

USN Evening Classes

2017 Catalog



Celebrating 24 Years of Classes for the Nashville Community

For the Most Up-To-Date Class Information and Registration
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2017 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 & Culture (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, Finance, & Technology (200) classes provide you with practical advice and skills such as estate planning, iPhone app development and interviewing for a job.

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

Cooking & 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, & 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 & 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 & 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.

Sports & Fitness (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-to-Ones Instruction (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, & CULTURE

101 Pulitzer Prize-winning Washington Post journalists and authors discuss current events and the future of politics

Instructor: Mary Jordan and Kevin Sullivan

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

No matter what side of the divide you landed on post-election your head is probably still spinning. Wouldn't it be great if it felt like less of a divide? One thing that helps ease anxiety in a time of political turmoil is reliable information. This year's spotlight class brings two Washington-based journalists who have traveled the country to shed some light on the 2016 election and where we go from here. No one has more insight than journalists who were actually in the thick of it, covering the developments and the surprise (at least to some) outcome, and who continue to find the facts to keep the public informed. As award-winning Washington Post reporters who have worked internationally as well as across America, MARY JORDAN and KEVIN SULLIVAN are uniquely poised to help make sense of it all and guide a productive conversation about American politics beyond 2016. This 90 minute special event will include time for questions from the audience. Please join us at USN on Monday, January 30 to welcome these exciting guests and take part in what promises to be an informative, lively and positive evening.

102 Criminal Law in Fiction and Reality

Instructor: Lucian Dervan

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Professor LUCIAN E. DERVAN, one of the country's leading experts on criminal law, will introduce you to the realities of criminal investigations and prosecutions. He will examine the portrayal of the criminal justice system in movies, television, and books and share how close these stories come to reality. This is a great class for those who want to understand more about the criminal justice system and gain a deeper understanding of the system about which they are watching and reading.

103 A Way to Write: Using the Amherst Writers & Artists Method

Instructor: Alison Ernst

Location: USN

Fee: \$35.00

Materials Fee: \$0.00

Returning instructor ALISON ERNST, former USN Library Director, welcomes beginners and experienced writers alike to this writing workshop. Alison will introduce and teach the innovative Amherst Writers and Artists method in this class, which is based on Pat Schneider's book *Writing Alone and With Others*. Whether you are curious about writing creatively, aspire to "speak" in your own unique voice, or are looking for a method to be more productive, this is an excellent class for you.

104 Making a Living Making Music in Nashville

Instructor: Jonathan Yudkin

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Musician, producer, engineer, and AFM Executive Board member, JONATHAN YUDKIN leads this class on a journey into the drive and passion of a professional creative, examining who we are as a creative class in society, what motivates us and drives us to pursue a life in the arts, what it takes to get there and what it takes to survive. For this class, the canvas is music writing, performing, recording, and more. Myth versus fact about this working class existence is looked at from all sides so that students can get a realistic view of life as a creative. Whether one is thinking about pursuing this way of life or is just creatively curious, this class pulls back the curtain. The importance of intellectual property rights and representation for skilled labor will also be examined. This class includes a live recording session demonstration so feel free to bring along your instrument.

105 Vocal and Acting Masterclass with Broadway Performer Rachel Potter

Instructor: Rachel Potter

Location: USN

Fee: \$35.00

Materials Fee: \$0.00

Offered for the first time as an evening class, this master class in vocal performance and acting by experienced coach and performer RACHEL POTTER is a special opportunity to work with a Broadway performer who has 20 years of experience with the SLS technique. Students may choose to perform in front of the class on a song of their choice or may simply observe and absorb the lessons Rachel offers. Rachel specializes in coaching vocal performance and connecting her students emotionally to the material, drawing on her deep and diverse experiences in theater and music.

106 Writing and Publishing Books for Young Readers

Instructor: Jessica Young and Susan Eaddy

Location: USN

Fee: \$35.00

Materials Fee: \$0.00

Have you ever thought about writing a children's book? Two award-winning children's book creators will lead this introductory class. Author and illustrator SUSAN EADDY along with author and USN parent JESSICA YOUNG provide a glimpse into the business and craft of children's literature. Topics will include the concept, format, and structure of picture books and chapter books, as well as finding and working with an agent, editor, and publisher.

107 Let Yourself Go: The Art of Travel Writing

Instructor: Gloria Ballard

Location: USN

Fee: \$35.00

Materials Fee: \$0.00

Sometimes a trip really is more than just a trip. Traveling can be a transformative experience that changes the way you see yourself in the world. For this class, you will learn the art of travel writing, how to best reflect on the inner journey that begins with a special trip or destination. GLORIA BALLARD, Journalist and parent of USN alumna, will help guide you through this unique form of creative writing. Bring your travel memories plus a pen, pencil or laptop.

108 Hot or Not? Insider Tips on the Art and Auction Market Today

Instructor: Sarah Sperling

Location: Brunks Auctions

Fee: \$25.00

Materials Fee: \$0.00

Have you ever wondered if you could put the kids through college on what you would make from the sale of Grandma's antique table? Or perhaps you are a fan of contemporary art and want to invest in your passion, but are hesitant because don't know if this is a good time to buy? Let SARAH SPERLING, a USN alumna with over sixteen years of experience in auctions and fine art, be your guide to the fascinating world of art and auctions marketplaces today. Age 21 and up.

109 Adult Improv

Instructor: Bakari King

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

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 participate in and enjoy many games like the ones you may have seen on "Whose Line Is It Anyway?" USN middle school theatre instructor and parent BAKARI KING will teach improvisational theatre's tricks of the trade and how improv can apply to and support your everyday life. Age 18 and up.

110 170 Years of Tennessee Railroad History

Instructor: Terry Coats

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Join TERRY COATS of the NC&St.L Railway Preservation Society for this fact-filled journey. Railroads came to Tennessee in the early 1840's and are still an integral part of the fabric of the state's commerce today. Railroad history is intertwined with the backbone of American culture, present and past. Come explore the story of Tennessee Railroads from their fledgling start in the 19th century to its development into the giant transportation system of today.

111 Telling Your Story

Instructor: Amy Lyles Wilson and Jessie Rosenblum

Location: USN

Fee: \$45.00

Materials Fee: \$0.00

Writer AMY LYLES WILSON, a trained Amherst Writers and Artists facilitator and longtime workshop leader, and USN parent and writer JESSIE ROSENBLUM lead this two-night class designed to get your stories on paper. We all have stories to tell—whether fictional or real-life—but often don't have the time or confidence to get started. This class will help you claim your voice in a safe and encouraging environment. Critique is not part of this process, and you needn't consider yourself a "real writer" to participate. We'll interact with prompts and readings designed to jump-start your creative process. You'll come away with resources and encouragement to get your story told.

112 The Art of the Soundtrack

Instructor: Carter Little

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

How does music help tell a story? While sometimes the least-thought-of element in a film or television production, the soundtrack and score of a great show is the emotional DNA that connects a director's vision with what the audience will ultimately see (and feel). Watch one of your favorite films without its soundtrack and the story loses its emotional impact. In The Art of the Soundtrack, students will go to the movies with USN parent CARTER LITTLE, a music supervisor for film and television who has worked on numerous award-winning films and shows. Carter will survey the evolution of score and soundtracks in films and television shows over the past 100 years, exploring how the role of the soundtrack has grown increasingly important. You'll discuss the nuts and bolts of producing score and soundtracks and licensing songs, and will analyze clips from favorite classics such as Alfred Hitchcock's "Psycho," Francis Ford Coppola's "Apocalypse Now," John Hughes' "Ferris Bueller's Day Off," and the Pixar animation classic "Up." Students will enjoy hearing about Carter's current projects as well.

200: CAREER, FINANCE, & TECHNOLOGY

201 Beat the Odds and Become a Much Better Investor

Instructor: Spencer Jakab

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Wall Street Journal investing columnist SPENCER JAKAB will discuss his recently published book, Heads I Win, Tails I Win: Why Smart Investors Fail and How to Tilt the Odds in Your Favor. With shocking statistics and amusing anecdotes, Jakab will show just how much money typical savers leave on the table. Hint: A lot.

202 Word of Mouth — Live Conversations

Instructor: Lily Clayton Hansen

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

"Storyteller of the South" and people-whisperer LILY CLAYTON HANSEN, author of the popular coffee table book Word of Mouth: Nashville Conversations, will teach a class that is both live demo and practical skills lesson. Lily will host a live interview with three subjects of her choice during this unique evening class. Similar to her live interview series blog "Role Models," this class will feature three members from the Nashville community who are currently contributing and pushing boundaries. Lily will drive a conversation in which each of the subjects will go into depth about their chosen professions, why they are so passionate about what they do, the ups and downs of their current career paths, and any lessons they have learned along the way. In addition to the engaging demonstration, Lily will discuss with her students important interviewing skills such as how to actively listen, ask questions that will elicit the answers you want, and show someone that you are truly paying attention. Contrary to the belief these days that conversation is dead, Lily is dedicated to proving that we do still want to learn about one another whether through networking, formal interviews or daily dialogue. As students of this fun and informative class will find out, everything Lily has learned thus far in her career has been over a cup of coffee.

203 First Bites at a Food Business

Instructor: Tom Bailey

Location: USN

Fee: \$35.00

Materials Fee: \$0.00

The Nashville food scene has exploded! New restaurants, food trucks, and small scale food manufacturers are opening on an almost daily basis. This class will provide you with solid basic information so that you can decide if starting a food business is for you and, if so, how to get going. TOM BAILEY, Nashville native and cofounder of Accidental Spices; ROB KANE, founder of Bare Naked Bagels food truck; and JAVA HEMMAT, founder and CEO of Hummus Chick will share their stories and give you solid guidance on how to get started, what to plan for, and potential unexpected surprises you may encounter on the way.

204 Demystifying the Grantmaking Process

Instructor: Jennifer Chalos

Location: USN

Fee: \$35.00

Materials Fee: \$0.00

You've heard about writing grants, you know they lead to money, and you've got an idea for your organization. What next? Everything is a process, and in this class, grant writing expert and USN parent JENNIFER CHALOS teaches you the ins and outs of grantmaking, breaking it down to into key writing and organizational components of organization, audience, and passion. Learn how to put numbers and words on paper to add up to a compelling proposal and set yourself on the road to successful grant seeking and attainment.

205 Social Media 101

Instructor: Kathy Wieczerza

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

USN Director Of Technology KATHERINE WIECZERZA leads participants in this Social Media 101 primer, providing valuable (and not so obvious) information on how to handle, use and stay current with this part of our everyday lives. Get social and join us as we take a look at some of the current popular sites and apps like Facebook, Twitter, Instagram, Snapchat, Pinterest, YouTube, blogs and many others.

206 Understanding Social Security

Instructor: Susan Fuller and Cullen Roberts

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Social Security rules are complicated, and many individuals leave benefits on the table because they do not fully understand the complexities of the rules or how to work within the system. Join SUSAN FULLER, financial advisor at Edward Jones Investments, and CULLEN ROBERTS, a BlackRock financial advisor, to explore the ins and outs of Social Security benefits and the strategies involved in collecting benefits. They will dive into the topic of spousal and survivor benefits for married and divorced individuals and teach you how to optimize the lifetime benefits available during your retirement.

207 Apple's iCloud

Instructor: Steve Smail

Location: USN

Fee: \$35.00

Materials Fee: \$0.00

STEVE SMAIL, USN parent, website manager and teacher will introduce the basics of Apple's iCloud capabilities, setup, and utilities available on most modern Apple devices. Participants are encouraged to bring questions to share, and while not a device specific class, students can bring multiple Apple devices to test out features.

208 I just want to watch TV and Movies....When did this become so difficult?

Instructor: Kevin Craig

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Does your brain start to shut down when you see all the options for television these days? Comcast, Netflix, Dish, Hulu, Amazon Prime, Google TV, NFL Network...just to name a few. There are so many ways to watch television and movies that it can be very confusing when it comes to deciding what equipment to buy and what subscription gives you the most bang for your buck. USN Tech Guru KEVIN CRAIG will dig into three areas: TV providers, Internet Subscriptions, and Equipment. Once you know the ins and outs of these basics, you can make sense of the madness and quickly find what you want to watch, when you want to watch it and how you want to watch it.

