

# USN Evening Classes

2016 Catalog



**Celebrating 23 Years of Classes for the Nashville Community**

For the Most Up-To-Date Class Information and Registration  
Visit [USNeveningclasses.org](http://USNeveningclasses.org)

## 2016 CLASS CATALOG

There are over 130 classes in ten categories this year. Your favorites are back along with at least fifty percent new. Select the category on the left to browse the classes.

**Music, Literature and the Arts (100)** classes help you tap into your creative side or expand your knowledge of the arts with classes on music history, gallery tours and writing.

**Career, Communications, Money and Computers (200)** classes provide you with practical advice and skills such as estate planning, iPhone app development and interviewing for a job.

**Family, Health and Self-Improvement (300)** offers classes to promote your well-being such as meditation, dressing with style, and eating mindfully.

**Cooking and Culinary Experiences (400)** includes a broad range of cooking and food appreciation classes including a preview offering from one of Nashville's finest chefs, exclusive behind-the-scenes restaurant experiences and a peak into the kitchens of some of the area's best home cooks.

**Wine, Spirits, Beer, and Entertaining (500)** classes offer unique opportunities to sample rare wines, learn how to make the latest cocktails and elevate the look of your event with beautiful tablescapes and floral design.

**Home and Garden (600)** will help you spruce up some aspect of your home - inside and out - with classes such as interior decorating, green home design, and planting a beautiful garden.

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

**Recreation, Fitness and Dance (800)** classes will help you get more healthy and fit by taking you outdoors to try fly fishing, or offer a chance to try a new form of exercise in one of our on-campus studios.

**Tours (900)** will take you behind the scenes into Nashville's galleries or out on the roads to learn more about our city.

**One-on-Ones (1000)** are a fantastic opportunity for you to tap into the expertise of many talented professionals for an individualized session, such as home organizing, songwriting or tree pruning.

## 101 POLITICS WITH RENOWNED PULITZER PRIZE WINNER EUGENE ROBINSON

Join EUGENE ROBINSON, Pulitzer Prizewinning columnist, for a 45 minute political discussion, followed by an impromptu 15 minute Q&A session. Mr. Robinson is known coast to coast for his insightful commentary, using twice-weekly columns in *The Washington Post* to pick American society apart and put it back together again in unexpected and revelatory new ways. His remarkable story-telling ability has won him wide acclaim, most notably the 2009 Pulitzer Prize for his commentary on the 2008 presidential race that resulted in the election of America's first African-American president. Robinson focuses on the intersection of politics and culture and how trends reshape every part of our community, from the family dinner table to the electoral map. The personal is the political, as the saying goes, and this is a rare opportunity for class participants to hear one of our nation's finest political thinkers. Age 14 and up.

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**Date(s):** Tuesday, January 19, 2016

**Time(s):** 6:00 PM - 7:00 PM

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 102 BRUNK AUCTIONS CONNOISSEURSHIP EVENING

Please join SARAH SPERLING, USN alumna and Director of Nashville Operations for Brunk Auctions, for a hands-on study of items to be offered at auction. The class will consist of an open discussion of what makes some pieces valuable and others not, what to look for when purchasing pieces, strategies for bidding, as well as a chance to preview and discuss upcoming auction items. This class will be held (with refreshments included) at Brunk Auctions Nashville. Age 21 and up. [Brunk Auctions](#)

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**Date(s):** Tuesday, March 8, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** Brunk Auctions, 4231 Harding Pike  
Nashville, 37205

## 103 THE FATE OF FOOD: WHAT WE'LL EAT IN A BIGGER, HOTTER, SMARTER WORLD.

Join journalist and USN parent AMANDA LITTLE for a lecture and discussion about how climate change and population growth are transforming the global food system--for worse, and for better. Amanda is a professor of journalism at Vanderbilt and a contributor to *Bloomberg Businessweek*. She has traveled around the world, from Marin to Mumbai, to investigate the impact of climate change on local ecosystems, farms and economies. She will talk about her ongoing research on the most fascinating and troubling innovations -- from GMOs to plant-based meats -- that are emerging in response to the pressures of the growing global population and our warming atmosphere. [Amanda Little](#)

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**Date(s):** Thursday, January 28, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 104 BUILDING A NOVEL

Inspiration can hit at any time. Once it does, the question becomes where to take it, what to do with it, and how to improve the genesis idea. In this course, RON KIDD, author of eleven novels and eight plays, a two-time O'Neill playwright and USN alumna parent, will guide you through a process for taking your inspiration and building a novel, chapter by chapter. [Ron Kidd](#)

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**Date(s):** Thursday, February 4, 2016  
**Time(s):** 6:00 PM - 7:30 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 105 HOW TO WRITE HISTORY (THAT DOESN'T PUT PEOPLE TO SLEEP)

History is exciting, engaging, fascinating and frequently funny... but aspiring history writers often make it sound drier than the paper in a centuries-old book. In this class, experienced writer-editor GERALD D. SWICK presents tips for engaging readers' interest and emotions while sticking to the facts. Tips include the single most useful exercise you can do to make your writing more focused, dramatic and interesting.

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**Date(s):** Tuesday, March 1, 2016  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$35  
**Materials Fee:** \$0  
**Location:** USN

## 106 BEYOND THE BEAT

Vanderbilt sociologist (and parent of USN alumna) DAN CORNFIELD presents an author-guided discussion based on his book, *Beyond the Beat: Musicians Building Community in Nashville* (Princeton University Press, 2015). Using excerpts from interviews with four diverse, emerging and enterprising Indie Music artists, the group will discuss the ethos of contemporary "indie" arts. Specific topics include: 1. How do one's family and other childhood mentors inspire a young adult to embark on an artistic career? 2. How does one's ethnic and racial background influence an emerging musician's artistry? 3. How does an emerging indie artist come to conceive of the audience she or he wishes to engage with one's artistry? 4. How important is "cross-promotion"—the indie ethos of mutualism among peers—to one's artistic-career development? 5. How and why do these indie musicians conceive of success? *Beyond the Beat* addresses how Nashville provides the rich social context for encouraging "artist activism" in creating an exemplary, inclusive, mutually supportive, and vibrant artist peer community. [Dan Cornfield](#)

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**Date(s):** Thursday, February 25, 2016  
**Time(s):** 6:30 PM - 8:00 PM  
**Fee:** \$25  
**Materials Fee:** \$0  
**Location:** USN

## 107 LOVE POEM LAB

Just in time for Valentine's Day... Have you ever wished you could craft a poem of love for someone in your life, whether that be a partner, spouse, parent, sibling, or friend? Come to this one-night writing workshop where you'll write and revise a love poem of your own under the guidance of award-winning poet and USN alumnus parent KELLY CASS FALZONE. In a safe (and not-too-

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**Date(s):** Tuesday, February 9, 2016  
**Time(s):** 6:00 PM - 8:30 PM

sappy) circle of would-be-bards, participants will read examples of great love poems and playfully approach writing their own.

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**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 108 THE ANTI-LOVE POEM: CREATIVE WRITING WRATH

O, cursed be Cupid, candy hearts and greeting cards! For those called to commemorate heartache, betrayal and unrequited love, or to celebrate single-hood, this is the writing class for you. Students will work on crafting anti-love poems in a supportive (and sassy) circle under the guidance of award-winning poet and USN alumnus parent KELLY CASS FALZONE. Designed to incorporate a mix of amusement, acerbity and self love, this could be THE anti-date night of the year.

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**Date(s):** Tuesday, February 2, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 109 A WAY TO WRITE: USING THE AMHERST WRITERS AND ARTISTS METHOD

A writer is someone who writes, and every writer has a unique voice and inherent creative genius. These are key tenets of Amherst Writers & Artists. Another belief and practice is that craft should be taught without damage to a writer's original voice or artistic self-esteem. Using methodology developed in Amherst, Massachusetts (home of Emily Dickinson, as well as other literary luminaries), this writing workshop will provide a safe, respectful environment for exploring the craft and finding voice. Led by ALISON ERNST, an AWA certified workshop leader, participants will be introduced to principles and practices of this approach to writing. All curious, aspiring, and experienced writers are welcome in this class.

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**Date(s):** Thursday, March 10, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 110 MONUMENTS MAN AND MONUMENT MAKER

A first-hand look at the rescue of art and cultural treasures during World War II presented by DEANIE HANCOCK FRENCH, daughter of one of the original Monuments Men, famed American sculptor Walker Hancock. Deanie will share her story and show some extraordinary footage from the National Geographic film, *Hunting Hitler's Stolen Treasures* (completed just in time for the release of George Clooney's Hollywood production, *The Monuments Men*) that provides authentic historical background and a context for understanding how so many thousands of works of art were saved from destruction.

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**Date(s):** Thursday, February 25, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 111 WRITING AND PUBLISHING BOOKS FOR CHILDREN AND TEENS

Have you ever thought about writing a children's picture book or young adult novel? This introductory class, led by award-winning authors JESSICA YOUNG (a USN parent) and SHARON CAMERON provides a glimpse into the business and craft of children's literature. Topics will include how to's on the concept, format, and structure of picture books and novels, as well as finding and working with an agent, editor, and publisher. [Jessica Young](#) [Sharon Cameron](#)

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**Date(s):** Tuesday, January 26, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 112 FROM MEMORY TO MEMOIR

Do you have a lot of great life stories to share? USN alumna SUSANNAH FELTS will give you the encouragement and creative prompts to begin crafting real-life experience into meaningful narratives. Participants will draw from their journals and memories to complete a number of prompts designed to pull material out of lived experience and will be welcome to share work-in-progress with one another, should they desire. Susannah is the cofounder and co-director of the Porch, Nashville's nonprofit center for writing. She earned her MFA in Writing from The School of the Art Institute of Chicago and is the author of a novel, *This Will Go Down on Your Permanent Record*. Her book reviews and interviews with authors appear regularly in Humanities Tennessee's Chapter 16. [The Porch](#)

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**Date(s):** Thursday, March 10, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 113 ADULT IMPROV

Have you ever wanted some extra skills to help you dazzle at a meeting, be the life of the party, and connect with your friends? Sign up for this exciting adult improv acting class and you will participate in and enjoy many games like the ones you may have seen on "Whose Line is it Anyway." USN middle school theatre instructor and parent BAKARI KING will teach improvisational theatre's tricks of the trade and how improv can apply to and support your everyday life. Age 21 and up. [Barkari King](#)

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**Date(s):** Wednesday, February 17, 2016

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

**Fee:** \$30

**Materials Fee:** \$0

**Location:** Private home

## 114 LET YOURSELF GO: THE ART OF TRAVEL WRITING

Sometimes a trip is more than just a trip, it's a transformative experience. This class looks at travel writing as a type of creative nonfiction, examining first-person essays that reflect on the inner journey that arises from a special trip, location or destination. Journalist and parent of USN alumni, GLORIA BALLARD will lead the discussion, looking at the work of several contemporary travel writers to see what makes their work compelling. Bring your own travel memories and pen and paper to begin documenting your own journey into travel writing. [Gloria Ballard](#)

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**Date(s):** Thursday, March 3, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

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

### 201 I JUST WANT TO WATCH TV AND MOVIES...WHEN DID THIS BECOME SO DIFFICULT?

Does your brain start to shut down when you see all the options for television these days? Comcast, Netflix, Dish, Hulu, Amazon Prime, Google TV, NFL Network...just to name a few. There are so many ways to watch television and movies that it can be very confusing when it comes to deciding what equipment to buy and what subscription gives you the most bang for your buck. USN Tech Guru KEVIN CRAIG will dig into three areas: TV providers, Internet Subscriptions, and Equipment. Once you know the ins and outs of these basics, you can make sense of the madness and quickly find what you want to watch, when you want to watch it and how you want to watch it.

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**Date(s):** Tuesday, January 26, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 202 KEEPING KIDS SAFE ONLINE

This class will offer an overview of the myths and realities of how children can be victimized on computers and mobile devices. Tennessee Bureau of Investigation Special Agent and USN parent RICHARD LITTLEHALE will identify the technologies and resources that parents and educators can use to identify and minimize the dangers that exist online. Be informed and stay safe.

