

# USN EVENING CLASSES 2013 CATALOG



CELEBRATING 20 YEARS OF CLASSES FOR THE NASHVILLE COMMUNITY

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## Please Note

This Class Listing is current as of December 4, 2012. After December 6, any classes included in the catalog may be filled.

For most up-to-date class listings, registration policies and useful information, please refer to our website [www.usneveningclasses.org](http://www.usneveningclasses.org).

To register for classes after December 6, please visit [www.usneveningclasses.org](http://www.usneveningclasses.org). You may also call the USN Evening Classes office at 615-321-8019 to register.

## 100: MUSIC, LITERATURE, & THE ARTS

### 101 A WRITER'S LIFE

Join acclaimed best-selling author and Parnassus bookstore owner ANN PATCHETT as she discusses her writing process and how she weaves together plot, character development and setting. Ann will also provide her personal insight into the publishing industry, book selling, movies, and public speaking. And, of course, she will bring along a list of her most current literary recommendations. Don't miss this very special evening with one of our nation's most popular and engaging authors. [Parnassusbooks.net](http://Parnassusbooks.net)

**Date(s):** Tuesday, January 29, 2013  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 102 INSIDE THE ART OF HIT SONGWRITING

If you're an aspiring songwriter or simply enjoy great songs, you will appreciate this rare opportunity to learn about the art of songwriting from two award-winning and chart-topping songwriters. Acclaimed songsmiths CLAY MILLS (USN parent) and MARTY DODSON will share basic principles to create a song that makes a memorable and lasting impression. Clay and Marty will share experiences on working in the music industry and the skills needed to create a hit song. [claymills.com](http://claymills.com)

**Date(s):** Tuesday, February 5, 2013  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 103 POEMS OF PLACE

Places matter -- internal, external, real and imagined-- and poetry provides a unique lens through which we can explore the places we have discovered and might yet find. Join writer and USN English and Creative Writing teacher FREYA SACHS for this workshop where you will generate your own poems of place -- however you define that term. Bring a willingness to explore and see where the words take us. Freya has an MFA in Creative Writing from Vanderbilt University.

**Date(s):** Tuesday, February 5, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 104 THE ART OF CREATIVE NONFICTION

Are you an aspiring non-fiction writer? Activate your creative juices in this interactive workshop taught by GLORIA BALLARD, a seasoned feature writer, blogger and columnist with *The Tennessean* who is renowned for her highly regarded writing workshops. If you need help finding a starting point to create your blog, enhancing your journal entries, or writing a larger work, this class will help you jumpstart your efforts. Helping you spark creativity, Ballard will share techniques that top contemporary writers employ to turn non-fiction writing into art. [gloriaballard.com](http://gloriaballard.com)

**Date(s):** Thursday, March 7, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 105 HOW TO PUBLISH YOUR POETRY AND PROSE

This class is for those who are seriously working on poems, stories, and other short creative works and feel ready (or almost ready) to seek publication in print and online literary journals and magazines. Award-winning poet and USN parent KELLY FALZONE will provide tips and tools to help you approach this daunting task, increase your chances of finding the best place for your work, and deal with rejection. Contests, author's rights, and payment will also be discussed. Participants will focus their publishing goals, gain direction, and take home a packet of useful resources and guides. You may not get rich, but you will be read! Note: this class focuses on publishing poems and short works, NOT book-length writing or collections.

**Date(s):** Tuesday, February 26, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$4  
**Location:** USN

## 106 BEGINNING CREATIVE WRITING WORKSHOP

Have you secretly wanted to write creatively, but aren't sure how to start? Are you adept at churning out reports, grant proposals, professional sounding emails, etc. but yearn to explore creative writing possibilities? Join writer ALISON ERNST, new library director at USN, for this hands-on creative writing workshop. You will write during class, using prompts from Alison; learn multiple strategies for generating creative writing; learn about different types of writing groups; and receive an annotated bibliography of resources to encourage and support your writing. Alison earned her MFA in Writing for Children through Simmons College's legendary Children's Literature program.

**Date(s):** Thursday, February 7, 2013  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 107 TOOLS FOR SACRED WRITING

This workshop will provide you with the tools to bridge heart and mind by exploring several simple writing techniques. Author STARSHIELD LORTIE, a student of Native American Shamanic and Toltec traditions for more than 13 years, will share inspiring methods to unlock your inner writer. She will help you discover and define your Heart voice and Ego voice; explore breathing techniques, working with Fire/Flame and a sacred writing format; and learn how to journal. Paper and pens are provided. [starshieldortie.wordpress.com](http://starshieldortie.wordpress.com)

**Date(s):** Tuesday, March 12, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 108 SELF-ILLUMINATED: WRITING YOUR HEART OUT

Join this fascinating new writing workshop that explores the sacred writer that lives within each of us. Author STARSHIELD LORTIE, a student of Native American Shamanic and Toltec traditions for more than 13 years, will help students find their own voice and tell their own story. Whether taking the form of poetry, song, prose, essay, journal entry, or doodle, you will explore several simple writing exercises to unlock the stores of personal truth hidden in the mystery of you. Your own story will begin to unfold as you discover your voice, listen to your heart, tap your inner resources, and dance awake what is longing to be shared. [starshieldortie.wordpress.com](http://starshieldortie.wordpress.com)

**Date(s):** Thursday, March 14, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 109 SONGWRITING BASICS

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

**Date(s):** Tuesday, March 5, 2013  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 200: CAREER, COMMUNICATION, MONEY, & COMPUTERS

### 201 IPHONE TIPS AND TRICKS FOR BEGINNERS

Did you just get your new iPhone? It's more than a phone! This class focuses on the beginner iPhone user (or iPod Touch) and will cover the device's core features and include walk-throughs of the iOS software, uses of apps, and strategies for use beyond making phone calls. USN parent, teacher and web site manager STEVE SMAIL will demystify the inner workings of the iPhone and help you make full use of this awesome technology. This class is appropriate for those with all models of iPhone/iTouch and will include latest developments. (iPad users are welcome.) Participants are encouraged to install the latest updates before the class meets.

**Date(s):** Thursday, February 7, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 202 IPHONE TIPS AND TRICKS: BEYOND THE BASICS

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

**Date(s):** Thursday, February 28, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 203 IPAD TIPS AND TRICKS FOR BEGINNERS

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

**Date(s):** Thursday, February 21, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 204 BASIC HTML

Are you ready to step up your technology game and learn HTML? This class focuses on the basics of HTML, the web layout language. With the expert guidance of GREG HALLMARK, owner of DesignPath Media, you will reach a new level of web knowledge and potential creativity. Acquiring an understanding of HTML will help you become more marketable in the Internet age. Greg has created web pages for an eclectic range of clients from the State of Tennessee to Justin Timberlake.

[designpathmedia.com](http://designpathmedia.com)

**Date(s):** Thursday, January 31, 2013

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 205 LEARNING TO CONNECT WITH SOCIAL MEDIA

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

**Date(s):** Thursday, March 7, 2013

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 206 SMARTPHONE APP CREATION FOR NON-PROGRAMMERS

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

**Date(s):** Tuesday, February 5, 2013

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 207 HOW TO BE A MORE EFFECTIVE COMMUNICATOR

Being an effective writer and speaker is key in so many settings. You will learn how to make communication-either written or oral-more simple, fun and effective. Leadership coach, mentor, and business consultant HARVEY GARDNER will provide helpful tips and techniques to improve and enliven your written and spoken words. He will show you how to enhance basic writing skills to create more powerful business presentations and correspondence and more entertaining personal letters as well as larger pieces such as a memoir or novel. Students will learn to create simple but effective oral communication as well. Harvey will teach you how to successfully deliver your intended message to an individual or audience by using simple strategies.[HarveyGardner.com](http://HarveyGardner.com)

**Date(s):** Tuesday, March 12, 2013, Tuesday, March 19, 2013

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

**Fee:** \$45

**Materials Fee:** \$0

**Location:** USN

## 208 EXTREME COUPONING 101

Learn to save thousands of dollars by using coupons to cut down on your costs. Coupon expert and USN alumna CARLA FLEXER will teach you how you can save big bucks each year with her simple and fun methods culled from more than 30 years of clipping coupons. You will learn to minimize your bills using the Internet, coupons, loyalty cards and refunds. You'll never want to pay full price again!

**Date(s):** Tuesday, March 12, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

## 209 ANDROID TIPS AND TRICKS

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

**Date(s):** Tuesday, January 29, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 210 INTERMEDIATE WEB DEVELOPMENT

Interested in the next step after basic HTML to create a website or jazz up your blog, but don't know where to begin? This class will demystify the code, known as HTML, that makes the web tick. We will focus on CSS and layout style. Instructor DAVID STEVENSON, owner of Look Dad! Creative, has been a web developer for over a decade. Specializing mainly in PHP and mySql in highly customized applications, he has created and maintained several websites that receive millions of visitors. Class attendees must bring their own laptop to class and know how to use and install programs such as Microsoft Word. [lookdadcreative.com](http://lookdadcreative.com)

**Date(s):** Tuesday, March 19, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 211 THE \$100 START-UP: BECOME AN ENTREPRENEUR

It's a myth that starting a business is expensive and risky. Instructor ALISON RINNER, or MS. BIZ, takes the fear factor out of creating your own business. Whether you want to launch an idea into a reality, or you're facing job insecurity, Alison takes you through each step of how to start your own small business. Specifically, students will learn how to structure a business, how to name and trademark a business, how to do market research and much more. She will help you find your customer base and learn how to create an online presence using websites and social media. Alison, a former Coca-Cola and Mars/Pedigree marketing manager and middle school teacher, is the founder of Ms. Biz Youth Entrepreneurship--her third start-up company--which teaches young students how to start businesses. [MsBiz.net](http://MsBiz.net)

**Date(s):** Tuesday, February 5, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 212 BASIC IMOVIE FOR MACS

Editing your home movies and still photos into a dazzling digital production is easy for Mac users with the iMovie program.

