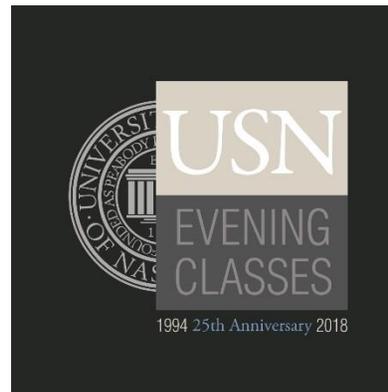


USN Evening Classes

2018 Catalog



Celebrating 25 Years of Classes for the Nashville Community

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

2018 CLASS CATALOG

There are over 160 classes in ten categories this year. We are bringing back the favorites, of course, but more than fifty percent of the selections in this year's catalog are new.

Music, Literature, Culture, and Politics (100) - Tap into your creative side or expand your knowledge of the arts with classes on all genres of music, gallery tours and writing.

Career, Finance, Technology (200) - These classes provide you with practical advice and skills in timely topics such as career transition, entrepreneurship, marketing, estate planning, retirement, social media, and technology updates for all devices -- from your phone to you TV.

Family, Health, Wellness (300) - Find new ways to promote your well-being and enhance your relationships in classes on meditation, dressing with style, eating healthfully, and parenting.

Cooking and Culinary Experiences (400) - This ever-popular category includes a broad range of cooking and food appreciation classes with offerings from Nashville's finest chefs, exclusive behind-the-scenes restaurant experiences and a peek into the kitchens of some of the area's best home cooks.

Wine, Spirits, Beer, Entertaining (500) - Here are unique opportunities to sample rare wines, craft beers, and locally distilled spirits. Learn how to make the latest seasonal cocktails and elevate the look of your event with beautiful tablescapes and floral design.

Home and Garden (600) - Choose a class to help you spruce up some aspect of your home -- inside or out -- in areas such as interior decorating, green home design, beekeeping, and planting a kitchen garden.

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

Sports and Fitness (800) - Professional runners, yogis, fishermen and more will help you get fit and have fun whether the activity is outdoors or in one of our on-campus studios.

Tours (900) - Go behind the scenes of some of Nashville's premier galleries, music studios, and sports venues or explore one of our city's growing neighborhoods with a Nashville native.

One-to-One Instruction (1000) - These limited selections offer fantastic opportunities for you to tap into the expertise of talented professionals in an individualized session on topics ranging from home organizing, building or decoration, to career advice, songwriting, and personal health.

100: MUSIC, LITERATURE, CULTURE, AND POLITICS

101 Jon Meacham on The Art of the Presidency: Some Thoughts on the Past, Present, and Future of Leadership

Instructor: Jon Meacham

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Join renowned presidential historian, Pulitzer Prize-winner, contributor to *TIME* and *The New York Times Book Review* and USN parent JON MEACHAM as he discusses "The Art of the Presidency." With the swirling events of the day filling up your news feed, Meacham will draw upon his expertise in the areas of politics, religion and current affairs to discuss how issues and events impact our lives and why historical context matters. He will leave time at the end of this stimulating discussion to answer your most pressing questions. Meacham's latest Presidential biography, *Destiny and Power: The American Odyssey of George Herbert Walker Bush*, debuted at #1 on the *New York Times* bestsellers list in November 2015. His other national bestsellers include *Thomas Jefferson: The Art of Power*, *Franklin and Winston*, *American Gospel*, and *American Lion: Andrew Jackson in the White House*, which won the Pulitzer Prize in 2009. Named a "Global Leader for Tomorrow" by the World Economic Forum, he is a member of the Council on Foreign Relations, a fellow of the Society of American Historians, and chairs the National Advisory Board of the John C. Danforth Center on Religion and Politics at Washington University. Meacham is a Distinguished Visiting Professor of History at the University of the South and a Visiting Distinguished Professor at Vanderbilt. Meacham will be signing books following his event. Parnassus Books will be on hand to assist with the signing line, and will also offer Meacham's titles for purchase.

102 Grammar for Writers: Crafting Elegant Sentences

Instructor: Thorunn McCoy

Location: USN

Fee: \$37.00

Materials Fee: \$0.00

Grammar is the set of rules that explains every excellent sentence. But, knowing grammar and using grammar can be two different things. Join USN English Teacher THORUNN MCCOY for this class, and look at how creative use of these conventions can change a piece of writing from blah to, "Ahhh." Analyze elegant sentences as well as craft your own. Rather than hunt for errors, appreciate how strong verbs, punctuation, and phrases move readers from one, well-organized idea to the next.

103 Motown Music and Memories

Instructor: David Williams

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

USN Alumni Parent and Vanderbilt Vice Chancellor and Athletic Director DAVID WILLIAMS grew up in the heart of Motown going to his uncle's famed hotel, restaurant and night club --- the Garfield Hotel and Lounge. Count Basie, Duke Ellington, Cab Calloway and more graced the stage. He has turned these memories into a one-man show, sharing with you his extensive knowledge of the people and the songs that shaped this important era.

104 Criminal Law in Fiction and Reality: The Investigation

Instructor: Lucian Dervan

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Fans of crime films, television shows and novels -- do you ever wonder how close to reality these dramas centering on criminal investigations really are? Let Professor LUCIAN E. DERVAN, one of the country's leading experts in criminal law, introduce you to the reality behind criminal investigations as you explore together how closely the dramatic portrayals we love to read and watch measure up. Learn what really goes on and gain a deeper understanding of the criminal justice system. This class focuses on criminal investigation.

105 Criminal Law in Fiction and Reality: The Prosecution

Instructor: Lucian Dervan

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Fans of crime films, television shows and novels -- do you ever wonder how close to reality these dramas centering on criminal investigations really are? Let Professor LUCIAN E. DERVAN, one of the country's leading experts in criminal law, introduce you to the reality behind criminal investigations as you explore together how closely the dramatic portrayals we love to read and watch measure up. Learn what really goes on and gain a deeper understanding of the criminal justice system. This class focuses on criminal prosecution.

106 Meet the Press with Mueller and Dobie: Tennessee Media & Politics 101

Instructor: Bruce Dobie and Bob Mueller

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

2018 will be a banner election year for Tennessee with elections for Governor, U.S. Senate, Congress and more taking place against a backdrop of a Trump presidency, a strong yet divided Republican Party, and a rising Democratic Party seeking relevance beyond its core urban base. Longtime reporters and media leaders, USN parent of alumni BRUCE DOBIE and News 2 beloved legend BOB MUELLER, have seen changes in reporting tactics under media consolidation and the rise of online consumption. Class participants will engage with these two media experts in thoughtful discussion about opportunities and challenges for the 2018 election season in Tennessee.

107 Writing and Publishing Books for Kids

Instructor: Jessica Young and Mary Reaves Uhles Location: USN

Fee: \$37.00

Materials Fee: \$0.00

Have you ever thought about writing a children's book? This introductory class, led by award-winning children's book creators, author/illustrator MARY REAVES UHLES and author/USN parent JESSICA YOUNG, provides 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.

108 Introduction to the Psychology of Carl Jung

Instructor: Adele Tyler

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

In this class, instructor and USN Alumni Parent, ADELE TYLER, provides an overall introduction to the work of psychologist Carl Jung, taking participants beyond common touch points like Star Wars, 12-Step programs, Joseph Campbell, and the Myers-Brigg personality test. This introductory class will survey Jung's basic concepts and history, including introversion/extraversion, synchronicity, projection, and his close but complicated relationship with Freud. The class will also discuss why his work is relevant and helpful to millions of people today. This workshop is designed for the layman, with no previous knowledge of Jung or psychology required.

109 An Introduction to the Qur'an

Instructor: Phil Lieberman

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

PHIL LIEBERMAN, USN parent and professor of Religious Studies and Law at Vanderbilt University, will lead this informative discussion on the complex workings of the Qur'an, covering the history and social context of Islam's holy book.

110 Writing Online: Content for Yourself or for Business

Instructor: Laurie Kalmanson Westerfield

Location: USN

Fee: \$37.00

Materials Fee: \$0.00

Tone is everything, especially when your voice is read and not heard. USN parent LAURIE KALMANSON WESTERFIELD will teach how to write online content in a tone suited to the audience you want to reach. Go from writer to content provider, from editor to content strategist, from journaler to blogger, and from direct marketer to fundraiser with the writing skills taught in this class.

111 Adult Improv

Instructor: Bakari King

Location: USN

Fee: \$27.00

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.

112 Basics of Verbal Design

Instructor: Ernest Chapman

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Fake news. Torches of freedom. Mysteries of faith. What do these phrases all have in common? Verbal design is the mercenary use of the language arts, both written and spoken. It stands at the intersection of art and commerce, a hybrid concoction of myth-making, storytelling, and "tranceformation." It's only concerned with one thing: holding your attention long enough to get you to read the next line and take an action, vote, buy something, become a true believer. USN alumnus ERNEST CHAPMAN will explore the world of verbal design, probe the topics of mind control and mass persuasion, give you exercises to become a better writer, and answer the obvious question: "Why not just call it copywriting?"

113 From the Producer's Perspective

Instructor: Hannah McNeil

Location: Private Location

Fee: \$79.00

Materials Fee: \$15.00

What do producers really do? Industry experts DAVE BRAINARD, PAUL WORLEY and JAMIE HOUSTON offer a once-in-a-lifetime opportunity to learn about the production process from "pre" to "post." USN parents Houston and Worley, along with Brainard, have worked with artists including Brandy Clark, Lady Antebellum, Dixie Chicks, and Martina McBride, as well as on projects such as High School Musical, Hannah Montana, and Cheetah Girls (brag to your kids!). Pulling from their extensive careers, these three producers will spend the evening sharing anecdotes and discussing the nitty gritty industry details – how to break into the production arena, identify real hits, pitch songs, and know when the record is complete! Nashville songwriters DIXIE BROWN and HANNAH MCNEIL, also USN parents, will host and bring their own expertise to the evening, which will be rounded out with authentic Greek food, beer, and wine. Age 21 and up. Red Records Recording Studio

114 A Primer on the Law of Sexual Harassment

Instructor: Irwin Venick and Ann Steiner

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

#MeToo resonates across the country as more and more women recount their experiences with sexual harassment in the workplace. What legal protection is there for persons who suffer sexual harassment in the workplace? What should an employee do who experiences what she/he believes is sexual harassment? What happens in a sexual harassment lawsuit? Why are sexual harassment cases resolved by confidential settlement agreements? Nashville attorneys IRWIN VENICK and ANN STEINER handle discrimination cases as a part of their legal practice and will share their insights and answer these pressing questions on this important topic that has catapulted to the national spotlight in the last year.

