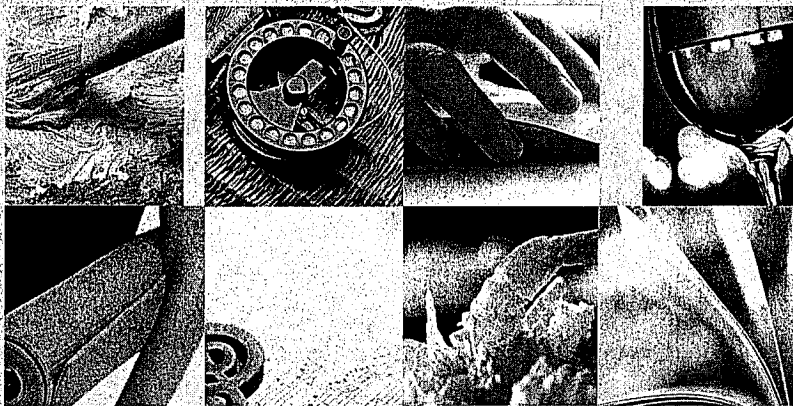


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Please Note

This Class Listing is current as of December 28, 2011. It does not include classes that were already filled at that time. Any classes included in the list may be now be filled.

For most up-to-date class listings, registration policies and useful information, please refer to our website www.usneveningclasses.org.

To register for classes, please visit www.usneveningclasses.org. You may also call the USN Evening Classes office at 615-321-8019 to register.

100: MUSIC, LITERATURE, & THE ARTS

101 STAND-UP COMEDY WRITING BASICS

Do you deliver a joke only to hear crickets chirping instead of laughter? Ditch those stale one-liners and learn the art of well-timed, witty comments. Veteran comic RIK ROBERTS teaches the core concepts behind developing material strong enough for stand-up comedy. Whether you are looking to become a funnier host, writer, instructor or actually want try your hand at stand-up, you'll enjoy this class. You'll learn techniques used by successful stand-up comedians to make things (nearly) guaranteed funny. www.listenlaughlearn.com. Age 16 and up.

Date(s): Thursday, February 2, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

102 THE BEATLES IN TRANSITION: INTRO TO "REVOLVER"

Many rock critics agree that the songs on the Beatles' masterwork LP, "Revolver", influenced or perhaps even created entire new genres of music. Lifelong, first generation Beatles' geek GREG HALLMARK will lead the class in a discussion of this dynamic recording, from the jagged guitar riffs of "Taxman," to the sunny brilliance of "Got To Get You Into My Life," to the trippy drone of "Tomorrow Never Knows" and other gems. Like many, Greg saw the Fab Four on The Ed Sullivan Show in 1964 and has been hooked ever since. Enjoy learning and talking about one of the best albums in rock history. Open to fans of all ages. www.designpathmedia.com

Date(s): Tuesday, January 31, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

103 GETTING YOUR POINT ACROSS: THE ART OF EFFECTIVE WRITING FOR BUSINESS USE

We all have something to say, but we don't always know how to say it as clearly and powerfully as we would like. ANNE WILLIAMS and USN alumnus parent BETH STEIN of Writers' Curiosity Workshops share the fundamentals of how to organize words and use images to engage and inspire your readers around a particular idea. Whether it's an important email, proposal, personal essay, blog entry, letter to the editor, or written communication to business clients, being able to express your points vividly and concisely means success. This rewarding and surprisingly fun process engages the brain's creative right side and its fact-finding left side to get results. www.writerscuriosityworkshops.com

Date(s): Thursday, February 23, 2012
Time(s): 6:30 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

104 FAIRY TALES, MONSTERS, AND THE GENETIC IMAGINATION: A TOUR AT THE FRIST CENTER

Join MARK SCALA, chief curator at the Frist Center for the Visual Arts, as he guides the class on an in-depth tour of the contemporary art exhibition, *Fairy Tales, Monsters, and the Genetic Imagination*. The artwork shows bodily hybrids inspired by such disparate sources as fairy tales, Frankenstein, Surrealism, and science fiction. In relating ancient anthropomorphic beings to modern day genetic combinations, the exhibition considers new ways of representing the body that are at home in a post-rationalist society. The exhibition is on view at the Frist Center Feb. 24-May 28, 2012. There will time at the end of the class to view other exhibits. Age 16 and up. www.fristcenter.org

Date(s): Thursday, March 8, 2012
Time(s): 6:30 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: Frist Center for the Visual Arts

105 MEET THE PAGE: CREATIVE WRITING WORKSHOP

Whether you've had a dream to write, or you're facing "writer's block," this class will help you put pen to paper. Award-winning poet, teaching artist and USN mom KELLY FALZONE provides a safe place to play, experiment and stretch out on the page. Using prompts, exercises and a response circle, Kelly offers a kick-start for the idling writer. This 3-part class is for writers of all genres and levels. No prior workshop experience is necessary. Ages 16 and up.

Date(s): Tuesday, February 7, 2012, Tuesday, February 14, 2012, Tuesday, February 21, 2012
Time(s): 6:30 PM - 8:45 PM
Fee: \$60

Materials Fee: \$5
Location: USN

106 TOOLS FOR SACRED WRITING

Are you struggling to communicate your thoughts and feelings? This workshop provides the tools to bridge heart and mind by exploring several simple writing techniques to open a pathway and bring your personal truth into manifested form. Instructor STARSHIELD LORTIE incorporates a number of helpful techniques, including deciphering your 'heart' voice from 'ego' voice; working with breath; working with fire/flame; working with a sacred writing format; and journaling. A student of Native American Shamanic and Toletec traditions for over 12 years, StarShield writes poetry that often reflects the sacred journey of Life by exploring the process Becoming. Paper and pencils provided. <http://inspirethefire.blogspot.com>

Date(s): Tuesday, February 28, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

107 CREATIVE SACRED WRITING

Create a sacred space for personal expression of your heart and truth and use writing as a tool to manifest this expression. This workshop, led by creative writer STARSHIELD LORTIE, focuses on getting your creative juices flowing and stretching your comfort zone. StarShield encourages you to use physical movement, external objects, your senses and other techniques to inspire you. Such action can open an internal dialogue that is ever-present. A student of Native American Shamanic and Toletec traditions for over 12 years, StarShield writes poetry that often reflects the sacred journey of life by exploring the process Becoming. Paper and pencils provided. <http://inspirethefire.blogspot.com>

Date(s): Tuesday, March 6, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

108 BOB DYLAN: 50 YEARS OF A MAN AND HIS MUSIC

"The times, they are a-changin'." Starting in 1961, Bob Dylan redefined the boundaries, expectations, and work ethic of the singer/songwriter. Albums such as "The Freewheelin' Bob Dylan," "Blonde on Blonde" and "Blood on the Tracks" have influenced innumerable musicians in the folk, rock and Americana music scenes. Attorney and Dylan fan FRANCIS KING follows Dylan's journey from humble folk singer to agent of social change to unpredictable icon over the course of Dylan's 50-year career. The class will look at Dylan and his work through various phases of his long career from the standpoint of his lyrics, his music, his musicianship and his overall impact on American culture. For fans of all ages. www.lofk.net

Date(s): Tuesday, February 7, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

109 ROOTS OF BLUEGRASS

What is it about "that high lonesome sound" that resonates within us, even in our urban, modern times? Bluegrass music is one of the truly American art forms, incorporating a wealth of influences from many musical traditions. USN parent and noted musician/educator ANDY MAY narrates the class on an audio journey through the archives of early recordings of American country music. He traces the development and birth of bluegrass, providing recorded examples of the musical influences that Bill Monroe, "The Father of Bluegrass Music," brought together to create the style. Andy will also discuss the impact of technological advances on American music. For fans of all ages. www.andymay.com

Date(s): Thursday, February 16, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

110 INSIDER'S VIEW OF HATCH SHOW PRINT

Enjoy a rare, behind-the-scenes look at one of America's oldest working letterpress design and print shops. Hatch Show Print's classic posters are prized possessions for many, and this insider tour is a treat! Located in downtown Nashville, Hatch has been in business since 1879. Artist JIM SHERRADEN, manager of Hatch Show Print and popular Artclectic artist, will offer an evening filled with colorful stories and historical perspective along with a hands-on look at how these coveted posters are printed. Recognized internationally as a leader in letterpress printing, Hatch Show Print has helped redefine the look of contemporary graphic design. Jim is co-author

Date(s): Wednesday, March 7, 2012
Time(s): 6:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: Hatch Show Print, 316 Broadway, N

of the book, Hatch Show Print: The History of a Great American Poster Shop.
www.hatchshowprint.com

111 INSIDER'S VIEW OF HATCH SHOW PRINT

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www.hatchshowprint.com

Date(s): Thursday, March 8, 2012
Time(s): 6:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: Hatch Show Print, 316 Broadway

112 TO SEE AS ARTISTS SEE: A DOCENT-LED TOUR OF THE PHILLIPS COLLECTION

Docent extraordinaire MANCIL EZELL treats participants to an extensive guided tour of *To See as Artists See*, the first international exhibition organized by the Phillips Collection to feature an overview of the its renowned American collection. On view at the Frist Center for the Visual Arts, *To See as Artists See* features nearly 100 works by 68 artists, including outstanding paintings by Winslow Homer, Georgia O'Keeffe, Edward Hicks, Edward Hopper, and many others. The exhibition celebrates the best of American art from the late 19th century through the 20th century. Mancil, a retired educator and graphic artist, has volunteered more than 4,500 hours as a Frist Center docent. There will be time at the end of this class for students to tour other exhibits. Age 16 and up. www.fristcenter.org.

Date(s): Friday, March 2, 2012
Time(s): 7:00 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: Frist Center for the Visual A

113 WHAT'S SO FUNNY ABOUT THAT? HOW TO INJECT HUMOR IN EVERYDAY CORRESPONDENCE

Ha-Ha! Still looking for that awesome opening line for a cover letter? Want to ensure that the year-end e-mail to family and friends is simply unforgettable? Noted humorist, blogger, journalist and novelist RACHEL GLADSTONE shows how easy it is to make your point while making 'em laugh. Learn how to inject your winning personality into everyday correspondence. You'll never write a dry or boring line again. Even better, watch your reputation soar amongst those who read your wittier-than-ever scribbles! You'll never, ever dread writing again. A two-session class. Age 21 and up. www.rachelgladstone.net

Date(s): Tuesday, March 6, 2012, Tuesday, March 13, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$45
Materials Fee: \$5
Location: USN

114 GET THE LAST WORD

You and your family have enough stress when a loved one passes. Why let writing the obituary be yet another burden? In this informative how-to class, Tennessean columnist and veteran feature writer GAIL KERR gently teaches the ABCs of obituary writing—both yours or a loved one! Get inside tips that seasoned reporters use on effective, tactful ways to gather information from the living. Learn from a pro how to fill out that dreaded form with grace and aplomb. And amateur genealogists take note: Kerr also provides fascinating insights into exploring family trees. www.tennessean.com

Date(s): Tuesday, January 31, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

115 THE ART OF CREATIVE NONFICTION

You're a scribbler. Or at least fantasize about writing. Got a personal essay going? A travelogue? Maybe a memoir or a journal? Always wanted to blog? Your creative non-fiction will come alive after this interactive workshop with GLORIA BALLARD, a seasoned feature writer, blogger and columnist with The Tennessean who leads highly-regarded writing workshops. Bring a pen! Designed to spark creativity, this session unveils techniques that top contemporary writers employ to turn writing into art. Whether you want to jumpstart your own writing or simply

Date(s): Thursday, March 1, 2012
Time(s): 6:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

overcome writer's block, this session takes your musings to whole new levels.
www.gloriaballard.com

116 INSIDE THE ART OF HIT SONGWRITING

You're oh-so-close to writing your first chart-topping song. Hit songwriter and USN dad CLAY MILLS takes you the rest of the way. In this lively, practical session, get a rare behind-the-curtains look at the art of hit songwriting. Clay has penned hits for the likes of Lady Antebellum, Reba, Trisha Yearwood, Diamond Rio and many other top stars. Take this course and you can too! A rare opportunity to get the inside skinny from a multiple Grammy-nominated songwriter. Even better, walk away with Clay's five magical songwriting principles guaranteed to make any ditty memorable. www.myspace.com/claymillsmusic

Date(s): Thursday, February 9, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

117 STATE OF WONDER WITH ANN PATCHETT

Join acclaimed, best-selling author ANN PATCHETT for this special opportunity to enter the world she created in her newest work, State of Wonder. In this lively book club-style gathering, Ann will read from her book and lead the conversation of this critically-acclaimed novel set deep in the Amazon jungle. Students need to have read State of Wonder to attend—signed copies are available at Parnassus, a new independent bookstore owned by Ann and her business partner Karen Hayes. Ann will personalize your signed copy at the gathering. Beyond the discussion of State of Wonder, Ann will make recommendations of other great books, each of which will be available at Parnassus. In addition to State of Wonder, Ann Patchett is the author of five other novels including: Run; The Patron Saint of Liars, which was a New York Times Notable Book of the Year; Taft, which won the Janet Heidinger Kafka Prize; The Magician's Assistant; and Bel Canto, which won the PEN/Faulkner Award, the Orange Prize and firmly established Ann as one of the major authors of our time. She is also the author of two works of nonfiction: the New York Times bestselling Truth & Beauty and What Now? She lives in Nashville, Tennessee. Age 21 and up.

Date(s): Sunday, March 4, 2012
Time(s): 5:30 PM - 7:30 PM
Fee: \$35
Materials Fee: \$0
Location: Parnassus Books
Nashville

200: CAREER, COMMUNICATION, MONEY, & COMPUTERS

201 INTERVIEW 101

From getting your foot in the door to snagging that final offer, this course will guide you through the basics of landing your dream job. You've got less than 30 seconds to grab an interviewer's attention, so the class starts with resumé basics, from word choice and paper quality to style and presentation. Now that your resumé is guaranteed to get you a second look, you'll move on to the interview portion. USN mom and 2011 Nashville Emerging Leader Award recipient for Human Resources, CHRISTY M. PRUITT-HAYNES will share helpful nuggets of insider information from her time in human resources management to help you showcase your strengths and minimize weaknesses. Bring along your current resumé and let this seasoned human resources and organizational effectiveness professional help you spruce up every aspect of your presentation to a potential employer. www.COREConsultingOnline.com

Date(s): Thursday, February 16, 2012
Time(s): 6:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

202 EXTREME COUPONING 101

Get ready for a wild shopping cart ride with the queen of couponing, 1978 USN graduate CARLA FLEXER. We're not talking about chump change here. With Carla's simple and fun methods culled from more than 30 years of couponing, she will teach you how you can save thousands of dollars each year. Go green in a fiscal way, by minimizing your bills using the internet, coupons, loyalty cards and refunds. You'll never want to pay full price again!

Date(s): Thursday, March 8, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0

Location: USN

203 INTRO TO MICROSOFT EXCEL (OFFICE 2010)

What have you been waiting for? Brush up on your computer skills and transform yourself into a major asset at work, home or as a volunteer by adding Microsoft Excel to your skill set. A powerful data collection tool, Microsoft Excel is useful in everything from budgets to mailing lists to travel itineraries. A functioning knowledge of Excel is a must for just about anyone in today's business or volunteer community. USN Technology Coordinator JILL BAUER will demonstrate how to use a spreadsheet to automate calculations as well as how to sort and format data for display. Class participants will have access to a PC and Microsoft Excel 2010. Basic computer skills needed.

