



102 SHIP HAPPENS: A Documentary and Q&A with Director Jordan Bellamy

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.

104 An Evening with the Nashville Symphony

Join us for an enriching evening of classical music, featuring a tour of the beautiful Schermerhorn Symphony Center, an in-depth Classical Conversations lecture by conductor Giancarlo Guerrero, followed by a stunning performance by the Nashville Symphony and the renowned violinist Jennifer Koh.

The performance will feature the following:

- Hailed by NPR as “one of the most brilliant artists of her generation,” Jennifer Koh joins Giancarlo Guerrero for Sameul Barber's exquisite Violin Concerto.
- Tania León's Pulitzer Prize-winning Stride, reflecting her Cuban American heritage, was part of a project celebrating the 19th Amendment.
- Anchoring the program is a repertoire staple, the Enigma Variations, a musical portrait gallery of the composer's friends with an autobiographical look at himself.

105 Unidentified Flying Objects (UFOs): What's Going on? An Update

Unidentified flying objects (UFOs) have been increasingly discussed in government circles and the mainstream media since the New York Times published an article in 2017 describing a secret government UFO investigation program. While the Department of Defense now officially admits that UFOs exist, their nature and origin still largely remain a mystery.

USN parent, DR. STEPHEN BRUEHL is back to lead a discussion of UFOs, including a review of significant updates in the past year. The class will cover new UFO cases, intriguing government and UFO "whistleblower" developments, discussion of possible recovered materials, and more extensive discussion of theories about the origin of UFOs.

Discussions will be based on a critical review of the best available evidence.

This class is for people who are open-minded and curious about the nature of our world.

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.



106 Writing and Publishing Books for Kids

Have you ever thought about writing a children's book?

Children's book author and USN parent JESSICA YOUNG will provide a glimpse into the craft and business of writing for young readers. Jessica will cover concept, format, and structure of picture books and chapter books, as well as tips and tricks to finding and working with agents, editors, and publishers.

*This class will focus on traditional publishing rather than self-publishing.

107 War Through the Lens of International Criminal Law

Join international criminal law expert and USN parent, LUCIAN DERVAN for a timely and important discussion that explores the field of international criminal law and its application to wars. The course will include discussion of the four crimes of international concern, the history and creation of the international criminal court, and the jurisdiction of the court. The course will also consider the recent indictment of Vladimir Putin for war crimes.

108 The Making of Museums: History, Ethics, Controversy

Do you love museums? Want to know what is happening behind the exhibits?

Museums are experiencing a moment of great change as they struggle to meet financial demands and reconsider the role they play in creating support and a sense of identity for a community. Built to serve colonial enterprises, museums now must develop new ethical standards for acquiring, caring for, and displaying collections acquired during imperial expansion.

Join AMANDA HELLMAN for a discussion on "Making the Museum" as she considers the history of the modern museum by looking at the establishment of the Louvre in Paris, the British Museum in London and the Ethnologisches Museum in Berlin, before turning to contemporary issues such as the repatriation of contested art and artifacts from Turkey, Nigeria, and Greece. This course will help us understand more deeply the value of these institutions plays in developing empathy and critical thinking in an image-focused world.



110 Adult Improv

Need a pick me up? Remember the doldrums of Covid isolation? Don't get caught without an Ace in the hole again.

Join us for an evening of 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. Come ready to have some fun!

112 Addressing a Public Health Crisis - The Impact of Firearms on our Community

Guns are the number one cause of death for children in Tennessee. We are in an undeniable public health crisis. Voices for a Safer Tennessee (Safer TN) and University School of Nashville are presenting a free evening class around firearms and how our state laws have changed over the last ten years to create this current condition. And what pragmatic firearm safety policy is possible to change our trajectory and protect our community.

Moderated by USN Board Member, parent and orthopedic trauma surgeon DR. ALEX JAHANGIR, join a conversation with Juvenile Court Judge SHEILA CALLOWAY, Safer TN Policy Director ERIN ROGUS, and USN parent and Chief, Division of Pediatric Neurological Surgery, DR. JAY WELLONS. Tennessee has reached an important moment to address how we got here and what we can do locally to make an impact.

