100 Behind the Glam: How Music Videos are Made

Musicians must get creative to compete in our economy of attention. BENNO NELSON, Director and Founder of Yes Equals Yes, will share how music videos are made, from conception to execution to final product, including how record labels solicit for music videos. Learn what a great treatment looks like, how to create the right budget and how videos are shot and edited. Note: we will not be making a music video, but rather learning about the process.

101 Unidentified Flying Objects (UFOs): Reality? Myth? What's Going on?

UFOs hit the mainstream in December of 2017 when the New York Times published the first of a series of articles on a secret Pentagon program studying UFOs. USN parent, DR. STEPHEN BRUEHL, will overview a history of the UFO phenomenon with descriptions of a number of well-documented cases and reasons why the government is interested in UFOs. Material covered will range from the straightforward to the hard to believe. The class is taught from the perspective of a scientist, but one who is open to considering phenomena that do not easily fit into our current view of the world. The only prerequisites for the class are curiosity and an open mind!

102 All That Moves Us --A Pediatric Neurosurgeon, His Young Patients, and Their Stories of Grace and Resilience. A book discussion and signing with Jay Wellons, Moderated by Reid C. Thompson

Join pediatric neurosurgeon and author DR. JAY WELLONS and VUMC Department of Neurosurgery Chair Dr. Reid Thompson (both current USN parents) in a unique discussion of Jay's book, ALL THAT MOVES US: A Pediatric Neurosurgeon, His Young Patients, and Their Stories of Grace and Resilience (Penguin Random House, published June, 2022) In the book, Jay pulls back the curtain to reveal the profoundly moving triumphs, haunting complications, and harrowing close calls that characterize the life of a pediatric neurosurgeon, bringing the high-stakes drama of the operating room to life with astonishing candor and honest compassion. Over the course of his career, Dr. Reid Thompson has cared for and operated on thousands of adult patients with challenging brain tumors and complex neurosurgical issues, and as Chair he has grown the Vanderbilt Neurosurgery program to one of national prominence. Their friendship and similar approach to this often daunting work will add a layer to the conversation that guarantees to be intriguing and moving. A conversation not to be missed!

103 An Evening with Geoff Bennett, co-anchor of PBS NewsHour

Geoff Bennett, is co-anchor of PBS NewsHour, veteran White House and congressional correspondent, anchor and analyst for some of the country's leading media outlets, and a trusted voice reporting on what's happening in the capital for the American people. Possessing a natural ability to cut through the noise and offer a detailed, smart, non-partisan analysis on the latest in Washington, Bennett explains the political issues that are the source of heated debates between lawmakers and the leading stories on news programs nationwide. He brings his expert insights from the television screen to USN as he shares the "what" and "why" of U.S. politics, as well as how individuals and organizations might be affected.

From politics to social justice and everything in between, Bennett will lead an impartial discussion on what's going on in the world today, while offering his unique perspective on how current events will play out and their potential to reshape our society.

104 Crimes of International Concern, the International Criminal Court, and Ukraine

Join USN parent and Belmont Professor LUCIAN DERVAN as he examines the history of crimes of international concern (war crimes, genocide, crimes against humanity, and the crime of aggression) from the time of the Nuremberg Tribunals following WWII through to the creation of the permanent International Criminal Court in The Hague. The course will then examine the current conflict in Ukraine and consider what crimes may be occurring, who might be brought to justice, where any trials might occur, and what punishments might be handed out.

105 Adult Improv

Remember the doldrums of Covid isolation? Don't get caught without an ace in the hole again. Sign up for this exciting adult improv acting class and learn the skills to help you dazzle at a meeting, be the life of the party, connect with your friends, or at least lighten up yet another zoom meeting. In this class, you will participate in many games like the ones you may have seen on "Whose Line is it Anyway." Led by USN parent and middle school theatre instructor BAKARI KING, you will learn improvisational theatre tricks of the trade and how improv can apply to and support your everyday life.

106 How to Remain Hopeful in Today's Climate Reality

In this class, DR. BARRINGTON HWANG (he/him) plans to discuss how adults can balance hope and hopelessness as it relates to climate change. First, students, if physically able to do so, should come prepared to move around the room. Then, we will discuss individual, everyday situations that have climate-related implications. We will plan to discuss at least 2-3 situations and through this we will introduce a dialectical model that can be tailored to individual situations that promote actionable steps.

This presentation is not meant to discuss specifics about factual science behind climate change. This presentation aims to equip adults on how to mentally approach climate-related discussions without excessive optimism or despair, knowing that both human behavior and climate changes are dynamic.

107 An Evening with Jad Abumrad and Amanda Little on the State and Future of Storytelling and the American Media

JAD ABUMRAD '91 and USN parent AMANDA LITTLE discuss the craft of cinematic storytelling and its future in the American media.

As creator of RadioLab, More Perfect, Dolly Parton's America and the Vanishing of Harry Pace, JAD brings his unique ability to combine cutting edge sound-design, storytelling and a personal approach to explaining complex topics together with AMANDA's expertise in energy, technology and the environment for an evening of revealing conversation. Having interviewed prominent public figures from Barack Obama to Robert Redford, and authored two investigative books relating to climate change, AMANDA is a superb reporter and commentator.

The numerous accolades and awards between these two is profound, and the merging of these minds together for a live audience is sure to be a thoroughly entertaining and interesting evening for all.

108 Hot Spot: A Doctor's Diary From the Pandemic. A Book Discussion and Signing with Alex Jahangir, Moderated by John Seigenthaler

DR ALEX JAHANGIR, orthopedic surgeon and USN parent, was the chair of the Metro Nashville Coronavirus Task Force during the pandemic, and he led Nashville's response to Covid and communication with Tennesseans about the health of the state. Working with, and sometimes forced to wrestle with, a state and federal government that often seemed at odds with public safety, Jahangir has written a book, with former Chicago Tribune journalist and writer Katie Seigenthaler, about his experience; Hot Spot: A Doctor's Diary From the Pandemic. This presentation will touch on his work reaching out to immigrant and minority communities, his partnership with Meharry Medical College, and finding solutions with an often oppositional public and state government during a years-long crisis. The discussion will be moderated by acclaimed former NBC news anchor and journalist JOHN SEIGENTHALER.