**Date(s):** Tuesday, February 12, 2013

Learn to create a home movie using your video or photos with this class taught by USN Lower School Technology Coordinator MARK LITTLEFIELD. Students will learn the steps of the iMovie program that is standard on all Mac computers. You'll learn the basics of creating titles, importing images and video, adding a song, transitions and more. [mrlittlefield.com](http://mrlittlefield.com)

**Time(s):** 6:00 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 213 CAREER SURVIVAL TIPS

All of us face a career crossroads at one time or another, whether we are starting a new career, finding another job, considering a change in career paths, or even moving into retirement. Most of us have had limited training, coaching, or guidance on how to make career choices. This class, taught by career consulting expert and parent of alum MARK MARSHALL, will provide students with an opportunity to discuss options, share ideas, questions and concerns with others. Students may use the class discussion to help create a road map to put their thoughts into an active plan. As senior vice president of the Nashville office of Lee Hecht Harrison, Mark has more than 25 years of experience consulting with both organizations and individuals on career planning and employee development.

**Date(s):** Tuesday, January 29, 2013  
**Time(s):** 6:00 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 214 INVESTING SAVVY FOR WOMEN

Whether single, divorced, widowed, or negotiating other unexpected life events, women often face unique financial challenges. Taking charge of your financial strategy is key to a successful plan. SUSAN FULLER, a financial adviser at Edward Jones Investments, educates women to become more confident investors. Susan will offer strategies, concepts, and examine trends that will leave students empowered to manage investments and financial challenges with confidence. [edwardjones.com](http://edwardjones.com)

**Date(s):** Tuesday, February 26, 2013  
**Time(s):** 7:00 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 215 SECRETS OF ONLINE MARKETING: HOW TO GET NOTICED ON GOOGLE

You may understand the importance of online marketing and may have spent heavily to get a great-looking web page, but you won't get that extra hit from customers if they can't find you. How do you make your site rise to the top of a Google search and ultimately land new customers? BRAD COWART, CEO of MouseWise, will guide you through the basics of keyword research, page optimization, ad campaigns, link exchanges and directories. This entry-level class is perfect for business owners, ad agencies, PR companies, or anyone who has an interest in being found in Google. [mousewise.net](http://mousewise.net)

**Date(s):** Tuesday, February 26, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 216 WHAT IS A BRAND AND WHY DO YOU NEED ONE?

Businesses and individuals need brands to get through to the right audience quickly, making further communication easier and clearer. Represented by logos, slogans and advertisements, a brand is a non-tangible, conceptual thing. Learn the strategies behind developing a good brand, one that will move people and events in your direction. Marketing veteran and brand guru DAVID PAINE will help you learn the importance of creating a successful brand. Using both good and bad brand examples,

**Date(s):** Thursday, January 31, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0

David will illustrate how to develop and maintain a brand. This class can help business owners who want to refresh their image, new business owners who want to create a strong identity, and others. With 25 years of marketing and branding experience, David has worked with all sorts of clients, large and small. These days he focuses on working with entrepreneurs, small business owners and individuals to establish or renew a brand and tell the world about it. [brand-therapy.net](http://brand-therapy.net)

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**Location:** USN

## 217 COPYRIGHT LAW: FAIR USE OR INFRINGEMENT?

Copyright law gives exclusive rights to authors of original works, but the Fair Use doctrine limits those rights. Learn from an instructor who helps clients from all industries resolve and avoid disputes over intellectual property. Attorney STEPHEN ZRALEK, member of Bone McAllester Norton, will help students learn about copyright law and whether an item is interpreted as an infringement or as fair use. The class will look at several close cases and judge for themselves. Examples will include a comparison of Margaret Mitchell's *Gone with the Wind*, and *The Wind Done Gone* by Nashville author Alice Randall; and a comparison of the original Roy Orbison's "Pretty Woman" and 2 Live Crew's version of it. If you're an artist or a publisher, if you work in the creative arts or use technology to post or create content, if you sample someone else's song, if you appropriate another's photograph in your video or blog, come learn the four factors that courts examine when determining fair use. If you have your own real world examples, bring them to class, and we can help you work through the four factors.

[Stephen's webpage](#)

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**Date(s):** Tuesday, February 19, 2013  
**Time(s):** 7:00 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 218 THE LANGUAGE OF PRINTING & THE EMPOWERED PRINT BUYER

If you are in charge of any print materials for a group or business, this class will better prepare you to manage that task. The more depth of understanding you have of the print process will allow you to determine and stick to your budget better and make better overall choices on projects. Instructor TWYLA LAMBERT CLARK, a Nashville print industry veteran who works in sales at Lithographics, will provide a show and tell style class of beautiful and successful print projects. She will walk students through the print process, including selecting paper and inks along with techniques like foil stamps, die-cuts and embossing. She will explain what pre-press does and the best way to prepare your files for a print job. Twyla will provide you with the correct vocabulary so you and your printer stay on the same page. [lithographicsinc.com](http://lithographicsinc.com)

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**Date(s):** Thursday, February 21, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

## 219 MIND OVER MONEY

Why is it difficult to maintain a short-term or long-term financial strategy that aligns with your values and goals? Neuroscientists suggest that 90 percent of our financial decisions are made at an unconscious level. Join behavioral expert and psychologist TED KLONTZ, Ph.D. as he shares how financial decision-making is affected by both conscious and unconscious factors. As a pioneer in the development and application of unique tools and techniques for helping people change troublesome behaviors, Ted will help you understand how our unconscious brain drives our decision-making and financial behaviors and what you can do to help change those choices. [Yourmentalwealth.com](http://Yourmentalwealth.com)

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**Date(s):** Tuesday, March 5, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

## 220 INTRO TO MICROSOFT WORD 2010

USN's Director of Technology KATHY "WIZ" WIECZERZA will help you master the basics of the word processor PC Magazine ranked as one of the "strongest and most intelligent programs ever written." In this hands-on course, you'll learn how to add, move through, and edit text: move words from one part of your document to another; work on two or more documents simultaneously; change the size or appearance of text; insert pictures and word art; change margins and tab settings; automatically center, right align, justify, and indent text; run the integrated grammar and spelling checker; use the thesaurus; and save, retrieve, copy, organize, and print your documents. Class will take place in a USN computer lab, and participants will be provided access to a PC and Microsoft Word 2010.

**Date(s):** Thursday, February 28, 2013  
**Time(s):** 6:00 PM - 7:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 221 THE DO'S AND DON'TS OF BASIC DIGITAL VIDEOGRAPHY

Are you a budding videographer? Or do you just want to create better family videos? CARLOS TORRES, an Emmy nominated editor and photojournalist, will show you how to shoot better videos and develop a general understanding of digital videography. You will learn the basics of shooting video with the intent of telling a story, whether it is a family birthday or vacation video. And, while it's his pet peeve, Torres will also be covering shooting video with your cellphone in this class. [carlostorresonline.com](http://carlostorresonline.com)

**Date(s):** Thursday, February 7, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 300: FAMILY, HEALTH & SELF-IMPROVEMENT

### 301 DOGSPEAK: UNDERSTANDING HOW DOGS COMMUNICATE

Yes, you can learn how to speak with your own dog. Professional dog trainer and dog behavior consultant NIKKI IVEY will teach the basics of dog communications. For instance, why is it so hard to take a picture of my dog's face? Is Spot actually jealous of us hugging? Is my dog giving calming or warning signals? There's a pit bull in that group of dogs. Is it safe for us? This course is appropriate for anyone who socializes their dog with people--and with other dogs, for that matter. The class is also ideal for people who work with dogs on a regular basis. [dogsspeak101.com](http://dogsspeak101.com)

**Date(s):** Tuesday, February 26, 2013  
**Time(s):** 6:00 PM - 8:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

### 302 UNDERSTANDING YOUR DREAMS

Unlock the mystery and message of your dreams by learning a few basic principles offered by clinical psychologist LINDA ODOM, Ph.D. This class will offer general guidelines and simple tools for engaging in an ongoing conversation with your

**Date(s):** Thursday, February 21, 2013  
**Time(s):** 6:30 PM - 8:30 PM

dreams. What if you could receive guidance from your wisest advisor first thing every morning? [lindaodom.com](http://lindaodom.com)

**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

### 303 HOW TO THINK ABOUT RETIREMENT

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

**Date(s):** Thursday, March 7, 2013  
**Time(s):** 6:00 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 304 INTIMACY: DOING THE WORK OF REPAIR

Couples in need of an intimacy tune-up will benefit from the experience and wisdom of USN parent ROD KOCHTITZKY, M.Div., advanced clinician in Imago Relationship Therapy and a Fellow of the Association of Pastoral Counselors. Participants will explore the friction between men and women and the push/pull they encounter in their everyday lives as a couple. Rod will help participants understand these complex relationships and learn how to repair the hurt and restore intimacy with renewed joy and passion. Best to sign-up for this class as a couple. [rodk.net](http://rodk.net)

**Date(s):** Thursday, January 31, 2013  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 305 VISION BOARD: AN INTRODUCTION

This workshop provides a broad introduction to the Vision Board. For those new to the term, a Vision Board is a collage of images and affirmations that can be pasted onto a poster board or posted to a bulletin board. Its purpose? Certified Infinite Possibilities Trainer BONNIE TROXEL will demonstrate how the Vision Board serves as a visual reminder of who you want to be and what you want to have in your life. It's been proven that people who visualize their dreams are more likely to achieve the results they want in their lives. Bring to class a photo of yourself looking radiant and happy (optional but recommended). [choose2bloom.blogspot.com](http://choose2bloom.blogspot.com)

**Date(s):** Thursday, January 31, 2013  
**Time(s):** 6:00 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$10  
**Location:** USN

### 306 INTRODUCTION TO FAMILY HISTORY RESEARCH

Genealogical research is America's most popular hobby. Advances in online resources have made finding out about our ancestors easier than ever before--if you know how. In this introductory workshop, CHUCK SHERRILL the Tennessee State Librarian and Archivist, will teach participants how to begin a search, as well as how to find the best websites to gather information and how to keep track of family information once you find it. [tn.gov/tsla](http://tn.gov/tsla)

**Date(s):** Tuesday, February 12, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

### 307 ESTATE PLANNING MADE EASY

Uncomfortable as it may be, the business of preparing for one's death, or the death of a loved one, is an important life task. JEAN BYASSEE, a USN mom with 30 years of experience in the estates, corporate and health care fields, will provide an overview of estate planning documents that most people need to take care of for themselves and for loved ones. She will touch on such matters as the role of the executor, probate courts and the distribution of assets. She'll even present some case studies of special situations. Take the fear out of this serious business with a good knowledge of the basics. [dvlawfirm.com](http://dvlawfirm.com)