Date(s): Tuesday, February 28, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

204 INTRODUCTION TO MICROSOFT POWERPOINT

Let's face it: even small children can create awesome PowerPoint presentations of their favorite pets, and many adults are still not even sure how to open the program! It's time to expand your software savvy, impress the family, and increase your value at work, by getting familiar with Microsoft PowerPoint 2010 on a Windows-based operating system. With the help of USN Technology Coordinator JILL BAUER, you'll learn how to use this powerful tool to create presentations that pop! In this introductory class, you will learn how to quickly create a presentation with text, clip art and photographs, and how to apply many artistic effects. Whether for business (selling the boss on a great idea); or pleasure (showing off your latest vacation photos in a clever way); PowerPoint will give you that 'extra zing' to impress your audience. Students should have basic computer skills.

Date(s): Tuesday, January 31, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

205 TAKE CHARGE - INVESTING FOR WOMEN

When it comes to finances, women have unique opportunities and challenges. Whether single, divorced, dealing with the death of a spouse or negotiating unexpected life events, women often face unique financial challenges. Taking charge of your financial strategy is key to a successful plan. SUSAN FULLER, a teacher with more than 10 years of experience as a financial advisor educates women to become more confident investors. Susan will offer strategies, concepts and trends that will leave you empowered to manage your investments and challenges with confidence. www.edwardjones.com

Date(s): Tuesday, February 21, 2012
Time(s): 7:00 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

206 BASIC COMPUTER ORIENTATION

It's difficult these days to do anything without using a computer. You may know of a friend or family member who needs help learning the basics of computers and understanding how they can be helpful. If you want to start using a computer, but aren't even sure how to find the Power button, this introductory class will help you begin. USN Parent MEDHA SARKAR, associate professor of computer engineering at Middle Tennessee State University, will gently guide you through basic computer skills, from word processing and similar useful programs, to opening and using an email account. www.mtsu.edu/~msarkar

Date(s): Thursday, February 9, 2012
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

207 BASIC HTML

It's time to get serious about acquiring those web skills you need to make yourself more marketable in the Internet age. Learn the basics of the ubiquitous web layout language, HTML, under the expert guidance of GREG HALLMARK, owner of DesignPath Media. He has churned out web pages for an eclectic range of clients from the State of Tennessee to Justin Timberlake's Ful Backpacks. This class will cover the basics of HTML to help you reach a new

Date(s): Thursday, January 26, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0

level of web knowledge and potential creativity. www.designpathmedia.com

Location: USN

208 PLANNING A SIMPLE ESTATE: AN OVERVIEW

Bob Dylan once sang, "He not busy being born is busy dying." Uncomfortable as it may be, the business of preparing for one's death, or the death of a loved one, is an important life task. JEAN BYASSE, a USN mom with 30 years of experience in the estates, corporate and healthcare fields, will provide an overview of estate planning documents that most people need to take care of for themselves and for loved ones. She will touch on such matters as the role of the executor, probate courts and the distribution of assets, and she'll even present some case studies of special situations. Take the fear out of this serious business with a good knowledge of the basics. www.dvlawfirm.com

Date(s): Tuesday, February 7, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

209 ACHIEVE YOUR DREAM: 4 CAREER DEVELOPMENT SECRETS YOU SHOULD KNOW

These are challenging economic times, but what if you viewed this as an opportunity to change your professional life for the better? Learn four important truths about career development that will empower you to move toward your professional dreams and leave those draining myths and dead-end jobs in the dust. Academic and professional life coach MARY EARLY-ZALD, Ph.D., who has more than 15 years of experience, will give participants tips about how to affect change, prioritize skills and talents, overcome challenges and take charge. Jump start personal growth and take charge of your life today! www.maryearlyzald.com

Date(s): Tuesday, March 6, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

210 IPHONE TIPS AND TRICKS

If you're an iPhone owner, you probably enjoy making phone calls, texting and snapping photos. However, this beautiful device is loaded with incredibly useful features that can make your life easier and maybe even more fun too! Geared toward the beginner iPhone or iPod Touch user, this class will cover the basics, including getting started on your iPhone, establishing email accounts, synchronizing calendars, organizing photos, and more. USN dad, teacher and web site manager STEVE SMAIL and USN instructor PENNY PHILLIPS will demystify the inner workings of the iPhone and help you make full use of this awesome technology. This class is appropriate for those with all models and will include latest developments.

Date(s): Tuesday, March 13, 2012
Time(s): 7:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

211 FREE MONEY - FINANCING YOUR COLLEGE DREAM

Now that you've moved beyond braces, bar mitzvahs and the first fender bender, it's time to tackle another major life expense: paying for college. For more than a decade, "Scholarshipman" MICHAEL TURNER has coached students and parents on how to find money to pay for college. "Is it possible to emerge from college debt free?" "Is there really free money for college on the Internet?" Let Michael provide helpful answers. He'll identify resources to determine which college is best, how to find scholarships and how to score money for an internship. Participants, who must be 16 or older, will receive a free e-report explaining the process. www.scholarshipman.blogspot.com www.tigerscholars.wordpress.com

Date(s): Thursday, February 9, 2012
Time(s): 7:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

212 GOT SEARCH? SECRETS OF ONLINE MARKETING

You understand the importance of online marketing and have shelled out the cash for a great web page, but how do you make your site rise to the top of a Google search, to create traffic and, ultimately, snag new customers? No matter how great your web site looks, you won't get that extra hit from customers if they can't find you. BRAD COWART, CEO of MouseWise, will guide you through the basics of keyword research, page optimization, ad campaigns, link exchanges and directories. An entry-level class, this is perfect for business owners, ad agencies, PR companies, or anyone who has an interest in being found in Google. Learn how to talk with others intelligently about the subject, or even immerse yourself fully in site rankings.

Date(s): Tuesday, January 31, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

213 BUZZ ABOUT SOCIAL MEDIA

What's all the talk about social networking and media? The Internet landscape shifted with the power of social media to communicate your marketing message. MouseWise CEO BRAD COWART will explain the basics of using social media, such as Facebook and Twitter, to connect with old friends and stay in touch with family. Then he'll delve into using the power of social media to market your company non-obtrusively, building customer trust and loyalty. This interactive class welcomes those who use social media to join the discussion and share your experiences. www.mousewise.net

Date(s): Thursday, February 16, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

214 WHAT CAN SEINFELD TEACH YOU ABOUT WEB USER BEHAVIOR?

Each of us have a certain personality that affects how we use websites. This class will frame the 4 personality types in reference to the comedy Seinfeld. Are you meticulous, spontaneous, a hunter? With the help of MouseWise CEO BRAD COWART, you will determine your own "type," and more importantly, learn how to specifically adapt your website to appeal to each group so you can increase sales. This humorous, yet informative class will give you simple tips to use on your site immediately to improve your conversion rates. Most companies launch their sites and forget it - these people do not get any soup. We guarantee if you come to this class, there will be soup for you. www.mousewise.net

Date(s): Tuesday, February 28, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

215 SMARTPHONE APP CREATION FOR NON-PROGRAMMERS

Smart phone apps are springing up for every topic imaginable. You have a great idea for an app but no idea how to get it made. Co-founder and president of Xplor Corps, LLC and USN alumnus RUSSELL RIES will provide you with a general understanding of the smartphone/app industry and how people are turning their ideas into marketable apps. He will also address your specific questions and ideas. By the end of this course, you will be well on your way to having an apt app aptitude. www.xplorcorps.com

Date(s): Tuesday, February 21, 2012
Time(s): 6:30 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

216 JOB HUNTING "MASHABLE"

Business executive, consultant and entrepreneur ROBERT GOLDSTEIN will teach you how to network, overcome personal fears and employ proven, real-world methods for finding and getting the job you want. Considered to be "not just another job search class," Job Hunting Mashable gives students a recipe for success for tapping into the hidden job market, locating positions not actively advertised but readily available, standing out from the crowd and getting the job. Robert brings over 20 years of professional experience in the working world and has a lot of knowledge to share. Whether you are currently seeking new opportunities or wish to make a career change, this class has something for you. Topics include networking, interviewing, personal marketing, preparing for job interviews and more.

Date(s): Thursday, February 23, 2012
Time(s): 6:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

300: FAMILY, HEALTH & SELF-IMPROVEMENT

301 DOG PARK BEHAVIOR

Dog parks give man's best friends a place to release energy and socialize with their pooch pals. However, if you get nervous when your dog jumps in to play with other dogs, it's time you learned some doggone good tips from NIKKI IVEY, professional dog trainer/behavior consultant, who has worked with dogs and their owners since 1996. Understand different kinds of dog play,

Date(s): Tuesday, February 28, 2012
Time(s): 6:00 PM - 9:00 PM
Fee: \$35

types of disagreements, when to step in and break up harmful interactions and more. Arm yourself with the best knowledge and skills to help your Fi Fi or Fido have a productive and positive dog park experience. This class is for humans only! <http://www.dogspeak101.com>

Materials Fee: \$0
Location: USN

302 SALON SECRETS

If your "hairdo" more often looks like a "hair-don't", come learn some practical hairstyling tips for everyday life. LEAH ARCHER, owner of Sparrow Salon, will teach you how to create and maintain a style that works for you. The class will cover helpful tips to manage your hair, from styling and shampooing to creating easy updos and more. You'll get to ask questions and seek advice from this professional stylist with more than eight years of experience in upscale salons in Nashville and Dallas. Class will be at the Sparrow Salon on 18th Ave. South. <http://Sparrowsalon@facebook.com>

Date(s): Tuesday, March 6, 2012
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: Sparrow Salon

303 THE POWER OF AN EDITED WARDROBE - SECRETS FROM A WARDROBE CONSULTANT & PERSONAL SHOPPER

Do you long for a simpler wardrobe that is perfectly chic, comfortable, and always right? Instructor TINA ADAMS, owner of Tina Adams Wardrobe Consulting and Signature Services, can help you discover the secrets to building a the perfect wardrobe, and how to avoid over-spending and over-buying. Tina's "fewer but better" mantra suits everyone in today's economy. She will help men, women and teens transform their wardrobes from mayhem to a masterpiece. Let Tina help you define your personal prescription for chic dressing. www.tinarebecca.com

Date(s): Tuesday, January 24, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

304 BUDDHIST MEDITATION

If you want to explore the power of meditation, this introductory class will address the basics of the Buddhist practice known as Calm Abiding or Samatha meditation. Led by KIRBY SHELSTAD, coordinator of Padmasambhava Buddhist Center of Tennessee, who will teach the fundamentals of good sitting posture, focusing on the breath and calming the mind. Please wear loose and comfortable clothing and prepare to r-e-l-a-x-a-a-x. No experience necessary. This is not a religious class -- all are welcome. www.pbc-tn.org

Date(s): Tuesday, January 31, 2012
Time(s): 7:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

305 UNDERSTANDING YOUR DREAMS

What if you could receive guidance from your wisest advisor first thing every morning? Unlock the mystery and message of your dreams by learning a few basic principles offered by clinical psychologist LINDA ODOM, Ph.D. This class will offer basic guidelines and simple tools for engaging in an ongoing conversation with your dreams. www.lindaodom.com

Date(s): Thursday, February 23, 2012
Time(s): 7:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

306 CHANGING FACE - FACING CHANGE MASK MAKING WORKSHOP

"Mask-making" is a process of finding a dialogue with a deeper part of yourself. Licensed social worker and Jungian psychology devotee GRETCHEN WATTS along with USN parent, author and artist PATRICIA ALBRECHT will help guide you through the process of mask-making. Through guided imagery, silence, and group sharing, the instructors help you discover what mask wants to be seen by you and what voice needs to be heard. The process of mindful mask-making can be an avenue towards mining our deepest well. www.Gretchenwatts.com

Date(s): Tuesday, February 7, 2012
Time(s): 6:30 PM - 9:00 PM
Fee: \$35
Materials Fee: \$20
Location: USN

307 ENCORE YEARS - MAKING THE MOST OF RETIREMENT

Much attention focuses on solid financial planning when discussing retirement. But what about the emotional, spiritual, social and physical changes that are equally important? Whether you plan to relax, travel or continue to work during your retirement, help yourself by envisioning and

Date(s): Thursday, February 16, 2012
Time(s): 6:30 PM - 9:00 PM

preparing for this major life transition. CRYN and ED ZINKIEWICZ, who developed Retirement-U to help people fully prepare for retirement, will help you gain clarity and confidence about retirement, avoid pitfalls and discover possibilities to make your golden years productive and interesting. Designed for individuals and couples nearing retirement, or for younger adults whose parents are retiring, this workshop will help you make the most of your encore years. www.retirement-u.com

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

308 UNDERSTANDING MYSELF AND OTHERS - MYERS-BRIGGS PERSONALITY ASSESSMENT

The Ancient Greek maxim, "Know thyself", is as important today as then. By learning more about your personality, you can improve your life and relationships. During this class led by instructor ADELE TYLER, M.S.S., you will complete the Myers-Briggs Type Indicator and learn to interpret its results. This self-knowledge can then be used to improve your effectiveness and satisfaction in many areas, including relationships, career, parenting, and life transitions. Whether you've taken the MBTI in the past or not, this class will give you fresh insight into the life you're living now. Especially helpful for couples to take together, but open to individuals as well.

