



Catalog 2018-19

Celebrating 26 Years of Classes for the Nashville Community

For the Most Up-To-Date Class Information and Registration Visit USN at eveningclasses.org.

Welcome from the University School of Nashville Director

Here comes the Evening Classes program at USN, twenty-six years young and just as topical as it was at the outset. What has changed comes shining through this digital catalog, a road map of sorts to contemporary Nashville. What hasn't changed is the all-volunteer nature of the whole endeavor, the importance of people making time to be together, and the fact that every resulting nickel goes to an endowment for need-based scholarships here at school. We're honored that you found your way to these listings, whether for the first or the umpteenth time, and we look forward to rolling out the red carpet for this beautiful community.



A handwritten signature in black ink, which appears to read "Vincent W. Durnan". The signature is fluid and cursive, with a long horizontal stroke at the end.

Vincent W. Durnan, Director
University School of Nashville

University School of Nashville - Evening Classes Catalog

There are over 160 classes in ten categories this year. We are bringing back the favorites, of course, but more than fifty percent of the selections in this year's catalog are new. Click the category name to browse the classes.

100: Music, Literature, Culture, and Politics

Tap into your creative side or expand your knowledge of the arts with classes on all genres of music, gallery tours, and writing.

200: Career, Finance, Technology

These classes provide you with practical advice and skills in timely topics such as career transition, entrepreneurship, marketing, estate planning, retirement, social media, and technology updates for all devices -- from your phone to you TV.

300: Family, Health, Wellness

Find new ways to promote your well-being and enhance your relationships in classes on meditation, dressing with style, eating healthfully, and parenting.

400: Cooking and Culinary Experiences

This ever-popular category includes a broad range of cooking and food appreciation classes with offerings from Nashville's finest chefs, exclusive behind-the-scenes restaurant experiences and a peek into the kitchens of some of the area's best home cooks.

500: Wine, Spirits, Beer, Entertaining

Here are unique opportunities to sample rare wines, craft beers, and locally distilled spirits. Learn how to make the latest seasonal cocktails and elevate the look of your event with beautiful tablescapes and floral design.

600: Home and Garden

Choose a class to help you spruce up some aspect of your home -- inside or out -- in areas such as interior decorating, green home design, beekeeping, and planting a kitchen garden.

700: Arts and Hobbies

These classes offer a hands-on introduction or a chance to further skills as you experience painting, pottery, woodturning and other hobbies.

800: Sports and Fitness

Professional runners, yogis, fishermen and more will help you get fit and have fun whether the activity is outdoors or in one of our on-campus studios.

900: Tours

Go behind the scenes of some of Nashville's premier galleries, music studios, and sports venues or explore one of our city's growing neighborhoods with a Nashville native.

1000: One-to-One Instruction

These limited selections offer fantastic opportunities for you to tap into the expertise of talented professionals in an individualized session on topics ranging from home organizing, building or decoration, to career advice, songwriting, and personal health.

100: MUSIC, LITERATURE, CULTURE, AND POLITICS



101 Understanding the Trump Presidency

Instructor: David E. Lewis

Trying to separate fact from spin in the Trump Administration? Confused about how Americans can have such different views of the president? Join USN parent and Vanderbilt political scientist [DAVID E. LEWIS](#) for a discussion of current presidential politics. Lewis, the former Chair of the Department of Political Science at Vanderbilt, will attempt to situate Trump presidency in American history and explain similarities and differences between President Trump and his predecessors. Lewis is an expert on the presidency, executive branch politics, and public administration. He is the author of two books, *Presidents and the Politics of Agency Design* (Stanford University Press, 2003) and *The Politics of Presidential Appointments: Political Control and Bureaucratic Performance* (Princeton University Press, 2008). His work has been featured in outlets such as the Harvard Business Review, New York Times, and Washington Post. He is a member of the National Academy of Public Administration and has earned numerous research and teaching awards for excellence in undergraduate teaching.

Fee: \$27.00 per person

102 Grammar for Writers: Crafting Elegant Sentences

Instructor: Thorunn McCoy

Grammar is the set of rules that explains every excellent sentence. But, knowing grammar and using grammar can be two different things. Join USN English Teacher THORUNN MCCOY for this class, and look at how creative use of these conventions can change a piece of writing from blah to, “Ahhh.” Analyze elegant sentences as well as craft your own. Rather than hunt for errors, appreciate how strong verbs, punctuation, and phrases move readers from one, well-organized idea to the next.

Fee: \$37.00 per person

103 Talking to Kids About Race in a Time of Racial Division

Instructor: Tim Wise

USN parent and scholar [TIM WISE](#) leads this class for parents, on navigating difficult issues regarding race and politics with children of all ages, in positive, thoughtful ways. America is going through a period of intense social and cultural division, with issues of racial, ethnic, and religious strife at the forefront of national consciousness. Tensions over immigration, policing in black communities, and multiple acts of domestic terrorism from racist and anti-Semitic individuals and organizations dominate the headlines. These matters are difficult enough for adults to navigate and address; but for children and teens they can prove even more stressful. First, because young people so often feel helpless to change the problems they hear about, and second, because we as parents don't always have the skills to discuss these difficult matters with kids. Oftentimes parents wonder how to discuss--and at what age to discuss--issues like racism and prejudice with their children. Many well-intended parents strive for "color-blindness," with their kids, thinking that if we don't teach our children to see color or think much of it, all will be well. But the research says otherwise. Being blind to color leaves us blind to the consequences of color in America. What we need to instill in kids is a deep color-consciousness, which allows them to see the inequities, injustices, and biases that exist in all of us, and the larger society; and then, to commit to challenging them. This class will help parents navigate the difficult issues at play and provide the tools they need for discussing race-related issues with kids at all age levels.

Fee: \$49.00 per person

104 Current Trends in Criminal Justice Reform

Instructor: Lucian Dervan

The United States has the largest prison population in the world, and the highest per-capita incarceration rate. By the end of 2016, approximately 1 in 38 persons in the United States were in correctional institutions. Join USN parent, Belmont Law Professor, and Chair of the ABA Criminal Justice Section [LUCIAN DERVAN](#) to explore the trends in modern criminal justice reform. He will cover a variety of topics including bail reform, sentencing reform, over-criminalization, specialized courts and the treatment of the mentally ill. As legislators at the state and national level grapple with making changes to criminal justice, learn from an expert on the trends in this area of the law.

Fee: \$27.00 per person

105 The Top 10 Legal Movies and Why They Matter

Instructor: Lucian Dervan

Join USN parent and Belmont law associate professor [LUCIAN DERVAN](#) to explore the top 10 legal movies of all time. Working as judge and jury, aspiring legal scholars will view excerpts from films and discuss their significance both in historic terms and with regard to today's criminal justice system.

Fee: \$27.00 per person

107 Writing and Publishing Books for Kids

Instructor: Jessica Young and Mary Reaves Uhles

Have you ever thought about writing a children's book? This introductory class, led by award-winning children's book creators, illustrator/author [MARY REAVES UHLES](#) and USN parent/author [JESSICA YOUNG](#), provides a glimpse into the business and craft of children's literature. Topics will include the concept, format, and structure of picture books and chapter books, as well as finding and working with an agent, editor, and publisher.

Fee: \$37.00 per person

108 Follow a New Approach to the Art You See: Thinking About Art in Context

Instructor: Marc Lavine

Do you wish you could get more out of looking at the famous or obscure art you see at museums, galleries and in books and even on television? Let retired USN teacher and historian MARC LAVINE open your eyes in this intriguing "tour" to a way of seeing all works of art as inextricably linked to the conditions and factors that have shaped artists and informed the art they produced at particular junctures in history. Together, you will compare a number of images in context and develop a practice of asking new questions of the art you see which will deepen your insight and your delight.

Fee: \$27.00 per person

109 Current Trends in Criminal Justice Reform

Instructor: Phil Lieberman

You do not need to be a religious scholar to notice that Islam is both praised and reviled in our popular media yet separating myths from reality can be difficult. Let USN parent and Vanderbilt professor [PHIL LIEBERMAN](#) be your guide for a lively exploration contrasting the basic ideas of Islamic theology, literature and culture as it is represented in the West.

Fee: \$27.00 per person

110 & 117 Memoir Writing: Let's Write your Life Story

Instructor: Jessica Klein

Although the thought of writing a life retrospective can daunt even the most experienced writer, it becomes a very rewarding experience when undertaken step by step and in the setting of a writing group. Life-story writing is an excellent way to build community with like-minded people while engaging in a purposeful activity. Benefits of writing in a structured class include the guidance of a writing prompt, the coaching of a trained facilitator, the enjoyment of hearing the stories of others, and the power of writing and sharing one's own story to a listening audience. Often times, a memoir writing group is a place where the participants realize to what extent their lives are jewels that have been polished through time and experience and living. They begin to see the beauty and uniqueness that their life has represented and that brings a motivation and inspiration that may have lacked in the past. The goal of this introductory workshop led by The House of Words creative writing company owner, [JESSICA KLEIN](#) is to help the participants reflect on the most significant moments in their life's story through a variety of writing exercises, and to then be able to give coherent and consistent structure and shape to the whole.

Fee: \$37.00 per person

111 Adult Improv

Instructor: Bakari King

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 parent and middle school theatre instructor 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.

Fee: \$27.00 per person

112 Nashville's Amazing Architecture - From the 18th to the 21st Century

Instructor: David Paine

The built environment is a living, three-dimensional history book, giving us a visual picture of our past - our beliefs, our ideals and aspirations, our tastes, our ways of living. Nashville's buildings paint a vivid picture of our past, reflecting national as well as state and local cultural currents. Join residential realtor DAVID PAINE in a visual and verbal survey of (mostly) surviving structures that tell the story of Nashville, beginning as a tiny settlement and growing into a city.

Fee: \$27.00 per person

113 Author in Residence: a Free Public Reading by Jamel Brinkley

Instructor: Jamel Brinkley

Join National Book Award Finalist [Jamel Brinkley](#) for a free evening of exploration into the complex relationships of fathers and sons as he reads from his debut novel A Lucky Man. A reception in the Hassenfeld Library lobby will be immediately followed by a reading, book signing, and Q&A session in the USN Auditorium. Suitable for high school freshmen and up.

Fee: Free

114 Tennessee State and Local Civics - A Primer

Instructor: Lee Jones

Join local business owner and DCDP District 22 Executive Committee Member LEE JONES in a discussion about state and local government with an emphasis on local Davidson County government. Topics covered includes who does what, how a bill becomes law, voting terms, and the structure of the Davidson County Council. Class members will be given a folder with all the information, plus have interactive time to look up and discern between state house and senate districts as well as the county districts they live in.

