

USN Evening Classes

2015 Catalog



Celebrating 22 Years of Classes for the Nashville Community

For the Most Up-To-Date Class Information and Registration
Visit USNeveningclasses.org

2015 CLASS CATALOG

There are over 130 classes in ten categories this year. Your favorites are back along with at least fifty percent new. Select the category on the left to browse the classes.

Music, Literature and the Arts (100) classes help you tap into your creative side or expand your knowledge of the arts with classes on music history, gallery tours and writing.

Career, Communications, Money and Computers (200) classes provide you with practical advice and skills such as estate planning, iPhone app development and interviewing for a job.

Family, Health and Self-Improvement (300) offers classes to promote your well-being such as meditation, dressing with style, and eating mindfully.

Cooking and Culinary Experiences (400) includes a broad range of cooking and food appreciation classes including a preview offering from one of Nashville's finest chefs, exclusive behind-the-scenes restaurant experiences and a peak into the kitchens of some of the area's best home cooks.

Wine, Spirits, Beer, and Entertaining (500) classes offer unique opportunities to sample rare wines, learn how to make the latest cocktails and elevate the look of your event with beautiful tablescapes and floral design.

Home and Garden (600) will help you spruce up some aspect of your home - inside and out - with classes such as interior decorating, green home design, and planting a beautiful garden.

Arts and Hobbies (700) classes can offer you a hands-on introduction or a chance to develop deeper skills as you experience painting, pottery, woodturning and other hobbies.

Recreation, Fitness and Dance (800) classes will help you get more healthy and fit by taking you outdoors to try fly fishing, or offer a chance to try a new form of exercise in one of our on-campus studios.

Tours (900) will take you behind the scenes into Nashville's galleries or out on the roads to learn more about our city.

One-on-Ones (1000) are a fantastic opportunity for you to tap into the expertise of many talented professionals for an individualized session, such as home organizing, songwriting or tree pruning.

100: MUSIC, LITERATURE, & THE ARTS

101 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 Ballard](#)

Date(s): Tuesday, January 27, 2015

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

Fee: \$35

Materials Fee: \$0

Location: USN

102 COLLECTING ART 101: BUILDING A PAINTING COLLECTION

Building an art collection can be fun, rewarding, and surprisingly affordable. In this class, appraiser SARAH CAMPBELL DRURY will lead you through the differences between paintings and the various types of prints (original works vs. multiples); basics of condition and care, how to research artists and their secondary market records and trendlines, and how to build a quality art collection regardless of your income bracket. Participants are encouraged to come prepared with questions you may be too intimidated to ask in a gallery or museum. You are welcome to bring one artwork along for possible discussion. Five dollar materials fee for take home loupe. [Case Antiques Inc.](#)

Date(s): Tuesday, February 10, 2015

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

Fee: \$25

Materials Fee: \$5

Location: USN

103 BUILDING A NOVEL

Inspiration can hit at any time. Once it does, the question becomes where to take it, what to do with it, and how to improve the genesis idea. In this course, USN parent RON KIDD, author of ten novels, eight plays and a two-time O'Neill playwright, will guide you through a process for taking your inspiration and building a novel, chapter by chapter. [Ron Kidd](#)

Date(s): Thursday, February 5, 2015

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

Fee: \$35

Materials Fee: \$0

Location: USN

104 NAVIGATING THE AUCTION MARKET

Much like the stock market, the auction market has its ebb and flow. USN alumna SARAH SPERLING returns from New York after nearly 12 years working in the arts and antique market to discuss some exceptional prices achieved at auction over the past decade. She will share her knowledge of how the values of fine art and antiques have fluctuated and what we may expect in the future.

Date(s): Tuesday, February 3, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

105 UNPACKING THE SHORT STORY: A CLOSE READING OF CLAIRE VAYE WATKINS

USN alumna, fiction writer, and Porch Writer's Collective co-founder SUSANNAH FELTS leads this class in unpacking literature. Aspiring writers will learn lots to apply to their own works in progress, from examining a close reading of a single, well-crafted work of short fiction – a story from Claire Vaye Watkins' debut collection *Battleborn*. Participants will look at how Watkins employs elements of narrative craft to cast a spell on her readers, followed by in class exercises applying those techniques to their own works in progress. Two days after the class, on Thursday, March 12, Ms. Watkins will give a free reading at Vanderbilt. The class is invited to attend and then meet for drinks, dinner, and discussion afterwards. The Thursday event is optional and the class fee does not include the cost of drinks and dinner. [The Porch](#)

Date(s): Tuesday, March 10, 2015

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

Fee: \$35

Materials Fee: \$0

Location: USN

106 WRITING AND PUBLISHING BOOKS FOR CHILDREN AND TEENS

Have you ever thought about writing a children's picture book or young adult novel? This introductory class, led by award winning authors JESSICA YOUNG, a USN parent, and SHARON CAMERON, provides a glimpse into the business and craft of children's literature. Topics will include how to's on the concept, format, and structure of picture books and novels, as well as finding and working with an agent, editor, and publisher. [Jessica Young](#) [Sharon Cameron](#)

Date(s): Tuesday, March 3, 2015

Time(s): 7:00 PM - 8:30 PM

Fee: \$35

Materials Fee: \$0

Location: USN

107 ADULT IMPROV CLASS

Have you ever wanted some extra skills to help you dazzle at a meeting, be the life of the party, and connect with your friends? Sign up for this exciting adult IMPROV acting class and you will learn how to let your hair down and be free to be yourself or anyone else you want to be. USN middle school theatre instructor and parent BAKARI KING will teach the tricks of the trade of improvisational theatre and how it applies to and supports your everyday life.

Date(s): Thursday, February 19, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

108 A WAY TO WRITE: USING THE AMHERST WRITERS AND ARTISTS METHOD

One of the key tenets of Amherst Writers & Artists is that craft should be taught without damage to a writer's original voice or artistic self-esteem. A writer is someone who writes, and every writer has a unique voice and inherent creative genius. Using methodology developed in Amherst, Massachusetts (home of Emily Dickinson, as well as other literary luminaries) over 30 years ago, this writing workshop will provide a safe, respectful environment for exploring the craft and finding voice. Led by ALISON ERNST, an AWA-certified workshop leader, participants will be introduced to principles and practices of this approach to writing. All curious, aspiring and experienced writers are welcome in this class. [Amherst Writers and Artists](#)

Date(s): Thursday, February 26, 2015

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

Fee: \$35

Materials Fee: \$0

Location: USN

109 CREATIVE SACRED WRITING

This workshop, taught by author and poet STARSHIELD LORTIE, focuses on getting creative juices flowing and stretching the comfort zone by creating a sacred space for the personal expression of one's own heart and truth, with writing as the road for manifestation. Physical movement, external objects and the senses, along with other techniques, are employed to stir and inspire. The focus is to open a dialogue and remember the relationship with Self that has always been there. Please bring a small object that can be shared with the group. [StarShield Lortie](#)

Date(s): Tuesday, March 10, 2015

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

Fee: \$35

Materials Fee: \$0

Location: USN

110 THE MONUMENTS MAN

A first-hand look at the rescue of art and cultural treasures during World War II, presented by DEANIE HANCOCK FRENCH, daughter of one of the original Monuments Men, famed American sculptor Walker Hancock. Deanie will share her story and show some extraordinary footage from the National Geographic film, *HUNTING HITLER'S STOLEN TREASURES* (completed just in time for the release of George Clooney's Hollywood production, *THE MONUMENTS MEN*) that provides authentic historical background and a context for understanding how so many thousands of works of art were saved from destruction.

Date(s): Thursday, February 12, 2015
Time(s): 6:00 PM - 8:00 PM
Fee: \$25
Materials Fee: \$0
Location: USN

111 AN INTRODUCTION TO THE BEATLES' WHITE ALBUM

Local Beatles aficionado and web developer GREG HALLMARK continues his exploration of the music and magic of The Beatles in this investigation of their iconic (number) 9th LP, The Beatles, known affectionately as The White Album. Greg discusses the odd coincidences, strange tangents, hidden messages, and musical mayhem that went into the making of this historic double album delivered in a plain white wrapper. Who is Prudence? Is Paul really dead? Who played drums on "Back in the U.S.S.R."? Was John Lennon channeling the spirit of Django Reinhardt in the lead break of "Honey Pie"? And just what is the deal with number 9, number 9, number 9, number 9? [Greg Hallmark](#)

Date(s): Tuesday, March 3, 2015
Time(s): 6:30 PM - 8:30 PM
Fee: \$25
Materials Fee: \$0
Location: USN

112 HOW TO BUILD A SONG

How much can you learn about songwriting from just one song? Maybe everything. At least a lot. Join Nashville songwriter and USN parent JAY KNOWLES and take one song (chosen that night by the class) and examine it from every possible angle. Take a peek inside the writers' minds on the day they wrote the song and take apart the lyrics line by line and figure out why this melody and why these chords. The class may even find and fix a few flaws or, who knows, write its own verse. Learn a bit about the business of songwriting by investigating how and why this song went from one of millions to one in a million. [Jay Knowles](#)

Date(s): Thursday, January 22, 2015
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

113 DETROIT(MOTOWN), PHILLY AND MEMPHIS: THE SOUL SOUND OF THE 60S

DAVID WILLIAMS, USN alumni parent and Director of Athletics and Professor of Law at Vanderbilt University, was a witness to living history, watching the people and events that brought Motown to life. David will share his memories and extensive knowledge of the people and the songs that shaped this important era. He remembers his roots and will happily share what was goin' on during that transformative time.

Date(s): Tuesday, March 3, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

114 FASHION FORWARD: A DISCUSSION BETWEEN KAREN ELSON AND LIBBY CALLAWAY

Learn more about Nashville's evolving fashion scene and growing creative community with British top model, singer/songwriter, Save the Children Ambassador, and USN parent KAREN ELSON and famed style editor, secondhand shopping expert, and Vice President, Global Director of Marketing and Brand Relations for Billy Reid, LIBBY CALLAWAY. In this special event, Karen and Libby will discuss the exciting growth of Nashville as a taste-making "it" city and those talented individuals that are making the magic happen.