109 Art in Context: Influences on Japanese Art--Foreign and Domestic

Join former USN educator and parent of USN alumna, MARC LAVINE for a discussion on how religions, political organization and power figures, economic conditions, and cultural traditions influence art everywhere, but perhaps not quite so clearly or interestingly as in Japan. This class will discuss Japanese decorative and fine arts from about 700 CE to the late 19th century focusing on the key historical factors informing the artisans' and artists' work. It will end with a look at the opposite side:
Japan's amazing impact on Western arts.

110 Practical Grammar Magic: Make Your Sentences Sparkle

Can't tell a misplaced modifier from a split infinitive? Are your verbs flaccid? Is your writing redundant? Is your writing redundant? Presto! This two-hour workshop on grammatical nuts and bolts will make your writing clear, concise, and correct. We will cover magic spells for active voice, conjure commas, and commune with strong verbs. With a Ph.D. in American Literature and thirty years of teaching experience, THORUNN MCCOY, former USN teacher has a passion for helping people express themselves on paper. When she's not busy contemplating the Oxford comma, she works with law students at Nashville School of Law.

111 The Edge of the Sticker: A guide for getting through life's challenges

Join DR. BRADLEY FRANK, class of '83, and BOBBY FRANK, class of '85, for a reading from their book The Edge of the Sticker and a discussion about developing coping strategies and dealing with challenging mental health issues. The Edge of the Sticker was inspired by the emotional awakening so many people had during the first year of the pandemic – a dark time lightened partially by a new sense that it was okay to talk about feelings and fears. It made mortality top of mind and forced us to reconsider how we live, love, work, and play. This class builds on that momentum to remind us that we all have the power to adapt and to change our behavior and priorities so we can live happier, more fulfilling lives. You'll learn practical techniques to help you solve problems and cope with difficult issues like anxiety, depression, anger, guilt, and grief. Brad will share stories and ideas to provide context as you develop new ways to think about your life, what motivates you and the things that may be holding you back.

112 Writing and Publishing Personal Essays

Everyone has a story to tell, and personal essays are a great way to hone your craft and get started in publishing. This class is perfect for anyone interested in writing a memoir or publishing freelance articles.

Author, Forbes columnist, and USN parent SARAH HAYS COOMER will share tools of the trade for writing, pitching, and publishing personal essays.

Together, you will explore:

- how to pick a topic,
- where to begin,
- how to create story structure,
- what editors are looking for,
- which publications are open to new writers, and
- how to write an effective pitch.

Don't miss this opportunity to learn how to share your unique perspective!

Sarah's most recent books, THE HABIT TRIP and PHYSICAL DISOBEDIENCE, will be available in class or can be pre-ordered at the USN bookstore or anywhere you get your books. They are not required to take this class but will be referenced in the discussion.

113 An Evening of Poetry with Author in Residence Ed Roberson

ED ROBERSON is a renowned poet whose most recent book is Asked What Has Changed, a finalist for the 2022 Griffin Poetry Prize and just named a chancellor of the Academy of American Poets. Originally from Pittsburgh, Roberson now lives in Chicago, where he has taught at the University of Chicago, Columbia College, and Northwestern University. He published his first poetry collection in 1970 and has won numerous prizes for his many books since then, including the 2020 Jackson Poetry Prize. The judges for this prize praised him as "both scholar and jazz-like innovator" and declared that "Roberson's poems work a way into your heart and consciousness, because he is a visionary of luminous detail, of histories, of what he has felt and lived and observed." His various influences and themes include the environment, spirituality, visual art, music, and his extensive travels, including an odyssey across America and back on a motorcycle. USN is thrilled to bring Roberson to campus as our Author in Residence this year, and we invite our community to join us for a public reading of his work.

114 Jamming Made Easy with Victor Wooten

Jamming with other musicians is as simple as having a conversation. Casual improvisation combined with rhythm and harmony, lets you work on creativity and performance. Join USN parent, five-time Grammy winner and voted by Rolling Stone Magazine as one of the “Top Ten Bassists of ALL TIME” VICTOR WOOTEN to groove and grow in a live situation with other musicians. Players of all levels and all instruments are invited to join.

200 What do I want to be when THEY grow up?

You are at an inflection point. You once had a vibrant career, and stepped back either fully or in part to raise children. (You were probably even an engaged volunteer during those years!). The kids are now getting older, and you're ready to engage with the world in a new way - not as a Mom or a volunteer, and most likely not as the professional you were before having kids. You are asking yourself the question "What do I want to be when THEY grow up"? This 12-person women only class explores that question through the lens of the Enneagram and the Ikigai with USN parent, Executive Coach and Vanderbilt Professor LEONORA ZILKHA WILLIAMSON and Executive Coach and Speaker NICOLE PROVONCHEE.

201 You're a Better Negotiator than you Think

When I tell people I teach negotiation, the most common reaction is "oh I need to take your class - I'm so bad at negotiation!". In this 2-hour class, USN parent, executive coach and Vanderbilt Negotiation professor LEONORA ZILKHA WILLIAMSON will provide basic negotiation skills and allow you to practice those skills in a simulation and debrief. Ideally, you'll leave the class confident that you are a better negotiator than you think!

202 Presentation Skills for Leaders

Whether you're making a speech, delivering a business presentation, or leading a virtual meeting, you want to speak with confidence. This interactive workshop presented by MIMI BLISS, owner of Bliss Communications, executive speaking coach, USN parent and board member, will show you how to engage your audience, sharpen your message, and use voice, gestures and eye contact effectively.

300 How to Make a Daily Diet of Micro-Moments of Shared Positivity

Prominent psychologist Barbara Fredrickson (UNC) suggests that while all positive emotions are like nutrients for growth, “shared co-experienced moments of positivity” have a special power: they nourish our body, our health, and well-being to an even greater degree than positive emotions experienced alone. Join JOSIE ROBINS, former Assistant Head of USN Lower School, as she teaches you the theory behind why “shared micro-moments” are crucial to our well-being and leave with ideas of how to integrate them into daily life.

301 Handpan Yoga Flow

Join USN CFO, TERESA STANDARD and BOBBY FRANK ’85 for an improvisational, musical yoga class. Teresa and Bobby have been creating yoga + handpan experiences for more than a year. The classes are fun and light-hearted with a healthy dose of irreverence. You will be immersed in a mystical soundtrack of soothing and inspiring handpan music performed live to keep you motivated and flowing.

302 Traveling Internationally with Your Children

Interested in taking your kids abroad but unsure where to start? Join world travelers and USN parents SHANNA SINGH HUGHEY and DEREK HUGHEY to hear all their best travel-planning tips.

