

Catalog 2019-20

Celebrating 27 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

Could not be prouder to formally announce that it's Evening Classes signup time again at USN. Now twenty-seven years young, this invitation to our city and its many communities reads just as topically and relevantly as ever. See for yourself. Then do all the prerequisite clicking and typing to be sure you're on the rosters of your choice. Then take a moment, actually two, for appreciating that every bit of the proceeds fuel a now seven-figure endowment for needs-based financial aid here (thank you) AND that all there top-drawer instructors are volunteering their time (thanks again). See you here.



Three cheers for the USNA volunteers who make it happen.

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.

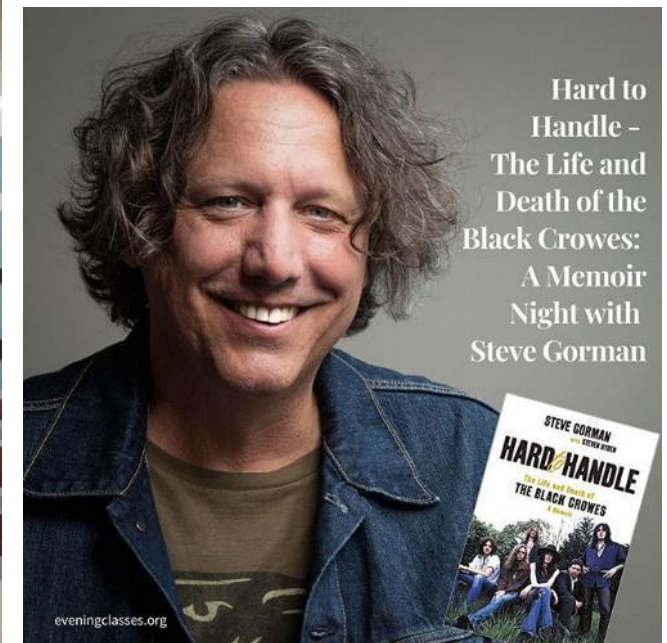
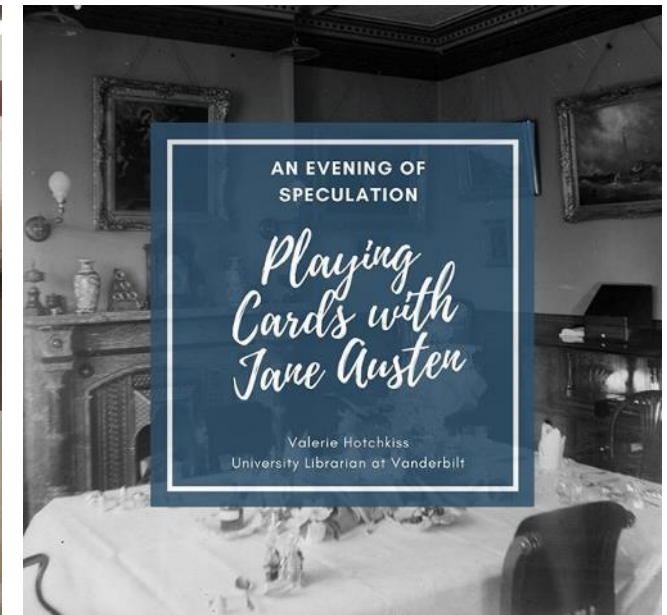
1000: One-to-One Instruction

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 Hard to Handle - The Life and Death of the Black Crowes: A Memoir Night with Steve Gorman

Instructor: Steve Gorman

Musician, author, and USN parent STEVE GORMAN spends an evening discussing his new book, “Hard to Handle: The Life and Death of The Black Crowes”; hear his first-hand account of one of America's greatest rock band's nascent, descent, and demise. The session will be hosted by Grammy-nominated Red Beet Records recording artist, award-winning journalist, and educator PETER COOPER, asking Steve all the tough questions and to expound on stories from the book. Following that Steve will field questions, sign your copy of the book, as well as take photos. It'll be a good night. Books will be available for purchase on the night.

