Materials Fee: \$25
Location: Private home

407 FRUIT DE MER: THE ART OF FISH COOKERY

In this class, manager of Hattie B's and private chef KEVIN McCAULEY will teach you to prep and execute perfectly cooked fish. Kevin will demonstrate how to butcher as well as how to portion whole, fresh fish. He will show you various methods of cooking fish including pan frying, grilling, baking and steaming. After this class, the best spot in town for a great fish dinner will be your dining room. [Chef Kevin McCauley Hattie B's](#) Age 21 and up.

Date(s): Monday, February 24, 2014
Time(s): 6:00 PM - 8:30 PM
Fee: \$40
Materials Fee: \$35
Location: Private home

408 LEARN TO BAKE FRENCH BREAD FROM SCRATCH

The taste, smell, feel, and love found in a loaf of homemade bread are both memorable and priceless. Enjoy an evening learning how to create beautiful, braided french bread from scratch. USN kindergarten teacher JODY REYNOLDS is well-known for her melt-in-your mouth, tasty homemade bread. And the icing on the bread? It's healthy too! USN parent and host HEATHIE COX invites aspiring bread bakers into her home and kitchen for this class. As you take in the sights, smells and feel of baking bread, you can also enjoy other baked goodies along with wine, appetizers and camaraderie. You'll leave with your bread ready to take home and bake in your own oven. Age 21 and up.

Date(s): Thursday, March 6, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$20
Materials Fee: \$15
Location: Private home

409 PAELLA PARTY: A NIGHT IN SPAIN WITH LISA MAYS

LISA MAYS of *Wine with Lisa* and *My Paella Travels* will teach you the art of cooking authentic Spanish Paella. Lisa will bring her Paella pan to you for a casual Night in Spain that you and your guests will rave about. Paella is a vibrant Spanish rice dish often cooked outdoors over an open flame. Learn how to make an authentic Spanish Paella from beginning to end with a Southern accent while sipping on wine and noshing on Spanish-style tapas. [Wine with Lisa](#) Age 21 and up.

Date(s): Wednesday, February 12, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$40
Materials Fee: \$35
Location: Private home

410 INDIAN COOKING MADE EASY

USN parent and Vanderbilt physician SHUBHADA JAGASIA will share her knowledge of preparing a tasty Indian meal consisting of tomato saar (tomato and coconut milk soup), paneer masala, chicken, vegetable pulao, and mango mousse. With a focus on the basics of cooking Indian cuisine at home, the instructor will discuss various spices and the unique qualities of each. Each student will know how to prepare and serve a wholesome Indian meal after taking this class. Age 21 and up.

Date(s): Saturday, February 22, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$40
Materials Fee: \$20
Location: Private home

411 EASY WINTER COMFORT FOOD

Who could pass up a wonderful evening of eating winter comfort food and sipping wine at Salud! Cooking School at Whole Foods Market? Participants in this course will watch and learn from experienced chef and returning instructor MERIJOY LANTZ RUCKER as she creates a delicious seasonal meal. The menu includes winter squash soup, bourbon marinated sirloin with cowboy steak sauce, roasted root vegetables, smashed potatoes with cream and roasted garlic, and winter fruit croustade. Salud! to the lucky students who enroll in this course. [Whole Foods Market Nashville](#) Age 21 and up.

Date(s): Monday, January 27, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$25
Location: Whole Foods Market 4021 Hillsboro Pike Nashville, TN 37215

412 VEGAN COMFORT FOOD FOR ALL

Chef RUSTY JOHNSTON from the impeccable Grins Vegetarian Cafe shares his secrets for delicious vegan versions of comfort food classics. Participant will learn to make succulent vegan versions of comfort foods like creamy tomato soup, tofu buffalo wings, BLT sandwiches with shiitake bacon, and chocolate chip cookies. [Grins](#) Age 21 and up

Date(s): Thursday, February 20, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$40
Materials Fee: \$20
Location: Private home

413 THAI NIGHT

Cooking instructor and chef SUSAN HUDGENS, who grew up in Bangkok, Thailand, shares her culinary secrets of preparing tasty Thai food. Students will learn to prepare spicy chicken salad, Tom Kha Gai (coconut soup), yellow curry with potatoes, stir-fried Thai vegetables, and Tom Youm fried rice. Class participants will enjoy a serving of the dishes after preparation. Age 21 and up.

Date(s): Tuesday, March 11, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$35
Location: Private home

414 LEARN TO COOK AND SOURCE SEAFOOD

WILL UHLHORN, master chef from Miel Restaurant, will teach participants culinary techniques for preparing delicious seafood. Mr. Uhlhorn will discuss how and where to source quality seafood, aquaculture, and the changing face of our seas. The class begins with a salad and some passed hors d'oeuvres, then it's on to diver scallops, light flaky fish, firm white fish, oily fish, and mussels. [Miel](#) Age 21 and up

Date(s): Tuesday, January 28, 2014
Time(s): 7:00 PM - 9:00 PM
Fee: \$40
Materials Fee: \$40
Location: Private home

415 BAGUETTES 101

Just say "oui" to baking your own baguettes. In this hands-on class, JENNIFER TORSKI of Provence Breads and Café will provide instruction on every step of the baguette-making process, from the mixing to the baking. Best of all, at the end of the class you'll bring home some delicious, fresh-baked bread. It's enough to make you say "oh là là". [Provence Breads and Cafe](#) Age 21 and up

Date(s): Monday, February 3, 2014

Time(s): 7:00 PM - 9:00 PM

Fee: \$20

Materials Fee: \$20

Location: Provence Commercial Kitchen 1400 Donelson Pike
Nashville, TN 37217

416 THE SOCIAL TABLE

Whether you bring a group of friends, or you come looking to expand your social circle, Chef DARRYL DINNING's class will get you talking, laughing and cooking a delicious dinner together. Over the course of this three-hour class, held in the kitchen of Panache Catering in Germantown, everyone will get some hands-on action in the process of making dinner. Tailored especially for those who were never taught the cooking basics, Darryl's instruction will result in the kind of mouthwatering meal that your friends will be talking about for years to come. The menu will include a salad of fried ginger, purple potato and yellow tomato; lamb chili in a bread bowl; The Storm and the Chicken; and an avocado, mango, and guava parfait. [Panache Catering, Inc.](#) Age 21 and up

Date(s): Friday, February 7, 2014

Time(s): 6:00 PM - 9:00 PM

Fee: \$40

Materials Fee: \$40

Location: Panache Catering 1016 Jefferson Street Nashville, TN
37208

417 CROISSANTS AND DANISHES

Join local chef JOSHUA PION of Provence Breads & Cafe for a class on rolling and shaping a variety of croissants and danishes. Participants will also learn how to laminate the dough and how to bake and finish the pastries. What could be better on a chilly winter day than bringing home a batch of freshly baked goods you made yourself? Nothing except...taking this class to learn how to do it. [Provence Breads and Cafe](#) Age 21 and up

Date(s): Friday, February 21, 2014

Time(s): 6:00 PM - 8:00 PM

Fee: \$20

Materials Fee: \$20

Location: Provence Commercial Kitchen 1400 Donelson Pike
Nashville, TN 37217

418 YES YOU CAN; PICKLES AND PRESERVES

Join LAURA WILSON, Director of the Grow Local Kitchen at the Nashville Farmers' Market, for a class that will teach you how to plan ahead and enjoy pickles and preserves throughout the year. Anticipate the seasons' bounty with recipes and methods from strawberries to cucumbers to pumpkins. Learn safe canning methods and go home with recipes and samples. [Grow Local Kitchen](#) Age 21 and up

Date(s): Sunday, March 2, 2014

Time(s): 4:30 PM - 6:00 PM

Fee: \$20

Materials Fee: \$10

Location: Nashville Farmers' Market 900 Rosa L. Parks Blvd.
Nashville, TN 37208

419 NO ORDINARY TEA PARTY FOR LITTLE KIDS

You are cordially invited to the most unordinary tea party. Together, kids of all ages will explore the sillier points of etiquette and traditions surrounding tea time through stories, games, and crafts. Instructor and USN alumna, ELLEN HABER and her high school helper will conduct this class, supplying a proper pot of tea, little sandwiches, and crumbly scones. Children in Kindergarten to 2nd grade are welcome; please come dressed in your tea party finery and be sure to stretch your pinky finger properly as you walk through the door. (Please inform the instructor of any food allergies.)