**Date(s):** Thursday, February 21, 2013  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 308 MEDITATION: THE BASICS

Meditation is an often misunderstood or over-glamorized practice in training the mind. DAVID SIMMONS, who has trained in many spiritual and philosophical traditions, will give students a full working knowledge of authentic meditation practice. This is a relaxed, fun, and often funny course. Bring a smile and a willingness to learn how to live more peacefully, and to be in better control of the moments of your life. Nobody should take this class hoping to look like the cover of a yoga magazine. No prior experience needed. [diamondheartdharma.org](http://diamondheartdharma.org)

**Date(s):** Tuesday, February 19, 2013  
**Time(s):** 6:00 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 309 BUDDHIST MEDITATION

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

**Date(s):** Thursday, February 7, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 310 DECODING THE GLUTEN-FREE HYPE

Join Certified Health Coach LAUREL STAPLES as she decodes the hype around food sensitivities and going gluten-free. Heard all the talk about going gluten-free? Can't decide whether it's a Hollywood fad or something that you actually need to consider? Or are you ready to go gluten-free but don't know where to start? Gluten can cause multiple health issues including weight gain, fatigue, digestion problems, headaches and other symptoms. Learn how to remove gluten from your diet without feeling deprived. Sample delicious gluten-free foods and get easy gluten-free recipes and substitution ideas to take home with you. [lifebodybalance.com](http://lifebodybalance.com)

**Date(s):** Thursday, February 21, 2013  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$20  
**Materials Fee:** \$10  
**Location:** USN

### 311 DESIGNING A CORE WARDROBE

Discover the secrets to building the perfect wardrobe with core pieces everyone needs, while avoiding the traps of over-spending and over-buying. Learn how to identify your personal prescription for chic dressing. Veteran wardrobe consultant

**Date(s):** Tuesday, February 19, 2013  
**Time(s):** 6:30 PM - 8:30 PM

TINA ADAMS offers a unique approach that appeals to everyday people, not just the rich and famous. This course will guide women, men and teens in building the perfect wardrobe over time, largely with pieces already in the closet, adding only what is absolutely necessary. As for the trends that come and go, you will learn how to do those too. [tinaadamsconsulting.com](http://tinaadamsconsulting.com)

**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 312 KICKING THE SUGAR HABIT

This course teaches how to take charge of your sugar cravings, as well as how to permanently change your relationship with sweets. If you're like a lot of people, you crave sugary snacks to give you energy or to satisfy a sweet tooth. But after indulging, you just end up feeling drained. Then you start to notice problems like dull skin, headaches, elevated stress levels, poor sleep or weight gain and you wonder how you can get back on track. Join Certified Health Coach LAUREL STAPLES for this engaging class. You'll learn how sugar negatively affects your health. You will also learn tips to eat foods you enjoy while not depriving yourself and the first steps to taking back control of your life and your health. [lifebodybalance.com](http://lifebodybalance.com)

**Date(s):** Tuesday, February 12, 2013  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

### 313 HOW TO SUCCEED AT ON-LINE DATING: HUMOR AND MINDFULNESS

Attend this informative and fun class to learn the basics of savvy on-line dating. Confused by online dating and want to have an easy and successful experience? Facilitated by KAREN SILIEN, Ph.D., a psychologist who focuses on emotional well-being and growth, this class will provide practical tools such as how to write a winning profile, how to evaluate dating prospects, how to identify your needs and wants, and how to arrange a safe and enjoyable first meeting. You'll leave with a greater understanding of mindfulness tools to use to navigate the emotional highs and lows of the on-line dating world. This course is suitable for those getting started with on-line dating and for those seeking fresh tips to increase their success in their search. [inbodiedliving.com](http://inbodiedliving.com)

**Date(s):** Tuesday, February 12, 2013  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

### 314 COUPLES MASSAGE

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

**Date(s):** Thursday, February 21, 2013  
**Time(s):** 6:00 PM - 8:00 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 400: COOKING & CULINARY EXPERIENCES

### 401 PIE IS LOVE

Returning instructor and USN parent JENNIFER PENSON shares her professional baking skills as she leads students through the basics of making delicious pies. "Stress cannot exist in the presence of pie," said David Mamet, and Jennifer agrees! She will

**Date(s):** Thursday, March 14, 2013  
**Time(s):** 6:30 PM - 9:00 PM

give you the skills and confidence to tackle the sometimes tricky task of making perfect dough and will help you create a fruit filling worthy of your flaky pie crust. Age 21 and up. [BrowniePointsDesserts.com](http://BrowniePointsDesserts.com)

**Fee:** \$40  
**Materials Fee:** \$20  
**Location:** Private home

#### 402 TUSCAN DINNER PARTY

Enjoy a wonderful evening of cooking and eating Tuscan food and sipping wine at Salud! Cooking School at Whole Foods Market. Alongside experienced chef MERIJOY LANTZ RUCKER, participants will create a delicious menu that includes roasted chicken with lemon and basil, limoncello parfaits, stuffed peppers with ricotta, polenta with mascarpone, and grilled steak over arugula with roasted pears. Age 21 and up. [wholefoodsmarket.com](http://wholefoodsmarket.com)

**Date(s):** Monday, February 25, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$40  
**Materials Fee:** \$25  
**Location:** Salud! Cooking School at Whole Foods Market 4021 Hillsboro Pike Nashville Tn 37215

#### 403 COOKING WITH LOCAL INGREDIENTS

Did you know that a typical carrot travels about 1,800 miles to sit on your table? If you buy locally grown meat and produce, you support your community and local economy, while significantly reducing impact on our environment. Beyond that, the food is likely fresher, better tasting, and better for you. F. Scott's Restaurant chef KEVIN RAMQUIST guides you on how to select and use locally grown meats and produce in a class that will have you looking at the world through green-colored glasses. Kevin will prepare braised local pork shoulder ragu with oven roasted tomatoes and caramelized onions, creamy carrot polenta, rocket salad with honey sherry vinaigrette, and crispy spiced chickpeas. He will also cover how to make stocks, teach knife skills and share hints on perfecting your cooking techniques, like braising and roasting, to make the most of your thoughtfully purchased foods. Age 21 and up. [fscotts.com](http://fscotts.com)

**Date(s):** Monday, February 4, 2013  
**Time(s):** 7:00 PM - 9:00 PM  
**Fee:** \$40  
**Materials Fee:** \$35  
**Location:** Private home

#### 404 TEA TIME

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

**Date(s):** Saturday, February 2, 2013  
**Time(s):** 2:00 PM - 4:00 PM  
**Fee:** \$20  
**Materials Fee:** \$15  
**Location:** Private home

#### 405 VEGETARIAN DELICACIES OF THE SUNFLOWER CAFE

Enjoy tasty vegetarian and vegan dishes with GABRIELLE MITTELSTAEDT, head chef of the new vegetarian restaurant Sunflower Cafe in Berry Hill. The class will try some of the chef's favorite vegan and vegetarian recipes. Gabrielle will also discuss ideas for addressing seasonal cooking and food sensitivities. Age 21 and up. [sunflowercafenashville.com](http://sunflowercafenashville.com)

**Date(s):** Wednesday, March 6, 2013  
**Time(s):** 6:00 PM - 9:00 PM  
**Fee:** \$40  
**Materials Fee:** \$15

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#### 406 MARSHMALLOW MADNESS

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Homemade artisanal marshmallows are a specialty at instructor SARAH SOUTHER's Nashville-based The Bang Candy Company. In this course, artist and confectioner Sarah will teach participants how to make different flavors of marshmallows, including Valentine's specialties. She will also offer Strawberry Champagne Marshmallows, Chocolate Fondue and Prosecco cocktails. Age 21 and up. [bangcandycompany.com](http://bangcandycompany.com)

- **Location:** Private home

- **Date(s):** Wednesday, February 13, 2013

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

**Fee:** \$40

**Materials Fee:** \$20

**Location:** Bang Candy Company 1300 Clinton Street  
Nashville, TN 37203

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#### 407 SOUTHERN BASICS

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Chef KEVIN MCCAULEY will teach you how to prepare traditional southern pan fried chicken as well as Nashville-style hot chicken. Kevin will discuss classic Southern cooking techniques and traditions. Students will also make braised greens, cast iron cheese grits, buttermilk biscuits and farmhouse mac and cheese. Kevin began his culinary career at Nashville's beloved "The Corner Market." More recently, he worked at Whole Foods Market and Margot Cafe and Bar where he expanded his food knowledge to include more healthful ingredients. Kevin is currently an instructor at Viking Cooking School in Franklin, TN. Age 21 and up.

- **Date(s):** Wednesday, February 6, 2013

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

**Fee:** \$40

**Materials Fee:** \$20

**Location:** Private home

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#### 408 TASTE OF THAI COOKING CLASS

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Expand your palate and learn the art of Thai cooking with Chef DARRYL DINNING, owner of Nashville's Panache Catering. Darryl will teach students to prepare authentic Thai dishes and pastes. The chef will help the class learn to prepare a spicy beef dish, whole fish, fresh Thai salad and soup. Class participants will enjoy a serving of the dishes after preparation. Age 21 and up. [panachecatering.biz](http://panachecatering.biz)

- **Date(s):** Thursday, March 7, 2013

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

**Fee:** \$40

**Materials Fee:** \$35

**Location:** Private home

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#### 409 LEARN TO COOK HOT AND SPICY THAI FOOD

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Cooking instructor and chef SUSAN HUDGENS, who grew up in Bangkok, Thailand, shares her culinary secrets of preparing tasty Thai food. Students will learn to prepare Laab Kai with Roasted Rice (hot chicken salad), Yumtalay (hot and spicy seafood), Panang Pork with Sweet Basil (pork sautéed with coconut and red curry), and Fried Rice with Shrimp and Crabmeat. Class participants will enjoy a serving of the dishes after preparation. Age 21 and up.