Date(s): Tuesday, January 20, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

115 HOW NOT TO BE PITIFUL WHEN PERFORMING YOUR SONGS

This class is a fun yet practical look at the Do's and Don'ts of performing your own songs. Performers tend to worry about the wrong things, and in this class, veteran musician, song writer, and performer ELLEN BRITTON will help you to learn how to stay centered and focused while teaching the ins and outs of what makes for a successful and joyful live performance. No performing experience or instrument necessary, both beginners and experts will walk away in a better place. [Ellen Britton](#)

Date(s): Thursday, February 26, 2015

Time(s): 7:00 PM - 8:30 PM

Fee: \$35

Materials Fee: \$0

Location: USN

200: CAREER, COMMUNICATION, MONEY, & COMPUTERS

201 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, you want 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. [Mimi Bliss](#)

Date(s): Tuesday, January 27, 2015
Time(s): 6:00 PM - 8:00 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, January 27, 2015
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, February 3, 2015
Time(s): 6:00 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

204 EXPLORING, UNDERSTANDING, AND USING CLOUD-BASED TECHNOLOGY

KATHERINE WIECZERZA, Director of Technology at USN, brings you into the virtual world in this class on Cloud Use. What is the cloud? Is it for me? Is it safe? This class includes explanatory and exploratory beginner level information on Internet terminology and practical applications of "The Cloud."

Date(s): Thursday, February 26, 2015

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

Fee: \$25

Materials Fee: \$0

Location:

205 CREATING A BUSINESS 101

Participants will have the opportunity to discuss and explore business start-ups, from conception to feasibility, with serial entrepreneur and USN parent Shawn H. Gliner leading you through the paces. Mr. Gliner has mentored and assisted dozens of first-time founders of such endeavors for the past decade. Key points addressed will include validating proof of concept, acquiring customers, raising capital, and designing a fundamental strategy. Please bring your ideas. [Shawn Gliner](#)

Date(s): Tuesday, February 3, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

206 FINANCIAL SUCCE\$\$

Are you tired of wondering where your money goes each month? Are you interested in investing, but feel confused by all of the different options available? If the answer to either of these questions is "yes," then please register for this two-session class. Instructor CINDY STONE will help you understand and implement a practical financial framework for developing budgets, making investments, purchasing insurance, and borrowing credit. You'll also receive a notebook filled with valuable information and a step-by-step plan for your financial security.

Date(s): Tuesday, February 17, 2015, Tuesday, February 24, 2015

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

Fee: \$45

Materials Fee: \$10

Location: USN

207 PROGRAMMING BY MAKING STUFF WITH MAKEY MAKEY AND SCRATCH

Even if you have absolutely NO idea how to even start programming, you'll be a whiz when you leave this class. Join USN Lower School Technology Coordinator MARK LITTLEFIELD and use an awesome Makey Makey and the [Scratch](#) to create awesome inventions. Want to make a piano out of bananas? Check! Want to make your own remote control out of Play-Doh? Double check all over that! Parents or guardians should sign up and bring one child (one adult and one child for the price of one admission). You'll walk away with your own Makey Makey (\$50 value) at the end of the night. [Mark Littlefield](#)

Date(s): Tuesday, February 3, 2015
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$50
Location: USN

208 UNDERSTANDING SOCIAL SECURITY RETIREMENT BENEFITS

Social Security rules are complicated. Many individuals leave benefits on the table because they do not fully understand the complexities of these rules. Join SUSAN FULLER, financial advisor at Edward Jones Investments. Learn the rules of Social Security and explore strategies involved in collecting benefits, including spousal and survivor benefits for married and divorced individuals in order to optimize your lifetime benefits available during your retirement. Susan will be joined by CULLEN ROBERTS, a BlackRock Advisor Consultant.

Date(s): Thursday, February 26, 2015
Time(s): 6:00 PM - 7:30 PM
Fee: \$25
Materials Fee: \$0
Location: USN

209 HOW TO AVOID GETTING HACKED

Whether it's your business or your personal information, getting hacked can be a life-changing event. Fear not, virtual expert and USN parent and alumnus J.J. ROSEN will teach you simple steps to keep your computers, tablets, and smartphones safe. Learn how to keep your private information and identity protected in an ever more interconnected and dangerous world. [Atiba](#)

Date(s): Thursday, February 19, 2015
Time(s): 6:00 PM - 7:30 PM
Fee: \$25
Materials Fee: \$0
Location: USN

210 MAKING EFFECTIVE PUBLIC PRESENTATIONS

In this class, public relations professional EMILY RICHARDS of Metropolitan Nashville Airport Authority will give you all the tools you need to improve your communications and public presentation skills. Learn how to effectively communicate with your colleagues and customers and hone your ability to handle situations where crisis communications is required. This class will provide you with the knowledge you need to be confident - and successful - in your communications with key audiences. Speak up and speak well.

Date(s): Thursday, February 5, 2015
Time(s): 6:00 PM - 7:30 PM
Fee: \$25
Materials Fee: \$0
Location: USN

211 FINDING THE AWESOME: HOW TO LEVERAGE THE POWER OF BIG BRANDS TO BUILD YOUR OWN

USN alumna ROSIE YAKOB and her husband FARIS quit their advertising jobs in New York in 2013. They “accidentally” started a company after fielding requests for help with unusual communications projects. Genius Steals is their strategy and innovation consultancy which helps brands, agencies, and rebels find the awesome at the intersection of new communication ideas, new product concepts, and new ways of thinking, especially about the impact of technology. In this workshop, they will share what they've learned from working with big brands (including Coca-Cola, Oreo, and Pampers) that you can apply to your own brand. Whether you're ready to up the game on your own personal branding or whether you're an entrepreneur yourself, you'll leave feeling inspired, and with practical advice that you can put into practice. [Genius Steals](#)

Date(s): Thursday, February 12, 2015
Time(s): 6:00 PM - 8:00 PM
Fee: \$25
Materials Fee: \$0
Location: USN

212 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, March 10, 2015
Time(s): 6:00 PM - 7:30 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 explains 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): Tuesday, January 20, 2015

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

Fee: \$35

Materials Fee: \$0

Location: USN

214 FREE MONEY: HOW TO GET A SLICE OF THE 2.91 BILLION SCHOLARSHIP PIE

Now that you've moved beyond braces, bar mitzvahs, and the first fender bender, it's time to tackle another major life expense: paying for college. For more than a decade, "Scholarshipman" and Tennessee State University instructor MICHAEL TURNER has coached students and parents on how to find money to pay for college. "Is it possible to emerge from college debt free?" "Is there really free money for college on the Internet?" Let Michael provide helpful answers. He'll identify resources to determine which college is best, how to find scholarships, and how to score money for an internship. Participants, who must be 16 or older, will receive a free e-report explaining the process. tigerscholars.wordpress.com

Date(s): Thursday, February 12, 2015

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

Fee: \$35

Materials Fee: \$0

Location: USN

300: FAMILY, HEALTH, & SELF-IMPROVEMENT

301 UNDERSTANDING DOG COMMUNICATION

Take this class from dog expert NIKKI IVEY and unlock the mysteries of dog to person communication. The fact is that dogs use body language to communicate effectively with one another as well as with humans. Dogs use these skills daily to avoid conflict and calm stressors. Understanding this will greatly improve your relationship with any dog you encounter. This course is helpful for anyone who has a dog or interacts with canine friends. [dogsspeak101](#)

Date(s): Tuesday, February 10, 2015
Time(s): 6:00 PM - 8:30 PM
Fee: \$25
Materials Fee: \$0
Location: USN

302 RETIREMENT STRATEGIES - DESIGNING THE NEXT CHAPTER

Are you thinking about 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 10, 2015
Time(s): 6:00 PM - 7:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

303 GENEALOGY 101: GETTING STARTED AT THE STATE LIBRARY & ARCHIVES

Have you been meaning to discover your family heritage, but don't know where to begin? In this class, which is intended for beginning and intermediate researchers, TRENT HANNER, senior reference librarian at the Tennessee State Library and Archives, will explain how to effectively trace your family tree. The class will focus on resources available online and at the Tennessee State Library and Archives, though much of the material will easily translate to researchers tracing their family in other states as well. Trent will also briefly discuss the history of record-keeping in Tennessee, which will explain why the State Library and Archives is a treasure trove for so many genealogists. [TN State Library and Archives](#)

Date(s): Thursday, February 19, 2015
Time(s): 6:00 PM - 7:30 PM
Fee: \$25
Materials Fee: \$0
Location: USN

304 BUDDHIST MEDITATION

Instructor KIRBY SHELSTAD outlines everything you need to know to get started with the basics of sitting meditation, sometimes called 'Calm Abiding' or Samatha Meditation. The class will learn the proper posture, breathing techniques and mental focus required for this practice as well as some guidelines for integrating practice into day to day life. No experience required and all are welcome. Please wear loose comfortable clothing. Blankets for floor sitting will be provided.

Date(s): Tuesday, January 27, 2015

Time(s): 7:00 PM - 8:30 PM

Fee: \$25

Materials Fee: \$0

Location: USN

305 THE WELL-STYLED LIFE: FOR THE WAY YOU LOVE TO LIVE

Start the new year with a plan to embrace a beautiful and stylish life. TINA ADAMS, Personal Stylist and Founder of Tina Adams Wardrobe Consulting, LLC, and LISA YORK, Certified Professional Organizer™ and Founder of Puka Organizing, will lead a class to help you design a well-styled life that is perfect for the way you love to live. They will share insider secrets of the trade on how to most effectively organize your home and life and teach methods on how to create a personal style that reflects who you are, how you want to dress and decorate, your budget and your goals for living the beautiful life. There will be special giveaways worth \$600 in styling and organizing services. [Tina Adams](#) [Lisa York](#)

Date(s): Tuesday, February 17, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

306 COUPLE'S MASSAGE

If you have been thinking about renewing your relationship with your partner and relieving stress through the healing power of touch, this class is for you. Experienced massage practitioners ROTONYA TROUP and MARY ALICE FELDER will teach the basic techniques for relaxing your partner's neck and shoulders. Be sure to wear comfortable clothes. The class fee is for two people. [SI Body Works](#)