200: Career, Finance, Technology

201 Introduction to Self-Publishing

Instructor: Jennifer Chesak

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

More and more authors are taking charge of their work and their royalties. Self-publishing your novel is a way to cut through all the red tape associated with getting your book out to the masses, but you've got to take proper steps for success. In this class, freelance writer JENNIFER CHESAK, owner of Wandering in the Words Press, will walk attendees through the pros and cons of self-publishing, describe the different DIY platforms and which to use, explain ISBN number and imprint setup, tackle the production steps, and answer your burning questions.

202 Introduction to Crypto Currency

Instructor: Giles Ward

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Are you curious about bitcoin, crypto-currency, or blockchain? What is it, is it for real, and why is everyone talking about it? In this class, USN parent and Executive Director of Blockchain Consortium at Hashed Health, GILES WARD will open your eyes to digital currency. Come find out more about this currency that allows for instantaneous transactions and borderless transfer-of-ownership. You might even buy your first digital currency in class.

203 Demystifying Grant Seeking: a Guide to Researching and Writing Competitive Grants

Instructor: Jennifer Chalos

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Fund development expert and USN parent, JENNIFER CHALOS, will share information and techniques from her experiences and research in working with nonprofits. For more than 20 years, Chalos has worked with nonprofits to successfully secure millions of dollars to support their missions, programs, and growth. Participants will learn how to research available grants, prioritize prospects, and prepare to write and submit competitive proposals for support for their cause.

204 Six Ways to Cut the Cost of College

Instructor: Heather Hale

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

This is the perfect class for parents of high school students. Certified Financial Planner and Founder of Peak College Planning HEATHER HALE can demystify the potentially looming financial black hole of higher education. Learn about the realities of college pricing, financial aid, sources of college money, finding generous colleges and more during this workshop. Discover why many colleges discount their tuition, what goes into the financial aid formulas, where are the best sources of merit scholarships, and why four-year graduation rates really matter. Send your student to the right college, for the right reasons and at the right price.

205 Presentation Skills for Leaders

Instructor: Mimi Bliss

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Public speaking is a core leadership skill. You want to speak with confidence, whether you're making a recommendation to senior management or leading a meeting of your neighborhood association. Focusing your message, incorporating stories and using voice, hands and eye contact will make you a more effective speaker. Good presentation skills will advance your career and ensure your ideas linger long after you have left the room. USN parent MIMI BLISS, owner of Bliss Communications and executive speaking coach, will lead this interactive workshop, coaching volunteers through brief presentations and providing relevant feedback. The workshop includes handouts and wallet cards with speaking tips.

206 Understanding Social Security

Instructor: Susan Fuller and Cullen Roberts

Location: USN

Fee: \$27.00

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 iPhone, iPad and iOS for All

Instructor: Steve Smail

Location: USN

Fee: \$27.00

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. 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, and 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.

208 Your Personal Brand

Instructor: Leonora Williamson

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Have you ever wondered how other people perceive you? Do you sometimes feel a disconnect between how you view yourself and how others view you? Do you admire people whose life stories seem to hang together? If "yes" to any of the above, this class is for you. We each have a personal brand but ironically, are poorly positioned to evaluate it. In this session executive coach and USN parent LENORA WILLIAMSON will explore the elements that inform a personal brand, examine the personal brands of some famous people, and finally, complete an exercise in which we solicit feedback on our own personal brand.

209 Everything You Ever Wanted to Know About Google but Were Afraid to Ask

Instructor: Kathy Wieczerza

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Join USN Director of Technology KATHY WIECZERZA for this informative, practical class on the ins and outs of making the most out of Google. We all know how to "google" a fun fact to get information, but Google also has a lot of great free web-based services. To use them, all you need is a Google account – sign in, and you can use Google's email services, cloud storage, its calendar app and more. This class will give you all the information you need to google to the google degree.

210 Return to Writing Using LinkedIn

Instructor: Tom Noser

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Writing for LinkedIn is not only an important way to grow your professional network, it's a great creative outlet. That is exactly what USN parent and alumni parent TOM NOSER will focus on in this timely and original class. Tom was the Senior Vice President at a social media management company when he started writing for LinkedIn, but now he uses it for something more. Leaving most of the technical stuff out, focusing on establishing good writing habits and writing well, Tom will show you that on LinkedIn, there is more to write than just your summary. Return to writing, using LinkedIn as a tool, and develop a stimulating new habit that will simultaneously cultivate your professional life.

211 Digital Wellness: Reclaim the Carefree Life Your Smartphone Stole From You

Instructor: Pete Dunlap

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

If you think "digital wellness" sounds like an oxymoron, you are not alone. Most of us are now spending sixty hours a week with our various gadgets, missing out on productive time at work or quality time with family and friends as we tend to our digital selves. Some days it seems like our social media profiles are living better lives than we are! Fear not: there exists a growing body of research on our connected lives and how to live them productively and calmly. In this class, instructor PETE DUNLAP, MAEd will share this cutting-edge, actionable information with you. Combining his experience as educator and software engineer, Pete has developed a method that will empower you to be ruthless with your environment yet compassionate with yourself. As a Digital Wellness participant you will leave armed with tips to bring balance to your personal and professional lives, lowering stress and increasing productivity.

212 Startup Investing, is it for me?

Instructor: Mark Montgomery

Location: Instructors Place of Business

Fee: \$27.00

Materials Fee: \$0.00

As new businesses pop up around Nashville, more and more people are investing in the Nashville startup economy. Creative tech investor and USN parent MARK MONTGOMERY will share from his chest of insider war stories (heads up -- non-disclosure agreements required!) to get a better understanding if startup investing is for you. This class will cover some of the building blocks of the investing world in Nashville and provide some insights into techniques for figuring out which investing strategies are right for you all while dining on some local flavors of coffee, whiskey and food.

300: Family, Health, Wellness

301 How Intermittent Fasting Can Improve Your Health

Instructor: Margee Brennan

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Join USN parent Dr. MARGEE BRENNAN and learn the truth about what makes us fat and why the classic weight loss model of move more/eat less may prove unsuccessful in the long term. This class will help you understand how extending something you are already doing daily can help you repair your metabolism, lose weight, sharpen your mental clarity and decrease your risk of diabetes and many other health conditions.

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

Instructor: Trent Hanner

Location: USN

Fee: \$27.00

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.

303 Keeping Your Teen Safe: Experts Guide to Making Today's World a Little Less Scary

Instructor: Scott Ellis and Rich Littlehale

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Today's headlines are full of stories about the dangers lurking in our community, online, and even when interacting with law enforcement officers. USN parents SCOTT ELLIS and RICH LITTLEHALE, both attorneys with significant law enforcement experience, will share their perspectives on public safety myths vs. realities and provide recommendations on what you can do to keep your family safe. Scott and Richard will share how to protect your children and your data from threats on the internet, how to respond to law enforcement during a traffic stop, how to navigate the justice system when you are the victim of a crime, and many other tips. The class is designed for older teens and their parents, so some videos and discussions may not be appropriate for younger children. \$27 class fee includes admission for parent plus teen(s).

304 Eat To Beat Inflammation

Instructor: Amber Robertson

Location: Private home

Fee: \$27.00

Materials Fee: \$10.00

We've all heard that inflammation is the root of many health issues, but what exactly is inflammation and how can we resolve it? In this interactive workshop and cooking demo, integrative nutrition health coach AMBER ROBERTSON will teach participants about inflammation and the role food can play in effectively reducing it, how to nourish the body with whole foods while removing the top three inflammatory offenders: gluten, dairy, and refined sugar. Participants will get to sample several anti-inflammatory dishes prepared in class.

305 Salt Cave and Reflexology

Instructor: Connie Chang-Tallman

Location: Salt and Soles

Fee: \$27.00

Materials Fee: \$0.00

For this class, participants will experience the benefits of dry salt therapy at the most unique and beautiful salt cave in Nashville. Surrounded by 15,000 lbs. of Himalayan Salt, CONNIE CHANG-TALLMAN, certified and registered reflexologist, yoga teacher and owner of Salt and Soles, will teach participants about the essential reflexology points to boost the immune system and promote stress relief.

306 Introduction to Buddhist Meditation

Instructor: Kirby Shelstad

Location: USN

Fee: \$27.00

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. Class participants 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 is required and all are welcome. Please wear loose comfortable clothing. Blankets for floor sitting will be provided.

307 How To Identify Fashion Trends That Work For You

Instructor: Rebecca Thompson

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Join REBECCA THOMPSON, style expert and savvy wardrobe consultant, in this popular class on deciphering fashion trends to find those which work for you. Learn how to identify your signature style and incorporate the fashion trends of the day for your personal lifestyle and your budget. Hint: There are always fashion trends. Some work for us and some do not. Find out how to include trendy pieces and pairings for a chic, modern wardrobe which is spot on.

308 What Feeds You? - Nourishing Yourself With a Healthy Lifestyle and Food

Instructor: Danielle Gilbert and Renee Gerber Location: USN Fee: \$27.00 Materials Fee: \$0.00

In this class, USN parent and certified wellness coach, DANIELLE GILBERT, along with health coach RENEE GERBER, will discuss the most effective approaches toward living a healthier life, including what foods are the most nourishing to the body, which are the best ones to avoid and how one can live life in a way that prevents illness and disease. WHAT FEEDS YOU? will also cover eating real food, calming inflammation, healing your gut, and so much more.

309 Natural Solutions for Strong Bones: Complete Fracture Prevention at Any Age

Instructor: Marnie Reasor and Diane Mulloy Location: USN Fee: \$27.00 Materials Fee: \$0.00

Many women's lives have been limited by the effects of osteoporosis – from mobility issues to injuries, even broken bones. However, osteoporosis and bone loss are preventable and reversible. Join instructors MARNIE REASOR and DIANE MULLOY in this informative class that will teach you the best strategies for building strong, healthy bones naturally. Topics include causes/risks of osteoporosis, types of exercise, common myths on bone loss, and best food supplements. While aging is a fact of life, bone loss doesn't have to be. Find out more about the science behind building bone density and assess your risk factors. It's never too late to build better bones and invest in your health now and for the future.