Fee: \$27.00 per person

116 Freelancing: From Writing to Pitching

Instructor: Dorren Robinson

If you're looking to give your freelance writing career a jump start, join USN parent, award-winning journalist, and Belmont University journalism professor [DORREN ROBINSON](#) for this two-part class. The first class will focus on writing the story itself while the second class will guide you through drafting a pitch letter and using [Writer's Market](#) to find the publication that best fits your topic.

Fee: \$37.00 per person

200: CAREER, FINANCE, TECHNOLOGY



201 An Introduction to the Enneagram

Instructor: Katie Gustafson

The Enneagram is a tool used to understand each person's personality and how they fit into the world. The nine pointed Enneagram symbol represents nine personality types each with its own strengths, weaknesses, world views, and ways to problem solve and relate. By learning about each personality type on the Enneagram, you learn not only more about yourself but about those around you. Imagine how much better our families, our relationships, our business encounters, and our communities would be if we could find a way to clearly understand each other. Writer, therapist, and Enneagram teacher [KATIE GUSTAFSON](#) will provide an overview of the Enneagram, and in the process, unlock the secrets of why we behave the way we do and why others do what they do.

Fee: \$27.00 per person

202 Women Making it Work: Five Tips to a Better Salary, Title or Promotion

Instructor: Nicole Provonchee

Join former healthcare executive and current executive coach [NICOLE PROVONCHEE](#) for this fun and interactive course that empowers women with the skills they need to negotiate a higher salary, new title, or promotion. Learn the best time to ask for a raise, create resources you can use to document your worth and learn negotiation skills that work best for women leaders. You will leave the session with a personalized step-by-step plan that will enable you to go after what you want with greater skill and confidence.

Fee: \$27.00 per person

204 Getting to YES - Using Communication to Your Advantage

Instructor: Christy Pruitt-Haynes

Have you ever wanted to tell someone “No” based solely on the way they asked a question? There are always people we find it easier to communicate with than others. And there are always people we almost always say “Yes” to, no matter what they ask of us. In this class, you’ll learn why that is and you’ll acquire some simple tools to improve your relationships while increasing the likelihood of your desired outcome. You will explore your preferred style, learn how to quickly determine someone else’s style, and practice strategies for better communication. USN parent and consultant [CHRISTY PRUITT-HAYNES](#) will lead this journey to getting the “Yes.”

Fee: \$27.00 per person

205 Presentation Skills for Leaders

Instructor: Mimi Bliss

Public speaking is a core leadership skill. You want to speak with confidence, whether you’re making a recommendation to senior management or leading a meeting of your neighborhood association. Focusing your message, incorporating stories and using voice, hands and eye contact will make you a more effective speaker. Good presentation skills will advance your career and ensure your ideas linger long after you have left the room. USN parent, owner of Bliss Communications, and executive speaking coach [MIMI BLISS](#), will lead this interactive workshop, coaching volunteers through brief presentations and providing relevant feedback. The workshop includes handouts and wallet cards with speaking tips.

Fee: \$37.00 per person

206 Understanding Social Security

Instructors: Susan Fuller and Cullen Roberts

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.

Fee: \$27.00 per person

207 iPhone, iPad and iOS for All

Instructors: Steve Smail

Back by popular demand, USN parent, website guru, and teacher STEVE SMAIL lends his technology expertise to students in this class. There is no doubt it is hard to keep up with all the advances and updates for iOS devices. Steve will help you make sure you not only understand the settings, the apps, and the many different facets of your device, but that you are using this irreplaceable tool to its fullest potential. Class begins by covering a few of the basics but will be guided by the needs and interests of the participants. Bring your Apple(s) and your most pressing questions.

Fee: \$27.00 per person

208 Savvy Women, Smart Investors

Instructors: Susan Fuller

Women have unique investing needs because 90% of you will be solely responsible for your finances at some point in your lives, whether it is because of divorce, widowhood or simply the choice to live alone. Financial advisor [SUSAN FULLER](#) is back with this empowering workshop on how to identify the issues specific to women investors and how to use this awareness to ultimately chart your path to the strong financial position that is within your reach. No prior investing experience is necessary for this eye-opening seminar.

Fee: \$27.00 per person

211 Fundraising for Nonprofits and the Art of the Thank You

Instructors: Jennifer Chalos

Fundraising isn't necessarily about asking for money directly. Experts say that an artful and heartfelt thanks can lead to raising more funding for nonprofits. USN parent and fund development expert [JENNIFER CHALOS](#) shows you how giving thanks can be the secret sauce in a fundraising plan.

Fee: \$27.00 per person

212 Using Twitter for Professional Learning & Branding: Introductory Workshop

Instructors: Dr. Reed Omary

Twitter is the source for the most up-to-date breaking news from around the world. It is widely used by celebrities, politicians, students, and the rest of us. But can it be used professionally to help you learn and build your professional brand? Yes! Join USN parent, practicing radiologist, and Vanderbilt professor [DR. REED OMARY](#) in this workshop intended for anybody who has never been on Twitter or is relatively new to it. You will learn the basics - what is a handle, what are hashtags, how to set up an account, how social networks function, and how to brand yourself professionally using this social media platform. By the end of the workshop, you will send your first tweet and be on your way towards advancing your professional network and brand.

Fee: \$27.00 per person

300: FAMILY, HEALTH, WELLNESS



300: FAMILY, HEALTH, AND WELLNESS

301 How Intermittent Fasting Can Improve Your Health

Instructor: Dr. Margee Brennan

Join USN parent of alumni Dr. MARGEE BRENNAN and learn the truth about what makes us fat and why the classic weight loss model of move more/eat less may prove unsuccessful in the long term. This class will help you understand how extending something you are already doing daily can help you repair your metabolism, lose weight, sharpen your mental clarity, and decrease your risk of diabetes and many other health conditions.

Fee: \$27.00 per person

302 Genealogy 101: Getting Started at the State Library & Archives

Instructor: Trent Hanner

Have you been meaning to discover your family heritage but don't know where to begin? In this class, which is intended for beginning and intermediate researchers, TRENT HANNER senior reference librarian at the [Tennessee State Library and Archives](#), will explain how to effectively trace your family tree. The class will focus on resources available online and at the Tennessee State Library and Archives, though much of the material will easily translate to researchers tracing their family in other states as well. Trent will also briefly discuss the history of record-keeping in Tennessee, which will explain why the State Library and Archives is a treasure trove for so many genealogists.

Fee: \$27.00 per person

303 How to Break Habits Using Tapping to Re-wire Your Brain

Instructors: Becky Buckman and Melanie Townscend

Change is inevitable, but change is also possible. In this class, life and empowerment coach BECKY BUCKMAN will explain why a bad habit or negative thinking is so hard to break and how to use FasterEFT Tapping to finally change it. The class will discuss conscious mind vs subconscious mind, neuroplasticity and re-wiring the brain for peace, joy and success. Participants will learn why logic and willpower rarely create lasting changes. Simple Tapping techniques will be clearly explained and how it can be applied to cravings, stress, phobias, anxiety and more. Group tapping and volunteers will be used in class.

Fee: \$27.00 per person

304 & 321 Eat To Beat Inflammation

Instructor: Amber Robertson

We've all heard that inflammation is the root of many health issues, but what exactly is inflammation and how can we resolve it? In this interactive workshop and cooking demo, integrative nutrition health coach AMBER ROBERTSON of [Bliss Holistic](#) will teach participants about inflammation and the role food can play in effectively reducing it, how to nourish the body with whole foods while removing the top three inflammatory offenders: gluten, dairy, and refined sugar. Participants will get to sample several anti-inflammatory dishes prepared in class.

Fee: \$27.00 per person

Materials Fee: \$10.00

305 & 320 Salt Cave and Self-Guided Reflexology

Instructor: Connie Chang-Tallman

For this class, participants will experience the benefits of dry salt therapy at the most unique and beautiful salt cave in Nashville. Surrounded by 15,000 lbs. of Himalayan Salt, CONNIE CHANG-TALLMAN, certified and registered reflexologist, yoga teacher and owner of [Salt and Soles](#), will teach participants about the essential reflexology points to boost the immune system and promote stress relief.

Fee: \$27.00 per person

306 Planning a European Vacation with Kids

Instructor: Phil Cramer

Have you been wanting to take your family to Europe but daunted by the prospect of traveling with children? USN parent PHIL CRAMER shares a wealth of insider tips and tested strategies for traveling with children to Europe, including finding family-friendly accommodations, strategies for enjoying museums with children, purchasing airfare without breaking the budget, navigating transportation within Europe, and planning memorable itineraries. Speaking of itineraries, Phil will share tested itinerary suggestions from Iceland, Ireland, Scotland, England, the Netherlands, Belgium, France, Germany, Austria, and Switzerland.

Fee: \$27.00 per person

308 Sane Parenting in the Age of Snapchat and Fortnite

Instructor: Pete Dunlap

As children spend more and more time on smartphones and game consoles, it has become increasingly important for parents to help children manage their relationship with technology. By exploring elements of persuasive design embedded into today's technology, Digital Detangler founder [PETE DUNLAP](#) will give parents a deeper understanding how technology is transforming childhood into a nuanced and more complex experience. Known for his expertise in the tech and wellness fields, Pete also will teach concrete strategies for tackling these thorny issues while supporting the healthy development of children.

Fee: \$27.00 per person

309 Menopause: Nightmare or Dream Destination?

Instructors: Marnie Reasor

Find natural solutions to manage menopause through this class with Certified Classical Homeopath and Resplendent Healing Owner [MARNIE REASOR](#). Women will leave feeling empowered to encounter menopause by listening to their body's wisdom as well as with knowledge of natural supplements to decrease hot flashes, night sweats, and mood swings. Marnie will offer options to ease symptoms and embrace the process using classical homeopathy to bring the body, mind, and emotions into balance. Marnie earned a degree from The School of Homeopathy, New York, and focuses on liberating women from hormonal imbalances like PMS, menopause, fibroids, and endometriosis with highly effective homeopathic remedies that relieve symptoms without the risks of hormone therapy.

Fee: \$27.00 per person

310 Learn About Essential Oils with Clary Collection

Instructor: Jen Auerbach

Learn the healing properties and medicinal qualities of herbs and essential oils with USN parent and Co-Founder of the [Clary Collection](#), JEN AUERBACH. Make a personalized Clary scent by testing each fragrance and infusion and then take your scent home in a pretty amber glass roll-on. Participants will also leave with a booklet on how to make their own safe and green cleaning products.

Fee: \$27.00 per person

Materials Fee: \$20.00

311 Women's Self-Defense

Instructor: Kathy Wieczerza

Join USN Director of Technology and Taekwondo black belt KATHY WIECZERZA in a two-night exploration of self-defense concepts, principles, techniques, and practice. This relaxed and intermediate class will be taught from a woman's viewpoint and is relative to women's self-defense. Ages 16 and older.