209 Dollarlogic: A Six-Day Plan to Better Investing

Instructor: Andy Martin

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Dollarlogic starts with the belief that since risk does not equal reward in your daily life, then there is little reason to believe that risk would equal reward with your savings. Author, researcher, fund manager, and USN alumnus ANDY MARTIN shares the findings detailed in his recent book Dollarlogic: A Six-Day Plan to Achieving Higher Returns by Conquering Risk, foreword by Arthur B. Laffer, Ph.D. All students will receive a free signed copy of Dollarlogic, winner of the 1310 Media Group's Best Book Award, donated by the author.

210 Make a Movie with your iPhone

Instructor: Amy Eskind

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

If you have an iPhone 6 or newer and the iMovie app, you have all you need to be a video producer. AMY ESKIND, journalist, USN parent, and producer of Nashville Zoo videos, will walk you through the basics of Guerrilla Filmmaking. Participants will learn how to plan, shoot, edit, move sound, do voiceovers, add still photos and songs, and produce their own videos. Whether you want to give Francis Ford Coppola a run for his money or simply get creative with your personal phone, this class will set you in motion.

211 How to Start a Business from the Ground Up

Instructor: Ben Kurland and Julian Kurland

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

If you have a brilliant idea for a business or a dream of working for yourself but simply aren't sure where to start, this is the class for you. Let USN alumni and brothers BEN and JULIAN KURLAND, the founders of BillFixers, show you how to supercharge your business idea and make the leap from dream to reality. Class content includes practical information on hiring, marketing and making your venture a blazing success.

212 iOS for Everyone

Instructor: Steve Smail

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Back by popular demand, USN parent, website guru and teacher STEVE SMAIL lends his technology expertise to students in this class, aptly named iOS for Everyone. There is no doubt it is hard to keep up with all the advances and updates for our iOS devices. Steve will help you make sure you not only understand the settings, the apps, the many different facets of your device, but that you are using this irreplaceable tool to its fullest potential. Class begins by covering a few of the basics but will be guided by the needs and interests of the participants. Bring your Apple(s) and your most pressing questions.

213 16 Questions To Ask A Financial Advisor

Instructor: Joseph Budd

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Whether you already have a financial advisor or are considering working with one, this class will give you the questions to ask an advisor as well as the reasoning behind them in order to clarify this important relationship. Certified Financial Planner JOSEPH G. BUDD will outline questions that cover all aspects of the client-advisor relationship. Specific questions will shed light on topics such as qualifications to give advice, compensation methods, conflicts of interest, types of services, investment disciplines and process, liquidity and income needs.

214 Presentation Skills for Leaders

Instructor: Mimi Bliss

Location: USN

Fee: \$35.00

Materials Fee: \$0.00

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. Focusing your message, incorporating stories, and using your voice, hands, and eye contact contribute to your effectiveness as a speaker. Good presentation skills will advance your career, make 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.

215 Body Language Basics

Instructor: Don Hulse

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Depending on context, our non-verbal communication is a minimum of 60% of our total communication. In some case studies that number can be as high as 93%. Most of us consider what we want to say if we are on a date or going into a business meeting, but really we should be concentrating on HOW things are said and our non-verbal communication. In this class, instructor and USN stepparent DON HULSEY will introduce students to basic body language laws: trust indicators, purposeful gazing, microexpressions, power posing, fronting and vocal variety. The class helps make strategic body language practical, giving students a real skill set that can be used right away.

300: FAMILY, HEALTH, & WELLNESS

301 What Next?

Instructor: Thelma Kidd

Location: USN

Fee: \$35.00

Materials Fee: \$0.00

At different points in our lives we are faced with decisions about what direction we should take next. Sometimes a change is necessary; other times we simply begin to know that it is time for something new. For over 15 years, USN parent of alumni THELMA KIDD has worked with men and women of all ages, helping them find the clues that will enlighten those decisions. This class will introduce you to finding those clues through interesting activities and information.

302 Men's Health 101: Straight Talk on Living a Longer, Healthier and Active Life

Instructor: Kevin Billups

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Men often take better care of their cars than themselves. While women tend to be more proactive towards preventive health, men are often reactive and delay seeking medical attention until there is a crisis. The primary goal for this course is to empower men and their partners to think about men's health and prevention in a different way. DR. KEVIN BILLUPS, USN parent and practicing urologist, has limited his practice to men's health, sexual medicine and vascular disease for the past 25 years. A variety of topics impacting men's health will be discussed including benign prostate enlargement, prostate cancer, heart disease, diabetes, hypertension, erectile dysfunction, low testosterone, sleep apnea, and nutrition. The discussion will show how all of these conditions are linked and suggest ways to prevent chronic medical illness. Ample time will be allocated to answer your questions and concerns. Men and women are both invited to attend this course.

303 Genealogy 101: Getting Started at the State Library & Archives

Instructor: Trent Hanner

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

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.

304 Introduction to Buddhist Meditation

Instructor: Kirby Shelstad

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

In this class, 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.

305 The Art of Modern Dressing on A Budget for Women

Instructor: Rebecca Thompson

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

REBECCA THOMPSON, style expert and wardrobe consultant extraordinaire, is back to lead this class in self-presentation. Sign up and learn how to identify your signature style, locate essential pieces and incorporate the clothes already languishing in your closet into a chic, modern wardrobe that will work for you. You will also learn how to include trendy pieces and pairings in a way that fits your unique lifestyle but does not break your budget.

306 Parenting Young Adults with Mental Illness

Instructor: Julia Barlar

Location: USN

Fee: \$0.00

Materials Fee: \$0.00

JULIA BARLAR, Licensed Professional Counselor, will lead this class centering on the hows and whys of mental illness among young adults. This class will explore signs and symptoms of emerging mental illness as well as practical steps a parent can take to support an adult child who is having difficulty in this area. The class will be a safe place for discussion, questions, and feedback

307 Couple's Massage

Instructor: Rotonya Troup

Location: USN

Fee: \$17.50

Materials Fee: \$0.00

If you have been thinking about renewing your relationship with your partner or relieving stress through the healing power of touch, this class is for you. Experienced massage practitioner ROTONYA TROUP and her assistant will teach the basic techniques for relaxing your partner's neck and shoulders. Be sure to wear comfortable clothes and get ready to be mellow.

308 Eating For Energy

Instructor: Amber Robertson

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

In this wellness workshop led by Integrative Nutrition Health Coach AMBER ROBERTSON, participants will explore which foods are depleting their energy and learn how to choose energy-boosting foods to power them throughout the day. Attendees will also learn about energy-promoting self-care techniques and gain access to some of Amber's recipes for high-energy meals that can easily be prepared at home and packed for lunch or snacks at work.

309 Sugar Cravings: Overcoming Your Sweet Tooth

Instructor: Amber Robertson

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Have you ever noticed that you feel worse after a sugar crash, or experience problems like dull skin, headaches, elevated stress levels, poor sleep or weight gain... even though you're a healthy person? In this wellness workshop, Integrative Nutrition Health Coach AMBER ROBERTSON will teach you how to manage your sugar cravings without giving up sweets. Rather than denying your sweet tooth, learn how to understand your cravings, discover what your cravings are doing to your body, and find creative ways to appease your appetite with healthier sweet options.

310 Weigh Less, Live More: A Non-Diet Approach to Weight Loss

Instructor: Amber Robertson

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

If you've tried diet after diet with little success or if you've ever put your life on hold until you could drop the weight, you are not alone. In this wellness workshop led by health coach AMBER ROBERTSON, you'll learn about how to approach weight loss from a non-diet perspective. Discover some of the biggest contributing factors to weight gain in our society, and rather than counting every calorie and exercising until you're exhausted, learn how to shift your focus so that weight loss actually becomes secondary to a pleasurable life.

311 Self Defense with Everyday Items

Instructor: Amber Robertson

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Join USN's Director of Technology KATHERINE WIECZERZA's workshop in the use of everyday items such as walking canes, flashlights, magazines, carabiners and many more as practical and tactical weapons. In the Goju- Shorei Weapons System (GSWS) these ordinary items have attributes in common: they give you an advantage in a physical confrontation, they have an everyday practical use so you are likely to have one on you, and they inspire conversation rather than confrontation, so that their use as a self defense item is wholly unexpected. Truly an eye-opening class and discussion.

312 Aging Gracefully: Pure Skin, Pure Results

Instructor: Tami Sprintz and Barbara Close

Location: Escape Day Spa + Salon

Fee: \$35.00

Materials Fee: \$0.00

Join clinical esthetician and master herbalist BARABARA CLOSE, the founder and CEO of wellness company Naturopathica, and USN alumna and parent TAMI SPRINTZ-HALL, owner of Escape Day Spa + Salon to explore a holistic approach to healthy, younger looking skin. Explore the role of inflammation in skin sensitivity and premature aging. Learn how to combat inflammation with nourishing botanicals and herbs that restore skin health and clean cosmeceuticals that work with the skin's natural processes to deliver visible results. End with a Q&A to address your personal concerns and learn about home care rituals to enhance your skin health. Leave with a full-sized Naturopathica product.

313 Natural Solutions for a Good Night's Sleep

Instructor: Marnie Reasor

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

We all know the benefits of sleep – more energy, increased clarity and a better mood. But what if you have a hard time falling asleep or staying asleep? Insomnia can be caused by numerous factors such as hormonal imbalances, anxiety, or stress. In this course, Marnie Reasor, Certified Classical Homeopath, will help you select the best supplements or homeopathic remedies for your body, choose which foods to eat or avoid for a better night's sleep, and discover how environmental modifications can help you achieve the deep sleep your body needs.

314 Meditation: Organize Your Mind – Organize Your Life

Instructor: Lauren Weintraub

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

If you ever find that your mind is frenzied, distracted or divided by multitasking, this is the class for you. LAUREN WEINTRAUB, a lifestyle consultant and organizational expert, will teach you how to tap into your innate ability to be organized through basic meditative exercises. You'll learn how to achieve a calm, positive and centered perspective, which will change how you look at chaos around you – whether that is actual clutter or mental stress. No prior meditation experience required. Please bring a yoga mat, pillow or blanket if you prefer to sit on the floor.

400: COOKING & CULTURE EXPERIENCES

401 Learn to Cook the Old School Way

Instructor: Kirstie Bidwell

Location: Private home

Fee: \$45.00

Materials Fee: \$35.00

Chef KIRSTIE BIDWELL will share her passion for sourcing ethically raised and local foods in creating delicious and elegant farm to table meals. You will be involved in cooking an impressive meal for two, featuring vegetables from the chef's own farm and meat from just down the road. You will learn about unfamiliar winter vegetables, the ins and outs of sourcing local and ethically raised food, nutrition, and the farm to table movement. All this, while participating in creating an outstanding meal that includes butter braised steaks, pommes aligot, greens, au poivre sauce and to finish, a marvelous and seasonal winter squash crème brûlée. Age 21 and up.

402 Homemade Margherita Pizza

Instructor: Sam Tucker

Location: Private home

Fee: \$45.00

Materials Fee: \$20.00

This engaging class is a start-to-finish, interactive look into the classic pizza originally created to represent the national colors of Italy. Participants will learn to make fresh mozzarella, tomato sauce and pizza dough under the tutelage of renowned local chef, SAM TUCKER. The class will also include fresh ideas on converting a home oven into the ideal setting for baking pizza and artisan breads. Age 21 and up.

403 Entertaining with Small Bites

Instructor: Darryl Dinning

Location: Private home

Fee: \$45.00

Materials Fee: \$35.00

Chef DARYL DINNING will show the class how to make a variety of delicious dishes that leaves the taste buds tingling. Eat, laugh, and learn your way through delicious tapas and light courses you'll love serving to hungry guests at your next entertainment engagement. The menu includes cream cheese stuffed cucumbers, parmesan risotto stuffed mushrooms, mini-crab cakes with remoulade, goat cheese, honey and pistachio crostini, spicy beef empanada. Great cooking isn't just about the recipes—it's about techniques, which this class will provide in a fun, hands-on environment. Age 21 and up

404 Cooking South of the Border with Esoteric Vegan

Instructor: Shalene France Gray

Location: Private home

Fee: \$45.00

Materials Fee: \$40.00

Go South of the Border, vegan style, with Chef/Creator of Esoteric Vegan, SHALENE FRANCE GRAY. Shalene will show you how to make succulent vegan enchiladas that will impress family and guests alike (including homemade enchilada sauce). Following the demonstration, all students will gather around the table and be treated to a full meal, Latin-vegan style. Age 21 and up.