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**Date(s):** Tuesday, February 23, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 203 QUICKBOOKS ONLINE BASICS

Running a small business successfully can be a very challenging endeavor. Selling your products or services is one thing, but tracking and managing your expenses is another vital task that too often takes a backseat to sales. Owner and principal of GG Technologies DAVID MAHER will help you simplify your accounting and bookkeeping tasks. This class will help you know how to do the basic transactions required to accurately track your business's financial activities in the day to day and for tax purposes. [GG Technologies](#)

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**Date(s):** Thursday, February 18, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 204 QUICKBOOKS ONLINE - PRODUCTIVITY TIPS AND TRICKS

Would you like to increase profits? Maybe you'd like better cash flow. QuickBooks Online has tools that can help. Join DAVID MAHER, owner and principal of GG Technologies, for this course and you will learn how to unpack the tools inside QuickBooks Online as well as how to access other tools to integrate with QuickBooks Online that will help you manage your business better and be more productive. [GG Technologies](#)

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**Date(s):** Thursday, February 25, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 205 SPEAK SO PEOPLE LISTEN: HOW TO MAKE EFFECTIVE BUSINESS PRESENTATIONS



Whether you're making a recommendation to senior management or delivering a speech to the neighborhood association, you want to speak with confidence and credibility. Focusing your message, incorporating stories, and using your voice, hands, and eye contact contribute to your effectiveness as a speaker. Good presentation skills will advance your career, make you more effective in the workplace, and ensures your ideas linger long after you have left the room. USN parent MIMI BLISS, owner of Bliss Communications, will lead this interactive workshop, coaching volunteers through brief presentations and providing relevant feedback. The workshop includes handouts and wallet cards with speaking tips. [Mimi Bliss](#)

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**Date(s):** Thursday, February 11, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 206 HOW TO SUCCEED IN ONLINE MARKETING

This one-session course will dive into what is happening in the world of search engine marketing, or SEO. With the game-changing Google updates, the rising tide of mobile devices and the stress on "content marketing," it can be difficult to gauge what is the most effective approach for a small business. BRAD COWART, founder of Tier Strategies, will provide all you need to know. Brad will cover recent developments in the field and optimal use of SEO for today's world and will lead a discussion of Google's own approach. The class will provide several key takeaways that you can use now to improve your marketing so you will be ahead of the curve and out-position the competition. If you have questions beforehand to bring to the session, you can email those to [Brad@TierStrategies.com](mailto:Brad@TierStrategies.com). [Tier Strategies](#)

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**Date(s):** Tuesday, March 1, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 207 MAKE A MOVIE WITH YOUR IPHONE 6, 6S

If you have an iPhone 6 or 6s and the iMovie app, you have all you need to be a video producer. AMY ESKIND, journalist, USN parent, and producer of *Nashville Banner* news videos, will walk you through the basics of guerrilla filmmaking. Participants will learn how to plan, shoot, edit, move sound, do voiceovers, add still photos and songs, and produce their own videos. Whether you want to give Francis Ford Coppola a run for his money or simply get creative with your personal phone, this class will set you in motion. [Nashville Banner](#)

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**Date(s):** Thursday, March 10, 2016

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

**Fee:** \$30

**Materials Fee:** \$0

**Location:** USN

## 208 IPHONE AND IOS TIPS AND TRICKS

Your iPhone and iPad go with you everywhere and even talk to you. However, how do you make sense of all of the different parts that change every few months? Join USN parent, teacher and website guru STEVE SMAIL to help you demystify the inner workings of your favorite portable Apple device. In this class, he will help you make sense of the many different facets of your iOS device, such as email, account syncing, family sharing, security, and more. This class works for the beginner or more experienced user with any version of iOS device or software.

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**Date(s):** Tuesday, February 16, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

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**Location:** USN

## 209 UNDERSTANDING SOCIAL SECURITY RETIREMENT BENEFITS

Social Security rules are complicated, and many individuals leave benefits on the table because they do not fully understand the complexities of the rules or how to work within the system. Join SUSAN FULLER, financial advisor at Edward Jones Investments, and CULLEN ROBERTS, a BlackRock financial advisor, to explore the ins and outs of Social Security benefits and the strategies involved in collecting benefits. They will dive into the topic of spousal and survivor benefits for married and divorced individuals and teach you how to optimize the lifetime benefits available during your retirement. [Edward Jones](#)

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**Date(s):** Thursday, February 25, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 210 DROPBOX 101: WHAT'S DROPBOX?

Dropbox is a hybrid cloud solution for storing all of your photos, docs, videos, and files. Anything you add to Dropbox can automatically show up on all of your computers, phones, tablets and even the Dropbox website — so you can access your stuff from anywhere. In this class, USN Director of Technology KATHERINE WIECZERZA will provide basic information on how to best use Dropbox in your life. In addition to cloud storage, you can send people links to specific files, photos, and folders in your Dropbox as well. Laptops are not required.

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**Date(s):** Thursday, February 4, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 211 FUNDRAISING 101: HOW TO MAKE THE ASK AND GET A YES

Confidence in how to raise money for your favorite non-profit can be the difference between panicking over making a budget versus enjoying in a blockbuster year and making a difference in the lives of others. KENDRA COTTON has almost two decades of hands-on experience in effective fundraising for a variety of organizations. From annual giving to grant writing and capital campaigns, Kendra will walk you through an introduction on how to prioritize your fundraising which will lead to an impressive campaign, taking anxiety away from the ask.

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**Date(s):** Tuesday, March 8, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 212 HOW TO SURVIVE THE SHARK TANK – GOING FROM EMPLOYEE TO ENTREPRENEUR

Whether you have the idea for the next iPhone or you want to turn your sewing skills into a money-making venture, you still need to know how to go about starting your own business. RENEE BOBB, an authority in the field of self-publishing and small business development, will guide you through the process of going from an employee to an entrepreneur. She will dive into the process of selecting the right business, marketing your idea to the world, and, of course, finding the money to make that happen. You will walk away with an introduction to what you need to do to take your idea off of the drawing board and into the reality of running your own business. [Renee Bobb](#)

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**Date(s):** Tuesday, January 26, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 213 INTRODUCTION TO DESIGN THINKING

Design Thinking is an innovative process that “combines methods from engineering and design, and combines them with ideas from the arts, tools from the social sciences, and insights from the business world” ([dschool.stanford.edu](http://dschool.stanford.edu)). This thought process will allow you to cycle through learning, teaching and doing, skills that can be applied in many fields - engineering, medicine, business, social science, industry, education and design. Come learn design thinking by experiencing it firsthand, as facilitated by instructor BRENT TAYLOR. You will leave with a whole new perspective on how to collaborate with a renewed sense of wonder about what is possible. [Stoke.d](#)

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**Date(s):** Thursday, February 18, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 214 BLOGGING YOUR BUSINESS TO SUCCESS

A blog for your business is one of the most cost-effective ways to find new clients and communicate with existing clientele, as well as to establish yourself as an authority in your industry. Starting a blog for your business is not as daunting as it might seem. LAUREL STAPLES, marketing coach and founder of the ProCoach Academy, will guide you through the process of starting a blog and how to use social media, such as Twitter and Facebook, to promote it. She will also let you in on the #1 mistake people make online and how to avoid it. You will learn how to create an effective online presence quickly and easily and how to start making your blog work for your business. [ProCoach Academy](#)

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**Date(s):** Thursday, March 3, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 215 THE AWESOMENESS OF GMAIL

Whether you're a casual Gmail user for everyday email or it is something you use to run your business, it's likely that you aren't unleashing the potential of your Gmail account. USN Lower School Technology Coordinator MARK LITTLEFIELD will guide you

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**Date(s):** Thursday, January 21, 2016

**Time(s):** 6:00 PM - 7:30 PM

through the ins and outs of Gmail and all the hidden ways that Gmail can make your life easier. You will learn about the extensions and plugins that will take your Gmail account from average to awesome. [Mark Littlefield](#)

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**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 216 CALLING ALL KIDS: LET'S CRAFT FOR A CAUSE

Are you crafty but don't know how to share your work? Want to learn how to get a business going to sell your crafts to support your community? During this course, USN students MADELINE and CORNIA CHALOS and their USN mom JENNIFER CHALOS will share five key steps to starting and running a small mobile craft shop. The class will include how-to's for creating and selling crafts, stories from experience, and finally, but most importantly, how to choose a cause to benefit from your sales. Ages 6 to 10.

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**Date(s):** Tuesday, March 1, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$5

**Materials Fee:** \$0

**Location:** USN

## 217 INTRO TO GARAGEBAND

Your daughter is cranking it up to 11, writing her songs, and getting ready to hit the road, and you want to do more than drive the van. This class is for you. While it is true that everything from Apple Computers to the Ramones started in the literal garage, the online music-making tool of choice is now the virtual Garageband. USN Middle School Technology Coordinator JOHN WESTBERRY will boot up your expertise in learning how to record, mix, and polish your music through Garageband, helping you take another step towards music producer Valhalla (and turning your kid's songs into listenable downloads).

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**Date(s):** Thursday, March 10, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 218 IPHONE AND IOS TIPS AND TRICKS

Your iPhone and iPad go with you everywhere and even talk to you. However, how do you make sense of all of the different parts that change every few months? Join USN parent, teacher and website guru STEVE SMAIL to help you demystify the inner workings of your favorite portable Apple device. In this class, he will help you make sense of the many different facets of your iOS device, such as email, account syncing, family sharing, security, and more. This class works for the beginner or more experienced user with any version of iOS device or software.

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**Date(s):** Tuesday, February 9, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 219 YOU, ME, US: SIX DEGREES OF SEPARATION

If you are looking to make connections in what can seem like a disconnected world, this class is for you. It will teach you how to work with connectors and mingle in a natural and effective way. In *The Tipping Point*, Malcolm Gladwell says “Connectors are individuals who have ties in many different realms and act as conduits between them, helping to engender connections, relationships, and cross-fertilization that otherwise might not have ever occurred.” The mystery of connecting boils down to having genuine interest in other people as well as the willingness to trust. Trust and be trusted. This class will be led by four panelists; WILLIAM GOERTEL, a creative strategist who is recognized as one of Nashville's best-networked professionals; SUE CHILTON, realtor with Zeitlin & Co. and spouse of recently-retired USN teacher Gil (DC) Chilton; USN alum NOAH YARIAN, software developer at Metova, and THELMA KIDD, USN parent of alumni and co-founder of Davis-Kidd Booksellers. The panelists will present examples from their own experiences and practical ideas you can use to become a better connector. [Thelma Kidd](#)

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**Date(s):** Thursday, March 3, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 300: FAMILY, HEALTH, & SELF-IMPROVEMENT

### 301 THE ART OF MODERN DRESSING

Discover your personal fashion style in this informative session. Learn the art of modern dressing and uncover the essential wardrobe building blocks that will serve you well for years to come. Wardrobe Consultant REBECCA THOMPSON will also help you learn how to navigate tricky fashion trends so that you look and feel like the best version of yourself. [Rebecca Thompson](#)

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**Date(s):** Thursday, February 25, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

### 302 EATING FOR ENERGY AND REFUELING YOUR LIFE

Join AMBER ROBERTSON, Integrative Nutrition Health Coach, for a wellness class about eating for energy. You'll discover which foods are depleting your energy and learn how to choose energy-boosting foods to power you through your day. You'll learn about energy-promoting self-care techniques and gain access to some of Amber's high-energy meal recipes that you can easily prepare at home and pack for lunch on the go. [Amber Robertson](#)

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**Date(s):** Tuesday, February 2, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

### 303 MEDITATION: THE BASICS

Meditation is a practice in training the mind. USN parent DAVID SIMMONS, who is trained in many spiritual and philosophical traditions, will give students an introduction to authentic meditation practice. Bring a smile, a willingness to learn how to live more peacefully, and a desire to be in better control of the moments of your life. This is a relaxed, fun, and often funny course. No prior experience needed.

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**Date(s):** Thursday, February 11, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

### 304 NAVIGATING ELDER LAW

Historically, the elders in our community are the individuals that carry wisdom, our most precious resource. In the 21st century, we also have to be cognizant of preserving material resources to keep that wisdom close. Join probate lawyer and USN alumna parent JEAN BYASSEE for a primer on the ins and outs of this delicate and important process. As we or our relatives get older, behaviors and corresponding issues often arise and may warrant legal response. This class will discuss those issues and how to address them.

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**Date(s):** Thursday, January 21, 2016  
**Time(s):** 6:00 PM - 7:30 PM  
**Fee:** \$25  
**Materials Fee:** \$0  
**Location:** USN

### 305 UNDERSTANDING DOG COMMUNICATION

NIKKI IVEY, professional Dog Trainer/Behavior Consultant, shows you how dogs use body language to communicate effectively with each other as well as with humans. These skills are used daily to avoid conflict and to calm over-stimulation. Understanding this will greatly improve your relationship with dogs as well as help you to work with dogs to solve a variety of behavior problems. This class is essential for all who find themselves interacting with dogs on a regular basis. [Dogspeak 101](#)

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**Date(s):** Thursday, February 4, 2016  
**Time(s):** 6:00 PM - 8:30 PM  
**Fee:** \$25  
**Materials Fee:** \$0  
**Location:** USN

### 306 GENEALOGY 101: DIGGING UP YOUR ROOTS

Family history research has become more popular in recent years, with a number of television shows featuring celebrities whose genealogy seems to fall into their laps in pristine library reading rooms. But there are real steps you can take to trace your own lineage. Join TRENT HANNER, senior reference librarian at the Tennessee State Library and Archives, for this informative course. In this class, you'll learn the basic steps for getting started along with a few intermediate suggestions for those who have already plucked the low-hanging fruit. [TN State Library and Archives](#)

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**Date(s):** Tuesday, February 2, 2016  
**Time(s):** 6:00 PM - 7:30 PM  
**Fee:** \$25  
**Materials Fee:** \$0  
**Location:** USN

### 307 HOW TO THINK ABOUT RETIREMENT

Everyone thinks about retirement, but the question is when to start thinking and how to start planning effectively. Often, retirement

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**Date(s):** Tuesday, February 23, 2016

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

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

### 308 MENOPAUSE: NIGHTMARE OR DREAM DESTINATION

Homeopathic healer MARNIE REASOR leads this informative class on natural solutions for managing menopause. The primary goal for this class is to empower women to encounter menopause in a new way--listening to their body's wisdom and seeing themselves in a different light. Marnie will offer many options to ease symptoms and ways to embrace the process with hope for the future. The course will help women learn how to choose natural supplements, discover foods to regulate hormones, and find strategies for restful sleep and increased energy. Bring your concerns and questions for an open discussion about the challenges you are facing. This class will help you find new ways to transition through menopause naturally. [Marnie Reasor](#)

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**Date(s):** Thursday, February 11, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

### 309 CURB YOUR SUGAR CRAVINGS WITHOUT CURBING YOUR SWEET ENTHUSIASM

People often feel terrible after a sugar crash, experiencing problems like dull skin, headaches, elevated stress levels, poor sleep or weight gain. In this course, wellness instructor AMBER ROBERTSON will lead students on a path to managing sugar cravings without giving up sweets. Rather than denying your sweet tooth, learn how to understand your cravings, discover what your cravings are doing to your body, and find creative ways to appease your appetite with healthier sweet options. "Sweet inspiration" will be culled from every participant in this engaging class. [Amber Robertson](#)

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**Date(s):** Tuesday, February 9, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