Fee: \$27.00 per person

312 Strategies for Beautiful Skin – the Latest Research and Trends in Skin Care

Instructors: Dr. Galen Perdikis and Dr. Megan Vucovich

Join [DR. GALEN PERDIKIS](#), Chairman and Professor of Plastic Surgery at Vanderbilt University, for an in-depth discussion about the latest research and trends in skin care including an emphasis on non-surgical anti-aging strategies for beautiful skin. The discussion topics will include the use of creams, peels, injectables, fillers, lasers, and surgery. There will be giveaways including aesthetician services, and free consults. Halo and Cool Sculpting will also be discussed. The evening will take place at DR. PERDIKIS' Brentwood office with hors d'oeuvres and drinks. Age 21 and up.

Fee: \$27.00 per person

313 Meditation: Organize Your Mind – Organize Your Life

Instructor: Lauren Weintraub

If you ever find that your mind is frenzied, distracted or divided by multitasking, this is the class for you. [LAUREN WEINTRAUB](#), a lifestyle consultant and organizational expert, will teach you how to tap into your innate ability to be organized through basic meditative exercises. You'll learn how to achieve a calm, positive and centered perspective, which will change how you look at chaos around you – whether that is actual clutter or mental stress. No prior meditation experience required. Please bring a yoga mat, pillow or blanket if you prefer to sit on the floor.

Fee: \$27.00 per person

314 Essential Oils

Instructor: Katherine Alexander

Learn how to live a happier healthier life naturally with dōTERRA essential oils specialist [KAT ALEXANDER](#). Students will learn what essential oils are, how they work, and how to obtain essential oils safely and economically. Sample various oils and leave with a personalized oil blend.

Fee: \$27.00 per person

Materials Fee: \$10.00

315 Mini Wellness Retreat – Feed your Mind, Body, and Spirit

Instructor: Elizabeth Moore and Ashley Brooke James

Join Integrative Nutrition Health Coach [ELIZABETH MOORE](#) for this four-hour wellness retreat, a unique experience that combines yoga and healthy food, to create the perfect reset for you and your soul. The class begins with a cozy, slow-flow restorative yoga class, before moving into the kitchen for a healthy cooking workshop. Balanced wellness transforms from the inside out, so the focus of this day will be on self-love and self-care. Participants will walk away feeling stretched, relaxed, and equipped with new recipes to keep you and your family healthy and happy. Menu: charred cabbage with a butternut Miso mash served with a seasonal massaged kale salad and fresh chimichurri dressing.

Gluten free. Age 21 and up.

Fee: \$27.00 per person

316 Advance Directives Workshop: Planning for Your Health Care When You or Your Loved One Cannot

Instructors: Christopher C. Puri and Dr. James S. Powers

One of the most difficult situations for any person to deal with is having to make health care decisions for another person, whether because of an accident or after a long struggle with mental decline or disease. However, too often people in these situations find themselves unable to fulfill their loved one's health care decisions and end-of-life wishes because nothing was put down in writing. Join USN Parent and Attorney [CHRISTOPHER PURI](#) and Vanderbilt Professor [DR. JAMES POWERS](#) as they discuss the importance of advance directives and other issues that arise during end of life care. They will help you complete the documents necessary to make health care decisions, or appoint a trusted person to do so for you. In addition, you will learn how these documents are used when it comes time to make these decisions with your doctor or at the hospital.

Fee: \$27.00 per person

317 & 322 How to Do your Make Up like a Pro

Instructor: Tim Evans

Make up may do magical things, but it doesn't have to be a mystery. Join TIM EVANS, veteran in the cosmetics world at Nordstrom and Makeup Spécialiste with Chanel, as he guides you through tips and tricks to enhance your everyday beauty routine. He will talk you through the ideal skincare regime and also techniques to enhance your make up for a variety of occasions.

Fee: \$27.00 per person

319 Sleep 101

Instructor: Kelly A Carden, MD

Sit back, relax, and learn the basics of sleep medicine with USN parent and board certified sleep medicine specialist KELLY A CARDEN, MD. Topics include: why we sleep, what is good sleep, the appropriate amount of sleep, proper preparation for sleep, and some of the more frequent sleep disorders. There will be plenty of time for Q&A as it tends to be a very lively conversation.

Fee: \$27.00 per person

400: COOKING AND CULINARY EXPERIENCES



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401 Exploring Emilia-Romagna Cuisine

Instructor: Gerard Craft

James Beard Foundation Award winning Chef [GERARD CRAFT](#) leads participants in this exploration of Emilia-Romagna cuisine. This region of Italy, with its capital Bologna, is home to some of the most famous brands and cultural icons in the automotive and fashion worlds as well as some of the most recognizable dishes in culinary history. Bring your curiosity and your appetite in joining chef Craft as he prepares classics such as Gnocco Fritto and Tagliatelle Bolognese, whilst exploring favorites such as Prosciutto, Parmigiano-Reggiano, and Emilia-Romagna Balsamico. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

402 Make a West African Inspired Dinner

Instructor: Elsie Kriz

Come immerse yourself in the culinary flavors of West Africa, a region of diverse coastlines and equatorial forests whose food pays homage to its bounty. Learn how to make classic dishes like Fish Pepper Soup, Jollof Rice and Poulet DG - a Cameroonian dish featuring chicken, vegetables and plantain. Learn the traditions of West African cooking in this class with [ELSIE KRIZ](#) who will share with you the culinary heritage of her childhood in Africa and how food brings people together. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$35.00

403 French Dinner With Friends

Instructor: Guenievre Milliner

Nashville's very own [Little Gourmand](#) GUENIEVRE MILLINER brings with her some Parisian flair in this class on how to host a French dinner party for friends. She will present a 3-course meal beginning with an hors d'oeuvres of beet and goat's cheese carpaccio, followed by l'entrée of pork tenderloin "en croute" and finally, finished with a magnifique orange soufflé dessert. Bon appétit! Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$35.00

404 Make Fresh, Hand-Rolled Bagels with Bare Naked Bagels

Instructor: Robert Kane

Making fresh hand-rolled bagels is a process. Learn from Nashville's [ROBERT "Bagel King" KANE](#) and the team at Bare Naked Bagel who have rolled approximately 500,000 bagels since opening in 2014. The course will be held at the bagel shop in Hillsboro Village where attendees will get hands on experience behind the scenes in the bagel making kitchen. Enjoy tasting samples as you learn the entire 16-hour process from mixing the dough, cutting, hand rolling, and fermenting the dough; then the boiling, topping, and baking of the fresh bagels. But it doesn't end there, attendees will be able to take some bagels and spread for the road. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$25.00

405 Comfort Food for Vegans

Instructor: Shalene France Gray

USN parent and Chef/Creator of [Esoteric Vegan](#), SHALENE FRANCE GRAY will lead the class in making a hearty and delicious Vegan Shepherd's Pie. Plant-based diets are rising in popularity, and Shalene will help you create a meal that is not only healthy, but just as hearty and comforting as the classic Shepherd's Pie. Following the demonstration, Shalene invites everyone to dine at the table for a full meal. Salad, crusty bread and wine will also be served. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$45.00

406 Brunch for Vegans

Instructor: Shalene France Gray

Learn to make the perfect vegan brunch with USN parent and chef/creator of [Esoteric Vegan](#), SHALENE FRANCE GRAY. Although plant-based diets have grown in popularity, it seems there's still a great need for a vegan breakfast option in Nashville that isn't just oatmeal and avocado toast; why not create your own? Shalene will demonstrate how to easily whip up a batch of vegan biscuits, and will also show you how to make a delicious "sausage" gravy to pour over top. Following the demonstration, Shalene invites everyone to dine at the table together for a proper weekend brunch. Roasted potatoes, garlicky kale, fresh fruit and muffins along with juice/coffee and Mimosas will be served. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$45.00

407 Croissants and All Things Viennoiserie

Instructor: Samuel Tucker and Amanda Freeborn

Imagine waking up in the morning and having a light, flaky croissant waiting for you to enjoy with your morning cup of coffee. Owner/baker at [Village Bakery and Provisions](#) SAM TUCKER will give you the road map to create this classic laminated dough that is the foundation for so many breakfast pastries. Starting with the history of this yeast-leavened dough, he will then explore the tools and skills you need to create it in your own kitchen. Age 21 and up.

Fee: \$37.00 per person

Materials Fee: \$20.00

408 Latin Favorites

Instructor: Darryl Dinning

Join chef DARRYL DINNING of [Panache Catering](#) in the kitchen to learn to cook an array of recipes that will leave your taste buds tingling. He will guide you through a delicious menu that includes beef empanadas, Mexican street corn, shrimp ceviche, and black bean dip with chorizo. This interactive class gives you the ins and outs of these Latin classics so that you can re-create them at home for your next dinner party. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

409 & 417 Biscuits and Bourbon

Instructor: Karl Worley and Chris Chamberlain

A biscuit making class paired with bourbon sipping. USN parent and chef [KARL WORLEY](#) will demo several different types of biscuits including angel, drop, and a very simple two ingredient biscuit. He will also bring along different accompaniments that complement the different styles of biscuits, including jams, gravies, and country ham. Meanwhile, USN alumnus [CHRIS CHAMBERLAIN](#) will entertain us all with his incredible love and knowledge of all things brown water. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$45.00

410 Let's Taco About It

Instructor: Darryl Dinning

No more ordinary tacos for Taco Night in your house. Chef DARRYL DINNING of [Panache Catering](#) will teach you the skills and techniques to craft extra special tacos and tostadas as well as other Mexican dishes. Join together with other taco lovers to learn how to add just the right level of flavor explosion to your traditional Mexican dishes. Some of the recipes you can look forward to making include huevos rancheros, breakfast tostadas, black bean tostadas with avocado salsa, fish tacos with mango salsa, and barbacoa beef street tacos with pickled onions. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

411 A Thai Dinner Party

Instructor: Sanom Poss

Thai native [SANOM POSS](#) returns, bringing her culinary skills to teach you how to cook an authentic Thai dinner from start to finish. The menu starts with an appetizer of spring rolls, followed by freshly-mixed greens and rice noodles rolled up in rice paper served with a delicious homemade peanut sauce. The next course consists of a delicious hot and spicy red curry pork tenderloin stir fry with Thai eggplant served on a bed of Jasmine rice. Finally, satisfy your sweet tooth with a dessert of fried banana drizzled with caramel sauce and vanilla ice cream. If Thai cooking has always seemed too complicated to master in your home kitchen, you will appreciate Sanom's simplified approach which makes these classic Thai recipes accessible for any chef. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$30.00

412 Using Your Noodle: A Cozy Night of Pasta with Corner Market

Instructor: Emily Frith and Sallie Swor

Anybody who knows food in Nashville knows--and loves--the Corner Market. EMILY FRITH co-founded the Corner Market with her husband Jim and after closing it in 2004, started the [Corner Market Catering Company](#). Corner Market Catering may be a "new" business but they are still serving up the same flavors that made the Market beloved. Joining Emily to lead this class is another familiar expert Nashville chef, author, and blogger [SALLIE SWOR](#). Sallie, parent of a USN alumnus, appears in cooking segments on Talk of the Town as well having written two cookbooks ("You're Grown - Now You Can Cook" and "You're Grown – Now You Can Throw a Party"). These two cooking buddies will teach you how to make your own ravioli, enjoy a marvelous Shrimp Pasta (a favorite at Talk of the Town), sample the Corner Market's famous Pasta Salad, and even enjoy an heirloom recipe for an old fashioned dessert. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$30.00

400: COOKING AND CULINARY EXPERIENCES

413 How to Make Pie and Quiche from Flaky Crust to Yummy Filling

Instructor: Marcia McKeough and Margee Brennan

Join chef, baker, [Tinwings](#) magician MARCIA McKEOGH and her trusted cohort, USN parent of alumni and baker extraordinaire MARGEE BRENNAN 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 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.