You’ll learn how to put together the adventure of your family’s dreams, from choosing a location to controlling costs to seeking out unforgettable experiences. And the Hugheys will try to convince you that you should never look for the words “kid-friendly” when choosing your next destination.

303 Nutrition for Families

Navigating the world of feeding your school-aged children can be confusing and murky. We all want to raise kids that will be healthy adults, but how do we do this while also fostering a good relationship with food and a positive body image? This class will explore current recommendations and research around raising a healthy and competent eater. Join registered dietitians, USN alumna and parent MOLLIE PERRY '03 and JENNIFER FLEISHER for an discussion about not just what to feed school-aged kids, but how to do so in a low stress way.

304 Nervous System Rebalancing 101: Tools to Help Rebalance your Mind, Body, Emotions and Life

Do you feel like you are tired all the time? Constantly running on life's hamster wheel? Do you feel tension in your mind and body and not sure what to do about it? Do you want to have a different relationship with your emotions, but not sure how?

In this day and time our nervous systems are flooded with threats and we remain in a state of sympathetic dominance or "fight or flight". The body is stuck in survival and you feel tried and overwhelmed with minimal resiliency to handle life, let alone enjoy it. We then repeat the dysregulation that has been repeatedly practiced and then feel more shame and overwhelmed. Join USN parent, EMILY SPRING to discover concepts to help you better understand the nervous system and practical tools to help re-balance your mind, body, emotions. It is time to pivot out of survival and into peace.

Please bring a yoga mat, pillow to sit on, journal/pen and wear comfortable clothes.

305 The Art and Ritual of Tea

Join Tea Huntress founder and Nashville tea expert, SARAH SCARBOROUGH, for The Ritual of Tea class and learn how to integrate tea into your life for health and harmony of body, mind, and spirit. Beyond being a healthy and delicious beverage, tea's true essence is that of connection and healing. The Art and Ritual of Tea shares how to work with tea as a meditation, a practice and a way to cultivate moments of stillness and beauty.

Join us to experience rare, high vibration teas from ancient tea trees, old groves and wild varieties. You will learn how to start your own tea practice, how to pour tea to create moments of stillness and beauty for yourself and others and a deeper connection to Nature and Self.

In a world that seems to speed up by the minute, there is magic to be found in stillness. This is where we come home to ourselves and ultimately find peace, wisdom, truth and joy.

Sarah’s journey with tea began with extracting essences from wildflowers and foraging healing plants as a child with her Finnish grandmother and continued with her studies and work in sustainable agriculture. Since then, Sarah has pursued her calling in tea first as a tea buyer, taster and formulator for businesses and brands across the globe. Most recently, with the Tea Huntress studio located in 12South, she shares a pathway into the magic of life through the art and ritual of tea for newcomers and tea enthusiasts alike.

In this class, you will explore the energy and science behind ritual as well as learn about types of tea, how to source teas, steeping methods, and teaware. Sarah will also guide you in starting a daily tea practice. The Ritual of Tea Guide is included with your enrollment.

306 Everything You Ever Wanted to Know About Pain But Were Afraid To Ask

Pain is common. Nearly 1/3 of the population suffers from chronic pain and nearly everyone has experienced pain due to injuries or surgeries. But what is pain? USN parent and Professor of Anesthesiology DR. STEPHEN BRUEHL will address the complexity of pain and its biology, will overview the body's natural pain inhibition systems, and will describe common approaches to managing pain.

307 Skin Care 101 - Non surgical treatments and products

As Dolly Parton famously stated in Steel Magnolias, “time marches on and sooner or later you realize it is marching across your face.”

If fine lines and wrinkles are bothering you, or if you're tired of looking at sun damage from years ago and the unwanted hair that is suddenly appearing on your face, then this is the perfect class for you. There are a number of skin care products and non-surgical procedures that can help address these issues, many of which can be performed during lunch hour!

Join medical esthetician Lesley Trinley for an informative class with plenty of time for questions and answers on these very topics. She is a well qualified professional with over 25 years of experience helping clients address these problem areas - and she can help you too!

Class discussion will include information regarding Skin care, Sunscreen, Antioxidants, Retinoids, Acids, Growth factors as well as treatments options, including Medical facials, Chemical peels, Laser treatments, Dermabrasion, Soft tissue tightening and Microneedling.

308 Story Exchange with Narrative 4

The Narrative 4 Story Exchange is a simple yet often deeply meaningful process of sharing personal stories. You will be given some prompts in advance from which to choose to share a true, personal story from your life. Paired with another participant, you will listen closely to each others' story, then tell your partner's story in first person in a small circle, as best as you can recall. This empathy and community-building process is used in schools, universities, and community organizations across the globe to bring people together and celebrate the power of our stories. This is not a performative class, is open to all adults, and there is no need to craft a story in advance ~ just reflect on one you'd like to share aloud. narrative4.com

309 MELT Method Hand and Foot Intro Workshop

Join USN alumni parent LUCI CROW as she teaches you how to erase pain and tension in your hands, neck, feet, and low back brought on by everyday stress, overuse, inflammation, and aging. These simple self-treatment techniques can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and inflammation throughout your body.

Come to the MELT Hand & Foot Treatment Intro Class and discover how the connective tissue in your body gets dehydrated, the common aches and pains it can cause, and how to rehydrate this essential system in our bodies for vibrant health and pain-free movement.

Participants will take home a MELT ball kit.

310 Introduction to Tai Chi for Health and Relaxation

Join USN alumnus PETER HODES '85 of Tai Chi River and learn Tai Chi for health, relaxation and mindfulness.

Peter began practicing Tai Chi Chuan in 1990 on a beach of Thailand, sold his software company in 2017 and began teaching full time.

Tai Chi is an easy-to-learn routine that improves health, balance, and relaxation. It is low impact, easy to learn, and can be done by everyone including seniors, people with illnesses and injuries, and even small children.

This course is appropriate for beginners and for people with past Tai Chi experience. Students will learn about body alignment, gravity, motion, deep breathing, and strategies for relaxing and reducing anxiety.

311 Gut Healing - The 5 R Approach

Join USN parent EMILY SPRING to learn about gut health and how it is essential to every system in the body and if the barrier is "leaky" or permeable then this can affect overall "dis-ease".

In this class you will learn -

- What is intestinal permeability
- The 5 R approach for gut healing
- Lifestyle and supplemental approaches for supporting your gut health and beyond

This class is a great way to learn how to support your overall health and be empowered to support your wellbeing.