310 Learn About Essential Oils with Clary Collection

Instructor: Jen Auerbach Location: Private Location Fee: \$27.00 Materials Fee: \$18.00

Learn the healing properties and medicinal qualities of herbs and essential oils with JEN AUERBACH, USN parent and Co-Founder of Clary Collection. Make a personalized Clary scent by testing each fragrance and infusion and then take your scent home in a pretty amber glass roll-on. Participants will also leave with a booklet on how to make their own safe and green cleaning products.

311 Self Defense with Everyday Items

Instructor: Kathy Wieczerza

Location: USN

Fee: \$27.00

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 The MELT Method

Instructor: Nancy Burke

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Join NASM Personal Trainer and Group Fitness Instructor NANCY BURKE and learn about the MELT Method. A self treatment which focuses on reducing stress and pain by rehydrating the connective tissue (fascia) and rebalancing your autopilot (nervous system) using small balls and soft rollers. Guided through gentle targeted movements, you will learn the techniques to condition your fascia and quiet the pain and stress reflex as a way to both reduce inflammation while improving your functionality and performance.

313 Meditation: Organize Your Mind – Organize Your Life

Instructor: Lauren Weintraub

Location: USN

Fee: \$27.00

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.

314 Living Your Way: Until the Very End

Instructor: Anna-Gene O'Neal and Keith King Location: USN Fee: \$0.00 Materials Fee: \$0.00

CEO of Alive Hospice, ANNA-GENE O'NEAL, and Alive Hospice Community Outreach Coordinator KEITH KING lead this instructive class on how to "live your way" at the end of life. In short, a simple form and conversation could be the most meaningful gift you could give your loved one and yourself. A simple advance directive form ensures that your end-of-life care preferences are known and that your caretakers won't be burdened with worry and guilt. This class will teach you the basic steps you need to take to prepare and find peace of mind.

315 Opioid Crisis: The Controversial State of Pain Management and the Critical Need for Alternative Solutions

Instructor: Tracy Jackson Location: USN Fee: \$27.00 Materials Fee: \$0.00

DR. TRACY JACKSON, associate professor of anesthesiology and pain medicine at Vanderbilt University, will use the latest scientific evidence to describe why people experience chronic pain and how best to treat it. She will discuss the reasons behind the current opioid crisis and the current controversies surrounding the use of opioids in the management of chronic pain. Finally, she will help the group understand the critical need for holistic/integrative health programs -- in health care systems, schools, and the community-at-large -- to both treat AND prevent chronic illness of any type. The class will end with brainstorming/development of action plans for how we can effect desired change in these areas. Relief Retreats

316 Couple's Massage

Instructor: Rotonya Troup and Becky Buckman Location: USN Fee: \$20.00 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 BECKY BUCKMAN 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.

317 Eat To Beat Inflammation

Instructor: Amber Robertson

Location: Private home

Fee: \$27.00

Materials Fee: \$10.00

We've all heard that inflammation is the root of many health issues, but what exactly is inflammation and how can we resolve it? In this interactive workshop and cooking demo, integrative nutrition health coach AMBER ROBERTSON will teach participants about inflammation and the role food can play in effectively reducing it, how to nourish the body with whole foods while removing the top three inflammatory offenders: gluten, dairy, and refined sugar. Participants will get to sample several anti-inflammatory dishes prepared in class. Bliss Holistic

318 Salt Cave and Reflexology

Instructor: Connie Chang-Tallman

Location: Salt and Soles

Fee: \$27.00

Materials Fee: \$0.00

For this class, participants will experience the benefits of dry salt therapy at the most unique and beautiful salt cave in Nashville. Surrounded by 15,000 lbs. of Himalayan Salt, CONNIE CHANG-TALLMAN, certified and registered reflexologist, yoga teacher and owner of Salt and Soles, will teach participants about the essential reflexology points to boost the immune system and promote stress relief.

400: COOKING AND CULINARY EXPERIENCES

401 Simply Elegant

Instructor: Tracie Thurmond

Location: Private home

Fee: \$49.00

Materials Fee: \$35.00

Wow guests with a simply elegant meal without exhausting yourself in the kitchen. In this class, we will make classic dishes updated with modern flare or presentation. Learn shortcuts and skills to ease labor over the stove yet still cook a delicious meal with time to spare before your guests arrive. Longtime chef and caterer TRACIE THURMOND's menu includes limoncello fruited cheese with crackers, herbed cornish hens on a bed of roasted vegetables, garlic green beans, rolls, and apple dumplings. Age 21 and up.

402 Cookie Decorating

Instructor: Juanita Traughber

Location: Private home

Fee: \$24.00

Materials Fee: \$30.00

This sweet class is for aspiring and experienced bakers. Join USN's communications director and former bakery owner, JUANITA TRAUGHBER and learn how to make a perfectly even rollout cookie and stylishly decorate it with royal icing using a variety of piping techniques. At the end of class, you will leave with half a dozen decorated cookies, a cookie decorating starter kit, and creative cookie decorating ideas for all occasions. Wear clothes you don't mind getting dusty with flour and sugar.

403 Cajun Cooking at Home

Instructor: Ward Pace

Location: Private home

Fee: \$49.00

Materials Fee: \$20.00

In this class, instructor and USN parent WARD PACE of Germantown Depot will walk the class through everything it takes to make a Mardi Gras Mambo (or any season) of fine Cajun cooking...in the confines of your own kitchen. Dial up the zydeco, get funky, and learn how to make quick and easy Sensation Salad, Jambalaya, and Gumbo that would do NOLA proud. The class will also include a Bread Pudding and/or French Toast and Crab Dip. Consider it a cocktail party with some Cajun cooking/coaching. Age 21 and up.

404 Landlocked: Oyster Tasting

Instructor: Julia Sullivan

Location:Henrietta Red

Fee: \$49.00

Materials Fee: \$50.00

Chef and USN alumna JULIA SULLIVAN of Henrietta Red will provide all the information you need to treat your friends and family to seafood delights. Despite the fact that we're hundreds of miles from the closest coast, we can still enjoy great shellfish here in Nashville. Let this class be your starting point and Julia your guide. This class will cover how to: source safe and sustainable shellfish in a landlocked state, clean and shuck oysters, demystify the oyster map, as well as oyster tasting and garnishing. Participants will enjoy demonstration and tasting as well as some hands-on instruction. On the menu: A Selection of Raw Oysters with Classic and Creative Sauces, Roast Oysters with Compound Butter. Age 21 and up.

405 Rustic Spanish Dinner Paired with Wines

Instructor: Lisa Mays

Location: Private home

Fee: \$49.00

Materials Fee: \$35.00

Warm up your taste buds on a cold winter night with a trip to Spain. LISA MAYS, owner of My Paella Travels, will start the voyage with tapas: a traditional Spanish tortilla, marinated olives, shrimp, mussels, pan con tomate, and cheese. Then delight in a warm and hearty Spanish stew and chicken & sausage paella. Finish your trip with a traditional Spanish dessert. Lisa will also provide CAVA (a Spanish sparkling wine) and her delicious and refreshing red Sangria. Age 21 and up.

406 High Tea with Esoteric Vegan

Instructor: Shalene France Gray

Location: Private home

Fee: \$34.00

Materials Fee: \$30.00

Join USN parent SHALENE FRANCE GRAY of Esoteric Vegan for High Tea, vegan style. There's something magical about the ceremony of a high tea celebration. Take some time to sit back and enjoy a little conversation and relaxation with new friends, all the while sipping on divine teas and eating tasty vegan treats. Savor Shalene's vegan version of this British tradition. Age 21 and up.

407 Baking Cakes from Scratch

Instructor: Sam Tucker

Location: Private home

Fee: \$34.00

Materials Fee: \$15.00

Baker and Chef SAMUEL TUCKER will share his secrets to simple cakes, buttercream icings, and cake fillings — all made from scratch to help you move away from settling for box cake mix. Owner of Village Bakery and Provisions, Tucker has also worked at Nashville fine dining establishments such as The Wild Boar, Boundry, Watermark, and The Kitchen at 404. Age 21 and up.

408 Latin Favorites

Instructor: Darryl Dinning

Location: Private home

Fee: \$49.00

Materials Fee: \$40.00

Join us in the kitchen 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. Panache Catering

409 Biscuits and Bourbon

Instructor: Karl Worley and Chris Chamberlain

Location: Private home

Fee: \$44.00

Materials Fee: \$40.00

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 will entertain us all with his incredible love and knowledge of all things brown water. Age 21 and up.

410 Cocktail Party Fare

Instructor: Tracie Thurmond

Location: Private home

Fee: \$49.00

Materials Fee: \$35.00

Plan and prepare ahead to host a memorable cocktail party with a menu of appetizers sure to be a hit with your guests. Small bites that can be easily picked up by hand and a simple signature beverage should be served to best allow the host to enjoy the party too. Learn to make a half dozen elegant yet tasty appetizers as well as how to plate and serve them with TRACIE THURMOND, a chef and caterer who has done home parties and large catering events for more than 15 years. Taste: Tortellini Picks, BBQ Sundaes, Caramelized Apple and Onion Tart, Italian Cheese Torte and Crackers, Tomato baguette bites and a Surprise signature beverage. Age 21 and up.

411 Thai Dinner Party

Instructor: Sanom Poss

Location: Private home

Fee: \$49.00

Materials Fee:\$30.00

Thai native SANOM POSS returns, bringing her culinary skills to teach you how to cook an authentic Thai dinner from start to finish. She will start with an appetizer of Steamed Dumplings, followed by a delicious Thai Shrimp Bisque and an entree of Red Curry Chicken with Steamed Rice. If Thai cooking has always seemed too complicated to master in your home kitchen, you will appreciate Sanom's simplified approach which makes these classic Thai recipes accessible for any chef. Age 21 and up.