### 310 COUPLE'S MASSAGE

If you have been thinking about renewing your relationship with your partner as well as relieving stress through the healing power of touch, this class is for you. Experienced massage practitioners ROTONYA TROUP and MARY ALICE FELDER will teach the basic techniques for relaxing your partner's neck and shoulders. Be sure to wear comfortable clothes and get ready to be mellow. The class fee is for two people. [SI Body Works](#)

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**Date(s):** Tuesday, March 1, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN



### 311 EMPATHY, COMPASSION, JOY: MAKING THE MOST OF VISITS WITH PERSONS WITH ALZHEIMER'S DISEASE

This class will offer practical tips on how to have conversations with persons suffering from dementia, ways to have a successful visit with loved ones with Alzheimer's, and opportunities for grandchildren to experience meaningful time with grandparents who have dementia. You will also receive helpful materials for use beyond the class, provided by instructor BEVERLY S. PATNAIK, a gerontologist with more than 30 years' experience in the field of aging issues. [Abe's Garden](#)

**Date(s):** Tuesday, February 16, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$0

**Materials Fee:** \$0

**Location:** USN

### 312 STRESS RELIEF MINI-RETREAT

This mini-retreat will help lower stress and tension through simple and effective tools that you can practice every day. Clinical psychologist and yoga teacher CARTER S. TOWNSEND, PsyD, will guide participants through basic breathing techniques, simple meditation, gentle yoga and the use of essential oils. You will leave feeling more relaxed and confident, with new stress busters you can integrate into your personal life. Please wear comfortable clothes that will allow you to move without restriction. [Carter Townsend](#)

**Date(s):** Thursday, February 25, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

### 313 SECRETS OF AN ANIMAL WHISPERER

Do you ever wonder what your pet is trying to tell you? Does your pet have a new bad habit and you can't figure out why? Join SALLY HINKLE, an Animal Communicator and Intuitive Holistic Healer, as she uses her skills of advanced intuition and energy healing to seek the root causes for an animal's emotional, behavioral, and physical issues. Learn new ways to better understand your pets, their role in your life, and what they are trying to communicate to you with their behavior. Through first hand client accounts, you'll hear stories of cats, dogs, and horses and what they had to share with their human companions. [Sally Hinkle](#)

**Date(s):** Tuesday, March 8, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

### 314 ZEN MIND, PARENTS' MIND

In this fun, interactive class, USN parent and mindfulness coordinator MARY AGEE and USN parent PALOMA CAIN ROLLINGS will help you explore ways to use meditation and mindfulness practice as ways to keep showing up with fresh perspective in our parenting journeys. Participants will experience basic meditation and other practices that help us stay connected with our deeper wisdom in the midst of the busy day-to-day of parenting. No experience required. Bring your curiosity and your sense of humor.

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**Date(s):** Tuesday, February 23, 2016  
**Time(s):** 6:00 PM - 7:30 PM  
**Fee:** \$25  
**Materials Fee:** \$0  
**Location:** USN

### 315 INTRODUCTION TO BUDDHIST MEDITATION

In this class, instructor KIRBY SHELSTAD outlines everything you need to know to get started with the basics of sitting meditation, sometimes called 'Calm Abiding' or Samatha Meditation. The class will learn the proper posture, breathing techniques and mental focus required for this practice as well as some guidelines for integrating practice into day to day life. No experience required and all are welcome. Please wear loose comfortable clothing. Blankets for floor sitting will be provided.

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**Date(s):** Thursday, January 28, 2016  
**Time(s):** 7:00 PM - 8:30 PM  
**Fee:** \$25  
**Materials Fee:** \$0  
**Location:** USN

### 316 WEIGH LESS, LIVE MORE: A NON-DIET APPROACH TO WEIGHT LOSS

If you've tried diet after diet with little success or if you've ever put your life on hold until you could drop the weight, then you are not alone. In this class, expert wellness educator AMBER ROBERTSON will teach participants how to approach weight loss from a non-diet perspective. Discover some of the biggest contributing factors to weight gain in our society, then rather than counting every calorie and exercising until you're exhausted, learn how to shift your focus so that weight loss actually becomes secondary to a pleasurable life. [Amber Robertson](#)

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**Date(s):** Tuesday, February 16, 2016  
**Time(s):** 6:00 PM - 7:30 PM  
**Fee:** \$25  
**Materials Fee:** \$0  
**Location:** USN

### 317 ALL YOU NEED OR WANT TO KNOW TO HAVE THE BEST HAIR EVER

Do you enjoy good hair days? Join USN alumna and parent TAMI SPRINTZ-HALL, owner of Escape Day Spa + Salon, as

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**Date(s):** Wednesday, February 24, 2016

Escape's stylists teach you what is needed to have the hair you've always dreamed of. Move through the salon from station to station and learn the latest color techniques, discuss the perfect cut for your lifestyle, find the perfect products to get that "just right" look for your hairstyle, and learn how to effectively use the best tools to help you achieve that look you've never been able to achieve yourself. The experts from Kerastase will be on hand, and you will be given a full size Kerastase product to take home with you, along with being armed with the knowledge to transform your hair to the hair you have always wanted. Come with clean, dry hair. [Escape Day Spa](#)

**Time(s):** 6:30 PM - 8:45 PM

**Fee:** \$35

**Materials Fee:** \$0

**Location:** Escape Day Spa + Salon, 6000 Hwy. 100 Suite 102, Nashville, TN 37205

### 318 2016 SPRING READY-TO-WEAR TREND PREVIEW

Are you a fashionista who likes to stay current with the trends of the fashion industry? Are you curious about what will be "in" or "out" for the Spring 2016 season? Then join MILTON WHITE, an award winning fashion industry veteran, and BETSY BRIGGS CATHCART, a beauty expert and founder/owner of Studio BBC Salon, as they present an overview of the upcoming season's fashion trends and how to incorporate them into your everyday life. The presentation will include a preview of ready-to-wear clothing as well as beauty and accessory trends. You won't want to miss this one. [Milton White](#) [Betsy Brigg Cathcart](#)

**Date(s):** Tuesday, February 23, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** Jamie Inc 4317 Harding Pike, Nashville, TN 37205

### 319 THE PRIVATE LABEL

Are you a fashionista who wants to keep her wardrobe updated and current? Do you find yourself wondering what to do with the existing pieces in your wardrobe? Then join MILTON WHITE, an award winning fashion industry veteran of The Fashion Office, and CHRISTIEV ALPHIN, USN parent, celebrity stylist, and founder/owner of Everything Visual, as they help you re-style your wardrobe. Please bring in one to three of your favorite wardrobe staples and the instructors will show you how to wear it and what to wear it with using merchandise from Nashville's premier luxury resale shop, The Private Label. This course is a fantastic follow-up to the Spring Ready-to-Wear Trend Preview class or great on its own. Either way this is another event that shouldn't be missed. [Milton White](#) [The Private Label](#)

**Date(s):** Tuesday, March 8, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** The Private Label 4092 Hillsboro Pike, Nashville, TN 37205

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## 400: COOKING & CULINARY EXPERIENCES

### 401 WINTER BRAISES AND PERFECTING CHOCOLATE MOUSSE

Braising makes heroes out of weekend cooks. No other technique asks so little and gives so much, and chilly weather is the perfect time. This class, led by SAM TUCKER, Chef/Baker/Owner of Village Bakery and Provisions in downtown Nashville's Farmers Market and recent executive sous chef at 404 Kitchen, will demonstrate and discuss braising techniques for coq au vin, pork rillettes, chicken confit, boulangere potatoes and more, followed by technical instruction for perfecting chocolate mousse. Age 21 and up. [Village Bakery and Provisions](#)

**Date(s):** Saturday, February 27, 2016

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

**Fee:** \$45

**Materials Fee:** \$35

**Location:** Private home

### 402 ENTERTAINING WITH SMALL BITES

Join us for a night that will leave your taste buds tingling. Eat, laugh, and learn your way through delicious tapas and light courses you'll love making, tasting and serving to hungry guests at your next entertainment engagement. You'll work together with other participants in a fun, hands-on environment led by Chef DARRYL DINNING to make: Black Pepper and Parmesan Cheese Straws, Mini Crab Cakes with

**Date(s):** Monday, February 1, 2016

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

Remoulade, Polenta Crostini with Blue Cheese and Balsamic Onions, and Beet Rosti with Smoked Trout and Horseradish. See you there. Age 21 and up. [Panache Catering](#)

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**Fee:** \$45

**Materials Fee:** \$35

**Location:** Private home

### 403 SOUTHERN COMFORT: COOKING & BAKING WITH ROOT VEGETABLES

This mouthwatering culinary class will provide you with a new perspective on the unsung vegetables from the 'underground' Chef CHARLES HUNTER III will show how to incorporate turnips, parsnips, carrots, and beets into your daily meal plan with ease and fun. You will experience three courses using root vegetables in savory and sweet applications. Your three courses will include roasted turnip and thyme biscuits, massaged kale salad, coffee rubbed pork loin with roasted onions and root vegetable mash, and a carrot and goat cheese tart with espresso caramel. You won't want to miss this experience. Age 21 and up. [The Salted Table](#)

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**Date(s):** Saturday, January 23, 2016

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

**Fee:** \$45

**Materials Fee:** \$35

**Location:** Private home

### 404 SOUTHERN SCHOOL OF OYSTERS

Oyster lovers unite and take a lesson from The Southern Steak & Oyster's Master Shucker GARY PINSON. You'll learn the difference between warm water and cold water oysters, taste profiles, importance of pairings, how to shuck, nutritional value, how to spot a bad oyster, and more, all while enjoying a combination of raw and grilled oysters. Age 21 and up. [The Southern](#)

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**Date(s):** Thursday, February 11, 2016

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

**Fee:** \$45

**Materials Fee:** \$35

**Location:** Private home

### 405 COMFORT FOOD FOR VEGANS

This class shatters the preconceptions that vegans eat twigs and berries all the time. The reality is vegans are just as comforted by comfort food as their carnivorous counterparts. Chef/Creator of Esoteric Vegan and USN Parent SHALENE FRANCE GRAY will lead the class in making a hearty and delicious Vegan Shepherd's Pie, as well as an equally-comforting vegan dessert. (Salad, crusty bread and wine will also be served) Organic local ingredients will be used whenever possible. Age 21 and up. [Esoteric Vegan](#)

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**Date(s):** Saturday, January 30, 2016

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

**Fee:** \$45

**Materials Fee:** \$45

**Location:** Private home

## 406 THAI COOKING 101

Led by Nashville chef NATEE KORNSUWAN (of Siam Cafe, Siam Cuisine, and Jasmine), this class focuses on regional Thai cuisine, providing a fun way to learn new techniques and recipes and entertain family and friends. Sample menu items include fresh spring rolls, TomYum soup, Sea Bass curry, Chicken Pad Ka Prow (basil stir fry), skirt steak with spicy lemongrass dipping sauce. and a coconut custard. Age 21 and up. [Jasmine](#)

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**Date(s):** Wednesday, January 20, 2016

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

**Fee:** \$45

**Materials Fee:** \$35

**Location:** Private home

## 407 EASY BREEZY BRUNCH

Learn to make a no-fuss, high in flavor, beautifully presented Sunday Brunch paired with a killer Bloody Mary and a new twist on a Mimosa. This class, led by USN parent JENNIFER KROLL, includes a savory egg dish, side and salad along with sweet crepes. Brunch is served in the elegant dining room of her 120-year old Historic Edgefield Home (with her adorable dogs) in East Nashville. Age 21 and up.

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**Date(s):** Sunday, March 6, 2016

**Time(s):** 10:00 AM - 1:00 PM

**Fee:** \$45

**Materials Fee:** \$40

**Location:** Private home

## 408 HOW TO MAKE A PIE FROM FLAKY CRUST TO YUMMY FILLING

Just in time to celebrate Pi Day (3/14/16), join MARCIA McKEOGH, chef, baker and the magician at Tin Wings, and her trusted cohort and USN parent MARGEE BRENNAN, baker extraordinaire, as they walk you through the steps to make a pie from start to finish. They will teach you how to create a delicious pie crust in the same amount of time that it would take you to thaw a trans-fat laden frozen crust. They will then guide you through the process of making a light and fluffy quiche as well as a pie for dessert. With their expertise, you will leave the class with a few tricks of the trade to create both sweet and savory pies at home. Age 21 and up. [Tin Wings](#)

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**Date(s):** Saturday, March 5, 2016

**Time(s):** 2:00 PM - 4:00 PM

**Fee:** \$45

**Materials Fee:** \$20

**Location:** Tin Wings, 816 51st Ave N, Nashville, TN 37209

## 409 SCULPTING THE PERFECT CHOCOLATE TRUFFLE

Have you ever wondered how the chocolate filling gets inside of a truffle? Join STACI BOCKMAN, Head Chocolatier and Owner of Tempered Cafe and Chocolate, as she guides you through the steps of making your own chocolate creations. The most important step in chocolate making is tempering the chocolate. You will get the secrets behind this critical step and walk away with your own tray of truffles to take home, if you don't eat them first! Nothing goes with chocolate like a glass of wine. Each student will also receive a glass of wine that pairs perfectly with your chocolate. Age 21 and up. [Tempered Cafe and Chocolate](#)

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**Date(s):** Tuesday, January 26, 2016

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

**Fee:** \$30

**Materials Fee:** \$45

**Location:** Tempered Cafe, 1201 5th Ave N. Nashville, 37208

## 410 SAUERKRAUT AND FERMENTATION

Each student will be guided through making their own jar of sauerkraut from scratch, which will then be taken home to complete the fermentation process. Saurkraut expert BOB MATHEWS will teach the basic principles of fermenting, its health benefits and history (including other ferments such as kim-chi, pickles, yogurt, kefir, kombucha, and sourdough). Take-home materials will include a mason jar, fermentation lock and recipe so you can continue to make more sauerkraut at home. All vegetables and spices will be provided and a list of other references will be available. Age 21 and up.