Fee: \$49.00 per person

Materials Fee: \$20.00

414 Capitol Grille Favorites

Instructor: Derek Brooks

Join [Capitol Grille's](#) Executive Chef Derek Brooks for an exclusive class to learn some of the most popular dishes from this fabled Music City institution (which was founded in 1910). Leave your taste buds tingling with the classic sweet onion bisque, paired with the "Double H" meatloaf, braised greens and red skin mashed potatoes. Get ready to cook up some of Nashville's best Southern food. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$35.00

415 & 421 And the Food Plays On!

Instructor: Deb Paquette

Join culinary trailblazer and mastermind behind restaurants Etch and Etc., chef DEB PAQUETTE, as she tackles an array of ingredients to craft a dinner that will delight the taste buds. You will learn the techniques and tricks that Deb uses to turn butternut squash, goat cheese, cocoa, and poblano into dishes that will be unexpected and delicious. She will showcase a staggering variety of ingredients, including watermelon radish, beets, rice crackers, shittake hoisen, steak, eggplant, miso and of course cheese. It is a rare opportunity to pick the brain of one of Nashville's premier chefs and watch her work her magic in the kitchen. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$30.00

416 Entertaining with Small Bites

Instructor: Darryl Dinning

In this fun, engaging, and hands on class, you will learn how to put together a decadent brunch menu that will please all of your guests. Chef DARRYL DINNING of [Panache Catering](#) will teach participants the skills and techniques needed to perfect the art of balancing textures and flavors. Your class will feature how to make smoked salmon toast with tomato caper relish, roasted sweet potato hash with chorizo and onions, Cajun style shrimp, creamy grits, chilaquiles with roasted tomatillo sauce, black beans, and fried eggs. You will taste all of the recipes and receive a recipe packet to bring home so you can create an impressive brunch at home. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

418 & 432 Indian Cooking 101

Instructor: Surinder K Johl

Instructor [SURINDER JOHL](#) will lead participants step-by-step through how to create a fine North Indian feast, so succulent that all will "curry" favor for their tastebuds. At the end of the night, the class will sit down together to enjoy the fruits of their labor. The menu will consist of a chicken curry made with pieces of chicken cooked in onions, tomatoes, ginger, garlic, tomato sauce/paste and spices complemented with a mixed vegetable subzi (fresh vegetables sautéed cooked in onions, ginger, tomato sauce, spices, and roasted in the oven) and a chana masala (chickpeas, onion, garlic, tomatoes, bell pepper, fresh cilantro, and spices.). Served with Basmati rice, and Indian spices (cumin, coriander, turmeric, and garam masala). Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$20.00

419 & 422 Introduction to the Fine Art of Sourdough Breads

Instructor: Claire Meneely and Kate Richi

USN alumna and owner of [Dozen Bakery](#), CLAIRE MENEELEY 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 has lasted for over 100 years. Age 21 and up.

Fee: \$37.00 per person

Materials Fee: \$30.00

423 Learn to Bake French Bread from Scratch

Instructor: Jody Reynolds and Heathie Cox

The taste, smell, feel, and love found in a loaf of homemade bread is memorable and priceless. Enjoy an evening learning how to create beautiful, braided French bread from scratch. USN parent and kindergarten teacher JODY REYNOLDS is well-known for her melt-in-your mouth, tasty homemade bread. The icing on the bread? It's healthy, too. 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 own bread ready to bake in your own oven. Age 21 and up.

Fee: \$37.00 per person

Materials Fee: \$20.00

424 & 432 One-Pot Meals - Stress Free Kitchen Delights

Instructor: Charles Hunter III and Matthew Rose

Renowned Nashville chef CHARLES HUNTER III of [The Salted Table](#) will lead this class on how to prepare a stress-free, time-saving yet flavorful meal for 2-4 people. On the menu is a One-Pot Chicken Ramen, served with snap peas, mushrooms, corn, and soft-boiled egg. The second dish will be a One-Pot Vegetable Curry, with cauliflower, haricots verts, mushrooms, and butternut squash; served on a bed of Basmati or white rice, grits, polenta or farro. Ideal for warming up the colder months but with Charles' special twist, can be lightened for the warmer months as well. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$45.00

400: COOKING AND CULINARY EXPERIENCES

425 Cooking with What's in Season

Instructor: Andrew Coins

Spontaneity as a chef is a skill that requires practice. Chef ANDREW COINS of [Miel Restaurant](#) will rise to the challenge by bringing to class a large basket of locally sourced produce and proteins. Watch as he prepares dinner from the basket of varied ingredients while he explains his process step by step and answers your questions. Learn the rules of cooking--why, when, how, and how much--and also when to break the rules. At the conclusion of this modified Iron Chef Nashville, you will dine on the fruits of his labor with hors d'oeuvres as well as a delicious dinner. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$50.00

426 & 434 Funk Seoul Brother: How to Make Your Own Noodles and Cool Stuff to Do With Them

Instructor: B.J. Lofback

Flour, water, science. Owner and chef of [Funk Seoul Brother](#), B.J. LOFBACK, pioneer of Nashville's food truck scene, will lead a tutorial on how to make noodles at home using pantry staples. Guests will learn some traditional Korean techniques while tossing their freshly made noodles into a few delicious dishes. Sip on soju, a Korean rice wine, and slurp away! Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$35.00

427 Done to Perfection: Your Steak Cooked Right Every Time

Instructor: Bobby Hodge

When talking about steak, there is a fine line between medium rare and medium. Learn how to grill tender steaks like a pro with Nashville's [Oak Steakhouse](#) Executive Chef BOBBY HODGE. Chef Hodge will be grilling the restaurant's signature Certified Angus Beef for the class and showcasing the correct spices, grill marks and the importance of resting. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

428 Cookie Decorating

Instructor: Juanita Traughber

This sweet class is for aspiring and experienced bakers. Join USN's Communications Director and former bakery owner, JUANITA TRAUGHBER and learn how to make a perfectly even rollout cookie and stylishly decorate it with royal icing using a variety of piping techniques. At the end of class, you will leave with half a dozen decorated cookies, a cookie decorating starter kit, and creative cookie decorating ideas for all occasions. Wear clothes you don't mind getting dusty with flour and sugar. Age 21 and up.

Fee: \$27.00 per person

Materials Fee: \$40.00

429 Cheese and Chocolate Forever

Instructor: Kathleen Cotter and Trisha Boyer

Join KATHLEEN COTTER, cheesemonger owner of [The Bloomy Rind](#), and TRISHA BOYER, chocolate broker, as they walk the class through a cheese and chocolate tasting at the [Green Door Gourmet](#). Their informative tastebud teachings will focus on how artisan cheese and chocolate makers is represented on your plate, and how "terroir" affects each product's flavor. You will also acquire valuable tips on choosing cheese and chocolate pairings that bring out the best characteristics in each other, resulting in a final bite that's even more sublime than the sum of its parts. Green Door Gourmet's SYLVIA GANIER will select wines to complement the cheese and chocolate double play. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$22.00

431 Wood-burning Oven Pizza Class at Lockeland Table

Instructor: Hal Holden-Bache

The use of wood-burning ovens is one of the oldest methods of cooking, and still one of the best. Join executive chef and owner of [Lockeland Table](#) HAL HOLDEN-BACHE for this wood-burning oven pizza class where he will fire up his legendary oven and guide you through the process of making your own delicious pizza, served with an accompanying assortment of beverages to quench your thirst. It is a morning that will delight your taste buds and leave you with the foundation to explore wood-fired cooking on your own. Bring your curiosity and appetite...chef Hal will not only feed you until you can't walk but he's also known to throw in a surprise or two. Ages 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

433 An Introduction to the French Pastry Brioche

Instructor: Beverly Williams

Join USN Parent and Chef Beverly Williams as she demonstrates the art of baking the French pastry brioche. She will first take this rich, buttery dough and shape it into a Brioche à Tête — fancy rolls with top knots. It is the perfect mid-morning snack to go with your favorite latte. Then, she will take that same dough to create a savory entree filled with cheese and sausage. You will walk away with an introduction to how to create this classic French pastry in your own kitchen.

Fee: \$37.00 per person

Materials Fee: \$25.00

500: WINE, SPIRITS, BEER, AND ENTERTAINING



501 Pre to Post Modern Sake

Instructor: Byron Stithem

Multi-discipline culinarian [BYRON STITHEM](#) returns to USN for this engaging evening of discussion on the production, techniques and nuances surrounding pre to post modern saké styles. There is more to saké than meets the eye; take this class and drink up. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$30.00

502 Coffee Workshop: From Bean to Cup

Instructor: Jimmie Getty

Come caffeinate at [8th & Roast](#). Learn about the regions and farms, how beans are sourced, and observe the roasting process with head roaster JIMMIE GETTY. Participate in a cupping, an informal tasting, where guests will observe, smell and taste the nuance in flavors of our various roasts. Once you've found your favorite flavor profiles, you'll create a custom blend of beans to take home. Enjoy our freshly baked pastries and an espresso drink of choice while you learn. Age 21 and up.