405 Hot Chicken and All Things Southern

Instructor: Merijoy Lantz Rucker

Location: Whole Foods Market - Salud!

Fee: \$45.00

Materials Fee: \$25.00

It's the new tradition that fits the "it" city like a glove – Nashville Hot Chicken. Join MERIJOY LANTZ RUCKER, Director of Salud! Cooking School at Whole Foods Market for this informative 101 class, as she cooks up hot chicken, along with biscuits, ghost pepper honey, Texas caviar, and pulled pork sliders with bourbon barbeque sauce. Age 21 and up.

406 Sauerkraut and Fermentation

Instructor: Bob Mathews

Location: Private home

Fee: \$30.00

Materials Fee: \$20.00

Each student will be guided through making their own jar of sauerkraut from scratch, which will then be taken home to complete the fermentation process. Sauerkraut expert BOB MATHEWS will teach the basic principles of fermenting, its health benefits and history (including other ferments such as kim-chi, pickles, yogurt, kefir, kombucha, and sourdough). Take-home materials will include a mason jar, fermentation lock and recipe so you can continue to make more sauerkraut at home. All vegetables and spices will be provided and a list of other references will be available. Age 21 and up.

407 Healthy Spring Entrees for Everyone's Table

Instructor: Laura Lea Goldberg

Location: Private home

Fee: \$45.00

Materials Fee: \$40.00

If you want to head into spring feeling healthy, nourished and satisfied, this is the class for you. Holistic Chef LAURA LEA GOLDBERG will show you how to make three of her favorite light but delicious spring entrees, and she'll sneak in a dessert as well. This demonstration-style class is a perfect setting for you to ask Laura Lea health-related questions while she cooks. Entrees will include: chilled caesar shrimp & asparagus "pasta" salad with zucchini noodles, Asian chicken lettuce cups, and quinoa, arugula & watermelon salad with honey lime dressing, followed by a grapefruit basil granita for dessert. Age 21 and up.

408 Pizza Party with Chef Tony

Instructor: Tony Galzin

Location: Private home

Fee: \$45.00

Materials Fee: \$40.00

This Pizza Party is one you won't want to miss. Chef TONY GALZIN, winner of Eater Nashville's 2015 Chef of the Year will show students how to make homemade pizza. Chef will cover basics such as making dough with fresh yeast, dough techniques, creating sauces and fresh cheeses. He will discuss a variety of cooking techniques so you will be prepared to fire pizzas in your own oven, grill or Big Green Egg. This award-winning Chicago native knows pizza: this winter Chef Tony will open Nicky's Coal Fired in Nashville's exciting Nations neighborhood. Age 21 and up.

409 Learn to Cook and Source Seafood

Instructor: Andrew Coins

Location: Private home

Fee: \$45.00

Materials Fee: \$40.00

ANDREW COINS, Executive Chef from Miel Restaurant, will teach participants culinary techniques for preparing delicious seafood. Chef 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 moves on to the seafood with shellfish, light flaky fish as well as more oily fish. Age 21 and up.

410 The Art of Thai Cooking

Instructor: Sanom Poss

Location: Private home

Fee: \$45.00

Materials Fee: \$30.00

Thai native SANOM POSS brings her culinary skills to this class to teach you how to cook an authentic Thai dinner from start to finish. She will start with the classic namsod, a mouth watering blend of ingredients and flavors wrapped in lettuce. She will then turn to the main entrée of chicken with green curry and Thai eggplant. As a finishing touch, she will top it off with Thai tapioca and corn pudding for dessert. If Thai cooking has always seemed too complicated to master in your home kitchen, Sanom's simplified approach makes these classic Thai recipes accessible for any chef. Age 21 and up.

411 Haute Soul Food: Not your Ordinary Southern Cooking

Instructor: Keith Batts

Location: Private home

Fee: \$45.00

Materials Fee: \$35.00

Let your taste buds go on an adventure as CHEF BATTIS, personal chef and caterer, takes classic Southern dishes and transforms them into haute soul food. He will start with an appetizer of chimichurri beef empanadillas served with a chipotle crème sauce. Then he will talk you through how to take your classic buttermilk fried chicken to new levels with a sweet chili sauce served alongside pineapple braised collards and candied sorghum baby carrots. Chef Batts utilizes locally sourced ingredients to prepare his cuisines in Haute Soul Food as you explore ways to take your Southern cooking beyond the ordinary meat and three. Age 21 and up.

412 Donuts Two Ways

Instructor: Heidi Kohnhorst

Location: Private home

Fee: \$25.00

Materials Fee: \$25.00

For this class, pastry chef HEIDI KOHNHORST will teach you how to make the perfect donut at home. Baked or fried – what's the difference? Quite a lot actually. In this class you will learn how to make two types of delicious donuts, to enjoy morning, noon, or night. Age 21 and up.

413 Funk Seoul Sushi

Instructor: B.J. Lofback

Location: Funk Seoul Brother Fee: \$40.00 Materials Fee: \$30.00

Make your own sushi with the chef from food truck turned hot Nashville eatery Funk Seoul Brother. Experience the history and relationship between Japanese and Korean cuisines. Start with creating the perfect sushi rice and then roll some of instructor BJ LOFBACK's signature items. Enjoy some traditional snacks and house made boba tea before digging into the sushi you create. Age 21 and up.

414 Dinner On The Fly

Instructor: Charles Hunter

Location: Private home Fee: \$45.00 Materials Fee: \$35.00

In such a busy world, time is of the essence but that doesn't mean we can't eat healthy AND quickly. In this class, attendees will learn how to prepare a meal for a family in a short period of time. Chef CHARLES HUNTER, owner of Salted Table Co, will lead you through the following menu items: roasted chicken with fresh herbs, creamed kale, wild mushroom pasta with goat cheese fritters, honey-cayenne roasted carrots with nuts, and thyme drop biscuits.

415 Italian Comfort Dinner

Instructor: Darryl Dinning

Location: Private home Fee: \$45.00 Materials Fee: \$35.00

Chef DARRYL DINNING will lead the class in exploring classic Italian recipes from a mouthwatering menu, perfect for an intimate dinner party or large gathering. Quick, make-ahead tips will help with planning and orchestrating a meal, rich in flavor. Bring a hearty appetite and get ready to savor the best of Italy. Menu includes; chicken and eggplant parmesan, vegetable lasagna, roasted brussel sprouts with butternut squash. Great cooking isn't in the recipes, it's in the process, the technique, and of course, the results. In this class, you will work together with other participants in a fun, hands-on environment. Age 21 and up.

416 Spectacular Valencia Fideuà Paella Dinner

Instructor: Lisa Mays

Location: Private home

Fee: \$45.00

Materials Fee: \$35.00

For this course, local paella Chef LISA MAYS will prepare a paella dinner with a twist. Valencia is "the land of rice" but "Fideuà," a very popular traditional main course, is a classic short noodle paella. Cooked in a paella pan, it is made with noodles and seafood cooked in fish broth. Fideuà is quicker and easier than making paella, and is just as colorful and flavorful. Expect a delightful meal complete with a cheese board, Lisa's special smoked olives, salad and light dessert. Age 21 and up.

417 How to Make Pie and Quiche from Flaky Crust to Yummy Filling

Instructor: Marcia McKeogh & Margee Brennan

Location: Tinwings

Fee: \$45.00

Materials Fee: \$20.00

Join MARCIA McKEOGH, chef, baker and the magician at Tinwings, and her trusted cohort, USN parent MARGEE BRENNAN, baker extraordinaire, as they walk you through the steps to make a pie from start to finish. They will teach you how to create a delicious pie crust in the same amount of time that it would take you to thaw a trans-fat laden frozen crust. They will guide you through the process of making a light and fluffy quiche as well as a pie for dessert. With their expertise, you will leave the class with a few tricks of the trade to create both sweet and savory pies at home. Age 21 and up.

418 Biscuits and Bourbon

Instructor: Karl Worley and Chris Chamberlain

Location: Private home

Fee: \$40.00

Materials Fee: \$30.00

A biscuit making class paired with bourbon sipping. Chef and USN parent KARL WORLEY will demo several different types of biscuits including angel, drop, and a very simple two ingredient biscuit. He will also bring along different accompaniments that complement the different styles of biscuits, including jams, gravies, and country ham. Meanwhile, USN alumnus CHRIS CHAMBERLAIN of the Nashville Scene will entertain us all with his incredible love and knowledge of all things brown water. Age 21 and up.

419 Learn to Bake French Bread from Scratch

Instructor: Jody Reynolds

Location: Private home

Fee: \$30.00

Materials Fee: \$20.00

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 and USN parent JODY REYNOLDS is well-known for her melt-in-your-mouth, tasty homemade bread. The icing on the bread? It's healthy, too. 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 own bread ready to bake in your own oven. Age 21 and up.

420 A Beginner's Guide to Making Sausage and Pickles

Instructor: Alex Grainger and Lauren Moskovitz

Location: Private home

Fee: \$45.00

Materials Fee: \$25.00

LAUREN MOSKOVITZ, USN alumna, along with her partner Chef ALEX GRAINGER, will teach you to make sausage at home from scratch with fresh ground pork, herbs and spices, garlic and shallots. And what goes better with sausage than pickles? Students will also pickle goodies such as onion, cucumber and Fresno chiles. Together the class will cook and taste everything. Lauren (AKA The Little Mosko) cut her culinary teeth growing up at Mosko's & the Muccheonette on Elliston Place. She later rose through the ranks at Miel. Alex started his culinary career at a young age as well, tossing pizza pies then training with great chefs in Florida before moving to New York City and Left Bank restaurant in the West Village. Together they opened Nashville's Little Mosko's in 2015. Chefs Lauren and Alex will send each student home with sausage to cook, pickles to enjoy, and recipe cards. Age 21 and up.

421 Lockeland Table Presents: The Incredible Edible Egg... and So Much More

Instructor: Hal Holden-Bache

Location: Lockeland Table

Fee: \$40.00

Materials Fee: \$30.00

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

422 A Peruvian Feast with Deb Paquette and Marcio Florez

Instructor: Deb Paquette

Location: Private home

Fee: \$45.00

Materials Fee: \$30.00

Gather round for a Peruvian feast prepared before your eyes by chef DEB PAQUETTE and sous chef of etc. MARCIO FLOREZ. Practice your Spanish accent and bring your appetite for a menu which will include: A trio of ceviches: fish, shellfish and mushroom; chicken causa with huacatay sauce; roasted leg of lamb with seco sauce and ensalada; quinoa bread with chili passion fruit butter; and lucuma ice cream with aji panca chocolate sauce. Age 21 and up.

423 Food as Medicine: Cooking to Boost Immunity

Instructor: Sommer White

Location: Private home

Fee: \$30.00

Materials Fee: \$25.00

Winter is the perfect time to learn to support your immune system as cold and flu season reaches its peak. In this class you will learn to cook wonderful dishes with foods that support a strong immune system, as well as learn which foods may leave you susceptible to illness. Join holistic health specialist, SOMMER WHITE, M.D. as she walks you through the following health building recipes: creamy broccoli miso soup, quick and easy quinoa, sweet vegetable nishime, and gingery pears with almonds. All of these recipes are vegan, sugar, dairy and gluten free. Age 21 and up.

424 Brunch with Esoteric Vegan

Instructor: Shalene France Gray

Location: Private home

Fee: \$45.00

Materials Fee: \$40.00

USN parent and vegan cooking wizard SHALENE FRANCE GRAY invites you to learn how to make vegan cherry-sage sausages and then gather around the table to enjoy a full sweet and savory vegan brunch including coffee and mimosas. Vegan never tasted so good. Age 21 and up.