Date(s): Saturday, February 8, 2014

Time(s): 2:00 PM - 4:00 PM

Fee: \$15

Materials Fee: \$15

Location: Private home

420 LEARN ABOUT KURDISH CUISINE WITH MARKET TOUR AND DINNER

Nashville has the largest Kurdish population in the country, so what better way to get to know our neighbors than through food? Explore the world of Kurdish cuisine with a market tour and dinner at a Kurdish-owned restaurant. JENNIFER JUSTUS, author of *The Food Lovers' Guide to Nashville* leads this excursion into the international side of our fair city's cuisine. This will include learning about Kurdish flatbread, eating dinner at Shish Kabob, and finishing the meal with a dessert of ice cream with saffron and rosewater. Vegetarian options will be available and will include dishes like Tabbouleh, Falafel and Ash Paz (a blend of feta cheese, sour cream, walnuts and spices) served with Kurdish flatbread. [Jennifer Justus](#) Writes [Shish Kabob](#) Age 21 and up

Date(s): Wednesday, February 26, 2014
Time(s): 6:30 PM - 9:00 PM
Fee: \$40
Materials Fee: \$20
Location: Shish Kabob, 4651 Nolensville Road Nashville, TN 37211

421 VEGETARIAN FRIENDLY COMFORT FOODS

Join USN alumna ELISE TYLER and her culinary team from The Stone Fox for a primer in cooking comfort foods the vegetarian way. The Stone Fox, a restaurant and music venue in West Nashville, prides itself on a menu that caters to vegetarians, while recognizing that vegetarians like much more than salads and pasta. In this course, tastebuds trump, as you learn how to make the Stone Fox's popular Veggie Burger and other vegetarian alternatives. For carnivores and herbivores alike. [The Stone Fox](#) Age 21 and up

Date(s): Thursday, February 27, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$40
Materials Fee: \$35
Location: Private home

422 A "CAFE FUNDAMENTAL" FRENCH KITCHEN: TECHNIQUES TO SUCCESS

In this class, Chef JAMIE WATSON will be preparing extraordinary selections from Cafe Fundamental, his newest restaurant in East Nashville. This will including Porc a la biere (Beer pork), side dishes for vegetarians, and an exotic apple tart to cap off the menu. Experience Jamie's "Southern classique" cooking style, which combines his classic French training with completely original Southern nouveau influences. Jamie graduated with Distinction from the prestigious French Culinary Institute in New York City, and his USN Evening Classes are a perennial favorite. Bring your tastebuds and your appetite. [Cafe Fundamental](#) Age 21 and up

Date(s): Sunday, February 9, 2014
Time(s): 5:00 PM - 8:00 PM
Fee: \$40
Materials Fee: \$35
Location: Private home

423 BALANCING FLAVORS WITH DEB PAQUETTE

Join Chef extraordinaire DEB PAQUETTE as she returns to USN Evening Classes with another delicious menu of culinary instruction. Participants will start with a Turkish style fish dish, discover what makes this dish work; and move onto soup, changing garnishes to examine different taste sensations. Next comes salad greens, vinaigrette, and a lovely spicy lamb appetizer where the class boldly challenges the art of Tunisian heat. Save a little room, because it will all be capped off with a decadent dessert, whereby the class picks one of three dessert wines as the winner. [Etch](#) Age 21 and up.

Date(s): Thursday, February 6, 2014
Time(s): 6:30 PM - 9:00 PM
Fee: \$40
Materials Fee: \$35
Location: Private home

424 BALANCING FLAVORS WITH DEB PAQUETTE

Join Chef extraordinaire DEB PAQUETTE as she returns to USN Evening Classes with another delicious menu of culinary instruction. Participants will start with a Turkish style fish dish, discover what makes this dish work; and move onto soup, changing garnishes to examine different taste sensations. Next comes salad greens, vinaigrette, and a lovely spicy lamb appetizer where the class boldly challenges the art of Tunisian heat. Save a little room, because it will all be capped off with a decadent dessert, whereby the class picks one of three dessert wines as the winner. [Etch](#) Age 21 and up.

Date(s): Wednesday, March 5, 2014

Time(s): 6:30 PM - 9:00 PM

Fee: \$40

Materials Fee: \$35

Location: Private home

425 FANCY MOON PIES AND RC COCKTAILS

In true spirit of Nashville's own Bang Candy Company, owner SARAH SOUTHER will engage you and your taste buds with these classic Southern culture confectionery treats. Learn how to create the perfect moon pie and feel good about it, mixing triple smoke whiskey, marshmallow, and salted caramel. Add pecan cookies smothered in dark chocolate and wash it down with a RC Cola cocktail. This class will take place onsite at Bang. [Bang Candy Company](#) Age 21 and up.

Date(s): Wednesday, January 29, 2014

Time(s): 6:30 PM - 8:30 PM

Fee: \$40

Materials Fee: \$15

Location: Bang Candy Co. 1300 Clinton Street Nashville, TN 37203

426 LOCKELAND TABLE PRESENTS: THE INCREDIBLE EDIBLE EGG... AND SO MUCH MORE

Join executive chef and owner of Lockeland Table HAL HOLDEN-BACHE for a morning of locally sourced delights focusing on the essential ingredient that every chef adores .. The EGG. Centered around the wood burning oven, Lockeland Tables'pastry chef will provide a dough demonstration while Chef Hal prepares a savory quiche with Tennshootee ham from the The Hammerey, Kenny's cheese, and fresh herbs. The second course consists of a mouthwatering parmesan, arugala, Tuscan bread, and cauliflower cream gratinee. Students will learn the proper technique for making perfect hard boiled eggs while chef Hal prepares deviled eggs with locally sourced caviar and a hit of champagne. Quench your thirst with specially Bloody Marys and "Whisper Creek Coffee" made with Kickin Coffee and Whisper Creek Tennessee Sipping Cream. What a way to start your weekend. [Lockeland Table](#) Age 21 and up.

Date(s): Saturday, February 8, 2014

Time(s): 10:00 AM - 12:00 PM

Fee: \$40

Materials Fee: \$30

Location: Lockeland Table 1520 Woodland Street, Nashville, TN

427 AN EVENING WITH YELLOW PORCH CHEF GUERRY MCCOMAS

Join GUERRY MCCOMAS, chef at one of Nashville's loveliest and most renowned restaurants, The Yellow Porch, will focus on the the technique of braising, making risotto, and the preparing of a torte. Guerry's delectable menu will include a seasonal salad, braised short ribs, risotto using farro instead of rice, and The Yellow Porch's signature chocolate torte. Guerry, a chef with the heart of a teacher, will discuss various knife skills, the history and culture of food, and talk about how to eat healthy in today's climate of processed foods. [The Yellow Porch](#) Age 21 and up.

Date(s): Saturday, February 22, 2014

Time(s): 6:30 PM - 8:30 PM

Fee: \$40

Materials Fee: \$35

Location: Private home

428 PAELLA PARTY: A NIGHT IN SPAIN WITH LISA MAYS

LISA MAYS of Wine with Lisa and My Paella Travels will teach you the art of cooking authentic Spanish Paella. Lisa will bring her Paella pan to you for a casual Night in Spain that you and your guests will rave about. Paella is a vibrant Spanish rice dish often cooked outdoors over an open flame. Learn how to make an authentic Spanish Paella from beginning to end with a Southern accent while sipping on wine and noshing on Spanish-style tapas. [Wine with Lisa](#) Age 21 and up.