Date(s): Thursday, March 8, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$12
Location: USN

309 EATING MINDFULLY, NOT MINDLESSLY - THE NON-DIET APPROACH TO WEIGHT MANAGEMENT

Strike the word 'diet' from your vocabulary! Free yourself from restrictive eating plans and banned food lists. Learn a new, productive way to view food simply as fuel for the energy you need on a daily basis. USN mom and Nashville's Align Wellness Center co-owner LUCI CROW, will help you learn about mindful eating: how to eat with intention and attention. Just as your schedule and activities change from day to day, so do your calorie needs. Learn smart strategies to get started using mindful eating practices to improve your health and manage your weight instinctively. www.nashvillealign.com

Date(s): Tuesday, January 31, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

310 WHY WE PICK OUR PARTNERS AND HOW TO LIVE WITH THEM

Why are we attracted to certain kinds of people? Why do some relationships devolve into power struggles and heartbreak? How can couples and individuals understand the dynamics of healthy relationships to improve lives and marriages? USN parent ROD KOCHTITZKY, M.Div., advanced clinician in Imago Relationship Therapy and a Fellow of the Association of Pastoral Counselors, works exclusively with couples on relationship issues and will explore themes that apply to all relationships, particularly committed love relationships and marriages. Rod will explain why we "fall in love" and why we may become unhappy, leaving both partners alienated, stuck and/or resigned and possibly heading toward divorce, affairs, or addictions to escape the pain, disappointment and disillusionment. You are encouraged to attend with your partner, however individuals in a partnership can also find this material empowering for instituting change, growth and more intimacy into their relationship. Singles are also welcome. Rod's dynamic and intellectually-stimulating multimedia presentations will not only instruct but enable guided discussion. www.rodnet.net

Date(s): Tuesday, January 24, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

311 INTIMACY: DOING THE WORK OF REPAIR

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

Date(s): Tuesday, March 13, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

312 SECRETS OF STYLE

Style yourself chic with this new class from an expert shopper! Get a preview of Spring 2012 fashion trends from Nordstrom's stylist and personal shopper AMANDA SEARS. With a sneak peek at the latest "must-haves," you'll learn how to shop with the savvy skills of a stylist! Amanda will teach you how to dress to flatter your body type, incorporate trends into your existing wardrobe and make age-appropriate choices. Each student is encouraged to bring in one piece of clothing to get suggestions on how to style it. www.amandasears.com

Date(s): Thursday, March 1, 2012

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

Fee: \$35

Materials Fee: \$0

Location: USN

313 INSTANT EMOTIONAL HEALING: INTRO TO ACUPRESSURE FOR THE EMOTIONS

Tap your way to relief! Emotional Freedom Technique, or EFT, is a quick way to "tap" away your stress, fears, and relieve your emotions with this two-night introductory class. EFT practitioner LILI HUDSON will help you learn about this fascinating and experimental acupressure energy release method, which is said to bring peace from minor pain, cravings, and more. Certified through the National Guild of Hypnotists, Lili Hudson is a member of the Association for Comprehensive Energy Psychology. She is passionate about sharing EFT and volunteers with the Iraq Vets Stress Project, a program offering free and low-cost EFT to veterans and their families for help in resolving war trauma. (Note: All Evening Class participants acknowledge that while tapping has been in use some 25 years, it is still considered experimental. It is not intended to be a substitute for medical or psychiatric care. Students are encouraged to discuss the use of energy balancing with their medical providers. Lili Hudson is a teacher and a coach, and is not a licensed therapist or health care professional.) www.DiscoverWhatsStoppingYou.com

Date(s): Thursday, February 9, 2012, Thursday, February 16, 2012

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

Fee: \$45

Materials Fee: \$0

Location: USN

314 INTRODUCTION TO MINDFUL MEDITATION

With a steady schedule of constant rushing, phones ringing, texts dinging and children needing, learn to be truly present with the help of SKIP EWING, USN dad and founder and coordinator of the Nashville Mindfulness Center. Participants will learn practices with the potential to nourish and transform, cultivating compassion, peace and joy in our daily lives. Come to breathe, smile, deepen your understanding and enjoy the moment. (No prior meditation experience needed). www.nashvillemindfulness.org

Date(s): Thursday, February 9, 2012

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

Fee: \$35

Materials Fee: \$0

Location: Nashville
Mindfulness Center

315 INTRODUCTION TO MINDFUL MEDITATION

With a steady schedule of constant rushing, phones ringing, texts dinging and children needing, learn to be truly present with the help of SKIP EWING, USN dad and founder and coordinator of the Nashville Mindfulness Center. Participants will learn practices with the potential to nourish and transform, cultivating compassion, peace and joy in our daily lives. Come to breathe, smile, deepen your understanding and enjoy the moment. (No prior meditation experience needed). www.nashvillemindfulness.org

Date(s): Thursday, March 29, 2012

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

Fee: \$35

Materials Fee: \$0

Location: Nashville
Mindfulness Center

316 AUTHORIZED PERSONNEL ONLY - AN "INSIDE LOOK" INTO MEDICAL IMAGING

X-rays, MRIs, CT scans, ultrasounds - An arsenal of tests await each patient in need, yet most of us may never see those doctors who are vital in hospital tests and technology. USN parent MICKEY METZMAN, M.D., owner of Advanced Diagnostic Imaging raises the Authorized Personnel Only curtain to reveal what goes on in a hospital's radiology department. Learn what those shady blow-ups of your interior really mean. How are test results interpreted? Who determines which tests are best suited for particular symptoms? How does a primary doctor work with these "invisible" doctors to successfully help each patient? This class covers the cool toys, technology and gadgets used in radiology; looks at a collection of fascinating cases involving trauma, cancer, strokes and much more.

Date(s): Thursday, February 9, 2012

Time(s): 6:30 PM - 9:00 PM

Fee: \$35

Materials Fee: \$0

Location: USN

317 FENG SHUI BASICS

USN parent and owner of Studio Dakini MOLLY SPESSARD will lead this class exploring the ancient art of Feng Shui. Using this popular design technique students will reflect upon their lives and how their home and work environments effect mood and productivity. The class will inspire students to remove basic clutter and anchor themselves in both the home and workplace. www.studiodakini.com

Date(s): Thursday, March 1, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

318 EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT ONLINE DATING BUT WERE AFRAID TO ASK

Confused by online dating and want to have an easy and successful experience? Attend this fun and informative class to learn the ABCs of savvy online dating. Facilitated by KAREN SILIEN, PhD, a psychologist focusing on your emotional well-being and growth, this class will provide you with practical tools such as how to write a winning profile, how to evaluate dating prospects, how to identify your needs and wants and how to arrange a safe and enjoyable first meeting. You will leave with a greater understanding of how to navigate the emotional highs and lows of the online dating world. This class is for all ages and for those getting started with online dating and for those seeking some fresh tips to increase their success in their search. www.inbodiedliving.com

Date(s): Tuesday, March 6, 2012
Time(s): 7:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

319 COUPLES MASSAGE

Renew your relationship and relieve stress with the healing power of touch. Experienced massage practitioners ROTONYA TROUP and MARY ALICE FELDER will teach the basic techniques for relaxing your partner's neck and shoulders. De-stress and nurture your relationship in this relaxing class. Sign up you and your partner and wear comfortable clothes.

Date(s): Tuesday, March 13, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

320 AN EXPERT'S ADVICE ON SKIN, BODY AND HAIR - YOUR PERSONAL PRESCRIPTION

In an appearance rut? Is it time for a makeover that takes your lifestyle into consideration? Join USN parent TAMI SPRINTZ HALL, owner of Escape Day Spa and Salon and her team of experts for personal consultations on how to help fight the hands of time on your skin, body and hair. This "all about you" class will offer loads of advice - from the best massage therapy for you, to reducing the appearance of fine lines and dark spots, to the best hair style and color for your skin tone, face shape and lifestyle. This class offers the opportunity to look your very best. Leave with a bag of spa samples, a full size SkinCeuticals product and a coupon towards a return visit. Class to be held at Escape Day Spa and Salon. www.escapespaces.com/

Date(s): Tuesday, April 3, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: Escape Day Spa and Salon, 6000 Highway 100, Nashville, TN, 37205

321 MENOPAUSE AND HORMONES - THE TRUTH

Respected Ob/Gyn physicians LIBBY OLDFIELD and USN parent of alumnae ANNE BLAKE help to clear up the confusion regarding menopause and hormone replacement. These two professionals will lead an honest and factual and fun discussion of this important health issue and present up to date information using the latest medical research. Following their presentation they will answer questions to help each student make an informed choice about what options might be best suited to them.

Date(s): Tuesday, February 7, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

322 INTRODUCTION TO AROMATHERAPY

Whether you enjoy fragrant candles, diffusers created with essential oils, or using oils for a massage or bath, aromas are believed to help heal and balance our bodies and minds. Learn

Date(s): Tuesday, February 28, 2012

the basics of aromatherapy by KIM MOLLENKOPF, a certified aromatherapist with almost 20 years of experience. The class will explore this fascinating world of aromatherapy, including 12 essential oils and how and why they are used. Kim is owner of Intuition: Aroma for the Soul, a studio that offers varied solutions for today's hectic lifestyles. She combines aromatherapy with Reiki energy healing, intuitive coaching and education to create a holistic approach to living well and in harmony with one's environment. Not appropriate for pregnant women. www.intuitionaroma.com

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

323 MINDFUL AWARENESS FOR YOU AND YOUR FAMILY

We live in a stressful society. The daily stresses of modern life can take a toll on parents and children alike, creating emotional and physical health issues. The antidote? Mindfulness. Mindful Awareness uses specific techniques to strengthen our mental ability to focus, and to regulate our emotions, allowing us to respond more purposefully and have more empathy. In this class, Middle School Counselor and USN mom HELEN TARLETON and fellow USN faculty member and USN mom MARY AGEE will give a very basic introduction to Mindful Awareness, including participating in some mindfulness practices, as well as sending you off with some great materials and tools to immediately implement in your life. The more present you become in your life, the more vivid and satisfying your life becomes. As a lifelong learner, consider giving yourself (and through you, your family) the gift of integrating these simple yet powerful techniques of attention, balance and compassion in your daily life.

Date(s): Tuesday, February 21, 2012
Time(s): 6:30 PM - 8:00 PM
Fee: \$20
Materials Fee: \$0
Location: USN

400: FOOD, WINE & ENTERTAINMENT

401 TRICKS AND TECHNIQUES OF INDIAN VEGETARIAN COOKING

Learn how to prepare a wonderful vegetarian Indian meal with ASHA RAO, parent of USN alumnae and fellow instructor MADHAVI REDDY. They will teach you how to make a well-balanced meal, along with the basics of Indian cooking—from appetizers to main dishes to desserts. After preparing peas rice (with cinnamon & anise seed), raitha, chole (chick peas), palak paneer (spinach & cheese), eggplant stirfry with ginger and aloo gobi (potato with cauliflower), students will enjoy this full-course Indian dinner. Asha is a believer in Ayurvedic cooking and yoga and enjoys incorporating those principles into tips and techniques for healthy eating. Ages 21 and up.

Date(s): Tuesday, March 13, 2012
Time(s): 6:30 PM - 9:30 PM
Fee: \$40
Materials Fee: \$35
Location: Class held at a private home

402 MAKING THE STREET FOOD OF INDIA

Street food is a wonderful way to learn about a different culture's cuisine. Join ASHA RAO, parent of USN alumnae and fellow instructor MADHAVI REDDY as they prepare samosas, bhel, pakodas, dosa, chutneys and more, including masala chai and seekh kabob, a meat dish. Asha has a passion for cooking well-balanced meals that are healthy and satisfying. Participants will leave inspired to create these treats at home, using recipes and techniques learned in class. Age 21 and up

Date(s): Thursday, March 15, 2012
Time(s): 6:30 PM - 9:30 PM
Fee: \$40
Materials Fee: \$35
Location: Class to be held in a private home

403 CULINARY BASICS - MAKE YOUR OWN MOZZARELLA & PIZZA

"If you give a man a fish, he eats for one day. If you teach a man to fish..." Replace 'fish' with pizza and you've got a recipe for a fun, hands-on class. Join Chef KEVIN MCCAULEY to learn how to make your own mozzarella cheese, tomato sauce, and of course, dough. Students will work together to prepare these basic, classic ingredients, and then assemble their own pizzas to enjoy in class. You'll never have to order in a pizza again! Chef Kevin McCauley began his culinary career at Nashville's beloved "The Corner Market". More recently, Kevin worked at

Date(s): Thursday, January 26, 2012
Time(s): 6:00 PM - 9:00 PM
Fee: \$40
Materials Fee: \$20
Location: Class to be held in

Whole Foods Market, where he expanded his food knowledge to include more healthful ingredients. Kevin is currently an instructor at Viking Cooking School in Franklin, TN and is a Sous Chef at Margot Cafe and Bar. Age 21 and up.

a private home

404 CAKE DECORATING WITH FONDANT

Give your cakes a professional, immaculate look by learning the proper way to use fondant icing. Accomplished professional pastry chef and USN mom JENNIFER PENSON will teach participants how to roll fondant onto an iced cake and make decorations such as flowers, ribbons and swags. Age 21 and up

Date(s): Thursday, March 8, 2012

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

Fee: \$40

Materials Fee: \$25

Location: Class to be held in a private home

405 CAKE DECORATING WITH FONDANT

Give your cakes a professional, immaculate look by learning the proper way to use fondant icing. Accomplished professional pastry chef and USN mom JENNIFER PENSON will teach participants how to roll fondant onto an iced cake and make decorations such as flowers, ribbons and swags. Age 21 and up

Date(s): Wednesday, March 14, 2012

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

Fee: \$40

Materials Fee: \$25

Location: Class to be held in a private home

406 SPIRITS AND CLASSIC COCKTAILS

Impress guests at your next party with perfectly mixed drinks. Learn to prepare amazing martinis, audacious Old-Fashioneds and must-have Manhattans with this class taught by "Mr. Martini," DAVID PAINE, and USN alumnus CHRIS CHAMBERLAIN, Nashville Scene's wine and spirits writer. Increase your mixology know-how by learning the characteristics and nuances of vodka, gin, whiskey and other spirits. The class will enjoy a cocktail tasting and share and prepare recipes for classic cocktails. Students will leave with a better understanding of various spirits and how to combine ingredients to create outstanding cocktails. <http://blogs.nashvillescene.com/bites>. Age 21 and up.

Date(s): Wednesday, February 15, 2012

Time(s): 6:30 PM - 9:30 PM

Fee: \$40

Materials Fee: \$30

Location: Class to be held in a private home

407 THE WONDERS OF WOOD MATURATION: FROM WHITE DOG TO BROWN LIQUOR

Learn to appreciate the complex, and satisfying taste of aged whiskey. USN alumnus CHRIS CHAMBERLAIN, Nashville Scene's wine and spirits writer and KIM TOTZKE, expert mixologist and Culinary Operations Manager at Provence, will teach you everything you've ever wanted to know about barrel aging of spirits. They will guide you through a tasting of several whiskeys at different levels of aging, while discussing how the magical interaction between oak and alcohol adds flavor, color and maturity to the base spirit. The class will help you cherish and appreciate the wonders of aged whiskeys (and friendships too!). <http://blogs.nashvillescene.com/bites>. Age 21 and up.

Date(s): Wednesday, March 7, 2012

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

Fee: \$40

Materials Fee: \$30

Location: Class to be held in a private home

408 INTRODUCTION TO BAGUETTES

Just say "oui" to making your own fresh baguettes. KEITH BROWN, head baker at Provence Breads and Café, will introduce you to the methods and vocabulary of baguettes. Keith, along with NADIA JARRAR, will demonstrate how to make three different styles of baguettes using different dough preparation methods. Your dinner guests will say "merci" as they enjoy a freshly baked baguette made by your hands. www.provencebreads.com. Age 21 and up.

Date(s): Monday, January 30, 2012

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

Fee: \$40

Materials Fee: \$20

Location: Class to be held at Provence bakery. 1400 Donelson Pike, Ste. A8

409 FUNDAMENTAL FRENCH

So, you'd like to prepare a French meal, but don't know the difference between a bavarois and brunoise? Learn the basic techniques of French cooking from Chef JAMIE WATSON who graduated with distinction from the prestigious French Culinary Institute in New York City is head chef at Delicieux Café and Catering. He has worked with legendary chefs including Chef André Soltner and Jacques Pépin. www.jamieks.com. Age 21 and up.

Date(s): Friday, February 17, 2012
Time(s): 6:00 PM - 9:00 PM
Fee: \$40
Materials Fee: \$40
Location: Class to be held in a private home

410 PASTA MAKING AT PORTA VIA

Learn from a master how to make fresh pasta. Porta Via's executive chef GIOVANNI GIOSA and USN alumna JULIE CICERO will show participants how to make, fresh, authentic northern Italian style pasta using a pasta machine, the freshest ingredients. Chef Giovanni will even give you his family recipes! With 25 years experience, Chef Giovanni, a native of Italy, specializes in "The Tuscan Kitchen." www.eatatportavia.com. Age 21 and up.

Date(s): Sunday, February 12, 2012
Time(s): 2:00 PM - 5:00 PM
Fee: \$40
Materials Fee: \$35
Location: Porta Via, 21 White Bridge Road, #104, Nashville, TN 37205

411 PIZZA MAKING AT PORTA VIA

There's no comparison: Freshly made pizza tastes far superior to frozen or delivery. Learn how to create a wonderful pizza from a certified Napolitano pizza maker GIOVANNI GIOSA, Porta Via's Executive Chef. Along with assistant instructor and USN alumna JULIE CICERO, Chef Giovanni will demonstrate classic northern Italian pizza making using wonderful ingredients, including how to make a hand-pressed crust. Say goodbye to your pizza delivery guy and hello to fresh, yummy pizza. Sounds like a great way to spend Super Bowl Sunday to us. www.eatatportavia.com. Age 21 and up.