113 How to Bridge the Divide between Rural and Urban Voters: Building a Better Future Together

Join CHLOE MAXIM and CANYON WOODWARD, authors of *Dirt Road Revival: How to Rebuild Rural Politics and Why Our Future Depends On It*, to learn what led to the damaging urban/rural divide in our country and hear their inspiring story of bridging that divide with authentic conversations. Local panelists Freda Player (Emerge TN), Maryam Abolfazli (Rise & Act TN), and Aftyn Behn (TN State Legislature) will discuss how to apply these lessons to Tennessee and ways to engage. Immediately following the panel discussion, Chloe and Canyon will lead an optional deep canvassing training session for attendees.



114 A Free People Read Freely: A Panel Discussion

A community conversation about the growing movement to prohibit books and ideas from classrooms and the community's responsibility to meet the moment. Featuring classroom teachers, librarians, and parents. This panel will utilize a Q&A format that was designed to radically democratize community conversations.

The panel will be facilitated by AMY NYSTRAND of The Educators' Cooperative (EdCo), an independent nonprofit based here in Nashville, that serves as a mutual aid network, resource library, and collaboration hub for teachers all over Middle Tennessee who teach in public, private, and charter schools. EdCo has been using this proprietary panel format during their teacher workshops for the past 7 years and are excited to bring it to a larger audience!

200 What You Need to Know about ChatGPT, Generative AI, and How it Will Reshape the World for Our Kids

ChatGPT and other large language models are going to be more important to your kids, your business and your life than your smartphone. ChatGPT can tutor your child in math, generate a meal plan and recipes, write software applications for your business, help you improve your personal cybersecurity, and that is just in the first hour that you use it. Want to know more?

Join USN parent, DR. JULES WHITE to get a primer on these generative AI tools. He will share amazing examples of how you can tap into these generative AI tools' emergent intelligence and reasoning and how you can use them to be more productive day to day. He will also give you insight into how these tools work. The course will also discuss how the world is going to change for our kids and what we need to do to prepare them. The format will be a lecture followed by questions.

201 Monumental Mathematical Morsels to Melt the Mind

Join USN parent and Chair of the Department of Mathematics at Vanderbilt University, DAN MARGALIT for a class that will tour some of the most important - and less well known - ideas of modern mathematics. Math can be fun!

We will start with a discussion of graph theory, including the Seven Bridges of Königsberg problem, the 3 house / 3 utility problem, and the four color problem. Then we'll talk about finite projective geometry, with applications to lottery schemes, error correcting codes, and the games of Set and Spot It.

No mathematical knowledge, experience, or aptitude required - the less the better!



202 Growing Your Start Up Business: Lessons Learned

In this class, you will hear from USN alumni MICHAEL ROSEN, '82 and local entrepreneur/Attorney on lessons learned while building and growing a start-up company. The course will focus on key items to consider early in the entrepreneurial lifecycle of a business so that you can avoid the top 5 mistakes and plan for a successful exit. I will share with you themes that have worked and pitfalls to avoid in building and growing a start-up business, from legal framework, to planning how to launch the business, when to grow and scale it, when to pivot, rewarding those who help you get there and how to finance your growth. Bring your questions for a Q/A and leave with a set of resources and materials to refer to as you grow your business.

300 Wellness By Design

Why is change so difficult for perfectly capable people? Why do we repeat destructive habits, when we know a different choice would make us feel much better? What if the way we've been taught to deal with bad habits is actually cementing them even further?

Join SARAH HAYS COOMER, author, Forbes Health columnist, Mayo Clinic and National Board-certified health coach, and USN parent who will teach a specific, adaptable set of tools to build healthy, enduring stress responses.

Participants will learn:

- Why restrictive diets and fitness plans don't work
- How to prioritize healthy changes
- Essential tools to put yourself in a position of power in impulsive moments
- A concise series of steps to build new habits for your unique circumstances
- How to continue making progress as circumstances change.

Sarah's books, *Physical Disobedience* and *The Habit Trip*, will be available in class with additional information and interactive worksheets. Purchase of the books is optional.