Date(s): Sunday, March 9, 2014

Time(s): 3:00 PM - 6:00 PM

Fee: \$40

Materials Fee: \$35

Location: Private home

500: WINE, SPIRITS, BEER, & ENTERTAINING

501 DIY WEDDING AND EVENT FLOWERS

In this class you will learn tips and techniques to help you create your own beautiful wedding bouquets, boutonniere's, corsages, and centerpieces. Expert landscape architect and former Cheekwood horticulturist PHILLIPE CHADWICK will teach you how to condition flowers to extend their life and identify which flowers and design are the key for the perfect bouquet. Each student will leave with one bouquet, one boutonniere, and one simple centerpiece. [Phillipes Chadwick](#)

Date(s): Thursday, February 6, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$35
Materials Fee: \$40
Location: USN

502 CIGARS AND COCKTAILS

Both of these class instructors -- and USN alums -- know their way around a stogie. CHRIS CHAMBERLAIN writes about food and drink for the *Nashville Scene* and *Nashville Lifestyles* and is the Southern correspondent for FoodRepublic.com, as well as the author of *The Southern Foodie: 100 Places to Eat before You Die* and *The Recipes That Made Them Famous* and its soon-to-be-released sequel. Co-instructor and USN parent TIM OZGENER is the former owner of CAO Cigars and current CEO of OZ, a visual and performing arts and event venue in West Nashville. Enroll in this class and learn classic and creative cigar and cocktail pairings under the roof of a former cigar warehouse that is now one of Nashville's most exciting new event spots: OZ. [Nashville Scene Food Blog Bites OZ](#) Age 21 and up.

Date(s): Tuesday, March 11, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$40
Materials Fee: \$30
Location: OZ, 6172 Cockrill Bend Circle Nashville, TN 37209

503 CLASSIC COCKTAILS AND SCINTILLATING SPIRITS

Join veteran instructors CHRIS CHAMBERLAIN and DAVID PAINE as they reprise their popular survey of classic cocktails and the spirits that make them special. Popular lifestyle and food/drink writer and USN alum Chris and co-instructor David will host a lively, informative tasting session. Participants will leave the class with more knowledge about bourbon, scotch, brandy and gin as well as some great recipes for home entertaining. Chances are good that these experts will help students discover a new favorite go-to drink. [Nashville Scene Food Blog Bites](#) Age 21 and up.

Date(s): Wednesday, February 26, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$30
Location: Private home

504 WHAT WE'RE DRINKING (AND YOU SHOULD BE, TOO)

Join Nashville food and drink writer, and USN alumnus, CHRIS CHAMBERLAIN and long-time Nashville culinary expert KIM TOTZKE, the operations director at Provence Breads, as they introduce you to some of the hottest new spirits and cocktails available in the local market. You'll taste hard-to-find spirits and go home with recipes for drinks that will be the hit at your next party. Chris Chamberlain is a food, drink, wine, spirits, travel and personal interest writer based in Nashville, Tennessee, where he has lived his entire life except for four years in California where he studied liberal arts at Stanford. He is a regular writer for the *Nashville Scene* and their "Bites" food blog. An evening of learning and fun is guaranteed! You can check more of his work at [Nashville Scene Food Blog Bites](#). Age 21 and up

Date(s): Wednesday, March 5, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$40
Materials Fee: \$30
Location: Private home

505 EVOO

Fresh, extra virgin olive oil not only tastes better, the health benefits are significantly better for you as well. In this class, Olive Oil store manager and EVOO expert MEGAN CROSBY will teach you the proper way to taste and choose which extra virgin olive oils work for you. The Olive Oil Store in Green Hills imports seasonal extra virgin olive oils from around the world, so be creative and experience new taste sensations that will delight your palate and bring enjoyment to healthy eating. Students will sample Balsamic Pesto, Genovese Pesto, Balsamic Fig Jam, Balsamic Strawberry Jam, Blue Cheese Stuffed Olives, and Muffuletta Mix. [Olive Oil Store](#) Age 21 and up.

Date(s): Tuesday, February 18, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$30
Materials Fee: \$5
Location: Olive Oil Store 4117 Hillsboro Pike, Suite 102 Nashville, Tennessee 37215

506 TABLESCAPING 101

Want to spice up your next dinner party? Perhaps set a special mood? Veteran Nashville tablescaper TERRY WHITE shares inside tricks for simple and fun tablescaping. Using everyday items, Terry will demonstrate how to use table arrangements or centerpieces to express your creative side. This is a rare opportunity to learn from a seasoned pro who has table-scaped stellar local events such as The Swan Ball Late Party and Steeplechase. [English Garden of Terry White](#)

Date(s): Thursday, March 6, 2014
Time(s): 5:30 PM - 7:30 PM
Fee: \$35
Materials Fee: \$0
Location: Private home.

507 INTRODUCTION TO ALL-GRAIN BREWING

This introduction to all-grain brewing will teach you the process and fundamentals of making your own beer at home. Led by USN alum BEN BREDESEN, founder of Fat Bottom Brewing, this class is intended for students with no brewing experience as well as those who have brewed from extract kits and want to take their beer to the next level. We will discuss and brew on the basic equipment needed to make a 10-gallon batch of beer from scratch. The class will take place in the brewery at Fat Bottom and will include a tour and beer tasting with the brewer. [Fat Bottom Brewing](#) Age 21 and up.

Date(s): Wednesday, February 5, 2014
Time(s): 5:30 PM - 8:30 PM
Fee: \$20
Materials Fee: \$10
Location: Fat Bottom Brewery 900 Main Street Nashville, TN 37206

508 THE SILO BOURBON CLASS

This class brings a dozen guests together to enjoy a "Bourbon & Burgers" class in SILO's Private Dining Room. Chef LARRY CARLILE's meal consisting of deviled eggs, charcuterie, burgers and fries, and chocolate or caramel (bourbon friendly) dessert will accompany four flights of some of Kentucky's finest. Included is the history of whiskey making America, from the birth of the U.S. to its rise and prominence throughout the world. A drawing will be held after dessert, and one lucky diner will walk away with a bottle of the amber nectar to enjoy with friends at home. [Silo](#) Ages 21 and up

Date(s): Tuesday, February 18, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$480
Materials Fee: \$600
Location: SILO, 1121 5th Ave N Nashville, TN 37208

509 "FARM TO TABLE" WITH WINE

Take a virtual trip with win consultant ROBIN RIDDELL JONES to examine "off the beaten path" wineries of France and Italy to learn about delicious, hand-crafted wines. This class will focus on highlighting winemakers that are farmers, not corporations, who produce wine with integrity and heart. Many of these wineries have been making wine for generations and still care for the land with such care as it is their family heirloom. Consider these "Farm to Table" wines. Age 21 and up.

Date(s): Saturday, February 1, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$40
Materials Fee: \$25
Location: Private home

510 DINNER WITH VINCE DURMAN AND A SPECIAL MYSTERY GUEST AT JOSEPHINE

Meet at USN parent MIRANDA WHITCOMB PONTES' newest 12 South restaurant, Josephine, where you will break bread with USN Director, Vince Durnan and a Special Mystery Guest. Vince is looking forward to spending an evening with you enjoying great food, spirits, and lively conversation. This dining event will be sold as a party of 10. Vince and his special guest will join you to experience the talents of executive chef Andrew Little's unique take on American cuisine. [Josephine](#) Age 21 and up.

Date(s): Wednesday, March 12, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$400
Materials Fee: \$500
Location: Josephine 2316 12th Ave S Nashville, TN 37204

511 DINNER WITH VINCE DURMAN AND A SPECIAL MYSTERY GUEST AT ETCH

Meet at Etch, the newest culinary venture from Chef DEB PAQUETTE where you will break bread in the private dining room with USN Director Vince Durnan and a Special Mystery Guest. Vince is looking forward to spending an evening with you enjoying great food, spirits, and lively conversation. This dining event will be sold as a party of 10. Vince and his special guest will join you to experience a menu created especially for this one of a kind event. [etch](#) Age 21 and up.

Date(s): Monday, February 24, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$400
Materials Fee: \$500
Location: Etch 303 Demonbreun Street Nashville, TN 37201

512 AIN'T NOTHIN' BUT A GOURMET MUSIC HOUSE PARTY

Ever wonder what people used to do before tablets, computers, cable, and television? Maybe you even remember. It was all about food, friends, music, and fun – a house party. This class takes the spirit of those days and takes it to another level. Sign up, drive to a fabulous home in one of Nashville's coolest neighborhoods, and kick back for magic. Chef GENEVIEVE INGHAM, (Culinary Institute of America. F. Scotts, Table 3 and Husk) will start you off with Asparagus and Caramelized Onion Tart, Crab Cakes, White bean and Ricotta Dip served with Crudités, and Spinach, Spring Pea, and Potato Empanadas. This will be followed by an on-site cooking demonstration (Brioche and White Truffle Shrimp Rolls, Kale and Shaved Brussel Sprout Salad, Roasted Beef Tenderloin Sandwiches with Marsala Tomato Confit Sauce), capped by a succulent dessert (Chocolate Eclairs and French Crullers). And, while you're digesting, grammy nominated songwriter and USN parent JAY KNOWLES and eclectic Nashville songsmith and USN parent FRED LABOUR aka "Too Slim" (Riders in the Sky) will perform. [Riders in the Sky](#) [Jay Knowles](#) Age 21 and up.