412 Home Cooking Simplified

Instructor: Jilah Kalil

Location: Private home

Fee: \$34.00

Materials Fee: \$25.00

In this course, local food advocate and home cook JILAH KALIL will teach participants how to cook using their senses rather than relying on a recipe. Learn what to keep in your pantry, and how to meal plan to simplify cooking at home. In this hands-on class we will use dried soaked beans in a variety of ways and turn them into several different meals you can serve throughout the week. Starting with a simple bean and mixed vegetable soup of local and seasonally available produce and a weekly planning sheet, you will learn how to cook multiple simple weeknight meals from that same large pot of beans. Along with the soup, a winter-greens salad with homemade dressing, also prepared in class, will be served with bread and dessert. Age 21 and up.

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

Instructor: Marcia McKeogh & Margee Brennan Location: Tinwings Fee: \$44.00 Materials Fee: \$20.00

Join MARCIA McKEOGH, chef, baker and magician at Tinwings, and her trusted cohort, USN parent and baker extraordinaire MARGEE BRENNAN, 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. Tinwings

414 Pasta Making At Nicoletto's Pasta Factory

Instructor: Danny Nicoletto and Ryan Nicoletto Location: Nicoletto's Pasta Co. Fee: \$49.00 Materials Fee: \$30.00

DANNY and RYAN NICOLETTO, Italian brothers obsessed with quality pasta, invite you to their Pasta Factory, Nicoletto's in East Nashville, for an intimate experience in pasta making and Italian food. Groups will work together and select different shapes of pasta to create and take home as well as enjoy a fresh pasta meal at Nicoletto's. This class will educate on different types of flours and machinery used in pasta production. Age 21 and up.

415 Sauces Make the Dish

Instructor: Deb Paquette Location: Private home Fee: \$49.00 Materials Fee: \$30.00

A well balanced dish is full of flavor and fun. Tasty sauces can add that extra umpf to make your meal delight your family and friends. Nashville's own renowned chef and co-owner of Etch and etc, DEB PAQUETTE, will engage your senses and expand your culinary sauce skills through the creation of some beloved choices from the Etch menu including confit duck in pastry with pumpkin and caramelized onion, cocoa mole sauce, orange curd, and black olive caramel. Also from the Etch menu: cheese plates with 3 honey sauces, new vegetarian golden spice cauliflower, and espresso pound cake with chocolate chai sauce, smoked apple whip cream, panca sweet potato sauce, and japa stout syrup. Age 21 and up.

416 The Classic Brunch

Instructor: Tracie Thurmond

Location: Private home

Fee: \$49.00

Materials Fee: \$35.00

Prepare brunch with ease for a family gathering, holiday, or special event with a filling and diverse menu sure to please any palate. Longtime chef and caterer TRACIE THURMOND will teach how to put creative spins on the classics to make your brunch memorable. Mediterranean frittata, biscuit bar and meat(s), roasted vegetable platter, fruit display and "not your average" Mimosa. Age 21 and up.

417 Biscuits and Bourbon

Instructor: Karl Worley and Chris Chamberlain

Location: Private home

Fee: \$44.00

Materials Fee: \$40.00

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 will entertain us all with his incredible love and knowledge of all things brown water. Age 21 and up.

418 Cooking for Your Love

Instructor: Tracie Thurmond

Location: Private home

Fee: \$49.00

Materials Fee: \$35.00

Come and learn how to cook and plate an elegant dinner for two for Valentine's Day or another special night. Longtime chef and caterer TRACIE THURMOND will cover a four-course meal consisting of Rustic Pesto Tart, Cucumber Salad Bowl, Herbed Beef Tenderloin, Cheese Grits, Roasted Broccoli, and Brownie Trifle. Age 21 and up.

419 Sauces Make the Dish

Instructor: Deb Paquette

Location: Private home

Fee: \$49.00

Materials Fee: \$30.00

A well balanced dish is full of flavor and fun. Tasty sauces can add that extra umph to make your meal delight your family and friends. Nashville's own renowned chef and co-owner of Etch and etc, DEB PAQUETTE, will engage your senses and expand your culinary sauce skills through the creation of some beloved choices from the Etch menu including confit duck in pastry with pumpkin and caramelized onion, cocoa mole sauce, orange curd, and black olive caramel. Also from the Etch menu: cheese plates with 3 honey sauces, new vegetarian golden spice cauliflower, and espresso pound cake with chocolate chai sauce, smoked apple whip cream, panca sweet potato sauce, and japa stout syrup. Age 21 and up.

420 Entertaining with Small Bites

Instructor: Darryl Dinning

Location: Private home

Fee: \$49.00

Materials Fee: \$40.00

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, and 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. Panache Catering

421 Vegan Baking from Scratch w/Esoteric Vegan

Instructor: Shalene France Gray

Location: Private home

Fee: \$34.00

Materials Fee: \$30.00

Vegan baking is often intimidating to folks new to veganism, but it doesn't have to be. In this class, USN parent SHALENE FRANCE GRAY of Esoteric Vegan will discuss dairy substitutes and egg replacers, and will show you how to assemble a few basic mixes to keep in your pantry to save you time and money. By adding a few simple ingredients to these mixes, you'll be able to whip up vegan cakes, cookies, muffins and brownies in no time, and all from scratch! Students will get to sample these tasty treats, and will leave with a starter mix and recipes. Age 21 and up.

422 Mangia Nashville

Instructor: Nick Pellegrino

Location: Mangia Nashville

Fee: \$49.00

Materials Fee: \$35.00

In this class, participants will meet up at Mangia Nashville for an "eat & drink like an Italian" session with owner NICK PELLEGRINO. Guests will experience a traditional aperitivo, learn about (and drink) spirits like Campari and Aperol, and munch on an assortment of spuntini (snacks) from Mangia's menu. Learn some traditional Italian techniques, some cocktail and appetizer tricks for hosting at home, and maybe some 'colorful' Italian phrases for good measure. Age 21 and up.

423 Learn to Bake French Bread from Scratch

Instructor: Jody Reynolds

Location: Private home

Fee: \$34.00

Materials Fee: \$20.00

The taste, smell, feel, and love found in a loaf of homemade bread are memorable and priceless. Enjoy an evening learning how to create beautiful, braided French bread from scratch. USN kindergarten teacher and 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.

424 Noodling with Pasta

Instructor: Kevin McCauley

Location: Private home

Fee: \$49.00

Materials Fee: \$25.00

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

425 Southern Basics

Instructor: Kevin McCauley

Location: Private home

Fee: \$49.00

Materials Fee: \$35.00

Let Private Chef and Manager of Hattie B's, KEVIN MCCAULEY, lead you through the history and traditions of Southern cooking, teaching classic techniques that have made the region's food world famous. Be prepared to loosen your belt because during the course(s) of this class, you're going to learn about -- and eat! -- mouthwatering pan fried chicken, Nashville-style hot chicken, braised greens, cast iron cheese grits, buttermilk biscuits, and farmhouse mac and cheese. Age 21 and up.

426 Funk Seoul Brother: How to Make Your Own Noodles and Cool Stuff to Do With Them

Instructor: B.J. Lofback

Location: Private home

Fee: \$44.00

Materials Fee: \$35.00

Flour, water, science. B.J. LOFBACK, owner/chef of Funk Seoul Brother and pioneer of Nashville's food truck scene, will lead a tutorial on how to make noodles at home using pantry staples. Guests will learn some traditional Korean techniques while tossing their freshly made noodles into a few delicious dishes. Sip on soju, a Korean rice wine, and slurp away! Age 21 and up.

427 Grilling the Perfect Steak

Instructor: Eric Zizka

Location: Private home

Fee: \$49.00

Materials Fee: \$40.00

When talking about steak, there is a fine line between medium rare and medium. Learn how to grill tender steaks like a pro with Nashville's Oak Steakhouse Executive Chef ERIC ZIZKA. Chef Zizka will be grilling the restaurant's signature Certified Angus Beef for the class and showcasing the correct spices, grill marks and the importance of resting. Age 21 and up.

428 A Romantic Italian Dinner From Scratch

Instructor: Thomas Cook

Location: Private home

Fee: \$49.00

Materials Fee: \$30.00

Join Executive Chef THOMAS COOK, of Nashville's Trattoria Il Mulino, on a journey in the Italian kitchen. Chef Cook will draw from his wealth of Italian, seafood, and fine dining experience to prepare with you an authentic Italian meal from scratch, including, of course, delicious wine pairings. Age 21 and up.

429 Maximum Flavor, Minimum Effort: How High Heat can Change the Way You Cook

Instructor: David Conn

Location: Tinwings

Fee: \$49.00

Materials Fee: \$30.00

In this class, master chef DAVID CONN will outline the importance of high heat in cooking. Learn how to best fire up a searing hot pan to help enhance your flavors and reduce your cook times. For this class, students will prepare pan seared shrimp with easy thai chili sauce, 30 second sauteed spinach with shallots and garlic, and hot skillet skirt steak with chimichurri, while learning about the concept of pan deglazing and how to choose whether to use oil, lard, or butter for your sauteeing. Age 21 and up.

430 Authentic Mexican Cuisine, Vegetarian-style

Instructor: Arcelia Vazquez

Location: Private home

Fee: \$49.00

Materials Fee: \$30.00

The most delicious Mexican food is rooted in tradition and history. You may be surprised to learn that this cuisine can be prepared meatless without losing its authenticity or its flavor. Join USN Lower School Spanish teacher and native Mexican ARCELIA VAZQUEZ and discover through the preparation of vegan and vegetarian dishes what really gives Mexican food its unique flavor. Sip Pacifica cerveza with Maestra Vazquez as she cooks beans, prickly pear soup, Mexican rice and vegetables, potato-stuffed poblano peppers, green enchiladas, bean and salsa tostadas, and tlacoyas with fava beans. For those of you that do not eat dairy, cheese will be added when the dish is served. To top it off, she will teach students how to make authentic Mexican coffee. Ages 21 and up.

431 Pasta Making At Nicoletto's Pasta Factory

Instructor: Danny Nicoletto and Ryan Nicoletto

Location: Nicoletto's Pasta Co.

Fee: \$49.00

Materials Fee: \$30.00

DANNY and RYAN NICOLETTO, Italian brothers obsessed with quality pasta, invite you to their Pasta Factory, Nicoletto's in East Nashville, for an intimate experience in pasta making and Italian food. Groups will work together and select different shapes of pasta to create and take home as well as enjoy a fresh pasta meal at Nicoletto's. This class will educate on different types of flours and machinery used in pasta production. Age 21 and up.