312 What is a Capsule Wardrobe? And, how do you build one?

What is a capsule wardrobe? How many pieces of clothing do you need to build a capsule wardrobe? Why do people like the capsule wardrobe concept? There is a reason this concept has stood the test of time. A streamlined wardrobe -- and closet -- takes the stress out of getting dressed each day. There is something truly wonderful about walking into your closet, peacefully choosing your clothing items without trying on a dozen things and continuing on with your day. Getting dressed in ten minutes or less? Yes, please!

Personal Stylists KATIE RUSHTON and KATEY PRESTON, with Nashville-based personal styling firm Effortless Style, will walk you through the capsule wardrobe concept, share examples of key pieces to take you through every season and answer all of your questions on this very topic! They will also dive a bit deeper into everyday wardrobes and share some tips and tricks for maximizing your closet, as well as chat about transitioning your wardrobe into a new season.

313 For the Guys: Getting Dressed in a Post-Covid Business Casual World

Over the last several years, business casual has trended more towards the casual side of things. Enter Covid and wearing loungewear non-stop for the better part of a year, and the world's dress code got all out of sorts. When it came time to go back to the office and to start traveling again for work, our guys weren't quite sure how to dress for the new normal.

Rarely was anyone wearing suits anymore. Do jeans now fit in the business casual category? And if so, what style of jeans? Is a nice button down and slacks work appropriate or is that now too dressy? Can I wear a sport coat with jeans? There are so many business casual wardrobe questions that we've walked through with our guys over the last couple of years. Effortless Style Founder and Personal Stylist KATIE RUSHTON is here to answer all of your post-covid wardrobe questions. Plus, she will share about all things Capsule Wardrobe and some ideas on what to wear for business travel days that allow you to hit the ground running when you get to your destination.

314 Stress Relief for Nonconformists

Join USN Parent SARAH HAYS COOMER to learn a targeted approach to support your health and ease chronic stress without adhering to restrictive, one-size-fits-all wellness plans.

If you are tired of trying to "control" yourself—and would prefer to learn how to build flexible, self-directed, healing reinforcements that you can adapt, change, and build on over time—join us for this 90-minute session.

You will learn:

- What is "Microdosing Wellness"?
- The "anatomy" of a habit
- Why change is so hard and how to do it differently
- 1 choice to help you get invested in the changes you want
- 1 tool to make healthy decisions easier in your most challenging moments
- 5 research-based practices to help your new reinforcements stick
- How to adapt and build on these practices as circumstances change over time.

Sarah's most recent book, THE HABIT TRIP, guides you through a fill-in-the-blank, Shel Silverstein-inspired wonderland to learn and incorporate the science of behavior change. The book will be available in class or can be pre-ordered at the USN bookstore or anywhere you get your books. It is not required, but some of the included exercises will be referenced in class.

400 Low-Waste Plant-Based Cooking

Join Dry Guys Pantry Supply owner, PATRICK OVERTON as he debunks and demystifies plant-based cooking with zero-waste kitchen tips, tricks and hacks. Seasonal, local, plant-based, and package free cooking--the way food should be. Look forward to cooking a winter inspired sweet potato and chickpea stew with vegan sour cream, cranberry cornbread biscuits, and a cinnamon brown sugar vanilla bread pudding for dessert - a great zero-waste way to get rid of some old bread and pastries.

401 Vegetarian Indian Cooking

Join former USN parent & current USN grandparent, ASHA RAO and her fabulous sous chef, Josh Porte for a night of Indian cooking. Learn about basic Indian spices and how to combine them to make healthy home cooked meals out of lentils, beans, and vegetables. At the end of the evening you will enjoy a sit down dinner consisting of appetizers, a main course, and dessert. Take home your own supply of spices to start cooking right away.

402 Soup 101

Join chef DAVID ANDREWS of D'Andrews Bakery and Cafe as he presents his most requested soups from his downtown cafe. Soup has proved to be one of the most popular menu items on the menu. Soups may include roasted tomato, butternut squash, broccoli cheddar, mushroom, and chili. Perfect for these chilly February evenings!

403 Macarons 101

Curious how those delicate French macarons are made?
Chef and critically acclaimed baker, DAVID ANDREWS will be sharing his macaron recipe, and more importantly, the technique that is critical to making this classic treat. David will demonstrate proper piping skills and discuss the baking process as you decorate your own personal macarons. This incredibly fun and interactive class will inspire you to try your new found skills at home. The best part? You leave this wonderful evening with some of David's beautiful creations.

404 Indian Appetizers and Chai

SURINDER JOHL shares her expertise with you to make two of the most popular Indian appetizers, Samosas and Pakoras. With a melange of spices, ingredients and flavours these street foods will tempt your taste buds like no other food in the world. We'll pair them with Cilantro Chutney and Chai tea for a true South Asian experience.

405 Cooking Modern Middle Eastern Food with Lyra

Learn how to cook fun and healthy Middle Eastern Food the way we do at Lyra with chef and owner HRANT ARAKELIAN '97. We will learn how spices can be used to boost flavor in foods with out having to add lots of fats and salt. We will also learn modern techniques to cook perfectly cooked meats with ease. We will also learn how to make the most perfect and puffy pita bread in your home oven, and of course we will talk all about hummus and why you should never buy that stuff in a tub.

406 etc Favorites with Deb Paquette

Join chef and owner DEB PAQUETTE for an evening of cooking, starting off with feta topped with roasted tomatoes, peppers, olives, preserved lemon with avocado hilbeh.....onto a sesame cured salmon with yuzu.....then a horseradish Caesar with dijon tempura crunchies.....a French vegetarian entree with beet béarnaise and a side of confit chicken! Dessert is always a surprise!

408 Seafood Tower with Henrietta Red

Join JULIA SULLIVAN '01 USN alumna and owner of Henrietta Red for a festive evening, prepping and enjoying some favorite fruits de mer! We will discuss sourcing seafood in a landlocked state, then prep a selection of fish and shellfish appetizers, covering skills like shucking an oyster, cleaning and cooking crustaceans, preparing a fish cure, and mixing up simple sauces and dips.

409 Growing and Cooking Mushrooms at Home with LYRA and HENOSIS

For this class we will go over the fundamentals of cooking and growing mushrooms at home to help you put mushrooms at the center of the plate.

The menu will include, Shawarma spiced Mushroom Socca, which is a chickpea flour based cake, a bit more Italian but super easy to make and will really showcase Mushrooms as a meat substitute and its totally gluten free and vegan. We will also make a spicy Zhoug Sauce to go along with it.