301 Don't Worry, Get Tappy

Join Personal Certified Transformation Coach, BECKY BUCKMAN as she explains and demonstrates how to use the Emotional Freedom Technique (EFT), also known as "tapping", to break patterns of negative thinking, anxiety, depression and bad habits. You will learn how memories and the subconscious mind play a part in sabotaging our best intentions to make changes. Simple tapping techniques will be taught to be utilized as a way to help rewire and reprogram the auto-pilot which is driving behaviors and habitual ways of thinking.



302 Introduction to THE MELT Method

Join LUCI CROW for a MELT Restore Intro Workshop and discover how you can reduce post-exercise recovery time, as well as the aches and stiffness brought on by the repetitive patterns and impact of daily activity. In this workshop for all-levels, we will use a specialized MELT soft roller and small MELT Hand and Foot Balls to simulate the results of manual therapy. Learn to ease chronic neck, shoulder, and low back pain, reduce inflammation and stiffness throughout your fascial tissue, and keep your whole body feeling great at any age!

Developed by Sue Hitzmann, The MELT Method will help you:

*Accelerate Your Fitness Goals, *Improve Your Balance and Stability*, *Elevate your ability to decrease stress*, *Ward Away Chronic Pain" and Injuries by keeping your fascial tissue hydrated while releasing muscle and joint tension and inflammation thus allowing your body to move more freely!

303 Simply Sound

Sound Therapy provides the opportunity to tap into the inner wisdom that the body holds and allows internal healing. As we partner with sound, our brain is able to go into a deeper meditative state as the vibrational nature of sound actually shifts the brain waves as well as the nervous system. This process eases the participant into expanded states of consciousness and relaxation. Join us for an evening to rest, reconnect, and release under the healing vibrations of sound.

304 Introduction to Tai Chi - Movement for Health, Balance and Relaxation

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

Stressed? Anxious? Looking for something NEW in your life? Join us and learn Tai Chi for health, relaxation, and mindfulness. Guaranteed to make you feel better after just 20 minutes!!

There is a general lack of awareness and understanding about the ancient practice of Tai Chi Chuan - Supreme Ultimate Boxing. People know Tai Chi as a slow-moving exercise often seen in medical commercials performed by people looking happy and peaceful. There is a vague recognition that it is somehow "like yoga" and "good for you" and that is about it!! Tai Chi is an easy-to-learn routine that improves health, balance, and relaxation. Tai Chi is low impact and can easily be done by everyone including seniors, people with illnesses and injuries, and even small children. In fact, it is a great exercise for these types of people due to the extraordinary health benefits that result from continued efforts.

- Low impact exercise that anyone can practice
- Easy-to-learn and helps to improve memory
- Gentle movements with no sweating or straining
- No special clothing or equipment needed



305 Menopause and Perimenopause-What to Expect and How to Make It Through

Join Associate Professor of Clinical Obstetrics and Gynecology, and Outreach Director, DR. WILLIAM LEE for a discussion of what exactly perimenopause and menopause are, including what to expect when a woman is in these seasons of her life.

There is a tremendous amount of misinformation and misguidance especially on the internet as well as from clinicians themselves, not only when it comes to treatment of the symptoms most women experience as they go through this time, but also some of the long term consequences from lack of treatment. Dr. Lee, who is an Associate Professor of Obstetrics and Gynecology at Vanderbilt University Medical Center and also a Certified Menopause Practitioner, will lead this discussion in an open forum format. Come with any questions.

401 Mezze Munchies

Join USN parent, DANA AL-SARRAJ to learn how to make kibbeh, salatet alraheb (eggplant salad), fattoush and hummous that will turn your dinner table into a bounty of yummy and healthy treats. This hands-on class will have you whipping up your own dinner to be enjoyed directly after.

402 Dumpling Making with Mama Yang and Daughter

Follow MAMA YANG and Daughter, GRACE TSENGON on a journey to Taiwan through this cultural cooking class. Start the class with some delicious small bites, then pull up your sleeves and get ready to learn the way(s) to make Taiwanese traditional dumplings! Finally, enjoy the freshest dumplings to finish up the evening.