Date(s): Saturday, March 8, 2014
Time(s): 7:00 PM - 10:00 PM
Fee: \$40
Materials Fee: \$35
Location: Private home

513 INTRODUCTION TO ALL-GRAIN BREWING

This introduction to all-grain brewing will teach you the process and fundamentals of making your own beer at home. Led by USN alum BEN BREDESEN, founder of Fat Bottom Brewing, this class is intended for students with no brewing experience as well as those who have brewed from extract kits and want to take their beer to the next level. We will discuss and brew on the basic equipment needed to make a 10-gallon batch of beer from scratch. The class will take place in the brewery at Fat Bottom and will include a tour and beer tasting with the brewer. [Fat Bottom Brewing](#) Age 21 and up.

Date(s): Thursday, March 6, 2014
Time(s): 5:30 PM - 8:30 PM
Fee: \$20
Materials Fee: \$10
Location: Fat Bottom Brewery 900 Main Street Nashville, TN 37206

600: HOME & GARDEN

601 ALL YOU NEED TO KNOW BEFORE RENOVATING OR BUILDING A HOUSE

Are you thinking about building a new house or renovating the one you have? Consult with local architect, USN parent and alumnus JOHN TESELLE. He will walk students through the basics and potential hazards of residential construction. Learn step-by-step what to expect during design and building, questions to ask your contractor and yourself. Students will explore design resources, green building principles, selection of architects and builders, and ways to control costs. Bring ideas and questions for open discussion time. [John TeSelle Architecture](#).

Date(s): Thursday, February 20, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

602 INTRODUCTION TO GARDENING

When the days are short and the temperatures low, it is time to plan next spring's plantings. Join floral designer and horticultural expert PHILLIPE CHADWICK for this garden design class to help you troubleshoot problem areas and get up to date on new and unusual perennials. Phillippe will present a short slide show and lead a discussion on general care for a mixed perennial garden. An open discussion based on any gardening questions will follow, so bring your challenges. Phillippe graduated from Mississippi State with a degree in Landscape Architecture and worked for the city of Franklin planning department and a Landscape Architecture firm in Brentwood. He worked for Cheekwood for the past three years designing, installing, and maintaining the Color Garden. He is currently owner of his own floral and design firm. [Phillippe Chadwick](#)

Date(s): Thursday, February 20, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN

603 DE-CLUTTER, SIMPLIFY AND ORGANIZE: LESS CHAOS, MORE SERENITY, AND POSSESSIONS THAT MATTER

Learn with Professional Organizer SUSAN GARDNER, M.Div. how to create greater alignment of mind, space and belongings in your home. She will present structures for sorting, discarding, keeping, and organizing. Using the definition that "organizing is the ability to find and use what you need when you need it," the objective is retrieval, not storage. Key components include decision-making, maintaining momentum and uncovering more satisfying patterns. Susan Gardner, M.Div. is a Professional Organizer, member of the National Association of Professional Organizers (NAPO), Nashville Chapter, and a retired United Methodist pastor in the Tennessee Conference. [Clearing the Way Home](#)

Date(s): Thursday, February 13, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN

604 FOODSCAPING: STOP MOWING, START GROWING

Learn to eschew traditional landscaping and embrace low-maintenance, multifunctional and delicious foodscaping instead. Instructor JEREMY LEKICH helped create Nashville Foodscapes, a perma-culture design and edible landscaping company. Jeremy will introduce students to the concept that a garden or landscape, when modeled from forest patterns, beautifies a home and provides abundant fresh foods with relatively low energy and time commitments. Edible plants well adapted for Middle Tennessee, and practical techniques for creating beautiful and delicious foodscapes will be identified. [Nashville Foodscapes](#)

Date(s): Thursday, January 30, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

605 URBAN BACKYARD BEEKEEPING

With just a bit of training, anyone can keep bees, even in a busy city such as Nashville. Students will learn to collect delicious fresh honey from their backyard hives without fear of stings. Learn how to tell if your bees are happy or having a bad day, and be the first on your street with a honey hive. USN parent of an alum and veteran beekeeper QUICK FOY will show that beekeeping can be fun, simple and sweet.

Date(s): Thursday, January 23, 2014
Time(s): 6:00 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN - Gordon Multi-Purpose Room - 1145

606 GROW, EAT, LOVE: GARDENING & HOME FOOD PRODUCTION

Did you know that a small garden plot in your backyard could save \$900 (or more) in annual food costs? PETER ANDERSON, food and gardening activist, will share the basic steps (and more) to create a productive, sustainable, cost-efficient, highly productive garden for a typical Nashville yard. You will learn about vegetables and fruits, herbs and flowers, composting and wildlife friendly lawns. [Bee Happy Project](#)

Date(s): Thursday, March 6, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$35
Materials Fee: \$5
Location: USN

607 KERMIT WAS WRONG ... IT IS EASY BEING GREEN

No matter what your diet, eating garden greens is a straight road to a healthier you. This two part workshop covers "knowing and growing" and "cooking and eating" greens with organic gardener PETER ANDERSON and chef CHUCK WHITE ([BeeHappyProject.com](#) and [Chef Chuck.com](#)). This class will cover the growing and the eating, gardening basics to get you in sync with the seasons, as well as new and interesting ways to prepare, cook, and juice greens for taste and health benefits. [Bee Happy Project](#) [Chef Chuck White](#) Age 21 and up

Date(s): Sunday, March 9, 2014
Time(s): 4:00 PM - 5:30 PM
Fee: \$20
Materials Fee: \$20
Location: Private home.

608 A WHOLE HOUSE APPROACH TO REMODELING A HOME

With the strong housing market, many homeowners are considering improvements or additions for their homes. Improving home performance as well as aesthetic improvements should be a part of the remodeling project. In this class, ERIK DAUGHERTY, founder of the home performance company E3 INNOVATE, will outline the steps to planning and executing the whole house retrofit. Leveraging his expertise in the home performance industry with personal experience, Erik provides insights into getting the best results possible to deliver a healthy, durable, and more energy efficient home. [E3 Innovate](#)

Date(s): Tuesday, February 11, 2014
Time(s): 6:30 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

609 CREATE YOUR OWN STYLE: A HOME INTERIOR DESIGN WORKSHOP

Is your home missing that certain something? Have you tried to pull a room together but missed the mark? Would you like to add your own signature style but not sure what your unique style actually is? Join Nashville-based interior designer MARCELLE GUILBEAU for this fun-filled interactive workshop. In just one class, you will learn the four major design styles, uncover your design values, and discover the timeless building blocks of design. Bring your own home interior design project or "trouble spot" to class and Marcelle will work with you to pull together possible solutions that incorporate your own design style. At the end of the class, you will have your own "style notebook" which you can keep and add to as you go along to create your dream home. [Marcelle Guilbeau](#)

Date(s): Tuesday, January 21, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN - Room 1105

610 PROFESSIONAL ORGANIZATION: A NEEDS ASSESSMENT

A person with a cluttered home or office spends, on average, 1.5 hours a week searching for misplaced things. Achieve organizational goals by having LAUREN WEINTRAUB, "The Solution Girl" help you determine how to tackle a specific space in your home or business. Each individual who signs up for the class will email The Solution Girl prior to class, letting her know one specific space in their home or business that they want to have organized. In the actual class, you will be given details on how to manage each space, overcome limitations, achieve long-term goals, etc. There will be a Q and A session at the end of the class, where you can pick her brain on anything from organization to downsizing homes to interior re-design. [the Solution Girl](#)

Date(s): Thursday, March 6, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

611 CREATING YOUR DREAM SPACE - KITCHENS OR BATH

Kitchens and baths are the most popular renovation targets, but the construction process and material selection can sometimes be confusing and intimidating. Instructors and USN parents BRONSON and TERRI LANKFORD of Lankford Decorating and Construction will provide do-it-yourself tips for homeowners and practical information about how to handle a contractor-client relationship. Discover new ideas and potential solutions to re-design your personal living spaces and learn helpful guidelines for what to expect during a remodeling project. Students can bring photos or drawings of their own spaces to discuss in class. These veteran builders and remodelers invite participants to bring ideas for pet projects and dream rooms and learn how to make them even better. [Lankford Decoration & Construction](#)

Date(s): Tuesday, March 4, 2014

Time(s): 6:30 PM - 8:30 PM

Fee: \$20

Materials Fee: \$0

Location: USN

700: ARTS & HOBBIES

701 WOODTURNING FOR BEGINNERS

The hidden beauty of wood is revealed in this hands-on workshop with STEVE ROBINS, expert wood turner, woodworker and USN faculty member. Steve's guidance will provide you the basic skills to make beautiful works of art, using wood from dead or damaged trees. No prior woodturning experience is required, and you will take your creation home with you.