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**Date(s):** Monday, February 22, 2016

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

**Fee:** \$30

**Materials Fee:** \$20

**Location:** Private home

## 411 MAKE EVERYONE HAPPY HEALTHY WEEKNIGHT MEALS

Join LAURA LEA GOLDBERG (Certified Health Supportive Chef and wife of USN alum) in this joyful demonstration class. Participants will learn how to make healthy, comforting, easy weeknight meals that are pleasing to parents and children alike. The menu will include Grassfed Beef & Vegetable Stir Fry over Sesame Soba Noodles and Coconut Butter Salmon with Cashew Lime Cauliflower Rice. The class will also sample Tahini Turmeric Roasted Sweet Potatoes with Pomegranate and Walnuts and Holy Fudge Black Bean Brownies with Cinnamon Coconut Whipped Cream. Each student will leave with handouts on family meal planning and tips for working with picky eaters. Age 21 and up. [LL Balanced](#)

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**Date(s):** Tuesday, February 2, 2016

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

**Fee:** \$45

**Materials Fee:** \$30

**Location:** Private home

## 412 INTRODUCTION TO THE FINE ART OF SOURDOUGH BREADS

USN alumna and owner of Dozen Bakery, CLAIRE MENELEY will introduce students to the art form of making long-fermented sourdough bread from start to finish. Students will leave with their own sourdough starter from Dozen Bakery (this starter is originally from France) carrying on a tradition that lasts over 100 years. Age 21 and up. [Dozen](#)

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**Date(s):** Monday, February 22, 2016

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

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**Fee:** \$30

**Materials Fee:** \$20

**Location:** Dozen, 516 HAGAN ST, SUITE 103, 37203

### 413 PAELLA DINNER, CAJUN-STYLE

Paella is a perfect way to celebrate with friends and family. LISA MAYS is known for cooking hybrid Spanish-style paellas with local ingredients, and in this class she creates a new Southern twist. A fusion between Louisiana and Spanish cuisines is a natural pairing: jambalaya, a cousin to paella, is a dish that emerged from the Spanish explorers sharing their culture and cuisine in Louisiana years ago. Celebrate Louisiana-inspired cuisine with a paella filled with crawfish, andouille, shrimp, mussels, black eyed peas and chicken. Also on the menu: tapas of traditional Spanish cheeses and marinated olives, Creole-inspired tapas, flan bread pudding and New Orleans sangria. Age 21 and up. [Wine with Lisa](#)

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**Date(s):** Monday, February 8, 2016

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

**Fee:** \$45

**Materials Fee:** \$45

**Location:** Private home

### 414 HOW TO COOK A WOLF - STOCKING YOUR PANTRY AND HONING YOUR SKILLS TO MAKE THE MOST OF WINTER MONTHS

Befuddled by butchery and basics of cookery? Or perhaps you feel comfortable wielding a knife and cooking a go-to (or three) but need advice on achieving great flavors outside the confines of a recipe? This class emphasizes reliance on technique instead of recipes and makes the most of your pantry staples during the meager winter months. USN alumna JULIA SULLIVAN of Consider the Oyster will discuss basics of buying and butchering meat, braising meats and vegetables, and stocking your pantry with staples and substitutions. Other topics include ratios, achieving balance of flavors and textures, and secrets of restaurants that change menus daily. This class will be a demonstration with some hands on instruction. The menu includes braised chicken with olives, plums, and preserved lemons; salad of winter greens and pantry staples; improvised starches and sides. Age 21 and up. [Julia Sullivan](#)

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**Date(s):** Friday, February 12, 2016

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

**Fee:** \$45

**Materials Fee:** \$40

**Location:** Private home

### 415 NASHVILLE FAVORITES

As the it city of the early 21st Century, Nashville is finally being recognized for its culinary delights. Hot chicken, biscuits with local honey, meat and three, pulled pork and all the trimmings are becoming as famous as Waylon, Willie, and Johnny Cash. The Director of Salud! Cooking MERIJOY LANTZ RUCKER will lead the class in exploring and creating versions of these classic Nashville favorites. Ages 21 and up. [Whole Foods Nashville](#)

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**Date(s):** Tuesday, March 1, 2016

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

**Fee:** \$45

**Materials Fee:** \$25

**Location:** Whole Foods Market, Salud!, 4021 Hillsboro Pike Nashville, Tn 37215



## 416 LEARN TO BAKE FRENCH BREAD FROM SCRATCH

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

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**Date(s):** Monday, March 7, 2016

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

**Fee:** \$30

**Materials Fee:** \$15

**Location:** Private home

## 417 BRUNCH FOR VEGANS

Learn to make the perfect vegan brunch with USN parent SHALENE FRANCE GRAY, chef/creator of "Esoteric Vegan." Biscuits and "Sausage" Gravy (that's right), Roasted Potatoes, Garlicky Kale, Fresh fruit and Muffins, and of course juice/coffee, Mimosas and Bloody Mary's. "Folks are often curious about baking without eggs, and the gravy is super simple to make, but incredibly savory for the meatless set." Everything is delicious. Everything is vegan. And whenever possible everything is organic and local. Age 21 and up. [Esoteric Vegan](#)

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**Date(s):** Sunday, March 13, 2016

**Time(s):** 12:00 PM - 3:00 PM

**Fee:** \$45

**Materials Fee:** \$45

**Location:** Private home

## 418 ONE PORK BUTT

Cooking a whole pork butt can seem like too much food for a family...but... (pun intended) not so. USN parent JENNIFER KROLL, accompanied by her four adorable dogs, will teach you how to make several diverse dishes that will have you roasting a butt twice a month and loving it. From a savory silky breakfast, to a spicy Mexican lunch to a Korean inspired bowl of goodness so yummy one friend claims it as her favorite meal in the world. Age 21 and up.

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**Date(s):** Saturday, March 5, 2016

**Time(s):** 10:30 AM - 1:30 PM

**Fee:** \$45

**Materials Fee:** \$45

**Location:** Private home

## 419 HEALTHY WINTER SOUPS AND STEWS

Nothing beats winter's chill like a steaming bowl of soup, and this class doubles your pleasure with Sweet Potato Bisque and Brunswick Stew. Sweet potatoes are one of winter's most bountiful seasonal root vegetables, and this recipe incorporates ginger root to create the ultimate comfort food. And, then for the southern classic Brunswick Stew participants will make a rich tomato base, adding fresh vegetables and smoky meats to create a meal that is loved by all ages and feeds a crowd. You will learn short cuts which enable you to make this prized stew in less than an hour. Instructor EMILY McKNIGHT believes in the therapeutic power of home cooking. Sign up for this class and nourish your body and soul. Age 21 and up.

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**Date(s):** Wednesday, February 10, 2016

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

**Fee:** \$30

**Materials Fee:** \$20

**Location:** Private home

## 420 LEFTOVER MAGIC

The statistics on food waste are staggering, but who knew you could turn leftovers into fine cuisine? JENNIFER THREADGILL, Executive Chef for Scarritt Bennett, will help you ease your guilt, save time and money, and have fun experiencing the joys of bringing life back into that meal you worked so hard to prepare. Participants will discuss and make Croutons, Bread Pudding, Rice Dishes, Soups & Stews, Calzones and Pot Pies. Bring a list of what's left in your refrigerator and we will put it to use with a wave of our culinary wand. Age 21 and up. [Scarritt Bennett](#)

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**Date(s):** Wednesday, February 24, 2016

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

**Fee:** \$45

**Materials Fee:** \$20

**Location:** Private home

## 421 RISOTTO AT HOME

A smooth and creamy Italian staple, risotto has earned a well-deserved spot on the list of all-time favorite comfort foods. There's no need to be intimidated—Chef DARRYL DINNING will show you how easy it can be to make a consistently delicious risotto in your own kitchen. Participants will sample: Grilled Shrimp, Sage and Pancetta Risotto - Chianti Risotto with Lemon, Swiss Chard and Shaved Parmesan - Farro Risotto with Sausage, Fennel and Squash. Great cooking isn't about recipes—it's about techniques. In our classes you'll work together with other participants in a fun, hands-on environment. Age 21 and up. [Panache Catering](#)

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**Date(s):** Thursday, February 18, 2016

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

**Fee:** \$45

**Materials Fee:** \$35

**Location:** Private home

## 422 FRENCH MACARONS: A PRIMER

Under the expert guidance of the owner of Le Macaron, French Macarons: A Primer will not only teach participants the techniques to make macarons but will also give them the opportunity to put these techniques to use. USN alumna ANNA LINN CURRIE will demonstrate the

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**Date(s):** Wednesday, February 3, 2016

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

methods she uses to create these bite-sized confections, including a discussion on common mistakes as well as some tips and tricks that will leave students ready to tackle these pastries at home. In class, participants will create their own macarons from a selection of fillings and shell flavors Anna Linn brings with her. Macarons students will leave class with recipes for the macaron shells and some basic fillings as well as a box of their very own creations. Age 21 and up. [Le Macaron](#)

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**Fee:** \$30

**Materials Fee:** \$25

**Location:** Citizen Kitchens, 4611 Alabama Ave, Nashville, TN 37209

## 423 DEEP DISH ACADEMY: CREATING A CHICAGO CLASSIC

There is nothing like authentic deep dish pizza from the Windy City. Join STACI BOCKMAN, co-owner of Nashville's 312 Pizza Company, as she demonstrates the art of authentic deep dish pizza making. Class participants will learn the inside secrets that go into creating the perfect pie. Students will make their own deep dish pizzas and bake them in deck ovens to be enjoyed at 312 Pizza Company or taken away for dinner at home. There will be plenty of time to have a cocktail or glass of wine and discuss Mrs. O'Leary's Cow, Al Capone, the Chicago Cubs, and more while the pizzas bake. A glass of wine, beer or unlimited fountain drinks or tea are included with the pizzas. Age 21 and up. [312 Pizza Co](#)

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**Date(s):** Sunday, January 31, 2016

**Time(s):** 3:00 PM - 5:00 PM

**Fee:** \$30

**Materials Fee:** \$30

**Location:** 312 Pizza Company, 371 Monroe St., Nashville, TN, 37208

## 424 ARTISAN BREAD, CHEESE AND YOGURT MADE SIMPLE

Instructor and USN parent DEENA NEIMAT brings bread, yogurt and cheese-making together in this delightful class. First, using the basics of *Artisan Bread in Five Minutes a Day*, she'll teach students a simple and efficient method to making homemade artisan loaves. Less than thirty minutes later, class participants will have delicious homemade mozzarella and a technique to make homemade yogurt. These are simple methods that can be used over and over again to impress. Students will leave the class with everything needed to get started on their own: confidence, taste buds, and materials. Take-away kit includes a dough storage container, citric acid, homemade yogurt and rennet. Age 21 and up.

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**Date(s):** Friday, February 26, 2016

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

**Fee:** \$30

**Materials Fee:** \$30

**Location:** Private home

## 425 CONSIDER THE OYSTER

Next time you consider the pearl, consider the oyster. Despite the fact that we're hundreds of miles from the closest coast, we can still enjoy great shellfish here in Nashville. Let this class be your starting point and instructor JULIA SULLIVAN your guide. Chef and USN alumna JULIA SULLIVAN (of Blue Hill at Stone Barns, Per Se, Franny's, and Haven's Kitchen) will provide all the information you need to treat your friends and family to seafood delights. This class will cover how to: shop for shellfish in a landlocked state, demystify the oyster map, cook and clean lobsters, and steam mussels. Participants will enjoy a demonstration as well as some hands-on instruction. On the menu: Oysters

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**Date(s):** Friday, February 5, 2016

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

**Fee:** \$45

**Materials Fee:** \$50

on the Half Shell with Classic Mignonette, Roast Oysters with Compound Butter, Steamed Mussels with Green Curry, and Grilled Lobster with Celeriac Remoulade. Age 21 and up. [Julia Sullivan](#)

**Location:** Private home

## 426 CLASSIC CHICKEN DINNER WITH SAFFIRE'S JASON LAIACONA

Learn to prepare and serve the classic family dinner - roast chicken and mashed potatoes served with pan jus, pan-ache, and style. Saffire's chef de cuisine JASON LAIACONA'S cooking philosophy is to create simple, quality dishes and let ingredients speak for themselves. Join him to learn tips of the trade and methods to unlocking the potential in this traditional and timeless dinner favorite. Bring your appetite. Age 21 and up. [Saffire](#)

**Date(s):** Thursday, February 25, 2016

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

**Fee:** \$45

**Materials Fee:** \$40

**Location:** Private home

## 427 COOKING SEASONAL AND LOCAL

Join two great chefs for one big culinary event. CORY GRIFFITH of The Yellow Porch and DREW FUGERE of Wild Iris will teach you some basic techniques about blending flavors while focusing on seasonal and local ingredients. Chef Corey will demonstrate how to make a Bear Creek Farms Osso Buco and Chef Drew will prepare a seasonal pork chop with candied sweet potato hash, a brussels sprout slaw, apple chutney and mustard jus. Come hungry. Age 21 and up. [The Yellow Porch](#) [Wild Iris](#)

**Date(s):** Tuesday, February 23, 2016

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

**Fee:** \$45

**Materials Fee:** \$35

**Location:** Private home

## 428 MASTERING THE QUICK, HEALTHY, FAMILY DINNER

Who has time to make homemade salsa, guacamole, pico de gallo, and two-hour black beans for fajitas? If you keep a jar of home-mixed ancho chili spice on hand, Stovetop Fajitas will be on the table in 30 minutes, flat. They'll disappear that quickly, as well. In this class, USN parent MELISSA LASHER will teach the key steps in making Sheet-pan Coconut Chicken Nuggets, everyday Sherry Vinaigrette, Bison Nachos, and Stovetop Fajitas, plus menu and time planning strategies and tips. A beer pairing will make learning to master the daily dinner grind seem like more fun and less work. Age 21 and up. [Athlete Food](#)