403 Beyond the Basic Indian Cooking

Join SURINDER JOHL for a class to learn the low-down on Indian spices (masalas), and the nuances of Indian cooking. Learn to cook: Lamb Popsicle's, red lentil dal, spinach paneer and basmati rice. Following the cooking demonstration, you'll sit down to a family-style meal where you'll get to savor the delicious food.

404 The Best of 20 Years with Deb Paquette

Join chef and restaurant owner DEB PAQUETTE for an evening of cooking her favorites from her past 20 years of serving delicious cuisine in Nashville. Quinoa bread and Wacky butters, sesame salmon appetizer, Wasabi Whip, fried potato salad with Gambas and Romesco, Porcini pork with Land and Sea sauce. Finish off the evening with espresso pound cake, smoked apple creama, and ice cream by Megan.



405 Proper Sake + Son - An Elevated Vietnamese Comfort Food Experience with Sake

Join Proper Sake's Owner and Master Brewer BYRON STITHEM and Chef in Residence SON PHAM (formerly of The Catbird Seat) for an evening to remember at Rice Vice (named one of the "Best Bars in America 2023" by Esquire Magazine and "16 Essential Nashville Cocktail Bars" by Eater Nashville).

The evening will begin with a Yamahai Spritz welcome cocktail and will be followed by a five course family-style dinner showcasing Chef Pham's reinvention of Vietnamese comfort food using seasonally available ingredients from local farmers and purveyors. To ensure the freshest ingredients are utilized, menu details will be announced one week prior to the class date.

Proper Sake's award winning sakes, as well as Japanese sakes exclusive to Rice Vice, will be paired with each course.

Throughout the evening, students will also enjoy learning about the world of sake brewing and the science of food from Stithem and Chef Pham. Whether you are a sake connoisseur or simply seeking a unique culinary experience, this class is the perfect introduction into the burgeoning world of American craft sakes and how deliciously perfect they are when paired with Chef Pham's creations.

406 Croissants 101

Love a good pastry with your coffee?

Join chef and critically acclaimed baker 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.

407 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.



408 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.

409 Beer and Pretzel Twisting with Von Elrod's

Meet at Von Elrod's for a lesson in pretzel rolling and twisting, plus a tasting across a variety of Von Elrod's world class beer profiles. Pretzel mustards and beer cheese included. Each participant will roll 2 pretzels and taste a variety of beers.

410 Middle Eastern Mezze and Bread Making with Lyra

Join owner and chef HRANT ARAKELIAN '97 of Lyra Nashville to learn the art of making some classic and some modern "Lyra" Inspired takes on Lebanese Mezze Dishes. Students will learn how to make easy and delicious pita bread in a home oven, as well as using spices and spice blends to easily and healthily enhance dishes.

411 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, KEVIN JACKSON (master pizza-creator and owner of Hometeam Pizza in Sylvan Park) will teach you how to make pizza dough with a demonstration and instruction in dough ball shaping, tossing out, saucing, and customizing with toppings of your choice!



413 Indian Vegetarian Cooking

Join former USN parent and current USN grandparent, ASHA RAO and her fabulous sous chef, and USN parent, Josh Porte for a night of Indian cooking. Master how to use spices in your kitchen to make the most tantalizing vegetable dishes, Indian style. Learn the basics of Indian cooking and how to set a hearty vegetarian dinner menu for your family using grains, lentils, and vegetables. Come hungry to enjoy an evening filled with good food, from appetizers to dessert to various libations.

414 Marinades and Sauces - Putting Fancy Pants on Your Food with Chef Chris DeJesus

Join Butcher and Bee Executive Chef CHRIS DEJESUS for an adventurous night learning about marinades and sauces made with unique ingredients that will take the flavor profile of your day-to-day cooking to the next level! In the class, Chef Chris will demonstrate how to “put fancy pants” on a variety of proteins and vegetables that will culminate in a family style meal complimented by a selection of homemade sauces.