Date(s): Thursday, January 30, 2014
Time(s): 5:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$25
Location: USN

702 WOODTURNING FOR BEGINNERS

The hidden beauty of wood is revealed in this hands-on workshop with STEVE ROBINS, expert wood turner, woodworker and USN faculty member. Steve's guidance will provide you the basic skills to make beautiful works of art, using wood from dead or damaged trees. No prior woodturning experience is required, and you will take your creation home with you.

Date(s): Thursday, February 27, 2014
Time(s): 5:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$25
Location: USN

703 RARE BOOK COLLECTING 101

What makes a book rare and/or collectible? This class is designed to be an introduction to book collecting and will introduce both terminology and methodology. Instructor MIKE COTTER will be discussing the following topics: Antiquarian Book Terminology, First Editions, The Internet and Modern Book Collection, Collecting Modern First Editions, Proper Display and Storage of Books, Books from the 1980's. In addition, he will set aside time in class to look at a few examples brought in by participants. If he doesn't get to them all, Mike will be happy to schedule time at his shop for each person who signed up for this class. [Yeoman's in the Fork](#)

Date(s): Tuesday, February 11, 2014
Time(s): 6:00 PM - 8:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN

704 DRAWING FOR BEGINNING ARTISTS

Have you been frustrated in previous efforts at drawing? This course is ideal for those would-be artists who are looking for a positive experience. Renowned Middle Tennessee artist CHARLES BRINDLEY embraces all levels of artistic development. Begin your artistic journey with Charles, whose artwork has been represented in galleries from Taos to New York City. [Charles Brindley](#)

Date(s): Tuesday, March 4, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

705 BECOME A COLOR EXPERT

Perfect your use of color with this class taught by renowned Middle Tennessee artist CHARLES BRINDLEY. It's a natural class for artists, but also ideal for designers, homeowners or anybody interested in color. Students will learn how to turn your color experience from a guessing game to a thoughtful, methodical process. Develop selections of automatic and memorized colors. Learn the secrets of matching colors; understand sophistication in color arrangements, harmonies and more. [Charles Brindley](#)

Date(s): Tuesday, March 11, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

706 CREATING ART WITH HANDMADE PAPER FROM AROUND THE WORLD

Taught by vibrant multi-media artist BETH GRUBB, owner of Beth Grubb Creative, utilize creative ideas and explore how to use paper in all forms of art. Learn how to apply paper in both abstract formats and specific forms. Work with other creative media to bring your art to life as well as how to preserve these unique art forms. An active imagination is useful but not required. [Beth Grubb Creative](#)

Date(s): Thursday, February 20, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$35
Materials Fee: \$10
Location: USN

707 CRACK, BAM, DOT: IT'S MAH JONG

Join a team of experienced Mah Jong mavens led by USN parent of alumni KAREN YAZDIAN for a two-night class on how to play the game. Mah Jong is an ancient game originated in China, played in teams of four with tiles that stand on a rack. By picking and discarding tiles, each player tries to match an existing pattern on the Mah Jong card. By the end of the class, participants will gain both knowledge of and appreciation for this fun and challenging game.

Date(s): Tuesday, February 18, 2014,
Tuesday, February 25, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$8
Location: USN

708 BEGINNING BLACK AND WHITE PHOTOGRAPHY

Renowned landscape and nature photographer and 2013 Artclectic artist SPEARS McALLESTER will discuss and teach the basics of digital photography and best methods for converting images to black and white. SPEARS' work and teaching focus on capturing the beauty of light and passion of experience to share images of our wonderful natural world with others. This class will also cover specific software such as Adobe Lightroom and Nik Silver Effex Pro 2. [Spears McAllester Photography](#)

Date(s): Thursday, February 20, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$5
Location: USN

709 PRINTMAKING: INTRODUCTION TO LINO-CUT

Join 2013 Artclectic artist MIKE MARTINO in this hands on class and learn the origins of linoleum cut printmaking techniques and create your own lino-cut. This two class workshop will show you how to create a lino-cut from one of your ideas and print the image on paper. At the end of this class you will not only walk away with a print but you will get to keep the tools and items handed out for this class. This class is designed for the beginner and intermediate artist. [Blue Fig Editions](#)

Date(s): Tuesday, February 25, 2014,
Tuesday, March 4, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$45
Materials Fee: \$25
Location:

710 WORKING ON THE POTTER'S WHEEL

Learn from renowned artist TOM TURNBULL, who has created beautiful pottery that is displayed in local galleries, businesses, and in homes of collectors around the globe. In this hands-on workshop, students will make bowls and vases on their own potter's wheel. Tom will instruct and assist students in creating their own unique piece. This could be a cereal bowl, a centerpiece, vase, or even a gift for a loved one. Students will pick up their glazed and fired work from Tom's home studio and have the opportunity to view more of this artist's highly acclaimed work. Ages 16 and up welcome. [Turnbull Pottery](#)

Date(s): Thursday, February 6, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$25
Location: USN

711 WOODWORKING FOR NON-WOODWORKERS

Have you ever wondered how dovetail joints are cut? Have you wondered how the rockers of a rocking chair are made? This interactive session will be a survey of wood, tools and techniques used in furniture making. Illustrious woodworker MITCH ROBERSON will discuss several species of wood and examine their characteristics, grain and wood movement. From this starting point, Mitch will demonstrate how to safely use hand tools (including planes, saws and chisels) to flatten, shape, bend and smooth wood. The class will explore common joints such as dovetails, mortise, tenon, and wedged joints, learning how to cut them. This class will be a valuable opportunity to see the tools and wood up close, to try out a hand plane, ask questions and find out how and where to learn more. [Human Hands Woodworking](#)

Date(s): Thursday, February 6, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

712 FOUR BOOKS IN ONE EVENING

USN art instructors LESLEY PATTERSON-MARX and EMILY HOLT will draw participants into the world of bookmaking through four simple book forms. The class will work with a variety of different decorative papers and textural book board. Some books will be folded, others will be sewn, but everyone will create four books in one night. Sign up with friends to enjoy this fun and engaging artistic activity class. [Lesley Patterson-Marx](#)

Date(s): Tuesday, March 11, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

713 GETTING TO KNOW YOUR DSLR (DIGITAL SINGLE LENS REFLEX) CAMERA

Have you been determined to learn how to take that camera beyond it's programmed settings and learn to properly expose the light and work with your art form? Join USN parent and professional photographer KIMBERLY MANZ in this two session class. The first session is the basic beginner class for Digital SLR cameras (please note that this class is NOT aptly suited for Point and Shoot, nor mirror-less technology cameras). It will concentrate on how to properly adjust ISO, Aperture Values, and Shutter Speeds to completely shoot in the Manual setting. In the second, and more advanced session, we will review the homework from the earlier class, as well as discuss proper metering, focal lengths, depth of field, manual focusing, white balance, and proper use of flash. [Kimberly Manz](#)

Date(s): Thursday, January 23, 2014,
Thursday, January 30, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$45
Materials Fee: \$0
Location: USN - Tibbott Center - Digital Graphics MAC Lab - Room 2820