Date(s): Sunday, February 5, 2012
Time(s): 2:00 PM - 5:00 PM
Fee: \$40
Materials Fee: \$35
Location: Porta Via, 21 White Bridge Road, #104, Nashville, TN 37205

412 BANGKOK NIGHTS

Join USN Evening Classes perennial favorite, Chef SUSAN HUDGENS, for a delicious evening of Thai food. Chef Hudgens will demonstrate how to perfectly prepare several Thai favorites, including chicken coconut and galangal, red curry pork with bamboo shoots, and beef with onions and peppers in honey sauce with jasmine rice. The class will dine on the chef's completed meal and take home recipes so you can recreate them in your own home! Age 21 and up.

Date(s): Tuesday, April 17, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$35
Location: Class to be held in a private home

413 NOODLES, NOODLES, NOODLES

Do you love Thai food - but feel that preparing it goes beyond your culinary talents? Join USN Evening Classes perennial favorite, Chef SUSAN HUDGENS, and find out just how easy it is to make delicious noodle dishes. Chef Hudgens, who grew up in Thailand, will demonstrate how to prepare several Thai favorites, including a pork and shrimp with spicy hot sauce appetizer, stir fry noodles with vegetables, and a green curry noodle dish with chicken, eggplant, and straw mushrooms. The class will dine on the chef's completed meal and take home recipes so you can recreate them in your own home! Age 21 and up.

Date(s): Thursday, April 19, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$35
Location: Class to be held in a private home

414 LOW SUGAR NO SUGAR DESSERTS

You can enjoy desserts that aren't loaded with sugar. Let JOAN SHANNON, a nurse whose focus is on healing and nutrition, show you how to create low sugar, high protein desserts using beans as the main ingredient. Joan, along with co-instructor KATRICE SHANNON, will show you how to prepare tasty desserts such as cheesecake, chess pie and pound cake. Joan is a channeler of healing energy and focuses on nutrition and the healing of disease with food, herbs, behavior modification and other efforts. Age 21 and up.

Date(s): Monday, February 27, 2012
Time(s): 6:30 PM - 9:00 PM
Fee: \$40
Materials Fee: \$25
Location: Class to be held in a private home

415 CHILDREN'S COOKING CLASS

Empower your child with basic cooking skills and knowledge about fruits, vegetables and other whole foods. Instructor JOAN SHANNON, a nurse whose focus is on healing and nutrition, and KATRICE SHANNON will show children how to prepare a fun and wholesome breakfast, which may include french toast, an egg dish and a fruit smoothie. Using healthy cooking methods (no deep frying) and wholesome foods, with very little sugar added, Joan helps children learn about nutrition and how food can support your health and well-being. Kids will enjoy this class that also nurtures math skills, table manners, sharing, teamwork, independence and more. This class is appropriate for children ages 5 - 10. Parents may stay for the class or drop children off.

Date(s): Saturday, March 3, 2012
Time(s): 12:30 PM - 2:30 PM
Fee: \$40
Materials Fee: \$12
Location: Class to be held in a private home

416 DESIGNER S'MORES WITH THE BANG CANDY COMPANY - FOR ADULTS

Close your eyes and imagine: a cozy evening with friends making gourmet s'mores, while sipping signature cocktails. Is it a dream? No! Chocolate and happiness lovers unite! Yummy marshmallowy delights await you at the new Bang Candy headquarters in Marathon Village. Owner and artisan marshmallow connoisseur SARAH SOUTHER will welcome you into her new retail spot for a fun evening making designer s'mores. Learn how to make a basic marshmallow, then move on to a more adventurous flavored recipe. You'll also make graham crackers and temper chocolate, while sipping on Prosecco cocktails made with Bang Candy syrups to cap off a most excellent, delicious evening. www.bangcandycompany.com. Age 21 and up.

Date(s): Monday, January 23, 2012
Time(s): 7:00 PM - 9:00 PM
Fee: \$40
Materials Fee: \$20
Location: Bang Candy Headquarters, Marathon Village: 1300 Clinton St., Nashville TN 37203

417 NEW ORLEANS DINNER

Laissez les bons temps rouler! (Let the good times roll!) The cold winter weather practically begs us to enjoy wonderful, comforting food with friends. Learn how to prepare an absolutely authentic New Orleans dinner from a master, USN mom ADRIAN LeMASTER, to be exact. Using recipes she learned preparing meals with her family in her native Louisiana, Adrian will demonstrate how to prepare Salad with Shrimp Remoulade, Shrimp, Andouille Sausage and Chicken Jambalaya, followed with Vanilla Bean ice cream with macerated berries and bourbon whipped cream. Is your mouth watering yet? Come hungry to this spicy and festive class! Age 21 and up

Date(s): Wednesday, February 8, 2012
Time(s): 6:00 PM - 8:00 PM
Fee: \$40
Materials Fee: \$25
Location: Class to be held in a private home

418 EASY DINNER PARTY MENU FOR YOUNG PROFESSIONALS

As a young working professional, your busy work life leads you and your colleagues to experience many of the city's best restaurants, but if you aspire to entertain friends at home, learn an easy menu that won't take all day to prepare. USN mom ADRIAN LeMASTER will prepare a quick and easy dinner party menu for those who are short on time, but big on enjoying life and friends. You'll enjoy tasting these simple and delicious dishes in class, so bring your appetite! Recipes will include some store-bought items that, when assembled will create an

Date(s): Thursday, January 26, 2012
Time(s): 6:00 PM - 8:00 PM
Fee: \$40
Materials Fee: \$20
Location: Class to be held in

elegant meal your friends will think you spent hours on! Age 21 and up. This class has been a private home designed for young professionals age 21 - 35.

419 FRENCH BREAD FROM SCRATCH

The taste, smell, feel and love that exudes from a loaf of homemade bread is both memorable and priceless. Enjoy an evening learning how to create beautiful, braided french bread from scratch. USN kindergarten teacher JODY REYNOLDS is well-known for her melt-in-your mouth, tasty homemade bread. And the icing on the bread? It's healthy too! USN mom and host ANNA CRAMER invites aspiring bread bakers into her home and kitchen for this class. As you take in the sights, smells and feel of baking bread, you can also enjoy other baked goodies along with wine, appetizers and comraderie. You'll leave with your bread ready to take home and bake in your own oven. Age 21 and up.

Date(s): Thursday, March 8, 2012

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

Fee: \$40

Materials Fee: \$15

Location: Class to be held in a private home

420 HEALTHY COOKING - VEGETARIAN, VEGAN, GLUTEN-FREE

Preparing healthy meals may conjure up thoughts of bland, unimaginative foods. Let vegetarian chef GABRIELLE MITTELSTAEDT teach you how to make wonderful, tasty recipes for vegetarian, vegan and gluten-free diets. Whether you're learning to eat with health in mind or you're searching for new, interesting recipes to add to your meal rotation, this class will spark your taste buds. Gabrielle will focus on the variety of uses for quinoa, from breakfast dishes to dinner's main course. And, the class will also learn how to create wonderful dishes with kale, a superfood that makes great dips, salads and more. Gabrielle has professionally prepared delicious vegetarian meals for more than 13 years. Through her passionate and energetic teaching, she spreads the joy of blissful, nutritious meals. Age 21 and up.

Date(s): Thursday, February 2, 2012

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

Fee: \$40

Materials Fee: \$15

Location: Class to be held in a private home

422 WHAT'S ON YOUR PLATE?

Finding healthy substitutes for some of your favorite dishes and desserts can be challenging and sometimes, disheartening. Let Chef ROBIN FULCHER show you alternative choices to prepare classic dishes. Robin will make a full meal of recipes that are gluten-, animal- and dairy-free. The class will enjoy a dinner including this tasty menu: Fennel Arugula Salad with Granny Smith Apples, Tempeh Mock Chicken Salad, Lentil Loaf, a cruciferous seasonal vegetable, gluten- and dairy-free Rice Krispy Treats and Chocolate Peanut Butter Cups. Robin is classically trained and an executive chef/owner of The Kitchen, specializing in meal preparation and delivery. Age 21 and up.

Date(s): Thursday, February 9, 2012

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

Fee: \$40

Materials Fee: \$25

Location: Class to be held in a private home

423 DESIGNER S'MORES WITH THE BANG CANDY COMPANY

What better way to bond with your teens than to enjoy chocolate goodness together! Yummy marshmallowy delights await you at the new Bang Candy headquarters in Marathon Village. Owner and artisan marshmallow connoisseur SARAH SOUTHER will welcome you into her new retail spot for a fun evening making designer s'mores. Learn how to make a basic marshmallow, then move on to a more adventurous flavored recipe. You'll also make graham crackers and temper chocolate, while patting yourself on the back for signing up for this most excellent, delicious evening. Your teens will thank you. Appropriate for teens and adults, no alcohol served. www.bangcandycompany.com

Date(s): Monday, February 6, 2012

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

Fee: \$40

Materials Fee: \$15

Location: Class to be held at retail location in Marathon Village: 1300 Clinton St. Nashville, TN 37203

424 WEDDING PLANNING

The excitement of planning the perfect wedding may be quickly overshadowed by the stress of its lengthy checklist: guest lists, florists, caterers, venues, invitations, gown, and so much more.

Date(s): Wednesday, January 25, 2012

Before you pull the plug hand back that ring (kidding!), take this class and get great wedding wisdom on practical planning. Local floral expert TERRY WHITE, owner of The English Garden, and HELEN MORISETTE, wedding and event planner with more than 15 years of experience, will share design ideas and how to find vendors who can work within your budget and vision. Brides and mothers of brides will enjoy this class to jump start their plans. Terry will hold the class at his West Nashville home. www.weddingflowersnashville.shutterfly.com/ www.weddingsbyhelen.com. Age 21 and up.

Time(s): 5:30 PM - 7:30 PM
Fee: \$35
Materials Fee: \$0
Location: Class to be held in a private home

425 CHINESE DELITE - A NUTRITIOUS AND EASY MEAL FOR YOUR FAMILY

Your fortune cookies says: Take this class! USN mom, USN instructor and Taiwan native JOSEPHINE HUANG will teach you how to make four dishes that your family and friends will absolutely love. In this cooking demonstration, Josephine will prepare fried rice, a crispy squash stir-fry with plump, red tomatoes, sprinkled with basil; steamed eggs with a 'hidden treasure' inside; and a crispy, juicy roasted chicken made from a secret, yet, simple recipe. Enjoy this fun evening of laughter, fellowship and, of course, dinner, served with wine. You'll leave with an understanding of how to make tasty and healthy Chinese dishes. Josephine's mouthwatering recipes will have your guests begging for seconds! Age 21 and up.

Date(s): Saturday, March 31, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$35
Location: Class to be held at a private home

426 A TASTE OF TEQUILA

Leave the margarita made with low-end tequila behind. Learn to savor the rich and fine taste of quality tequila. Instructor JIM MYERS will lead a tequila tasting and explain how real tequilas are made and aged. Enjoy tasting a variety of tequila types and enjoy the spicy Mexican accompaniment, sangrita. Jim will also provide some wonderful tequila cocktail recipes. You'll leave with a true appreciation and understanding of this spirit. Salud! Age 21 and up.

Date(s): Friday, January 27, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$35
Location: Class to be held in a private home

427 WINTER FEAST COOKING DEMONSTRATION AT VIKING COOKING SCHOOL

Join classically French-trained American chef WILLIAM E. LAWSON of the Viking Cooking School in this class and experience a sumptuous winter feast beginning with a wine and cheese appetizer followed by Butternut Squash Soup with Apple Cider and Hazelnuts. Save room for the Roasted Cornish Hen, Wild Mushroom and Herb Rice, Beets and Natural Juices. At this point it doesn't matter how full you are because dessert is next - Toasted Orange Grand Marnier Cake, Dark Chocolate Icing and Citrus Cream accompanied by Spicy Hot Chocolate. William, a native of Lexington, Kentucky, is currently Executive Chef and Cooking School Director of the Viking Cooking School in Franklin. William's cooking strives to blend knowledge of French nouvelle cuisine with Southern ingredients and techniques - moving food forward to a flavorful, healthy, beautiful, simple and profound dining experience. Students will receive a 10% discount on anything they purchase in the store that evening, including a future class. www.vikingcookingschool.com/franklin. Age 21 and up.

Date(s): Tuesday, January 31, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$35
Location: Viking Cooking School, Franklin, TN

428 "BET YOU CAN CAN" (THE BASICS OF CANNING & PRESERVING)

Canning and preserving isn't just for your grandmother anymore! Learn how to safely preserve some of your favorite foods and the best equipment and methods to do so. Savvy food saver, USN Director of College Counseling and parent of alumnae, JANET SCHNEIDER will teach you the basics of food preservation, from which fruits you can preserve and how, to how to prepare food to safely preserve it. As you learn, you'll sample various preserves and relishes as well as some wine, cheese and crackers. Students will leave with 2 jars of preserves and recipes for jams, salsas and vegetables. Participants are encouraged to bring in copies of their own family recipes to share as well. Janet discovered her dormant gene for preserving foods when she was drafted by her mother to help can foods. Now, she enjoys preserving organic fruits and

Date(s): Thursday, February 23, 2012
Time(s): 7:00 PM - 9:00 PM
Fee: \$40
Materials Fee: \$25
Location: Class to be held in a private home

vegetables with no preservatives. Age 21 and up.

431 CULINARY FEAST OF THE SEVEN FISH

The Feast of the Seven Fishes, or The Vigil, takes place on Christmas Eve and consists of seven seafood dishes. This class will give participants a safe selection of seafoods to prepare for this traditional feast day. DARRYL DINNING, experienced chef and owner of Panache Catering, will focus on sustainable seafood choices using recipes that are quite easy to prepare including sardine crostinis, oysters on the half-shell with Thai mignonette, Nicoise tuna skewers, and Cioppino. The class will enjoy the chef's dishes, paired with terrific wines and topped off with a chocolate zucchini cake. Age 21 and up.

Date(s): Thursday, March 1, 2012

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

Fee: \$40

Materials Fee: \$40

Location: Class to be held in a private home

432 FLAVORS OF THE CARIBBEAN

Caribbean flavors abound in this class where you can enjoy a feast from Havana, by way of Miami. How can food that is seemingly simple, have such an exciting and flavorful quality? Prepare and enjoy wonderful dishes with DARRYL DINNING, experienced chef and owner of Panache Catering. Students will make (and eat!): Cuban Empanadas, Masistas de Pueico ala Parilla (grilled pork), avocado & pineapple salad, sangria roasted pork, spicy mojo chicken and Bacardi rum cake, while sipping on mojitos. A night to remember! Age 21 and up.

Date(s): Tuesday, March 13, 2012

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

Fee: \$40

Materials Fee: \$40

Location: Class to be held in a private home

433 TUSCAN DINNER PARTY

Enjoy the magic of Tuscany without leaving Nashville. Spend an evening learning the techniques and ingredients that create wonderful regional recipes from this gorgeous part of Italy. Experienced chef MERIJOY LANTZ RUCKER of Salud! Cooking School at Whole Foods will teach you how to prepare delicious authentic dishes. You'll help prepare and enjoy a menu that includes: Florentine Steaks over Arugula; Pizza with Onion Confit and Olives; Grilled Radicchio, Roasted Chicken with Lemon and Basil; and Homemade Limoncello with Ice Cream. Age 21 and up.