432 Landlocked: Oyster Tasting

Instructor: Julia Sullivan

Location: Henrietta Red

Fee: \$49.00

Materials Fee: \$50.00

Chef and USN alumna JULIA SULLIVAN of Henrietta Red will provide all the information you need to treat your friends and family to seafood delights. Despite the fact that we're hundreds of miles from the closest coast, we can still enjoy great shellfish here in Nashville. Let this class be your starting point and Julia your guide. This class will cover how to: source safe and sustainable shellfish in a landlocked state, clean and shuck oysters, demystify the oyster map, as well as oyster tasting and garnishing. Participants will enjoy demonstration and tasting as well as some hands-on instruction. On the menu: A Selection of Raw Oysters with Classic and Creative Sauces, Roast Oysters with Compound Butter. Age 21 and up.

433 Kitchen Friends: A Cozy Night of Cooking with Corner Market

Instructor: Emily Frith and Sallie Swor

Location: Private home

Fee: \$49.00

Materials Fee: \$25.00

Anybody who knows food in Nashville knows -- and loves! -- the Corner Market. EMILY FRITH co-founded the Corner Market with her husband Jim and after closing it in 2004, started the Corner Market Catering Company. Corner Market Catering may be a "new" business but they are still serving up the same flavors that made the Market beloved. Joining Emily to lead this class is another familiar expert Nashville chef, SALLIE SWOR. Sallie, parent of a USN alumnus, appears in cooking segments on Talk of the Town. These two cooking buddies will prepare Rosemary Parmesan Crisps, Potatoes Three Ways (including the famous Corner Market stuffed potatoes), Chicken from France, Couscous with Almonds and Raisins, Roasted Vegetables, and a surprise dessert. Ages 21 and up.

434 Southern Supper and Stories

Instructor: Charles Hunter

Location: Private home

Fee: \$49.00

Materials Fee: \$40.00

Personal Chef CHARLES HUNTER III will tempt your taste buds with a southern inspired menu and also delight you with stories from his life growing up in East Tennessee. You will start with a sampling of down South hors d' oeuvres and then move on to the main course of braised meat, wild game, stewed greens and roasted winter vegetables. Finally, a good Southern meal would not be complete without chess pie. He will also let you in on his great-grandmother's secret for an after supper cup of coffee. Your repertoire of Southern dishes will get an update by the end of the evening. Age 21 and up. The Salted Table

435 Makin' Bacon: Creative Ways to Cook with this Favorite Food

Instructor: Cameron Hack

Location: Private home

Fee: \$49.00

Materials Fee: \$45.00

If it's time to move beyond your average BLT sandwich in your culinary use of bacon, this is the class for you. Executive sous chef of Dream Catering CAMERON HACK will start you off with how to create a mixed green salad with warm orange and bacon vinaigrette and then teach you how to cook a twist on shrimp and grits with a tomato and bacon gravy and jalapeño goat cheese grits. Finally, he will tempt you with a bacon chocolate tart sprinkled with maldon salt to top off the meal. He will also give you an overview of how to prepare and smoke pork belly. You will leave the class with a greater understanding of how to incorporate bacon into all facets of your meal planning. Age 21 and up.

436 Funk Seoul Brother: How to Make Your Own Noodles and Cool Stuff to Do With Them

Instructor: B.J. Lofback

Location: Private home

Fee: \$44.00

Materials Fee: \$35.00

Flour, water, science. B.J. LOFBACK, owner/chef of Funk Seoul Brother and pioneer of Nashville's food truck scene, will lead a tutorial on how to make noodles at home using pantry staples. Guests will learn some traditional Korean techniques while tossing their freshly made noodles into a few delicious dishes. Sip on soju, a Korean rice wine, and slurp away! Age 21 and up.

437 Epice, A Lebanese Feast

Instructor: Maher Fawaz

Location: Private home

Fee: \$49.00

Materials Fee: \$45.00

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

438 Cookie Decorating

Instructor: Juanita Traughber

Location: Private home

Fee: \$24.00

Materials Fee: \$30.00

This sweet class is for aspiring and experienced bakers. Join USN's communications director and former bakery owner, JUANITA TRAUGHBER and learn how to make a perfectly even rollout cookie and stylishly decorate it with royal icing using a variety of piping techniques. At the end of class, you will leave with half a dozen decorated cookies, a cookie decorating starter kit, and creative cookie decorating ideas for all occasions. Wear clothes you don't mind getting dusty with flour and sugar.

439 Learn to Bake French Bread from Scratch

Instructor: Jody Reynolds

Location: Private home

Fee: \$34.00

Materials Fee: \$20.00

The taste, smell, feel, and love found in a loaf of homemade bread are memorable and priceless. Enjoy an evening learning how to create beautiful, braided French bread from scratch. USN kindergarten teacher and 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.

440 Pickling and Preserving with Miel

Instructor: Andrew Coins

Location: Private home

Fee: \$49.00

Materials Fee: \$40.00

Chef ANDREW COINS of Miel Restaurant will guide you through the simple steps of homemade, shelf-stable pickling, preserving and making rillettes. Both vegetables and proteins have long been stored without the use of refrigeration and you will learn how to use this time honored method in your own home. When you open a jar of your homemade delights, you will discover flavors ranging from fresh and bright to rich and savory. Ages 21 and up.

441 Lockeland Table Wood-burning Oven Class

Instructor: Hal Holden-Bache

Location: Lockeland Table

Fee: \$49.00

Materials Fee: \$40.00

The use of wood-burning ovens is one of the oldest methods of cooking, and still one of the best. Join executive chef and owner of Lockeland Table HAL HOLDEN-BACHE for this wood-burning oven class. He will fire up an oven and guide you through a complete meal, including wood-fired organic Scottish salmon with citrus salad, pistachio, smoked honey and mint followed by gulf oysters casino with bacon, corn bread crumbs, herbs and pecorino. The adventure in wood-fired food doesn't stop there! He will continue the meal with wood-fired rosemary flatbread and roasted cauliflower with garlic and anchovy sauce, fried capers and asiago. It is a morning that will delight your taste buds and leave you with the foundation to explore wood-fired cooking on your own. Ages 21 and up.

500: WINE, SPIRITS, BEER, ENTERTAINING

501 Sake and the Art of Fermentation

Instructor: Byron Stithem

Location: Proper Sake Co

Fee: \$39.00

Materials Fee: \$30.00

Join culinary expert BYRON STITHEM in this take on sake. Sake is one of the world's oldest recorded beverages and shares its roots and mycelial activities with some of the world's oldest ferments (miso, soy sauce, natto, etc). Sake and fermentation continue to gain popularity in the western culinary world; in this course participants will explore the foundations that make these delicious foods and beverages possible and sample wares for frame of reference. Age 21 and up.

502 Beer Tasting and Flavor Evaluation that will get you Hopping

Instructor: Ben Bredesen and Alex Barr

Location: Fat Bottom Brewing Co. Fee: \$39.00

Materials Fee: \$10.00

USN alumnus and parent BEN BREDESEN will lead this beer tasting class for the amateur or discerning palate, as he overs 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 facility on 44th Avenue to explain the process of making and packaging beer. All participants must be 21 years or older.

503 German Wines Today: Reality vs. Reputation

Instructor: Thomas Haehn

Location: Private home

Fee: \$44.00

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.

504 Tablescaping 101

Instructor: Terry White

Location: Private Location

Fee: \$42.00

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.

505 Music and Stories with John and Jay Knowles

Instructor: John and Jay Knowles

Location: Private home

Fee: \$34.00

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. Union BBQ and sides along with good beer will round out this wonderful event. Age 21 and up

506 Cigars and Cocktails

Instructor: Chris Chamberlain and Tim Ozgener

Location: OZ Arts Nashville

Fee: \$49.00

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 Arts Nashville, a non-profit Contemporary Arts Center 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 Arts Centers. Age 21 and up.

507 Alternatives to Pinot Noir

Instructor: Robin Riddell Jones

Location: Private home

Fee: \$44.00

Materials Fee: \$35.00

Join wine expert ROBIN RIDDELL JONES as she walks participants through the ins and outs of fresh reds, showcasing unique blends that are beautiful, fresh, light, and delicious – just like pinot noir. Participants will explore varietals from the old world that are just as delicious as pinot noir and sometimes even more affordable. This is a great way to help you veer off the "everyday" wine list and find new gems. Age 21 and up.

508 Defend Your Drink 3.0

Instructor: Chris Chamberlain

Location: Private home

Fee: \$44.00

Materials Fee: \$30.00

For the third edition of this popular competitive cocktail class, we're splitting into teams to see who makes the finest drinks. Call it SEC vs. Big Ten or North vs. South, native Midwesterners KIM TOTSKE of The Turnip Truck and food and drink writer JIM MYERS will take on sons of the South instructor DAVID "MR. MARTINI" PAINE and USN alumnus CHRIS CHAMBERLAIN of the Nashville Scene as they teach you about the cocktail cultures of their respective home regions. Students will go home with recipes for Midwestern classics like Brandy Old Fashioneds and Southern stalwarts such as a proper mint julep or an authentic daiquiri made the way Papa Hemingway loved them. Plus, attendees will vote to choose the winning team. Age 21 and up.

509 The Easy Path to Cocktails at Home: Use Ratios to Make Dozens of Drinks

Instructor: Chris Chamberlain & David Paine

Location: Private home

Fee: \$44.00

Materials Fee: \$30.00

It seems like everybody is into hip cocktails, and your home bar may be overflowing with artisan ingredients and cocktail recipe groups. Let the professionals help you out and make you look like a mixology master. Instructors DAVID "MR. MARTINI" PAINE and USN alumnus CHRIS CHAMBERLAIN of the Nashville Scene will walk you through setting up a basic home bar with less than a dozen staple ingredients and then teach you some simple ratios to remember that will allow you to combine those ingredients to make all sorts of delicious drinks. For example, did you know that a classic daiquiri, margarita, whiskey sour and a sidecar are all basically the same recipe with just a few easy substitutions. Once you learn these easy basic ratios, you'll be able to stop reaching for recipe books and just reach for the bottle. Plus you'll go home with some new tools and a handy cheat sheet. Age 21 and up.