**Date(s):** Monday, February 1, 2016

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

**Fee:** \$45

**Materials Fee:** \$25

**Location:** Private home

## 429 WACKY, WILD AND WONDERFUL SALADS

When it comes to making a salad, are you stuck on the same ol' lettuce and veggie combination at home? Join DEB PAQUETTE, culinary trailblazer and mastermind behind Etch, as she guides you through the steps of crafting a wacky salad that will ignite the taste buds. You will explore all sorts of ingredients...chocolate, fermented carrots, grilled lemon vinaigrette, stinky cheeses, pickled tongue, and greens, greens and more greens. With Deb's palette as your guide, you will learn how to take these wild ingredients and turn them into a salad that will have your dinner guests raving over your first course. Age 21 and up. [Etch](#)

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**Date(s):** Wednesday, March 2, 2016

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

**Fee:** \$45

**Materials Fee:** \$35

**Location:** Private home

## 430 PASSPORT TO PARIS

Take a vacation from ordinary dinnertime fare and immerse yourself in classic Parisian comfort food. Chef DARRYL DINNING will walk you through essential French techniques for everything from braising and sautéing to creating an incredible cream sauce. Participants will sample: Frisée Salad with Lardons and Sous-Vide Poached Egg, Creamy Tarragon Chicken, Sautéed Green Beans with Lemon-Thyme Dressing, Caramel Pear Pot de Crème. It's like walking along the Seine, oui? Age 21 and up. [Panache Catering](#)

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**Date(s):** Friday, March 4, 2016

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

**Fee:** \$45

**Materials Fee:** \$35

**Location:** Private home

## 431 BRAISING 101

TomKats (The Southern Steak & Oyster, Saffire, Acme Feed & Seed) Executive Chef MATT FARLEY will lead the class through the classic technique and methods used to braise meat. Guests will learn tips and tricks about braising from a restaurant chef and the advantages of taking the time to prepare this tried and true dish, the best cuts for using this technique, and about other unexpected ingredients that taste delicious when braised. Chef Farley will walk guests through the process of braising short ribs at this class and serve it with risotto, roasted tomatoes, and sautéed mushrooms. Age 21 and up. [The Southern](#)

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**Date(s):** Wednesday, March 2, 2016

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

**Fee:** \$45

**Materials Fee:** \$35

**Location:** Private home

## 432 QUICHE, SWEET & SAVORY

Learn the most famous and versatile of the French pastry doughs pate brisée. This will be a hands on class where students will learn to make the dough and craft two of its most popular dishes the classic Quiche Lorraine, as well as a seasonal fruit tart. Students will also learn the three varieties of custard. Instructor CHEF JAMIE WATSON was named one of the Best Chefs in America in 2013. Age 21 and up. [Jamie Watson](#)

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**Date(s):** Thursday, February 25, 2016  
**Time(s):** 6:30 PM - 9:30 PM  
**Fee:** \$45  
**Materials Fee:** \$35  
**Location:** Private home

## 433 PASTA WITH CHEF TONY

Executive Chef TONY GALZIN of Fifty First Kitchen & Bar will lead this class through the basic steps of making succulent fresh pasta in your own home. Egg and eggless dough pastas will be covered. Chef Tony will guide you through the steps of rolling, forming, drying and cooking the pasta, as well as fillings, sauces and recipes. Each student will leave with a recipe packet. Enjoy tasting pasta and other seasonal samples prepared by Chef Tony, the 2015 Eater Awards Chef of the Year. Age 21 and up. [Fifty First](#)

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**Date(s):** Thursday, January 21, 2016  
**Time(s):** 6:00 PM - 8:00 PM  
**Fee:** \$45  
**Materials Fee:** \$40  
**Location:** Private home

## 434 LEARN TO COOK AND SOURCE SEAFOOD

ANDREW COINS, Executive Chef from Miel Restaurant, will teach participants culinary techniques for preparing delicious seafood. Chef Coins will discuss how and where to source quality seafood, aquaculture, and the changing face of our seas. The class begins with a salad and some passed hors d'oeuvres, then on to the seafood with shellfish, light flaky fish and more oily fish. Age 21 and up. [Miel](#)

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**Date(s):** Tuesday, February 2, 2016  
**Time(s):** 7:00 PM - 9:00 PM  
**Fee:** \$45  
**Materials Fee:** \$40  
**Location:** Private home

## 435 EPICE, A LEBANESE FEAST

Nashville meets Lebanese cuisine in this class which embraces our city's newfound foodie paradise. Instructor MAHER FAWAZ, proprietor of Epice, will take participants through an extraordinarily delicious several course meal. This incredible menu includes garbanzo bean appetizer, Lebanese salad, salmon topped with pistachios, pine nuts, and herbs, sautéed garlic potatoes, roasted vegetables, and knafeh

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**Date(s):** Wednesday, February 17, 2016  
**Time(s):** 6:00 PM - 9:00 PM  
**Fee:** \$45

for dessert. Age 21 and up. [Epice](#)

**Materials Fee:** \$45

**Location:** Private home

## 436 THAI DINNER PARTY

SANOM POSS leads the class through a how-to dinner, making Thai dishes based on recipes learned in her native Thailand. Start with Thai chicken coconut soup. Then learn to make Thai chicken basil stir-fry and jasmine rice (including how to master cooking in the traditional steamed Thai fashion). It's all capped off with Thai rice pudding (made with coconut milk and palm sugar). Age 21 and up. [Red Curry Paste](#)

**Date(s):** Sunday, January 24, 2016

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

**Fee:** \$45

**Materials Fee:** \$30

**Location:** Private home

## 437 WINE, FOOD AND YOU

Set in the rustic ambiance of award winning Miel restaurant's barn, chef ANDREW COINS will team up with wine importer THOMAS HAEHN of Tony Marchetti Co to guide you through a pre-fix 3 course dinner featuring apple and potato roti (blood sausage, cornichons, and creme fraiche), bread dumplings (paprika creamed cabbage and breadcrumbs), weisswurst (stewed sauerkraut, spaetzle, and mustard), and poppy seed and honey strudel for dessert. You will discover interactions and pairings of food and wine and learn the reasons behind them. Age 21 and up. [Miel Von Schleinitz](#)

**Date(s):** Wednesday, March 9, 2016

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

**Fee:** \$40

**Materials Fee:** \$50

**Location:** Miel Restaurant 343 53rd Ave N, Nashville, TN 37209

## 500: WINE, SPIRITS, BEER, & ENTERTAINING

### 501 THE SCIENCE OF WINE: DRINK LIKE A PRO

This snob-free approach to wine delves into the chemistry and biology behind fermentation, tannins, acidity, alcohol, and how all elements come together to create a memorable sensory experience in a glass. LAURA CYPRESS, USN alumna and Assistant Winemaker at City Winery, Nashville, will take participants on an exclusive behind-the-scenes look at their cellar, to learn more about the journey from grape to glass. She will answer your questions, debunk myths, and guide you in an educational tasting that will encourage you to review your old AP Chemistry notes. Age 21 and up. [City Winery](#)

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**Date(s):** Tuesday, February 16, 2016

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

**Fee:** \$40

**Materials Fee:** \$35

**Location:** City Winery, 609 Lafayette Street, Nashville TN 37203

### 502 DEFEND YOUR DRINK: NASHVILLE'S TOP TIPPLERS SHOWCASE SPECIAL SPIRITS

Defend your drink is a class where a quartet of experts will extol the virtues of fine liquor. For the novice, you will learn how to go beyond shaken and stirred to order the coolest cocktails at just the right time. For the suave spirits enthusiast who is already hip to the basics, you will learn more about your favorite subject. Instructor JIM MYERS of *The Tennessean* will explain why premium tequilas are nothing like that cheap stuff you drank in college. Instructor DAVID "MR. MARTINI" PAINE will extol the virtues of lovely botanical gin. Instructor and USN alumnus CHRIS CHAMBERLAIN of the Nashville Scene will tell you why you can't buy Pappy van Winkle, but that there are plenty of other bourbons you should be drinking instead. Finally, KIM TOTZKE of The Turnip Truck will introduce you to the spicy wonders of rye whiskey. Class attendees will enjoy tastings of rare and premium spirits as well as craft cocktails made by the instructors featuring their own personal jams. Expect a lively cocktail party atmosphere. Age 21 and up. [Chris Chamberlain](#) [Jim Myers](#) [Kim Totzke](#)

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**Date(s):** Wednesday, February 24, 2016

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

**Fee:** \$40

**Materials Fee:** \$30

**Location:** Private home



## 503 MEET THE BREWERS

Nashville's craft beer scene is booming with more than a dozen production breweries opening over the past few years. Join Music City's most successful brewers as local food and drink writer and USN alumnus CHRIS CHAMBERLAIN taps them to pour out the stories behind their journeys from home brewers to full scale production. You'll also sample beers from each brewery that best represent their individual styles. Participating breweries are Tennessee Brew Works, Black Abbey, Fat Bottom, Jackalope, Yazoo, Little Harpeth, and Czann's. Food provided by Tennessee Brew Works. Age 21 and up. [TN Brew](#) [Black Abbey](#) [Fat Bottom](#) [Jackalope](#) [Yazoo](#) [Little Harpeth](#) [Czann](#) [Chris Chamberlain](#)

**Date(s):** Tuesday, February 23, 2016

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

**Fee:** \$40

**Materials Fee:** \$20

**Location:** Tennessee Brew Works, 809 Ewing Ave, Nashville TN 37203, 615-436-0050

## 504 ARTISAN WINES UNDER \$20

This elegant and affordable evening will feature a variety of carefully selected wines from artisan producers who practice natural and sustainable methods. Students will have the opportunity to visit four stations (red, white, rose' and sparkling) and taste different varietals from around the world. WILL MOTLEY, USN parent and owner of Woodland Wine Merchant, will curate the selection and be available to discuss the wines and the makers. Chef MARGOT MCCORMACK of Margot Cafe will provide the food pairings. Classic jazz selections will be performed by a professional trio as background enjoyment. It will be a lovely evening to discover a new favorite wine whose quality exceeds its price. Age 21 and up. [Woodland Wine Merchant](#) [Margot Cafe](#)

**Date(s):** Saturday, March 12, 2016

**Time(s):** 7:00 PM - 9:30 PM

**Fee:** \$40

**Materials Fee:** \$40

**Location:** Private home

## 505 CIGARS AND COCKTAILS

Light up and stand back, because both of these class instructors -- and USN alumni -- know their way around a stogie. CHRIS CHAMBERLAIN writes about food and drink for the *Nashville Scene*, Nashville Lifestyles, and FoodRepublic.com, as well as the author of *The Southern Foodie: 100 Places to Eat before You Die* and *The Recipes That Made Them Famous*. Co-instructor and USN parent TIM OZGENER is the former owner of CAO Cigars and current CEO of OZ, a visual and performing arts and event venue in West Nashville. Enroll in this class and learn classic and creative cigar and cocktail pairings under the roof of a former cigar warehouse that is now one of Nashville's most exciting new event spots: OZ. [Nashville Scene Blogs and Bites](#) [Oz Arts Nashville](#)

**Date(s):** Wednesday, March 9, 2016

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

**Fee:** \$40

**Materials Fee:** \$30

**Location:** OZ Arts Nashville, 6172 Cockrill Bend Cir, Nashville, TN 37209, 615-350-7200

## 506 WINE 101

If “I like it” is all you know about wine, then join certified sommelier and *Nashville Scene* wine contributor PETE HOLLAND and gain the knowledge you need to make the world of wine way more fun and approachable. This beginning class will take a broad view of the world of wine: what’s out there, why it costs what it costs, and how to decode labels to find what you like at a price you can afford. You will leave having tasted five or six really great wines and armed with the knowledge and confidence you need to become a savvy wine consumer. [Pete Holland](#)

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**Date(s):** Monday, February 22, 2016

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

**Fee:** \$40

**Materials Fee:** \$15

**Location:** Private location

## 507 CLASSIC COCKTAILS

Join veteran instructors CHRIS CHAMBERLAIN and DAVID PAINE as they reprise their popular survey of classic cocktails and the spirits that make them special. Popular food/drink writer and USN alumnus Chris and co-instructor David will host a lively, informative tasting session. Participants will leave the class with more knowledge about bourbon, scotch, brandy, and gin, picking up great new recipes for your next house party. Chances are favorable that these experts will help students discover new favorite go-to drinks. [Nashville Scene Food Blog Bites](#) Age 21 and up.