- **Date(s):** Tuesday, March 5, 2013

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

**Fee:** \$40

**Materials Fee:** \$35

**Location:** Private home

#### 410 LEARN TO COOK HOT AND SPICY THAI FOOD

Cooking instructor and chef SUSAN HUDGENS, who grew up in Bangkok, Thailand, shares her culinary secrets of preparing tasty Thai food. Students will learn to prepare Laab Kai with Roasted Rice (hot chicken salad), Yumtalay (hot and spicy seafood), Panang Pork with Sweet Basil (pork sautéed with coconut and red curry), and Fried Rice with Shrimp and Crabmeat. Class participants will enjoy a serving of the dishes after preparation. Age 21 and up.

**Date(s):** Tuesday, March 12, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$40  
**Materials Fee:** \$35  
**Location:** Private home

#### 411 INDIAN COOKING MADE EASY

USN parent and Vanderbilt physician SHUBHADA JAGASIA will share her knowledge of preparing a tasty Indian meal. With a focus on learning the basics of cooking Indian cuisine at home, the instructor will discuss various spices and the unique qualities of each. Each student will learn how to prepare and serve a wholesome Indian meal after taking this class. Age 21 and up.

**Date(s):** Friday, February 8, 2013  
**Time(s):** 6:00 PM - 8:00 PM  
**Fee:** \$40  
**Materials Fee:** \$20  
**Location:** Instructors home

#### 412 THE BASICS OF CANNING AND PRESERVING

Learn how to safely preserve some of your favorite foods with the traditional art of canning from savvy food saver JANET SCHNEIDER, USN director of college counseling and parent of alumni. Janet will teach you the basics of food preservation-- which fruits you can preserve and how to preserve it safely. During class, students will sample various preserves and relishes as well as some wine, cheese and crackers. Students will leave with two jars of preserves and recipes for jams, salsas and vegetables. Participants are encouraged to bring in copies of their own family recipes to share as well. Age 21 and up

**Date(s):** Monday, February 4, 2013  
**Time(s):** 7:00 PM - 9:00 PM  
**Fee:** \$40  
**Materials Fee:** \$25  
**Location:** Private home

#### 413 THE ART OF CANNING: ITALIAN-STYLE PICKLED VEGETABLES

Learn to create tasty pickled vegetables with an Italian flair by veteran cook and canning guru PATTI KAULBACK, who has been creating pickled treats most of her life. Students will learn the basics of canning, including vegetable prep and proper sterilization techniques. Patti will help students enhance flavors by adding items such as garlic, rosemary and more to create an Italian style pickled delight. Age 21 and up.

**Date(s):** Monday, March 4, 2013  
**Time(s):** 6:00 PM - 8:00 PM  
**Fee:** \$20  
**Materials Fee:** \$25  
**Location:** Private home

#### 414 TRADITIONAL MEXICAN CUISINE: AUTHENTIC SAUCES AND ENTREES

Learn the secrets of creating authentic Mexican cuisine with this class taught by CARLOS UROZA, owner of Artã, a personal chef and small catering company. Students will learn to make the different sauces that serve as base for many traditional

**Date(s):** Thursday, February 28, 2013  
**Time(s):** 6:00 PM - 8:00 PM

Mexican dishes. Then, students will select an entree to make, such as enchiladas, chilaquiles or stew. Under Chef Carlos's guidance, each student will prepare an entree and combine it with a delicious sauce. Chef Carlos enjoys sharing his culinary skills with family and friends. Before his catering company, he worked at restaurants such as Flyte and Eastland Cafe. Age 21 and up.

**Fee:** \$40  
**Materials Fee:** \$20  
**Location:** Private home

#### 415 THE ART OF SEAFOOD: POACHING, GRILLING, SAUTEING, AND BROILING

Learn the four cooking techniques for preparing your favorite seafood meal with personal CHEF MICHAEL HERRUD. The menu includes marinated, grilled and chilled salmon, poached shrimp, sautéed tilapia, a gourmet mixed green salad and sauteed asparagus. Chef Michael has 27 year's experience and enjoys sharing helpful cooking tips with others who are interested. Age 21 and up. [chefmichaelherrud.com](http://chefmichaelherrud.com)

**Date(s):** Wednesday, January 30, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$40  
**Materials Fee:** \$35  
**Location:** Private home

#### 416 PREPARING A ROMANTIC DINNER FOR COUPLES

Couples can learn to prepare a romantic dinner for two in this class taught by Chef MICHAEL HERRUD. The chef and students will work together for this hands-on instruction to learn how to prepare gourmet pastas with shrimp, chicken and seasonal vegetables, the Chef's famous Panache Salad, and a special decadent "Chef's Surprise" dessert. Chef Michael has 27 years experience and enjoys sharing helpful cooking tips with others who are interested. Age 21 and up. [chefmichaelherrud.com](http://chefmichaelherrud.com)

**Date(s):** Thursday, February 14, 2013  
**Time(s):** 6:00 PM - 9:00 PM  
**Fee:** \$40  
**Materials Fee:** \$35  
**Location:** Private home

#### 417 FOWL PLAY

Learn how to butcher poultry with Chef LAURA WILSON, an award-winning local chef at Grow Local Kitchen at the Nashville Farmers' Market. Each student will butcher and roast a chicken (to take home and have for dinner). Using different kinds of poultry, including duck and quail, CHEF Laura will demonstrate a perfect roasting technique, stock-making and next-day chicken recipe. Light fare will be served during instruction. The class will meet in the Market House in front of Grow Local Kitchen. Age 21 and up. [nashvillefarmersmarket.org](http://nashvillefarmersmarket.org)

**Date(s):** Sunday, February 24, 2013  
**Time(s):** 4:00 PM - 6:00 PM  
**Fee:** \$40  
**Materials Fee:** \$35  
**Location:** Nashville Farmer's Marker, 900 Rosa L Parks Boulevard, Nashville, TN 37208

#### 418 LEARN HOW TO BAKE FRENCH BREAD FROM SCRATCH

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

**Date(s):** Tuesday, March 5, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$20  
**Materials Fee:** \$15  
**Location:** Private home

home and bake in your own oven. Age 21 and up.

#### 419 INTRODUCTION TO BAGUETTES

Just say “oui” to making your own fresh baguettes. KEITH BROWN, head baker and bread artisan at Provence Breads and Cafe, will introduce you to the methods and vocabulary of baguettes. Keith, along with JEN TORSKI, will demonstrate how to make three different styles of baguettes using different dough preparation methods. Students also have the unique opportunity to experience a working commercial kitchen. Enjoy this hands-on class and bring home some delicious, fresh-baked bread. Age 21 and up. [provencebreads.com](http://provencebreads.com).

**Date(s):** Tuesday, January 29, 2013  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$20  
**Materials Fee:** \$20  
**Location:** Provence Commercial Kitchen 1400 Donelson Pike Nashville, TN 37217

#### 420 "ETCHY FOOD" WITH DEB PAQUETTE

One of USN Evening Classes best loved instructors, Chef DEB PAQUETTE returns with a delicious menu from her new restaurant, Etch. Join Deb as she prepares a five-course meal beginning with her famous butter tasting. An appetizer, salad, entree, and one of pastry chef Megan's fabulous deserts will follow. Ernie Paquette will choose Beer pairings. Age 21 and up. [etchrestaurant.com](http://etchrestaurant.com)

**Date(s):** Tuesday, March 19, 2013  
**Time(s):** 6:30 PM - 9:00 PM  
**Fee:** \$40  
**Materials Fee:** \$35  
**Location:** Private home

#### 421 SEASONAL SOUPS AT MIEL

Join Miel Chef ASHLEY QUICK for a primer on how to make delicious, seasonal soups from scratch. Chef Ashley will teach students how to make stocks to use as a base, how to incorporate grains and seasonal produce and what to use to balance the flavors to season soups. Chef Ashley is known for his deep understanding of chemistry in the kitchen....and his dry wit. He is always fun and entertaining, which guarantees that this class will not only be informative but also highly enjoyable! Age 21 and up. [mielrestaurant.com](http://mielrestaurant.com)

**Date(s):** Monday, February 18, 2013  
**Time(s):** 12:00 PM - 2:30 PM  
**Fee:** \$40  
**Materials Fee:** \$25  
**Location:** Miel Restaurant 343 53rd Ave N Nashville, TN 37209

#### 422 SEASONAL SOUPS AT MIEL

Join Miel Chef ASHLEY QUICK for a primer on how to make delicious, seasonal soups from scratch. Chef Ashley will teach students how to make stocks to use as a base, how to incorporate grains and seasonal produce and what to use to balance the flavors to season soups. Chef Ashley is known for his deep understanding of chemistry in the kitchen....and his dry wit. He is always fun and entertaining, which guarantees that this class will not only be informative but also highly enjoyable! Age 21 and up. [mielrestaurant.com](http://mielrestaurant.com)

**Date(s):** Monday, February 18, 2013  
**Time(s):** 6:30 PM - 9:00 PM  
**Fee:** \$40  
**Materials Fee:** \$25  
**Location:** Miel Restaurant 343 53rd Ave N Nashville, TN 37209

#### 423 A LITTLE BIT OF ITALY AT HOME

Chef PAULETTE LICITRA invites students to join her to cook up classic authentic Italian recipes that are easy to prepare and simple to replicate at home. Her menu features components of a luscious Italian dinner, Tarragon-potato gnocchi in tomato-butter-sage sauce, braised lemony cornish hens with caper-basil pesto, asparagus with sundried tomato, garlic chips and orange-infused ricotta cheesecake with chocolate-espresso sauce. Paulette completed her professional culinary studies at the Institute of Culinary Education in NYC. She was Chef at Rustico Cooking in New York and cooked in Mario Batali's restaurant Lupa. Paulette currently teaches Italian cooking classes, food writing workshops, and leads Eat & Greet Tours in both Nashville and New York. Age 21 and up. [cucinaparadiso.wordpress.com](http://cucinaparadiso.wordpress.com)

**Date(s):** Saturday, March 16, 2013  
**Time(s):** 6:30 PM - 9:00 PM  
**Fee:** \$40  
**Materials Fee:** \$20  
**Location:** Private home

#### 424 MANGIA NASHVILLE-CLASSIC ITALIAN GNOCCHI AND MORE

Join NICK PELLEGRINO of the wildly popular Mangia Nashville as he leads students through the process of creating classic Italian gnocchi. Pillow-soft and light, gnocchi melt in your mouth and vanish from your plate. In this technique-driven workshop, students will learn how to create these classic dumplings from scratch. Discover terrific dough recipes, learn easy sauces and gain all the methods you need to create exceptionally tasty and consistently beautiful gnocchi. Mangia Nashville is a 5 course family style dining "experience." Every Friday and Saturday night at the Cool Cafe in Franklin, Nick and his staff serve up a 3 hour feast of modern Italian American dishes accompanied by great music and singing with a little Mambo dancing thrown in. So, for cooks who haven't been able to score reservations and want to experience a bit of Nick's magic, this is your chance! Age 21 and up. [Mangia's facebook](#)

**Date(s):** Tuesday, March 5, 2013  
**Time(s):** 6:00 PM - 9:00 PM  
**Fee:** \$40  
**Materials Fee:** \$20  
**Location:** Private

#### 425 QUICK TECHNIQUES AND KNIFE SKILLS FOR MEAL PREPARATION

Join The Blakeford's chef MARC TROTTIER for this cooking class emphasizing basic knife skills. Chef Marc will also focus on quick preparation tips for time challenged meals and the use of fresh ingredients and techniques to bring lunch or dinner to the table. Students will prepare an appetizer, two hearty winter soups (one Vegetarian) and desert. He will also teach you how to sharpen knives. Chef Marc has experience in hotels and fine dining restaurants from New England to Miami, FL and the Opryland Hotel where he was Chef of the Old Hickory restaurant. His formal training in Culinary Arts is from the New England Culinary Institute, in Montpelier VT. Join Chef Marc for this fun, informative and very practical class on cooking skills and food preparation. Age 21 and up.