425 Latin Favorites

Instructor: Darryl Dinning

Location: Private home

Fee: \$45.00

Materials Fee: \$35.00

Join us in the kitchen as we celebrate fall and get ready for a night that will leave your taste buds tingling. Eat, laugh, and learn your way through irresistible Latin flavors, creating a fusion of ingredients that will spice up your entertaining. Chef and instructor DARRYL DINNING will guide you through a delicious menu that includes shrimp ceviche, pork tamales, chicken enchilada casserole, skillet Mexican street corn, confetti rice. Cooking is about technique, not recipes, as you'll learn in this hands-on class. Age 21 and up.

426 A Peruvian Feast with Deb Paquette and Marcio Florez

Instructor: Deb Paquette

Location: Private home

Fee: \$45.00

Materials Fee: \$30.00

Gather round for a Peruvian feast prepared before your eyes by chef DEB PAQUETTE and sous chef of etc. MARCIO FLOREZ. Practice your Spanish accent and bring your appetite for a menu which will include: A trio of ceviches: fish, shellfish and mushroom; chicken causa with huacatay sauce; roasted leg of lamb with seco sauce and ensalada; quinoa bread with chili passion fruit butter; and lucuma ice cream with aji panca chocolate sauce. Age 21 and up.

427 Where Healthy Meets Delicious: Make Your Own Yogurt

Instructor: Bob Mathews

Location: Private home

Fee: \$30.00

Materials Fee: \$10.00

Step into the world of homemade yogurt, which allows you to maximize the probiotic advantage of this yummy health food. BOB MATHEWS, fermenter extraordinaire, will introduce you to the essentials of making yogurt at home – no special equipment required. He will also teach you how to make greek yogurt and labneh, a yogurt cheese. Included in this exploration will be a taste testing of different types of yogurts with all of the various toppings. Each attendee will take home a lifetime yogurt culture that will not degrade over the years.

428 An Evening of Party Planning and Dining with Chef's Market

Instructor: Jim Hagy and Chef Bill Konyok

Location: Chef's Market Cafe & Takeaway

Fee: \$45.00

Materials Fee: \$35.00

In Painless Party Planning, owner JIM HAGY and Chef BILL KONYOK of Chef's Market Catering and Restaurant will share their tips of the trade for you to implement in your own events. Chef's Market is a full service catering company and restaurant that is celebrated in the Nashville area as a leader in culinary skill and presentation. In addition to party planning tips, instructors will lead the class through preparing -- and savoring! -- their most popular recipes. The menu includes blueberry and goat cheese naan, boursin-stuffed and candied bacon-wrapped figs; a salad of mixed greens, blood orange, roasted duck, goat cheese and reisling vinaigrette; cabernet braised short rib with mushroom duexille; fingerling potato hash and winter roasted vegetables; and finally, deconstructed s'mores. Age 21 and up.

429 Sculpting the Perfect Chocolate Truffle

Instructor: Staci Bockman

Location: Tempered Cafe and Chocolate

Fee: \$30.00

Materials Fee: \$45.00

Have you ever wondered how the chocolate filling gets inside of a truffle? Join STACI BOCKMAN, Head Chocolatier and owner of Tempered Cafe and Chocolate, as she guides you through the steps of making your own chocolate creations. The most important step in chocolate making is tempering the chocolate. You will get the secrets behind this critical step and walk away with your own tray of truffles to take home, if you don't eat them first! Of course, nothing goes with chocolate like a glass of wine. Each student will also enjoy a glass of wine that pairs perfectly with your chocolate. Age 21 and up.

430 Deep Dish Academy: Creating a Chicago Classic

Instructor: Staci Bockman

Location: 312 Pizza Company Fee: \$30.00 Materials Fee: \$30.00

There is nothing like authentic deep dish pizza from the Windy City. Join STACI BOCKMAN, co-owner of Nashville's 312 Pizza Company, as she demonstrates the art of authentic deep dish pizza making. Class participants will learn the inside secrets that go into creating the perfect pie. Students will make their own deep dish pizzas and bake them in deck ovens to be enjoyed at 312 Pizza Company or taken away for dinner at home. There will be plenty of time to have a cocktail or glass of wine and discuss Mrs. O'Leary's Cow, Al Capone, the Chicago Cubs, and more while the pizzas bake. A glass of wine, beer or unlimited fountain drinks or tea are included with the pizzas. Age 21 and up.

431 Una Noche en Oaxaca

Instructor: Kaelin Trilling and Jim Myers

Location: Private home Fee: \$45.00 Materials Fee: \$35.00

Enjoy a night of Oaxacan cuisine so authentic you'll have dreams of iguanas dancing on the temples of Monte Albán. Join chef KAE LIN ULRICH TRILLING of Bajo Sexto, as he prepares a traditional dish of his childhood, tacos of roasted goat with agave leaves and guajillo chile sauce. The flavors are as deep and profound as the poetry of Octavio Paz. Tennessean food and drink columnist JIM MYERS will augment the meal with tales and tastings of mezcal along with his legendary sangrita. Age 21 and up.

432 Whole Grain Bread

Instructor: Emily McKnight

Location: Private home Fee: \$25.00 Materials Fee: \$25.00

Come learn the basics (plus a few tricks) of making and baking whole grain braided loaves and boules. Instructor EMILY MCKNIGHT studied at the French Culinary Institute in New York City, learning how to hone her bread baking skills to perfection. In this fun and informative session, you will be treated to piping hot loaves served with fruit butters, wine and cheese. Age 21 and up.

433 Cooking Class with Chef Brian Riegenbach of The Mockingbird Nashville

Instructor: Brian Riegenbach

Location: Private Home

Fee: \$40.00

Materials Fee: \$40.00

Learn how to cook up inspired and artistic diner fare with a global twist from BRIAN RIGGENBACH, Executive Chef and owner of The Mockingbird Nashville. The Mockingbird is set to open January 2017 in the North Gulch and is one of two new restaurants from Celebrity Chef and Restaurateur Maneet Chauhan and Morph Hospitality, the team behind the popular Chauhan Ale & Masala House. Age 21 and up.

434 Introduction to the Fine Art of Sourdough Breads

Instructor: Claire Meneely

Location: Dozen Bakery

Fee: \$30.00

Materials Fee: \$20.00

USN alumna and owner of Dozen Bakery, CLAIRE MENEELY will introduce students to the art form of making long-fermented sourdough bread from start to finish. Students will leave with their own sourdough starter from Dozen Bakery (this starter is originally from France) carrying on a tradition that lasts over 100 years. Age 21 and up.

435 Introduction to the Fine Art of Sourdough Breads

Instructor: Claire Meneely

Location: Dozen Bakery

Fee: \$30.00

Materials Fee: \$20.00

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436 Basics of Grilling in a Big Green Egg

Instructor: Leah Bentley

Location: Urban Cookhouse

Fee: \$40.00

Materials Fee: \$35.00

Founded in Birmingham in 2009 and opened in Nashville in 2016, the Urban Cookhouse specializes in preparing and grilling fresh delectable southern food. In this class, owner LEAH BENTLEY will teach the class grilling techniques using the Big Green Egg. She will start with quesadillas filled with yummy grilled vegetables in gluten-free wraps. Then class members will learn the basics of wood-fired shrimp kabob and lime-marinated steak. Millie Rae's Bakery will provide fresh orange rolls and Cono Sur will provide hand selected wines. Age 21 and up.

437 Vegetables: Sides and Entrees

Instructor: Judy Wright

Location: Private home

Fee: \$45.00

Materials Fee: \$25.00

There are definitely tricks to bringing out the most flavor in a vegetable. Instructor JUDY WRIGHT is a master of cooking with vegetables and will teach the class how to explore the techniques and recipes that will leave you with astonishingly flavorful vegetable dishes. The class will be taught at Judy's house, where she will begin with a brief tour of her organic, urban vegetable garden. Next, she'll take you through the holy trinity of vegetable techniques: roasting, blanching, and sauteing, creating a menu that showcases the beautiful flavors that are possible if you know a few great tricks. These are solid-gold recipes, to return to again and again. By the end of class, you will feel empowered and motivated to make vegetables for every meal. The menu will include roasted spaghetti squash with chicken and asparagus, cauliflower three ways, and pasta with garlic and broccoli rapini (rabe). Please note that this is not a vegetarian class. Age 21 and up.

438 Biscuits and Bourbon

Instructor: Karl Worley and Chris Chamberlain

Location: Private home

Fee: \$40.00

Materials Fee: \$30.00

A biscuit making class paired with bourbon sipping. Chef and USN parent KARL WORLEY will demo several different types of biscuits including angel, drop, and a very simple two ingredient biscuit. He will also bring along different accompaniments that complement the different styles of biscuits, including jams, gravies, and country ham. Meanwhile, USN alumnus CHRIS CHAMBERLAIN of the Nashville Scene will entertain us all with his incredible love and knowledge of all things brown water. Age 21 and up.

439 Funk Seoul Sushi

Instructor: B.J. Lofback

Location: Funk Seoul Brother

Fee: \$40.00

Materials Fee: \$30.00

Make your own sushi with the chef from food truck turned hot Nashville eatery Funk Seoul Brother. Experience the history and relationship between Japanese and Korean cuisines. Start with creating the perfect sushi rice and then roll some of instructor BJ LOFBACK's signature items. Enjoy some traditional snacks and house made boba tea before digging into the sushi you create. Age 21 and up.

440 Healthy Spring Entrees for Everyone's Table

Instructor: Laura Lea Goldberg

Location: Private home

Fee: \$45.00

Materials Fee: \$40.00

If you want to head into spring feeling healthy, nourished and satisfied, this is the class for you. Holistic Chef LAURA LEA GOLDBERG will show you how to make three of her favorite light but delicious spring entrees, and she'll sneak in a dessert as well. This demonstration-style class is a perfect setting for you to ask Laura Lea health-related questions while she cooks. Entrees will include: chilled caesar shrimp & asparagus "pasta" salad with zucchini noodles, Asian chicken lettuce cups, and quinoa, arugula & watermelon salad with honey lime dressing, followed by a grapefruit basil granita for dessert. Age 21 and up.

500: WINE, SPIRITS, BEER, & ENTERTAINING

501 Brewery Tour and Pizza Party

Instructor: Wesley Keegan

Location: TailGate Brewery

Fee: \$25.00

Materials Fee: \$30.00

Get a behind-the-scenes tour of the largest brewery in Nashville. WESLEY KEEGAN will personally guide a group through TailGate Beer, his award winning craft brewery. Learn about how they create different brews and sample as you go. The grand finale is selecting a flight from the more than 30 beers brewed at TailGate and pairing it with a pizza you build yourself. Head home with a growler of your favorite brew! Age 21 and up.

502 Pastry for Parties Sinema Style: Learn the Basics and Make Stylish Desserts

Instructor: Sinema's culinary team

Location: Private home

Fee: \$40.00

Materials Fee: \$25.00

SINEMA's esteemed culinary team will bring you together to reveal the secrets of making pastry and pie in this interactive class as together you prepare several delicious desserts and learn how to serve them with showstopper style. You will also pick up party hosting tips while creating and enjoying a cocktail or two. Social and delectable, a class you won't want to miss. Age 21 and up.

503 An Evening of Spanish Wine, Food, and Music

Instructor: Will Motley

Location: Private home

Fee: \$40.00

Materials Fee: \$40.00

WILL MOTLEY, USN parent and owner of Woodland Wine Merchant will curate four stations showcasing the range of wines available from Spain's diverse regions. Guests will have the opportunity to try over a dozen unique wines paired with Spanish-inspired hors d'oeuvres prepared by Chef LISA MAYS. JONTHAN YUDKIN (on violin and guitarra fado) and friends, will provide Spanish melodies in the style of Jobim. This will be a truly wonderful event. Age 21 and up.

504 Beer Tasting and Flavor Evaluation that will get you Hopping

Instructor: Ben Bredesen and Alex Barr

Location: Fat Bottom Brewing Fee: \$35.00 Materials Fee: \$10.00

USN alumnus and parent BEN BREDESEN will lead this beer tasting class for the amateur or discerning palette, as he explains the ins and outs of evaluating beer. You will sample raw ingredients, learning how each contributes to the finished product, learn about "off" flavors in beer and how to identify them (including samples that are spiked with certain flavors), and identify your own threshold level for off-flavors. This class will also include a short tour of Fat Bottom Brewing's new facility on 44th Avenue to explain the process of making and packaging beer. Age 21 and up.