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**Date(s):** Tuesday, February 16, 2016

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

**Fee:** \$40

**Materials Fee:** \$30

**Location:** Private home

## 508 WE MAKE A PERFECT PAIR – WINING AND DINING SYNERGY

Synergy is the creation of a whole that is greater than the simple sum of its parts. Bring your friends to mingle and savor seven unique wines with seven perfectly paired small plates. Wine expert LISA MAYS will lead you on the perfection of pairings – what applies to life, certainly transfers to the marriage of food and wine. This synergy will create the magical touch for your next gathering. This class includes six wines plus a dessert wine; the menu will include a Mediterranean-style salad, Grilled Shrimp with Thai BBQ Sauce, Rustic Italian Pasta, Chicken with Herb-Roasted Mushrooms, Spanish Tapas, Country French Cassoulet and dessert. Age 21 and up. [Wine with Lisa](#)

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**Date(s):** Wednesday, January 27, 2016

**Time(s):** 7:00 PM - 9:30 PM

**Fee:** \$40

**Materials Fee:** \$45

**Location:** Private home

## 509 DINNER WITH VINCE DURNAN AND A SPECIAL MYSTERY GUEST AT SINEMA

Meet at Sinema Restaurant + Bar, the *Nashville Scene*'s Best New Restaurant of 2014 and this year's Critic's Choice Best Restaurant, located in Berry Hill in the historic Melrose Theater, where you will break bread with USN Director Vince Durnan and a

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**Date(s):** Tuesday, March 1, 2016

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

Special Mystery Guest. Chef DALE LEVITSKI will create a special hybrid style meal, where guests will share a first course, followed by their own own entree and dessert, while sipping on our craft made cocktails. Vince is looking forward to spending an evening with you enjoying great food, spirits, and lively conversation. This dining event will be sold as a party of 10. Age 21 and up. [Sinema](#)

**Fee:** \$500

**Materials Fee:** \$900

**Location:** Sinema, 2600 Franklin Pike #102,  
Nashville, TN 37204, 615-942-7746

## 510 DINNER WITH VINCE DURMAN AND A SPECIAL MYSTERY GUEST AT 360 BISTRO

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USN Director Vince Durnan and a Special Mystery Guest will join you to experience lively conversation, spirits and a menu specially created by one of Nashville's favorite chefs, WILL UHLHORN. Meet at 360 Bistro, selected as one of the city's best restaurants of the moment by a team of food experts for *Nashville Lifestyles Magazine*. This dining event will be sold as a party of 10. Age 21 and up. [360 Bistro](#)

**Date(s):** Monday, February 8, 2016

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

**Fee:** \$500

**Materials Fee:** \$900

**Location:** 360 Bistro, Harper Hills Plaza Shopping  
Center, 6000 Hwy 100, Nashville, TN 37205

## 600: HOME & GARDEN

### 601 CREATE THE SPACE YOU LOVE: THE FUNDAMENTALS OF DESIGN

In this class, participants will learn the fundamentals of designing a beautiful, unique and livable space. Interior designer and USN alumna HANNAH CROWELL will share perspective of space, discussing the ins and outs of renovating and decorating, providing easy and creative ideas to transform your home. Hannah will discuss available local and online resources, and identify commonly made mistakes to give students confidence to survive what many fear to be a most daunting process. With over a decade of experience in the design field, HANNAH CROWELL brings to each interior project a lightness of touch, a clarity of vision and a singular perspective. Students are encouraged to bring their own design dilemmas, as this class will be a participatory style workshop. [Crowell Interiors](#)

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**Date(s):** Tuesday, January 26, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

### 602 AIRBNB: GUEST, HOST, OR BOTH

Airbnb is a phrase that's on the list of every savvy traveler. But before you wind up couch surfing at a commune, you would be wise to know more. This class will break it down and teach you how to use Airbnb or VRBO for your next vacation (guest) or rent out your guest bedroom or second home (host). Airbnb superhost and USN faculty member JIM MANNING will walk you through the different kinds of places to stay, teach you how to navigate the website, set up your place as a rental, and make your guests want to come back. The class will also address Nashville's zoning and tax legislation around these rentals with Metro Councilwoman and USN alumni parent BURKLEY ALLEN.

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**Date(s):** Thursday, January 21, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

### 603 HOME LAWN RENOVATION RECLAMATION

Master storyteller and USN River Campus facilitator BRET MASH will teach students in this class how to incorporate the best possible turf grasses for Tennessee lawns. Topics include weed identification and removal, spring and fall over seeding, and irrigation set-up. In short, this class will tell you everything you ever needed to know about cultivation in a fashion that will wind up giving you the nicest lawn in the neighborhood. Lawn Renovation = Beauty Reclamation.

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**Date(s):** Tuesday, February 16, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 604 GROW, EAT, LOVE: HOME FOOD PRODUCTION & GARDENING WITH NATURE

Fact of the day: having a small backyard garden can easily save \$900 or more in annual food costs. Focused seasonal production, even on a small scale, is a bolster to your home economy and yields vegetables, culinary herbs, fruits, berries, and flowers. In this class, PETER ANDERSON, food and gardening activist, will talk about steps needed to create productive, sustainable, cost-efficient gardens that yield nutritionally dense, high quality, organic food. Participants will also learn how a typical Nashville yard can better support wildlife, provide sanctuary for birds, improve water quality, and minimize rainwater run-off, among other "tips."

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**Date(s):** Tuesday, February 23, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$25

**Materials Fee:** \$5

**Location:** USN

## 605 HOW TO GET ORGANIZED AND STAY THAT WAY!

Stacks of paperwork, piles of unread magazines, and clutter throughout the house is no way to live. Let LAUREN WEINTRAUB, "The Solution Girl," help you understand how to get organized and yes, stay that way. Lauren has helped numerous individuals and families throughout the South find an organizational system that works for them. After attending this class you will be better able to determine the cause of the clutter and find a solution that will work for you. [The Solution Girl](#)

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**Date(s):** Thursday, January 21, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 606 TABLESCAPING 101

If your next dinner party is on the horizon and you're looking for a little extra something to spice it up, this class is just the thing to help you learn how to set the special mood through the funky art of tablescaping. Veteran Nashville tablescaper TERRY WHITE will lead participants through the ins and outs of effective tablescaping, demonstrating how to use table arrangements or centerpieces to express your creative side. This is a rare opportunity to learn from a seasoned pro who has table-scaped stellar local events such as The Swan Ball Late Party and Steeplechase. [Terry White](#) Age 21 and up.

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**Date(s):** Wednesday, March 2, 2016

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

**Fee:** \$40

**Materials Fee:** \$0

**Location:** Private home

## 607 INTRODUCTION TO FLORAL DESIGN

Learn to create interesting displays with Landscape Architect and Floral Designer PHILLIPE S. CHADWICK. In this hands-on class you will discuss design principles of color, texture, and form. Phillipe will provide all the greenery and flowers, you bring your favorite vase and clippers. Each participant will create a medium arrangement and a small arrangement. [Phillipe S. Chadwick Flowers](#)

**Date(s):** Tuesday, March 1, 2016

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

**Fee:** \$35

**Materials Fee:** \$25

**Location:** USN

## 608 CREATING FLORAL CENTERPIECES

In this hands-on class, you'll learn to create beautiful yet affordable floral centerpieces for any occasion. Discuss tips, tricks and concepts while designing and creating your own fresh flower centerpiece. Landscape Architect and Floral Designer PHILIPPE S. CHADWICK will guide you through the process, which will culminate in your own personal creation to enjoy at home. [Phillipe S. Chadwick Flowers](#)

**Date(s):** Thursday, February 18, 2016

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

**Fee:** \$35

**Materials Fee:** \$25

**Location:** USN

## 609 URBAN BEEKEEPING

Ready for some bee myth busting? In this class, USN alumna parent and veteran beekeeper QUICK FOY will show that beekeeping can be fun, simple and sweet. Anyone can keep bees, even in urban hubs such as Nashville. So now that the notion is in your bonnet, climb aboard! Students will learn how to collect delicious fresh honey from backyard hives without fear of stings, how to tell if your bees are happy or having a bad day, and how to "bee" the first on your street with a honey hive.

**Date(s):** Thursday, February 4, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 610 BEFORE BLUEPRINTS

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

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**Date(s):** Thursday, February 25, 2016  
**Time(s):** 6:30 PM - 8:30 PM  
**Fee:** \$25  
**Materials Fee:** \$0  
**Location:** USN

## 611 DESIGN CHAT: WHAT YOU NEED TO KNOW ABOUT REMODELING YOUR KITCHEN OR HOME

"Plan your work and work your plan" is the mantra of master interior designer and USN parent DONNA GILLIAM, founder of Donna Gilliam Interiors. If you're considering a kitchen or home remodeling project, you won't want to miss this class. She will share insight she has gained from more than 10 years of designing beautiful and highly functional interiors for clients across the country. Listen as she leads you through each valuable step of creating of your remodel the painless way. [Donna Gilliam Interiors](#)

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**Date(s):** Thursday, February 11, 2016  
**Time(s):** 6:00 PM - 7:30 PM  
**Fee:** \$25  
**Materials Fee:** \$0  
**Location:** USN

## 612 DECLUTTER, SIMPLIFY, AND ORGANIZE

Professional Organizer SUSAN GARDNER, M.Div., will teach you how to create greater alignment of mind, space and belongings in your home. She will present structures for sorting, discarding, keeping, and organizing, using the axiom that "organizing is the ability to find and use what you need when you need it." Yes, the objective is retrieval, not storage. Key topics of the class include decision-making, maintaining momentum, and uncovering more satisfying patterns. Social organizing with a friend or team will also be included. Get organized, get happy. [Clearing the Way Home](#)

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**Date(s):** Thursday, February 18, 2016  
**Time(s):** 6:00 PM - 8:00 PM  
**Fee:** \$25  
**Materials Fee:** \$0  
**Location:** USN

## 613 GARDEN CONSTRUCTION AND OUTDOOR "PLACE-MAKING"

Garden Construction and Outdoor "place-making" is a workshop for DIY enthusiasts combining creative design ideas and innovative construction tips to create usable, aesthetically pleasing outdoor spaces. PETER ANDERSON, owner of

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**Date(s):** Thursday, March 3, 2016  
**Time(s):** 6:00 PM - 7:30 PM

anderson\_ECO logic, will discuss food production, kitchen gardens, flower gardens (for cutting and pollinators), low maintenance native lawn strategies, and compost and organic waste management. Peter will also cover strategies for grilling and cooking outdoors, drawing wildlife, and building meditation gardens. The workshop will also briefly cover greenhouses, hoop houses, row covers, rainwater capture and distribution, patios, walkways, decks, outdoor lighting, power fencing, and boundary controls. Participants will receive informational handouts, seed catalogs, and a list of local contacts and resources.

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**Fee:** \$25

**Materials Fee:** \$5

**Location:** USN

## 700: ARTS & HOBBIES

### 701 BEGINNING OIL PAINTING

Instructor and Artist RENEE BATES will lead students through the beginning steps of oil painting, starting with fundamental composition, color, and technique with an emphasis on enjoying our creativity. Participants will paint a still life during class. All supplies will be furnished with the exception of a sturdy water mug for your water, a pencil or pen, and paper for notes. [Renee Bates](#)

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**Date(s):** Tuesday, February 9, 2016

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

**Fee:** \$35



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**Materials Fee:** \$25

**Location:** USN

## 702 PEARL KNOTTING 101

Listen closely: the secret to what makes a lady graceful is her pearls, dangling like gems in harmony. In this class, you will learn how to knot pearls and make your own beautiful pearl necklace. Jewelry maker and USN alumna CHANDLER CARTOZZO will help you walk away from this class with a necklace that would cost you a small fortune at a fine jewelry store. Pearl knotting seems daunting but it really isn't. And after you learn, you can make necklaces for your bridesmaids, one for your mom for Mother's Day, a few for your friends for their birthdays and so much more. In this class, all of your supplies will be provided, ready and waiting for you to create a beautiful necklace, all your own. Bring a friend for a fun night. [Chandlers Dezigns](#)

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**Date(s):** Tuesday, February 16, 2016

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

**Fee:** \$35

**Materials Fee:** \$25

**Location:** USN

## 703 MAKE A BOOK AND SHARE SOME SCRAPS

Join reuse artists LESLEY PATTERSON-MARX and EMILY HOLT, USN instructor, for a fun morning of making books and sharing scraps at Turnip Green Creative Reuse and Platemone Printmaking, Paper, and Book Arts. Participants will make their own accordion book from reuse materials provided by Turnip Green, take a tour of both Platemone and Turnip Green, and enjoy delicious snacks to fuel the creative juices. You are invited to bring items that can be reused creatively to share with others in the class. Bring your leftover yarn, fabric, beads, vintage photographs and ephemera, paper, old books, magazines, and anything else fun that you can think of. The left over items can be donated to Turnip Green that very day. [Lesley Patterson-Marx Platemone](#)

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**Date(s):** Saturday, February 20, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** Platemone, 535 4th Ave. South Nashville, TN 37210

## 704 CREATING MOSAIC ART

In this class, participants will look at the world in a different way, creating beautiful works of art from found objects. Possible source material: tiles, game pieces, charms, glass, pottery, shells, stones, bottle caps, costume jewelry. You will start with a flat surface like a tile or small mirror, and create your masterpiece. Feel free to bring your own base and objects or choose from a wide variety brought by instructor MARY MORLEY. Come prepared with a theme or color scheme or other creative idea that we can incorporate. Everyone will go home with a finished piece.