Date(s): Tuesday, February 10, 2015

Time(s): 6:30 PM - 8:00 PM

Fee: \$35

Materials Fee: \$0

Location: USN

307 BEGINNERS ASTROLOGY

This Beginners Astrology course, taught by THOMAS PARSONS, the only professional accredited astrologer in Tennessee, will meet every Tuesday night for 8 weeks. Course material will include basic astrological tools and principles, as well as a study of the fundamentals with a focus on the interpretations of the terms, symbols, elements, houses, planets, and signs of the zodiac. Mr. Parsons has over 40 years of experience as a certified astrologer. Besides being a writer and teacher, he is also a radio and television personality and a consultant to an international clientele. His mission is to furnish astrological information that will help illuminate your consciousness. [Thomas Parsons](#)

Date(s): January 20, 2015 - March 10, 2015
(Tuesdays)
Time(s): 6:30 PM - 8:30 PM
Fee: \$200
Materials Fee: \$0
Location: USN

308 SECRETS OF AN ANIMAL WHISPERER

Do you ever wonder what your pet is trying to tell you? Join presenter SALLY HINKLE, an Animal Communicator and Energy Healer, as she uses her skills of advanced intuition and energy healing to seek the root causes for an animal's emotional, behavioral, and physical issues. Learn new ways to better understand your pets, their roles in your life, and help shift your perceptions of them. Through first hand client accounts, you'll hear stories of cats, dogs and horses and what they had to share with their owners. [Sally Hinkle](#)

Date(s): Tuesday, March 3, 2015
Time(s): 6:00 PM - 8:00 PM
Fee: \$25
Materials Fee: \$0
Location: USN

309 2015 SPRING READY-TO-WEAR TREND PREVIEW

Are you a Fashionista who likes to stay current with the trends of the fashion industry? Are you curious about what will be "in" or "out" for the Spring 2015 season? Then join MILTON WHITE, an award winning fashion industry veteran, and BETSY BRIGGS CATHCART, a beauty expert and founder/owner of Studio BBC Salon, as they present an overview of the upcoming season's fashion trends and how to incorporate them into your everyday life. The presentation will include a preview of ready-to-wear clothing, as well as beauty and accessory trends. You won't want to miss this one. [Milton White](#) [Betsy Briggs Cathcart](#)

Date(s): Thursday, January 22, 2015
Time(s): 6:00 PM - 8:00 PM
Fee: \$25
Materials Fee: \$0
Location:

310 ALL YOU HAVE EVER NEEDED TO KNOW OR WANTED TO KNOW TO HAVE THE BEST HAIR

Do you enjoy good hair days? Join USN alumna and parent TAMI SPRINTZ-HALL, owner of Escape Day Spa + Salon, as she teaches you what is needed to have the hair you've always dreamed of. Move through the salon from station to station and learn the latest color techniques, discuss the perfect cut for your lifestyle, find the perfect products to get that "just right" look for your hairstyle, and learn how to effectively use the best tools to help you achieve that look you've never been able to achieve yourself. The experts from Kerastase will be on hand, and you will be given a full size Kerastase product to take home with you, along with being armed with the knowledge to transform your hair to the hair you have always wanted. And for an bonus, the salon's makeup artist will also be available to help with any makeup needs. Come with clean, dry hair. [Tami Sprintz Hall](#)

Date(s): Wednesday, February 18, 2015

Time(s): 6:30 PM - 8:45 PM

Fee: \$35

Materials Fee: \$0

Location: Escape Day Spa + Salon, 6000 Hwy. 100 Suite 102, Nashville, TN 37205

311 MEDITATION: THE BASICS

Meditation is a practice in training the mind. USN parent DAVID SIMMONS, who is trained in many spiritual and philosophical traditions, will give students an introduction to authentic meditation practice. 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. This is a relaxed, fun, and often funny course. No prior experience needed.

Date(s): Thursday, February 5, 2015

Time(s): 6:00 PM - 8:30 PM

Fee: \$25

Materials Fee: \$0

Location: USN

312 STRESS RELIEF MINI-RETREAT

This mini-retreat will help to lower stress and tension through simple and effective tools that you can practice every day. Clinical psychologist and yoga teacher CARTER S. TOWNSEND, PsyD will guide participants through basic breathing techniques, simple meditation, gentle movement and the use of essential oils. You will leave feeling more relaxed and confident, with new stress busters you can integrate into your personal life. [Dr. Carter Townsend](#)

Date(s): Thursday, February 19, 2015

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

Fee: \$25

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 and USN parent JENNIFER PENSON agrees. Jennifer will share 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): Thursday, February 26, 2015

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

Fee: \$40

Materials Fee: \$20

Location: Private home

402 ARTISAN BREAD AND CHEESE MAKING

Instructor and USN parent DEENA NEIMAT brings bread and cheese together in this delightful class. First, using the basics of *Artisan Bread in Five Minutes a Day*, she'll teach students a simple and efficient method to making homemade artisan loaves. Less than thirty minutes later and you'll have delicious homemade mozzarella to complete your bread and cheese treat. You will take home a kit, including a dough storage container, citric acid, and liquid rennet. You'll leave the class with everything you'll need to get started – confidence, taste buds, and materials. [Deena Neimat](#) Age 21 and up.

Date(s): Friday, March 6, 2015

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

Fee: \$25

Materials Fee: \$25

Location: Private home

403 FEAST OF THE SEVEN FISHES

Sicilians traditionally celebrate Christmas Eve with a Feast of Seven Fishes, which was historically served after a 24 hour fasting period. Although pre-Christmas fasting is not a popular custom still practiced by Italian-Americans, many still enjoy this meatless feast. DARRYL DINNING, owner and chef of Panache Catering, will instruct the class on the best methods for preparing this traditional meal, while garnishing his instruction with insight into the history of the Feast. The menu includes sardine crostini oysters on the half shell with thai mignonette, nicoise tuna skewers, seafood paella, and chocolate zucchini cake. [Panache Catering](#) Age 21 and up.

Date(s): Thursday, January 29, 2015

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

Fee: \$40

Materials Fee: \$45

Location: Panache Catering, 1016 Jefferson Street, Nashville, TN 37208

404 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. 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): Monday, March 9, 2015

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

Fee: \$25

Materials Fee: \$15

Location: Private home

405 SOUTHERN-INSPIRED PAELLA

Paella is one of the most vibrant dishes of Spain and is meant to be shared with family and friends. Instructor LISA MAYS will create an authentic paella with succulent seafood, chicken, lamb, local sausage and crispy brussels sprouts. Join in the celebration with this traditional dish with a few added surprises. What is a celebration without libations? Lisa will also make her famous Red Sangria to enjoy with Spanish cheeses, toasted bread, Romesco sauce and marinated olives while you learn how to make a paella for your gatherings. [Lisa Mays](#) Age 21 and up.

Date(s): Tuesday, March 3, 2015

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

Fee: \$40

Materials Fee: \$45

Location: Private home

406 GOING WHOLE HOG

Bathe in smoke at the altar of porcine greatness when legendary pitmaster PATRICK MARTIN, owner of Martin's Bar-B-Que Joint, and Tennessean food columnist JIM MYERS teach you how to cook a whole pig in your backyard. Patrick will demonstrate the art and magic of roasting a whole pig, how a Caja China works (the traditional way to cook a pig in Cuba), and how to break down the pig once cooked. The class begins late morning with setup, coal preparation, and pig anatomy. Attendees can stay through the day or reconvene late afternoon for the unveiling and feast with some inspired side dishes and prep tips. In between, Patrick and Jim will share tall tales, questionable myths, and a secret or two. Dress for the elements and in clothes you don't mind getting smoky and dirty if you're going to pitch in with the pig. [Jim Myers](#) [Patrick Martin](#) Age 21 and up.

Date(s): Saturday, February 7, 2015

Time(s): 10:00 AM - 8:00 PM

Fee: \$40

Materials Fee: \$40

Location: Private home

407 FOODS FROM A SOUTHERN COOK

Southern cooking is often mischaracterized as a heart attack special, loaded with overcooked vegetables, greasy greens, and everything fried. In this class, MERIJOY LANTZ RUCKER of Salud! Cooking School sets the record straight, providing a close up of Southern cooking at its most succulent and unexpected. Class will learn how to prepare and savor the following menu: Hoe Cakes with Sweet Potato Butter, Beet Salad with Cornbread Croutons and Country Ham, Turnips with Crispy Shallots, Zippy Collard Greens, Sweet Tea Brined "Fried Chicken", Biscuits with a French Twist, and Peanut Butter Honey Tart with Ganache Glaze. Age 21 and up.

Date(s): Tuesday, February 17, 2015

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

Fee: \$40

Materials Fee: \$25

Location: Salud! Cooking School at Whole Foods Market, 4021 Hillsboro Pike, Nashville, TN 37215

408 BAGUETTES 101

Just say "oui" to baking your own baguettes. In this hands-on class, BEN COLLINS 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. [Provence Breads and Cafe](#) Age 21 and up.

Date(s): Tuesday, February 3, 2015

Time(s): 6:00 PM - 8:30 PM

Fee: \$25

Materials Fee: \$20

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

409 LAMINATED DOUGH - CROISSANTS & DANISH

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 27, 2015

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

Fee: \$25

Materials Fee: \$20

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

410 BRINGING IT ALL BACK HOME: COOKING AND MORE

KEVIN RAMQUIST, owner of the Unicorn Pop Up Restaurant and Catering in Nashville, will teach the class the importance of refining your cooking basics, in areas as varied and underemphasized as knife skills, basic cooking do's and don'ts, and understanding flavor profiles. In the process, the class will prepare a basic recipe that all can sit down and enjoy afterwards. Menu: Herb and Whole Grain Mustard Roasted Chicken with Julianne Vegetables, Root Vegetable and Potato Puree, Red Wine Reduction. Dessert: Baked Apple Crisp, Pumpkin Spice Ice Cream. [The Unicorn](#)

Date(s): Friday, January 23, 2015

Time(s): 6:30 PM - 8:00 PM

Fee: \$40

Materials Fee: \$35

Location: Private home

411 VEGETARIAN BISQUES

Chef DEB PAQUETTE of Etch will take the class through four essential soup recipes. This class is a must for soup lovers, but will also open the tastebuds to those who are unaware of the possibilities of soup. All four soups will employ two different garnishes to illustrate how soup is diversified. One veggie garnish and one for meat eaters. Soups are smoked apple bisque, roasted eggplant, cauliflower cumin cream, butternut cabernet. [Etch](#) Age 21 and up.