505 Defend Your Drink 2.0

Instructor: Chris Chamberlain

Location: Private home Fee: \$40.00 Materials Fee: \$30.00

Four of Nashville's favorite cocktail experts are coming together to mix up and throw down as they battle to convince the class that their personal drink of choice is the cocktail that should reign supreme. JIM MYERS of The Tennessean will speak to the virtues of the darling of mixologists everywhere as he stirs up the perfect Negroni. KIM TOTSKE of The Turnip Truck will take you on a refined tour of Manhattan as she pours pitchers of that city's delicious namesake drink. Instructor DAVID "MR. MARTINI" PAINE will be shaking (not stirring) his favorite gin/vermouth cocktails and sharing why he thinks Martinis are the best. Finally, USN alumnus CHRIS CHAMBERLAIN of the Nashville Scene will demonstrate how a proper Old Fashioned is anything but passé. Not only will these four entertaining tipplers mix up classic versions of their preferred cocktails, but each will also offer a modern variation. Class attendees will hopefully go home with a new favorite cocktail, the recipes for a party's worth of fun experimentation and the knowledge that their choice has helped to crush the egos of the three instructors who did not convince the class that sips are the pips and their drink doesn't stink. Last year, Jim took home the bragging rights with his eloquent and entertaining defense of tequila, and the rest of the instructors are gunning for Señor Myers. It's the sort of debate we can all get behind! Age 21 and up.

506 Tablescaping 101

Instructor: Terry White

Location: Private home

Fee: \$40.00

Materials Fee: \$0.00

If your next dinner party is on the horizon and you're looking for a little extra something to spice it up, this class is just the thing to help you learn how to set the special mood through the funky art of tablescaping. Veteran Nashville tablescaper TERRY WHITE will lead participants through the ins and outs of effective tablescaping, demonstrating 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. Age 21 and up.

507 Cigars and Cocktails

Instructor: Chris Chamberlain and Tim Ozgener

Location: Private home

Fee: \$45.00

Materials Fee: \$30.00

Light up and stand back, because both of these class instructors -- and USN alumni -- 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 being 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. Age 21 and up.

508 Dinner with Vince Durnan and a Special Mystery Guest at Henrietta Red

Instructor: Julia Sullivan

Location: Henrietta Red

Fee: \$500.00

Materials Fee: \$900.00

Enjoy a meal cooked by USN alumna and chef JULIA SULLIVAN at her highly anticipated restaurant, Henrietta Red. Scheduled to open this January, Henrietta Red is an oyster bar and contemporary seasonal restaurant, located in Historic Germantown. Along with USN Director Vince Durnan and a Special Mystery Guest, your party will enjoy oysters and a three-course meal with drinks. Vince always looks forward to this one-of-a-kind evening. A night with USN friends, great food, spirits and lively conversation in a coveted local dining spot -- who wouldn't want this on their 2017 social calendar? This dining event will be sold as a party of ten. Age 21 and up.

509 Dinner with Vince Durnan and a Special Mystery Guest at Le Sel

Instructor: Chef Brian Lea

Location: Le Sel

Fee: \$500.00

Materials Fee: \$900.00

Join USN Director Vince Durnan and a special mystery guest for dinner at Le Sel, owned and operated by USN alumni and brothers, Benjamin and Max Goldberg. Le Sel, located in midtown, is known for its French-inspired menu and delectable cocktail and wine offerings. The menu is crafted by Chef BRIAN LEA, whose experience includes L.A.'s well-known Trois Mec restaurant. Dinner guests will enjoy shared appetizers and then select an entree, dessert and cocktail of your choice. Please consider letting your inner Francophile out and joining Vince for a lovely meal to support USN. This dining event will be sold as a party of 10. Age 21 and up.

510 Music and Stories with John and Jay Knowles

Instructor: John and Jay Knowles

Location: Private home

Fee: \$30.00

Materials Fee: \$20.00

Enjoy an evening of music and stories from father and son (and USN grandfather and father) JOHN AND JAY KNOWLES. One is a renowned guitarist and one a successful songwriter and both Nashvillians since the 70's. John has been a guitarist and educator for over sixty years, working with the likes of Chet Atkins, Jerry Reed, James Galway and Tommy Emmanuel as a writer, arranger, producer and performer. Jay's songs have been recorded by legendary singers such as George Strait, Alan Jackson and Harry Connick, Jr. as well as some of today's biggest country stars: Blake Shelton, Luke Bryan and David Nail. Enjoy the Knowles father and son duo in this special concert class. Shotgun Willies brisket BBQ and sides along with good beer will round out this wonderful event. Age 21 and up.

511 Tea Time is the Right Time

Instructor: Ellen Haber

Location: Private home

Fee: \$25.00

Materials Fee: \$25.00

Tea Time has always been about pacing oneself. It is a time to be refreshed and replenished before the work of the day is done. Join USN alumna ELLEN HABER for a full service afternoon tea, but don't expect to sit on your laurels! We will make the meal and enjoy it together. This year, we will feature some recipes to add to your collection for when you are entertaining guests with dietary restrictions. You will leave with your own signature tea blend and some scones. Pinkies up! Age 21 and up.

512 Wine 101

Instructor: Pete Holland

Location: Private home

Fee: \$40.00

Materials Fee: \$20.00

If “I like it” is all you know about wine, then join certified sommelier and Nashville Scene wine contributor PETE HOLLAND 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 five or six really great wines and armed with the knowledge and confidence you need to become a savvy wine consumer. Age 21 and up.

513 Regional Wines of France

Instructor: Pete Holland

Location: Private home

Fee: \$40.00

Materials Fee: \$35.00

Although fine wines come from around the world, you’ve got to know France to really know wine -- no country can match it for tradition, quality, and influence. For this class, you will join sommelier and Nashville Scene wine columnist PETE HOLLAND for an informative tasting tour of the world's greatest wine-producing country. Age 21 up.

514 German Wines Today: Reality vs. Reputation

Instructor: Thomas Haehn

Location: Private home

Fee: \$40.00

Materials Fee: \$20.00

Chances are, if someone offered you a German wine you would be prepared to sip a sweet Riesling, something perhaps on the lower end of the price range. But just as oenophiles don't define California wines by Gallo Chablis alone, German wines also deserve a reality check. Germany is actually the third largest Pinor Noir producer in the world, and almost 40% of its grape plantings are devoted to red wines. German-born THOMAS HAEHN is the perfect instructor for this class on wines we may not know that much about. A certified specialist of wine (CSW), Thomas imports the wines of von Schleinitz estate, his family's winery in the Northern part of the Mosel Valley in Germany, one of Germany's highest ranked wineries. He will lead the class in a tasting of great wines not readily available in the United States while giving historical and industry insight into why Germany has not yet earned its place as a producer of some of the world's fine wines. Age 21 and up.

600: HOME & GARDEN

601 Floral Design

Instructor: Carrie Crowell

Location: USN

Fee: \$25.00

Materials Fee: \$70.00

A lovely floral arrangement will inspire and move others, it will set the tenor for an event, and perhaps most importantly, it will make your own personal environments more beautiful. CARRIE CROWELL, of Crowell Floral, will teach the basic skills of floral arranging and design. Crowell has wowed wedding and event guests across the country and in this class she will share her passion and expertise with students as they craft their own large-scale arrangement. Vase, snips, and flowers will be supplied; take these and your special creation home with you.

602 A Simple Approach to Interior Design: Work with What You Have

Instructor: Julie Simpson

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

This class will pull together design basics – helping you gain confidence in putting a room together with your own character. Instructor JULIE SIMPSON will instruct you in decorating and personalizing your home with items you already have, as well as found objects and repurposed pieces. You can bring character to your home and stay within a budget by shopping at thrift stores, flea markets, and antique shops. Your place can reflect your own personal style and not be a cookie cutter, mass produced version of a home. You will also learn color theory and how it can impact a room.

603 A Rose by Any Other Name: Beyond Knockouts in your Backyard

Instructor: Susan Lyell Young

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Do you want to make your garden smell sweet with the fragrance of roses but only find Knockouts for sale? SUSAN LYELL YOUNG, owner of Restoration Roses and Nursery, began collecting heirloom roses in the hopes of bringing them back from near-extinction and will share her knowledge about these beauties with you. In this class, you will learn the history and classes of roses in addition to the best roses for gardens in Middle Tennessee. You will learn how to select, care for and culture roses. A member of the local slow flower collective, supplying local designers with organically grown blooms, Susan will show you how to cut and condition roses for your home and suggest rose companions for your cutting garden. Each participant will receive a voucher for one rose of your choice from Susan's nursery where there are over 700 varieties for sale.

604 Home Lawn Renovation Reclamation

Instructor: Bret Mash

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Master storyteller and USN River Campus Director BRET MASH will teach students in this class 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. Lawn Renovation = Beauty Reclamation.

605 Airbnb: How To Stay and How to Host

Instructor: Jim Manning and Burkley Allen

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Airbnb is a phrase that's on the list of every savvy traveler. But before you wind up couch surfing at a commune, you would be wise to know more. This class will break down the basics and teach you how to use Airbnb or VRBO for your next vacation (guest) or rent out your guest bedroom or second home (host). With all the recent changes to short term rental laws, hosting can be quite daunting, but USN alumni parent BURKLEY ALLEN will explain the latest developments in Nashville's zoning and tax legislation. Airbnb superhost and USN faculty member JIM MANNING will walk you through the host experience and offer tips on how to make your guests comfortable and wanting to return.

606 Urban Backyard Beekeeping

Instructor: Buzz Evans

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Ready for some bee myth busting? In this class, veteran beekeeper BUZZ EVANS will show that beekeeping can be fun, simple and sweet. Anyone can keep bees, even in urban hubs such as Nashville, so now that the notion is in your bonnet, climb aboard. Students will 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.

607 Grande Dames of Design

Instructor: Kippie Leland

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

In the first quarter of the twentieth century five colorful women pioneered the art of interior design. USN parent of an alumna KIPPIE LELAND of Leland Interiors will lead this class, describing how these women began their careers and how world events such as two World Wars, the Depression, the Roaring Twenties, and the growth of Hollywood affected their work. The class will outline their signature looks and notable projects and their famous friends and clients, as each left an indelible mark on the interior design profession.

608 Design Like the Pros

Instructor: Donna Gilliam

Location: USN

Fee: \$25.00

Materials Fee: \$5.00

Interior designer and USN parent, DONNA GILLIAM, founder of her namesake firm, will host a lively discussion on what it takes to design like the pros. In this class, Donna will talk about where to start and what design elements offer the greatest wow factor, analyzing your “space strengths” to give more confidence in tackling your next interiors project. Bring ideas and questions for any level of design you’re aiming for. Donna’s work was recently featured on Houzz.com as their Kitchen-of-the-Week and she was recognized by Iconic Home magazine as one of the Top 20 African-American designers of 2016-2017.

609 Grow, Eat, Love: Home Food Production & Gardening with Nature

Instructor: Peter Anderson

Location: USN

Fee: \$25.00

Materials Fee: \$5.00

Gardening is a VERB, but ... even a small backyard garden can reduce annual food costs by \$900 or more! Focused seasonal food production, even on a small scale, is a bolster to your home economy yielding vegetables, culinary herbs, fruits, berries, and flowers to enjoy. In this class, PETER ANDERSON, a food and gardening activist, will talk about the simple steps needed to create productive, sustainable, cost-efficient gardens that yield nutritionally dense, high quality, organic food. Participants will also learn how a typical Nashville yard can better support wildlife, provide sanctuary for birds, improve water quality, and minimize rainwater run-off, among other “tips.”. This class will be interactive with plenty of time for Q&A.