Date(s): Monday, March 12, 2012

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

Fee: \$40

Materials Fee: \$25

Location: Whole Foods, Green Hills, Salud Cooking School (upstairs): 4021 Hillsboro Pk (in the Hill Center) Nashville, TN 37215 Store #: 615-440-5100

434 MEDITERRANEAN GOOD LIFE CUISINE

Pasta, pizza, and gyros have given Mediterranean food a bad name when it comes to counting carbs and calories. Enjoy true heart-healthy Mediterranean meals in this class taught by KITTY & MAHER FAWAZ of Kalamata's. Learn to prepare tasty dishes based on fresh vegetables and fruits, lean meats, whole grains, dried beans, yogurt, nuts, and olive oil, flavored with fresh herbs and spices. Kitty, a registered dietitian, teaches heart-healthy cooking at St. Thomas Hospital and is the co-author of two St. Thomas Heart Institute cookbooks. www.eatatkalamatass.com. Age 21 and up.

Date(s): Wednesday, April 18, 2012

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

Fee: \$40

Materials Fee: \$20

Location: Class to be held in a private home

436 MEXICAN COOKING WITH JOHN & KARLA OF FIDO

If you're tired of taco night, add a little Olé to your menu. Join chef KARLA RUIZ and chef JOHN STEPHENSON as they prepare some Mexican classics with modern touches. They will prepare delicious empanadas with curtido (special slaw), wonderful chile rellenos, prepared with local lamb and beef; and some fantastic Mexican soup, caldo de mariscos. As you watch and learn

Date(s): Monday, March 5, 2012

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

Fee: \$40

how to prepare these dishes, the chefs will offer wonderful information and answer questions about Latin cuisine. The class will then enjoy this tasty and classic meal. Karla grew up in Mexico and learned the love of cooking from her mother and grandmother. She has lived in Nashville for more than 10 years. John is the chef at Fido, where he focuses on seasonal and local cuisine. Age 21 and up.

Materials Fee: \$20

Location: Class to be held at a private home

437 TINY BUBBLES - A SHORT COURSE IN SPARKLING WINE

Would a wedding toast really feel right if you were raising a glass of Riesling? From Méthode Champenoise to Prosecco, we mark the most special days of our lives with sparkling wine. In spite of this, we generally know very little about it. USN parent AMY SHEPARD left the high stress world of banking technology to pursue a degree in Viticulture & Oenology. Before moving to Nashville three years ago, she also worked at RayLen Vinyards & Winery. In this fun—dare we say bubbly?—class, she'll guide you through the exciting world of sparkling wines. You'll find out about how it is made and sample different types to help you discover which of the many varieties appeals most to you. Age 21 and up.

Date(s): Monday, March 5, 2012

Date(s): Wednesday, March 7, 2012

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

Fee: \$40

Materials Fee: \$30

Location: Class to be held in a private home

438 CHOOSING THE PERFECT WINE

Most of us have experienced how a good glass of wine can make a special moment. If the wine menu falls into your hands, your wine selection can make or break the occasion. Instead of feeling the pressure to pick the perfect bottle, learn a few simple guidelines to make the best choice every time. Gain a little wine wisdom from instructor TOM HAEHN, certified wine specialist, who will show you how to choose the perfect wine to make the moment one to remember. With your newfound wine know-how, you'll create many more special memories. <http://www.vinonet.com>. Age 21 and up.

Date(s): Wednesday, February 1, 2012

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

Fee: \$40

Materials Fee: \$20

Location: Class to be held in a private home

439 DISCOVERING UNKNOWN WINES

Beyond the good old staples of Chardonnay, Pinot Grigio, Cabernet and Merlot lies a world of wine unknown to the casual drinker. Interesting whites and reds fill the cellars of wise wine drinkers, but may be completely unfamiliar to you. With help from certified wine specialist TOM HAEHN, you can learn more about these little known gems. Enjoy a tasting of these off-the-beaten-track wines in this wordly wine class. <http://www.vinonet.com>. Age 21 and up.

Date(s): Wednesday, February 22, 2012

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

Fee: \$40

Materials Fee: \$20

Location: Class to be held in a private home

440 DESSERT WINES

Just because the holidays are past, doesn't mean we can't still indulge and a good dessert wine is the perfect way to do it. A small amount of the right wine can add layers of pleasure to any dessert and even suffice all on its own. In the class, certified wine specialist TOM HAEHN will introduce you to the joys offered from a small amount of high quality dessert wine. You'll learn how to pair these delightful wines, so that even a simple brownie can be imbued with nuance and subtle flavorings. <http://www.vinonet.com>. Age 21 and up.

Date(s): Wednesday, February 29, 2012

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

Fee: \$40

Materials Fee: \$20

Location: Class to be held in a private home

442 NONNA'S TABLE

Filled with the tastes and aromas of Italian meats, seafood and pasta, dining at a trattoria is certainly a warm and casual eating experience. Create your own cozy and delicious Italian meal by learning traditional recipes from owner and chef of Caffè Nonna DANIEL MAGGIPINTO. He

Date(s): Saturday, March 3, 2012

Time(s): 10:00 AM - 12:00

will share his secrets to preparing classic recipes that you enjoy in his popular Sylvan Park restaurant. You will enjoy preparing and tasting some of the most delicious dishes of the Mediterranean region with Chef Maggipinto. www.caffenonna.com
www.nonnasgourmetfoods.com. Age 21 and up.

PM
Fee: \$40
Materials Fee: \$35
Location: Class to be held at: Caffe Nonna, 4427 Murphy Rd., Nashville, TN 37209

443 COOKING WITH LOCAL SEASONAL INGREDIENTS

Did you know that a typical carrot travels about 1,800 miles to sit on your table? If you buy locally grown meat and produce, you support your community and local economy, while significantly reducing impact on our environment. Beyond that, the food is likely fresher, better tasting, and better for you. F. Scott's Restaurant chef KEVIN RAMQUIST guides you on how to select and use locally grown meats and produce in a class that will have you looking at the world through green-colored glasses. He'll also share hints on perfecting your cooking techniques, like braising and roasting, to make the most of your thoughtfully purchased foods. www.fscotts.com. Age 21 and up.

Date(s): Monday, February 20, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$35
Location: Class to be held at a private home

444 BAKING THE GLUTEN-FREE WAY

If you've determined to follow a gluten-free diet, but are stumped on how to maintain expected flavors in your recipes - particularly tasty desserts, let an experienced gluten-free baker give you tips on baking minus the gluten. HEATHER STEPNIEWSKI's family has been gluten-free for over two years. She has mastered the secret of cooking gluten-free food that doesn't taste "gluten-free". In this class, you'll prepare and taste chocolate chip cookies, vanilla pound cake, and brownies that taste so good you won't even notice a difference from "regular" baked goods. Beyond delicious, Heather will guide you through flour blends and the debate over high protein vs. "junk" flours. Age 21 and up.

Date(s): Tuesday, February 21, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$25
Location: Class to be held at a private home

445 LEARN TO BREW KOMBUCA TEA

Kombucha, a tea-based beverage often drunk for its anecdotal health benefits or medicinal purposes, can sell for \$3 and up per bottle in markets, but it doesn't have to cost so much. USN parent CAMERON SIMMONS will show you how simple, fun, and inexpensive it is to brew this special tea in your own home. Age 21 and up.

Date(s): Tuesday, February 7, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$10
Location: Class to be held at a private home

446 SUMPTUOUS PIES

A wonderful pie is the perfect dessert. Add a little variety to your pie recipe roster and learn how to make incredibly tasty variations with experienced instructor and chef HILDA POPE. With more than 20 years experience in catering, retail gourmet and cooking classes, Hilda will give you a chef's secrets to sumptuous pies. She'll demonstrate how to prepare an Apple Crostata with a Cheddar Crust and a Pear Custard Pie with a Caramel and Kataifi Crust. Your taste buds will thank you. Hilda has a culinary degree from The Institute of Culinary Education and recently was chef/manager at the Tennessee Governor's mansion and Conservation Hall. Age 21 and up.

Date(s): Wednesday, February 29, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$25
Location: Class to be held at a private home

447 CREATE BOUTIQUE CUPCAKES LIKE A PRO

Take your cupcake creations to an artful level with this class taught by a professional pastry chef with a love for all things sweet. JUANITA LANE, owner and executive pastry chef of the

Date(s): Monday, February 27, 2012

adorable, delicious boutique bakery, Dulce Desserts, will show you how to create beautiful cupcakes for any occasion. Using pre-made chocolate, vanilla and red velvet cupcakes, the class will learn how to fill, pipe and apply fondant decorations to turn your cupcakes from ordinary to extraordinary. You will take home a box of 3 cupcakes topped with homemade chocolate and vanilla swiss meringue buttercream icing; and filled with ganache or caramel. Age 14 and up. www.dulcedesserts.com

Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$20
Location: Class to be held at a private home

448 THE WILD HARE COOKS

Executive chef JASON NORTON and USN Alumna ELIZABETH STELLING BILLS'86, both from the hot new restaurant *The Wild Hare* share unique, very tasty takes on such classics as pimento cheese and deviled eggs as well as personal favorites like black bean hummus and the famous Wild Hare Pizza, made with caramelized onions, herbed ricotta cheese, roasted garlic, Benton's bacon and charred scallions. Jason received his culinary degree from the New England Culinary Institute and was formerly the executive chef at Germantown Cafe. He will help you put new life into tried and true favorites. <http://www.thewildharenashville.com>. Age 21 and up.

Date(s): Wednesday, February 29, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$25
Location: Class to be held at a private home in Brentwood

449 YES YOU CAN DRINK WINE WITH SANDWICHES

Join Chef DEB PAQUETTE and Wine Specialist ERNIE PAQUETTE, the former co-owners of the much loved Zola, and discover fantastic fancy sandwiches that can be perfectly paired with wonderful wines specially chosen by Ernie, now the general manager at Iroquois Liquor Store in Bellevue. Deb, who will be the Executive Chef at Echo, opening in March on the ground floor of the Encore building on Demonbreum, has created a menu for the class that includes: Mediterranean Chicken sandwich, Middle Eastern Vegetarian sandwich, Vietnamese Pork Hoagie, Salvadoran cheese Papusa, and spicy Indian Lamb sandwich. This is the class that proves wine and sandwiches are the perfect couple. Age 21 and up.

Date(s): Monday, February 6, 2012
Time(s): 6:30 PM - 9:00 PM
Fee: \$40
Materials Fee: \$40
Location: Class to be held at a private home

450 PUFF PASTRY - THE BASICS

Taught by Provence pastry chef, JOSHUA PION, this introductory class to the puff pastry includes how to mix, laminate (layering dough and butter), and produce classic french pastries. Joshua has been baking "ever since I could crack an egg" and graduated from the Culinary Institute of America with a degree in baking and pastry arts in 2005. The class will be held at the bakery on Donelson Pike. <http://Provencebreads.com>. 18 years of age and up.

Date(s): Friday, February 24, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$20
Location: 1400 Donelson Pike, Ste. A8 Nashville, TN 37217

451 BEER & CHEESE WITH YAZOO BREWERY AND THE BLOOMY RIND

The hundreds of cheeses available can often lead to head scratching confusion, but this class empowers you to celebrate the vast and various world of cheese. In it, you will gain a solid introduction to the seven main styles of cheese including, of course, tastings of each. Learn characteristics and flavor profiles, as well as a brief history of how cheese is made. Learn to describe what you enjoy and don't enjoy for your next trip to the cheese counter. All this paired with beer tastings and a brewery tour. This class will be held at Yazoo Brewery on Division Street. KATHLEEN COTTER is a cheese-monger and the proprietor of The Bloomy Rind, a company which distributes all-natural, handcrafted artisan cheeses from around the country, with a particular emphasis on Southeastern cheeses. Find out more about The Bloomy Rind at <http://www.thebloomyrind.com> NEIL MCCORMICK is the Sales and Marketing Manager at Yazoo Brewery. As Chief Beer Evangelist, he has been in the good beer business in Nashville for 10+ years and says he has had a beer with the past two mayors of Nashville.

Date(s): Tuesday, January 24, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$40
Materials Fee: \$20
Location: Class to be held at Yazoo Brewery: 910 Division Street, Nashville, TN, 37203. PH: 891-4649

<http://www.yazoobrew.com>. Age 21 and up.

452 WHAT TO EAT, AND HOW TO MAKE IT

As we become increasingly aware of the need to eat healthier foods, the often-conflicting information about what is "healthy" can be daunting. Equally confusing is the shopping and preparation—not to mention the challenges of making better food choices for an entire family, or a busy lifestyle. Taught by LAURA BUTTON, creator of Journey To Bliss Raw Foods, this class will help you choose what to eat and how to make it. With a few simple techniques, and some basic guidelines, you will have the knowledge and confidence to feed yourself, and those you care for, the most beautiful food in the world. It will also be the fastest and easiest to prepare, the most beneficial to your health, the most ethical for the planet, and the least expensive. (Allergen statement: food in this class will include tree nuts, but not peanuts.) <http://journeytobliss.com>. Age 16 and up.

Date(s): Saturday, March 10, 2012

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

Fee: \$40

Materials Fee: \$25

Location: Class to be held at a private home

453 LET'S TOAST TO CHAMPAGNE: AN EVENING OF FINE FOOD AND BUBBLY

Popping the cork on champagne is only the beginning of enjoying this sparkling, festive drink. This class offers a delightful evening of fascinating discussion while drinking excellent champagne along with an incredible chef-prepared meal. CHEF JAMIE WATSON, head chef at Delicieux Café and Catering, joins champagne aficionado and USN parent, DR. LISA WEAVIND, for this special evening steeped in the lore and magic of this bubbly liquid and delicious food. Lisa will share her knowledge of this magical elixir - its history, uses and types, and then pair champagne to complement Chef Jamie's menu: Duck Fries with Rosemary and Tomato Jam, House-Smoked Salmon with Croutons and Sauce Gribiche, House-made Sausage with Quail Egg and Moutarde Sauce, Medallions of Venison with Champagne Beurre Blanc, and Medley of Fruit Poached in Champagne Nage. A South African native, Lisa has spent years learning about wine. She lived in Champagne, France where she focused on the region's namesake drink. Chef Jamie was classically trained at the French Culinary Institute in New York City, and has worked with many of the world's finest chefs, including André Soltner, Alain Sallhac and Jacques Pépin. In addition, he has taught at Viking Cooking School and prepared dishes on WSMV's More at Midday program. Age 21 and up.

Date(s): Friday, February 3, 2012

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

Fee: \$40

Materials Fee: \$40

Location: Class to be held at a private home

454 BEER & CHEESE WITH JACKALOPE BREWERY AND THE BLOOMY RIND

Are you totally into fermented fantasies? Join this odyssey into two of your favorite things: Cheese and beer! And not the plain-old ones. Not even close. Think hand-crafted artisan cheeses, ripened and aged to perfection. The brews? A variety of tasty locally-made suds to wet your whistle. Co-taught by KATHLEEN COTTER, cheese monger and owner of The Bloomy Rind, and BAILEY SPAULDING, head brewer at local microbrewery Jackalope, this class reveals the inside arts used by the masters. Delight your taste buds with oodles of tasty pairings and don't forget the behind-the-scenes brewery tour. This class will be held at Jackalope Brewery and Tap Room. thebloomyrind.com <http://thebloomyrind.com>. Age 21 and up. dishes on WSMV's More at Midday program. Age 21 and up.