**Date(s):** Saturday, March 2, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$40  
**Materials Fee:** \$20  
**Location:** Private home

#### 426 DINNER FOR 12 AT SILO

More of a special opportunity than a cooking class, the purchaser of this dinner for 12 will be treated to a delicious 4 course dinner from one of Nashville's premier restaurants, SILO. Located in historic Germantown, SILO champions the use of as many local and house-made products as possible. No cans, can openers, walk-in refrigerators or microwave ovens on premises. It's all about the freshness. The lucky purchaser and his or her friends will be treated to a special meal featuring seasonal ingredients. Alcoholic beverages are not included with the dinner purchase. SILO offers a very nice wine selection suited to their food. If the

**Date(s):**  
**Time(s):**  
**Fee:** \$480  
**Materials Fee:** \$360  
**Location:** SILO 1121 5th Ave N, Nashville TN 37208

purchaser wishes to bring his or her own wine there will be a corkage fee of \$15/bottle (as well as cake fee if applicable). Dinner must be scheduled for a Tuesday, Wednesday, Thursday or Sunday. Age 21 and up. [siloTN.com](http://siloTN.com)

#### 427 IT'S PIZZA AND AMORE: MAKING SPECIALTY PIZZA AT DESANO PIZZA BAKERY

In this hands-on class taught by BRANDON BLUMBER, students will get to experience making dough, pizza and cannoli at Nashville's newest, hottest, hippest pizza bakery. DeSano Pizza Bakery's super fresh ingredients are imported twice a week from Campania, Italy and result in a pie so mouthwatering you will never order from a chain again. If you have ever wanted to get insider tips on all things pizza and experience the thrill of watching three wood burning, 800 degree pizza ovens cook your pie to perfection in 75 seconds; this is the class for you. Age 21 and older. [desanopizza.it](http://desanopizza.it)

**Date(s):** Sunday, February 10, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$20  
**Materials Fee:** \$30  
**Location:** DeSano Pizza Bakery 115 16th Ave S, Nashville, TN 37203

#### 428 COLD WEATHER COMFORT FOOD; MAKE IT HEALTHY WITH MEG GIUFFRIDA

Winter is here and everyone wants delicious but healthy comfort food. Join Chef MEG GIUFFRIDA, formerly of the beloved Red Wagon and currently executive chef at the Turnip Truck, as she brings her version of healthy global comfort food to USN Evening Classes. Chef Meg will lead students in the preparation of Fall Harvest Quinoa, Cider Braised Greens, Tamarind Glazed Pork Tenderloin, Roasted Beets with Citrus Vinaigrette and Bleu Cheese, and George Washington's Mother's Gingerbread. Age 21 and up.

**Date(s):** Friday, February 15, 2013  
**Time(s):** 6:30 PM - 9:00 PM  
**Fee:** \$40  
**Materials Fee:** \$25  
**Location:** Private home

#### 429 A "CAFE FUNDAMENTAL" FRENCH KITCHEN: TECHNIQUES TO SUCCESS

Chef JAMIE WATSON will be preparing extraordinary selections from Cafe Fundamental, his newest restaurant in East Nashville. A chef's special appetizer will be followed by Canard A' la Dixie with accouterments. This perfectly seared duck breast is a perfect example of Jamie's "Southern classique" cooking style, combining his classic French training with Southern influences. This exquisite dinner will finish with one of Chef Jamie's famous desserts. He's not telling but he is known for his chocolate delicacies. Jamie graduated with Distinction from the prestigious French Culinary Institute in New York City, and his USN Evening Classes are a perennial favorite. Age 21 and up. [cafefundamental.com](http://cafefundamental.com)

**Date(s):** Sunday, March 3, 2013  
**Time(s):** 5:00 PM - 8:00 PM  
**Fee:** \$40  
**Materials Fee:** \$35  
**Location:** Cafe Fundamental 1115 Porter Road, Nashville, TN 37206

## 500: WINE & ENTERTAINMENT

#### 501 CLASSIC COCKTAIL AND SPIRITS TASTING

Prepare great classic cocktails and learn the stories behind them. Your instructors, CHRIS CHAMBERLAIN, author of *The Southern Foodie*, and DAVID PAINE, whose online newsletter is called "The Marketini," will arm you with knowledge about the basic spirits that make up great cocktails and suggest a list of supplies and recipes needed for the at-home mixologist. Chris, a USN alumnus, is a food, drink and travel writer for *Nashville Scene*, *Food Republic* and *Nashville Lifestyles*, while David is a Nashville marketing and branding specialist with an interest in fine cocktails. Age 21 and up.

**Date(s):** Wednesday, February 20, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$40  
**Materials Fee:** \$35  
**Location:** Private home

#### 502 THE WONDERS OF RYE - WHISKEY, BREAD AND EVEN VODKA

Rye, the grain behind the spirits in many classic cocktails, has become so popular of late that it's often hard to find. Fear no shortages in this class, which will offer tastings of some of the best rye whiskeys to learn why they are great as well as the newest brands. The students will enjoy the tastes of this spicy grain in food and cocktails as you learn together. Instructors are CHRIS CHAMBERLAIN, a food, drink and travel writer and author of *The Southern Foodie*, a restaurant guide and cookbook; and KIM TOTZKE, director of operations at PROVENCE, a whiskey aficionado and educator as well as a "Best Chef" in *Nashville Scene's* Best of Nashville awards. Age 21 and up.

**Date(s):** Wednesday, March 13, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$40  
**Materials Fee:** \$35  
**Location:** Private home

#### 503 WINE WISDOM: CHOOSING THE PERFECT WINE

Students will learn how to select the ideal wine for any occasion from an expert in wine. Instructor THOMAS HAEHN will impart his experience and knowledge as a certified specialist of wine with more than 46 years in the wine industry. He is the U.S. importer for his family-owned Von Schleinitz Estate in the Mosel valley of Germany. Age 21 and up. [vinonet.com](http://vinonet.com)

**Date(s):** Wednesday, March 6, 2013  
**Time(s):** 7:00 PM - 9:00 PM  
**Fee:** \$20  
**Materials Fee:** \$20  
**Location:** Private home

#### 504 THE ABCS OF WINE ENJOYMENT

Wine is a wonderful accompaniment to life and exists to be enjoyed, according to instructor THOMAS HAEHN, the U.S. distributor for his family-owned Von Schleinitz Estate in the Mosel valley of Germany. Haehn will help students learn how to taste and select wine to make it more enjoyable and less intimidating. This class provides the basics on how to enjoy and savor a glass of wine. Thomas will answer questions and impart his deep knowledge of wine. Age 21 and up. [vinonet.com](http://vinonet.com)

**Date(s):** Wednesday, February 13, 2013  
**Time(s):** 7:00 PM - 9:00 PM  
**Fee:** \$20  
**Materials Fee:** \$20  
**Location:** Private home

#### 505 BUBBLES & MORE: SPARKING WINES AND THE FOODS TO SERVE WITH THEM

Ready to learn more about sparkling wines and which food choices enhance them? USN Parent and oenophile AMY SHEPARD will introduce students to a variety of sparkling wines including Cuvee, Brut, Spumante, and Prosecco. USN Parent and Chef CHRISTOPHER WASHKO has planned an inspired menu that compliments and enhances Amy's selections. Be prepared to

**Date(s):** Saturday, February 9, 2013  
**Time(s):** 6:00 PM - 8:00 PM  
**Fee:** \$40

enjoy an evening of sparkling wines and wonderful food as we learn more about bubbly and what to pair with this effervescent refreshment. Food pairing for the evening includes, but is not limited to, a succulent pork tenderloin with a savory cherry sauce, fried chicken (yes, fried chicken!), and grilled and chilled scallops. Expect a few surprising little delights that pair nicely with bubbles as well! Age 21 and over.

**Materials Fee:** \$35

**Location:**

#### 506 TASTER TREAT - MATCHING GOOD FOOD WITH DRINKS

Enjoy this fun evening of experiential learning with USN parent LISA WEAVIND and Chef KEVIN MAC. Chef Mac will prepare five dishes, Jumbo Gulf Shrimp and Stoneground Cheese grits, Braised short-rib eggs Benedict, Spicy Honkey Hash, Challah Bread Pudding with Bananas Foster Sauce and Fresh Fruit with Sabayon. Lisa will match each dish, with it's varying taste and texture, with complimentary drinks to enhance the flavor experience. Lisa and Kevin will discuss how to mix and match food and drink while the class enjoys this delectable dining experience.