610 Garden Construction and Outdoor "Place-Making"

Instructor: Peter Anderson

Location: USN

Fee: \$25.00

Materials Fee: \$5.00

Garden Construction and Outdoor "place-making" is a workshop for DIY enthusiasts combining creative design ideas and innovative construction tips to create usable, aesthetically pleasing outdoor spaces. PETER ANDERSON, owner of anderson_ECO logic, will discuss food production, kitchen gardens, flower gardens (for cutting and pollinators), low maintenance native lawn strategies, and compost and organic waste management. Peter will also cover strategies for grilling and cooking outdoors, hosting wildlife, and building meditation gardens. The workshop will also briefly cover greenhouses, hoop houses, row covers, rainwater harvesting, patios, walkways, decks, outdoor lighting, fencing, and boundary controls. Participants will receive informational handouts, seed catalogs, and a list of local contacts and resources.

611 Chickens 101

Instructor: Judy Wright

Location: Private home

Fee: \$25.00

Materials Fee: \$0.00

In 2012, it became legal for Davidson County residents to keep up to six hens in their backyard. Since then, the feathers have been flying, and Nashvillians are having a fowl time of it, reviving a time-honored domestic tradition of the backyard chicken. Instructor JUDY WRIGHT will tell you all you need to know about backyard chicken raising, from where to buy the best chicks, the secrets to keeping a chicken happy, what to feed a chicken, and how to build a world-class coop. Along the way, she'll explain the county regulations you'll need to follow, the various types of chicks to consider, and the potential pitfalls to avoid. Throughout, Judy will make you laugh and love chickens. Class will be held at her home, where you'll meet a batch of the happiest chickens in Davidson County.

612 Create the Space You Love: The Fundamentals of Design

Instructor: Hannah Crowell

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

In this class, participants will learn the fundamentals of designing a beautiful, unique and livable space. Interior designer and USN alumna HANNAH CROWELL will share perspective of space, discussing the ins and outs of renovating and decorating, providing easy and creative ideas to transform your home. Hannah will discuss available local and online resources, and identify commonly made mistakes to give students confidence to survive what many fear to be a most daunting process. With over a decade of experience in the design field, HANNAH CROWELL brings to each interior project a lightness of touch, a clarity of vision and a singular perspective. Students are encouraged to bring their own design dilemmas, as this class will be a participatory style workshop.

613 Why Tiny Homes?

Instructor: David Latimer

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Are you intrigued by the tiny house movement and want to learn more about it? Are you interested in making changes that may lead you to a more self-aware, intentional, sustainable way of life? DAVID LATIMER, CEO and founder of New Frontier Tiny Homes, will give students an overview of the tiny house movement, explaining why tiny houses are so broadly appealing, and introducing tiny house design elements as well as challenges and obstacles to a tiny house design and build. David and his Alpha Tiny House have been featured on HGTV, in Architectural Digest, the New York Post, House Beautiful and more. The continued growth in Nashville makes David's work and passion especially relevant. More than just a design movement, there is an empowering philosophy behind tiny houses. Take this class and let David lead you to a new frontier!

614 Home Organization Simplified

Instructor: Lauren Weintraub

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Do you want to get organized but have no idea where to start? Have you tried to get organized and found yourself feeling frustrated with the process? Do you clear a space only for it be overtaken by more stuff? Organization does not have to be a source of irritation and stress. In fact, it can be the easiest thing you have ever done. LAUREN WEINTRAUB, lifestyle consultant and organizational expert, will teach you how to take charge, let go of clutter, and keep it from coming back for good. The Solution Girl

700: ARTS & HOBBIES

701 Ceramics Workshop Using the Mishima Slip Inlay Technique

Instructor: Catherine Lemaire Lozier

Location: USN

Fee: \$45.00

Materials Fee: \$10.00

Artist and USN staff member CATHERINE LEMAIRE LOZIER will lead the class through this amazing two-part ceramics workshop. Participants will use the Mishima technique of inlaying slip into a contrasting clay body, creating a bold design in the finished piece. Students will carve their own designs into clay tiles and inlay those designs with contrasting slip. Students can return to USN to pick up their creations after they are fired.

702 Introduction to Modern Calligraphy

Instructor: Fiona Flaherty

Location: Harlan Ruby

Fee: \$25.00

Materials Fee: \$25.00

Learn all the basics of modern calligraphy with local lettering maven FIONA FLAHERTY. From pen strokes to letter forms, word construction to layout composition, students will leave this class with the skills to create their own individual styles. Intro to Modern Calligraphy is two hours of no-pressure fun taught by a formally trained illustrator, letterer and designer who admits to an obsession with calligraphy in all forms. Fiona's class is perfect for anyone interested in honing lettering skills, trying a new art medium, picking up a fun hobby or just experimenting with friends. Each participant will take home a calligraphy kit complete with example alphabet, practice sheets, sketch pad and lettering tools.

703 Street Photography 101

Instructor: Michael Nott

Location: USN

Fee: \$35.00

Materials Fee: \$0.00

Whether you are an amateur iPhone photographer or a seasoned pro, this class is for anyone who wants to learn how to see and capture gesture and expression on the streets. MICHAEL RAY NOTT, well-known poster artist who studied under legendary street photographer Gerry Winogrand, will teach strategies and techniques so students will become more confident shooting on the street and learn how to better interact with their subjects. Nott aspires to teach the magic of creating unique images from our shared spaces and how to have fun while doing it.

704 Incorporating Art into Your Child's Daily Routine

Instructor: Leighton Lancaster & Emma Bradford

Location: USN

Fee: \$25.00

Materials Fee: \$15.00

Learn how important and easy it is to incorporate opportunities for art-making into your child's everyday life. From reusable placemats that provide before-dinner doodling to homemade playdough, there are countless ways to provide your child opportunity for independent creative play. LEIGHTON LANCASTER and EMMA BRADFORD, licensed art teachers and owners of Little Art House, will discuss how visual art is especially relevant and important in today's visually stimulating world. Daughters of a visual arts teacher, these two sisters can speak firsthand about how daily art influenced their own perceptions of and interaction with the world outside their home. Students will create a couple of ready-to-use art making prompts for their children as well as how-tos for future activities.

705 Building a Creativity Toolkit

Instructor: Judy Klich

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Are you looking for new inspiration, ways to encourage unique ideas to surface from your inner, creative self? Armed with the right tools, anyone can become more innovative and a better problem solver. Building a Creativity Toolkit will help students break out of their creative ruts and become stronger creative thinkers. Under the expert instruction of JUDY KLICH, a full-time artist and commercial interior designer who has mastered the art of digging deep for the next great idea, participants in this class will do individual brainstorming, interactive group activities and delve into left/right brain exercises. Along with new creative energy, take-aways include a course toolkit and a concise list of books and other resources for continued inspiration.

706 Basics of Beginning Oil Painting

Instructor: Renee Bates

Location: USN

Fee: \$35.00

Materials Fee: \$25.00

Instructor and artist RENEE BATES will lead students through the beginning steps of oil painting using aqua oils, starting with fundamental composition, color, and technique with an emphasis on enjoying our creativity. Participants will paint a still life during class. All supplies will be furnished with the exception of a sturdy mug for water, a pencil or pen, and paper for notes.

707 Digital SLR: Beyond Auto-Mode

Instructor: Kimberly Manz

Location: USN

Fee: \$35.00

Materials Fee: \$0.00

Photographer, USN parent and photography teacher KIMBERLY MANZ leads the class on the best way to develop a basic understanding of your Digital SLR camera's manual capabilities. 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'll also learn the basics of exposing light properly, composition, and move on to shoot completely in Manual

708 Digital SLR: The Next Steps

Instructor: Kimberly Manz

Location: USN

Fee: \$35.00

Materials Fee: \$0.00

This is the follow-up to "Getting Beyond Auto-Mode," 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 USN instructor and 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 that will push your creativity and your photographic imagination.

709 Fingerpainting for Grown-ups

Instructor: Jimmy Abegg

Location: USN

Fee: \$25.00

Materials Fee: \$15.00

Fingerpainting is such a wonderful childhood memory. Relive, relearn and get in touch with your artistic self in this fingerpainting class led by JIMMY ABEGG. Jimmy may be best known for his musical work but his natural inclination for the visual arts have landed his photography and graphics in the pages of magazines, on hundreds of album jackets and in art galleries across the South. Though diagnosed several years ago with a form of macular degeneration, Jimmy's fading sight has not stopped his creative drive or spirit. Picasso once said it took him his whole life to paint like a child again – in this class you will toss the tools and brushes and get back to your hands, feeling acrylic paint on paper. Participants will paint four to five 18x24 paintings on high quality paper. Bring an open mind and willingness to explore your creative side.

710 Woodturning for Beginners

Instructor: Steve Robins

Location: USN

Fee: \$75.00

Materials Fee: \$25.00

The hidden beauty of wood is revealed to all in this hands-on workshop taught by STEVE ROBINS, expert wood turner, woodworker and former 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. Repurpose your skills and your point of view with this edifying course. No prior woodturning experience is required, and you will take your creation home with you.

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712 Mixed Media: Encaustic and Photo Transfer Painting

Instructor: Emma Bradford & Leighton Lancaster

Location: USN

Fee: \$35.00

Materials Fee: \$25.00

This class will cover a specialized style of mixed media painting. Little Art House owners EMMA BRADFORD and LEIGHTON LANCASTER will teach students how to paint with wax. Also known as encaustic painting, this is a versatile process used to create artworks of great depth and beautiful layers. Students will also learn how to apply photo transfers onto the wax surface. You may bring a photocopy of an object you have in mind (high contrast images work best; nothing from a laserjet printer) or choose from the instructors' selection of images. Each student artist will leave with a fabulous new work of art.

713 Drawing Fundamentals: Developing Confidence of Contour

Instructor: Bridget Bailey

Location: USN

Fee: \$35.00

Materials Fee: \$10.00

Artist and USN staff member BRIDGET BAILEY invites you into a low stress drawing class in which you will observe and draw in a careful and thoughtful way, while allowing freedom of gesture. Students will learn to strengthen the connection between the hand and eye in a way that is freeing and empowering.

714 Portrait Drawing Workshop

Instructor: Fiona Flaherty

Location: Harlan Ruby

Fee: \$35.00

Materials Fee: \$15.00

In the two-hour Portrait Drawing Workshop, FIONA FLAHERTY, Nashville-based illustrator, letterer and designer, will teach new and more experienced artists marker coloring techniques and portrait drawing skills. In the first hour, students will learn how to use art markers, from mixing to creating texture. In the second half of the class, Fiona will teach basic facial anatomy, how to draw people, layout and composition techniques for portrait illustrations, and how to apply those just-acquired art marker skills. Fiona's style is welcoming and free -- students will not be held to any traditional styling rules or restrictions. Workshop participants should bring any photo references they are interested in using (Fiona will have plenty of inspirational images as well) and plan to leave with new skills to create their own unique style of portraiture. Formally trained at Parsons the New School for Design in NYC and further experienced in LA, Fiona creates designs for companies and sells her own line of stationery and home goods at Harlan Ruby in the heart of East Nashville.

715 Form and Dimension: Drawing and Composition Workshop

Instructor: Judy Klich

Location: USN

Fee: \$35.00

Materials Fee: \$10.00

Explore drawing as an art form with skilled artist JUDY KLICH in this new three hour workshop with an emphasis on really seeing shapes, forms, depth and dimension through the use of many visual exercises. Students will explore various media and techniques employed in drawing from life, with a focus on drawing composition, shading and using perspective. You will take home your sketchbook and drawing supplies.

716 Pearl Knotting 101

Instructor: Chandler Williams Cartozzo

Location: USN

Fee: \$35.00

Materials Fee: \$30.00

Many would argue that one of the secrets to making a lady look and feel graceful is her pearls. In Pearl Knotting 101, students will go one step further and learn how to knot pearls and make their own pearl necklace. USN Alumna CHANDLER WILLIAMS CARTOZZO of Chandler's DeZigns Jewelry returns to teach her sell-out class and prove that pearl knotting is not as daunting as it seems. Once you learn the technique you can make necklaces for bridesmaids, Mother's Day, birthdays, and more. Supplies provided, secrets uncovered ... you will walk away with your own beautiful pearl necklace, one that would cost a small fortune at a fine jewelry store.

717 Photoshop Basics

Instructor: Kimberly Manz

Location: USN

Fee: \$35.00

Materials Fee: \$0.00

Photographer, USN parent and photography 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 otherwise perfect shot of your children playing, and replace Uncle George's closed eyes with a wide-eyed 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.