Date(s): Tuesday, February 17, 2015

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

Fee: \$40

Materials Fee: \$30

Location: Private home

412 VEGETARIAN BISQUES

Chef DEB PAQUETTE of Etch will take the class through four essential soup recipes. This class is a must for soup lovers, but will also open the tastebuds to those who are unaware of the possibilities of soup. All four soups will employ two different garnishes to illustrate how soup is diversified. One veggie garnish and one for meat eaters. Soups are smoked apple bisque, roasted eggplant, cauliflower cumin cream, butternut cabernet. [Etch](#) Age 21 and up.

Date(s): Wednesday, March 4, 2015

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

Fee: \$40

Materials Fee: \$30

Location: Private home

413 THE FINEST FOOD IS THE SIMPLEST FOOD

"The finest cuisine is the simplest cuisine and therefore the most difficult..." Larousee Gastronomique published this seminal work in 1938 and the words ring truer than ever today. We live in a time when plates often look more like museum pieces than food, so it's easy to be overwhelmed and intimidated. Chef JAMIE WATSON will lead the class on this adventure in simplicity, taking the most humble of all proteins - the chicken, and preparing it three ways. The focus will be more on technique than the finished dish. Students are expected to dig in and participate. Seasonally appropriate sides will also be prepared. [Chef Jamie Watson](#) Age 21 and up.

Date(s): Saturday, March 7, 2015

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

Fee: \$40

Materials Fee: \$40

Location: Private home

414 LEARN TO COOK AND SOURCE SEAFOOD

ANDREW COINS, Sous Chef from Miel Restaurant, will teach participants culinary techniques for preparing delicious seafood. Mr. Coins 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): Wednesday, February 18, 2015

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

Fee: \$40

Materials Fee: \$40

Location: Private home

415 CONSIDER THE OYSTER

Next time you consider the pearl, consider the oyster. Despite the fact that we're hundreds of miles from the closest coast, we can still enjoy great shellfish here in Nashville. And this is your starting point. Expert chef and USN alumna JULIA SULLIVAN (of PerSe, Franny's, Haven's Kitchen and most recently Pinewood Social) will provide all the information you need to amaze your friends and family with your seafood delights. The class will cover how to shop for shellfish in a landlocked state, demystify the oyster map, cook and clean lobsters, and steam mussels. This class will be a demonstration with some hands on instruction. Menu: Oysters on the Half Shell with Classic Mignonette, Roast Oysters with Compound Butter, Southeastern Caviar with Classic Accompaniments, Winter Greens Salad with Citrus and Anchovy, Steamed Mussels with Green Curry, and Grilled Lobster with Celeriac Remoulade. Age 21 and up.

Date(s): Friday, January 30, 2015

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

Fee: \$40

Materials Fee: \$40

Location: Private home

416 INDIAN VEGETARIAN COOKING: TO YOUR HEALTH

Instructor PATRICK OWEN will examine the traditional use of spices and their potential health benefits when preparing delicious and nutritious vegetarian Indian food. Most who grew up on salt and pepper diets are thrilled to learn how to integrate ginger, cumin, and mustard seeds in a variety of main dishes, snacks, teas and shakes. Patrick will also cover how the ease of preparation and inexpensive ingredients can make Indian vegetarian cooking an important part of your life. Menu items will include rice, dhal, cauliflower and potatoes and a raita. Age 21 and up.

Date(s): Friday, February 13, 2015

Time(s): 7:00 PM - 10:00 PM

Fee: \$40

Materials Fee: \$25

Location: Private home

417 EPICE, A LEBANESE FEAST

Nashville meets Lebanese cuisine in this class which embraces our city's newfound foodie paradise. Instructor MAHER FAWAZ, proprietor of Epice, will take participants through an extraordinarily delicious several course meal. Start with a garbanzo bean appetizer, add a Lebanese salad, a main course of fish (corvina or salmon), grilled vegetables, vermicelli and a Lebanese cheese pie for dessert. [Epice](#) Age 21 and up.

Date(s): Monday, February 16, 2015

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

Fee: \$40

Materials Fee: \$45

Location: Private home

418 THAI DINNER NIGHT WITH SUSAN HUDGENS

Cooking instructor SUSAN HUDGENS shares her culinary secrets of preparing tasty Thai food. Susan grew up in Bangkok, Thailand and will share her native expertise. Students will learn to prepare delicious vegetarian green curry puffs, cold seafood salad with herbs, vegetarian beans with tofu, chicken massaman curry, and jasmine rice. Class participants will enjoy a serving of the dishes after preparation. Age 21 and up.

Date(s): Wednesday, March 4, 2015

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

Fee: \$40

Materials Fee: \$35

Location: Private home

419 NOODLING WITH PASTA

Pasta is a miracle of shapes and textures providing the foundation of many of our favorite dishes. Despite its presence 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 other pasta favorites. He will also show participants how to make sauces perfectly suited to each of the pastas and explain how and why they work so well together. The evening will have the perfect closing as Kevin demonstrates how to make real Italian gelato, dashed with a brief history of this delightful dessert. [Chef Kevin McCauley](#) [Hattie B's](#) Age 21 and up.

Date(s): Monday, February 9, 2015

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

Fee: \$40

Materials Fee: \$25

Location: Private home

420 CLASSIC STEAKHOUSE DINNER

KEVIN MCCAULEY, private chef and manager of Hattie B's, will teach the essentials of preparing a classic steakhouse dinner. Students will learn how to properly sear and grill various cuts of beef as well as prepare classic steakhouse side dishes, salad and desserts. Come hungry. [Kevin McCauley](#) [Hattie B's](#) Age 21 and up.

Date(s): Monday, March 2, 2015

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

Fee: \$40

Materials Fee: \$40

Location: Private home

421 SOUTHERN BASICS

Chefs JOHN LASATER and KEVIN MCCAULEY of Hattie B's lead you through the history and traditions of Southern cooking, teaching 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 mouthwatering pan fried chicken, Nashville-style hot chicken, braised greens, cast iron cheese grits, buttermilk biscuits, and farmhouse mac and cheese. [Hattie B's](#) [Chef Kevin McCauley](#) Age 21 and up.

Date(s): Monday, January 26, 2015

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

Fee: \$40

Materials Fee: \$35

Location: Private home

422 THAI PARTY AND COOKING CLASS

SANOM BRACKIN leads the class through a how-to dinner, making Thai dishes based on recipes learned in her native Thailand. Roll up for tom yum sea food appetizers, Thai hot and sour soup, chicken red curry with coconut milk, and jasmine rice (including how to master cooking in the traditional steamed Thai fashion). It's all capped off with Thai fried banana, i.e., fresh bananas wrapped in wonton wrappers, deep fried and topped with homemade caramel sauce. [Sanom Brackin](#) Age 21 and up.

Date(s): Monday, February 2, 2015

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

Fee: \$40

Materials Fee: \$30

Location: Private home

423 APPROACHABLE OFFAL

Master chef NATHAN MILLER of Fenwick's 300 will present ideas for unpretentious food, including how to turn the underrated into the tasted. He will use sometimes stigmatized ingredients like sweetbreads and lamb neck and teach you how to create delicious renditions of familiar and approachable dishes - such as pork belly Cuban sandwiches, lamb neck tacos, and buffalo chicken wings made from veal sweetbreads. Learn how to make a mean Haute Cuisine without the stuffiness. [Fenwick's 300](#) Age 21 and up.

Date(s): Sunday, January 25, 2015

Time(s): 6:00 PM - 8:30 PM

Fee: \$40

Materials Fee: \$35

Location: Fenwick's 300, 2600 Franklin Pike,
Nashville TN 37204

424 COOKING WITH BEER

Wine is often used as an ingredient in classic cooking, but with the rise of microbreweries and so many different styles, beer can be a very versatile and exciting ingredient in daily cooking. JACOB STRANG, Executive Chef at the Hutton, will break the misconceptions and open the taste buds with this fascinating beer cooking class. You will prepare and sample brown ale battered pimiento cheese bites, caramelized onion and herb beer bread, Hefeweizen brined pork loin with quinoa salad, and milk stout ice cream with chocolate covered pretzels. [1808 Grille](#) Age 21 and up.

Date(s): Friday, January 23, 2015

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

Fee: \$40

Materials Fee: \$35

Location: Private home

425 DINE AND LEARN WITH "MAN WITH A PAN" CATERER JOHNNY HAFFNER

Spend an intimate evening in Chef JOHNNY HAFFNER's beautiful kitchen as he prepares Italian style roasted chicken and vegetable crostadas, brussels sprout and kale salad, and a sabayon with seasonal berries for dessert. With luck Johnny will share some stories about his family's culinary history. [Johnny Haffner Catering](#) Age 21 and up.

Date(s): Friday, February 20, 2015

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

Fee: \$40

Materials Fee: \$35

Location: Private home

426 DEEP DISH ACADEMY: CREATING A CHICAGO CLASSIC

There is nothing like authentic deep dish pizza from the Windy City. Join STACI BOCKMAN, co-ower of Nashville's 312 Pizza Company as she demonstrates the art of authentic deep dish pizza making. You will learn the inside secrets that create the perfect pie. Each student will make their own deep dish pizza and will bake it in deck ovens. Students are welcome to enjoy the pizza at 312 Pizza Company or take it home for dinner. There will be plenty of time to have a cocktail or glass of wine while discussing Mrs. O'Leary's Cow, Al Capone, the Chicago Cubs, and more while the pizzas bake. A glass of wine or beer or unlimited fountain drinks or tea are included. [312 Pizza Company](#) Age 21 and up.

Date(s): Sunday, February 8, 2015

Time(s): 3:00 PM - 5:00 PM

Fee: \$25

Materials Fee: \$25

Location: 312 Pizza Company, 371 Monroe St., Nashville, TN 37208, 615-730-7888

427 VEGETARIAN FRIENDLY COMFORT FOODS

Join WES LEWIS from USN alumna ELISE TYLER's 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): Wednesday, February 4, 2015

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

Fee: \$40

Materials Fee: \$35

Location: Private home

428 FRENCH MACARONS PRIMER COURSE

Learn what it takes to make French macarons and have a chance to create your own. Owner of Le Macaron, a French Patisserie in Nashville, USN alumna ANNA LINN CURRIE will demonstrate the techniques she uses to create these bite size confections. The demonstration will include a discussion on common mistakes as well as some tips and tricks that will leave you feeling more confident and ready to tackle these tricky pastries at home. You will have a chance to create your own macarons from a selection of fillings and shell flavors Anna Linn has prepared prior to class. You will leave class with a recipe for both the macaron shells and some basic fillings along with a box of macarons of your own creation. [Le Macaron](#) Age 21 and up.