Fee: \$27.00 per person

102 Exploring the Zero Waste Lifestyle with Bea Johnson

Instructor: Bea Johnson

Author and sustainability advocate [BEA JOHNSON](#), who pioneered the idea that a household can reduce annual disposable waste to fit in a single glass jar, brings her cross-country speaking tour to USN to present inspiring, pragmatic and humorous tips for reducing consumer waste. Johnson's bestselling Zero Waste Home, referenced by global organizations ranging from Amazon, Google, and Starbucks to the United Nations, offers a realistic roadmap to minimizing impact on the planet with reusable products, package-free and bulk shopping, and community action. The FREE evening of conversation and Q&A opens at 5:30 p.m., with an expo of waste-reduction-oriented vendors, including Turnip Green Creative Reuse, Compost Company, and The Good Fill. Johnson will speak 6 to 7 p.m., followed by a Question and Answer session, and closed out with a book-signing in conjunction with Parnassus Books.

Fee: Free

103 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? Curious about impeachment and the 2020 election? 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

104 From Nuremberg to The Hague: The Evolution and Modern Implications of International Criminal Law

Instructor: Lucian Dervan

Join USN parent, Belmont Law Professor, and Chair of the ABA Criminal Justice Section [LUCIAN DERVAN](#) in exploring the history of international criminal law from its early roots during the Nuremberg Trials following WWII to the permanent International Criminal Court in The Hague today. Issues to be explored include the history of ICL, the core crimes of international concern (war crimes, crimes against humanity, genocide, and the crime of aggression), the role of the UN and the UN Security Council in international enforcement, the role of the U.S. in international enforcement, and the future of ICL, including what happens next in Syria.

Fee: \$27.00 per person

105 Gen Z in the Workplace: How to Understand, Challenge and Mentor

Instructor: Rachael Andersen-Watts

If you are ready to move beyond griping about “kids these days” as you work with the twenty-something generation in the contemporary workplace, this class is for you. If you are ready to level up your professional development opportunities with the younger crowd and forming bonds which enhance productivity, listen up as attorney, instructor of legal writing, head of academic success at Vanderbilt University Law School, corporate coach, and USN Parent [RACHAEL ANDERSEN-WATTS](#) provides the insights into Generation Z which will inform and delight. She will begin by familiarizing you with generation theory as it relates to Generation Z and will share a four-pillared approach that will inspire you to create an environment which challenges without alienating, fosters mentorship and democratizes expectations for all (even if we are scared of SnapChat and TikTok).

Fee: \$27.00 per person

106 Playing Cards with Jane Austen: An Evening of Whist and Speculation

Instructor: Valerie Hotchkiss

Ready to hoot and holler? Ready to experience how the game of Speculation offers insight to both fictional and real personality styles? Not only will you actually try your hand at Whist and Speculation but you will also learn what really went on during those card games and why card playing was a dominant pastime in Jane Austen's novels. Indeed, card games are not as innocent or simple as they might seem. Led by University Librarian at Vanderbilt, [VALERIE HOTCHKISS](#), this class will talk a bit about card games in history and literature as well as discussing the world-class gaming collection at Vanderbilt (and why it makes perfect sense for it to be housed at Vanderbilt). Prizes will be awarded for those with the most chips at the end of the night. To our player holding the most chips goes a special Grand Prize: Lunch with University Librarian Valerie Hotchkiss in the Vanderbilt Library Special Collections. Come join in the fun and learn why cards were a favorite hobby of King Charles II, Jane Austen, and George Washington.

Fee: \$27.00 per person

107 SAT vs. ACT: What You Need to Know

Instructor: Stacy Boatman

Meet with popular tutor [STACY BOATMAN](#) from Premier Test Preparation to learn about the similarities and differences between the SAT and ACT and how to choose the right test for your student. A veteran of tutoring many USN students over the years, she will discuss test structure, testing timeline, and preparation strategies, as well as debunk some commonly held myths and misconceptions.