718 Crak Bam Dot...It's Mah Jongg

Instructor: Karen Yazdian

Location: USN

Fee: \$35.00

Materials Fee: \$8.00

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.

719 Introduction to Monotype Printing

Instructor: Nicole Maron

Location: USN

Fee: \$35.00

Materials Fee: \$20.00

Learn the process of monotype printing with Platetone artist and USN alumna NICOLE MARON. A monotype is a simple printmaking process by which a clear plexiglass plate is used to create an image using either additive or subtractive painting techniques. You will experiment with a variety of mark making methods to create different textures. Scraps of natural or reusable materials such as leaves, a square of cheesecloth, or even some string can add wonderful dimension, so feel free to bring objects or materials you might like to experiment with. This type of printmaking can be done at home as it does not require a press and can be printed by hand.

720 Introduction to Modern Calligraphy

Instructor: Fiona Flaherty

Location: Harlan Ruby

Fee: \$25.00

Materials Fee: \$25.00

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Instructor: Steve Robins

Location: USN

Fee: \$75.00

Materials Fee: \$25.00

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Instructor: Emma Bradford & Leighton Lancaster

Location: USN

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800: SPORTS & FITNESS

801 May I Have This Dance? Introduction to Ballroom Dancing

Instructor: William Spitz and Robin Ray

Location: USN

Fee: \$20.00

Materials Fee: \$0.00

If you want to go out together dancing cheek-to-cheek, putting on the ritz in high style, take this class and learn how to move like Fred Astaire or Ginger Rogers. Instructor and USN parent of alumnae BILL SPITZ will walk you through the basic steps to successful social dancing, whether you are preparing for a wedding or charity ball or simply an elegant night on the town. You will learn three dances; singles or couples may sign up and no previous experience is required.

802 Horses 101: So You or Your Child Want to Ride a Horse?

Instructor: Martha Emeson

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Are you or your child interested in riding horses? Do you wonder about what is involved in taking riding lessons including time, cost and equipment? Are you thinking about getting started by buying a horse? USN Parent MARTHA EMESON, equestrian and instructor with over 45 years of experience, will give you the scoop on getting involved with horses, including information about riding lessons and other opportunities for riding, the different types of equestrian disciplines, when and how to become a horse owner, and ways to learn about horses that do not require owning a horse.

803 Partner Yoga

Instructor: Molly Upchurch and Taunia Rice

Location: USN

Fee: \$17.50

Materials Fee: \$0.00

Instructors MOLLY UPCHURCH and TAUNA RICE, will lead this Partner Yoga class into discovering a new yoga posture or asana, as you connect with your partner through balance and trust. In this session, you will learn strength and flexibility, bringing mind and body together as two, not one. A perfect way to relax and reconnect on a winter's evening.

804 The Way of Qigong: Part 1

Instructor: Yuliya Gulmi

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Qigong, translated from Chinese as "energy skill," is an over 5,000-year-old system of knowledge and practice that focuses on energy flows and transformations. It has medical, martial and spiritual applications. Medical Qigong focuses on healing our physical and energy bodies, resulting in better health physically and emotionally. Certified practitioner and USN parent YULIYA GULMI will provide background information on Qigong, basic Qigong principles, and guidelines for practice. Students will be invited to 1) practice proper breathing mechanics, 2) explore basic purging methods, 3) learn a grounding meditation, 4) experience the movement of the Qi, and, most importantly, 5) perform an ancient Shaolin technique for releasing toxic energy.

805 The Way of Qigong: Part 2

Instructor: Yuliya Gulmi

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Join YULIA GULMI, Qigong practitioner and USN parent, in "The Way of Qigong: Part 2." In this class, participants build on the basic concepts begun in Part 1, practicing meditation and learning Qigong exercises that help energy sensing, cleansing and cultivation. The overall goal of this class is to experience Qigong as a mind-body practice that improves one's mental and physical health. The components of the Part 2 class will include 1) a brief review of theory and experiences of Part 1 with emphasis on intention, breath and posture, 2) performing dredging and purging exercises, 3) expanding the grounding meditation by connecting to the Celestial, 4) perform healing qigong exercises, and 5) learn an ancient Shaolin technique for releasing toxic energy.

806 Stand Up Paddleboard Yoga in the USN Pool

Instructor: Liz Veyhl & Katy Clarke

Location: USN

Fee: \$20.00

Materials Fee: \$0.00

Have fun, practice balance and get wet with SUP (paddleboard) yoga in the USN pool. These onboard classes start with five-minute warmups, focusing on basic exercises like squats, sit-ups and stability. This helps improve strength and build a balanced physique. Then, Nashville Paddle Co.'s 55-minute SUP yoga instruction consists of vinyasa yoga sequences on a paddleboard. Sun salutations will flow into lengthening and strengthening poses, balance postures, breathing techniques and even a little play time on the boards. Nashville Paddle Co experts and instructors LIZ VEYHL and KATY CLARKE will lead this fun class that helps you enjoy paddleboarding while improving body function and physique. For all levels of expertise. Class includes all needed equipment (paddleboard, paddle and PFD) and certified instruction. Bring a swimsuit, towel, and change of clothes.

807 Stand Up Paddleboard Yoga in the USN Pool

Instructor: Liz Veyhl & Katy Clarke

Location: USN

Fee: \$20.00

Materials Fee: \$0.00

Have fun, practice balance and get wet with SUP (paddleboard) yoga in the USN pool. These onboard classes start with five-minute warmups, focusing on basic exercises like squats, sit-ups and stability. This helps improve strength and build a balanced physique. Then, Nashville Paddle Co.'s 55-minute SUP yoga instruction consists of vinyasa yoga sequences on a paddleboard. Sun salutations will flow into lengthening and strengthening poses, balance postures, breathing techniques and even a little play time on the boards. Nashville Paddle Co experts and instructors LIZ VEYHL and KATY CLARKE will lead this fun class that helps you enjoy paddleboarding while improving body function and physique. For all levels of expertise. Class includes all needed equipment (paddleboard, paddle and PFD) and certified instruction. Bring a swimsuit, towel, and change of clothes.

808 Family Tae Kwon Do Class

Instructor: Master Lee

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

In the Family Tae Kwon Do class, participants will experience a traditional Tae Kwon Do instruction, which will demystify the intense training process of this martial art for both adults and children. The components of the class include joint warm-up and muscle stretching, basic hand techniques, kicking combinations, the practice of form, and introductory elements of sparring. Instructor MASTER LEE will approach every student based on individual ability, guiding the student to achieve his or her personal best during class. In addition to dynamic physical exercises, students will experience the mind-body connection, which is the foundation of the mental training in martial arts. No prior martial arts experience is required. Please wear comfortable gym clothes and running shoes. MASTER LEE is from the Young In Martial Arts Academy and will be assisted by his black belt students, including Yuliya Gulmi and her children (a USN family). It is possible that black belts may agree to do a quick demonstration at the end of the class. Age 10 and up.

809 Yoga for the True Beginner

Instructor: Corrine Dennison

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Are you interested in learning more about yoga but feel self-conscious about trying it for the first time? USN parent CORINNE DENNISON, a yoga instructor with 16 years experience, will give you the introduction to yoga that you want without the uncomfortable feeling of stepping into a yoga studio or gym with others who seem well-versed in the ways of yoga. This class is for everyone – no matter physical limitations or age. In this nurturing class, we will create a customized set of movements that you can incorporate into your daily routine that may even help your back, legs and neck feel better. Join us on the mat and learn about and experience the benefits of yoga in a safe and comfortable environment.

810 Evolution of Golf Woods and Putters

Instructor: John Miller

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Join golf historian and custom clubmaker award winner Dr. JOHN W. MILLER in this walk through a historical course of woods and putters. Golf began in the 1500s with one club, no rules, no greens, and a course laid out on a narrow strip of Scottish land fit only for rabbits. This course explores the gradual development from one club to the eighteen used today. Take this class and amaze your friends at the '19th hole.'

811 Swimming Technique for Triathletes

Instructor: Justin Karpinos

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

JUSTIN KARPINOS, head swimming coach at USN and a 3-time winner of the USA Triathlon All-American in Aquathlon, 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 receive 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.

812 Beginning Fly Fishing for Women Only

Instructor: Susan Thrasher

Location: Shelby Park

Fee: \$35.00

Materials Fee: \$10.00

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. Age 18 and up.

813 Beginning Fly Fishing Co-ed

Instructor: Susan Thrasher

Location: Shelby Park

Fee: \$35.00

Materials Fee: \$10.00

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. Age 18 and up.

814 Pilates Mat Class

Instructor: Gina Brooks

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Certified instructor and USN parent GINA BROOKS leads the class in the ins and outs of pilates, providing a great full body workout for all fitness levels focusing on alignment, core stability and flexibility. Exercises are performed on a pilates mat using your body's own resistance along with props such as rings, balls, and arcs. This class also concentrates on steadying, toning, and lengthening abdominal and pelvic-stabilizing muscles.

815 Life Behind Handlebars

Instructor: Greg O'Loughlin and Dave Crumpton

Location: Oasis Center

Fee: \$35.00

Materials Fee: \$10.00

USN parent and instructor GREG O'LOUGHLIN and DAVE CRUMPTON, USN parent and alumnus, both avid cyclists, will lead this class on bike appreciation and maintenance. After all, the world is a better place when viewed from behind the handlebars of your bike, chatting with others who share your lane, observing the artistic Demonbreun Bridge, taking short cuts to avoid Nashville traffic. But none of this can happen without basic bike maintenance. In this class, you'll learn basic post-ride maintenance, derailleur adjustments, brake adjustments, chain maintenance, fixing a flat and more. The class will provide parts and instructions to help you fix your bike on-site so you can leave the class with a rideable bike. The revolution will not be motorized.

816 Predators Hockey 201

Instructor: Willy Daunic

Location: USN

Fee: \$25.00

Materials Fee: \$0.00

Do you enjoy the thrill and energy of a hockey game, but aren't quite sure what's happening on the ice? If you're a Predators fan, join WILLY DAUNIC, USN parent and the TV play-by-play broadcaster on Fox Sports Tennessee for this insightful and enjoyable class. Who are the players? What role does each one play? What should you look for to understand what is going on out there? As the host of "3D" on ESPN 102.5 The Game, from 10:00 AM-2 PM weekdays, Willy can help you learn how to follow this high-paced and intense sport and enjoy the game on a deeper level.

900: TOURS

901 First Tennessee Park Ballpark Tour (Nashville Sounds)

Instructor: Doug Scopel

Location: First Tennessee Park

Fee: \$25.00

Materials Fee: \$0.00

This unique opportunity allows attendees (ages 10 and older) to go behind the scenes of the Nashville Sounds' state-of-the-art ballpark in North Nashville, which opened in April 2015. You will see and hear about areas typically closed to the public, including team clubhouses, batting cage, concessions kitchens, production control rooms, and much more during this 90-minute tour led by DOUG SCOPEL, Sounds media director. You'll also get a chance to go into the dugout and onto the playing field. In addition, you will hear about the rich history of the ballpark site and Sulphur Dell, where baseball was played as early as the Civil War.

902 "Walk Eat Nashville" Walking Food Tour (Downtown/SoBro)

Instructor: Karen-Lee Ryan

Fee: \$20.00

Materials Fee: \$35.00

Walk Eat Nashville walking food tours sample the best of the local food scene, from top restaurants and casual eateries to specialty food shops. This new Downtown/SoBro tour makes five tasting stops over three hours and includes a 1.5-mile guided walk. Join KAREN-LEE RYAN, founder and owner of Walk Eat Nashville, for a tasting tour of Nashville's culinary gems south of Broadway's honky tonks. You'll savor elevated Southern cuisine and comfort food and interact with a couple of chefs. Between tastings, you'll walk part of Nashville's Music Mile, hear the origins of Nashville's "College Hill" and learn unexpected details about local music landmarks.