Date(s): Monday, January 26, 2015

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

Fee: \$25

Materials Fee: \$15

Location: Private home

429 SUSHI WITH HIMMI VASQUEZ OF VIRAGO

Executive Sushi Chef at Virago, HIMMI VASQUEZ will instruct the class step-by-step in making savory sushi - rolls, sashimi, and nigiri. You won't want to miss this class - it's like having Shakespeare show you the ins and outs of writing. Virago was one of the pioneer venues on the blossoming Nashville food scene and set a gold standard for Asian fusion and Sushi. Virago continues to justify its national acclaim as amongst the nation's best by satiating savvy diners with artistic cuisine, creative mixology, and sixty label sake list. Incidentally, Virago was recently awarded "Best Sushi" by Nashville Scene's "Best of Nashville" Readers Poll. See what all the buzz is about. [Virago](#) Age 21 and up.

Date(s): Tuesday, February 3, 2015

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

Fee: \$40

Materials Fee: \$35

Location: Virago, 1126 McGavock St., Nashville, TN 37203

430 BEST OF YEAH! BURGER

Chef CRISTY NOLTON of YEAH! BURGER will teach you the art of cooking flavorful yet healthy organic fare including a sampling of beef and vegan sliders, fresh salads made with local greens, crispy brussels sprouts with goat cheese, flash-fried organic cauliflower with herb seasoning and grated parmesan, gluten-free onion rings, and a fresh seasonal sweet for dessert. Cristy is Culinary Director of the Atlanta-based organic, gluten-free and eco-friendly burger restaurant, YEAH! BURGER, and is excited to be in Nashville to premiere the opening of YEAH! BURGER in Midtown this Spring 2015. She prides herself on sourcing the best ingredients free of harmful chemicals and heavy processing and has the spirit to show it. Gluten free, celiac guests welcome. Join us for a casual, delicious evening! [YEAH Burger Midtown](#) [YEAH! BURGER](#) Age 21 and up.

Date(s): Monday, March 9, 2015

Time(s): 7:00 PM - 8:30 PM

Fee: \$40

Materials Fee: \$25

Location: Private home

431 CONSIDER THE OYSTER

Next time you consider the pearl, consider the oyster. Despite the fact that we're hundreds of miles from the closest coast, we can still enjoy great shellfish here in Nashville. And this is your starting point. Expert chef and USN alumna JULIA SULLIVAN (of PerSe, Franny's, Haven's Kitchen and most recently Pinewood Social) will provide all the information you need to amaze your friends and family with your seafood delights. The class will cover how to shop for shellfish in a landlocked state, demystify the oyster map, cook and clean lobsters, and steam mussels. This class will be a demonstration with some hands on instruction. Menu: Oysters on the Half Shell with Classic Mignonette, Roast Oysters with Compound Butter, Southeastern Caviar with Classic Accompaniments, Winter Greens Salad with Citrus and Anchovy, Steamed Mussels with Green Curry, and Grilled Lobster with Celeriac Remoulade. Age 21 and up.

Date(s): Saturday, January 31, 2015

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

Fee: \$40

Materials Fee: \$40

Location: Private home

432 ARTISAN BREAD AND CHEESE MAKING

Instructor and USN parent DEENA NEIMAT brings bread and cheese together in this delightful class. First, using the basics of *Artisan Bread in Five Minutes a Day*, she'll teach students a simple and efficient method to making homemade artisan loaves. Less than thirty minutes later and you'll have delicious homemade mozzarella to complete your bread and cheese treat. You will take home a kit, including a dough storage container, citric acid, and liquid rennet. You'll leave the class with everything you'll need to get started – confidence, taste buds, and materials. [Deena Neimat](#) Age 21 and up.

Date(s): Thursday, February 19, 2015

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

Fee: \$25

Materials Fee: \$25

Location: Private home

500: WINE, SPIRITS, BEER, & ENTERTAINING

501 DIY WEDDING AND SPECIAL EVENT FLOWERS

In this class you will learn tips and techniques to help you create your own beautiful wedding bouquets, boutonnieres, 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): Tuesday, February 24, 2015

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

Fee: \$25

Materials Fee: \$40

Location: USN

502 TASTINGS AND PAIRINGS – PASO ROBLES WINE

Paso Robles Wine Country is centrally located between San Francisco and Los Angeles along California's Central Coast. Known for its distinct microclimates, diverse soils and a long growing season, Paso Robles is a unique wine region. In this class, wine expert LISA MAYS teaches students how to discover the flavors and aromas of these unique premium wines and how to pair them with cheese, bread, and the following food dishes; Cumin-Scented Pomegranate Glazed Lamb Kebabs over Pistachio Cous-Cous, Smoked & Pulled Pork Sliders, Pear Gorgonzola Honey-Drizzled Tartlets, Roasted Spiced Nut Mix Lisa Mays Age 21 and up.

Date(s): Wednesday, February 11, 2015

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

Fee: \$40

Materials Fee: \$40

Location: Private home

503 CLASSIC COCKTAILS

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 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, picking up great new recipes for your next house party. 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): Monday, March 9, 2015

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

Fee: \$40

Materials Fee: \$30

Location: Private home

504 I'LL TAKE (A) MANHATTAN-COCKTAILS & BITTERS

Join food and drink expert and USN alumnus CHRIS CHAMBERLAIN for this class on the wonderful world of bitters and how they can help make a good cocktail great. Nashville culinary expert KIM TOTZKE (of Provence) joins Chris to lead you through a range of exotic bitters and creative cocktails, culminating in the perfect Manhattan. [Chris Chamberlain](#) Age 21 and up.

Date(s): Thursday, February 19, 2015

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. 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 pretzels with pecan honey mustard and wasabi lime mustard, blue cheese stuffed olives, coconut chili macadamias and aged parmesan crisps. [Olive Oil Store](#) Age 21 and up.

Date(s): Thursday, January 29, 2015

Time(s): 6:15 PM - 7:15 PM

Fee: \$25

Materials Fee: \$5

Location: Olive Oil Store, 4117 Hillsboro Pike #102, Nashville, TN 37215

506 TABLESCAPING 101

Your next dinner party is on the horizon and you're looking for a little extra something to spice it up, something subtle yet effective to set that special mood.. This class is for you. 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. [Terry White](#) Age 21 and up.

Date(s): Wednesday, February 25, 2015

Time(s): 5:30 PM - 7:30 PM

Fee: \$35

Materials Fee: \$0

Location: Private home

507 DINNER WITH VINCE DURNAN AND A SPECIAL MYSTERY GUEST AT SILO

Meet at SILO, 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. Slow food and long thoughts. 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. Age 21 and up. [Silo](#)

Date(s): Tuesday, February 24, 2015

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

Fee: \$300

Materials Fee: \$900

Location: Silo, 1121 5th Ave N, Nashville, TN 37208

508 HOME COFFEE BREWING AND ROASTING

Nashville's excellent BONGO JAVA staff teach you how to brew better coffee at home using a standard brewer or one of those new darn hip-fangled single-brew fancy thing-a-ma-jobs. It's an art, it's a science, but after taking this class, you'll realize it's also fun. You'll also learn how to roast coffee at home, including by turning your 1980s popcorn popper into a coffee roaster. [Bongo Java](#)

Date(s): Tuesday, March 3, 2015

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

Fee: \$25

Materials Fee: \$0

Location: Bongo Java Roasting Co., 601 9th Ave., Nashville, TN 37203

509 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*, *Nashville Lifestyles*, and *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*. 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): Monday, March 2, 2015

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

Fee: \$40

Materials Fee: \$30

Location: OZ, 6172 Cockrill Bend Cir, Nashville, TN 37209

510 WEDDING PLANNING Q & A

Professional wedding coordinator and USN alumna ELLEN HABER will simplify the complicated wedding planning process in this engaging class. Every wedding has a budget and many choices - buffet or formal seated dinner, band or DJ, DIY centerpieces or professional floral arrangements, and more. So, whether you're just getting started or wondering how to put all the pieces together, bring your questions to this wedding Q & A. Ellen has been coordinating weddings for friends and clients for five years and invites you to join her for a glass of bubbly, light refreshments, and lively conversation about wedding planning, logistics, and etiquette. Age 21 and up.

Date(s): Saturday, February 7, 2015

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

Fee: \$35

Materials Fee: \$7

Location: Private home

511 AN EVENING WITH TENNESSEE BREW WORKS TO LEARN ABOUT THEIR LOCALLY BREWED CRAFT BEER

USN parent CRAIG FRIEBERG with CHRISTAN SPEARS, part of the ownership team, will host a personalized tour of Nashville's illustrious Tennessee Brew Works. Through this two-hour course, Christian will lead you on a rare behind the scenes tour of the brewing facility, delving into the ins and outs of fine beer making. The class culminates in sampling and discussing beer styles. Beer, light fare, and artisanal popcorn will be served. Recent awards earned by Tennessee Brew Works include: "Top 6 New Breweries in America" (*Food and Wine Magazine*, 2013) "Best New Brewery" (*Nashville Scene*, 2014) and "Best Local Brewery" (*Nashville Business Journal*, 2014). [TN Brew](#) Age 21 and up.

Date(s): Friday, February 27, 2015

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

Fee: \$25

Materials Fee: \$25

Location: Tennessee Brew Works, 809 Ewing Avenue, Nashville 37203

512 DINNER WITH VINCE DURNAN AND A SPECIAL MYSTERY GUEST AT MARGOT CAFE & BAR

Meet at Margot Café & Bar located at "Five Points" in Historic East Nashville 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 guest will join you to experience a menu specially created by chef MARGOT MCCORMACK. [Margot Cafe](#) Age 21 and up.

Date(s): Tuesday, January 27, 2015

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

Fee: \$300

Materials Fee: \$900

Location: Margot Cafe & Bar, 1017 Woodland St, Nashville, TN 37206

513 DINNER WITH VINCE DURNAN AND A SPECIAL MYSTERY GUEST AT PRIMA

Meet at Prima, the new chef-driven steakhouse in The Gulch where you will break bread with USN Director Vince Durnan and a Special Mystery Guest. Chef SALVADOR AVILA will create a special family style meal that will engage and delight. 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. [Prima](#) Age 21 and up.