**Date(s):** Wednesday, February 27, 2013

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

**Fee:** \$40

**Materials Fee:** \$35

**Location:** Private home

#### 507 TABLESCAPING 101

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

**Date(s):** Wednesday, March 13, 2013

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** Private home

#### 508 FLORAL ARRANGING FOR EVERYONE

In this hands-on class, learn to arrange flowers for your home and leave with greater knowledge of florals. Independent floral designer, teacher and parent of a USN alum, GAYLE LOFLIN brings years of practical experience with creating beautiful floral arrangements and tablescapes for family dinners, weddings and corporate events. Loflin will teach you helpful tips such as choosing the appropriate flowers and arranging them to create the best look. Students will learn the best tools and supplies to do a good job and where to find them. Bring your favorite vase or container from home and you will leave with your own completed floral arrangement.

**Date(s):** Thursday, March 14, 2013

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

**Fee:** \$35

**Materials Fee:** \$25

**Location:** USN

#### 509 PLAN YOUR EVENT USING ECO-FRIENDLY PRACTICES

If you enjoy having parties and other social events, learn how to implement green, eco-friendly practices for those functions. LAUREN WEINTRAUB, an experienced event planner and founder of THE SOLUTION GIRL, will help you learn how to reduce and offset your event carbon footprint to ensure your event remains beautiful but doesn't have a negative environmental impact. You will learn how to host a green event. Lauren's company provides event coordination, social media consulting and more.

**Date(s):** Tuesday, February 26, 2013

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

**Fee:** \$20

**Materials Fee:** \$0

**Location:** USN

## 510 INTRODUCTION TO FLOWER ARRANGING

Join floral designer PHILLIPE CHADWICK for this introductory floral design class. He will teach simple tips and tricks to create exciting and interesting arrangements. From prepping your materials to choosing your vases, Phillipe will lead students through the process of creating elegant arrangements. Design basics will be covered, including color, contrast, and form. Phillipe is a graduate of Mississippi State's Landscape Design program and has worked for the City of Franklin and Cheekwood. He is currently pursuing his passion for floral and landscape design as principal in his own design firm. He has worked as the floral designer for some of the biggest annual events in Nashville, including Chukkers for Charity and the TPAC Gala. Students will leave the class with an arrangement. [phillipeschadwick.com](http://phillipeschadwick.com)

**Date(s):** Tuesday, February 19, 2013  
**Time(s):** 6:00 PM - 7:30 PM  
**Fee:** \$35  
**Materials Fee:** \$20  
**Location:** USN

## 600: HOME & GARDEN

### 601 RESIDENTIAL CONSTRUCTION: WHAT TO DO BEFORE BLUEPRINTS

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

**Date(s):** Tuesday, March 5, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 602 FOODSCAPING: STOP MOWING AND START GROWING

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

**Date(s):** Thursday, February 7, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 603 URBAN BACKYARD BEEKEEPING

With just a bit of training, anyone can keep bees, even in a busy city such as Nashville. Students will learn to collect delicious fresh honey from their backyard hives without fear of stings. Learn how to tell if your bees are happy or having a bad day, and be

**Date(s):** Thursday, January 31, 2013  
**Time(s):** 6:00 PM - 8:30 PM

the first on your street with a honey hive. USN alumnus, parent and veteran beekeeper QUICK FOY will show that beekeeping can be fun, simple and sweet.

**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

#### **604 EASY HOME REPAIRS**

Learn basic home repairs that can save hundreds of dollars from ERIK MASH, director of operations at USN, who has 25 years of home improvement experience. He will teach repair basics from replacing a light switch to re-caulking a tub, relatively easy fixes that can be done by anyone with the knowledge and confidence to take them on. Students will learn how to do other repairs such as hanging a ceiling fan, unclogging a sink drain and repairing drywall. In addition, Erik will recommend a basic tool kit to have around the house.

**Date(s):** Thursday, February 21, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:**

#### **605 AN INTERIOR DESIGN WORKSHOP: A HOME THAT COULD BELONG ONLY TO YOU**

Is it time to breath new life into your home's interior? Did you start a decorating project but quit in mid-stream out of frustration? Do you want to update your space but don't quite know how to mix styles? Then don't miss this opportunity to consult with interior designer DONNA GILLIAM, a USN mom. With more than a decade of experience in the industry, this design pro will take you through the steps needed to create a space that you'll be proud to call home. She'll discuss common mistakes, share this year's color and design trends, and discuss ways to create beautiful surroundings. Students are encouraged to bring pictures, fabrics and photos (digital photos on a CD are preferred.) [donnagilliaminteriors.com](http://donnagilliaminteriors.com)

**Date(s):** Tuesday, February 12, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

#### **606 GET READY FOR SPRING CLEANING - PROFESSIONAL ORGANIZING FOR HOME OR BUSINESS**

Want to get ready for Spring Cleaning? Whether it is the supply closet, kitchen pantry, or three car garage, professional organization consultant and event planner LAUREN WEINTRAUB will help ensure you gain the knowledge and tools to get your home or business organized this spring cleaning season. With her company THE SOLUTION GIRL, Lauren has helped individual and businesses through event coordination, social media consulting, marketing, home design, holiday decorating and professional organization and she's ready to share her tips with you.

**Date(s):** Tuesday, February 5, 2013  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

#### **607 BASIC CAR MAINTENANCE TO KEEP YOUR VEHICLE RUNNING SMOOTHLY**

How do you maintain your vehicle, whether it is old or new, to have it run at peak performance? What things do you need to check monthly? What is the difference between regular and synthetic oil and do you need to care? Learn answers to these questions and many more from the experienced mechanics at Terry's Service Center, TERRY JANIAK, GLENN McDONALD and DAVID DRAKE. Students will learn what they need to check regularly and how and what should be left for a professional.

**Date(s):** Tuesday, February 12, 2013  
**Time(s):** 6:00 PM - 7:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

## 608 HENS AND THE SUSTAINABLE BACKYARD

Now that backyard laying hens are legal in most of Davidson County, learn how you can have a more sustainable backyard by including chickens in your garden plan. MEGAN LIGHTELL, urban farmer and founder of UCAN (Urban Chicken Advocates of Nashville), and ANDREA CLONINGER WILSON, a nutrition consultant and professor of Sustainable Food Practice at Lipscomb University, will discuss the larger issues in the current industrial food system and how backyard hens can help your family make the switch to a more local, healthy diet. Learn how to start your flock, plan your coop, and integrate your chickens into your garden. [ucannashville.org](http://ucannashville.org)

**Date(s):** Thursday, February 7, 2013  
**Time(s):** 6:00 PM - 8:00 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

## 609 GROW, EAT, LOVE: GARDENING & HOME FOOD PRODUCTION

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

**Date(s):** Tuesday, February 12, 2013  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$35  
**Materials Fee:** \$5  
**Location:** USN

## 610 CREATING YOUR DREAM SPACE - KITCHENS OR BATH

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

**Date(s):** Thursday, March 7, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

## 611 ASK THE EXPERT: GARDEN DESIGN AND HORTICULTURE

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

**Date(s):** Thursday, February 28, 2013  
**Time(s):** 6:00 PM - 7:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

## 700: ARTS & HOBBIES

### 701 USING A DIGITAL SLR CAMERA: A PRIMER

Learn how to explore creative angles and expertise beyond the basic auto settings of your Digital SLR camera. In this two-session class, USN parent and professional photographer KIMBERLY MANZ will answer questions and give insights into the manual settings of your camera. In addition, the instructor will address issues of downloading and will impart basic Photoshop tips. Students will use their newfound skills in the second session, when they return with the homework photos that they have snapped. [kimberlymanz.com](http://kimberlymanz.com)

**Date(s):** Thursday, February 7, 2013, Thursday, February 14, 2013  
**Time(s):** 6:00 PM - 8:30 PM  
**Fee:** \$45  
**Materials Fee:** \$0  
**Location:** USN Digital Lab

### 702 PHOTOGRAPHING ON THE CHEEKWOOD GROUNDS

The beautiful Cheekwood Botanical Gardens will serve as the backdrop to this hands-on course about the tools and techniques of digital photography. Explore the grounds and gardens while learning the latest digital photography skills from USN parent and professional photographer KIMBERLY MANZ. Unique locations like the tranquil Japanese Garden and the Museum's textured stonework form a unique outdoor classroom. In the event of bad weather, the class will meet in Cheekwood's Frist Learning Center. Class fee includes entrance to Cheekwood. [Directions to Cheekwood](#) [kimberlymanz.com](http://kimberlymanz.com)

**Date(s):** Saturday, March 9, 2013  
**Time(s):** 1:00 PM - 3:00 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** Cheekwood Botanical Gardens

### 703 KNITTING 101:THE BASICS

Veteran knitter and USN parent JOYCE JOHNSON and USN faculty member and parent of alumni BETH THORNBURG will teach the basic tools and techniques of knitting in this two-part course. The first session will focus on the knit stitch, American/English style, and learning to make its motions smoothly. In the second session, the instructors will cover purl stitch and casting on. Be prepared as well to discuss various knitting fibers and to view a sampling of projects--both finished or in progress--from the teacher's own needles.

**Date(s):** Tuesday, February 19, 2013, Tuesday, February 26, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$45  
**Materials Fee:** \$0  
**Location:** USN

### 704 PAPER & PAINT COLLAGE ART

Taught by vibrant Nashville multi-media artist BETH GRUBB, owner of Lil' B Creative, students will many creative ideas about how you can use paper in all forms of art. Students will learn how to apply paper in both abstract formats and for specific forms in this hands-on workshop. You will also be shown how to work with other creative media to bring your art to life as well as how to preserve these unique art forms. An active imagination is useful but not required. Combining a unique blend of design and artistic

**Date(s):** Tuesday, February 12, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$15

talent, Nashville native Beth brings passion and energy to her multi-media pieces of art. Beth received her degree in Graphic Design from the Atlanta Institute of Art.