510 The Total Tea Experience at High Garden

Instructor: Joel Larabell

Location: High Garden

Fee: \$24.00

Materials Fee: \$35.00

Come to High Garden, the charming teahouse and sipping apothecary on Woodland Street in East Nashville, and learn about tea with owner and tea expert JOEL LARABELL. This class will demystify the tea plant *Camellia Sinensis* and explain how elevation, climate, and growing methods contribute to the subtle and not-so-subtle differences in flavor between different types of tea. You'll learn how to brew a perfect pot of loose-leaf tea and explore the differences between the families of tea: white, green, black, and oolong. We'll brew and taste two teas from each family, carefully chosen to highlight some of the most wonderful teas from each country, all naturally grown and gathered from gardens around the world. You'll leave with a sample of your new favorite tea, and a deeper appreciation for the history, tradition, and benefits of tea.

511 Not as Rough as Kentucky

Instructor: Jim Myers

Location: Nelson's Green Brier Distillery

Fee: \$44.00

Materials Fee: \$40.00

Chris Stapleton reminded us just how smooth Tennessee Whiskey can be, but there's a whole story behind the spirit that is synonymous with our state. Join charming and witty brothers ANDY and CHARLIE NELSON of Nelson's Green Brier Distilling for a discussion of the history, culture and politics of Tennessee Whiskey. Students will tour the distillery before tasting a variety of products, including fresh-from-the-still White Dog before and after it goes through the Lincoln County Process. Food writer JIM MYERS, less handsome but hopefully as witty and charming as the Nelson brothers, will lead the lively discussion. Thankfully the superlatively talented, handsome, charming and witty chef JOSH HABIGER of Bastion will provide world-class victuals inspired by the brown liquor we'll be sipping. Whiskey tasting with this group could either be the highlight of your winter or could go very wrong in a number of ways, but you'll have to sign up to find out. Age 21 and up.

512 TailGate Brewery Tour and Pizza Party

Instructor: Ryan Bruchey

Location: TailGate Brewery

Fee: \$29.00

Materials Fee: \$30.00

Nothing goes better with pizza than beer. TailGate Brewery is a 26,000 square foot facility on seven acres in West Nashville, and the 50 barrel brewing system makes it the largest in the state. Join General Manager RYAN BRUCHEY for a tour of the brewery, a tasting selected from their 30+ beers, some insight into the brewing process, and finally, build-your-own pizza to enjoy in the taproom. Each guest will go home with a growler filled with their beer of choice. Age 21 and up.

513 Saluti! A Special Evening of Italian Wines

Instructor: Will Motley

Location: Private home

Fee: \$44.00

Materials Fee: \$45.00

This event will be the ultimate passport to exploring Italian wine. From the racy whites of Alto Adige to the spicy reds of Sicily, we'll investigate the stunning array of wines and the breadth of options available from Italy's incredibly diverse regions. WILL MOTLEY, USN parent and owner of Woodland Wine Merchant, will be our guida del vino, and you can expect a beautiful, delicious spread of food to match from Chef MOLLY MARTIN co-owner of Juniper Green. Age 21 and up.

514 Food and Film at Sinema

Instructor: Kyle Patterson

Location: SINEMA Restaurant + Bar Fee: \$44.00

Materials Fee: \$45.00

Go backstage with Sinema for a food and film night! Come to the restored 1940s movie theater-turned-restaurant and relive scenes from classic films on our big screen. Executive chef KYLE PATTERSON and the Sinema staff will creatively pair cocktails and appetizers for each film, and offer some helpful hints for planning themed parties. Brush up on your movie trivia; we'll have a pop quiz with prizes! Age 21 and up.

515 Coffee Workshop: From Bean to Cup

Instructor: Jimmie Getty

Location: 8th & Roast

Fee: \$29.00

Materials Fee: \$25.00

Come caffeinate at 8th & Roast. Learn about the regions and farms, how beans are sourced, and observe the roasting process with head roaster JIMMIE GETTY. Participate in a cupping, an informal tasting, where guests will observe, smell and taste the nuance in flavors of our various roasts. Once you've found your favorite flavor profiles, you'll create a custom blend of beans to take home. Enjoy our freshly baked pastries and an espresso drink of choice while you learn.

600: HOME AND GARDEN

601 Fun with Succulents-How to Grow and Create Projects

Instructor: Phyllis Frank

Location: USN

Fee: \$27.00

Materials Fee: \$15.00

PHYLLIS FRANK, USN Grandparent and garden expert, brings her vast knowledge of succulents to this class for all – those with or without green thumbs. Learn how to select and grow varieties that will be enjoyed in your home or work environment. Demonstrations of craft and decor include how to design a living wreath, decorate a pumpkin, create unique party favors, and design a fairy garden. Books and samples of the instructor's succulents will be available along with supplies for your very own succulent to jump start the fun of growing these delightful plants in your own home.

602 Growing Gourmet Mushrooms at Home

Instructor:David Wells

Location: USN

Fee: \$27.00

Materials Fee: \$25.00

In this class, participants will unlock the mystery of mushrooms and learn how to incorporate them in day to day life. Instructor DAVID WELLS seized an opportunity to utilize local by-products from wood mills and coffee shops to grow mushrooms for his company Henosis. He will share what he has learned about upcycling to grow mushrooms for your garden, woodlot, and for your personal health. You will leave this class with the knowledge to care for your very own take-home mushroom kit!

603 Life in the Soil: A Biological Approach to Gardening

Instructor: Troy Hinke

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Learn how to make and use compost and compost tea to add life to your soil. In this class USN parent and Soil and Compost Specialist TROY HINKE will reveal how soil microorganisms interact with plants to provide fertility and disease protection. Discover the characters of the Soil Food Web, how they benefit plants, and how the life in your soil may have been lost due to conventional practices. Living Roots Compost Tea

604 Home Lawn Renovation Reclamation

Instructor: Bret Mash

Location: USN

Fee: \$27.00

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

Instructor: Susan Lyell Young

Location: USN

Fee: \$27.00

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 now comes to 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.

606 Gardening with Nature - Grow, Eat, Love: Home Grown Food using Natural Systems

Instructor: Peter Anderson

Location:USN

Fee: \$27.00

Materials Fee: \$5.00

Focused seasonal home farming, even on a small scale, is a bolster to your personal economy. A backyard garden can easily save \$1000 or more in annual food costs. By following nature's lead, our gardens can yield vegetables, culinary herbs, fruits, berries, cut flowers and more. In this class, PETER ANDERSON, an organic gardener and ecology activist, will discuss practical means and methods utilized to create fertile, sustainable, cost-efficient food plots yielding nutritionally dense, high quality, organic produce. Participants will learn how a typical Nashville yard can better support a household AND wildlife, providing sanctuary for birds, improved water quality, minimized rainwater run-off, among other "tips" to reduce your impact on the environment while getting delicious homegrown food in return.

607 Gardening for Nature: Wildlife Friendly Landscapes and Outdoor Place-Making

Instructor: Peter Anderson

Location: USN

Fee: \$27.00

Materials Fee: \$5.00

Gardening for Nature: Wildlife Friendly Landscapes 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 that can include wildlife. PETER ANDERSON, owner of anderson_ECO logic, will discuss kitchen gardens, flower gardens (for cutting and pollinators), low maintenance native lawn strategies, compost and organic waste management and all type of wildlife friendly structures you can build to encourage wildlife in your yard. Strategies for grilling and cooking outdoors, as well as building meditation gardens will also be covered. The workshop will 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.

608 Urban Backyard Beekeeping

Instructor: Quick Foy and Buzz Evans

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Ready for some bee myth busting? In this class, veteran beekeepers BUZZ EVANS and USN alumna parent QUICK FOY 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. Learn how to collect delicious fresh honey from your backyard hive 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.

609 Floral Design

Instructor: Carrie Crowell

Location: USN

Fee: \$27.00

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.

610 The Making of a Great Porch

Instructor: Nancy Moore

Location: The Porch Company Fee: \$27.00

Materials Fee: \$0.00

Nothing beats sitting on a good porch, watching the sunset, feeling the cool breeze blowing through the trees. Nothing happens by accident, though, including this pastoral scene. In this course, NANCY MOORE, founder of THE PORCH COMPANY will walk you through the ins and outs of personal porch design for your home. A great porch will meet the needs of the individuals who use it, the needs of the groups that use it, the needs of the existing structure, and the needs of those who must maintain it. This class will help you think through all of those needs and give you potential solutions to make your porch a great porch.

700: ARTS AND HOBBIES

701 Linoleum Printmaking

Instructor: Emma Bradford & Leighton Lancaster Location: USN Fee: \$37.00 Materials Fee: \$10.00

Linoleum Printmaking is a versatile and exciting way to create images on a variety of surfaces. In this hands-on class EMMA BRADFORD and LEIGHTON LANCASTER, creators of Little Art House, will teach you to create stamps for patterns or an original image in a variety of colors. Participants will be cutting into multiple pieces of linoleum to create patterns on paper and tea cloth. It's a great way to learn about and explore the process of this fine art form.

702 "Kraft It Yourself" Home Decor Workshop

Instructor: Jodi Kraft-Hall and Allison Rosenberg Location: Kraft it Yourself Fee: \$27.00 Materials Fee: \$40.00

Yes, your home décor improvements are at your command, using a few simple tools. In this course, you will learn how to create beautifully functional wooden home decor using sanders, nail-guns, drills, stain, paint and personalized stencils. "Kraft it Yourself" creators JODI KRAFT HALL and ALLISON ROSENBERG will help you realize your "krafting" potential as you build a gorgeous and unique piece for your home.