Fee: \$27.00 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 The Secrets of the Cairo Geniza

Instructor: Phil Lieberman

Just over 150 years ago, Western scholars "discovered" the largest treasure trove of medieval documents hidden in the back room of a synagogue in the Old City of Cairo. The roughly 250,000 fragments of paper that were found in this chamber provide us with a unique window into the medieval Mediterranean. In this talk, USN parent and Vanderbilt professor [PHIL LIEBERMAN](#) will introduce participants to the idea of a "Geniza" and show some of its treasures, as well as discuss how scholars have used the materials in the Geniza to retell the history of the medieval world.

Fee: \$27.00 per person

110 All Writing Is Creative Writing: Building Creativity into Non-Fiction Writing

Instructor: Jennifer Kim

Excellent memoirs, biographies, and true crime texts all share the same common denominators—exciting and interesting prose based on accurate research. JENNIFER KIM, a USN parent with over 15 years of non-fiction and business writing experience, will help participants develop ideas, define topics, and build research frameworks to craft well-researched and engaging writing. All levels of experience and all stages of research/writing are welcome for this hands-on workshop to bring pizzazz to your non-fiction works.

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 Andrew Maraniss

Instructor: Andrew Maraniss

Bestselling author of "Strong Inside", a biography of Perry Wallace, the first African American basketball player in the Southeastern Conference, [ANDREW MARANISS](#) returns to USN for another special evening. In "Games of Deception", his latest and just recently released book, he tells the incredible true story of the first U.S. Olympic basketball team, which competed at the 1936 Summer Games in Nazi Germany. What was really happening behind the scenes? What led to this Olympic debut? How was this even possible? Sure to be an evening of intrigue and insight, don't miss this opportunity to hear first-hand from our 2019-2020 Author in Residence, Andrew Maraniss.

Fee: Free

114 Art and Mystery: Carl Jung's Red Book

Instructor: Adele Tyler

What is this large, mysterious book, written and illustrated over many years in the early 1900's by psychologist Carl Jung? Jung called it his "voluntary confrontation with the unconscious." Is it a work of genius or of madness? Why was it locked in a bank vault and not published until 2009? Why did Jung call his years working on this "the most important years of my life" and the source of all of his later work until his death in 1961? We will explore these questions and more and view the illustrations and calligraphy that make the book a work of art. Led by a founding member and past president of the Nashville Jung Circle, a student of Jung's work for thirty years and USN Alumni Parent, ADELE TYLER.

Fee: \$27.00

115 Meditative Writing

Instructor: Tammy Roth

Yoga coach and practitioner [TAMMY ROTH](#) will share meditation and writing strategies designed to help individuals override the “inner critic” and access deeper wisdom. In this class, the meditations will help participants focus and connect you with your inner muse; the writing exercise will follow a pathway deeper into that creativity. Participants will leave with prompts and visual images to keep them writing even after the class is over.

Fee: \$27.00 per person

116 The Fate of Food - How Changing Climate and Technology Affects What We Eat

Instructor: Amanda Little

Vanderbilt University professor, award-winning environmental journalist, and USN parent AMANDA LITTLE spent five years traveling through a dozen countries and as many U.S. states in search of answers to the question: What will we eat in a bigger, hotter, smarter world? Her journey took her from an apple orchard in Wisconsin and tiny Kenyan cornfields to massive Norwegian fish farms and computerized foodscapes in Shanghai. The race to reinvent the global food system is on, and the challenge is twofold: we must solve the existing problems of industrial agriculture while also preparing for the pressures ahead. Amanda will share insights from her interviews and adventures with farmers, scientists, activists, and engineers. Her book tells a fascinating story of human innovation, exploring new and old approaches to food production while charting the growth of a movement that could redefine sustainable food on a grand scale. Climate models show that global crop production will decline every decade for the rest of this century due to drought, heat, and flooding. Water supplies are in jeopardy. Meanwhile, the world's population is expected to grow another 30 percent by midcentury. So how, really, will we feed nine billion people sustainably in the coming decades?