Date(s): Wednesday, February 22, 2012

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

Fee: \$40

Materials Fee: \$20

Location: Class to be held at Jackalope Brewery & Tap Room: 701 Eighth Ave. S. Nashville, TN 37203 PH: 873-4315

455 SUNDAY CHAMPAGNE BRUNCH AT THE VIKING COOKING SCHOOL

Join classically French-trained American chef WILLIAM E. LAWSON of the Viking Cooking School in this class and experience a Sunday Champagne Brunch that will leave you wanting to rename the other, lesser days and meals of the week. What does it start with? Celebration Champagne Cocktails, what else? That great opening is followed by Smoked Salmon Cheesecake, Mushroom and Asparagus Strata, Rosemary Orange-glazed Pork Tenderloin, Buttermilk Biscuits with Spicy Brown Sugar Bacon, and Mini Berry Crumb Cakes. This is the brunch that gives gluttony a good name. William's cooking strives to blend knowledge of French nouvelle cuisine with Southern ingredients and techniques - moving food forward to a flavorful,

Date(s): Sunday, February 26, 2012

Time(s): 1:00 PM - 3:00 PM

Fee: \$40

Materials Fee: \$35

Location: Viking Cooking School, Franklin, TN

healthy, beautiful, simple and profound dining experience. A native of Lexington, Kentucky, William is currently Executive Chef and Cooking School Director of the Viking Cooking School in Franklin. In addition to his present position, he has been a sous-chef at Margot Café and Bar in East Nashville. Students will receive a 10% discount for anything they purchase in the store that afternoon, including a future class. www.vikingcookingschool.com/franklin. Age 21 and over.

500: HOME & GARDEN

501 A PATHWAY TO RESOURCEFUL LIVING

Harvesting rainwater sure sounds enticing. But who knows how? Veteran landscape architect KEVIN GUENTHER does. He'll show that sustainable living is easy and doable—even for those of us without a clue. In addition, making the most use from our water, food and energy by sharing expertise and resources can create a connected community. A LEED-accredited professional, Kevin will present a bundle full of practical ideas for your house, backyard, office or neighborhood. You'll walk away ready to pull on work gloves and finally plant those organic vegetables in your spanking new roof-top garden. This class is an introduction to the tools used to create a guild for resourceful living in your community. www.thesustainablelivingguild.com

Date(s): Thursday, March 1, 2012

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

Fee: \$35

Materials Fee: \$0

Location: USN

502 BEFORE BLUEPRINTS

Thinking about building a new house or renovating the one you have? Then don't miss this opportunity to consult with local architect and USN dad JOHN TESELLE. John will walk participants through the excitement (and hazards) of residential construction. Learn step-by-step what to expect during design and building, questions to ask your contractor, and questions you should ask yourself. Students will explore design resources, green building, selection of architects and builders, and ways to control costs. There will be oodles of discussion time, so bring ideas and questions. Consider this class an investment! Learn more about John's work at www.jt-architecture.com.

Date(s): Thursday, February 23, 2012

Time(s): 6:30 PM - 9:00 PM

Fee: \$35

Materials Fee: \$0

Location: USN

503 BUY, SELL OR HOLD? SORTING THROUGH YOUR STUFF FOR ART & ANTIQUE TREASURES

Your attic and garage are jam packed with magnificent art and antiques. Or is it just so much junk? Accredited antique and art appraisal expert SARAH CAMPBELL DRURY will help you figure out what it's all worth, and if that dusty old print will pay for your kids' college education. Learn now to avoid everybody's worst nightmare: Yikes, accidentally throwing out something of real value. With your new expertise, you'll never again be intimidated by downsizing or dealing with an estate sale. Is that possibly a Rembrandt in the back closet? www.caseantiques.com

Date(s): Tuesday, February 7, 2012

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

Fee: \$35

Materials Fee: \$0

Location: USN

505 CREATE YOUR OWN STYLE - A HOME INTERIOR DESIGN WORKSHOP

Is your home missing that certain something? You'll find the subtle and magical fingerprints of MARCELLE GUILBEAU in many of the most lovely homes in Nashville. This versatile and talented interior designer will, in her own words, show you how to "find your own cool." Be sure to bring photos of trouble spots in your home. Marcelle specializes in relaxed, natural environments and will show you the fix in this fun-filled, interactive session! www.marcelleguilbeau.com

Date(s): Thursday, February 2, 2012

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

Fee: \$35

Materials Fee: \$5

Location: USN

506 FOODSCAPES: CREATIVE FOOD SOLUTIONS THROUGH LANDSCAPING

Did you know that most food travels 2,000 miles from farm to plate? Here's your chance to learn how to turn your own garden into an artistically designed foodscape, where edibles need travel

Date(s): Thursday, March 8, 2012

only 2,000 inches--or less! Taught by JEREMY LEKICH, an expert in permaculture and biodynamics, the course will demonstrate how foodscaping provides healthy, fresh food that's nutritious, tasty and exceeds even "organic" standards. Even better: Every student will receive a plant to take home, grow and eat! A man of the world, Lekich has designed foodscapes from South Dakota to South France to South Nashville. www.nashvillefoodscapes.com

Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$10
Location: USN

507 ME & MY OLD HOUSE

It may be drafty and need a new coat of paint, but your old home may be worth more than you think. Metro's Historic Zoning Commission guru ROBIN ZEIGLER will help you determine if there's more value in your mature house than you imagined. A local preservation specialist, Robin will explain how to get a home listed on the National Register of Historic Places. Find out how newer homes can be historic too. Whether your house is historic or just plain getting on, you'll never look at the front stoop the same again. www.nashville.gov/mhc

Date(s): Thursday, February 2, 2012
Time(s): 6:00 PM - 8:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

508 HOME LAWN RENOVATION: A GUIDE TO A BEAUTIFUL LAWN.

Tired of brown spots and dandelions? Turf grass connoisseur BRET MASH will show how to grow the lawn you've always wanted. Yes, turf management is a science, and Bret will cover it all, from seeds, fertilizers, mowing and more. Learn from the master who's managed USN's own luscious River Campus sports fields for a decade. Useful for those who've never pushed a mower and lawn pros alike, this class will walk you through the steps to help you get that treasured turf. Be honest - You've gazed with wonder at that magical sea of green grass on a professional sports field. You've said to yourself: I wish my lawn looked half that nice. Take this informative, how-to course, and it can!

Date(s): Tuesday, February 7, 2012
Time(s): 6:30 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

509 GROW, EAT, LOVE - GARDENING & HOME FOOD PRODUCTION

Ka-Ching! Who knew? A 10' by 20' garden plot tucked in your backyard saves almost \$700 in grocery bills. Even more to the point: Growing your own delicious food is wonderful for mind and body. But where to begin? PETER ANDERSON, food and gardening education activist, teaches basic steps (and more) to create a productive, sustainable, cost-efficient garden. Vegetables and fruits? Of course. Herbs? Sure thing! Compost bin? Absolutely. Amaze friends and family alike at the freshness and savory flavors at your supper table. And think of what you can buy with that extra \$700! www.gardensofbabylon.com

Date(s): February 21, 2012
Time(s): 7:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$5
Location: USN

510 URBAN BACKYARD BEEKEEPING

Who knew beekeeping could be fun, simple and—dare we say it—ever so sweet? USN parent of alumnae and veteran beekeeper QUICK FOY shows that, with just a bit of training, anyone can keep bees. Yes, even in a busy city like Nashville. Even better, you'll soon be scooping up delicious fresh honey in your backyard. Suffer from sting phobia? Never again after this delightfully practical class. Soon, you'll even know how to tell if your bees are happy or maybe having a bad day. Be the first on your street with a honey hive!

Date(s): Thursday, January 26, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

600: ISSUES & IDEAS

601 PROTEST OVER ART AND CULTURE IN AMERICA: CONSEQUENCES FOR DEMOCRACY

"Sticks and stones might break your bones, but words will never hurt you." In spite of this common refrain from childhood, people get upset time and again by words, lyrics, paintings, and other forms of art and culture. Why does art and media push American's hot buttons? Why does the American creed of "Live and Let Live" break down in the face of offensive art? Most importantly, what do these conflicts over art say about our communities and about our

Date(s): Thursday, January 26, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$20
Materials Fee: \$0

democracy? Instructor and USN dad STEVEN TEPPER, associate director of the Curb Center for Art, Enterprise, and Public Policy and associate professor in the department of sociology at Vanderbilt, will discuss findings from his recent book, Not Here, Not Now, Not That! Protest Over Art and Culture in America (University of Chicago Press, 2011). Sure to be a fascinating look into American culture. <http://www.vanderbilt.edu/curbcenter/2011/09/not-here-not-now-not-that-protest-over-art-and-culture-in-america-abstract/>

Location: USN

602 ETHICS & DECISION MARKING - A SALON

Explore your own tendencies and biases when it comes to moral reasoning and ethical decision-making in this fascinating salon-style class. Using an interactive problem simulation that involves the allocation of a scarce resource - one where the decisions made carry (hypothetically!) life and death implications. True to the concept of a "salon," each participant will advocate for a point of view within the exercise. As we seek to understand and reconcile differences of opinion that emerge, the conversation is likely to incorporate a variety of related perspectives: the ethics of resource allocation, market morality, principles of fairness and justice, and the nature of moral argument (to name a few). BRUCE BARRY, professor of management and sociology at Vanderbilt teaches and writes about ethics, and MEGAN BARRY, VP of ethics for a healthcare company and Member at Large, Metro City Council, will lead you through the paces. Age 21 and up.

Date(s): Thursday, March 1, 2012

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

Fee: \$20

Materials Fee: \$0

Location: Class to be held in a private home.

603 DOCUMENTARY FILM AS AN AGENT FOR SOCIAL CHANGE

In this exciting new course, USN parent and the Documentary Channel's JAY KELLEY will explore the tug-of-war between objectivity and advocacy now at play in the vibrant world of documentary film. With the instructor's expert guidance, participants will review several documentary clips and engage in a discussion about the power of film to affect social change and the responsibility that comes with it. Kelley is not only the network's senior vice president of marketing and business development, he was instrumental in the launch of the Documentary Channel. This class promises a timely and lively experience! Age 14 and up. www.documentarychannel.com

Date(s): Tuesday, February 21, 2012

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

Fee: \$20

Materials Fee: \$0

Location: USN

604 U. S. VICE PRESIDENTS YOU WOULD INVITE TO SUPPER

U.S. Vice Presidents: Funny, scandalous, over- and under-achievers, a Nobel winner, Declaration of Independence signatories, and a few drunkards. Which Vice Presidents served under two different Presidents? Who was nominated for V.P. but was unknown to the future President? BOB SEIGENTHALER, former president of the American Marketing Association (Nashville Chapter) and writer of documentaries, will share some surprising and fascinating aspects of U.S. vice presidential history. Indeed, the current prevailing perception of the ineptitude of some of our VP candidates seems to have deep roots in our past. Come take part in this engaging topic and leave with interesting anecdotes to share! Age 14 and up.

Date(s): Tuesday, March 6, 2012

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

Fee: \$20

Materials Fee: \$0

Location: USN

700: ARTS & HOBBIES

701 BEGINNING KNITTING

Two sticks and a ball of yarn are all it takes to create a beautiful work of art handmade by! In this 2-part class, novice knitters of all ages can learn how to cast on, the knit stitch and the purl stitch. Veteran knitter and USN parent JOYCE JOHNSON and USN faculty member and parent of alumna BETH THORNBURG will teach both Continental and English/American style knitting, so you can find your most natural technique. Along the way, Joyce will also discuss different fibers, spinning and shaping. Basic tools and yarn provided by instructors.

Date(s): Tuesday, February 14, 2012, Tuesday, February 21, 2012

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

Fee: \$45

Materials Fee: \$0

Location: USN

702 RENAISSANCE REVIVAL - TEMPERA TECHNIQUE

Explore and experience the fascinating uses of tempera paint. Artist, art historian and USN parent SUSAN STRIEPE will discuss a brief history of this centuries-old technique and then explore tempera paint in class. You'll also learn how to prepare the tools and the paper. Students will use materials provided by the instructor to appreciate the technique first-hand. www.fivedstudio.com

Date(s): Thursday, March 1, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

703 BICYCLE BASICS

Love your bicycle? Learn to love all its parts too with this informative class that will help beginners successfully maintain their bikes. Lifelong bicycle enthusiast and bike shop owner GLENN KAMKA will explain bike parts and terminology. He'll teach you how to fix a flat and other roadside repairs. In addition you'll learn preventive maintenance tips to keep your bike running in tip-top shape between tune-ups. www.freewheelinbicycles.com

Date(s): Tuesday, January 24, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

704 FEARLESS BICYCLE MECHANICS

An integral part of bike riding is knowing how to repair your bike successfully. Lifelong bicycle enthusiast and bike shop owner GLENN KAMKA will help you take a non-destructive approach to servicing your bike at home - beyond the basic tune-up. This class is for those with some experience tuning and repairing their bicycles and goes to the heart of the internal components of the bike's headset, bottom bracket and wheel hubs. Glenn will cover the essentials needed to take on the task as well as a hands-on session to see and touch these varied parts. www.freewheelinbicycles.com

Date(s): Thursday, February 2, 2012
Time(s): 6:30 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

705 BASIC DRAWING CLASS

Learn everything you need to know about drawing and leave your creative fears behind. Discover your own style and abilities through fundamental exercises designed to help you understand the process of drawing. Creative professional and renowned artist and teacher SUZANNE MCDERMOTT will guide you as learn both how to draw and how to see. This course is for the beginner who has never picked up a pencil or the painter looking for a refresher on the fundamentals of 2-D drawing. www.suzannemcdermott.com; drawandwatercolorcor.com

Date(s): Tuesday, February 21, 2012
Time(s): 6:30 PM - 9:00 PM
Fee: \$35
Materials Fee: \$35
Location: USN

706 BASIC WATERCOLOR CLASS

Are you enchanted by the mystery and beauty of watercolor? This hands-on workshop lets you discover the beauty of watercolor and how to create a lovely painting. Renowned artist and teacher SUZANNE MCDERMOTT has had a lifelong affinity for watercolor. She created the inspiring Basic Drawing & Watercolor Workshop at the Kiawah Island Resort. Now she brings the fundamentals of watercolor to USN. www.suzannemcdermott.com; drawandwatercolorcor.com

Date(s): Tuesday, February 28, 2012
Time(s): 6:30 PM - 9:00 PM
Fee: \$35
Materials Fee: \$35
Location: USN

710 MASON-DIXON KNITTING: AN EVENING OF KNITTING FUN

The co-authors of the bestselling Mason-Dixon Knitting books are back with a night full of inspiration, project ideas, and techniques. Avid knitters and bloggers KAY GARDINER and USN mom ANN SHAYNE will share stories and projects featured in their books. Topics include Blanket Mania, Knitting Disasters, The Greatest Edging Technique in the World, and much more. Students must bring chunky or worsted weight yarn with appropriately sized needles for

Date(s): Tuesday, February 28, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0

practicing techniques. Those who have a knitting emergency are encouraged to bring their troubled projects for diagnosis and treatment. Snacks, door prizes, a good time for every knitter. Knitting experience required. www.masondixonknitting.com

Location: USN

711 MAKING FELTED WOOL BAGS

Under the gifted eye of artist, USN parent and Belmont University professor DORREN ROBINSON, students will knit felted wool creations using the continental style of knitting. In class one of this two-part course, Dorren will teach students the continental style on circular needles, a much faster method than traditional knitting. She will also give instructions on washing wool sweaters prior to class two. When students return, they will transform these washed sweaters into one-of-a-kind bags, fingerless gloves, and more! Students need to bring 2 old 100% wool sweaters to the 2nd class. Note: students need to have mastered basic knitting skills before taking this class. <http://theknitbrit.wordpress.com/>

Date(s): Thursday, February 2, 2012, Thursday, February 9, 2012

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

Fee: \$45

Materials Fee: \$20

Location: Class to be held in a private home

713 GETTING TO KNOW YOUR DIGITAL SLR CAMERA

Would you like to explore your creative angles and expertise beyond the basic auto settings of your Digital SLR camera? Bring your questions and queries to this two-part class where USN parent and professional photographer KIMBERLY MANZ will answer your questions and give you more insight into the manual settings of your camera. In addition, the instructor will address issues on downloading and impart some basic Photoshop tips that students will put to use in class two, when you return with "homework" photos you have shot to share with the class. www.kimberlymanz.com. Age 14 and up.