714 GETTING TO KNOW YOUR DSLR (DIGITAL SINGLE LENS REFLEX) CAMERA

Have you been determined to learn how to take that camera beyond it's programmed settings and learn to properly expose the light and work with your art form? Join USN parent and professional photographer KIMBERLY MANZ in this two session class. The first session is the basic beginner class for Digital SLR cameras (please note that this class is NOT aptly suited for Point and Shoot, nor mirror-less technology cameras). It will concentrate on how to properly adjust ISO, Aperture Values, and Shutter Speeds to completely shoot in the Manual setting. In the second, and more advanced session, we will review the homework from the earlier class, as well as discuss proper metering, focal lengths, depth of field, manual focusing, white balance, and proper use of flash. [Kimberly Manz](#)

Date(s): Thursday, February 20, 2014,
Thursday, February 27, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$45
Materials Fee: \$0
Location: USN

800: RECREATION, FITNESS, & DANCE

801 THE STRANGE CURIOUS EVOLUTION OF GOLF: MYTHS AND FACTS

Join golf enthusiast DR. JOHN W. MILLER as he leads this class on the strange, curious evolution of golf. John has spent a lifetime chronicling the fascinating history of one of our society's most intriguing, frustrating and entertaining sports: golf. As both an accomplished custom golf club maker and a member of the Golf Collector's Society, John has amassed a lifetime of facts and fun anecdotes about golf and the sportsmen who played the game. He will share tidbits, trivia and lots of good stories. Learn more about Tennessee's role in golf's evolution and the story of where golf really originated - no, it wasn't Scotland! Be prepared to have fun and be entertained and to leave with some great stories that you can share the next time you hit the 19th hole.

Date(s): Tuesday, March 4, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN

802 FIT FOR LIFE: RUNNING AND WALKING IS FOR EVERYONE

Nashville Striders DIANE BIBEAU and PETER PRESSMAN will present, teach, and focus on the lifelong health benefits of walking and/or running. Class participants will learn how to begin a walking/running program, set goals, incorporate an exercise plan into a busy lifestyle and stay motivated. They will also learn about proper shoes and clothing, safety and community resources. [Nashville Striders](#)

Date(s): Tuesday, February 11, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$20
Materials Fee: \$0
Location: USN

803 BICYCLE COMMUTING--HOW TO START ENJOYING THE RIDE

Maybe the Slow Food movement has you eating more thoughtfully, you've found your center in your yoga class, and your chi is flowing well thanks to your acupuncture sessions. Well, what about your commute? As an alternative way of getting to and from work, finding extra time for exercise in your busy schedule or just making a quick run to the corner store, the bicycle is the most efficient, green, healthy and fun way of getting around. Instructor, and USN teacher, GREG O'LOUGHLIN will go over many aspects of commuting by bike, including choosing a bike, equipment and accessories, routes, safety and maintenance. If you've been curious about taking a bike to work one day a week or want to learn about year-round daily commuting, this 90-minute class is a perfect way to get started. Remember, you're not stuck in traffic--you are traffic.

Date(s): Thursday, February 27, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN

804 BEGINNING FLY FISHING FOR WOMEN ONLY

Learn how to fly fish in this class for women only taught by certified fly fishing instructor SUSAN THRASHER, owner of Southern Brookies. With a few hours of lessons and hands-on experience, students will learn the basic casts and necessary equipment for fly fishing. By the end of the class, students will be able to catch and safely release a fish. Susan turned her passion for fly fishing into her profession and offers guided trips and instruction. [Southern Brookies Fly Fishing](#)

Date(s): Saturday, March 8, 2014
Time(s): 9:00 AM - 12:00 PM
Fee: \$35
Materials Fee: \$10
Location: Shelby Park

805 BEGINNING FLY FISHING--COED

Learn how to fly fish with certified fly fishing instructor SUSAN THRASHER, owner of Southern Brookies. With a few hours of lessons and hands-on experience, students will learn the basic casts and necessary equipment for fly fishing. By the end of the class, students will be able to catch and safely release a fish. Susan turned her passion for fly fishing into her profession and offers guided trips and instruction. [Southern Brookies. Fly Fishing](#)

Date(s): Saturday, March 8, 2014
Time(s): 1:00 PM - 4:00 PM
Fee: \$35
Materials Fee: \$10
Location: Shelby Park

806 PREDATORS HOCKEY 201

Do you enjoy the thrill and energy of a hockey game, but aren't quite sure what's happening on the ice? If you're a Predators fan, join 102.5 The Game radio talk show host and USN parent WILLY DAUNIC for this insightful and enjoyable class. Who are the players? What role does each one play? What should you look for to understand what is going on out there? As the host of Nashville Predators broadcasts, Willy can help you learn how to follow this high-paced and intense sport and enjoy the game on a deeper level. [The Game 102.5](#)

Date(s): Tuesday, February 25, 2014
Time(s): 7:15 PM - 8:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN

808 ASSERT EMPOWERMENT AND SELF-DEFENSE

The ASSERT Empowerment and Self-Defense curriculum is a powerful training tool designed for more than just defense against violent attacks. The program is centered on the development of the Mind-Set in order to employ the Skill-Set. In this class, Sandan LIZ FITZGERALD will teach how to confront, address, and survive stranger-based aggravated crimes and cyber-crimes as well as that acquaintance, friend or family member who becomes manipulative and potentially violent or dangerous. Learn to recognize your own personal early warning system and turn Fear into Power. This course (for ages 14 and up) is designed to help you face stressful situations successfully, plan ahead for them, and maintain your composure and clear thinking even under the effects of adrenaline. [KSA Martial Academy](#)

Date(s): Tuesday, February 11, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$20
Materials Fee: \$0
Location: USN

809 YOGA FOR THE TRUE BEGINNER

Are you intimidated by Yoga Studios? Feel like everyone is fitter and more flexible than you? In this easy-going, gentle class you will learn yoga basics that will improve your physical well being and can be performed during your daily routine. Led by CORRINE DENNISON, a USN parent who has taught yoga for more than 14 years and has studied with locally and internationally renowned instructors. This class is the perfect entry point for this healthy lifestyle choice.

Date(s): Tuesday, February 18, 2014
Time(s): 6:30 PM - 8:30 PM
Fee: \$20
Materials Fee: \$0
Location: USN

810 360 DEGREE FITNESS FOR WOMEN

Fitness flows from the inside to the outside, and this class illustrates that it is entirely possible for every woman to age well and feel well. In this two-part class, personal trainer CAROL BUCKLEY FRAZIER will bust myths and misconceptions about weight loss, working out and eating, and consider other important factors that play a major part in being a fit and fabulous woman of the ages, no matter what the age. [BestUWellness](#)

Date(s): Thursday, February 6, 2014,
Thursday, February 13, 2014
Time(s): 6:00 PM - 7:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

811 BALLROOM, LATIN, AND SWING DANCE LESSONS

Whether you want learn some smooth steps for the dance floor, take your dance experience to the next level, or get fit in a fun and energetic environment, this Dance Class is for you. Don't miss this opportunity to learn something new and have a blast doing it. Couples and single adults are welcome, as professional dance instructor DONALD STAMPER will teach you the moves to get out on the floor in any setting. You don't have to be Fred Astaire or Ginger Rogers to sign up for fun dances, smooth moves and great times. Class fee is \$35 per person.

Date(s): Thursday, February 6, 2014,
Thursday, February 13, 2014
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

812 SWIMMING TECHNIQUE FOR TRIATHLETES

Are you interested in triathlons but not confident about the swimming portion of the race? JUSTIN KARPINOS, head swimming coach at USN and a 2011 winner of the USA Triathlon All-American in Aquathlon and his wife ASHLEY KARPINOS, an All-American swimmer at Kenyon, will teach students effective techniques to develop a more relaxed and efficient swimming style. They will focus on head and body alignment, effective kicking, proper breathing, and drills to lengthen and optimize your stroke. Coaches Justin and Ashley will provide students with strategies for swimming in open water and offer workouts to train for your next race. Each student will receive personalized feedback, see demonstrations from accomplished swimmers, and a get a video critique of his or her stroke. In order to get the most out of this class, participants should be able to swim 100 yards without stopping.