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**Date(s):** Thursday, February 11, 2016

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

**Fee:** \$25

**Materials Fee:** \$25

**Location:** USN

## 705 CREATIVITY WITH BEESWAX

Come see what all the “buzz” is about while you indulge your creative side in the world of beeswax. Instructor JUDY KLICH will take students through the luscious and versatile world of encaustic, an ancient medium made by combining beeswax, pigment, and resin. Beginners and experts alike will learn many different techniques including incising, scraping, layering wax, using stencils, using metal imprinting tools, and fusing with a heat gun. Demonstrations of each technique will follow with hands-on learning. Each student will take home 2-3 small finished paintings ready to be hung in a place of prominence. [Judy Klich Art](#)

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**Date(s):** Wednesday, February 3, 2016

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

**Fee:** \$35

**Materials Fee:** \$15

**Location:** River Art Studio 8329 Sawyer Brown Road.  
Nashville, TN 37221

## 706 THE ART OF COLOR

Master your use of color with this class taught by renowned artist CHARLES BRINDLEY. This is a natural class for artists, but also ideal for designers, homeowners or anybody interested in color. You will learn how to turn your color experience from a guessing game to a thoughtful, methodical process. You'll develop selections of automatic and memorized colors. And through the secrets of matching colors, understand sophistication in color arrangements, harmonies and more. [Charles Brindley](#)

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**Date(s):** Tuesday, March 8, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 707 CRAK, BAM..IT'S MAH JONG

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

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**Date(s):** Tuesday, January 26, 2016, Tuesday, February 2, 2016

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

**Fee:** \$35

**Materials Fee:** \$8

**Location:** USN

## 708 MIXED MEDIA ART WITH IMPORTED PAPERS

Artist BETH GRUBB will help participants bring together found objects, imported papers, and creative inspiration to craft mixed media compositions. Everything needed for the class will be supplied, as participants work through simple designs or more complicated 3-D works. Come try something different and take home a personal masterpiece. Canvases will be provided. Please bring a shadow box if choosing to make a 3-D piece. [Beth Grubb](#)

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**Date(s):** Thursday, February 18, 2016

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

**Fee:** \$35

**Materials Fee:** \$15

**Location:** USN

## 709 DIGITAL SLR: BEYOND AUTO-MODE

Photographer, USN parent and photography teacher KIMBERLY MANZ leads the class on the best way to develop a basic understanding of your Digital SLR camera's manual capabilities. This class will help you pursue your hobby, feature something fab in your blog, get great pet portraits, and capture perfect images of your family members. Bring your camera and your creativity and feel free to ask all of those "silly questions" because this is a fun and safe place to do so. You'll also learn the basics of exposing light properly, composition, and move on to shoot completely in Manual Mode. [Kimberly Manz](#)

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**Date(s):** Tuesday, February 2, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 710 DIGITAL SLR: THE NEXT STEPS

This is the follow-up to "Getting Beyond Auto-Mode," taking our approach to a slightly higher level. If you shoot fully in Manual Mode with your digital SLR camera, you can bring your problem images and USN instructor and parent KIMBERLY MANZ will help assess your work, examining what worked and what didn't for light exposure. Other class topics include finding a workflow for editing and critiquing your work, the basics of white balance, metering, and focus modes, and simply how to choose the best approach for different situations. This is a fun class to push your creativity and your photographic imagination. [Kimberly Manz](#)

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**Date(s):** Tuesday, February 23, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 711 PHOTOSHOP BASICS

Photographer, USN parent and photography teacher KIMBERLY MANZ will teach a few basic tips and tricks to control flyaway hairs in your best profile picture, fix those tiny lines around your eyes, take the trash can out of the perfect shot of your children

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**Date(s):** Tuesday, March 1, 2016

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

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

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

## 712 TOOLS AND TIPS FOR TAKING BETTER PHOTOS

Ace photographer, owner of Grannis Photography, and USN parent LEILA GROSSMAN will teach participants how to take better images for all purposes. This class will help you take better photos of your family as well as capture those artistic every day moments. It is a two-session class. The first class will cover the basics, followed by fun and easy assignments to come back with the second week. Be prepared to enhance your picture-taking capabilities and leave with tips and tools to last a lifetime. [Grannis Photography](#)

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**Date(s):** Thursday, February 11, 2016, Thursday, February 18, 2016  
**Time(s):** 6:00 PM - 8:00 PM  
**Fee:** \$45  
**Materials Fee:** \$0  
**Location:** USN

## 713 WOODTURNING FOR BEGINNERS

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

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**Date(s):** Thursday, January 28, 2016  
**Time(s):** 5:00 PM - 8:00 PM  
**Fee:** \$50  
**Materials Fee:** \$25  
**Location:** USN

## 714 WOODTURNING FOR BEGINNERS

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

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**Date(s):** Thursday, February 25, 2016  
**Time(s):** 5:00 PM - 8:00 PM  
**Fee:** \$50  
**Materials Fee:** \$25  
**Location:** USN

## 715 PLASTER CAST MASK MAKING

Join us for two evenings of creativity, where, working with a partner, you will make a plaster cast of your face (week 1) and design/decorate it (week 2). USN parent LYN FULTON-JOHN will lead you through this peaceful, relaxing, and creative process. Week 1: welcome and refreshments will be followed by a discussion of the mask making process. Soft music plays in the background as each partner takes a turn as mask maker and model, with a quiet break to change roles. Week 2: participants return to design and decorate the masks, amidst a festive atmosphere of music and refreshments. Wear comfortable clothing, bring a towel/blanket to lie on, headband to hold hair back, and a wash cloth. You must be able to lie on your back for 20-30 minutes.

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**Date(s):** Monday, February 8, 2016, Monday, February 15, 2016

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

**Fee:** \$25

**Materials Fee:** \$15

**Location:** The Curb Center, 1801 Edgehill Ave, Nashville, TN 37212

## 716 SENSE OF PLAY – IGNITING A PASSION IN LIFE

“We do not quit playing because we grow old; we grow old because we quit playing.” — Oliver Wendell Holmes Sr. As busy adults we often move from task to task with few opportunities to really get lost in the art of play, yet without it work, relationships and fulfillment can wither and fade. But, yes, there is hope. You can learn tips for reviving and invigorating by spending an evening with parent of USN alum, KELLY CASS FALZONE (teaching artist and executive director of Art & Soul Studio in the nearby 12th South neighborhood). Using a unique collection of materials in this safe and engaging space, Kelly will guide students with “in the moment” processes of following impulses of exploration, creation, satisfaction, experimentation and delight. Invite Joy. Ignite Life. [Art and Soul Nashville](#)

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**Date(s):** Wednesday, March 2, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** Art and Soul, 2305 12th Avenue South, Nashville 37204

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## 800: RECREATION, FITNESS, & DANCE

### 801 LIFE BEHIND HANDLEBARS

USN parent and instructor GREG O'LOUGHLIN and DAVE CRUMPTON, USN parent and alumnus, both avid cyclists, will lead this class on bike appreciation and maintenance. After all, the world is a better place when viewed from behind the handlebars of your bike, chatting with others who share your lane, observing the artistic Demonbreun Bridge, taking short cuts to avoid Nashville traffic. But none of this can happen without basic bike maintenance. In this class, you'll learn basic post-ride maintenance, derailleur adjustments, brake adjustments, chain maintenance, fixing a flat and more. The class will provide parts and instructions to help you fix your bike on-site so you can leave the class with a rideable bike. The revolution will not be motorized.

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**Date(s):** Monday, February 29, 2016

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

**Fee:** \$25

**Materials Fee:** \$10

**Location:** Oasis Center, 1704 Charlotte Avenue, Suite 200 Nashville, TN 37203

### 802 THE WAY OF QIGONG

Qigong, translated from Chinese as energy skill, is a 5,000-year-old system of knowledge and practice that focuses on energy flows and transformations. It has medical, martial and spiritual applications. Medical qigong focuses on healing our physical and energy bodies, resulting in better health physically and emotionally. Certified practitioner and USN parent YULIYA GULMI will provide background information on qigong, explain basic qigong principles and provide guidelines for practice. Students will be invited to practice proper breathing mechanics, try out basic purging methods, learn a grounding protocol, experience the movement of the qi, and most importantly, perform an ancient Shaolin technique for releasing toxic energy.

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**Date(s):** Tuesday, March 1, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

### 803 BEGINNING FLY FISHING FOR WOMEN ONLY

Join certified fly fishing expert SUSAN THRASHER for a morning of instruction at Shelby Park. During this hands-on class you will become familiar with fly fishing equipment and basic casts. Students will learn to catch, land, and safely release a fish. Susan is an enthusiastic instructor who turned her passion for fly fishing into a profession and enjoys teaching those who want to learn more about this popular pastime. [Southern Brookies Fly Fishing Shelby Park](#)

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**Date(s):** Saturday, March 5, 2016

**Time(s):** 9:00 AM - 12:00 PM

**Fee:** \$35

**Materials Fee:** \$10

**Location:** Shelby Park, Shelby Ave and S 20th St, Nashville, TN 37206

## 804 BEGINNING FLY FISHING - COED

Join certified fly fishing expert SUSAN THRASHER for an afternoon of instruction at Shelby Park. During this hands-on class you will become familiar with fly fishing equipment and basic casts. Students will learn to catch, land, and safely release a fish. Susan is an enthusiastic instructor who turned her passion for fly fishing into a profession and enjoys teaching those who want to learn more about this popular pastime. Great for couples. [Southern Brookies Fly Fishing Shelby Park](#)

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**Date(s):** Saturday, March 5, 2016

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

**Fee:** \$35

**Materials Fee:** \$10

**Location:** Shelby Park, Shelby Ave and S 20th St, Nashville, TN 37206

## 805 INDOOR FITNESS AND FLOYO (PADDLEBOARD YOGA) IN THE USN POOL

This class covers two different water fitness approaches. Onboard classes start with five-minute warmups, focusing on basic exercises like squats, sit-ups and stability. This helps improve strength and build a balanced physique. Then, Nashville Paddle Co.'s FloYo® instruction consists of vinyasa yoga sequences on a paddleboard. Sun salutations will flow into lengthening and strengthening poses, balance postures, breathing techniques and even a little play time on the boards. Paddle Co Expert Instructor LIZ VEYHL will lead this fun class that helps you enjoy paddleboarding while improving body function and physique. For all levels of expertise. Class includes all needed equipment (paddleboard, paddle and PFD) and certified instruction. Bring a swimsuit, towel, and change of clothes. [Nashville Paddle](#)

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**Date(s):** Thursday, February 18, 2016

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

**Fee:** \$35

**Materials Fee:** \$0

**Location:** USN

## 806 YOGA FOR THE TRUE BEGINNER

Open the door to yoga with this class led by CORRINE DENNISON, a USN parent who has studied with internationally renowned instructors and taught yoga for more than 14 years. This class provides the perfect entry point for yoga as a healthy lifestyle choice. The class will address yoga basics for all, regardless of fitness and flexibility, and provide tips on integrating yoga into your daily

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**Date(s):** Thursday, February 18, 2016

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

routine.

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**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 807 SWIMMING TECHNIQUE FOR TRIATHLETES

JUSTIN KARPINOS, head swimming coach at USN and a 2011 winner of the USA Triathlon All-American in Aquathlon, and his wife, ASHLEY KARPINOS, an All-American swimmer at Kenyon College, will introduce students to effective techniques to develop a more relaxed and efficient swimming style. This class is specifically geared towards individuals interested in improving the swimming portion of their triathlon race. Instruction will cover proper head and body alignment, effective kicking, breathing technique, and stroke optimization. Each student will receive personalized feedback, see demonstrations from accomplished swimmers, and receive a video critique of his or her stroke. In order to get the most out of this class, participants should be able to swim 100 yards without stopping.

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**Date(s):** Thursday, February 25, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 808 HOW TO PREPARE FOR A HALF MARATHON OR MARATHON

Are you thinking about taking the plunge into running a marathon or half marathon? Or are you already hooked on running and want to learn how to race a marathon? There is a lot of information out there on the internet, but it can feel overwhelming to sort through. Look no further than this course where expert runner and USN HS Academic Dean JEFF EDMONDS -- who can boast a marathon PB of 2:35 -- will take participants through the basics of distance training, including setting up a weekly program, speedwork, long runs, nutrition, footwear, and finding a program that works for you. [Nashville Harriers](#)

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**Date(s):** Thursday, January 28, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 809 UNTOLD CONDUCT OF SEVERAL EARLY SCOTTISH GOLF SOCIETIES

The untold, unacceptable misconduct of Scottish Golf Societies: Sand Traps, Dueling, Fighting, Drinking, Gambling, and Rabbit Wars. Master golf-club maker, novelist and teller of strange tales DR. JOHN WALTER MILLER gives you a spellbinding peek under the plaid.

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**Date(s):** Thursday, February 4, 2016

**Time(s):** 6:00 PM - 7:30 PM

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN



## 810 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 former USN Lower School Naturalist 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 will be held at Jim's Fly South store on 19th Avenue. Students will be on their own for lunch from 12:00 pm - 1:00 pm. [Fly South](#)

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**Date(s):** Saturday, February 6, 2016

**Time(s):** 9:30 AM - 3:30 PM

**Fee:** \$35

**Materials Fee:** \$0

**Location:** Fly South 115 19th Avenue South  
Nashville, TN 37203

## 811 PREDATORS HOCKEY 201

Do you enjoy the thrill and energy of a hockey game, but aren't quite sure what's happening on the ice? If you're a Predators fan, join WILLY DAUNIC, USN parent and the TV play-by-play broadcaster on Fox Sports Tennessee for this insightful and enjoyable class. Who are the players? What role does each one play? What should you look for to understand what is going on out there? As the host of 102.5 The Game and "Sportsnight" from 3-6pm weekdays, Willy can help you learn how to follow this high-paced and intense sport and enjoy the game on a deeper level. [102.5 The Game](#)

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**Date(s):** Monday, February 8, 2016

**Time(s):** 6:15 PM - 7:30 PM

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 812 SWING LOW AND SALSA UP DANCE CLASS

Swing and Salsa are fun and energetic social dances, so partner up and get down with this engaging class. Perfect for beginners, this class will break down the basics and take your dancing to a new levels. Instructor DONALD STAMPER is a nationally certified Professional Ballroom Competitor and will lead you through essential steps and moves. The first half of the class will be Swing, and the second will be Salsa. See you on the dance floor. [Nashville Ballroom](#)

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**Date(s):** Thursday, February 11, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** USN

## 900: TOURS

## 901 "WALK EAT NASHVILLE" WALKING FOOD TOUR (EAST NASHVILLE)

Walk Eat Nashville tours sample the best of the local food scene, from top restaurants and casual eateries to specialty food shops. Tours make six tasting stops over three hours and include a 1.5-mile guided walk. KAREN LEE RYAN, founder of Walk Eat Nashville walking food tours, will take you through East Nashville, recently named one of the 12 Coolest Neighborhoods in America. East Nashville brims with chef-owned restaurants, casual eateries and creative specialty food shops. You'll enjoy six tasting stops at restaurants and artisan food shops, interact with chefs, and sample dishes that landed Nashville on the culinary map. Between bites, you'll enjoy a stroll through one of Nashville's oldest neighborhoods filled with architectural gems and historic landmarks. [Walk Eat Nashville](#)

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**Date(s):** Thursday, January 28, 2016