903 "Walk Eat Nashville" Walking Food Tour (East Nashville)

Instructor: Karen-Lee Ryan

Fee: \$20.00

Materials Fee: \$35.00

Walk Eat Nashville tours sample the best of the local food scene, from top restaurants and casual eateries to specialty food shops. Tours make six tasting stops over three hours and include a 1.5-mile guided walk. KAREN LEE RYAN, founder of Walk Eat Nashville walking food tours, will take you through East Nashville, recently named one of the 12 Coolest Neighborhoods in America. East Nashville brims with chef-owned restaurants, casual eateries and creative specialty food shops. You'll enjoy six tasting stops at restaurants and artisan food shops, interact with chefs, and sample dishes that landed Nashville on the culinary map. Between bites, you'll enjoy a stroll through one of Nashville's oldest neighborhoods filled with architectural gems and historic landmarks.

907 Tour of CMT "Nashville" Set

Instructor: Peter Kurland and Amy Kurland Location: Private location Fee: \$50.00 Materials Fee: \$0.00

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 set for CMT's hit show Nashville. 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.

908 What Lies Behind the Black Door: an Exclusive Look at the Inner Workings of Third Man Records

Instructor: Ben Blackwell Location: Third Man Records Fee: \$50.00 Materials Fee: \$0.00

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. Age 18 and up, strictly enforced.

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1000: ONE-TO-ONE INSTRUCTION

1001 Personal Estate Planning

Instructor: Jean Byassee

Fee: \$100.00 Materials Fee: \$0.00

An invaluable one-to-one with JEAN BYASSEE, lawyer and USN parent. Create a plan for the distribution of your estate as well as a plan for any circumstance in which you are unable to make crucial decisions either through temporary or permanent disability. Your family will benefit from these necessary documents being created with your input and Jean's years of experience. Must be used by June 30, 2017. Dobbins, Venick, Kuhn & Byassee, PLLC

1002 Launch your Career Transition

Instructor: Jane Hardy

Fee: \$250.00 Materials Fee: \$0.00

JANE HARDY, M.Ed., parent of two USN alums and Strategic Career Counselor, will assist one participant in assessing and exploring career and job search possibilities. After completing worksheets prior to your session, you will meet virtually for 2.5 hours with Jane to develop a deeper understanding of abilities, transferable skills, and additional assets as well as criteria for evaluating career opportunities. If you are conducting a job search campaign, she will coach you in a variety of job search tools, including networking, interviewing, salary negotiation, and preparation of your resume and LinkedIn profile. She will also develop a portfolio of free and inexpensive resources tailored to help you lift your career to the next level. This class is typically valued at \$480. Age 24 and up. Must be used by June 30, 2017.

1003 Personal Trainer One-to-One

Instructor: Suzanne Young

Fee: \$75.00 Materials Fee: \$0.00

Have you always wanted to try a personal trainer? Whether you want to increase your strength, stamina or flexibility, an individualized program can make all the difference in achieving your goals. SUZANNE YOUNG, certified fitness professional and Nashville native, has been a personal trainer for over 13 years and makes the experience fun, varied and effective. This one-hour session with Suzanne will be held at Lean Personal Training in Green Hills, and if desired, subsequent sessions can be held at an in-home studio.

1004 The Gift of Time

Instructor: Julie Hullett

Fee: \$100.00 Materials Fee: \$0.00

Join JULIE HULLETT of Julie Hullett Concierge, LLC for this one-to-one session which will help increase your capacity to prioritize and manage time, freeing you to spend more time doing what you love. Prior to meeting with Julie, the participant will complete a short questionnaire so Julie can assist you in tackling specific “to-do” projects or goals. Must be used by June 30, 2017.

1005 Personal Architectural Consultation

Instructor: John TeSelle

Fee: \$150.00 Materials Fee: \$0.00

Are you thinking about building a new house or renovating the one you have? Consult with local architect, USN parent and alumnus JOHN TESELLE. In a personal consultation at your house or site, you can discuss your wishes and budget for construction, feasibility of various building approaches, what to expect during design and building, and strategies for moving forward with your project. Must be used by June 30, 2017.

1006 Closet Editing

Instructor: Rebecca Thompson

Fee: \$200.00 Materials Fee: \$0.00

If you have a closet full of clothes but nothing to wear, you might find yourself wondering if more is really more. You may want to recast your inner self by dressing up your outer self, but have no sense of where to begin. Fear not! Wardrobe consultant REBECCA THOMPSON will help you edit your closet to determine which pieces work best for you based on your style, body type, coloring, lifestyle and budget. At the end of this 3-hour session she will make a list of suggested items that will help you achieve your well-rounded wardrobe. Must be used by June 30, 2017.

1007 Artist Development for the Singer/Songwriter

Instructor: Reese Faw

Fee: \$65.00 Materials Fee: \$0.00

This one-to-one class offers the singer/songwriter methods to evoke passion in listeners through emotional connection and commitment to his/her song. USN alumna parent REESE FAW is a music industry veteran in 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 lyrics. Reese inspires artists' self-discovery, drawing out emotional availability, commitment, imagination, memory, presence, raised stakes, and choice to enhance creative growth. The result is a profoundly rewarding experience for the artist and the listener. Must be used by June 30, 2017.

1008 Architect Advice 101

Instructor: Mark Bixler

Fee: \$150.00 Materials Fee: \$0.00

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 and cafeteria revamp 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 – it could be the basics of adding and subtracting to your home, zoning issues, green design, or even furniture and lighting. Mark will help you channel your inner Frank Lloyd Wright. Must be used by June 30, 2017.

1009 Private Qigong Session

Instructor: Yuliya Gulmi

Fee: \$75.00 Materials Fee: \$0.00

Experience deep relaxation and energetic rejuvenation. During this one-to-one session with Qigong Practitioner, YULIYA GULMI, you will learn several components of Qigong practice: breathing and relaxation techniques, focusing and guiding intention, Qigong exercises, making energetic observations, performing energetic cleanse, sensing and cultivating energy, among others. From this, you will gain skills to perform energy cleansing independently. The Practitioner will guide you through an ancient Shaolin technique for releasing toxic energy. You will also experience a 20 to 30 minute Medical Qigong Qi Emission Therapy session. Must be used by June 30, 2107

1010 Private Session with Martial Arts Expert

Instructor: Master Lee

Fee: \$75.00 Materials Fee: \$0.00

This private, one-to-one training session offers the invaluable experience of working with a martial arts expert other than your regular teacher. Besides the individual personalized work-out, you will benefit from a “fresh eye” assessment of strengths and weaknesses and guidance for improvement. Master J.K. LEE’s expertise include various Combat Arts, and he can tailor the session based on the your interests and abilities. Any level of prior martial arts experience is welcome, however, if you are a new to martial arts, please attend the Family Tae Kwon Do Class. must be used by June 30, 2017

1011 Songwriting with Jay Knowles

Instructor: Jay Knowles

Fee: \$75.00 Materials Fee: \$0.00

“If you throw a rock in Nashville, you hit a songwriter.” This may be true, but less likely that the songwriter will be a Grammy-nominated songwriter and BMI 2016 Airplay Award recipient. It is even more improbable that you will find an opportunity to spend a private 90 minutes learning from such a brilliant songwriter yourself. Bring your paper napkin lyrics and enjoy an hour and a half with songwriter and USN parent JAY KNOWLES. He will discuss with you the art of crafting a hit: turning ideas into reality and elevating songs to the next level. This class must be used by June 30, 2017.

1012 The ABC's of Home Building or Renovation from Concept to Completion

Instructor: Giachery Lizarraga

Fee: \$150.00 Materials Fee: \$0.00

Whether the home you are dreaming of involves an extensive renovation, expansion, or a ground-up build, don’t miss this opportunity to arm yourself with important knowledge that can save your sanity and your budget and still turn your dream home into a reality. USN parent and construction pro GIACHERY LIZARRAGA will walk you through must-know topics such as deal structuring (banking, financing, insurance and liability); interviewing and hiring an architect or general contractor; types of fee structures for architects and contractors; drafting and design basics; timelines, surveys and appraisals (including boundary disputes); pricing, budgeting, and scheduling. This one-to-one class truly does cover the ABC’s. Must be used by June 30, 2017.

1013 Get a Financially Smart Divorce

Instructor: Sandy Arons

Fee: \$75.00 Materials Fee: \$0.00

Get a financially smart divorce and secure your future and your children's future. Even the best Nashville divorce attorneys are not certified financial consultants and were not trained to perform financial analysis. SANDY ARONS , MBA, Certified Financial Divorce Analyst, 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 how to 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. Must be used by June 30, 2017.

1014 Talking to Your Honey About Money

Instructor: Sandy Arons

Fee: \$75.00 Materials Fee: \$0.00

Opposites attract; often one is a spender, one is a saver. Our families of origin also impact how we think about money. It's no wonder that most arguments during marriage are about money. So before you walk down the aisle, build a solid foundation for a life-long marriage and prevent financial disagreements by discussing financial issues and differences. Accredited Financial Counselor SANDY ARONS teaches you 10 talking points to review with your soon-to-be spouse and help you break the ice on discussing financial topics. Must be used by June 30, 2017.

1015 Garden and Yard Consultation with Peter Anderson of ECO-logic for a Healthy, Happy Outside

Instructor: Peter Anderson

Fee: \$100.00 Materials Fee: \$0.00

Does your yard or garden need a redesign or perhaps a complete makeover? PETER ANDERSON, owner of ECO-logic, offers you a 90 minute one-to-one consultation to openly discuss your issues and aspirations. Take advantage of this opportunity to explore creating kitchen gardens, flower gardens (for cutting and pollinators), low maintenance native lawns, compost systems, worm farms and wildlife friendly landscapes. The landscape interventions discussed will have as their goal supporting and augmenting the native ecosystems that exist on your property. "Space-making" in the yard to enhance enjoyment of outdoor areas can be realized by creating outdoor cooking areas, fire pits, wildlife areas or meditation gardens. Also encouraged are features such as greenhouses, hoop houses, native plants, native grasses, child-focused exploration areas, rainwater harvesting, tree houses, patios, walkways, decks, outdoor lighting, fencing and boundary controls. Consultation to be coordinated by participants during February or March 2017 with Peter Anderson.

1016 Private Pilates Session

Instructor: Gina Brooks

Fee: \$75.00 Materials Fee: \$0.00

Instructor and USN parent GINA BROOKS provides this private pilates sessions to help you reach your personal fitness goals, whether they involve learning pilates exercises, to joining in group classes, to accessing and rehabbing muscle issues; this hour is all about you. One-to-one sessions are a great way to maximize your practice . . . whether you're just starting out, have specific rehabilitation needs, or simply prefer individual attention to your personal practice. This session provides the opportunity to get the most from your form and movement using a combination of mat, reformer, tower, and chair work to meet your specific needs. Must be used by June 30, 2017.

1017 Hannah Crowell, You and Design

Instructor: Hannah Crowell

Fee: \$200.00 Materials Fee: \$0.00

USN alumna HANNAH CROWELL offers this one-to-one design session, where you can focus on a particular design subject or specific area of your home or office you want to redesign. This presents a unique opportunity to meet with an experienced and talented designer to get ideas and steps tailored to your needs and wishes. Must be used by June 30, 2017.

1018 The Kindest Cut of All: Practical Pruning

Instructor: Cabot Cameron

Fee: \$100.00 Materials Fee: \$0.00

Proper pruning of your ornamental trees and shrubs is important to their long term health and beauty. It can also be a truly satisfying do-it-yourself experience that gives you a huge sense of accomplishment. Gain the confidence you need with a hands-on, one-on-one lesson from master certified arborist and USN parent, CABOT CAMERON. Sign up early for this very popular one-hour session. You'll gain a skill and an ever more glorious garden.

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1020 Feldenkrais Functional Integration

Instructor: Kim Greenberg

Fee: \$60.00 Materials Fee: \$0.00

Everyone, from athletes and artists to administrators and attorneys, can benefit from the Feldenkrais Method of Somatic Education, developed for injury recovery and prevention. The Feldenkrais Method can help restore efficient movement and overall well-being. USN parent KIM GREENBERG has been a dance and movement instructor for 20 years and in this private session will guide you in a functional integration lesson designed to meet your personal needs. Communicating through touch, movement, and words, your one-to-one lesson with Kim will last for about an hour. Age 21 and up. Must be used by June 30, 2017.