Fee: \$29.00 per person

Materials Fee: \$30.00

503 & 513 An Evening in the Rhone Valley

Instructor: Marcia McKeough

A vertical wine tasting with a four course food accompaniment navigated by MARCIA MCKEOUGH of Diva Catering and [Tin Wings Market](#). Starting with an appetizer of blue cheese poppyseed wafers and boursin and spinach-stuffed mushrooms, paired with a Côtes du Rhône. Following the appetizer, a side of fougasse and a green salad with raspberries and marcona almonds with a Gigondas will be served. Entree will be boeuf bourguignon served with scalloped potatoes and ratatouille paired with a Châteauneuf-du-Pape. Concluding this decadent dinner is a petit four platter of apricot crumbles, pecan pie bars, Nutella brownies, and fruitcake. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$60.00

500: WINE, SPIRITS, BEER, AND ENTERTAINING

504 Tablescaping 101

Instructor: Terry White

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. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$0.00

505 Cider 101

Instructor: Todd Evans and Adam Diskin

Join USN parents and owners of [Diskin Cider](#), ADAM DISKIN and TODD EVANS in this primer into the fine art of cider-making. Learn how Diskin Cider has introduced craft cider to the Nashville market and the necessary steps required in the making of excellent cider, from fermentation to canning. Enjoy a sample tasting of eight plus cider varieties ranging from semi-sweet to extra-dry paired with some small bites. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$10.00

506 Cigars and Cocktails

Instructor: Chris Chamberlain and Tim Ozgener

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 being the author of The Southern Foodie: 100 Places to Eat before You Die and The Recipes That Made Them Famous. Co-instructor and USN parent TIM OZGENER is the former owner of CAO Cigars and current CEO of OZ Arts Nashville, a non-profit Contemporary Arts Center in West Nashville. Enroll in this class and learn classic and creative cigar and cocktail pairings under the roof of a former cigar warehouse that is now one of Nashville's most exciting new Arts Centers. Age 21 and up.

Fee: \$27.00 per person

Materials Fee: \$40.00

400: COOKING AND CULINARY EXPERIENCES

507 Alternatives to Pinot Noir

Instructor: Kathleen Cotter and Trisha Boyer

Join wine expert [ROBIN RIDDELL JONES](#) as she walks participants through the ins and outs of fresh reds, showcasing unique blends that are beautiful, fresh, light, and delicious – just like pinot noir. Participants will explore varietals from the old world that are just as delicious as pinot noir and sometimes even more affordable. This is a great way to help you veer off the "everyday" wine list and find new gems. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$35.00

508 Defend Your Drink 4.0

Instructor: Chris Chamberlain

The fourth edition of this popular cocktail class introduces the Wheel of (Mis)Fortune, where participants will take turns spinning the Wheel in order to determine the base spirit and character of a cocktail. [The Turnip Truck's](#) KIM TOTZKE, DAVID "MR. MARTINI" PAINE and USN alumnus [CHRIS CHAMBERLAIN](#) will then expertly mix and serve up the resultant drink, with MATT BUTTEL of the [Nashville Bar Alliance](#) serving as emcee and coach. Come and learn all about how easy it is to create a balanced cocktail with Nashville's finest mixologists. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$30.00

509 The Easy Path to Cocktails at Home: Use Ratios to Make Dozens of Drinks

Instructor: Chris Chamberlain and David Paine

It seems like everybody is into hip cocktails, and your home bar may be overflowing with artisan ingredients and cocktail recipe groups. Let the professionals help you out and make you look like a mixology master. Instructors DAVID "MR. MARTINI" PAINE and USN alumnus [CHRIS CHAMBERLAIN](#) of the Nashville Scene will walk you through setting up a basic home bar with less than a dozen staple ingredients and then teach you some simple ratios to remember that will allow you to combine those ingredients to make all sorts of delicious drinks. For example, did you know that a classic daiquiri, margarita, whiskey sour and a sidecar are all basically the same recipe with just a few easy substitutions. Once you learn these easy basic ratios, you'll be able to stop reaching for recipe books and just reach for the bottle. Plus you'll go home with some new tools and a handy cheat sheet. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$30.00

511 Wines of Central Italy

Instructor: Phillip Patti

Perhaps you are planning a trip to Italy and want a preview. Maybe you were lucky enough to travel there and want to relive it. Or, like the rest of us, you visit the sensory-filled regions of Florence, Umbria, Rome, and the Adriatic in your dreams. In Wines of Central Italy, master sommelier and wine entrepreneur [PHILLIP PATTI](#) will lead students on a tasting adventure of the great wines from the heart of the country. He will cover the Toscana, Umbria, Le Marche, Abruzzo, Emilia-Romagna, Molise, and Lazio wine-making regions in great detail. The delicious wines will be accompanied by cheeses and meats from the same areas. Saluti! Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

512 Vineyard to Table: A Taste of the Natural Wine Movement

Instructor: Phillip Patti

A dramatic shift has taken place in the wine world over the last fifteen years, one that mirrors the food trend of health-conscious and environment-friendly eating. In this class, you'll join master sommelier and Pacific Northwest wine expert [PHILLIP PATTI](#) will focus on the best of the natural wine movement. Students will taste and discuss natural wines increasingly found on the lists in the best restaurants and wine bars. Discover how less intervention and manipulation in the vineyard and the winery leads to a broader, less homogenized range of smells, tastes, and textures, and ultimately, a more enjoyable wine drinking experience. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

514 Dinner with Vince Durnan and a Special Mystery Guest at Miel

Instructor: Seema Prasad

Meet at The Barn at Miel, where you will break bread in the private dining room with USN Director Vince Durnan and a Special Mystery Guest. Vince is looking forward to spending an evening with you enjoying great food, spirits, and lively conversation. Chef ANDREW COINS of Miel has designed a special menu utilizing fresh, seasonal, and locally-sourced ingredients for you to enjoy as you dive deep into thoughts with Vince and the mystery guest. This dining event will be sold as a party of 10. Vince and his special guest will join you to experience a menu created especially for this one of a kind event. Age 21 and up.

Fee: \$400.00 per person

Materials Fee: \$1,400.00

600: HOME AND GARDEN



601 Fun with Succulents-How to Grow and Create Projects

Instructor: Phyllis Frank

USN grandparent and garden expert PHYLLIS FRANK brings her vast knowledge of succulents to this class for all – those with or without green thumbs. Learn how to select and grow varieties that will be enjoyed in your home or work environment. Demonstrations of craft and decor include how to design a living wreath, decorate a pumpkin, create unique party favors, and design a fairy garden. Books and samples of the instructor's succulents will be available along with supplies for your very own succulent to jump start the fun of growing these delightful plants in your own home.

Fee: \$27.00 per person

Materials Fee: \$20.00

602 Growing Gourmet Mushrooms at Home

Instructor: David Wells

In this class, participants will unlock the mystery of mushrooms and learn how to incorporate them in day to day life. Instructor DAVID WELLS seized an opportunity to utilize local by-products from wood mills and coffee shops to grow mushrooms for his company [Henosis](#). He will share what he has learned about upcycling to grow mushrooms for your garden, woodlot, and for your personal health. You will leave this class with the knowledge to care for your very own take-home mushroom kit!

Fee: \$27.00 per person

Materials Fee: \$25.00

603 Love It or List It

Instructor: Kathleen Cotter and Trisha Boyer

If you're a homeowner wondering whether to update a beloved house or buy a new one, join RIDLEY WILLS, founder of [The Wills Company](#) design/build/handyman firm, and USN parent JESSICA AVERBUCH, CEO and owner of [Zeitlin Sotheby's International Realty](#), for a lively he-said-she-said conversation about renovating versus moving. Come prepared with your list of questions, along with photographs of your current residence and/or your dream house, to get the most out of an evening with two professionals who know the most about Nashville architecture and real estate. USN parent CARRINGTON FOX, author of [BuildMeUpButtercupBlog.com](#), will moderate.

Fee: \$27.00 per person

604 Home Lawn Renovation Reclamation

Instructor: Bret Mash

USN River Campus Director and master storyteller BRET MASH will teach students in this class how to incorporate the best possible turf grasses for Tennessee lawns. Topics include weed identification and removal, spring and fall overseeding, 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!

Fee: \$27.00 per person

606 Gardening with Nature - Grow, Eat, Love: Home Grown Food using Natural Systems

Instructor: Peter Anderson

Focused seasonal home farming, even on a small scale, is a bolster to your personal economy. A backyard garden can easily save \$1,000 or more in annual food costs. By following nature's lead, our gardens can yield vegetables, culinary herbs, fruits, berries, cut flowers and more. In this class, PETER ANDERSON, an organic gardener and ecology activist, will discuss practical means and methods utilized to create fertile, sustainable, cost-efficient food plots yielding nutritionally dense, high quality, organic produce. Participants will learn how a typical Nashville yard can better support a household AND wildlife, providing sanctuary for birds, improved water quality, minimized rainwater run-off, among other "tips" to reduce your impact on the environment while getting delicious homegrown food in return.

Fee: \$27.00 per person

607 Gardening for Nature: Wildlife Friendly Landscapes and Outdoor Place-Making

Instructor: Peter Anderson

Gardening for Nature: Wildlife Friendly Landscapes 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 that can include wildlife. PETER ANDERSON, owner of Anderson ECO-logic, will discuss kitchen gardens, flower gardens (for cutting and pollinators), low maintenance native lawn strategies, compost and organic waste management and all type of wildlife friendly structures you can build to encourage wildlife in your yard. Strategies for grilling and cooking outdoors, as well as building meditation gardens will also be covered. The workshop will briefly cover greenhouses, hoop houses, row covers, rainwater harvesting, patios, walkways, decks, outdoor lighting, fencing, and boundary controls. Participants will receive informational handouts, seed catalogs, and a list of local contacts and resources.

Fee: \$27.00 per person

Materials Fee: \$5.00

608 Urban Backyard Beekeeping

Instructor: Quick Foy and Buzz Evans

Ready for some bee myth busting? In this class, veteran beekeepers BUZZ EVANS and USN alumna parent 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. Learn how to collect delicious fresh honey from your backyard hive 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.

Fee: \$27.00 per person

609 Deconstructing Home Construction Projects and the Real ROI

Instructor: Hilson Merrill

Are you considering a whole home renovation project or are you now ready to have your dream kitchen become a reality? Join USN alumnus and local contractor [HILSON MERRILL](#) as he shares his insights on what to expect when embarking on a design/build project and the top questions to ask your contractor. During this interactive session, Hilson will share with you his top ten questions to ask when choosing a contractor. He will also explore the job cost vs. resale value to help you determine what’s the best ROI for your dream home renovation project.

Fee: \$27.00 per person

610 The Market Workshop - Artful Floral Design With Everyday Flowers

Instructor: Melissa Broadwell

You grab a bunch of flowers wrapped in cellophane while at the grocery store. You get home and then what? Florist and owner of [Vintage Florals](#) MELISSA BROADWELL will teach you how to turn everyday flowers into an artful floral display. Melissa has immersed herself in the world of flowers for the last fifteen years and has had her floral designs featured in Martha Stewart Weddings, Once Wed, Style Me Pretty and more. She will teach you about buying flowers from the market, flower care, color palettes and textures and how to design an artful flower arrangement. All supplies are provided and you will make your own flowers arrangement to take home, including the vase.