**Location:** USN

### 705 PLAY YOUR HEART OUT

When was the last time you threw confetti for the fun of it, crawled under a blanket tent, built a sandcastle, or studied the clouds? As adults, we tend to move from task to task with few opportunities to get lost in play -- our minds often racing ahead or reworking the past. What would happen if you could just relax and let go? USN parents, artists, and playful spirits PAT HALPER and KELLY FALZONE will safely guide an expedition of exploration as you poke around in your creative universe. With rocks, beans, fabrics, wood, and an abundance of other materials at your fingertips, you'll have the chance to become artfully lost in three-dimensional play to see where curiosity might lead. Come reconnect to your senses and recapture in-the-moment wonder and joy. This class will meet at Art & Soul Studio 2303 12th AVE South, Nashville. [eartandsoul.com](http://eartandsoul.com)

**Date(s):** Saturday, February 9, 2013  
**Time(s):** 9:00 AM - 12:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** Art & Soul Studio 2303 12th AVE South, Nashville

### 706 INTAGLIO PRINTMAKING

In this hands-on course taught by USN Visual Arts Instructor LESLIE PATTERSON-MARX, students will create an intaglio print, otherwise known as an etching. Using etching needles and plexiglas provided by Paw Print Press (USN's very own in-house print shop), students will create images composed entirely of line. These images will be printed onto paper using an etching press. Expect to take home at least two of your own prints. Don't miss the chance to study with Leslie, who has exhibited her works at many fine galleries around the country, including the Frist Center for Visual Arts here in Nashville. [lesleypattersonmarx.com](http://lesleypattersonmarx.com)

**Date(s):** Thursday, February 7, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$5  
**Location:** USN

### 707 REMOTE GAME CAMERAS MADE EASY

This course teaches the basics of operating a remote game camera once used only by hunters, it's now useful in protecting home and property. Veteran nature writer and photographer GIL LACKEY will teach you how to select, set up and operate a remote game camera for multiple uses: find out which critters are raiding the bird feeder when you're at work; shoot photos of deer in your backyard when you're gone for the weekend, and more. Gil has snapped more than 10,000 photos of coyotes just outside his urban Nashville home. The course will help you pick the right camera for your specific needs. Gil will cover remote camera settings, photography instruction and advice on nature set-ups.

**Date(s):** Tuesday, February 26, 2013  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

### 708 DRAWING FOR BEGINNING ARTISTS

This introductory class is designed for those who have an interest in beginning art and drawing. Have you been frustrated in previous efforts at drawing? This course is ideal for those would-be artists who have not received positive reinforcement or necessary direction in earlier attempts. Renowned Middle Tennessee artist CHARLES BRINDLEY embraces all levels of artistic development. Join Charles to begin your artistic journey designed for your own unique success. It's a wonderful opportunity to study with Charles, whose artwork has been represented in galleries from Taos to New York City, and whose work is found in

**Date(s):** Tuesday, March 5, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

private collections around the globe. [creativedrawingandpainting.com](http://creativedrawingandpainting.com)

### 709 BECOME A COLOR EXPERT

Perfect your use of color with this class taught by renowned Middle Tennessee artist CHARLES BRINDLEY, whose artwork has been represented in galleries from Taos to New York City, and whose work is in private collections around the globe. It's a natural class for artists, of course, but also ideal for designers, homeowners or anybody interested in color. Students will learn how to turn your color experience from a guessing game to a thoughtful, methodical process. Develop selections of automatic and memorized colors. Learn the secrets of matching colors, understand sophistication in color arrangements, harmonies and more. [creativedrawingandpainting.com](http://creativedrawingandpainting.com)

**Date(s):** Tuesday, March 12, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

### 710 HAND-DRAWN ANIMATION

Learn the basics of hand-drawn animation in the tradition of early Disney and Warner Brother cartoons. Create your own unique characters and then bring them to life. Nashville writer, director, animator, illustrator, puppeteer and musical actor BRIAN HULL will also teach students how to storyboard a scene and make it move. This hands-on workshop will help you bring your own visual style to fruition. No prior experience needed. Brian is founder of Wishing Chair Productions at Nashville Public Library. [brianimations.com](http://brianimations.com)

**Date(s):** Tuesday, January 29, 2013, Tuesday, February 5, 2013, Tuesday, February 12, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$60  
**Materials Fee:** \$0  
**Location:** USN

### 711 USING A DIGITAL SLR CAMERA: A PRIMER

Learn how to explore creative angles and expertise beyond the basic auto settings of your Digital SLR camera. In this two-session class, USN parent and professional photographer KIMBERLY MANZ will answer questions and give insights into the manual settings of your camera. In addition, the instructor will address issues of downloading and will impart basic Photoshop tips. Students will use their new-found skills in the second session, when they return with the homework photos that they have snapped. [kimberlymanz.com](http://kimberlymanz.com)

**Date(s):** Tuesday, March 5, 2013, Tuesday, March 12, 2013  
**Time(s):** 6:00 PM - 8:30 PM  
**Fee:** \$45  
**Materials Fee:** \$0  
**Location:** USN

### 712 AN INTRODUCTION TO THE BIRDS OF TENNESSEE

Calling all birders: 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 ten species as a window into the world of Tennessee birds, including the Ruby-throated Hummingbird, Red-tailed Hawk, Northern Cardinal, and the Purple Martin. An 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 new Tennessee Watchable Wildlife website.

**Date(s):** Thursday, March 7, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

### 713 WORKING ON THE POTTER'S WHEEL

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

[turnbullpottery.com](http://turnbullpottery.com)

**Date(s):** Thursday, January 31, 2013

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

**Fee:** \$35

**Materials Fee:** \$25

**Location:** USN

### 714 WOODTURNING FOR NEOPHYTES

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

**Date(s):** Thursday, March 7, 2013

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

**Fee:** \$35

**Materials Fee:** \$25

**Location:** USN

### 715 WOODTURNING FOR NEOPHYTES

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

**Date(s):** Thursday, March 14, 2013

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

**Fee:** \$35

**Materials Fee:** \$25

**Location:** USN

## 800: RECREATION & DANCE

### 801 SWIMMING TECHNIQUE FOR TRIATHLETES

Are you interested in triathlons but not confident about the swimming portion of the race? JUSTIN KARPINOS, head swimming coach at USN and 2011 winner of the USA Triathlon All-American in Aquathlon and his wife ASHLEY KARPINOS an All-American swimmer at Kenyon, will teach students effective techniques to develop a more relaxed and efficient swimming style. They will focus on head and body alignment, effective kicking, proper breathing, and drills to lengthen and optimize your stroke. Coaches Justin and Ashley will provide students with strategies for swimming in open water and offer workouts to train for the next race. Each student will receive personalized feedback and a video critique of his or her stroke from experienced coaches. By the end of this 2-session class, participants should be able to complete 100 yards without stopping. Coach Justin has brought teams to numerous championships and has received national swim team recognition multiple times.

**Date(s):** Thursday, March 7, 2013, Thursday, March 14, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$30  
**Materials Fee:** \$0  
**Location:** USN

### 802 BEGINNING YOGA FOR THE TRUE BEGINNER

For many who want to pursue yoga, sometimes the most difficult obstacle is entering a yoga studio or gym where others may seem fit or more flexible. Feeling self-conscious or nervous may stop you from taking part in this healthy lifestyle choice. Join nurturing yoga instructor CORRINE DENNISON, a USN parent, who has taught people of all ages how to incorporate yoga into their lives. In this easy-going class, you will learn yoga basics that will make your back; legs and neck feel better and can be performed during your daily routine. You will learn customized movements to make you feel better in this gentle and helpful class. Corrine has taught for more than 14 years and has studied with locally and internationally renowned instructors.

**Date(s):** Thursday, February 28, 2013  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** USN

### 803 XTEND BARRE

Develop a long and lean physique using the Xtend Barre method, a 55-minute workout taught by certified instructor and USN parent, BAMBI WATT, owner of Willow Pilates Studio Nashville and Xtend Barre Nashville. The Xtend Barre workout challenges all body parts equally to help strengthen, lengthen and stretch the body from top to bottom, inside and out. The end result is tone without bulky muscles. Exercises can be modified based on experience or if a student is pregnant or recovering from injury.  
[xtendbarrenashville.com](http://xtendbarrenashville.com)

**Date(s):** Wednesday, March 6, 2013  
**Time(s):** 7:00 PM - 8:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** Willow Pilates Studio

### 804 BEGINNING FLY FISHING FOR WOMEN ONLY

Learn how to fly fish in this class for women only with certified fly fishing instructor SUSAN THRASHER, owner of Southernbrookies. With a few hours of lessons and hands-on experience, students will learn the basic casts and necessary equipment to fly fish. Students will learn how to catch and safely release a fish. Susan turned her fly fishing passion into her profession and offers guided trips and instruction. [southernbrookies.com](http://southernbrookies.com)

**Date(s):** Saturday, March 16, 2013  
**Time(s):** 9:00 AM - 12:00 PM  
**Fee:** \$35  
**Materials Fee:** \$10

**Location:** Shelby Park (South 20th at Shelby Ave.),  
The class will be held in Shelby Park at the Lakeview  
Shelter #2 and will be rain or shine.

### 805 BEGINNING FLY FISHING - COED

Learn how to fly fish with certified fly fishing instructor SUSAN THRASHER, owner of Southernbrookies. With a few hours of lessons and hands-on experience, students will learn the basic casts and necessary equipment to fly fish. Students will learn how to catch and safely release a fish. Susan turned her fly-fishing passion into her profession and offers guided trips and instruction. [southernbrookies.com](http://southernbrookies.com)

**Date(s):** Saturday, March 16, 2013

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

**Fee:** \$35

**Materials Fee:** \$10

**Location:** Shelby Park (South 20th at Shelby Ave.),  
Lake View Shelter #2.

### 806 PREDATORS HOCKEY EDUCATION

Do you enjoy the thrill and energy of a hockey game, but aren't quite sure what's happening on the ice? If you're a Predators fan and want to learn to enjoy the game more, join 102.5 The Game radio talk show host WILLIE DAUNIC, a USN parent, for this insightful and enjoyable class. As host of Nashville Predators broadcasts, Willie can help you learn how to follow this high-paced and intense game. Who are the players? What role does each one play? What should you look for to understand what is going on and enjoy the game on a deeper level? Students will leave class with helpful tips to follow the game action. [1025thegame.com](http://1025thegame.com)

**Date(s):** Tuesday, February 5, 2013

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

**Fee:** \$20

**Materials Fee:** \$0

**Location:** USN

### 807 CONSTRUCTION OF A SPORTS TALK SHOW

Sports talk radio fans can go behind-the-scenes to experience the 'method behind the madness' of sports talk shows with this class taught by radio show veteran personality WILLIE DAUNIC, co-host of 102.5 The Game's Sportsnight and USN parent. Learn how sports talk shows are developed: how hosts prepare for each show, how topics are chosen and much more. In this class, students will construct a four-hour show, choosing topics, targeting guests and more. In addition, students will piece together a week's worth of shows based on the current Nashville sports scene. [1025thegame.com](http://1025thegame.com)

**Date(s):** Tuesday, January 29, 2013

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

**Fee:** \$20

**Materials Fee:** \$0

**Location:** USN

### 808 THE STRANGE CURIOUS EVOLUTION OF GOLF: MYTHS AND FACTS

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

**Date(s):** Thursday, March 14, 2013

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

**Fee:** \$20

**Materials Fee:** \$0

**Location:** USN

prepared to have fun and be entertained - and to leave with some great stories that you can share the next time you hit the 19th hole!