Date(s): Tuesday, March 11, 2014
Time(s): 6:30 PM - 8:45 PM
Fee: \$30
Materials Fee: \$0
Location: Gordon Jewish Community
Center 801 Percy Warner Blvd, Nashville,
TN 37205

900: TOURS

901 LOOK, LEARN AND LISTEN WITH THE NASHVILLE SYMPHONY

Enjoy an evening of music and more with the Nashville Symphony. JONATHAN MARX, vice president of communications for the Nashville Symphony, will lead the class on a behind-the-scenes tour of one of the city's most striking landmarks. Following the tour, class participants will attend an informative pre-concert lecture with guest conductor CARLOS KALMAR, and then sit back and enjoy Nashville's GRAMMY-winning orchestra as they perform classics by Haydn, Strauss, and more. [Nashville Symphony](#)

Date(s): Friday, February 28, 2014
Time(s): 6:00 PM - 10:00 PM
Fee: \$20
Materials Fee: \$25
Location: Nashville Symphony 1
Symphony Place, Nashville, TN 37201

902 TOUR OF LP FIELD

Take part in this fascinating tour of LP Field to experience many of the behind-the-scenes areas of the arena. General Manager WALTER OVERTON, USN alum father and former wide receiver for the Vanderbilt Commodores, will take students on a walking tour that offers rare access for fans (ages 10 and older) to the press box, locker room and players' tunnel. [Tennessee Titans](#)

Date(s): Wednesday, March 5, 2014
Time(s): 5:30 PM - 7:30 PM
Fee: \$35
Materials Fee: \$0
Location: LP Field 1 Titans Way
Nashville, TN 37213

903 BACKSTAGE AT THE GRAND OLE OPRY

This is a one-of-a-kind tour that will appeal to fans of the Grand Ole Opry, country music, and Nashville history. DAN ROGERS and BRENDA COLLADAY, co-authors of the new hardcover release *Backstage at the Grand Ole Opry*, offer a behind-the-scenes tour of the Grand Ole Opry House, which celebrates 40 years as the Opry's home in 2014. The tour includes the Opry stage, dressing rooms, and more, with personal commentary from the authors followed by a "stories from the book" presentation and question and answer session. [Grand Ole Opry](#) Age 14 and up

Date(s): Thursday, February 27, 2014
Time(s): 7:00 PM - 8:30 PM
Fee: \$20
Materials Fee: \$0
Location: Grand Ole Opry 2804
Opryland Drive Nashville, TN 37214

904 INSIDER'S VIEW OF HATCH SHOW PRINT

Hatch Show Print® has a new home! Enjoy a behind the scenes tour of Hatch Show Print, now located at 224 5th Ave. South inside the expanded Country Music Hall of Fame® and Museum. Look for the famous Hatch neon sign just South of Demonbreun. Master Printer JIM SHERRADEN will again be on hand to walk the participants through the 135-year-history of one of America's iconic print shops. Yes, we moved everything and now you know why we call it "movable type!" [Hatch Show Print](#) Age 21 and up

Date(s): Wednesday, February 12, 2014
Time(s): 6:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: Hatch Show Print, 224 5th
Avenue South Nashville, TN 37203

905 INSIDER'S VIEW OF HATCH SHOW PRINT

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Date(s): Thursday, February 13, 2014
Time(s): 6:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: Hatch Show Print, 224 5th
Avenue South Nashville, TN 37203

906 LOOKING EAST: WESTERN ARTISTS AND THE ALLURE OF JAPAN. A TOUR OF FRIST CENTER FOR THE VISUAL ARTS WITH MANCIL EZELL

Frist Center docent extraordinaire MANCIL EZELL will lead students through the Center's current exhibit – "Looking East: Western Artists and the Allure of Japan." In Europe and the United States, the late nineteenth and early twentieth centuries witnessed an explosion of interest in all things Japanese, leading to a radical shift in modern art. Some of the greatest Western artists, including Vincent van Gogh and Claude Monet, were inspired by Japanese art to create works of singular beauty. The exhibition explores this fruitful encounter between East and West by presenting a selection of major paintings, prints, drawings, and decorative arts from the collections of the Museum of Fine Arts, Boston. Masterpieces by European and American artists will be shown along with rare objects and ukiyo-e prints from the MFA's Japanese collection, which is one of the finest in the world. [The Frist](#) Age 14 and up

Date(s): Friday, March 7, 2014
Time(s): 7:00 PM - 8:30 PM
Fee: \$20
Materials Fee: \$0
Location: Frist Center for the Visual Arts
919 Broadway. Nashville, TN, 37203

907 WHAT LIES BEHIND THE BLACK DOOR: AN EXCLUSIVE LOOK AT THE INNER WORKINGS OF THIRD MAN RECORDS

Closed to the public save for a "Golden Ticket" promotional tour back in 2009, the behind-the-scenes look at Third Man Records is deserving of every single one of the countless Willy Wonka comparisons it has received. Led by BEN BLACKWELL, who does anything and everything at Third Man, the tour will snake through all the nooks and crannies of Third Man with close attention paid to the hypnotic cyc walls of the Blue Room performance space, the only live-to-vinyl recording set-up in the world and the one-of-a-kind decor/design that screams more "candy factory" than "record label." Ending in Third Man's retail store / novelties lounge, folks will have the opportunity to purchase a wide variety of records, souvenirs or various sundries offered therein. [Thirdman Records](#)

Date(s): Saturday, February 8, 2014
Time(s): 2:00 PM - 4:00 PM
Fee: \$35
Materials Fee: \$0
Location: Third Man Records, 623 7th Ave. S, Nashville, TN 37203

909 TOUR OF ABC - TV "NASHVILLE" SET

Famous KURLAND siblings and USN graduates both: AMY, founder of Bluebird Cafe, and PETER, award winning movie maker of every Coen Brothers movie ever made, will give you the insider's tour of the ABC TV hit show "Nashville" set. This exclusive, one time event, will include a visit to the set's scale replica Bluebird Cafe, technological information about the show's production, and even some good ol' gossip. If you love the show, you will really love this tour. Age 18 and up

Date(s): Sunday, March 9, 2014
Time(s): 2:00 PM - 4:00 PM
Fee: \$35
Materials Fee: \$0
Location: Private location

1000: ONE-TO-ONE INSTRUCTION

1001 GET A FINANCIALLY SMART DIVORCE

Even the best Nashville divorce attorneys are not accredited financial counselors and were not trained to perform financial analysis. SANDY ARONS, MBA, Certified Financial Divorce Analyst, Accredited Financial Counselor and Mediator, will discuss the financial pitfalls to avoid if you are in the midst of a divorce, how to minimize arguing and get the most value from your attorney fees. She will also discuss financial missteps to avoid when creating the Parenting Plan. Men and women are welcome. [Arons & Associates](#)

Date(s):
Time(s):
Fee: \$75
Materials Fee: \$0
Location: To Be Determined

1002 GET A FINANCIALLY SMART DIVORCE

Even the best Nashville divorce attorneys are not accredited financial counselors and were not trained to perform financial analysis. SANDY ARONS, MBA, Certified Financial Divorce Analyst, Accredited Financial Counselor and Mediator, will discuss the financial pitfalls to avoid if you are in the midst of a divorce, how to minimize arguing and get the most value from your attorney fees. She will also discuss financial missteps to avoid when creating the Parenting Plan. Men and women are welcome. [Arons & Associates](#)

Date(s):
Time(s):
Fee: \$75
Materials Fee: \$0
Location: To Be Determined

1003 ONE-TO-ONE WITH THE SCHOLARSHIP MAN

Can you meet the costs of college without taking on a huge debt-load? For more than a decade, MICHAEL TURNER has coached students, parents and adults on how to find money to pay for college. In an hour-long, one-on-one session, Turner will show you resources to find scholarship and internship money. If you wish, he can also show you how to identify careers that will be the most in demand. The session includes a free copy of Turner's book *The S.E.C.R.E.T Method to Winning the Scholarship Game: 55 Secrets For Financing Your College Education at Little or No Cost*, and a personalized scholarship report. Age 16 and up. [Tiger Scholars](#)

Date(s):
Time(s):
Fee: \$65
Materials Fee: \$0
Location: To Be Determined

1004 ONE-TO-ONE WITH THE SCHOLARSHIP MAN

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Date(s):
Time(s):
Fee: \$65
Materials Fee: \$0
Location: To Be Determined

1005 PUPPY INTRO AND SOCIALIZATION

Did you know that 80% of your dogs' socialization takes place in the first 16 weeks of life? If she is not exposed to all kinds of people, sounds, places and also other puppies and adult dogs, she may be afraid throughout her life. In a one on one session with MICHELE BOARDMAN that's both heart-warming and informative, you will look into those big deep puppy eyes, learn the proper way to socialize your canine friend, and integrate puppy obedience training techniques into the bond between you and your pet. [Michele Boardman](#)