The Shawarma spice will be an item guests can take home with them so they can recreate the dish if they choose to.

HRANT ARAKELIAN '97 Chef Owner at Nashville's favorite modern middle eastern restaurant, LYRA, will be leading the cooking components on how to preserve and cook a wide variety of specialty mushrooms.
DAVID WELLS with over 13 years experience as a mushroom farmer at HENOSIS will be teaching the class on how to grow mushrooms at home using low-tech methods for indoor and outdoor cultivation.

410 Making Sourdough Bread at Home

There is nothing quite like the aroma of freshly baked bread! This class taught by USN parent of alumni MARGEE BRENNAN, will teach you how to keep a sourdough starter and use it to bake artisan sourdough bread in your own kitchen. While a bit more time consuming than other homemade breads, sourdough has a desirable airy interior texture with a rustic exterior crust creating a distinctly delicious flavor. An added benefit to sourdough bread is that it contains less gluten and more prebiotics, which can help improve digestion.

411 Breakfast in the Levant Region

Join USN parent Dana Al-Sarraj for breakfast! In this session you will learn to make:
1- Manakish cheese & zaatar (a breakfast flatbread made with Middle Eastern oregano and cheeses)
2- Fattet Hummous (a traditional breakfast food made from bread, chickpeas and a yoghurt sauce).
The first 45-60 minutes you will participate in preparing these items. The second part of the session a sit-down breakfast spread which includes 2 prepared styles of Middle Eastern tea.

412 Beginning Cookie Decorating

Are you interested in cookie decorating and don't know where to start? Join USN parent, MARNI WARD for an introduction to the basics of royal icing consistency, flooding, piping and basic decorating techniques. This will be a hands-on class where you will work on a set of Valentine's cookies together and have time to be creative. You will leave class with a box of cookie creations as well as recipes and tips to get you started at home.

413 Pasta Making 101

Pasta is the one food we might all agree that we'd rather not live without! Whether you are serving a quick weeknight meal for your family or hosting a leisurely weekend dinner for your friends, chef and owner of The Salted Table, CHARLES HUNTER III will teach you all you need to know to create a delicious Italian feast. Learn to make three types of pasta: fettuccine, gnocchi, and herb tagliatelle topped with a pesto, white wine or red sauce. We'll also grill beef and chicken and make an arugula, citrus salad with a sherry vinaigrette. Charles will talk about the difference between noodles and pasta, flour types, and how to store it.

Please note that while this is not a gluten-free friendly class, it can work for vegetarians but not vegans (beyond meat can be subbed for meat).

413 Sous-vide for Beginners

Join USN parent STEVEN DICKERSON to learn the basics of Sous-vide, a process of cooking food in a water bath to reliably achieve the desired level of "done-ness." Attendees of this class will be given an overview of the sous-vide process and get hands on experience with some of the basics. With the information learned during the class, attendees will have a working knowledge of how to prepare some basic dishes and be ready delve into this fascinating cooking style. At the end of the evening, we will enjoy steaks cooked using the sous-vide process and some select side items.

414 Kitchen Basics- Knife Skills, Chicken Butchering, Stocks, Dinner!

Join Chef JASON LALACONA in the Miel Kitchen as he teaches solid knife skills, how to break down a chicken, make stock and for dinner... chicken & dumplings.

415 Chocolate Mendiants

Make your own chocolate mendiants with Poppy & Peep chocolate! Mendiants are a traditional french confection comprised of a chocolate disk topped with dried fruit and nuts. In this class Head Chocolatier KRISTY FOGLE, will teach you how cacao is grown, how chocolate is made, and how to temper and work with chocolate. Then get in on the action and temper chocolate and create your own mendiants.

416 Southern Cooking

Humble yet expressive, Southern cooking is based in folklore. According to Executive Chef SKYLAR BUSH, "all southern cooking has roots in three simple principles: use what you have, give honor to the process, and don’t serve anything your grandmother wouldn’t like." In this class you will learn techniques that haven't changed in generations to make flaky biscuits, updated collard greens, fried chicken + gravy, and pepper vinegar. This is a meal worth sharing.

417 Cajun Cooking

Bring Louisiana to your table with SKYLAR BUSH's Cajun Cooking Class. Learn about Cajun and Creole roots and techniques. Dishes will include etouffee, dirty rice, stewed okra + tomatoes, and shrimp cakes. After this class you will feel like you grew up in the bayou.

420 Hattie B's Hot Chicken and Bubbles

Join Hattie B's Hot Chicken Executive Chef BRIAN MORRIS and Co-Founder NICK BISHOP, JR. for a fun-filled evening celebrating our city's signature dish while sipping Prosecco and listening to a specially-curated playlist. The evening begins with cocktails and small bites before transitioning into an engaging cooking class. Pick-up new culinary techniques and cooking takeaways while learning how Southern-fried chicken becomes Nashville HOT! Turn-up the heat pre-Valentine's Day with Hattie B's classics and more (Psst... shaved truffles and caviar are part of the lineup!).

Hattie B's Hot Chicken is a family business, founded in Nashville, Tenn., in 2012, by father-and-son team Nick Bishop, Sr. and Nick Bishop, Jr. With an emphasis on quality, flavor and Southern hospitality, Hattie B’s is renowned nationally for its hot chicken — bone-in, tenders and a sandwich — served with varying levels of heat from Southern (no heat), mild, medium, hot, damn hot to the daredevil’s dream, Shut the Cluck Up.

421 Pizza Making with HomeTeam Pizza

Ever think to yourself, “Pizza would be the most perfect food in the world, if only I could take this glittering gem of the Italian culinary arts, learn the intricate secrets behind its ingredients and formulation, and then impart my creative expression upon this glorious canvas of pizza crust?” Well, here is your chance! In this class you will learn how to make pizza dough from KEVIN JACKSON (master pizza-creator and owner of Hometeam Pizza in Sylvan Park) with a demonstration and instruction in dough ball shaping, tossing out, saucing, and customizing with toppings of your choice!

423 Comfort Food 101

Join chef and owner of The Salted Table, CHARLES HUNTER III to explore what makes a dish "comfort food." We'll make several dishes from my childhood and dishes that I currently make that I consider to be the perfect comfort foods for that rainy day, when you're feeling nostalgic or a little down in the dumps. Let me show you how a comfort food dish is just a pantry grab away.