703 My Phone, My Film

Instructor: Skip Stokes Location: USN Fee: \$27.00 Materials Fee: \$0.00

Are you a filmmaker at heart? Do you have a great movie in your head, waiting to be made? Nashville filmmaker SKIP STOKES often hears from people who think it would be great to make movies but believe that "I don't have all the equipment to do so myself." The reality is most people have a camera phone right in their pocket - all the equipment they need. This class is, at its core, a hands-on learning experience in making great movies with what is readily available. Pancake's House

704 Color Theory and Painting with Acrylics

Instructor: Meg Marano

Location: Drawing Studio-2830 Fee: \$37.00

Materials Fee: \$25.00

Join artist MEG MARANO to explore basic color theory through mixing acrylic paints. Students will explore primary, secondary, and tertiary colors, shades, and tints to create an original piece of art, leaving with a wonderful new piece as well as the knowledge of basic color theory to continue creating outside of class. Since her first solo show, "Keep It In Your Room" in Nashville four years ago, Marano participated in artist shows across the country and developed an interactive experience along with new work for her next solo exhibition. Keep it in Your Room

705 An Introduction to the Birds of Tennessee

Instructor: Melinda Welton

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Tennessee has approximately 170 species of birds that breed in the state and another 100 that either migrate through or come here to spend the winter. This class will focus on 10 species as a window into the world of Tennessee birds, including the Ruby-throated Hummingbird, Red-tailed Hawk, Northern Cardinal, and the Purple Martin. Ornithological consultant with an M.S. in Zoology MELINDA WELTON will guide participants through this wonderful winged world and provide advice on binoculars, books and the Tennessee Watchable Wildlife website. A class no bird enthusiast should miss.

706 Brush Lettering and Modern Calligraphy 101 (Beginner)

Instructor: Fiona Flaherty

Location: Harlan Ruby

Fee: \$37.00

Materials Fee: \$40.00

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. This class is two hours of no-pressure fun taught by a formally trained illustrator, letterer and designer and 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 goodie bag complete with example alphabet, practice sheets, premium paper and Fiona's favorite lettering tools. You will be able to continue your lettering journey at home. Harlan Ruby

707 Brush Lettering and Modern Calligraphy 201 (Intermediate)

Instructor: Fiona Flaherty

Location: Harlan Ruby

Fee: \$37.00

Materials Fee: \$40.00

Do you already have a grasp on lettering but want to perfect your skills, add more lettering style to your repertoire, and/or improve the way you lay out quotes? This intermediate class is just for you. Go beyond the basics of modern calligraphy with formally trained illustrator and local lettering maven FIONA FLAHERTY. You already know how to make the letter forms, now we are going to take your work to the next level. In this class, you will learn new lettering styles, incorporate flourishing, and add design elements to make your lettering pop. At the end of the class, you will have used these new techniques to create a couple of art prints to take home. Everyone will leave with a goodie pencil bag featuring some of Fiona's favorite lettering supplies, so you can continue your lettering journey at home. Harlan Ruby

708 Street Photography

Instructor: Michael Nott

Location: USN

Fee: \$37.00

Materials Fee: \$0.00

Whether you are a novice photographer or a seasoned professional, 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 the fundamentals of the photography, how to create visually compelling images, how to conquer the fear of photographing in public, and how to tell compelling stories with images.

709 Pearl Knotting 101

Instructor: Chandler Williams Cartozzo

Location: USN

Fee: \$37.00

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 Deziigns 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.

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

Instructor: Karen Yazdian

Location: USN

Fee: \$37.00

Materials Fee: \$9.00

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.

711 Flying Drones for Fun and Profit

Instructor: Alan Perlman

Location: Private location

Fee: \$37.00

Materials Fee: \$0.00

Known as drones, small unmanned aerial systems can be used for construction, real estate, farming, high-end cinematography, industrial inspections, journalism, and public safety, and fun. USN alumnus ALAN PERLMAN's company trains people to get their drone pilot certification, and in this class he will teach safe flying practices and business opportunities around drones. Discuss models, software, flight operations, and get some hands-on flight training on both recreational and professional drone models in this class. You will spend the first part of class inside, chatting, then the second part outside flying. UAV Coach

712 DIY Woodcraft Workshop

Instructor: Sara Tinger and Amanda Reschke

Location: Craft Love

Fee: \$27.00

Materials Fee: \$40.00

With inspiration and guidance from SARA TINGER (the owner of CRAFT LOVE) and AMANDA RESCHKE, you will open up your creative spirit by learning how to craft beautiful wooden signs and home décor. Roll up your sleeves, then hammer, stain, drill, and paint your own piece of art that you can take home to dazzle your friends and family.

713 Oil Painting for Beginners

Instructor: Renee Bates

Location: USN

Fee: \$37.00

Materials Fee: \$25.00M

During this introductory class, artist RENEE BATES will teach how to work with oil paint, mix colors and techniques to communicate shape. All supplies will be on hand for students to paint a still life object using fume-free, water-based oils. Bates is a member of several local conservatory groups and vice president of The Chestnut Group, a nonprofit alliance of landscape artists and friends dedicated to the conservation and preservation of vanishing landscapes in Middle Tennessee. Her most recent work includes “Two Main Studio Show” and a group exhibit at The Hermitage.

714 Introduction to Woodturning

Instructor: Steve Robins

Location: USN

Fee: \$79.00

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.

715 Digitize Your Hand Lettering: From Sketch to Vector

Instructor: Fiona Flaherty

Location: Harlan Ruby

Fee: \$37.00

Materials Fee: \$30.00

This class takes your lettering from sketch book page into the digital world. FIONA FLAHERTY is excited to teach you about vector lettering- it's easier than you think. Whether you're a blogger looking to add fun quotes to your posts, a calligrapher ready to sell prints of your work, a bride-to-be wishing to make her own invitations, or you just want to spice up Instagram with something fresh, learning to digitize your lettering is a handy skill to have. We will start with a sketch, move to beautiful lettering, clean up in Adobe Photoshop, then vectorize your work to perfection in Adobe Illustrator. This is a great next step in your lettering journey. It is recommended (but not necessary) that you have an understanding of lettering (sign up for Fiona's Brush Lettering & Modern Calligraphy 101 class) and some basic Photoshop / Illustrator experience. You will leave with an Instagram/Facebook post ready to be shared and a print of your lettering to hang on the wall or gift to a friend. Harlan Ruby

716 Mixed Media: Encaustic and Photo Transfer Painting

Instructor: Leighton Lancaster & Emma Bradford

Location: USN

Fee: \$37.00

Materials Fee: \$25.00

This class will cover a specialized style of mixed media painting. Little Art House owners LEIGHTON LANCASTER and EMMA BRADFORD 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.

717 Ceramics Workshop Using the Mishima Slip Inlay Technique

Instructor: Catherine Lemaire Lozier

Location: USN

Fee: \$49.00

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.

718 Five Ideas to Improve Your Paintings Immediately and Three Mistakes You Can Avoid

Instructor :Anita Schmid

Location: USN

Fee: \$37.00

Materials Fee: \$5.00

In this class for the beginning artist, USN parent and retired faculty member ANITA SCHMID will offer five ideas designed to enhance oil and acrylic paintings and three practices that will inhibit the long term success of any artist. Participants will work on color relationship and composition decisions using crayons or colored pencils. These same concepts can be translated to working with oils and acrylics.

719 Introduction to Woodturning

Instructor: Steve Robins

Location: USN

Fee: \$79.00

Materials Fee: \$25.00

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721 Digital SLR: Beyond Auto-Mode

Instructor: Kimberly Manz

Location: USN

Fee: \$37.00

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 Mode.

722 Digital SLR: The Next Steps

Instructor: Kimberly Manz

Location: USN

Fee: \$37.00

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 to push your creativity and your photographic imagination.

723 Photoshop Basics

Instructor: Kimberly Manz

Location: USN

Fee: \$37.00

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 perfect shot of your children playing, and replace Uncle George's closed eyes with a perfect set from another shot. You will also learn subtle techniques, such as how to fix yellow tinted indoor images and discuss best tools and applications for effective photoshopping. Students are welcome to bring in their favorite photos on a flash drive for practical application

724 Fingerpainting for Grown-ups

Instructor: Jimmy Abegg

Location: USN

Fee: \$37.00

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.

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Instructor: Fiona Flaherty

Location: Harlan Ruby

Fee: \$37.00

Materials Fee: \$40.00

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727 Beyond Monopoly: Learn the Hottest New Board Games

Instructor: Richard Keuler and Bob Bernstein

Location: Game Point Café

Fee: \$27.00

Materials Fee: \$0.00

Your last memory of a game might be of wanting to flip the table to end the marathon game of Monopoly or of your toddler clamoring for the fifth game of Chutes and Ladders while you contemplate putting PBS Kids back on. Chances are every board game you've ever played was first published sometime before the Nixon administration. If so, you are missing out on a new wave of exciting modern titles that are fun to play with adults or can be the centerpiece of some great family time - with no screens involved! Games like Catan, Ticket to Ride, and Pandemic are becoming more and more mainstream - they are fun, quick to play, and, dare we say it, maybe a little educational. During this class, USN parent and board game guru RICK KEULER and Bongo Java founder BOB BERNSTEIN will educate you about the hobby and how to get started with these new games. They will also introduce you to a couple favorites, play some as a class, and maybe even give you some insiders' tips on how to beat your kids at Catan. The class will take place at Nashville's new board game cafe, Game Point, and will include some signature Bongo coffee drinks and bakery items. Join them for a fun evening and never look at family time the same way again.

800: SPORTS AND FITNESS

801 Winter Quiet : A Yoga Practice of Undoing

Instructor: Taunia Rice

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Join USN alumni parent and yoga therapist and instructor TAUNIA RICE for an evening of calm and undoing on a yoga mat. Spend an hour and a half calming the nervous system, clearing the mind, and unwinding the body. Explore a slow, meaningful yoga practice to create quiet on a winter evening. Suitable for any and all bodies.

802 City Cycling 101 and 201

Instructor: Ed Sachs and Dave Crumpton

Location: USN

Fee: \$37.00

Materials Fee: \$0.00

This biking class is an exciting two-part event which will enable participants to brush up on their bike riding knowledge as well as participate on a ride to use their biking skills. ED SACHS, parent of two alumni, an avid cyclist and certified biking instructor, will lead the class with the help of USN parent DAVE CRUMPTON. City Cycling 101: Safe City Riding, will meet in the classroom and cover biking skills. Topics will include: an overview of bike terms and types of bikes, fix-a-flat demonstration, rules and laws of the road, most common bike crashes and how to avoid them, tackling tricky roads by bicycle, and how to do a basic maintenance check. City Cycling 201 is part two of the course, which focuses on safely bicycling in the city. This portion of the class is designed to give participants the skills and confidence to ride on a variety of road types. The group will complete a 4-5 mile bike ride together. Biking skills covered include: bike maneuvering, where to ride in the road, scanning and signaling, right and left turns, and importantly, crash avoidance. Part two of the course will be on Saturday 3/3 from 10:00 am - 12:00 pm.