Fee: \$27.00 per person

Materials Fee: \$30.00

611 The Romance of Flowers

Instructor: Stacy Wiatrak

Do you love flowers but feel clueless when it comes to arranging them for display in your home? Flowers have been valued throughout the ages for everything from beautifying a space to expressions of romance and love. In this class, owner of [Laurel and Leaf Florist](#) Nashville, Stacy Wiatrak, will share her love of flowers and teach you the basic beginning principles of floral design. She will demonstrate how to arrange flowers in several different types of vessels. You will then use these skills while she offers instruction in the creation of your own design. Supplies will be provided.

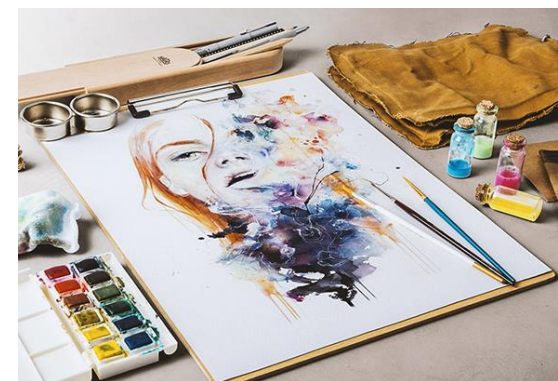
Fee: \$27.00 per person

Materials Fee: \$65.00 per person

700: ARTS AND HOBBIES



Image Courtesy of Skip Stokes



701 Ceramics Workshop Using the Mishima Slip Inlay Technique

Instructor: Catherine Lemaire Lozier

USN staff member and artist [CATHERINE LEMAIRE LOZIER](#) will lead the class through this amazing two-part ceramics workshop. Participants will use the Mishima technique of inlaying slip into a contrasting clay body, creating a bold design in the finished piece. Students will carve their own designs into clay tiles and inlay those designs with contrasting slip. Students can return to USN to pick up their creations after they are fired.

Fee: \$45.00 per person

Materials Fee: \$10.00

703 Documentary Filmmaking Behind The Scenes

Instructor: Skip Stokes and Antony Boshier

Nothing tells a story more powerfully than film, and the most powerful story is a true one. How do these films get made? It's no secret that documentaries don't carry the budget that the Hollywood blockbusters do. Documentary filmmakers [ANTONY BOSHIER](#) and USN instructor SKIP STOKES will explain the challenges -- and the rewards -- involved in creating a documentary movie. This class includes an in-depth discussion of the planning, fundraising, and ethics behind telling a true story.

Fee: \$27.00 per person

705 Watercolor Landscapes

Instructor: Elizabeth Braswell

Tap into your creativity and express yourself in this exciting watercolor class taught by Nashville artist [ELIZABETH BRASWELL](#). Participants will learn everything they need to know to paint watercolor landscapes. Emphasis will be on creating completed paintings that include: skies, trees, grass, and hills, foreground, middle-ground, and background. Be comfortable, be artistic, this class is for all levels.

Fee: \$37.00 per person

Materials Fee: \$20.00

706 Acrylic Landscape Painting

Instructor: Elizabeth Braswell

Renowned Nashville artist and teacher [ELIZABETH BRASWELL](#) leads the class in this tutorial, how to create unique acrylic landscapes. You will experience everything that you need to know to paint acrylic landscapes. Emphasis will be on creating completed paintings that include: Skies, trees, grass, and hills, foreground, middle-ground, and background. The class is for beginners and more experienced painters alike.

Fee: \$37.00 per person

Materials Fee: \$20.00

707 Drawing 101

Instructor: Emma Bradford and Leighton Lancaster

If you are interested in brushing up or learning drawing techniques for the first time, this class is for you. Perfect for both beginners and artists who are a little out of practice. Instructor [EMMA BRADFORD](#) will teach drawing techniques that are helpful for other areas of art making as well. Participants will also review drawing with a grid & how to create form using a full range of value with interesting marks. After this class, you will be more confident as both observer and artist, capturing the world around you.

Fee: \$37.00 per person

Materials Fee: \$15.00 per person

708 Street Photography

Instructor: Michael Nott

Whether you are a novice photographer or a seasoned professional, this class is for anyone who wants to learn how to see and capture gesture and expression on the streets. [MICHAEL RAY NOTT](#), well-known poster artist who studied under legendary street photographer Garry Winogrand, will teach the fundamentals of the photography, how to create visually compelling images, how to conquer the fear of photographing in public, and how to tell compelling stories with images.

Fee: \$37.00 per person

709 Pearl Knotting 101

Instructor: Chandler Williams-Cartozzo

Many would argue that one of the secrets to making a lady look and feel graceful is her pearls. In Pearl Knotting 101, students will go one step further and learn how to knot pearls and make their own pearl necklace. USN Alumna CHANDLER WILLIAMS-CARTOZZO of [Chandler's Deziigns Jewelry](#) returns to teach her sell-out class and prove that pearl knotting is not as daunting as it seems. Once you learn the technique you can make necklaces for bridesmaids, Mother's Day, birthdays, and more. Supplies provided, secrets uncovered ... you will walk away with your own beautiful pearl necklace, one that would cost a small fortune at a fine jewelry store.

Fee: \$37.00 per person

Materials Fee: \$35.00

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

Instructor: Karen Yazdian

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

Fee: \$45.00 per person

Materials Fee: \$9.00

711 Flying Drones for Fun and Profit

Instructor: Alan Perlman

Known as drones, small unmanned aerial systems can be used for construction, real estate, farming, high-end cinematography, industrial inspections, journalism, and public safety, and fun. USN alumnus ALAN PERLMAN's company [UAV Coach](#) trains people to get their drone pilot certification, and in this class he will teach safe flying practices and business opportunities around drones. Discuss models, software, flight operations, and get some hands-on flight training on both recreational and professional drone models in this class. You will spend the first part of class inside, chatting, then the second part outside flying.

Fee: \$37.00 per person

713 Painting With Water-Based Oils: Color Gets All the Credit But Tonal Value Does All The Work

Instructor: Renee Bates

Artist and returning instructor [RENEE BATES](#) will open your eyes to how using light and dark tones can communicate form and mood in a painting. In this dynamic class, you will explore, paint, and learn how to "key" a painting by relating it to its tonal scale. Bring a sturdy mug for water and a pencil or pen. All other supplies will be provided.

Fee: \$37.00 per person

Materials Fee: \$25.00

714, 719, 720 Introduction to Woodturning

Instructor: Steve Robins

The hidden beauty of wood is revealed to all in this hands-on workshop taught by expert wood turner, woodworker and former USN faculty member STEVE ROBINS. 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.

Fee: \$79.00 per person

Materials Fee: \$25.00

716, 718 Mixed Media: Encaustic and Photo Transfer Painting

Instructor: Emma Bradford and Leighton Lancaster

This class will cover a specialized style of mixed media painting. [Little Art House](#) owners EMMA BRADFORD and LEIGHTON LANCASTER will teach students how to paint with wax. Also known as encaustic painting, this is a versatile process used to create artworks of great depth and beautiful layers. Students will also learn how to apply photo transfers onto the wax surface. You may bring a photocopy of an object you have in mind (high contrast images work best; nothing from a laserjet printer) or choose from the instructors' selection of images. Each student artist will leave with a fabulous new work of art.

Fee: \$37.00 per person

Materials Fee: \$25.00

717 Knitting 101

Instructor: Beth Thornburg

If you have ever wanted to learn how to knit, started knitting and got confused, or have a child that knits (and you don't), then this class is for you. Join USN alumni parent and retired USN teacher [BETH THORNBURG](#) in a two-night session of knitting basics; from deciphering the jargon, understanding needle size to identifying types of yarn and why "gauge" is important. Both left and right-handed knitters are catered for.

Fee: \$45.00 per person

Materials Fee: \$25.00

722 Quilting 101

Instructor: Jeresther Thorpe Page

Nothing says "cozy" quite like a quilt, a hand-made gift that the recipient will cherish for a lifetime. In this two-part class Quilting 101, USN parent [JERESTHER THORPE-PAGE](#) will help you on your piecing and quilting journey. In session one, the class will work with pre-cut materials, learning to lay out and piece a quilt top using machine stitching. The second session will teach students to put the top, batting, and backing together using a variety of techniques. A charm pack is included however you will need to bring a basic sewing machine to this class.

Fee: \$37.00 per person

Materials Fee: \$50.00

723 Digital SLR: Beyond Auto-Mode

Instructor: Kimberly Manz

USN parent, photographer, 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.

Fee: \$37.00 per person

724 Digital SLR: The Next Steps

Instructor: Kimberly Manz

This is the follow-up to "Getting Beyond Auto-Mode," taking the 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 parent and instructor [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.

Fee: \$37.00 per person

725 Photoshop Basics

Instructor: Kimberly Manz

USN parent, photographer, 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 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.

Fee: \$37.00 per person

726 Design Your Own Necklace With Cindy David

Instructor: Cindy David

Unleash your own inner jewelry designer with CINDY DAVID of [Cindy David Designs](#). In this class, you will learn how to design your own necklace from start to finish. You will have a nice selection of stones, crystals, and pearls to choose from and hands on instruction from the designer herself who has 16 years of experience in the jewelry industry.

Fee: \$27.00 per person

Materials Fee: \$25.00

727 Beyond Monopoly: Learn the Hottest New Board Games

Instructor: Richard Keuler and Bob Bernstein

Your last memory of a game might be of wanting to flip the table to end the marathon game of Monopoly or of your toddler clamoring for the fifth game of Chutes and Ladders while you contemplate putting PBS Kids back on. Chances are every board game you've ever played was first published sometime before the Nixon administration. If so, you are missing out on a new wave of exciting modern titles that are fun to play with adults or can be the centerpiece of some great family time - with no screens involved! Games like Catan, Ticket to Ride, and Pandemic are becoming more and more mainstream - they are fun, quick to play, and, dare we say it, maybe a little educational. During this class, USN parent and board game guru RICK KEULER and Bongo Java founder BOB BERNSTEIN will educate you about the hobby and how to get started with these new games. They will also introduce you to a couple favorites, play some as a class, and maybe even give you some insiders' tips on how to beat your kids at Catan. The class will take place at Nashville's new board game cafe, [Game Point](#), and will include some signature Bongo coffee drinks and bakery items. Join them for a fun evening and never look at family time the same way again.