415 Flatbread Party with Chef Chris DeJesus

Join Butcher and Bee Executive Chef CHRIS DEJESUS for a Flatbread Party! Chef Chris will teach you how to make flatbread from scratch and how to combine ingredients to make a delicious assortment of flatbreads that are as perfect for a weekday meal or for the next time you host a party. Get ready for a fun, hands-on class with USN Evening Classes veteran Chef Chris!

416 A Tasty Blast from the Past with Elliston Place Soda Shop

Learn about the glory days of the old soda fountains that used to grace pharmacy counters all across the country. The class will take place at the iconic 84-year-old Elliston Place Soda Shop. You'll hear about the birth of the soda industry, some of the weird chemistry that used to take place, and try such classics as egg cremes, phosphates, floats, sodas and malteds. Food writer and Soda Jerk JIM MYERS will lead you through this sweet journey, as well as feed you a classic diner burger with fries. Come hungry!



417 Not Your Usual Wine and Cheese - Learning, Tasting, and Experiencing the Art of Wine and Cheese with Lockeland Table and Southeastern Beverage Education

Join executive chef and owner, HAL HOLDEN-BACHE of Lockeland Table and Master Sommelier PHILLIP PATTI, owner of Southeastern Beverage Education, for a very special night of learning, tasting and experiencing wine and cheese like you've never done before. Chef Hal will demonstrate how to make fresh ricotta and fresh mozzarella cheeses as well as a Caesar salad dressing. He will then serve a roasted butternut squash lasagna made with the fresh cheeses over an arugula and pistachio pesto accompanied by Chef Hal's unique take on a Caesar salad. During the class, Patti will discuss how, contrary to popular belief, it is quite difficult to properly pair wines with cheeses while offering a selection of wines to taste. The evening will finish with a surprise bite or two of something sweet!

418 Southern Cooking with Skylar Bush, Executive Chef, Edible Nashville

Humble yet expressive, Southern cooking is based in folklore. According to SKYLAR BUSH, Executive Chef, Edible Magazine "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 how to make shrimp and grits, braised greens, sweet potato gratin, and true southern cornbread. This is a meal worth sharing.

419 French Cooking with Skylar Bush, Executive Chef, Edible Nashville

Join Skylar Bush, Executive Chef, Edible Nashville for a lesson in classic French cooking. In this class you will learn how to make French classics such a Coq Au Vin, Nicoise Salad, Potatoes Anna, and Chocolate Souffle.

420 Mexican Breakfast for Dinner with Roberto Santibanez

Come and learn from one of the most talented Mexican chefs in America. ROBERTO SANTIBANEZ will teach you how to create authentic Oaxacan breakfast items- everything from chilaquiles, to huevos divorciados and guacamole con fruta.

Enjoy some great tequilas while learning how to make sangrita as well as a Mezcal Mary.



422 Biscuits and Bourbon

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

423 Landlocked 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, shuck and taste a selection of oysters from all three coasts, and prepare some simple appetizers using fish and shellfish.

424 Tamales, Tortillas and So Much More with Maiz De La Vida

Join JULIO HERNANDEZ of Maiz De La Vida for a brand new class to learn how to make tamales and tortillas from scratch. This casual, highly interactive class begins with an introduction to corn and all things Nixtamal (limed kernels of corn that are ready to be ground into masa) followed by a Molino milling demonstration. Students will then work with the warm masa to make tamales - from making the dough to learning why husks or banana leaves are used, as well as learn three different ways to make hand pressed tortillas. The class will end with a Q&A over a family-style meal that will showcase the fresh tortillas as part of a taco buffet featuring all imaginable toppings (including a vegetarian option) as well as an agua fresca for refreshment. Class will end with students taking home their freshly steamed tamales to enjoy with family and friends.

500 Wines of Bourgogne

Join BILLIE JOYCE on a journey to Burgundy France, home to two of the most loved and planted varieties of grapes: Chardonnay and Pinot Noir. If you think you know these grapes...think again. The expressions found in this region are exquisite and impressive. We will travel north to south to learn about the history, geology and culture of this very complex but amazing wine region, while sampling 5 different wines.