803 I Could Have Danced All Night: An Introduction to Ballroom Dancing

Instructor: William Spitz and Robin Ray

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

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. At the end of the class, dressed in elegant ballroom attire, the instructors will put on a brief dancing exhibition.

804 Black Athlete Activism: Then and Now

Instructor: Andrew Maraniss

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

In the book *STRONG INSIDE*, author ANDREW MARANISS uses the experience of Perry Wallace, the Vanderbilt University student-athlete who was the first black basketball player in the Southeastern Conference, as a framework for discussing activism by black athletes, then and now. What is the personal price paid by those athletes who don't "stick to sports" and speak up on social issues? How has the public responded? What lessons can be learned? In this class, bestselling author ANDREW MARANISS will lead a timely and thoughtful discussion on black athlete activism.

805 Swimming Technique for Triathletes

Instructor: Justin Karpinos

Location: USN

Fee: \$27.00

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.

806 Absolute Beginners Yoga

Instructor: Corrine Dennison

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

If you are interested in learning yoga, but are self-conscious about trying it for the first time, this class is for you. In this class, USN parent CORRINE 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 to learn about and experience the benefits of yoga in a safe and comfortable environment.

807 Beginning Fly Fishing for Women

Instructor: Susan Thrasher

Location: Shelby Park

Fee: \$37.00

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. Southern Brookies

808 Beginning Fly Fishing Co-ed

Instructor: Susan Thrasher

Location: Shelby Park

Fee: \$37.00

Materials Fee: \$10.00

Join certified fly fishing expert SUSAN THRASHER for an afternoon 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. Southern Brookies

809 The Way of Qigong

Instructor: Yuliya Gulmi

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

Qigong, translated from Chinese as "energy skill," is a system of knowledge and practice that focuses on energy flows and transformations. More than 5,000 years old, 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 and cultivation. Students will be invited to 1) practice proper breathing mechanics, 2) learn proper posture for qigong practice, 3) explore basic purging methods, 4) learn a grounding meditation, 5) perform healing qigong exercises, and 6) perform an ancient Shaolin technique for releasing toxic energy. WE QIGONG

810 Argentine Tango Dancing

Instructor: Ramzi Mardam-Bey and Sarah Bystrom

Location: USN

Fee: \$27.00

Materials Fee: \$0.00

The tango is a most sensual and mysterious dance, and in this class instructor RAMZI MADAM-BEY will introduce the basics of social Argentine tango dancing to absolute beginners. No Argentine tango dance experience is required and no partner is needed because, as in life, we will all lead and we will all follow. Leather-soled or suede-soled shoes are best because they help you pivot easily. This class will give you the keys to unlock the tango.

811 Life Behind Handlebars

Instructor: Greg O'Loughlin and Dave Crumpton

Location: Oasis Center Fee: \$27.00

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.

900: TOURS

901 Basic Observational Astronomy

Instructor: William Teets and Rocky Alvey Location: Dyer Observatory Fee: \$27.00 Materials Fee: \$0.00

This class is the ultimate introduction to the night sky, covering telescope basics, free astronomy resources, and information about different things one can observe in the night sky. Participants will learn what type of telescope is best for beginners, how to find objects in the sky and how the sky changes by season. Instructors will be available for hands-on telescope use after classroom instruction, including telescopic observation led by Dr. WILLIAM (BILLY) TEETS, using Vanderbilt Dyer Observatory's telescopes (weather-permitting).

902 Lane Motor Museum Tour

Instructor: Rex Bennett Location: Lane Motor Museum Fee: \$27.00 Materials Fee: \$0.00

Enjoy a tour of the Lane Motor Museum, led by Education Director REX BENNETT. Lane Motor Museum features 150 unique modes of transportation and is home to the largest European car collection in the U.S. The vehicles date from the 1920s all the way up to modern day and feature a varied collection of microcars, amphibious vehicles, military vehicles, alternative fuel vehicles, airplanes, prototypes, one-of-a-kind vehicles and motorcycles.

Learn about a variety of vehicles from Europe, Asia, and North and South America. Engineering, politics, geography, economics, and design are a few of the factors in which these automobiles have been important to human history. This is a working museum with the goal being to maintain all vehicles in running order. An informative, interesting tour, for those who love cars and curiosity.

903 "World War I and American Art" tour at the Frist Center for the Visual Arts

Instructor: Teri Cohen Location: Frist Center for the Visual Arts Fee: \$27.00 Materials Fee: \$0.00

Join TERI COHEN, Frist docent, PDS alumna and current USN grandmother, for a tour of "World War I and American Art" at the Frist Center for the Visual Arts. The showpiece is a large (20' x 7 1/2') painting entitled "Gassed" by John Singer Sargent, owned by the Imperial War Museum. "Gassed" very rarely leaves its home in London. The class takes place on the closing weekend for this important and exciting exhibit which debuted in Philadelphia, traveled to New York City, with Nashville as its final destination. Come see what American artists were thinking and feeling as our nation prepared to enter "The War to End All Wars."

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

Instructor: Karen-Lee Ryan

Location: 1 Symphony Place

Fee: \$22.00

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 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.

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

Instructor: Karen-Lee Ryan

Location: In front of Margot Cafe

Fee: \$22.00

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.

906 A Night at the Symphony

Instructor: Jonathan Marx

Location: Schermerhorn

Fee: \$22.00

Materials Fee: \$25.00

Enjoy a night with Nashville's Grammy-winning orchestra and the splendor of Schermerhorn Symphony Center. This night includes a close-up look at the acoustical gem with a behind-the-scenes tour led by Nashville Symphony Vice-President of Communications JONATHAN MARX sharing interesting facts on the history of the concert hall. Then, during a pre-lecture led by Conductor Lawrence Foster, learn more about Korean-born pianist Joyce Yang who returns to perform Rachmaninoff's Piano Concerto 2. Finally, take your seat to enjoy a performance by the Nashville Symphony in one of the most elegant concert halls in the United States.

907 Behind the Scenes Tour of Nissan Stadium

Instructor: Walter Overton Location: Nissan Stadium Fee: \$37.00 Materials Fee: \$0.00

Take part in this fascinating tour of Nissan Stadium and experience many of the arena's behind-the-scenes areas. General Manager of Nissan Stadium WALTER OVERTON, father of a USN alumna and former wide receiver for the Vanderbilt Commodores, will take participants on a walking tour that offers fans of the Tennessee Titans rare access to the press box, locker room, and players' tunnel. (Ages 10 and older) Tennessee Titans

908 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.

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910 First Tennessee Park Ballpark Tour (Nashville Sounds)

Instructor: Doug Scopel Location: First Tennessee Park Fee: \$27.00 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. 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 vice president of operations. 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.

911 Nashville Predators Tour at Bridgestone Arena

Instructor: Willy Daunic

Location: Bridgestone Arena

Fee: \$37.00

Materials Fee: \$0.00

Predators fever has taken hold in Nashville after their smashing success as the 2017 Western Conference Champions and their trip to the Stanley Cup finals last year. Get exclusive behind-the-scenes access in this tour of the Bridgestone Arena, home ice to the Nashville Predators. Join USN Parent and play by play broadcaster WILLY DAUNIC as he takes you on an insiders tour of the arena, including the broadcast booth, ice level, the Lexus lounge, the Wall of Fame, the media area and the locker room. Let's go Predators! Minimum age 10 years old. Free parking in the 6th Ave garage.

1000: ONE-TO-ONE INSTRUCTION

1001 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. Must be used by June 30, 2018. Druid Tree Service

1002 Personal Computer Help

Instructor: Noah Yarian

Fee: \$100.00

Materials Fee: \$0.00

USN alumnus, NOAH YARIAN, will come to your home and spend two hours helping you with your computer challenges. Maybe you are a novice and want basic help with learning to use Facebook, send emails, or manage your documents. On the other hand, you may be up to your eyeballs in technology and need some help wrangling it. Either way, Noah can help. In addition to knowledge and expertise, he brings patience and an ability to speak about technical things in plain English. Must be used by June 30, 2018.

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 14 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. Must be used by June 30, 2018.

1004 One on One Organizing Your Home

Instructor: Ursula Norris

Fee: \$100.00

Materials Fee: \$0.00

Join USN Parent URSULA NORRIS in this one hour, one-on-one, organization session. She will come to your home and make suggestions for how to de-clutter, get organized, and finally, stay that way. Whether it's a closet, garage, pantry, playroom, kitchen cabinet or anything in between, Ursula can help you manage your stuff. Ursula has been organizing houses for more than 30 years, so soak up her expertise while you get your house together. Must be used by June 30, 2018

1005 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, 2018.

1006 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, 2018.

1007 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, 2018. Dobbins, Venick, & Kuhn & Byassee, PLLC

1008 Hannah Crowell, You and Design

Instructor: Hannah Crowell

Fee: \$225.00

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, 2018. Crowell Interiors

1009 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 are learning pilates exercises, joining in group classes, or accessing and rehabbing muscle issues, this hour is all about you. One-to-one sessions are a great way to maximize your practice . . . you may be 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, 2018.

1010 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, 2018.

1011 Garden and Yard Consultation with anderson 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 anderson ECO-logic, offers you this 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 cooking areas, fire pits, wildlife areas or meditation gardens. We also encouraged 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, March or April 2018.

1012 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 Instructor, 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 and cultivation independently. The Instructor will guide you through an ancient Shaolin technique for releasing toxic energy. You will also experience a Medical Qigong Qi Emission Therapy session. Class will be held in the instructor's studio, weekdays, at 10:00 am or at noon and will last up to two hours. Must be used by June 30, 2018.WEQIGONG

1013 Meditation: Organize Your Mind - Organize Your Life

Instructor: Lauren Weintraub

Fee: \$75.00

Materials Fee: \$0.00

If you ever find that your mind is frenzied, distracted or divided by multitasking, this is the one-on-one 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. Lauren will do an organizational assessment of the specific spaces causing you stress, and then you will learn how to use meditation to achieve a calm, positive and centered perspective about that space. The ultimate target is to create a generative outlook at whatever chaos you might have around you – whether that is actual clutter or mental stress. No prior meditation experience required. Must be used by June 30, 2018. The Solution Girl

1014 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 \$540. Age 24 and up. Must be used by June 30, 2018. Career Resources