Fee: \$27.00 per person

728 Design Your Own Bracelet and Earrings With Cindy David

Instructor: Cindy David

Nashville's own jewelry designer CINDY DAVID of [Cindy David Designs](#) instructs this class on how to design your own bracelet and earring combo from start to finish. Choose from a selection of stones, crystals, and pearls to create your own one of a kind piece as well as receiving personal instruction from the designer herself. **Fee:** \$27.00 per person

Materials Fee: \$25.00

800: SPORTS AND FITNESS



801 Swing Dancing You Can Show Off at Weddings

Instructor: Steve Slovenski and Courtney Slovenski

Go from zero to wedding hero with this crash course in partner dancing. Join USN engineering teacher STEVE SLOVENSKI and his wife COURTNEY SLOVENSKI as they teach you some East Coast Swing. This simple yet versatile dance works with swing, oldies, funk, and jazz tunes. Best of all, it's quick to learn and you'll always be impressive on the dance floor.

Fee: \$27.00 per person

803 USN Meets the Bar Method Nashville

Instructor: Maia Barbier

Join instructor MAIA BARBIER in this new-to-USN offering, a 45 minute barre exercise class that is efficient, effective and truly for everyone. This class offers fat-burning, muscle-building benefits in a slightly shorter 45 minute class. [The Bar Method](#) is sequenced to work the right muscles in the right order, maximizing the benefits of this workout. Relax and unwind afterwards with a glass of wine. Age 21 and up.

Fee: \$20.00 per person

804 Argentine Tango Dancing

Instructor: Ramzi Mardam-Bey and Sarah Bystrom

The tango is a most sensual and mysterious dance, and in this class instructor RAMZI MARDAM-BEY will introduce the basics of social Argentine tango dancing to absolute beginners. No Argentine tango dance experience is required and no partner is needed because, as in life, we will all lead and we will all follow. Leather-soled or suede-soled shoes are best because they help you pivot easily. This class will give you the keys to unlock the tango.

Fee: \$27.00 per person

806 Absolute Beginners Yoga

Instructor: Corrine Dennison

If you are interested in learning yoga, but are self-conscious about trying it for the first time, this class is for you. In this class, USN parent CORRINE DENNISON, a yoga instructor with 16 years' experience, will give you the introduction to yoga that you want without the uncomfortable feeling of stepping into a yoga studio or gym with others who seem well-versed in the ways of yoga. This class is for everyone – no matter physical limitations or age. In this nurturing class, we will create a customized set of movements that you can incorporate into your daily routine that may even help your back, legs and neck feel better. Join us on the mat to learn about and experience the benefits of yoga in a safe and comfortable environment.

Fee: \$27.00 per person

807 Beginning Fly Fishing for Women

Instructor: Susan Thrasher

Join certified fly fishing expert SUSAN THRASHER of the [Southern Brookies](#) 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. Age 18 and up.

Fee: \$37.00 per person

Materials Fee: \$10.00

808 Beginning Fly Fishing Co-ed

Instructor: Susan Thrasher

Join certified fly fishing expert SUSAN THRASHER of the [Southern Brookies](#) 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. Age 18 and up.

Fee: \$37.00 per person

Materials Fee: \$10.00

809 The Way of Qigong

Instructor: Yuliya Gulmi

Qigong, translated from Chinese as "energy skill," is a system of knowledge and practice that focuses on energy flows and transformations. More than 5,000 years old, it has medical, martial and spiritual applications. Medical Qigong focuses on healing our physical and energy bodies, resulting in better health physically and emotionally. USN parent and certified practitioner [YULIYA GULMI](#) will provide background information on Qigong, basic Qigong principles, and guidelines for practice and cultivation. Students will be invited to 1) practice proper breathing mechanics, 2) learn proper posture for Qigong practice, 3) explore basic purging methods, 4) learn a grounding meditation, 5) perform healing Qigong exercises, and 6) perform an ancient Shaolin technique for releasing toxic energy.

Fee: \$27.00 per person

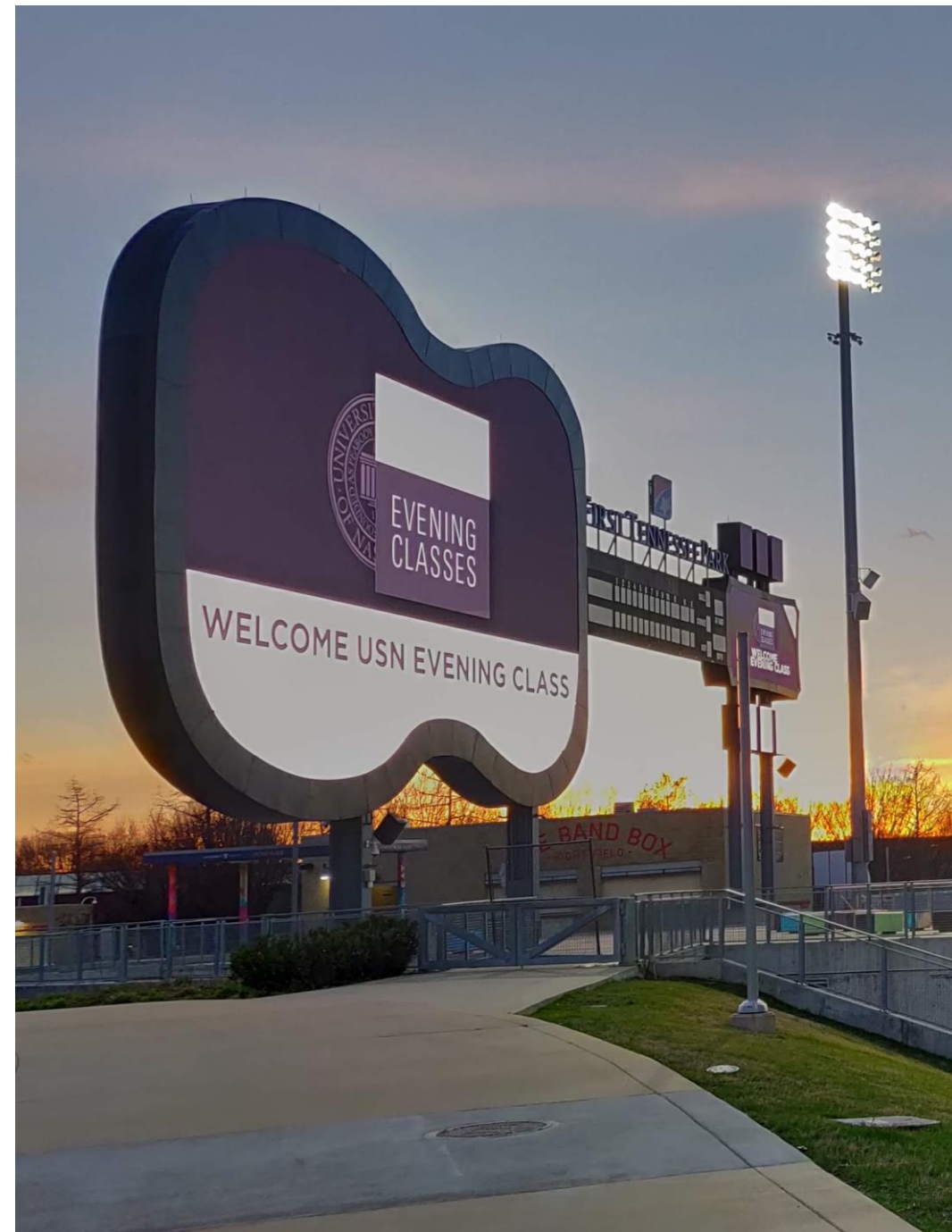
810 Building a Professional Sports Franchise (Nashville Soccer)

Instructor: Mike Jacobs

Instructor [MIKE JACOBS](#) of [Nashville Major League Soccer](#) leads this informative class in applying the “Moneyball” techniques (pioneered by Oakland A’s general manager Billy Beane) to building a franchise in any sport. In basic terms, “Moneyball” utilizes a combination of data, resource allocation, and psychology to gauge optimum value for player acquisition and therefore, building a team. It is a way of thinking that can be applied to team-building in any profession. Appropriately, Mike will be in charge of roster construction for Music City’s new major league soccer club.

Fee: \$27.00 per person

900: TOURS



901 Basic Observational Astronomy

Instructor: William Teets and Rocky Alvey

This class is the ultimate introduction to the night sky, covering telescope basics, free astronomy resources, and information about different things one can observe in the night sky. Participants will learn what type of telescope is best for beginners, how to find objects in the sky and how the sky changes by season. Instructors will be available for hands-on telescope use after classroom instruction, including telescopic observation led by Dr. WILLIAM (BILLY) TEETS, using [Vanderbilt Dyer Observatory's](#) telescopes (weather-permitting).

Fee: \$27.00 per person

902 Lane Motor Museum Tour

Instructor: Rex Bennett

Enjoy a tour of the [Lane Motor Museum](#), led by Education Director REX BENNETT. Lane Motor Museum features 150 unique modes of transportation and is home to the largest European car collection in the U.S. The vehicles date from the 1920s all the way up to modern day and feature a varied collection of microcars, amphibious vehicles, military vehicles, alternative fuel vehicles, airplanes, prototypes, one-of-a-kind vehicles and motorcycles. Learn about a variety of vehicles from Europe, Asia, and North and South America. Engineering, politics, geography, economics, and design are a few of the factors in which these automobiles have been important to human history. This is a working museum with the goal being to maintain all vehicles in running order. An informative, interesting tour, for those who love cars and curiosity.

Fee: \$27.00 per person

903 Van Gogh, Monet, Degas and Their Times

Instructor: Teri Cohen

USN alumna, current USN grandmother, and [Frist Center for the Visual Arts](#) docent TERI COHEN leads a tour of the exhibit from The Mellon Collection of French Art, the crème de la crème of early modern art. On exhibit in Nashville from the Virginia Museum of Fine Arts, the Mellons began collecting masterpieces of French art in the mid-20th century. This class will add an expert's viewpoint to give you new insight on these important works.

Fee: \$27.00 per person

904 "Walk Eat Nashville" Walking Food Tour (Downtown/SoBro)

Instructor: Karen-Lee Ryan

[Walk Eat Nashville](#) walking food tours sample the best of the local food scene, from top restaurants and casual eateries to specialty food shops. This Downtown/SoBro tour makes five tasting stops over three hours and includes a 1.5-mile guided walk. Join KAREN-LEE RYAN, founder and owner of Walk Eat Nashville, for a tasting tour of Nashville's culinary gems south of Broadway's honky tonks. You'll savor elevated Southern cuisine and comfort food and interact with a couple of chefs. Between tastings, you'll walk part of Nashville's Music Mile, hear the origins of Nashville's "College Hill" and learn unexpected details about local music landmarks. Age 21 and up.

Fee: \$27.00 per person

Materials Fee: \$35.00

905 "Walk Eat Nashville" Walking Food Tour (East Nashville)

Instructor: Karen-Lee Ryan

[Walk Eat Nashville](#) tours sample the best of the local food scene, from top restaurants and casual eateries to specialty food shops. Tours make five 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. Age 21 and up.