Tentative Things we'll make;
[] Cream Biscuits
[] Roasted Chicken with Vegetable Gravy
[] Herb Beans & Garlic Toast
[] Iced London Fog w/ One-Bowl Cookies

424 Spring Inspired Baking

Join MARGEE BRENNAN and SURINDER JOHL for a spring themed baking class. Combining demonstration and hands-on baking, we'll learn how to make a flaky, tender pie crust. We'll then use it to create both sweet and savory recipes. We'll get a chance to experiment with a double crust blueberry pie, strawberry pop tarts, and a delicious quiche. Bring your appetite and an apron. You will be getting your hands in the dough. All experience-levels welcome.

425 Mardi Gras King Cake

Honest ingredients and old world process guides SAM TUCKER of Village Bakery + Provisions in everything he bakes. In his class he will show you how to make your own festive Mardi Gras King Cake while also learning the meaning and history behind this Carnival staple.

426 French Dinner Party with The Mockingbird

Join The Mockingbird chef and owner BRIAN RIGGENBACH on a quick trip to France via this course with a stunning crudite and dip appetizer, coq au vin blanc, and a winter vanilla pudding with roast apples.

427 Croissants 101

Join DAVID ANDREWS in the kitchen of his eponymous bakery- D'Andrews Bakery & Cafe, as he teaches you his technique for making the classic French croissant. We will also make chocolate croissants and the savory ricotta and prosciutto croissant twist.

428 Red Meat and Brown Water with Matt Bolus of The 404 Kitchen

Calling all carnivores and whiskey lovers! Join renowned chef MATT BOLUS from The 404 Kitchen to learn the insider tricks to cooking meat perfectly every time by using brown water (whiskey). Inspiration taken from time-honored Southern American cooking, as well as modern European culinary techniques. Sipping while cooking encouraged!

430 Carnitas, Chilies and Tequila

Join USN parent, HOWARD GREENSTONE founder of Red Pebbles Hospitality, to learn about different types of chilies used in Mexican cuisine. Next, we'll make 2 kinds of fresh salsas and the best guacamole ever! Finally feast on carnitas while learning about (and of course sipping on) different classifications of tequilas.

433 Steak Night x Butcher & Bee + Proper Sake

Join Butcher & Bee Executive Chef CHRIS DEJESUS and special guest Proper Sake's owner and master brewer BRYON STITHEM for their innovative take on Steak Night. This class will showcase how Chef Chris is executing on Butcher & Bee's philosophy of carefully sourcing local and sustainable ingredients to create an ever-changing, inventive menu. Chef Chris will demonstrate how he incorporates koji and other by-products from Proper Sake's brewing process to add his twist on a traditional steak dinner. In this cooking class, you will be up close and personal to the action in the kitchen and will enjoy firsthand the bold flavors that have made Butcher & Bee such a standout in Nashville's restaurant scene.
Menu includes:
- Koji "Aged" New York Strip
- Robuchon Potatoes
- Broccolini Glazed in Miso Butter
- Green Goddess Salad with Crunchy Veggies
- Parker House Rolls with Umami Butter

To make the evening complete, Byron will demonstrate how well sake and other koji based beverages pair with the different flavor profiles of each menu course. Space is limited so don't miss out on what is sure to be a night to remember!

434 Mediterranean Dips and Mezze by Butcher & Bee

Join Executive Chef CHRIS DEJESUS for an unforgettable evening learning to prepare and enjoy some of Butcher & Bee's most popular Mediterranean dips and mezze. In this cooking class, Chef Chris' focus on local sustainable ingredients and his distinct Mediterranean point of view will be showcased with a menu that will dazzle your taste buds including:

Dips:
- Whipped Feta
- Spring Pea Hummus
- Muhammara Dip
- Toasted Pita and Veggie Crudite

Mezze:
- Strawberries, Coriander Burnt Honey, Labna
- Crispy Mushrooms, Onion Soubise, Brown Butter Solids
- Collard Green Dolma with Lamb, Rice and Peas
- Smashed Cucumber Salad, Mint, Zaatar, Benne Seeds and good Olive Oil
- Avocado Crispy Rice Salad

435 French Classics 101 - The Art of Making the Perfect Quiche by Cocorico Cuisine + a French Wine Tasting by Miel

Be transported to France by Cocorico Cuisine founder ELODIE HABERT as she guides you through the process of making the perfectly authentic French quiche based on recipes she brought from her country. You will learn how to make this French classic from start to finish with fresh and local ingredients. Each student will take home their customized creation as well as all the tips and tricks you need to make this savory tart on repeat in your own kitchen. In addition to learning the art of making the perfect quiche, you will also enjoy a sampling of Cocorico's authentic French cuisine baked daily, with amour, and from scratch including: signature Parisian and GOAT sandwich bites, goat cheese puffs, French baguette w/ local flavored butter, mousse au chocolat and salted butter caramel.

This class will also include a French wine sampling by our local wine expert SEEMA PRASAD, owner of the farm-to table restaurant Miel. In France, wine is enjoyed with food and Americans often comment about the tartness or earthiness French wines. They are designed this way so that they can be part of a greater flavor experience and quiche is such a perfect food to show off a variety of wine (each attendee will taste a selection of 3 wines).

500 The Wines of Rioja, Spain

Come explore the wonderful wines of Rioja, Spain with an interactive tasting and tour through this historical wine region. PHILLIP PATTI, DipWSET was there recently to become a Rioja Wine Ambassador, and he will guide you through an array of wines that show off the diversity of this region.

501 French Wine 101

Taste to learn- enjoy some of the most iconic French wines paired with hors d'oeuvres. Join Miel Restaurant owner, SEEMA PRASAD as she teaches about the major wine producing regions and hopefully helps you discover some new favorites of French wines.

Champagne, Loire Valley, Burgundy, Rhone & Bordeaux.... they have remained high sought after and collectible for good reason!

502 Brew-U

Learn about brewing in a commercial setting alongside people who are committed to making the Nashville craft beer industry grow. Join President and Head of Operations STEVE WRIGHT as he guides the class on a grain to glass tour that includes a behind the scenes tour of Jackalope, with an insider's perspective on the science, creativity, logistics, and hard work it takes to get a beer into your glass. This class will include an in depth tasting of Jackalope's legendary brews and is for folks at all points in their beer journey.

503 Meet the Brewers - The Stories Behind Nashville's Craft Beer Boom

Join a panel of some of the city's most prestigious craft beer brewers and sample their wares while listening to their origin stories. Topics to be addressed between sips include: Where does Nashville rank as a regional and national craft beer scene? Is there a "Nashville style" of beer? What makes your brewery special? What inspires your choices as a brewer when creating new recipes? Is food important to enjoying a good craft beer? Have we reached a critical mass of breweries or is there still room for growth?