Date(s): Tuesday, January 24, 2012, Tuesday, January 31, 2012

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

Fee: \$45

Materials Fee: \$0

Location: USN

714 GETTING TO KNOW YOUR DIGITAL SLR CAMERA

Would you like to explore your creative angles and expertise beyond the basic auto settings of your Digital SLR camera? Bring your questions and queries to this two-part class where USN parent and professional photographer KIMBERLY MANZ will answer your questions and give you more insight into the manual settings of your camera. In addition, the instructor will address issues on downloading and impart some basic Photoshop tips that students will put to use in class two, when you return with "homework" photos you have shot to share with the class. www.kimberlymanz.com. Age 14 and up.

Date(s): Thursday, March 1, 2012, Thursday, March 8, 2012

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

Fee: \$45

Materials Fee: \$0

Location: USN

715 ORIGAMI BOXES

If you are familiar with the traditional Japanese art of origami and have basic folding skills, you are ready to take the next steps into the world of origami. Let instructors MALACHI BROWN and JOELLE KEY guide you through techniques to advance your paper folding skills and dynamic range. Origami artists Malachi and Joelle will help you move beyond the basic, traditional crane and inspire you to create a new level of beautiful shapes and figures. <http://www.nashvilleorigamiclub.org>

Date(s): Tuesday, February 28, 2012

Time(s): 6:30 PM - 9:00 PM

Fee: \$35

Materials Fee: \$5

Location: USN

716 BIG YARN. BIG NEEDLES. BIG FUN!

Join knitwear designer TRICIA (Tricky) DRAKE, author of the best-selling book, Welcoming Home Baby the Handcrafted Way and founder of TrickyKnits.com, for a fun evening of knitting with chunky yarn on big needles. In this workshop participants will knit a TrickyKnits baby hat and leave with an adorable finished project. This casual class is for knitters of any skill level, but participants should already know how to knit, purl, and knit in the round on double-pointed needles (or at least not be afraid to try!). Tricky will provide all of the yarns you'll use to make your hat, plus a set of Brittany US 17 double-pointed needles, and a hard copy of the TrickyKnits hat pattern -- all yours to keep for your next project! Come spend an evening learning how to knit it chunky! www.trickyknits.com

Date(s): Tuesday, February 7, 2012

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

Fee: \$35

Materials Fee: \$35

Location: USN

717 PRIMARY PROJECTS

In this two-part course, artist, USN mom and teacher BETSY HOFFMAN will inspire students to turn a plain piece of furniture into a work of art. Betsy has been hand painting furniture for over 20 years and has many pieces on display in private and public collections, such as Vanderbilt Children's Hospital and the USN Library. She will share her own bold, bright, and happy style with students as they have fun expressing their own styles of painting. Students need to bring a small step stool to the first class, where priming and painting will begin. When choosing your item to paint, make sure it is unfinished and simple; flat surfaces are best. In class two, participants will finish painting their pieces and get instructions on how to protect these future family heirlooms. Betsy will supply the paints and brushes. Come see why Betsy is beloved as artist and teacher alike! Age 14 and up.

Date(s): Thursday, February 2, 2012, Thursday, February 16, 2012

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

Fee: \$45

Materials Fee: \$25

Location: USN

718 PHOTOSHOP FOR BEGINNERS

Getting a good family photo, vacation memory or even a Facebook shot can be challenging, but Photoshop can help even the most novice photographers edit their way to success. Graphic designer, USN parent and Photoshop pro KIRK MANZ will lead you through a hands-on session of color-correcting photos, cutting and pasting images, getting rid of unwanted backgrounds, and more. Bring your laptop if you like, but it's not required. Trial versions of the software will be available. www.kmanz.com

Date(s): Tuesday, February 7, 2012

Time(s): 6:30 PM - 9:00 PM

Fee: \$35

Materials Fee: \$0

Location: USN

719 ADVANCED PHOTOSHOP

The follow-up class to Photoshop for Beginners. Take the next step in your journey to mastering this powerful software. Continue to develop the skills that can raise the quality of your photos from average to excellent. Hone your proficiency with Photoshop with graphic designer, USN parent and Photoshop pro KIRK MANZ. Bring your laptop if you like, but it's not required. Trial versions of the software will be available. www.kmanz.com

Date(s): Tuesday, March 6, 2012

Time(s): 6:30 PM - 9:00 PM

Fee: \$35

Materials Fee: \$0

Location: USN

720 PINCHING WITH A PURPOSE POTTERY CLASS

Explore the beauty and tradition of the ancient process of creating pinch pots. Local potter CAROLINE CERONE will guide the class through each step: Wedging, shaping, surface treatment, glazing and earthenware firing. After working in this hands-on, 2-part class, you will discover and appreciate "pinching with purpose" and the inherent beauty of utilitarian pottery. Caroline makes functional pottery for daily use and is influenced by the rich history of folk traditions. Currently she works as studio potter at cone10studios in Charleston, SC. The instructor will notify students when they can return to USN to pick up their glazed and fired pieces. www.cone10studios.com/carolinewebpg.html

Date(s): Thursday, January 26, 2012, Thursday, February 2, 2012

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

Fee: \$45

Materials Fee: \$10

Location: USN

721 FINE ART WITH PHOTOSHOP

Digital photography gets an artistic finish in this new class offering. Students will learn how to use Adobe Photoshop to enhance images. Instructor NANCY JOHNSON will guide you in this intermediate-level class to fine tune your digital photos. Add texture, layers and and blending modes and other techniques to elevate your snapshots into fine art prints. Nancy first picked up a camera in 1978, and has truly found her creative niche combining photography with digital painting. Students need some experience with Photoshop. www.visexpressions.com

Date(s): Thursday, February 23, 2012

Time(s): 6:30 PM - 9:00 PM

Fee: \$35

Materials Fee: \$5

Location: USN

722 IMPROV ACTING

If the idea of speaking in front of a large group makes you cringe, or you wish you could deliver funny one-liners during conversation, consider the art of improvisation to help spark your speech. You can hone all of your communication skills through improvisational acting. Gain confidence that will translate to an ease in public speaking, and have a great time in the process. BAKARI KING, professional actor, USN theater teacher and parent will gently guide students through exercises to find the improv actor in us all.

Date(s): Tuesday, February 21, 2012, Tuesday, February 28, 2012
Time(s): 6:30 PM - 8:00 PM
Fee: \$45
Materials Fee: \$0
Location: USN

723 MAXIMIZE YOUR PIXELS

Digital photography has created a new frontier. Maximize the potential of your images and pixel prowess with this class that will help you enhance your digital images. Professional photographer and USN parent of alumnae BOB SCHATZ will aid students in mastering the basics of digital photography, from downloading photos on your camera to the best tricks of Photoshop software. His expertise comes from 30 years of experience and authoring seven books. www.stockschatz.com

Date(s): Thursday, January 26, 2012
Time(s): 7:00 PM - 9:00 PM
Fee: \$35
Materials Fee: \$0
Location: USN

724 INTERMEDIATE KNITTING - CABLES MADE EASY

Take your knitting to the next level with this great new intermediate-level class. Accomplished knitter and USN alumna ELIZABETH STELLING BILLS will guide students though working patterns that involve cables, using both a chart and standard terminology. Basic materials will be provided (needles and yarn), but feel free to bring a project you are currently working on. With 13 years of knitting experience, Elizabeth can usually be found working on a knitting project that most often includes cables; she likes the added challenge of teaching someone else how to knit. www.thefreshmanrestaurateur.com

Date(s): Tuesday, March 6, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$15
Location: USN

800: RECREATION, FITNESS, & DANCE

801 BEGINNING FLY FISHING FOR WOMEN ONLY

Does the rippling of water call to you, but you don't know how to answer? Come join us for an afternoon of fly fishing for women only at Shelby Park. SUSAN THRASHER, a certified fly fishing instructor and owner of Southernbrookies, will show you the ropes. In a few hours of hands-on experience, you'll become familiar with the equipment and basic casts. Learn how to catch, land, and safely release a fish. Susan turned her fly fishing passion into her profession and offers guided trips and instruction. www.southernbrookies.com

Date(s): Saturday, March 31, 2012
Time(s): 9:00 AM - 12:00 PM
Fee: \$35
Materials Fee: \$10
Location: Shelby Park (South 20th at Shelby Ave.), Lake View Shelter #2.

802 BEGINNING FLY FISHING - COED

Join certified fly fishing instructor SUSAN THRASHER for an afternoon of instruction at Shelby Park. During this hands-on class you will become familiar with fly fishing equipment and basic casts. Students will learn to catch, land and safely release a fish. Susan is an enthusiastic instructor who turned her passion for fly fishing into a profession and enjoys teaching both men and women who want to learn more about this popular pastime. www.southernbrookies.com

Date(s): Saturday, March 31, 2012
Time(s): 1:00 PM - 4:00 PM
Fee: \$35
Materials Fee: \$10
Location: Shelby Park (South 20th at Shelby Ave.),

803 YOGA FOR YOU

Are you interested in learning more about yoga but feel too self-conscious to try it? Find your own comfort zone without having to step into a yoga studio or gym with others who may seem more fit and flexible than you. USN parent CORRINE DENNISON will lead this small class to give you the introduction to yoga you want. In this nurturing class, you will find some simple things that you can incorporate into your daily routine that will help your back, legs and neck feel better. This class is for everyone no matter physical limitations or age. We will create a customized set of movements that you can easily do that will make you feel better than you have in years. Corrine has taught people how to incorporate yoga into their daily lives for more than 13 years. Her gentle, easy-going style makes even the most self-conscious participants feel confident in each and every pose. Corrine has studied with both locally and internationally renowned instructors.

Date(s): Thursday, March 1, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: USN

804 VINYASA BASICS

The word 'Vinyasa' means 'breath-synchronized movement.' Find balance in your body, peace in your mind and vibrance in your spirit in this breath-led movement. USN parent and experienced yoga instructor MOLLY SPESSARD will lead you through this Vinyasa flow yoga class, where participants will move from one pose to the next on an inhale or an exhale. The fluidity and transition of poses become almost dance-like. In Spring 2009, Molly opened Studio Dakini as a sacred space for yogis to gather in practice and exploration of body, mind and spirit. www.studiodakini.com

Date(s): Monday, February 13, 2012
Time(s): 9:00 AM - 11:30 AM
Fee: \$35
Materials Fee: \$0
Location: Studio Dakini, 2905 12th Ave. South, Ste. 103, Nashville, TN 37204.

805 WHAT IS REIKI?

Join Master Teacher MARY ANN STUART as she leads this class on Reiki. This gentle form of energy healing has gained popularity as more people seek stress relief through natural healing. With gentle touch and non-invasive hand placement, Reiki can align and balance the body's energy flow. Discover how energy work can promote healing, a sense of relaxation and well being and how Reiki can be used in conjunction with other body conditioning. MARY ANN is co-owner of Align Wellness Center. www.nashvillealign.com

Date(s): Tuesday, February 21, 2012
Time(s): 6:30 PM - 8:30 PM
Fee: \$35
Materials Fee: \$0
Location: Align Wellness Center, 4544 Harding Pike, Ste. 215, Nashville, TN, 37205

806 UNLOCKING YOUR CHILD'S INNER AGASSI - TENNIS HELP FOR PARENTS

Parents interested in guiding their children to learn to play tennis are often put off by a maze of options, with no clear first steps. This class will arm parents with savvy tips to help your child learn, play and enjoy tennis for recreation and/or competition. USN parent, tennis pro and, most importantly, tennis mom KOBIE PRETORIUS and BLAIN SMITH, head tennis pro at Centennial Park Sportsplex, will show you step-by-step how to support your child's tennis aspirations, from buying your child's first racket to entering his or her first tournament. In the first half of the class, parents will receive hands-on experience, including how to toss balls for kids to practice their swing, and other easy drills. The instructors will demonstrate the new and successful Quickstart method that helps kids age 10 and younger quickly learn to play using kid-sized courts and equipment. The second half of the class focuses on useful resources to find lessons, pros, clinics and tournaments. Kobie's two children are avid tennis players, sharing a love of the game. She is passionate about helping other parents successfully support their child's tennis goals. Note: this is a class is for parents, not children.

Date(s): Saturday, March 10, 2012
Time(s): 9:00 AM - 11:00 AM
Fee: \$35
Materials Fee: \$0
Location: Centennial Sportsplex: 222 25th Ave., North. Nashville, TN 37203

807 INTRODUCTION TO FLY TYING

Wade into the world of zebra midges, copper Johns and buggers. Spend a Saturday learning the art of fly tying from noted fly-fishing guide and USN parent JIM MAURIES and USN teacher CYNTHIA LEE. This duo will show you how to tie flies that actually catch fish. Learn in one Saturday a hobby that can last a lifetime. All tools and materials are included with the class, which is held at Jim's Fly South store on 19th Ave. www.flysouth.net

Date(s): Saturday, February 11, 2012

Time(s): 9:00 AM - 4:00 PM
Fee: \$35

Materials Fee: \$0

Location: Fly South, 115
19th Ave. South, Nashville,
TN, 37203.

900: TOURS

901 GEOCACHING FOR BEGINNERS

Learn how to play a high-tech game of hide and seek, known as geocaching. A real-life treasure hunting game, geocache players try to locate containers using handheld GPS-enabled devices, and then share their experiences online. Let instructors and avid geocachers LESLIE HUDSON and USN parent GAIL PLUCKER teach you the basics. In the first meeting, the class will learn basic geocache terminology, how to use a handheld GPS device, create an account to track finds and discuss basic safety. Then students will have an opportunity to go out caching during a short weekend session. With 5 boys (and not a single girl) between their two families, both Gail and Leslie became immersed in all the activities their sons were enjoying, including geocaching. Even though their boys are (almost) all grown up now, these adventurous moms still make time to indulge in this fun and exciting hobby. It's all about the journey! Age 16 and up. Note: First class meets at USN. Second class meets either Saturday morning or afternoon (determined at first class) in a local park. (Saturday rain date: March 10, 2012.)