Fee: \$27.00 per person

117 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

118 Writing and Publishing Books for Kids

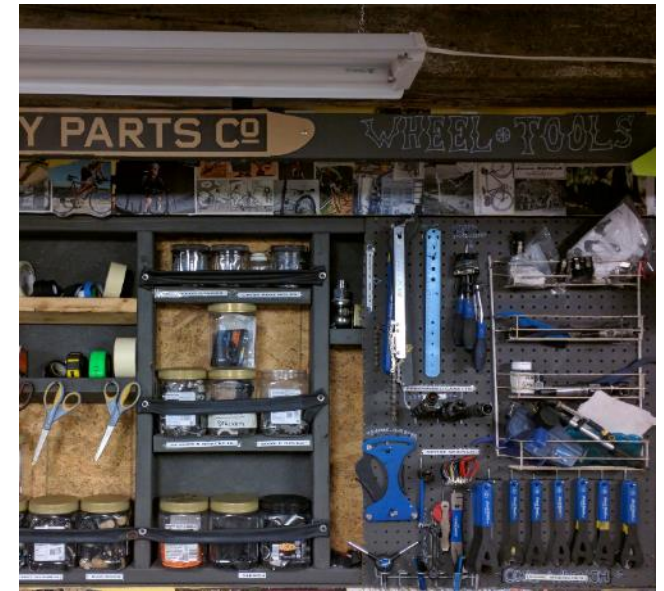
Instructor: Jessica Young

Have you ever thought about writing a children's book? Nashville children's book author and USN parent JESSICA YOUNG will provide a glimpse into the craft and business of writing for young readers. She'll look at 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



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 Negotiation Skills For Women: Get What You Want In a Way that Works at Work

Instructor: Nicole Provonchee

When it comes to negotiating a raise, promotion, new car or anything else you want in life, many women feel uncomfortable or unskilled. What's more, there can be real social and workplace penalties if you advocate for yourself and negotiate in the "wrong" way, especially at work. Join executive coach [NICOLE PROVONCHEE](#) to learn the five steps every woman needs to include in any negotiation, how to navigate a "no," and what words to use to increase success. Build confidence, hone skills, be you.

Fee: \$27.00 per person

203 Switch Gears, Change Paths and Revitalize: Get Ready for a New Direction in Your Career

Instructor: Traci Nordberg

Are you considering returning to the workforce or changing your career path and find the prospect daunting? Then join HR expert and USN parent TRACI NORDBERG for an evening of invaluable advice on how to identify your transferable skills, how to target jobs that you can land and even how to present yourself on paper and in person after being in a different field or out of the job market for some time.

Fee: \$27.00 per person

204 Retire While You Work: A Modern 3 Bucket Approach to Personal Finance

Instructor: David Adams

The world of personal finance has become a challenging, intertwined and often complex place. Join radio show and podcast host, author, speaker, and wealth manager [DAVID ADAMS](#) as he demystifies finance through his “3 Buckets Principle” of money management. Irrespective of where you are in your financial planning, this fresh philosophy will allow you to build a fluid, lifelong financial plan that grows and adapts to your changing needs.

Fee: \$37.00 per person

205 Personal Leadership - Blue Ocean Strategy

Instructors: Sherman Mohr

Leadership is a quality that is hard to conclusively define. The inspiration for Blue Ocean leadership stems from the fact that leadership is essentially a service. Your friends, family, colleagues, service organization volunteers, everyone with who you associate, chooses to either buy or not buy your leadership. If the various constituencies in your life are not "buying" your leadership, they are in essence, your “noncustomers”. The core premise of Blue Ocean Strategy is to find one's noncustomers and develop a low cost/high-value proposition that brings those noncustomers into a relationship. This class will be led by INSEAD Blue Ocean Strategy Institute Certified Instructor [SHERMAN MOHR](#) and will provide Blue Ocean Strategy tools and methods for developing innovative views of personal leadership. Each participant will learn how to build a Blue Ocean Leadership Strategy Canvas as well as other key elements of Blue Ocean Strategy.

Fee: \$27.00 per person

206 Retiring Confidently - Make Good Decisions

Instructors: Trone Sawyer

Retirement success is based on making informed decisions. When planning for retirement, many of us have similar questions. Each answer will be as unique as we are and is based on where we are today and where we want to be in the future. Reaching those goals will require making a series of good, informed decisions about what’s right for you. Financial Advisor [TRONE SAWYER](#) leads this class, focusing on predictable income, access, growth potential, and legacy including wills and health care costs.