Fee: \$27.00 per person

Materials Fee: \$35.00

906 A Night at the Symphony

Instructor: Jonathan Marx

Enjoy a night with Nashville's Grammy-winning orchestra at the exquisite [Schmerhorn Symphony Center](#). This night includes a close-up look at the acoustical gem with a behind-the-scenes tour led by one of the Symphony Center's knowledgeable docents. Meet Conductor Giancarlo Guerrero and Celloist Alban Gerhardt. Finally, take your seat to enjoy a performance of Aaron Jay Kernis – Symphony No. 4, “Chromelodeon,” Barber – Cello Concerto, and Beethoven – Symphony No. 7 by the Nashville Symphony in one of the most elegant concert halls in the United States.

Fee: \$27.00 per person

Materials Fee: \$28.00

907 Behind the Scenes Tour of Nissan Stadium

Instructor: Walter Overton

Take part in this fascinating tour of Nissan Stadium and experience many of the arena's behind-the-scenes areas. Parent of a USN alumna, former wide receiver for the Vanderbilt Commodores, and General Manager of Nissan Stadium [WALTER OVERTON](#), will take participants on a walking tour that offers fans of the Tennessee Titans rare access to the press box, locker room, and players' tunnel. Ages 10 and older.

Fee: \$37.00 per person

908 First Tennessee Park Ballpark Tour (Nashville Sounds)

Instructor: Doug Scopel

This unique opportunity allows attendees (ages 10 and older) to go behind the scenes of the [Nashville Sounds'](#) state-of-the-art ballpark in North Nashville. You will see and hear about areas typically closed to the public, including team clubhouses, batting cage, concessions kitchens, production control rooms, and much more during this 90-minute tour led by the Sounds' Senior Vice President of Operations, DOUG SCOPEL. You'll also get a chance to go into the dugout and onto the playing field. In addition, you will hear about the rich history of the ballpark site and Sulphur Dell, where baseball was played as early as the Civil War.

Fee: \$27.00 per person

909 Take a Trip Through Tennessee Sports History

Instructor: Dr. Bill Emendorfer

Explore the lives of great Tennessee sports legends, from Pat Summit to Peyton Manning, in this engaging talk with DR. BILL EMENDORFER, Executive Director of the [Tennessee Sports Hall of Fame](#). Let your guide take you through the accomplishments, both on and off the field, of the athletes, coaches and teams that have impacted the history of Tennessee Sports. While honoring the courage and dedication of these sports legends, you will also have the opportunity to reflect on the positive impact sports can have on your own life.

Fee: \$27.00 per person

1000: ONE-TO-ONE INSTRUCTION



1000: ONE-TO-ONE INSTRUCTION

1001 One-on-One: Architect the Home (or Room) of Your Dreams With Zach Provonchee

Instructor: Zach Provonchee

If you're thinking about a kitchen renovation, overhauling your master suite, adding a garage, need help thinking through renovation options or even kick-starting a conversation about a new home, [ZACH PROVONCHEE](#) will spend two hours with you listening and exploring the possibilities for your dream project. There are no limits to where your conversation can go during this time with Zach, an experienced and LEED accredited architect. Must be used by June 30, 2019.

Fee: \$100.00 per person

1002 One-on-One Design Time With Global-Chic Design Maven Tory Fitzgibbon

Instructor: Tory Fitzgibbon

Take advantage of two hours of one-on-one design time with USN parent, alumna, and design expert TORY FITZGIBBON to revitalize either a home or office space to reflect your best style. Tory will help you create a space which feels as good as it looks (at any size budget). Infuse style and sensibility into your room and fall in love all over again. Must be used by June 30, 2019.

Fee: \$250.00 per person

1003 One-on-One Songwriting With Jay Knowles

Instructor: Jay Knowles

"If you throw a rock in Nashville, you hit a songwriter." This may be true, but less likely that the songwriter will be a Grammy-nominated songwriter and BMI 2016 Airplay Award recipient. It is even more improbable that you will find an opportunity to spend a private 90 minutes learning from such a brilliant songwriter yourself. Bring your paper napkin lyrics and enjoy an hour and a half with songwriter and USN parent [JAY KNOWLES](#). He will discuss with you the art of crafting a hit: turning ideas into reality and elevating songs to the next level. Must be used by June 30, 2019.

Fee: \$75.00 per person

1004 One-on-One Organizing Your Home With Ursula Norris

Instructor: Ursula Norris

Join USN parent of alumnae [URSULA NORRIS](#) in this ninety minute, one-on-one organization session. She will come to your home and make suggestions for how to de-clutter, get organized, and finally stay that way. Whether it's a closet, garage, pantry, playroom, kitchen cabinet or anything in between Ursula can help you manage your stuff. Ursula has been organizing houses for more than 30 years, so soak up her expertise while you get your house together. Must be used by June 30, 2019

Fee: \$100.00 per person

1000: ONE-TO-ONE INSTRUCTION

1005 One-on-One With Sandy Arons: Get a Financially Smart Divorce

Instructor: Sandy Arons

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 how to 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, 2019.

Fee: \$75.00 per person

1006 One-on-One With Sandy Arons: Talking to Your Honey About Money

Instructor: Sandy Arons

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, 2019.

Fee: \$75.00 per person

1007 One-on-One Interior Design Consultation With McLean Johnston Barbieri

Instructor: McLean Barbieri

USN parent, alumna, and designer MCLEAN JOHNSTON BARBIERI of [Annali Interiors](#) will come to your home and advise on any interior design related questions for 2 hours. Must be used by June 30, 2019.

Fee: \$250.00 per person

1008 The Kindest Cut of All: Practical Pruning One-on-One With Cabot Cameron

Instructor: Cabot Cameron

Proper pruning of your ornamental trees and shrubs is important to their long term health and beauty. It can also be a truly satisfying do-it-yourself experience that gives you a huge sense of accomplishment. Gain the confidence you need with a hands-on, one-on-one lesson from USN parent and master certified arborist CABOT CAMERON of [Druid Tree Service](#). Sign up early for this very popular one hour session. You'll gain a skill and an ever more glorious garden. Must be used by June 30, 2019

Fee: \$100.00 per person

1009 One-on-One Private Pilates Session With Gina Brooks

Instructor: Gina Brooks

USN parent and Pilates instructor GINA BROOKS provides this private Pilates sessions to help you reach your personal fitness goals, whether they are learning Pilates exercises, joining in group classes, or accessing and rehabbing muscle issues, this hour is all about you. One-to-one sessions are a great way to maximize your practice . . . you may be just starting out, have specific rehabilitation needs, or simply prefer individual attention to your personal practice. This session provides the opportunity to get the most from your form and movement using a combination of mat, reformer, tower, and chair work to meet your specific needs. Must be used by June 30, 2019.

Fee: \$75.00 per person

1010 One-on-One: Launch your Career Transition With Jane Hardy

Instructor: Jane Hardy

USN parent and Strategic Career Counselor JANE HARDY, M.Ed., of [Career Resources](#) will assist one participant in assessing and exploring career and job search possibilities. After completing worksheets prior to your session, you will meet virtually for 2.5 hours with Jane to develop a deeper understanding of abilities, transferable skills, and additional assets as well as criteria for evaluating career opportunities. If you are conducting a job search campaign, she will coach you in a variety of job search tools, including networking, interviewing, salary negotiation, and preparation of your resume and LinkedIn profile. She will also develop a portfolio of free and inexpensive resources tailored to help you lift your career to the next level. This class is typically valued at \$540. Age 21 and up. Must be used by June 30, 2019.

Fee: \$250.00 per person

1000: ONE-TO-ONE INSTRUCTION

1011 One-on-One Garden and Yard Consultation With Anderson ECO-logic for a Healthy, Happy Outside.

Instructor: Peter Anderson

Does your yard or garden need a redesign or perhaps a complete makeover? PETER ANDERSON, owner of Anderson ECO-logic, offers you this 90 minute one-to-one consultation to openly discuss your issues and aspirations. Take advantage of this opportunity to explore creating kitchen gardens, flower gardens (for cutting and pollinators), low maintenance native lawns, compost systems, worm farms and wildlife friendly landscapes. The landscape interventions discussed will have as their goal supporting and augmenting the native ecosystems that exist on your property. “Space-making” in the yard to enhance enjoyment of outdoor areas can be realized by creating cooking areas, fire pits, wildlife areas or meditation gardens. We also encourage features such as greenhouses, hoop houses, native plants, native grasses, child-focused exploration areas, rainwater harvesting, tree houses, patios, walkways, decks, outdoor lighting, fencing, and boundary controls. Consultation to be coordinated by participants during February, March or April 2019.

Fee: \$100.00 per person

1012 One-on-One Yoga: the Practice of Undoing With Taunia Rice

Instructor: Taunia Rice

Recognizing that everyone comes to yoga for different reasons, inside distinctive bodies with particular needs, USN alumni parent, yoga therapist, and instructor [TAUNIA RICE](#) draws upon her training in yoga therapeutics to design sound yoga practices quite particular to the individual. Always been curious about yoga but reticent to walk in the wintry cold to a yoga class? Been trying yoga in a crowded room or home alone (to a DVD) and wondering if you're doing poses safely? Reserve an hour for personal attention devoted solely to your wishes and needs on the mat. Private session will be held in Taunia's home studio in the heart of East Nashville. Must be used by June 30, 2019.

Fee: \$80.00 per person

1000: ONE-TO-ONE INSTRUCTION

1013 One-on-One Meditation: Organize Your Mind - Organize Your Life With Lauren Weintraub

Instructor: Lauren Weintraub

If you ever find that your mind is frenzied, distracted or divided by multitasking, this is the one-on-one for you. [LAUREN WEINTRAUB](#), a lifestyle consultant and organizational expert, will teach you how to tap into your innate ability to be organized through basic meditative exercises. Lauren will do an organizational assessment of the specific spaces causing you stress, and then you will learn how to use meditation to achieve a calm, positive, and centered perspective about that space. The ultimate target is to create a generative outlook at whatever chaos you might have around you – whether that is actual clutter or mental stress. No prior meditation experience required. Must be used by June 30, 2019.

Fee: \$75.00 per person

1014 One-on-One Personal Fitness Training with Dr. Irv Rubenstein

Instructor: Dr. Irv Rubenstein

DR. IRV RUBENSTEIN, of [STEPS Fitness](#), Nashville's first personal fitness training studio, is offering a 3-session package of training. This includes a one-hour fitness/wellness assessment and goal setting session plus two one-hour exercise sessions based on your fitness goals and interests. What better way to start the New Year than with a path toward a new you? Must be used by June 30, 2019.

Fee: \$275.00 per person