Date(s): Thursday, March 1,
2012, Saturday, March 3,
2012

Time(s): 6:30 PM - 8:30 PM
Fee: \$45

Materials Fee: \$5

Location: USN & Local Park

902 ARCHITECTURE TOUR OF UPPER BROAD

Nashville's Lower Broadway strip is famous for its honky-tonks. But did you know that Upper Broadway is the site of many historic buildings on the National Register? Spend an afternoon learning more about the gorgeous architecture of downtown's Upper Broad area. Join architectural historian and The Plan of Nashville author CHRISTINE KREYLING and ANN ROBERTS, former executive director of the Nashville Metropolitan Historical Commission, for an insightful walking tour to learn more about the significance of these distinctive buildings and why they are worthy of preservation. Both Christine and Ann were founding members of the Nashville Urban Design Forum. Christine has written numerous books and essays about Nashville, and Ann has been involved in Nashville's preservation efforts and revitalization of historic landmarks for more than 30 years. Participants must be comfortable walking. Rain date: April 21, 2012.

Date(s): Saturday, April 14,
2012

Time(s): 10:00 AM - 12:00
PM

Fee: \$35

Materials Fee: \$0

Location: Downtown, Upper
Broadway area.

904 AN INTRODUCTION TO AFRICAN ART - GALLERY TOUR

Behind the closed doors of this "by appointment only" storefront on Main Street in downtown Franklin lies a world-class collection of items once sacred to people of complex cultures. Collector and gallery owner WILLIAM DARRELL MOSELEY shares his knowledge of Sub-Saharan African artifacts and culture. Since 1959, Darrell has traveled extensively and collected art from around the world. On this tour, he will show his special collection. Representative African artworks are characterized and described aesthetically, as well as functionally. Actual examples of objects made by various African ethnic groups are viewed and compared.

Date(s): Wednesday,
February 15, 2012

Time(s): 7:00 PM - 9:00 PM
Fee: \$35

Materials Fee: \$0

Location: William Darrell
Moseley Tribal Arts, Inc., 427
Main Street, Franklin, TN
37064

905 TOUR OF DELGADO GUITARS WORKSHOP

MANUEL DELGADO and his family have been building handmade guitars since 1928 for artists like Andres Segovia, Los Lobos, Jose Feliciano, Charo, Arlo Guthrie and countless more. As a third generation luthier, Manuel keeps the tradition alive and builds each instrument individually using the methods taught to him by his father and grandfather, and with only the best materials. Join Manuel in his workshop for an intimate look at how these fine instruments are constructed by hand. Manuel builds no more than 20 Delgado instruments in one year, each one from non-endangered, old-growth wood that Manuel has collected through the years. You'll learn the physical differences between handcrafted and mass produced guitars, and how this art gives these new and special instruments their old souls. An inspirational experience for musicians, music lovers, and inquiring minds! (No photography allowed!) Ages 12 and up.
www.delgadoguitars.com

Date(s): Friday, March 9, 2012
Time(s): 5:00 PM - 7:00 PM
Fee: \$35
Materials Fee: \$0
Location: Delgado Guitar Workshop, 1623 Franklin Ave., Nashville, TN 37206

906 PUBLIC TRANSIT 101

If you've ever wondered if (and how!) you could get around our town without a car, don't miss this opportunity. USN parent KENYA STEVENS will unlock the mysteries of Music City's public transportation and teach you the basics of getting to work, school, or running errands while saving money and the environment. In this **FREE** class, you will start at USN and ride the bus to Music City Central Bus Depot for a brief overview of public transport. Next stop: the Farmer's Market/Bicentennial Mall for lunch. Then ride the bus back to USN, confident in your new-found knowledge. A fun and worthwhile adventure awaits! Kenya has lived life in Nashville without a car for more than two years. Children age 5 and older welcome but must be accompanied by an adult. (Please register both.) www.carlessinnashville.blogspot.com

Date(s): Saturday, April 7, 2012
Time(s): 10:30 AM - 1:00 PM
Fee: \$0
Materials Fee: \$0
Location: Meet at University School in the Main Lobby.

907 TOURING THE HISTORIC CRAIGHEAD HOUSE GARDENS

Take this delightful tour of the historic Craighead House gardens with its owners and caretakers STEVE SIRLS and ALLEN DECUYPER, of Steve Sirls Landscape Gardening and enjoy the home's beautiful blooming garden. It is one of the oldest houses in Nashville, but its springtime display is all youthful glory. There are many varieties of perennials, ornamental trees, bulbs, herbs, vegetables, annuals and boxwood. This is a course for serious gardeners and those who want an inside look at the preservation of this historic property. Steve and Allen will share not only their love of the home and the respectful transitions they've made to it, but also their secrets to gardening in the shade and the Tennessee summer sun. Come discover what makes this special home such a wonderful city retreat. And feel free to bring a site plan for ideas and suggestions for your own garden. Age 21 and up.

Date(s): Sunday, April 22, 2012
Time(s): 10:00 AM - 12:00 PM
Fee: \$35
Materials Fee: \$0
Location: Richland - West End Neighborhood

908 DO THE FUNKY CHICKEN COOP TOUR

Your pet really can make you breakfast! Participate in the first-ever Nashville backyard chicken coop tour. Learn how to establish and care for egg-laying hens from USN families who are backyard hen keepers. Or come along if you're just curious about this new urban hobby. Join a trio of hen-keeping tour guides on this fascinating journey by school bus to several Nashville homes to see these creative coops in all shapes and sizes. You'll see hens roosting in tree houses, jungle gyms, play houses and other re-purposed sites; you'll find other hens in a geodesic dome; and still others in a coop made by an Amish farmer. As a bonus, you'll see some vegetable and fruit producing gardens, too. *Tentatively scheduled for mid-April but stay tuned:* Registration for this class will go "live" after Metro Council passes the backyard hen (no roosters!) ordinance early in 2012. Ages 16 and up. Not all backyard coops are handicap accessible.

Date(s):
Time(s): 1:00 PM - 4:00 PM
Fee: \$35
Materials Fee: \$0
Location: To Be Determined

909 THE BLACK & WHITE OF GREEN HOME BUILDING

Building a new home or adding on to your current home are major undertakings. Add to this your desire to select eco-friendly, green materials and methods, and you're knee deep in confusion. Determining your budget, hiring and communicating with builders, architects, designers and others can prove exhilarating at best and disastrous at worst. Learn from some experienced locals who can give you plenty of information about useful options, and tips to help you avoid costly mistakes. Join green homeowners BOB and IRMA BERNSTEIN, and USN parents JANE HARDY and ROD KOCHTITZKY, who will give you a tour of their green homes. Joined by RYAN NICHOLS, owner of Green Home, a sustainable design company, the group will discuss all aspects of pursuing green construction in Nashville. This green adventure will begin at Bongo Java owner Bob and Irma's home—Nashville's first home using straw-bale in its construction—that features geothermal HVAC, tankless water heater and many more green features. Then the group will continue on to Jane and Rod's home, where you'll explore their famous "Little House Nashville," which received the highest LEED rating of Platinum and has far exceeded the couple's expectations. Are these eco-efforts worth it, both environmentally and financially speaking? These experts will chime in on practical considerations and those they consider unrealistic. Bring your camera to capture the good, bad and ugly of green building. You'll be glad you did! Founded in 2007, Green Home builds creative custom homes in the Nashville area utilizing the latest green technology and progressive design concepts. Age 16 and up. www.hellogreenhome.com www.bongojava.com info@LittleHouseNashville.com

Date(s): Thursday, April 19, 2012
Time(s): 5:30 PM - 7:30 PM
Fee: \$35
Materials Fee: \$0
Location: Tour of two homes, 12th South & Elmington Park areas.

1000: ONE-TO-ONE INSTRUCTION

1002 SONG COACHING

You have a song in you. It is time to get it out of your head and put it down on paper. TOM KIMMEL, parent of a USN alumna, is a songwriter's songwriter. He has worked with a wide array of artists crafting songs for general play, film, and TV. This class is a rare opportunity to have a one-on-one hour-long songwriting session with a talented songwriter. Tom will give you feedback and suggestions on a song you have already written, or he can tutor you on how to take that unique melody in your head and share it with the world. <http://www.tomkimmel.com>

Date(s):
Time(s):
Fee: \$150
Materials Fee: \$0
Location: To Be Determined

1004 WRITING COACH: POETRY, FICTION OR MEMOIR

Writing anything is a challenge. Writing well is a more daunting challenge still. ANNE GUZZARDI, MFA, an awarding winning writer and writing coach, will help you face the challenge with this one-on-one class. She will give you insights into the writing process, provide you with honest feedback on your work, and offer editing tips that will help you move forward with your work. Whether you are working from rough ideas or a completed manuscript, she provides the critiques, exercises, and even line-by-line coaching you need to get your poetry, fiction, or memoir to the next stage. This one-on-one coaching session will be preceded by a half-hour introductory meeting to make sure the two-hour session is precisely calibrated to your needs.

Date(s):
Time(s):
Fee: \$150
Materials Fee: \$0
Location: To Be Determined

1005 GET A FINANCIALLY SMART DIVORCE: PRIVATE CONSULTATION

While the legal issues of divorce are handled by divorce attorneys, clients in the midst of this situation must also consider important financial and tax issues. Certified divorce financial analyst SANDY ARONS, founder of Arons and Associates, is respected as one of the best resources in Nashville for divorce financial and tax topics. Sandy's financial and mediation skills combine to make her an invaluable resource for individuals and couples moving through this difficult time. In this one-on-one session, Sandy will discuss the financial pitfalls to avoid, how to minimize arguing with your spouse, and how to navigate the issues of taxes and providing for your

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

children. Divorce is among the hardest transitions a person may deal with in life, and this one hour class will help you make the smart decisions about practical issues that must be faced.
www.getasmartdivorce.com

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www.getasmartdivorce.com

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

1009 THE KINDEST CUT OF ALL: PRACTICAL PRUNING

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

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

1010 THE KINDEST CUT OF ALL: PRACTICAL PRUNING

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

1011 THE KINDEST CUT OF ALL: PRACTICAL PRUNING

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<http://www.druidtree.com>

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

Registration Policies**Directions to USN****Parking at USN**Important Information > *Registration Policies* >**REGISTRATION INFORMATION & POLICIES****Registration Information**

**Registration for our 2012 classes begins Wednesday, December 7, 2011.
9:00 am**

There are three ways to register for USN Evening Classes: online, mail, and phone.

Forms are processed in the order in which they are received. Students are not considered registered until full payment is received. **Students may enroll up to the date of the class, space permitting.** Instructors cannot accept fees. Students will receive a confirmation via email or mail.

How to Register

Online: Go to www.usneveningclasses.org to sign up for classes.

We accept Visa or MasterCard.

Phone: Call (615) 321-8019 between 9 a.m. and 3 p.m. weekdays beginning Wednesday, Dec. 7. Have your class numbers and VISA/MasterCard credit card information ready. Please do not leave registration information on the voice mail system; it will not be processed.

Mail: Print out the online registration form and mail it with a check (made out to USNA) or your VISA or MasterCard credit card information to:

USN Evening Classes, 2000 Edgehill Ave., Nashville, TN 37212.

PLEASE NOTE: USN is on Winter Break December 16 through January 2. We will not be answering the telephone then and only checking our emails intermittently.

General Information

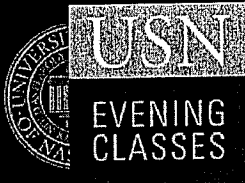
- All classes are limited in size.
- USN Evening Classes held at USN are handicap-accessible.
- In the event of inclement weather, please check www.usneveningclasses.org or call (615) 321-8014 to find out if classes will be held.

Cancellations and Refunds

- Classes canceled because of weather will be rescheduled, and students will be informed of the new date.
- USN Evening Classes reserves the right to cancel classes, adjust curriculum, change schedules or limit enrollment whenever necessary.
- **Class and materials fees will not be refunded unless a class is canceled by USN or the instructor. We do not offer class exchanges in place of refunds.**

University School of Nashville does not employ the instructors for USN Evening Classes and does not direct, endorse, warrant, or control the conduct of the classes. In registering for any USN Evening Class, the registrant acknowledges the foregoing and releases and waives any claim against University School of Nashville arising out of or related to participation in the USN Evening Classes program.

Visit www.usneveningclasses.org for updates of class listings, corrections, added classes, as well as registration information and forms.

[SELECTED CLASSES](#)[CLASS CATALOG](#)[MY ACCOUNT](#)

REGISTRATION NOW OPEN

[CATALOG & ONLINE REGISTRATION](#)[IMPORTANT INFORMATION](#)[FOR INSTRUCTORS](#)[ABOUT US](#)[CONTACT US](#)

Registration Policies

[PARKING INSTRUCTIONS](#)

Directions to USN

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Parking at USN

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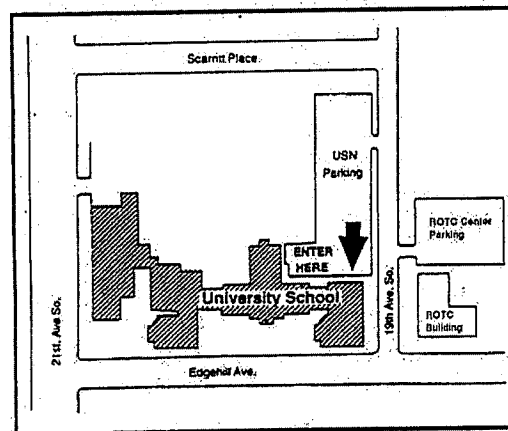
PARKING INSTRUCTIONS

USN is located at the corner of Edgehill Avenue and 21st Avenue South in Nashville.

Parking is available in the USN lot on 19th Ave., as well as Lot 111 (Building 1114 across 19th Ave. from USN). Please DO NOT PARK in the 21st Avenue lot at USN.

Entry to the school and classrooms for USN Evening Classes is off the 19th Ave. lot through the glass double doors. Greeters will be waiting to direct you to your classroom.

Smoking is not permitted on the USN campus.



2000 EDGEHILL AVENUE NASHVILLE, TENNESSEE 37212 | 615.321.8019

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2012 USN EVENING CLASSES REGISTRATION FORM

Go to www.usneveningclasses.org to register online. This is the best way to know if the class you are registering for is available. If you prefer, please print out this form, complete it and mail it to us. Upon receipt and processing, we will contact you to let you know if we are able to register you.

STUDENT CONTACT INFORMATION

Student Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Business Phone: _____ Cell Phone: _____

Email: _____

If you are registering and paying for multiple students, please list the other students here.

Additional Student Name: _____ Email: _____

Additional Student Name: _____ Email: _____

Additional Student Name: _____ Email: _____

CLASS REGISTRATION INFORMATION

Class #	Class Name	Student Name	Materials Fee	Class Fee	Total Due
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Total _____

PAYMENT INFORMATION - BY CREDIT CARD (Visa or MasterCard ONLY)

Name as it appears on card: _____

Credit Card #: _____ CVV Code: _____ Exp. Date: _____

Billing Address _____

Phone: _____ Cell Phone: _____

PAYMENT INFORMATION - BY CHECK

Check #: _____ Amount of Check: _____

Please make checks payable to USN Evening Classes and mail to:
USN Evening Classes, 2000 Edgehill Ave., Nashville, TN 37212

Thank you! Proceeds from USN Evening Classes support University School's K-12 need-based financial aid program.

Classes canceled due to weather will be rescheduled and students will be informed of the new date. Evening Classes reserves the right to cancel classes, adjust curriculum, change schedules or limit enrollment whenever necessary. Class fees will not be refunded unless a class is canceled by USN or the instructor.