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 Using Enneagrams as a Tool for Personal Growth

Instructor: Katie Gustafson

The Enneagram is an ancient personality typing system that helps deepen self-understanding and enrich relationships with ourselves and others. The nine pointed Enneagram symbol represents the nine personality types complete with their own strengths, weaknesses, world views, and ways to problem solve and relate. 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. As a follow up class to an Introduction to the Enneagram, writer, therapist, and Enneagram teacher [KATIE GUSTAFSON](#) will provide a deeper dive into the Enneagram and specifically how to apply it as a tool in our lives and relationships.

Fee: \$27.00 per person

209 The World of Psychometrics

Instructors: Leonora Zilkha Williamson

Who are you, REALLY? Using the Predictive Index Behavioral Assessment, instructor and USN parent [LEONORA ZILKHA WILLIAMSON](#) will help you look at who you are, drawing the link from self-perception to self-realization. Through the prism of psychometrics, you will learn how you really interact with the world and gain tools to challenge yourself to meet new people, take on new challenges, and live fully.

Fee: \$27.00 per person

210 Marketing Socially: Dialing in the iPhone for Your Small Business' Media Campaigns

Instructors: Skip Stokes and Antony Boshier

Social media marketing is a daunting task for large and small businesses alike. While corporations have entire departments to help get their message out, small business-owners, who wear many different hats, can feel overwhelmed. Independent filmmakers and visual storytellers [SKIP STOKES](#) and [ANTONY BOSHIER](#) will show you how an everyday and easy to use piece of technology such as the iPhone can create internet content without breaking the bank or creating even longer workdays. Using tools already at your disposal, you can construct media campaigns to get your brand out to potential customers and strengthen bonds with current customers.

Fee: \$27.00 per person

211 Fundraising 101: Building Relationships Committed to Your Nonprofit

Instructors: Jennifer Chalos

All nonprofits require a focused strategy for raising money, but we often overlook the reason people give. The core of successful fundraising strategies are relationship and community building, with everyone focused on creating connection. Nonprofit fundraising expert [JENNIFER CHALOS](#) will share tried and true techniques for building a fundraising program that leads to deep, lifelong friendships and commitment to feeding the life blood of your nonprofit.

Fee: \$27.00 per person

212 Declutter Your Digital Life: Tips for Productivity & Peacefulness

Instructors: Irene Williams

For this class, digital marketer [IRENE WILLIAMS](#) will provide tips on how to tame the deluge of digital and sea of social with concerted strategies that become natural habits. More than just streamlining your digital world, you will learn how to infuse more productivity and peacefulness into your daily life. Highlights of the class include; daily clean up, time management of social media, photo organization tips, the 4-D approach to email management, and the “it doesn’t matter” assessment strategy.

Fee: \$27.00 per person

213 Negotiation 101

Instructors: Leonora Zilkha Williamson

Every day of our lives, we negotiate with the world, ourselves, and particularly with each other. However, many of us have no training in how to make the best of this reality. In this course taught by USN parent and Vanderbilt negotiation professor [LEONARA ZILKHA WILLIAMSON](#), participants will take an assessment to determine your negotiation, learn basic negotiation concepts, and practice a negotiation simulation. At the end of the class, you will have developed new tools for negotiation, based on your individual style. No prior negotiation experience is required.

Fee: \$27.00 per person

214 Presentation Skills for Leaders

Instructors: 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: \$27.00 per person

216 Create Your Own Show: Learn Podcasting

Instructors: Millette Jones

If you have ever thought about starting a podcast as a hobby or for business, this class is a great starting point. In fact, podcasting is a growing field, with no signs of slowing down. According to the latest Infinite Dial 2019 research, over 50% of the US population (aged 12 years and older) has ever listened to an online audio broadcast, representing a monthly audience of around 90 million. Join accomplished podcast consultant and CEO of [Cast Global Media](#) MILLETTE JONES for this new class in which you will learn the basics of creating, launching and building an audience for your podcast. You will be ready to jump in to this exciting world and create your own show.