501 Intro to the World of Alcohol Free Adult Beverages with Killjoy Club

Curious about booze-free drink options? Join STEPHANIE STYLL, owner of Killjoy, for a fun and educational event with plenty of samples! The class will provide an overview of alcohol-free wines, beers, spirits, and functional beverages. We'll learn how these products are made, what their benefits are, and how to taste them. Each student will receive 8 drink samples and a tasting sheet to make notes.

502 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.

600 Build Your Own Terrarium at AshBlue

Learn how to customize & care for your terrarium with AshBlue's plant specialist JOEY MURRARY. At our terrarium building workshop, participants will be able to relax and embrace their creative side. You will pick ferns and tropical plants to feature in your container, then decorate with rocks and moss. At the end of our workshop, you'll have a self-made terrarium to display in your office or home. No green thumb required!

601 Blooming Spring Bulb Centerpiece Workshop

Join CARTER DAWSON, owner of Botanica Nashville, for a fun evening with flowers. Using locally grown forced spring flowers still on the bulb, we will create a beautiful arrangement to carry you through the doldrums of winter. Various tulips, daffodils, hyacinth, and muscari will bring a colorful display into your home that will last several weeks. We will be creating a mini indoor tabletop garden.

This class is a great combination of floral design and gardening.



604 Spring Salad Gardening

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.

605 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.

606 Planning an Addition and Renovation to Your Home a Panel Discussion

PANEL DISCUSSION: Planning an Addition and Renovation to Your Home? Thinking about renovating or adding onto your home? Where do you begin? Bring your questions to this panel discussion of Residential Design and Construction Specialists. The class will be led by three home renovation professionals: Residential Designer LYNN TAYLOR, Taylor Made Plans, Interior Designer, STACIA MCDOWELL, and General Contractor GREG DAVIS, Spectrum Builders. They will answer all your questions and discuss the following.

- Pre-Construction Planning.
- Hiring Designers.
- Conceptual Design vs. Construction Drawings.
- Allowances, Change orders, and Construction Bids.
- Selecting A Contractor.

Time spent learning from these experts before you start the process could easily save you frustration and money later on your project.



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 alumni, 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 KOBOMBUT 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.

901 Frist Art Museum Tour: Southern Modern Then and Now

Join Frist Art Museum chief curator, MARK SCALA, for a tour of the Frist Art Museum's exhibition Southern/Modern. Examining the impact of modern art in the South between 1913 and 1955, the event will inspire a conversation about the legacy of progressivism and the consequences of modernism and modernization as they still shape our region. Attendees will consider such subjects as racial justice and environmental conservation, the growth of cities and affect of new industries on communities, and the transformative role of universities and museums.



902 Vanderbilt Arboretum Tour

Tour the Vanderbilt Arboretum with University Landscape Architect and USN parent, JAMES MOORE. Vanderbilt's campus is host to over 6,000 trees across its more than 300 acres. The tour will cover notable trees in the arboretum as well as campus history and design. The tour will last about 1.5 hours. Participants should be prepared to walk for the duration. Some stairs might be involved but the route can be adjusted if there are students with mobility needs.

903 Tour of GEODIS Park Soccer Stadium

Tour Overview:

- This tour will include a behind the scenes look at restricted back-of-house areas, including; the Home Locker Room, access to the pitch where pictures can be taken from the sidelines, an intricate look into our premium club and suite spaces, a private view of the Owner's Suite, as well as other general stadium areas like the concourse, main stage, and Team Store.
- This tour is a walking tour (approximately 0.5 miles in length). One set of stairs will be climbed from Pitch to the concourse. If a guest needs mobility assistance there are ADA accessible routes available upon request.
- Full tour time is approximately 1 hour in length.

An Evening with Marcus Samuelsson and Sadie's Nashville

Famed Chef MARCUS SAMUELSSON and Sadie's Nashville are teaming up on behalf of USN to provide a night of international foods, delicious cocktails and wine. Marcus will delight guests with a showcase menu for his upcoming Nashville Restaurant, Marcus Bar and Grill. Spend time chatting and learning from the master chef while dining on some of Samuelsson's signature items such as Marcus Ceviche, Ice Box Wedge, Seafood Piccadilly and Obama Short Ribs.

Proceeds benefit University School of Nashville's K-12 need based scholarship endowment.