Date(s): Wednesday, March 4, 2015

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

Fee: \$300

Materials Fee: \$900

Location: Prima, 700 12 Avenue So., Nashville, TN
37203 615-873-4232

514 WINE 101- AN INTRODUCTION

If "I like it" is all you know about wine, then join certified sommelier PETE HOLLAND of the Capitol Grille and gain the knowledge you need to make the world of wine way more fun and approachable. This beginning class will take a broad view of the world of wine: what's out there, why it costs what it costs, and how to decode labels to find what you like at a price you can afford. You will leave having tasted 5 or 6 really great wines and armed with the knowledge and confidence you need to become a savvy wine consumer.

Date(s): Wednesday, February 18, 2015

Time(s): 7:00 PM - 8:30 PM

Fee: \$40

Materials Fee: \$10

Location: Private home

600: HOME & GARDEN

601 WINTER BLOOMING FLOWERS

Winter is a beautiful season, and certain bulbs, perennials, shrubs, and trees are best suited for these months. For this class, horticulturist PHILLIPE CHADWICK will lead you through the "ins and outs" of identifying and growing native winter flowers. Phillippe is a catalog of knowledge about plants and flowers and has tended garden styles ranging from heirloom vegetable to Japanese. This class is sure to "grow" your interest in winter planting. [Phillipe Chadwick](#)

Date(s): Thursday, February 5, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

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

Professional Organizer SUSAN GARDNER, M.Div., will teach you 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 axiom that "organizing is the ability to find and use what you need when you need it." Yes, the objective is retrieval, not storage. Key topics of the class include decision-making, maintaining momentum, and uncovering more satisfying patterns. Social organizing with a friend or team will also be included. [Clearing the Way Home](#)

Date(s): Tuesday, February 24, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

603 TALKING ABOUT STUFF

If you are drowning in stuff, this class is your life preserver. In this workshop, you'll learn how to identify the important things that make up your life, adding both ease and stress in our space and minds. With a focus on how things are valued in daily life and relationships, SUSAN GARDNER, M.Div, Professional Organizer, will address chronic disorganization, collecting, and hoarding, offering alternatives to nagging, pleading and threatening. Also included are assessments that will help to determine the nature of your own or another's overwhelming clutter or disorganization. Susan has been organizing in people's homes since 2010 and is a specialist in both Hoarding and Chronic Disorganization with the Institute for Challenging Disorganization. She leads an education and support group for people who are overwhelmed with stuff called Buried in Treasures in addition to doing personal work in homes and through remote consultation. [Clearing the Way Home](#)

Date(s): Thursday, February 12, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

604 URBAN BEEKEEPING

Ready for some bee mythbusting? Let's start off with the fact that anyone can keep bees, even in urban hubs such as Nashville. Students also learn how to collect delicious fresh honey from their backyard hives without fear of stings, how to tell if your bees are happy or having a bad day, and how to "bee" 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 22, 2015

Time(s): 6:00 PM - 8:30 PM

Fee: \$25

Materials Fee: \$0

Location: USN

605 ORCHIDS 101: HISTORY AND CULTURE

Come and explore the beautiful flower: the orchid. In this session, orchid expert and USN parent of alumni RICHARD SCHNEIDER will introduce you to all the members of the Orchid family, including both tropical and native orchids. We will emphasize culture and demonstrate how to repot some commonly grown genera. We will also discuss ideal places to visit orchid collections during your travels.

Date(s): Tuesday, March 3, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

606 HOW TO GET ORGANIZED (AND STAY THAT WAY)

Stacks of paperwork, piles of unread magazines, and clutter throughout the house is no way to live. Let LAUREN WEINTRAUB, The Solution Girl, help you understand how to get organized (and stay that way). Lauren has helped numerous individuals and families throughout the South find an organizational system that works for them. After attending this class you will be better able to determine the cause of the clutter and find a solution that will also work for you. *Attendees of this class will be given a discount for any services booked with [The Solution Girl](#)

Date(s): Tuesday, March 10, 2015

Time(s): 6:30 PM - 8:00 PM

Fee: \$25

Materials Fee: \$0

Location: USN

607 HOME LAWN RENOVATION

Master storyteller and USN River Campus facilitator BRET MASH will teach this class on how to incorporate the best possible turf grasses for Tennessee lawns. Topics include weed identification and removal, spring and fall over seeding, and irrigation set up. In short, this class will tell you everything you ever needed to know about cultivation in a fashion that will wind up giving you the nicest lawn in the neighborhood.

Date(s): Tuesday, February 10, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

608 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 12, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

609 DESIGN CHAT: WHAT YOU NEED TO KNOW ABOUT REMODELING YOUR KITCHEN

Plan your work and work your plan is the mantra of master interior designer and USN parent DONNA GILLIAM, founder of Donna Gilliam Interiors. If you're considering a kitchen or bath remodel for your home, you won't want to miss this class. She will share with you insight she has gained from more than 10 years of designing beautiful and highly functional kitchens and baths for clients across the country. Listen as she leads you through each valuable step of creating a dream kitchen and bath, the painless way. [Donna Gilliam Interiors](#)

Date(s): Tuesday, February 3, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

610 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.

Date(s): Tuesday, February 24, 2015

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

Fee: \$25

Materials Fee: \$5

Location: USN

700: ARTS & HOBBIES

701 PAPER FLOWERS ON CANVAS

Nashville native and multi-media artist BETH GRUBB will instruct this class on paper making art. Students will work with imported natural papers and focus on making flowers and natural scenes. All you will need for the class is your creative spirit. Come and play with paper and see what you can do. The results will surprise you and amaze your friends. [Beth Grubb](#)

Date(s): Thursday, February 5, 2015

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

Fee: \$35

Materials Fee: \$15

Location: USN

702 CREATIVITY WITH BEESWAX

Come see what all the “buzz” is about while you indulge your creative side in the world of beeswax. Instructor JUDY KLICH will take students through the luscious and versatile world of encaustic, an ancient medium made by combining beeswax, pigment, and resin. Beginners and experts alike will learn many different techniques including incising, scraping, layering wax, using stencils, using metal imprinting tools, and fusing with a heat gun. Demonstrations of each technique will follow with hands-on learning. Each student will take home 2-3 small finished paintings ready to be hung. [Judy Klich Art](#)

Date(s): Thursday, January 29, 2015

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

Fee: \$35

Materials Fee: \$15

Location: USN

703 TOOLS TO INSPIRE CREATIVITY

As creative beings we sometimes lose our way, and this class is designed to give you that spark back. Artist JUDY KLICH will lead this class in individual, hands-on, brainstorming exercises and group creativity exercises. Participants will also start an inspiration wall that can be added to throughout the class to share ideas with every attendee. You will leave with a list of tools to get you reenergized and help you re-discover what inspires you to be an artist. Bring a sketchbook and plan on leaving with more energy than you thought was possible. [Judy Klich](#)

Date(s): Tuesday, March 10, 2015

Time(s): 7:00 PM - 8:30 PM

Fee: \$35

Materials Fee: \$0

Location: USN

704 CRAK, BAM , DOT...IT'S MAH JONG

Mah Jong is an ancient game of skill, strategy, and calculation. 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. Originated in China, Mah Jong is played in teams of four with tiles that stand on a rack. Each player tries to match an existing pattern on the Mah Jong card by picking and discarding tiles. By the end of the class, participants will gain both knowledge of and appreciation for this fun and challenging game.

Date(s): Tuesday, February 3, 2015, Tuesday, February 10, 2015
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$8
Location: USN

705 UNLEASH YOUR CREATIVITY, YOU TIGER

Perhaps long ago you were told you were not creative. Perhaps the only thing getting in the way of your blooming as an artist are those voices from the past. Everybody is an artist, everyone has something to contribute, and artistic expression is personified in many ways. In this fun and inspiring workshop, international photographer and singer HUNTER ARMISTEAD will help you learn how to open your creativity and pursue your dreams. [Hunter Armistead](#)

Date(s): Thursday, January 22, 2015
Time(s): 6:00 PM - 7:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

706 CAPTURING THE PERFECT MOMENT PERFECTLY

We all live in the moment, but can we capture it effectively? In this class, international photographer HUNTER ARMISTEAD will teach you that the best camera is the one you have with you. Learn how to use what you have, including the trusty mobile phone, to take the best picture possible. This class focuses on posed subjects and factors that affect the result: lighting, atmosphere, style, posing, your camera, preparation, and psychology. Everyone has their own photographic genius, so sign up and learn how to capture the moment...and your creativity. [Hunter Armistead](#)

Date(s): Thursday, January 29, 2015, Thursday, February 5, 2015
Time(s): 6:30 PM - 8:00 PM
Fee: \$45
Materials Fee: \$0
Location: USN

707 HAND-CRAFTED GREETING CARDS

Greeting cards can warm the heart and brighten a loved one's day, particularly when they are individualized, personalized, and heart-felt. Hand-crafted cards are perhaps the best and most personal way to communicate your love, thanks, or well-wishes. In this class, expert designer MARY MORLEY will teach techniques to help you craft inexpensive greeting cards for all occasions. Each student will have the opportunity to complete a minimum of four cards.