Participating brewers include host Christian Spears of Tennessee Brew Works, Joel Strickrod of Barrique Brewing & Blending, Ryan McKay from Living Waters Brewing, Kevin Antoon from Southern Grist, Anthony Davis of East Nashville Beer Works, Adler Lentz of Smith & Lentz Brewing, and Steve Wright of Jackalope Brewing Company.

Each brewery will bring a sample of a beer they are particularly proud of and snacks will be provided to accompany the tastings.

504 Wine Tasting with Bethel Heights Vineyard

It doesn't matter if you see the glass as half empty or half full. Either way, there is clearly room for more wine. Connoisseurs and beginners are all invited to join winemaker BEN CASTEEL of Bethel Heights Vineyard in Oregon for an evening of wine tasting. Experience three wines, a Chardonnay and two varieties of Pinot Noir, through their qualities of texture, flavor, color and finish. BEN will guide you to take note of the process and complexities of each. All you need to bring is your patience to savor what your senses communicate. Delicious appetizers provided while you sip.

505 Rice Vice + Rini Konbini - a Perfect Pairing for Japanese Food and Drink Lovers

Come join us at Rice Vice, the new tasting room of Proper Sake - Nashville's one and only sake brewery. In this class hosted by owner and master brewer Byron Stithem, you will learn about and enjoy a sampling of Proper Sake's award winning sakes as well as a curated offering of imported sakes. Byron will also share about Nashville's connection to Kanazawa, one of Japan's most historic and well-preserved cities. And if that wasn't enough, fun and playful snacks will be presented by Rice Vice's regularly featured restaurant pop up Rini Konbini - the latest venture by Two Ten Jack chefs Trey Burnette and Jessica Benefield. Created out of a shameless obsession for Japanese convenience store food, Rini Konbini will introduce you to the world of Konbini Mart staples such as onigiri, sandos, mochi and more. This unique class is an educational culinary experience that will take your sake knowledge and love of Japanese food to the next level!

506 Cigars and Cocktails

Light up and stand back, because both of these class instructors -- and USN alumni -- know their way around a stogie. CHRIS CHAMBERLAIN '85 writes about food and drink for the Nashville Scene, Nashville Lifestyles, and FoodRepublic.com, as well as being the author of The Southern Foodie: 100 Places to Eat before You Die and The Recipes That Made Them Famous. Co-instructor and USN parent TIM OZGENER '88 is the former owner of CAO Cigars and current CEO of OZ Arts Nashville, Creator of the new brand, OZ Family Cigars and a non-profit Contemporary Arts Center in West Nashville. Enroll in this class and learn classic and creative cigar and cocktail pairings under the roof of a former cigar warehouse that is now one of Nashville's most exciting new Arts Centers.

507 World of Whiskey

Join USN parent, BOBBY WEGUSEN as he guides you through a tasting around the world with whiskies from the US, Scotland, Ireland, Japan, and Taiwan, and experience the rich variety each offers. Whether you are a whiskey connoisseur, interested in learning more about different types of whiskey, or simply want to try something new, this tasting is sure to be enjoyable.
Bobby is a spirits industry veteran having worked over 15 years between a distributor, a distillery, and currently at Hotaling & Co., which is a leading distiller and importer of artisanal spirits.

601 The Art of Floral Arranging

Join CORRINE SCHAFFER, for an interactive floral workshop where you'll learn the art of floral arranging. We will provide all of the fresh cut flowers, vase and supplies, as well as instruction to make a beautiful seasonal arrangement to adorn your dining room table or buffet. Students will leave with a stunning arrangement (designed by you!), new knowledge about floral handling and design techniques, and some great photos to showcase your newfound talent! Wine and light snacks will be served at the workshop.

602 Introduction to Bonsai

Join OWEN REICH as he teaches bonsai design, creation and maintenance of dwarf boxwoods. Owen brings his experience, education and aesthetic from designing bonsai in Japan to American species of trees and shrubs. Understanding the “why” of bonsai techniques will aid in sustainable bonsai practices. Join us for a “laid back and practical” class, and learn why the most important thing about bonsai is that this stuff should be not only beautiful, but also fun!

603 Interviewing and Selecting The RIGHT Contractor For Your Next Remodeling Project
Finding and interviewing contractors is time-consuming and not always easy. Hiring the wrong general contractor or remodeler for your construction project could lead to delays, additional stress, and cost thousands of dollars extra.

In this session, designer LYNN TAYLOR will provide information on how to differentiate the right contractor from the best contractor – for your specific home project. It means learning how and what questions to ask, looking out for hidden agendas, reviewing change orders, and communicating your expectations to the contractor. If you have an upcoming project, take this class to save time and gain peace of mind!

Lynn Taylor of Taylor Made Plans warns that the BEST contractor may not be the RIGHT contractor for your needs. She will guide you on asking the RIGHT questions and identifying the correct type of person or company for your home and property before you start.

604 Interviewing and Hiring Residential Architects, Residential Designers and Interior Designers for Your Next Home Renovation

Are you planning an addition or renovation to your home? Hiring an inexperienced designer or the wrong type of person can be stressful and cause weeks of delays during construction.

Conceptual Design or incomplete drawings could cost thousands of dollars in change order fees over the base bid. Also, poor drawings could lead to more maintenance costs within five years.In the construction business reputation is everything, and the best contractors will always choose to work with designers and architects whose work does not create unnecessary problems.

Join LYNN TAYLOR as she discusses the following and answer all your questions.
• How to identify the best designer for your type of project.
• What type of designer would be the best for your type of project?
• Determine whether or not you need construction drawings.
• Highlight the difference between Conceptual Design Drawings vs. Construction Drawings.
• How complete construction drawings protect you during the construction phase.
• Define the difference between Residential Architects, Residential Designers, Interior Designers, and drafters.

Lynn Taylor of Taylor Made Plans warns that the BEST designer may not be the RIGHT designer for your needs. She will guide you on asking the RIGHT questions and identifying the correct type of person or company for your home and property before you start. In addition, an Interior Designer and General Contractor will be at the session to provide even more insight.

605 Q and A session about the Design and Construction of Garages, DADUs, & Tiny Houses

Considering adding a garage apartment or tiny house for your backyard? Do you know if your zoning allows an apartment or 2nd dwelling unit on your property? If not, what are your choices?