**Time(s):** 1:15 PM - 4:30 PM

**Fee:** \$20

**Materials Fee:** \$35

**Location:** Meet in front of Margot Cafe 37206

## 902 "WALK EAT NASHVILLE" WALKING FOOD TOUR (MIDTOWN)

This "Walk Eat Nashville" Midtown/Vanderbilt tour led by KAREN LEE RYAN, founder of Walk Eat Nashville, walks through areas where Nashville's culinary roots took hold two generations ago. You'll experience six popular eateries, interact with a couple of chefs and sample a range of local flavors. Between bites, you'll learn about Nashville's famous "Rock Block," enjoy a stroll through Vanderbilt's campus and skirt Music Row. Walk Eat Nashville tours sample the best of the local food scene, from top restaurants and casual eateries to specialty food shops. Tours make six tasting stops over three hours and include a 1.5-mile guided walk. [Walk Eat Nashville](#)

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**Date(s):** Saturday, February 6, 2016

**Time(s):** 1:15 PM - 4:30 PM

**Fee:** \$20

**Materials Fee:** \$35

**Location:** Meet in the Loews Vanderbilt Hotel lobby

## 903 PHANTOM BODIES AT THE FRIST

The class will meet at the Frist Center for the Visual Arts for an exclusive and private tour of the exhibition "Phantom Bodies: The Human Aura in Art." MARK SCALA, Chief Curator, will lead the discussion and focus on the notion of art as an expression and release of psychological power, relating to loss and spirituality, emotional DNA, and transformation. This is the third in a series on the meaning of the body as seen through the lens of contemporary art. [Frist Center](#)

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**Date(s):** Friday, February 12, 2016

**Time(s):** 6:30 PM - 7:30 PM

**Fee:** \$25

**Materials Fee:** \$0

**Location:** Frist Center for the Visual Arts, 919 Broadway, Nashville, TN 37203

## 904 A NIGHT AT THE SYMPHONY

Enjoy a night with the GRAMMY-winning Nashville Symphony, including a behind-the-scenes tour of Schermerhorn Symphony Center and a performance of Mussorgsky's classic *Pictures at an Exhibition*. VP of Communications JONATHAN MARX will lead the festivities as you find out why our Nashville Symphony is celebrated around the world, learn about the unique features of the

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**Date(s):** Thursday, February 18, 2016

**Time(s):** 5:30 PM - 9:00 PM

concert hall, learn about the orchestra's history (including its recovery from the devastating 2010 flood), and enjoy a fascinating, fun-filled pre-concert talk about the music you'll hear performed live onstage by 84 phenomenal musicians. [Nashville Symphony](#)

**Fee:** \$20

**Materials Fee:** \$25

**Location:** Schermerhorn Symphony Center, 1  
Symphony Place, Nashville, TN 37201

## 905 RIBERA, RUBENS, RENOIR AND MORE : “TREASURES FROM THE HOUSE OF ALBA” TOUR AT THE FRIST

USN alumni parent and Frist Visual Arts Center docent TERI COHEN will walk you through the magnificent House of Alba exhibit, spanning over 100 works of art from antiquity to the twentieth century. This course will offer a personalized tour of these artworks, some of which will now be seen for the first time in the United States. [The Frist](#)

**Date(s):** Thursday, February 25, 2016

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

**Fee:** \$25

**Materials Fee:** \$0

**Location:** Frist Center for the Visual Arts, 919  
Broadway, Nashville, TN 37203

## 906 TOUR OF ABC TV "NASHVILLE" SET

Famous KURLAND siblings and USN graduates, both: AMY, founder of Bluebird Cafe, and PETER, award-winning movie maker of every Coen Brothers movie ever made, will give you the insider's tour of the ABC TV hit show *Nashville* set. This exclusive tour will include a visit to the set's scale replica Bluebird Cafe, technological information about the show's production, and even some good ol' gossip. If you love the show, you will really love this tour. Age 18 and up.

**Date(s):** Sunday, March 6, 2016

**Time(s):** 2:00 PM - 4:00 PM

**Fee:** \$50

**Materials Fee:** \$0

**Location:** Private location

## 907 TOUR OF ABC TV "NASHVILLE" SET

Famous KURLAND siblings and USN graduates, both: AMY, founder of Bluebird Cafe, and PETER, award winning movie maker of every Coen Brothers movie ever made, will give you the insider's tour of the ABC TV hit show *Nashville* set. This exclusive tour will include a visit to the set's scale replica Bluebird Cafe, technological information about the show's production, and even some good ol' gossip. If you love the show, you will really love this tour. Age 18 and up.

**Date(s):** Sunday, March 6, 2016

**Time(s):** 4:00 PM - 6:00 PM

**Fee:** \$50

**Materials Fee:** \$0

**Location:** Private location

## 908 WHAT LIES BEHIND THE BLACK DOOR: AN EXCLUSIVE LOOK AT THE INNER WORKINGS OF THIRD MAN RECORDS

Closed to the public save for a "Golden Ticket" promotional tour back in 2009, the behind-the-scenes look at Third Man Records is deserving of every single one of the countless Willy Wonka comparisons it has received. Led by BEN BLACKWELL, who does anything and everything at Third Man, the tour will snake through all the nooks and crannies of Third Man with close attention paid to the hypnotic cyc walls of the Blue Room performance space, the only live-to-vinyl recording set-up in the world and the one-of-a-kind decor/design that screams more "candy factory" than "record label." Ending in Third Man's retail store / novelties lounge, folks will have the opportunity to purchase a wide variety of records, souvenirs or various sundries offered therein. Age 18 and up, strictly enforced. [Third Man Records](#)

**Date(s):** Saturday, February 13, 2016

**Time(s):** 2:00 PM - 4:00 PM

**Fee:** \$50

**Materials Fee:** \$0

**Location:** Third Man Records, 623 7th Ave S, Nashville, TN 37203

## 909 WHAT LIES BEHIND THE BLACK DOOR: AN EXCLUSIVE LOOK AT THE INNER WORKINGS OF THIRD MAN RECORDS

Closed to the public save for a "Golden Ticket" promotional tour back in 2009, the behind-the-scenes look at Third Man Records is deserving of every single one of the countless Willy Wonka comparisons it has received. Led by BEN BLACKWELL, who does anything and everything at Third Man, the tour will snake through all the nooks and crannies of Third Man with close attention paid to the hypnotic cyc walls of the Blue Room performance space, the only live-to-vinyl recording set-up in the world and the one-of-a-kind decor/design that screams more "candy factory" than "record label." Ending in Third Man's retail store / novelties lounge, folks will have the opportunity to purchase a wide variety of records, souvenirs or various sundries offered therein. Age 18 and up, strictly enforced. [Third Man Records](#)

**Date(s):** Saturday, February 20, 2016

**Time(s):** 2:00 PM - 4:00 PM

**Fee:** \$50

**Materials Fee:** \$0

**Location:** Third Man Records, 623 7th Ave S, Nashville, TN 37203

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## 1000: ONE-TO-ONE INSTRUCTION

### 1001 TALKING TO YOUR HONEY ABOUT MONEY

Opposites attract; often one is a spender, one is a saver. Our families of origin also impact how we think about money. It's no wonder that most arguments during marriage are about money. So before you walk down the aisle, build a solid foundation for a life-long marriage and prevent financial disagreements by discussing financial issues and differences. Accredited Financial Counselor SANDY ARONS teaches you 10 talking points to review with your soon-to-be spouse and help you break the ice on discussing financial topics. Must be used by June 30, 2016. [Life Cycle Financial Fitness](#)

**Date(s):**

**Time(s):**

**Fee:** \$75

**Materials Fee:** \$0

**Location:** Time and place to be determined by student and instructor

## 1002 PROFESSIONAL ORGANIZATION ONE-ON-ONE

Organization isn't about creating a Martha Stewart level of perfection; it's about finding a place for everything and being able to locate things when you need them. LAUREN WEINTRAUB, "The Solution Girl," can help with storage, kitchen, office, and living spaces, just to name a few. There is nothing too scary or time frame too daunting. In addition to organizing each space, you will be given tips to aid in keeping things in their proper place. This one-on-one session will include an assessment of your space and three hours of organizational services. Must be used by June 30, 2016. [The Solution Girl](#)

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**Date(s):**

**Time(s):**

**Fee:** \$125

**Materials Fee:** \$0

**Location:** Time and place to be determined by student and instructor

## 1003 ONE-ON-ONE WITH JAY KNOWLES

The old saying is, "if you throw a rock in Nashville, you hit a songwriter." This may be true, but the odds are much less likely of being a Grammy nominated songwriter – or spending 90 minutes learning from that brilliant songwriting talent...until now. In this class, USN parent and Grammy nominee JAY KNOWLES will discuss the art of crafting a hit: turning ideas into reality and elevating songs to the next level. Save your paper napkin lyrics. You will have a hour and a half to spend with Jay. Must be used by June 30, 2016. [Jay Knowles](#)

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**Date(s):**

**Time(s):**

**Fee:** \$75

**Materials Fee:** \$0

**Location:** Time and place to be determined by student and instructor

## 1007 GET A FINANCIALLY SMART DIVORCE

Get a financially smart divorce and secure your future and your children's future. Even the best Nashville divorce attorneys are not certified financial consultants and were not trained to perform financial analysis. SANDY ARONS , MBA, Certified Financial Divorce Analyst, Financial Counselor and Mediator will discuss the financial pitfalls to avoid if you are in the midst of a divorce, how to minimize arguing and get the most value from your attorney fees. She will also discuss financial missteps to avoid when creating the Parenting Plan. Men and women are welcome. Must be used by June 30, 2016. [Sandy Arons](#)

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**Date(s):**

**Time(s):**

**Fee:** \$75

**Materials Fee:** \$0

**Location:** Time and place to be determined by student and instructor

## 1008 CLOSET EDITING

If you have a closet full of clothes and nothing to wear, you may wonder if more is really more. You may want to recast your inner self by dressing up your outer self, but have no sense of where to begin. Fear not, because Wardrobe Consultant REBECCA THOMPSON will help you edit your closet to determine which pieces work best for you based on your style, body type, coloring, lifestyle and budget. At the end of this 3 hour session she will make a list of suggested items that will help you create your well-rounded wardrobe. Must be used by June 30, 2016. [Rebecca Thompson](#)

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**Date(s):**

**Time(s):**

**Fee:** \$200

**Materials Fee:** \$0

**Location:** Time and place to be determined by student and instructor

## 1009 ARTIST DEVELOPMENT FOR THE SINGER/SONGWRITER

This one-on-one class offers the singer/songwriter methods to evoke passion in listeners through emotional connection and commitment to his/her song. USN parent REESE FAW is a music industry veteran in publishing, A&R and artist development. In this session, the artist will perform a song from his/her catalog and experiment with different methods to deepen the commitment lyrics. Faw inspires artists' self-discovery, drawing out emotional availability, commitment, imagination, memory, presence, raised stakes, and choice to enhance creative growth. The result is a profoundly rewarding and consistent experience for the artist and the listener. Must be used by June 30, 2016.

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**Date(s):**

**Time(s):**

**Fee:** \$65

**Materials Fee:** \$0

**Location:**

## 1010 HANNAH CROWELL, YOU, AND DESIGN

USN alumna HANNAH CROWELL offers this one on one design session, where you can focus on a particular design subject or specific area of your home or office you want to redesign. This presents a unique opportunity to meet with an experienced and talented designer to get ideas and steps tailored to your needs and wishes. Must be used by June 30, 2016. [Crowell + Co. Interiors](#)

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**Date(s):**

**Time(s):**

**Fee:** \$200

**Materials Fee:** \$0

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**Location:** Time and place to be determined by student and instructor

## 1011 CAREER SPRINGBOARD CONSULTATION

JANE HARDY, M.Ed., parent of two USN alums, is a Strategic Career Counselor, and offers a Career Springboard consultation (one-on-one session) to help an adult (24 years of age or older) assess and explore career and job search possibilities. After completing a worksheet prior to your session, you will meet in person or virtually with Hardy to develop a deeper understanding of your abilities, transferable skills and additional assets; and criteria for evaluating career opportunities. She will coach you in a variety of job search tools, including a two-minute introduction, networking strategies, and your LinkedIn profile. Hardy will review your resume and offer suggestions, and she'll work with you to create a plan for taking your career and life to the next level. Hardy, Founder and Career Strategist at Career Resources (with offices in Nashville and Boston), has helped more than 10,000 individuals achieve their career goals. This class is valued at \$480. Must be used by June 30, 2016. [Career Resources](#)

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**Date(s):**

**Time(s):**

**Fee:** \$250

**Materials Fee:** \$0

**Location:** Time and place to be determined by student and instructor

## 1012 PLANNING YOUR NEXT CHAPTER

Meet with Transitions Coach and USN parent of alumni THELMA KIDD for two 90-minute sessions to focus on planning your next chapter. Whether you are in high school or high up in years, deciding what the right next steps are in your life can be challenging. Sometimes it can be helpful to talk with someone to explore options and to clarify what is most important and most exciting to you as well as the practical steps to go in that direction. This includes a phone conversation prior to the in-person meetings. Must be used by June 30, 2016. [Thelma Kidd](#)

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**Date(s):**

**Time(s):**

**Fee:** \$250

**Materials Fee:** \$0

**Location:** Time and place to be determined by student and instructor

## 1013 ARCHITECT ADVICE 101

We all walk through our homes and get creative ideas for renovation and innovation. This class gives you two hours with a professional registered architect to help flesh out those ideas and turn imagination into reality. For this class, you will meet one-on-one with MARK BIXLER, Architect of USN's Centennial Renovation project, at a time and location to be determined by the both of you. The sky's the limit on what design matters you want to cover – could be the basics of adding and subtracting to your home, zoning issues, green design, and even furniture and lighting. Mark will help you channel your inner Frank Lloyd Wright. Must be

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**Date(s):**

**Time(s):**

**Fee:** \$125

**Materials Fee:** \$0

**Location:** Time and place to be determined by student and instructor

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