Fee: \$27.00 per person

217 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

218 TV Guide - A Beginner's Introduction to Streaming Services

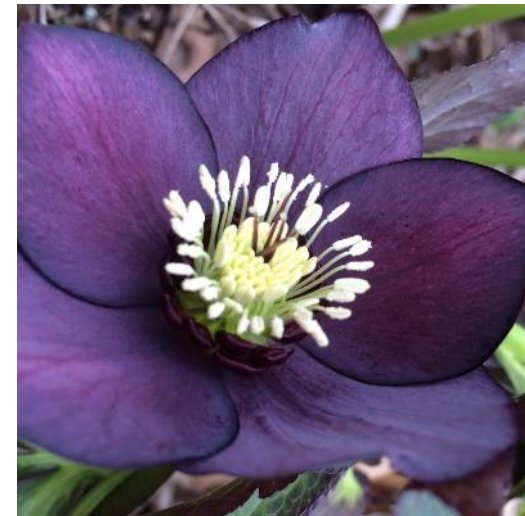
Instructor: Skip Stokes

Disney Plus, Netflix, Hulu, Amazon TV, DirecTV, Sling TV...with so many options and more becoming available every so often how do you know what to subscribe to and how to view the programs you want to watch? Independent filmmaker, visual storyteller, and aficionado of all moving pictures [SKIP STOKES](#) takes you on a journey into this content rich world, exploring the brave new world of streaming media and how television programming is evolving in the process.

Fee: \$27.00 per person



300: FAMILY, HEALTH, 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 Forget Your Troubles. C'mon Get Tappy - 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. This two-part 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 Introduction to Integrative Medicine

Instructor: Amy Neff Price and Patrick McCandless

Integrative, functional, botanical, anti-aging, naturopathic, supplements, mind-body medicine...Ever wonder what these kinds of medical providers do or can help with? Wonder if there is relevance is to your health, or if there's any science to back it up? Come for an interactive session where you can hear from fellowship-trained integrative physician Amy Neff who will unpack the basics and offer some tools for wellness. We will cook a light meal as a part of the program, along with some short movement and mindfulness practices.

Fee: \$27.00 per person

Materials Fee: \$10.00 per person

305 CBD and Me: How Phytocannabinoids May Benefit Your Health

Instructor: Luci Crow

Join registered dietitian, Holistic Cannabis Practitioner, and USN alumni parent [LUCI CROW](#) (MS, RD) and learn how phytocannabinoid use may benefit your health. Luci will help you navigate the CBD craze and learn exactly what phytocannabinoids are, understand the difference between CBD, THC, CBN and the ins and outs of the endocannabinoid system. Students will also learn how cannabinoids work in the body, what conditions and symptoms cannabinoids influence, and what products are available. To complete the evening, Luci will provide dosage guidance and product overviews.

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

307 Florals & Flows - an Evening of Self-Care

Instructor: Elizabeth Moore

Join Integrative Nutrition Health Coach, home chef, and yoga teacher [ELIZABETH MOORE](#) of Triluna Wellness for a girl's night out of bouquet making and flowing yoga designed to refresh, relax, and inspire. The class starts with a slow 60-minute wave of Vinyasa / Restorative Flow yoga, followed by a tranquil 30-minute floral bouquet class and concludes with a 60-minute DIY flower bar. Flowers and snacks provided. Ages 21 and up.

Fee: \$27.00 per person

Materials Fee: \$75.00 per person

309 Discover Your Second Brain - the Microbiome-to-Brain Connection

Instructor: Leslie Shew

The gut or microbiome is not only responsible for 85% of our immune system but also contains most of the same neurotransmitters found in our brain, which is why it's often referred to as our "second brain". Much research is being done connecting our gut health and its connection to depression, anxiety, allergies, weight management, poor immune system and overall inflammation. Join PhD, Life Strategies Coach, and Holistic Wellness Coach [LESLIE SHEW](#) to discover how nutrition, stress, even our thoughts and emotions, impact our intestinal wellness. Learn how making some simple changes in your daily habits can change your quality of life.