Date(s): Tuesday, January 27, 2015

Time(s): 6:00 PM - 8:30 PM

Fee: \$25

Materials Fee: \$10

Location: USN

708 BEGINNING BLACK AND WHITE PHOTOGRAPHY

Renowned landscape and nature photographer and 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 19, 2015, Thursday, February 26, 2015

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

Fee: \$45

Materials Fee: \$5

Location: USN

709 THE POWER OF THE PUPPET

This class will teach you to embrace the passion behind the ancient art of puppetry, with no strings attached. Sign up and explore the secret history of puppetry, discovering styles, techniques, and scope previously unimagined. Master puppeteer and USN parent BRIAN HULL of the Nashville Public Library will take you on this fun and unexpected journey through an ancient art form, offering "hands on" work with hand puppets, marionettes, shadow, rod puppets and much more. [Brian Hull](#)

Date(s): Tuesday, February 17, 2015

Time(s): 6:00 PM - 8:30 PM

Fee: \$25

Materials Fee: \$0

Location: USN

710 COLLECTING ANTIQUE PHOTOGRAPHS

Vintage photographs carry mystique, whether discovered in an attic or antique store. If you've ever wanted to uncover the mysteries behind the frame, this class is for you. Expert photographer, collector, and USN alumnus RUSSEL RIES will teach the class the ins and outs of identifying and evaluating various types of old photographs. Using examples from his collection, the group will learn how to research antique photographs and even return them to wherever they might be best appreciated. [Russel Ries](#)

Date(s): Tuesday, March 10, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

711 GREAT BIG PLANS: A MIXED-MEDIA EXPLORATION

You have plans, you have dreams – of how you want to live, who you want to be, and how you see the world. Whether fleeting thoughts or heart-whispers, these notions are the genesis of inspiration. In this experiential workshop, helping professional LYNETTE DAVIDSON will give your dreams some time and space and take steps toward living into them in the now. You'll walk away from class with a reflective piece of mixed-media art that you'll create during this process. [Lynette Davidson](#)

Date(s): Tuesday, February 10, 2015

Time(s): 6:00 PM - 8:30 PM

Fee: \$35

Materials Fee: \$15

Location: USN

712 THE ART OF BOOKMAKING: FOUR BOOKS IN ONE EVENING

Studio artist LESLEY PATTERSON-MARX and EMILY HOLT, studio artist and USN art teacher, will introduce participants to the colorful world of bookmaking through four simple book forms. In this hands-on crafting workshop, attendees will work with a variety of decorative papers and textural book board to create four different books in one evening. Express your own vision as you learn how to fold, sew and assemble beautiful handmade books suitable for giving as gifts or keeping for your own personal journals. Sign up solo or with friends to enjoy a fun and engaging artistic activity class. [Lesley Patterson-Marx](#)

Date(s): Tuesday, February 24, 2015

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

Fee: \$35

Materials Fee: \$0

Location: USN

713 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 22, 2015

Time(s): 5:00 PM - 8:00 PM

Fee: \$35

Materials Fee: \$25

Location: USN

714 LEARN TO PAINT YOUR ACRYLIC DREAMS

International painter and Nashville resident MADELEINE (MAD) ROYER teaches students the ins and outs of acrylic painting. Each student will bring an item of inspiration, something simple like a flower, article of clothing, photo, car keys, or piece of jewelry. From this starting point, imagination will take flight, technique will follow suit, and all participants will leave with an acrylic painting borne of your imagination. [Madeline Royer](#)

Date(s): Thursday, February 26, 2015

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

Fee: \$35

Materials Fee: \$25

Location: USN

715 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 3, 2015

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

Fee: \$35

Materials Fee: \$0

Location:

716 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 10, 2015

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

Fee: \$35

Materials Fee: \$0

Location: USN

717 FUNDAMENTALS OF DSLR: (GETTING TO KNOW HOW TO MANUALLY SHOOT YOUR DIGITAL SINGLE-LENS REFLEX CAMERA)

Photographer and USN parent and photography teacher KIMBERLY MANZ leads the class on the best way to develop a basic understanding of your digital camera capabilities beyond "Auto Mode." This class will help you pursue your hobby, feature something fab in your blog, get great pet portraits, and capture perfect images of your family members. Bring your camera and your creativity and feel free to ask all of those "silly questions" because this is a fun and safe place to do so. You will also learn the basics of exposing light properly, composition, and move on to shoot completely in Manual Mode. [Kimberly Manz](#)

Date(s): Tuesday, January 27, 2015

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

Fee: \$35

Materials Fee: \$0

Location: USN

718 DSLR USAGE – THE NEXT STEPS

This is the follow-up to Fundamentals of DSLR Camera basics, taking our approach to a slightly higher level. If you shoot fully in Manual Mode with your digital SLR camera, you can bring your problem images and instructor and USN parent KIMBERLY MANZ will help assess your work, examining what worked and what didn't for light exposure. Other class topics include finding a workflow for editing and critiquing your work, the basics of white balance, metering, and focus modes, and simply how to choose the best approach for different situations. This is a fun class to push your creativity and your photographic imagination. [Kimberly Manz](#)

Date(s): Tuesday, February 3, 2015

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

Fee: \$35

Materials Fee: \$0

Location: USN

719 PHOTOSHOP BASICS

Photographer and USN parent and teacher KIMBERLY MANZ will teach a few basic tips and tricks to control flyaway hairs in your best profile picture, fix those tiny lines around your eyes, take the trash can out of the perfect shot of your children playing, and replace Uncle George's closed eyes with a perfect set from another shot. You will also learn subtle techniques, such as how to fix yellow tinted indoor images and discuss best tools and applications for effective photoshopping. Students are welcome to bring in their favorite photos on a flash drive for practical application. [Kimberly Manz](#)

Date(s): Tuesday, March 3, 2015

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

Fee: \$35

Materials Fee: \$0

Location: USN

720 WOODTURNING 101

MATT DENNIS, USN parent of alumnae and Artclectic artist will guide students through this hands-on woodturning workshop. Each student will leave with an understanding of the wood lathe, tools, wood preparation and a beautiful wooden creation.

Date(s): Tuesday, February 3, 2015

Time(s): 5:30 PM - 8:30 PM

Fee: \$35

Materials Fee: \$25

Location: USN

721 INTRO TO KNITTING WITH COLOR

This class will expand your knitting palette in terms of color and technique. There are infinite colors in the world and countless shades in a rainbow, so it's time to pull the possibilities into your knitting. Expert knitter ELLEN BRITTON will help you untangle your color phobias and take your knitting to the next level. If you know how to do a basic knit stitch, you're ready to start exploring all the fun to be had by mixing different shades of fiber. The class will start out simple and wind up looking at intarsia, Fair-Isle, mosaic, and striping – all ways of painting with yarn.

Date(s): Thursday, February 12, 2015, Thursday, February 19, 2015

Time(s): 7:00 PM - 8:30 PM

Fee: \$45

Materials Fee: \$0

Location: USN

800: RECREATION, FITNESS, & DANCE

801 YOGA FOR THE TRUE BEGINNER

Open the door to yoga with this class led by CORRINE DENNISON, a USN parent who has studied with internationally renowned instructors and taught yoga for more than 14 years. This class provides the perfect entry point for a healthy lifestyle choice. The class will address yoga basics for all, regardless of fitness and flexibility, and provide tips on integrating yoga into your daily routine.

Date(s): Tuesday, February 24, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

802 SWIMMING TECHNIQUE FOR TRIATHLETES

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 College, will introduce students to effective techniques to develop a more relaxed and efficient swimming style. This class is specifically geared towards individuals interested in improving the swimming portion of their triathlon race. Instruction will cover proper head and body alignment, effective kicking, breathing technique, and stroke optimization. Each student will receive personalized feedback, see demonstrations from accomplished swimmers, and 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, February 24, 2015, Tuesday, March 3, 2015

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

Fee: \$35

Materials Fee: \$0

Location: USN

803 PILATES FOR EVERYBODY

Come join USN parent GINA BROOKS, certified Pilates instructor, for beginner mat Pilates. This class concentrates on steadying and toning abdominal and pelvic stabilizing muscles as well as providing a whole body conditioning experience promoting flexibility, posture, physical strength, and enhanced mental awareness. No prior experience needed.

Date(s): Thursday, January 29, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

804 GROUNDING YOGA SESSION

Treat yourself to a Grounding Yoga session led by USN parent MOLLY UPCHURCH. Explore breath, movement, and mantra that will help you relax into your foundation and let go of anxiety. Learn how to bring the ancient wisdom of Ayurveda into your everyday life. All levels of yoga students are welcome. [Molly Upchurch](#)

Date(s): Thursday, February 12, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

805 EVERYTHING YOU EVER WANTED TO KNOW ABOUT GOLF HISTORY

Join golf enthusiast JOHN W. MILLER as he leads this class on the fascinating evolution of golf. John has spent a lifetime chronicling the history of this intriguing and entertaining sport. John is an accomplished custom golf club maker and a member of the Golf Collector's Society, and will share tidbits, trivia, and fairway foibles from the annals. You will also learn more about the true origins of golf (not Scotland) and Tennessee's part in the evolution of the game. Be prepared to have fun and be entertained and to leave with some great stories to share the next time you hit the 19th hole.

Date(s): Thursday, February 19, 2015

Time(s): 6:00 PM - 8:30 PM

Fee: \$25

Materials Fee: \$0

Location: USN

806 THE STRETCH, ROLL, AND RESTORE, GUIDE TO FITNESS

Join Pilates expert MARY ANN STUART in a class that will teach you how to breathe, move, and stretch. This is a class for beginners, teaching how to use basic movements on a foam roller to lengthen and strengthen your muscle, building your core in the process. Using Pilates mat exercises, Rebekah will lead you through a 75 minute class that will refresh, restore, and relax, leaving you feeling better than you can imagine. The mind and body come together in this challenging course, but it is definitely open to all beginners. [Align Wellness Studio](#)

Date(s): Thursday, January 22, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

807 BEGINNING FLY FISHING FOR WOMEN ONLY

Join certified fly fishing expert SUSAN THRASHER for a morning of instruction at Shelby Park. During this hands-on class you will become familiar with fly fishing equipment and basic casts. Students will learn to catch, land, and safely release a fish. Susan is an enthusiastic instructor who turned her passion for fly fishing into a profession and enjoys teaching those who want to learn more about this popular pastime. [Southern Brookies Fly Fishing](#)

Date(s): Saturday, March 7, 2015

Time(s): 9:00 AM - 12:00 PM

Fee: \$35

Materials Fee: \$10

Location: Shelby Park, Shelby Ave and S 20th St,
Nashville, TN 37206

808 BEGINNING FLY FISHING - COED

Join certified fly fishing expert SUSAN THRASHER for a morning of instruction at Shelby Park. During this hands-on class you will become familiar with fly fishing equipment and basic casts. Students will learn to catch, land, and safely release a fish. Susan is an enthusiastic instructor who turned her passion for fly fishing into a profession and enjoys teaching those who want to learn more about this popular pastime. [Southern Brookies Fly Fishing](#)