## 900: TOURS

### 901 TOUR OF LP FIELD

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

[titansonline.com](http://titansonline.com)

**Date(s):** Wednesday, March 6, 2013  
**Time(s):** 5:30 PM - 7:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** LP Field, 1 Titans Way, Nashville, TN 37213

### 902 EXPERIENCE THE NASHVILLE SYMPHONY: BEHIND THE SCENES

Experience the Nashville Symphony with a tour, pre-concert lecture and evening concert at Schermerhorn Symphony Center. JONATHAN MARX, senior director of marketing for the Nashville Symphony, will lead the class on a behind-the-scenes tour of one of the city's most striking landmarks, while providing an overview of Nashville's GRAMMY-winning orchestra. Following the tour, you'll join other concertgoers for Classical Conversations, led by the Nashville Symphony's charismatic MAESTRO GIANCARALO GUERRERO. Then students will enjoy an amazing evening of music featuring Shostakovich's riveting First Cello Concerto, Schoenberg's moving choral work "A Survivor in Warsaw," and more in the state-of-the-art concert hall. [NashvilleSymphony.org](http://NashvilleSymphony.org)

**Date(s):** Thursday, February 7, 2013  
**Time(s):** 5:30 PM - 9:30 PM  
**Fee:** \$20  
**Materials Fee:** \$25  
**Location:** Schermerhorn Symphony Center

### 903 REMBRANDT AND THE DUTCH GOLDEN AGE

Frist Center docent extraordinaire MANCIL EZELL will lead students through the Center's current exhibit Rembrandt and The Dutch Golden Age: Highlights from the Detroit Institute of Arts. Mancil, a retired educator and graphic artist, has a wonderful gift for entertaining and enlightening visitors. During this special tour, he will lead students through this exhibit drawn from the Detroit Institute of Arts superb collection of Dutch art - considered one of the finest and deepest collections outside the Netherlands. This exhibition presents more than 70 paintings by great Dutch masters including Frans Hals, Rembrandt, Jakobvan Ruisdael, Pieter de Hooch and Jan Steen, as well as a small selection of related decorative art objects. The exhibition will illuminate the larger social, religious and political environment of the Dutch Golden Age. [fristcenter.org](http://fristcenter.org)

**Date(s):** Friday, March 8, 2013  
**Time(s):** 7:00 PM - 8:30 PM  
**Fee:** \$20  
**Materials Fee:** \$0  
**Location:** Frist Center for the Visual Arts, 919 Broadway, Nashville, TN, 37203.

### 904 INSIDER'S VIEW OF HATCH SHOW PRINT

Enjoy a rare, behind-the-scenes look at one of America's oldest working letterpress design and print shops. Hatch Show Print's classic posters are prized possessions for many, and this insider tour is a treat! Located in downtown Nashville, Hatch has been in business since 1879. Artist JIM SHERRADEN, manager of Hatch Show Print and popular Artclectic artist, will offer an evening filled with colorful stories and historical perspective along with a hands-on look at how these coveted posters are printed. Recognized internationally as a leader in letterpress printing, Hatch Show Print has helped redefine the look of contemporary graphic design. Jim is co-author of the book *Hatch Show Print: The History of a Great American Poster Shop*. Students will be on their feet for 3 hours. [hatchshowprint.com](http://hatchshowprint.com)

**Date(s):** Wednesday, March 6, 2013

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** Hatch Show Print, 316 Broadway, Nashville TN, 37201. (615) 256-2805

## 905 INSIDER'S VIEW OF HATCH SHOW PRINT

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**Date(s):** Thursday, March 7, 2013

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** Hatch Show Print, 316 Broadway, Nashville TN, 37201.

## 906 BACKYARD CHICKEN COOP TOUR

Learn how to establish and care for egg-laying hens from USN families with backyard coops. Join USN parents CARRINGTON FOX, JANE HARDY and KOBIE PRETORIUS--a trio of hen-keeping tour guides--on this fascinating journey by school bus to several Nashville homes to see creative coops in all shapes and sizes. You might see Rhode Island Reds roosting in a tree house, Cuckoo Orpingtons brooding in a jungle gym, or Wyandottes nesting in wine crates. As a bonus, you'll see vegetable and fruit producing gardens, too. Please note that not all backyard coops are handicap accessible.

**Date(s):** Saturday, March 9, 2013

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** Meet at USN

## 1000: ONE-TO-ONE INSTRUCTION

### 1001 GET A FINANCIALLY SMART DIVORCE

Even the best Nashville divorce attorneys are not certified financial experts and were not trained to perform financial analysis. While an attorney is responsible for the legal issues of divorce, it is the client who is responsible for the addressing the financial issues. In this one-on-one class, divorce expert SANDY ARONS will discuss financial pitfalls to avoid if you are contemplating or in the midst of divorce, how to minimize arguing with your spouse and get the most value from your attorney fees. Arons will also discuss potential financial missteps in

**Date(s):**

**Time(s):**

**Fee:** \$75

**Materials Fee:** \$0

planning for your future, providing for your children, and tax issues unique to divorce. [getasmartdivorce.com](http://getasmartdivorce.com)

**Location:** To Be Determined

### 1002 GET A FINANCIALLY SMART DIVORCE

Even the best Nashville divorce attorneys are not certified financial experts and were not trained to perform financial analysis. While an attorney is responsible for the legal issues of divorce, it is the client who is responsible for the addressing the financial issues. In this one-on-one class, divorce expert SANDY ARONS will discuss financial pitfalls to avoid if you are contemplating or in the midst of divorce, how to minimize arguing with your spouse and get the most value from your attorney fees. Arons will also discuss potential financial missteps in planning for your future, providing for your children, and tax issues unique to divorce. [getasmartdivorce.com](http://getasmartdivorce.com)

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

### 1003 ONE-TO-ONE WITH THE SCHOLARSHIP MAN

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

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

### 1004 ONE-TO-ONE WITH THE SCHOLARSHIP MAN

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

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

### 1005 ONE-TO-ONE WITH AN ARCHITECT

Dreaming of an addition to your home is inspiring and daunting. The issues to address are plentiful, as are the many options to explore. Let accomplished architect MICHAEL GOOREVICH guide you through the process of creating additions and renovations. Goorevich will meet with you at your site, at his studio or at one of his project sites: the choice is yours. He will discuss your plans and ideas as well as offer suggestions for you to consider. Two hours. [michaelgoorevich.com](http://michaelgoorevich.com)

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

### 1006 ASSIST YOU WITH ORGANIZING YOUR HOME

If you have a room or closet that is unorganized and unmanageable, let USN alum parent GAYLE BRINKER help you find a place for everything. While you may realize it's time to edit or re-do a space, it can be overwhelming to tackle on your own. Brinker will come to your home for three hours to assist you in transforming your selected space. She will assess a space and determine what to keep, replace or re-

**Date(s):**  
**Time(s):**  
**Fee:** \$100

purpose. Brinker can help you find new spots for old accessories; move furniture and more to create a fresh look.

**Materials Fee:** \$0  
**Location:** To Be Determined

### 1007 ASSIST YOU WITH ORGANIZING YOUR HOME

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

### 1008 INTERIOR DESIGN CONSULTATION

Do you have a spot in your home that isn't functional for your lifestyle or needs a new look? Let the USN alum and parent TORY FITZGIBBON, of Fitzgibbon Interiors, help you figure out what is not working--functionality, aesthetics or other. Fitzgibbon will visit your home for a two-hour consultation to recommend how to enhance a space to make it functional and beautiful. No job is too small. Fitzgibbon has been creating inspired spaces in Nashville for almost a decade.

**Date(s):**  
**Time(s):**  
**Fee:** \$150  
**Materials Fee:** \$0  
**Location:** Your location

### 1009 FENG SHUI BASICS PRIVATE CONSULTATION

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

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

### 1010 THE \$100 NEW BUSINESS START-UP CONSULTATION

It's a myth that starting a business is expensive and risky. Instructor ALISON RINNER, or MS. BIZ, takes the fear factor out of creating your own business. Whether you want to launch an idea into a reality, or you're facing job insecurity, MS. BIZ work with you on your business idea to get your start-up off the ground. Rinner, a former Coca-Cola and Mars/Pedigree marketing manager and middle school teacher, is the founder of MS. BIZ YouthEntrepreneurship--her third start-up company--which teaches young students how to start businesses. [MsBiz.net](http://MsBiz.net)

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

### 1011 ORGANIZING, HOME STAGING, PARTY PLANNING CONSULTATION

Do you have a project that you need help planning? Let the experienced duo at Tinwings provide you with helpful suggestions and planning strategies. Parent of USN alum LEE ANN MERRICK and USN parent URSULA NORRIS will provide a one-hour consultation with you for the project of your choice: party planning, home organization, or home staging. Both Merrick and Norris are known for their creative and inspiring events and projects. [tinwings.com](http://tinwings.com)

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

Location: To Be Determined

### 1012 ARTIST DEVELOPMENT FOR THE SINGER/SONGWRITER

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

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

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

### 1014 PRACTICAL PRUNING FOR TREES AND SHRUBS

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 a 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. [druidtree.com](http://druidtree.com)

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

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

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Date(s):  
Time(s):  
Fee: \$100

ever more glorious garden. [www.druidtree.com](http://www.druidtree.com)

**Materials Fee:** \$0  
**Location:** Your location

**1017 CAREER SPRINGBOARD CONSULTATION TO ASSIST WITH A TOUGH CAREER TRANSITION**

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

**Date(s):**  
**Time(s):**  
**Fee:** \$150  
**Materials Fee:** \$0  
**Location:** Your location