Join LYNN TAYLOR as she guides you through a discussion of the following and ensure your questions are answered.
• Identify when to seek a land survey.
• Define the pros and cons between short and long-term rentals.
• How zoning or a Historic Overlay impacts the size.
• Construction cost for these types of buildings.
• How to determine extra construction costs on your property.
• Define the difference between Conceptual Design Drawings vs. Construction Drawings

DADU stands for Detached Accessory Dwelling Unit.

606 Home Lawn Renovation Reclamation

USN River Campus Director and master storyteller, BRET MASH, will teach students in this class how to incorporate the best possible turf grasses for Tennessee lawns. Topics include weed identification and removal, spring and fall over seeding, and irrigation set-up. In short, this class will tell you everything you ever needed to know about cultivation in a way that will wind up giving you the nicest lawn in the neighborhood. Learn all about lawn renovation and reclamation to beautify your yard!

607 Spring Salad Gardening 101

Celebrate the start of spring with Garden Coach and owner of The Good Enough Garden, ABI TAPIA by growing your own salad greens and herbs. In this class you'll learn about how to plant, tend, and harvest lettuce, arugula, spinach, cilantro, parsley, radishes, and more--some of the earliest and easiest veggies to grow at home. Students will assemble a small salad planter in class to take with them and continue growing through the spring, providing a salad harvest in just a few weeks.

700 Balloon Garland 101

This balloon construction workshop is for the DIY-individual looking to up their party planning game. Join USN parent, GRACE ANN LUKACH, '03 as she teaches the balloon garland basics. From material selection, balloon inflation, and garland construction, you will have everything you need to impress your guests. Each participant will get to create and take home their own 4' section of balloon garland. Class materials fee includes an electric balloon pump and enough balloons for a 4' garland.

701 Landscape Painting in Oil

Come and join artist and USN parent, SARAH KAUFMAN as she teaches you how to use oil paint to create a beautiful and compelling landscape! This class is for beginners or experienced painters alike. She will teach the basics of how to use oil paint, how to build a strong composition, and how to make your painting sing with color, value and brushwork. You can create a painting from your own reference picture or paint along with Sarah's demo painting as she takes you through all the steps of creating a landscape painting in oil.

702 Block Printing Basics: Letterpress Printmaking

Join USN teacher, CHRIS CHENEY for an introduction to the art of letterpress printmaking. Students will work to create and print one of a kind designs in a fun studio setting, while building our knowledge of the tools of printmaking. Using our collection of movable type/blocks, students will build a form that will be printed on an antique letterpress.
This class will explore the endless possibilities of block printing while learning the techniques involved in "pulling a good print" and making a print edition.
No prior experience needed, and students should expect to leave the class with their own edition of 10-20 prints.

This class is a TWO-SESSION CLASS.

703 Natural Dyes on Textiles

Natural dyes are an eco-friendly way to dye fabric using materials such as flowers, bark, and even bugs. Come ready to create your own handmade dyed textiles in a variety of colors. Join USN employee MEAGAN HALL as she shows you how to work with heated dye pots, a cold indigo bath, and learn how to fold, tie and use everyday objects as resists to make patterns. Participants will take home a set of uniquely dyed cotton handkerchiefs and a silk scarf.

704 Crack, Bam, Dot...It's Mahjong

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

THIS CLASS IS A TWO SESSION.

705 Paint by Numbers Night

Long-time Nashville art educators, KEITH and CAMILLA SPADAFINO, bring you the joy of painting through the simple pleasure of painting by numbers. Like working a puzzle with paint, this evening class is designed for pure relaxation.

You will choose your own kit, receive tips and tricks and personalized instruction, as well as take home all supplies needed to complete your art piece. No previous painting experience required.

KEITH and CAMILLA SPADAFINO (former teachers of the Nashville School of the Arts High School) are seasoned Nashville educators specializing in art and history, as well as the owners of Paint the Town by Numbers. The couple operates their paint by numbers studio located in the Inglewood Neighborhood of East Nashville. They design and produce charming paint by numbers kits featuring people, places and things that inspire them and that hopefully inspire you too!

706 Design and Create a Beautiful Glass Bead Bracelet

Join USN parent of an alumi, CHRISTINE KONRADI to learn how to make a beaded bracelet using Japanese Toho and Miyuki Bugle Beads. Participants will be introduced to the basics of beading and they will go home with the bracelet they make and a beading tray to use for projects at home. Various bead colors will be available to choose from. All materials will be provided, and all skill levels are welcome.

707 Introduction to Needlepoint

Join avid needlepointer LITA KOBSOMBUT for a class that includes everything you need to start needlepointing. This class will provide a project and instruction to create a personalized needlepoint keychain.

800 Get Footloose and Fancy-Free with Country Dancing

All join hands and learn how to do-si-do, allemande, and swing your partner, as instructor RACHEL BERGIN calls the steps to an exciting evening of dance. Country dancing aka Contra dancing is a community dance that originated in New England, with roots in French, Scottish, and English traditional dances. You will find lively dance communities all over the United States, across the world, and right here in Nashville, TN. Contra dance is an incredibly fun way to enjoy positive interactions with others and move to music! You can attend this class by yourself, with a dance partner, or with a group. No previous dance experience required.

801 Pickleball

Ever wonder why Pickleball is the fastest growing sport in America? Are you interested in giving this sport a try or improving your game? Join pickleball enthusiasts MIKE ABELOW and USN Parent PHIL CRAMER as they review the basics of the game and teach techniques sure to elevate your game. Class will be geared towards beginners and intermediate players. Pickleball is a sport where the whole family - from kids to parents to grandparents - can play and have an absolute blast. Come see what the buzz is all about. Class will take place outdoors under the lights at the Seven Hills Swim and Tennis Club. In the event of rain or inclement weather, class will be rescheduled for the next day. Please bring a pickleball paddle to class, although instructors will have a limited number of extra paddles for students to try.

900 Basic Observational Astronomy

Join Director of Dyer Observatory, DR. WILLIAM (BILLY) TEETS for an introduction to the night sky that covers telescope basics, free astronomy resources, and information about different objects one can observe. Participants will learn what type of telescope is best for beginners, how to find objects in the sky, and how the sky changes over the year. Any and all astronomy questions are welcomed, and this will also be a great opportunity for attendees to discuss all things astronomy. If weather permits, participants will also get to observe the sky with Dyer Observatory's 24" Seyfert Telescope.