Date(s): Saturday, March 7, 2015

Time(s): 1:00 PM - 4:00 PM

Fee: \$35

Materials Fee: \$10

Location: Shelby Park, Shelby Ave and S 20th St,
Nashville, TN 37206

809 SALSA DANCE

Choreographer DONALD STAMPER takes the class onto the dance floor to salsa salsa salsa. This is a fun, high-energy class for beginners or experts that will teach you the basic fundamentals of salsa dancing and give you a chance to cut the rug in style. Let's dance, everybody dance now. [Nashville Ballroom Network](#)

Date(s): Thursday, February 26, 2015

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

Fee: \$25

Materials Fee: \$0

Location: USN

900: TOURS

901 FRIST CENTER FOR THE VISUAL ARTS: A HISTORICAL AND ARCHITECTURAL TOUR OF THE ART DECO BUILDING

MANCIL EZELL, Frist Center of the Visual Arts Center docent, leads the class on a tour of the historic artifice that is the Frist Center. This Art Deco masterpiece operated as a full-service post office from its dedication in 1934 until 1987. It is now on the National Registry of Historic Places and has become one of the most popularly visited venues of "architecture as destination" in the city of Nashville. This class begins with a classroom overview of the building's history followed by a personalized guided tour of the Art Deco designs and architectural feats that detail the building's aesthetic and visual manifestations. Class members will leave with a refreshed impression and enhanced appreciation of one of Nashville's most treasured landmark buildings. Part of the tour is outside, so please dress for the weather, old sport. [Frist Center](#)

Date(s): Friday, March 6, 2015

Time(s): 7:00 PM - 8:30 PM

Fee: \$25

Materials Fee: \$0

Location: Frist Center for the Visual Arts, 919 Broadway, Nashville, TN 37203

902 GUIDED TOUR OF THE ART OF COMMUNITY: JANET & JIM AYERS' COLLECTION OF TENNESSEE ART

JANET and JIM AYERS along with curator ANNE BROWN will lead a personal tour of their collection of Tennessee art, with commentary as to how this collection of art was put together to adorn the interior of FirstBank downtown. The Ayers had never purchased original artwork before and in this five month project, they amassed a unique and stellar collection of over 200 pieces of original contemporary art by artists living and working in Tennessee. This tour combines insight into how clients and curators work together, as well as offering a rare opportunity to view this one-of-a-kind collection first-hand with the collectors. [The Arts Company](#)

Date(s): Thursday, January 29, 2015

Time(s): 5:30 PM - 7:00 PM

Fee: \$35

Materials Fee: \$0

Location: FirstBank downtown, 211 Commerce St. Suite 300, Nashville, TN 37201

903 BEHIND-THE-SCENES 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, father of a USN alumna and former wide receiver for the Vanderbilt Commodores, will take participants on a walking tour that offers fans of the Tennessee Titans rare access to the press box, locker room, and players' tunnel. (Ages 10 and older) [Titans Online](#)

Date(s): Wednesday, March 4, 2015

Time(s): 5:30 PM - 7:30 PM

Fee: \$25

Materials Fee: \$0

Location: LP Field, 1 Titans Way, Nashville, TN 37213

904 A NIGHT AT THE SYMPHONY

Experience Nashville's GRAMMY-winning orchestra and the acoustic splendor of Schermerhorn Symphony Center in this fun, engaging evening, highlighted by a performance of Dvorak's beloved "New World" Symphony. The class starts with a behind-the-scenes tour of the Schermerhorn led by JONATHAN MARX, Vice-President of Communications for the Nashville Symphony, with interesting facts on the history of the concert hall. Then learn more about the music you'll hear performed at a pre-concert "Classical Conversations" lecture, led by guest conductor Lawrence Foster and Nashville Symphony Director of Artistic Administration Laurence Tucker, before taking your seat to enjoy a performance by the Nashville Symphony in one of the most elegant concert halls in the United States. [Nashville Symphony](#)

Date(s): Friday, February 6, 2015

Time(s): 6:00 PM - 10:00 PM

Fee: \$20

Materials Fee: \$25

Location: Schermerhorn Symphony Center, 1 Symphony Place, Nashville, TN 37201

905 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. [Third Man Records](#) Age 18 and up, strictly enforced.

Date(s): Saturday, January 24, 2015

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

Fee: \$50

Materials Fee: \$0

Location: Third Man Records, 623 7th Ave S, Nashville, TN 37203

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Date(s): Saturday, February 21, 2015

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

Fee: \$50

Materials Fee: \$0

Location: Third Man Records, 623 7th Ave S, Nashville, TN 37203

907 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 tour 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 8, 2015

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

Fee: \$50

Materials Fee: \$0

Location: Private location

908 INSIDER'S VIEW OF HATCH SHOW PRINT

Come enjoy a behind-the-scenes tour of Hatch Show Print, located 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 be on hand to walk the participants through the 135-year-history of one of America's iconic print shops, including sharing fabulous and rarely seen details of the archive. [Hatch Show Print](#) Age 21 and up.

Date(s): Wednesday, February 25, 2015

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

Fee: \$25

Materials Fee: \$0

Location: Hatch Show Print, 224 5th Avenue South, Nashville, TN 37203

909 BACKSTAGE AT THE GRAND OLE OPRY

This one-of-a-kind tour 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 celebrated 40 years as the Opry's home in March 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): Wednesday, March 4, 2015

Time(s): 7:00 PM - 8:30 PM

Fee: \$25

Materials Fee: \$0

Location: Grand Ole Opry, 2804 Opryland Drive,
Nashville, TN 37214

910 "HOUGHTON HALL: PORTRAIT OF AN ENGLISH COUNTRY HOUSE": A TOUR OF THE FRIST CENTER FOR THE VISUAL ARTS WITH TERI COHEN

Do you love *Downton Abbey*, masterpieces of art, and fine porcelain? Join docent and USN alumna, TERI COHEN, as she gives you a tour of the remarkable exhibit coming to The Frist Center for the Visual Arts. Without traveling to England she will walk you through the Frist galleries showing you paintings, furnishings, costumes, sculptures and other decorative arts displayed to evoke the feeling of actually being in the historic British home. Frist Center

Date(s): Friday, February 27, 2015

Time(s): 7:00 PM - 8:30 PM

Fee: \$25

Materials Fee: \$0

Location: Frist Center for the Visual Arts, 919
Broadway, Nashville, TN 37203

1000: ONE-TO-ONE INSTRUCTION

1001 HOW TO GET A FINANCIALLY SMART DIVORCE

Even the best Nashville divorce attorneys are not accredited financial counselors and are 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. [Sandy Arons](#)

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Date(s):

Time(s):

Fee: \$75

Materials Fee: \$0

Location: Time and place to be determined by student and instructor

1002 HOW TO GET A FINANCIALLY SMART DIVORCE

Even the best Nashville divorce attorneys are not accredited financial counselors and are 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. [Sandy Arons](#)

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Date(s):

Time(s):

Fee: \$75

Materials Fee: \$0

Location: Time and place to be determined by student and instructor

1003 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](#)

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Date(s):

Time(s):

Fee: \$100

Materials Fee: \$0

Location: Time and place to be determined by student and instructor

1004 PRACTICAL PRUNING FOR TREES AND SHRUBS

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Date(s):

Time(s):

Fee: \$100

Materials Fee: \$0

Location: Time and place to be determined by student and instructor

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Date(s):

Time(s):

Fee: \$100

Materials Fee: \$0

Location: Time and place to be determined by student and instructor

1006 ARTIST DEVELOPMENT FOR THE SINGER/SONGWRITER

This one-on-one class offers the singer/songwriter methods to evoke passion in listeners through emotional connection and commitment to his/her song. USN parent REESE FAW is a music industry veteran in both publishing, A&R and artist development. In this session, the artist will perform a song from his/her catalog and experiment with different methods to deepen the commitment to the lyrics. Faw inspires artists' self-discovery on a personal path to development. She utilizes the methods of emotional availability, commitment, imagination, memory, presence, raised stakes, and choice to enhance artistic growth. The result is a profoundly rewarding and consistent experience between the artist and listener.

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Date(s):

Time(s):

Fee: \$65

Materials Fee: \$0

Location: Time and place to be determined by student and instructor

1007 ARTIST DEVELOPMENT FOR THE SINGER/SONGWRITER

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Date(s):

Time(s):

Fee: \$65

Materials Fee: \$0

Location: Time and place to be determined by student and instructor

1008 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. [The Solution Girl](#)

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Date(s):

Time(s):

Fee: \$100

Materials Fee: \$0

Location: Time and place to be determined by student and instructor

1009 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: turning 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](#)

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Date(s):

Time(s):

Fee: \$75

Materials Fee: \$0

Location: Time and place to be determined by student and instructor

1010 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 \$480. [Career Resources](#)

Date(s):
Time(s):
Fee: \$175
Materials Fee: \$0
Location: To Be Determined

1011 ARCHITECT ADVICE 101

We all walk through our homes and get creative ideas for renovation and innovation. This class gives you two hours with a professional registered architect to help flesh out those ideas and turn imagination into reality. For this class, you will meet one on one with MARK BIXLER, Architect of USN's Centennial Renovation project, at a time and location to be determined by the both of you. The sky's the limit on what design matters you want to cover – could be the basics of adding and subtracting to your home, zoning issues, green design, and even furniture and lighting. Mark will help you channel your inner Frank Lloyd Wright. It must be used by June 30, 2015. [Manuel Zeitlin Architects](#)

Date(s):
Time(s):
Fee: \$100
Materials Fee: \$0
Location: Time and place to be determined by student and instructor

1012 GROW, PRUNE AND IMPROVE YOUR WRITING -- 1:1 MANUSCRIPT REVIEW SESSION WITH KELLY CASS FALZONE

Careful reading and pointed feedback from an engaging editor can mean the difference between your manuscript revision making it to publication or ending up buried in the slush pile. Award-winning poet, editor, writing coach, and USN alum parent KELLY CASS FALZONE will read your short manuscript (up to 20 pages of prose or five poems) and then meet with you, one-on-one, for a ninety minute discussion of your work. Kelly's keen critique provides professional straightforward response with warmth and encouragement. Over the last twenty years, hundreds of Nashville writers have benefited from her collaboration to expand, tighten, enliven, shape or prune their creative work.

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

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Date(s):

Time(s):

Fee: \$100

Materials Fee: \$0

Location: To Be Determined