Date(s):
Time(s):
Fee: \$50
Materials Fee: \$0
Location: To Be Determined

1006 PUPPY INTRO AND SOCIALIZATION

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Date(s):
Time(s):
Fee: \$50
Materials Fee: \$0
Location: To Be Determined

1007 "CITY DOG" TRAINING

Why leave your best friend at home when she can come with you? If your dog has mastered basic obedience (come, sit, down, stay and loose leash walking) she is ready to learn how to be your well-mannered bon vivant and companion about town. In this class, MICHELE BOARDMAN show you how to keep your dog safe in the car and properly greet strangers and manners while visiting the bank, dry cleaners, retail shops and outdoor restaurants. "City Dog" training is exclusive to WonderDogs and a wonderful opportunity for USN dog owners. [Michele Boardman](#)

Date(s):
Time(s):
Fee: \$50
Materials Fee: \$0
Location: To Be Determined

1008 ONE-ON-ONE WITH JAY KNOWLES

The old saying is "if you throw a rock in Nashville, you hit a songwriter." This may be true, but the odds are much less likely of being a Grammy nominated songwriter – or spending 90 minutes learning from that brilliant songwriting talent...until now. In this class, USN parent and Grammy nominee JAY KNOWLES will discuss the art of crafting a hit: how to turn ideas into reality, and elevating songs to the next level. Save your paper napkin lyrics. You will have a hour and a half to spend with Jay. [Jay Knowles](#)

Date(s):
Time(s):
Fee: \$75
Materials Fee: \$0
Location: To Be Determined

1009 PRACTICAL PRUNING FOR TREES AND SHRUBS

When your yard feels like a jungle, the clippers are dull, and there's nowhere to turn, master certified arborist and USN parent CABOT CAMERON can help – and will, through this returning class. Everyone loves aesthetics, but proper pruning of your ornamental trees and shrubs is also important to their long term health and beauty. It can also be a truly satisfying do-it-yourself experience that gives you a sense of accomplishment and pride. Gain the confidence you need with a one-on-one lesson from Cabot. Sign up early for this very popular one hour session and hone your pruning chops on the way to the type of glorious garden Monet would love. [Druid Tree Service](#)

Date(s):
Time(s):
Fee: \$100
Materials Fee: \$0
Location: Your Location

1010 PRACTICAL PRUNING FOR TREES AND SHRUBS

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Date(s):
Time(s):
Fee: \$100
Materials Fee: \$0
Location: Your Location

1011 PRACTICAL PRUNING FOR TREES AND SHRUBS

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Date(s):
Time(s):
Fee: \$100
Materials Fee: \$0
Location: Your Location

1012 TWO ON ONE ORGANIZATION CONSULTATION

If you save everything but can't find anything, this class is for you. Professional organizers URSULA NORRIS (a USN parent) and LEE ANN MERRICK, USN class of '79 and the parent of alumna who graduated in '08, will make a site visit to your humble abode, assess, provide perspective, and help you get organized. If you know that it's closet-help you need, as opposed to rec room redesign, they can also focus on a single part of your home. This is a one-hour consultation. Your home is required. Clutter is optional. [Tinwings](#)

Date(s):
Time(s):
Fee: \$100
Materials Fee: \$0
Location: To Be Determined

1013 CAREER SPRINGBOARD CONSULTATION TO ASSIST WITH A TOUGH CAREER TRANSITION

JANE HARDY, M. Ed., USN parent of an alum and a specialist as a strategic career counselor offers a Career Springboard consultation with this new one-on-one session to help an adult (24 years of age or older) assess and explore work and career possibilities. Together with Hardy, you will create a plan for reaching your career and life goals. After completing a worksheet prior to your session, you will meet with Hardy to develop a deeper understanding of abilities, transferable skills and additional assets; criteria for evaluating career opportunities; a variety of job search strategy recommendations, including two-minute introductions, networking and social/online networking. Hardy will offer a resume assessment and suggestions for revisions and help you create customized action steps for taking your career to the next level. Hardy, founder and career strategist at Career Resources, has helped more than 10,000 individuals in Middle Tennessee achieve their career goals. This class is valued at \$340. [Career Resources](#)

Date(s):
Time(s):
Fee: \$150
Materials Fee: \$0
Location: To Be Determined

1014 FENG SHUI BASICS PRIVATE CONSULTATION

USN parent and owner of Studio Dakini MOLLY SPESSARD will offer this one-on-one consultation exploring the ancient art of Feng Shui. This popular design technique helps to address how home and work environments affect mood and productivity. Spessard's consultation will inspire you to remove basic clutter and anchor yourself in both the home and workplace. [Studio Dakini](#)

Date(s):
Time(s):
Fee: \$100
Materials Fee: \$0
Location: Your Location

1015 ONE-ON-ONE WITH AN ARCHITECT

Could you use 2 hours with a Registered Architect to help flush out some creative design ideas that have been lingering in your head? Thinking about an addition to your home and don't know where to start? Have questions about your neighborhood's zoning, or green design, or modern furniture and lighting, or...? Here's an easy chance. You will meet one on one with the Architect of USN's current Centennial project, MARK BIXLER, at a time and location to be determined by the both of you. The sky's the limit on what design issues you want to cover - Mark will help you channel your inner Howard Roark. [Manuel Zeitlin Architects](#)

Date(s):
Time(s):
Fee: \$100
Materials Fee: \$0
Location: Your Location

1016 ONE ON ONE WITH AN ARCHITECT

Could you use 2 hours with a Registered Architect to help flush out some creative design ideas that have been lingering in your head? Thinking about an addition to your home and don't know where to start? Have questions about your neighborhood's zoning, or green design, or modern furniture and lighting, or...? Here's an easy chance. You will meet one on one with the Architect of USN's current Centennial project, MARK BIXLER, at a time and location to be determined by the both of you. The sky's the limit on what design issues you want to cover - Mark will help you channel your inner Howard Roark. [Manuel Zeitlin Architects](#)

Date(s):
Time(s):
Fee: \$100
Materials Fee: \$0
Location: Your Location

1017 HIS AND HERS: BLENDING DECORATING STYLES FOR COUPLES

Blending styles can result in some interesting combinations and controversies...is his masculine furniture clashing with her frilly accessories? Nashville based interior designer MARCELLE GUILBEAU will meet one on one at your home to help you take a look at: how to blend different style compromises you can live with, what doesn't work, and what new style suits you both. [Marcelle Guilbeau](#)

Date(s):
Time(s):
Fee: \$100
Materials Fee: \$0
Location: Your Location

1018 ARTIST DEVELOPMENT FOR THE SINGER/SONGWRITER

This one-on-one class will offer a singer/songwriter help with developing as an artist and performer. USN parent REESE FAW, a music industry veteran in both publishing and A&R, has worked with artists to help them develop and express themselves. In this consultation, Faw will meet with a singer/songwriter to discuss the stress and pressure of performance, stage fright, pure expression of a song and more. Using a song performed by the client, Faw will discuss areas in which there is pure expression in the song and other areas that may not be grounded in the lyrics. This consultation is not about changing the lyrics, but about finding the deeper and more consistent truths in the songwriter's words.

Date(s):
Time(s):
Fee: \$65
Materials Fee: \$0
Location: To Be Determined - possibly USN

1019 ARTIST DEVELOPMENT FOR THE SINGER/SONGWRITER

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Date(s):
Time(s):
Fee: \$65
Materials Fee: \$0
Location: To Be Determined - possibly USN

1020 PROFESSIONAL ORGANIZATION ONE-ON-ONE

Organization isn't about creating a Martha Stewart level of perfection; it's about finding a place for everything and being able to locate things when you need them. LAUREN WEINTRAUB, "The Solution Girl" can help with storage, kitchen, office, and living spaces, just to name a few. There is nothing too scary or time frame too daunting. In addition to organizing each space, you will be given tips to aid in keeping things in their proper place. This one-on-one session will include an assessment of your space and three hours of organizational services. [thesolutiongirl.com](#)

Date(s):
Time(s):
Fee: \$100
Materials Fee: \$0
Location: To Be Determined