Fee: \$27.00 per person

310 Styling Scoop - Elevate Your Personal Style in 2020

Instructors: Cynthia Kelley

[CYNTHIA KELLEY](#), personal stylist, wardrobe consultant and StyleBlueprint monthly contributor, shares her expertise to help you keep current and look effortlessly put together. Learn about the five rules of fashion and how to be on-trend in an age appropriate and stylish way. Cynthia will get you ready for the spring season by teaching you how to easily incorporate upcoming trends into your own closets. This class will help you look and feel your best with tips to streamline your style to reflect your own unique individuality through fashion.

Fee: \$27.00 per person

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 Fight or Flight? Master Stress and Anxiety to Achieve Inner Peace and Well Being

Instructor: Leslie Shew

Chronic anxiety, stress, and lifestyle affect the body, mind, and our overall health. If you struggle with a combination of anxiety, insomnia, fatigue, intestinal issues or are easily overwhelmed, you may be living in a constant state of fight or flight. PhD, Life Strategies Coach, and Holistic Wellness Coach [LESLIE SHEW](#) discusses her personal and professional perspective on the human struggle with anxiety and how stress affects your overall quality-of-life. This class will help you provide a basic framework for helping you achieve homeostasis, inner peace, and general well-being.

Fee: \$27.00 per person

314 Learn How to Take Control of Your Attention and Focus to Get the Life You Want

Instructor: Mridu Parikh

If you feel busy and unproductive, overwhelmed or overstretched, it is possible that you simply need to sharpen your focus. There is a better way to work and live. Productivity Coach, professional organizer, author, and USN parent MRIDU PARIKH of [Life is Organized](#) will show you the way in this fun and interactive session. Mridu understands the daily demands on your time in a world full of increased distractions, limited resources, and seemingly too much to do and she will share her wisdom on how to use the tools and strategies you need to avoid distractions, to focus on what matters most, and to reach and surpass your goals to be more successful than ever.

Fee: \$27.00 per person

316 Secrets of the Scanner: Be a Biomedical Engineer for a Day

Instructor: Will Grissom

Ever wondered what all the noise is in an MRI scanner, why it's so hard to see anything in ultrasound images, or which medical imaging techniques use radiation? Or, perhaps you're curious about the untapped potential in high powered MRI scanners, or about how low powered MRI could make imaging more affordable and accessible? Better yet, want to hear about the potential for MRI and ultrasound to work together toward relieving the need for opioids in [pain management](#)? Join Vanderbilt's Associate Professor of Biomedical Engineering, PhD, and USN parent [WILL GRISSOM](#) at the Vanderbilt Institute of Imaging Science. You will learn about how the most widely used medical imaging scanners work and get to play with working desktop models of CT scanners, ultrasound and MRI machines.

Fee: \$27.00 per person

317 & 323 Your Perfect Everyday Face

Instructor: Tim Evans

Join TIM EVANS, veteran in the cosmetics world at Nordstrom and Chanel Makeup Spécialiste, as he provide tips to enhance your everyday beauty routine. Tim will present a variety of skincare products that bring out the best in all different skin types and will answer questions and provide solutions for your specific needs. He will also demonstrate how to apply beautiful makeup that is quick and easy for every day.

Fee: \$27.00 per person

318 Style Night: New York Fashion Week Hairstylist Tips

Instructors: Naresh Patel

Ever wondered how to get that perfectly disheveled beach wave, or maybe you struggle with the ongoing battle with frizz? If you feel like your hair never looks as good as the day you leave the salon, than this class is for you. Join Truman Grey’s internationally trained stylists for an evening of Great Hair and Great Wine. With a combined 34 years in the industry, they will help guide you to your perfect hairstyle. The evening will begin with a brief introduction from [NARESH PATEL](#), stylist/owner of Truman Grey Salon + Market, who will give a “user friendly” explanation of what you should ask for during your next hair service. After learning the eccentricities of what to tell your stylist for the perfect cut/color, you will be divided into groups and taught the tips and tricks stylists use to give you that essentially perfect do. After a demonstration, you’ll get one-on-one time to make sure you can recreate this look yourself. All this will take place in a relaxed environment while enjoying wine and hors d’oeuvres. Age 21 and up.

Fee: \$27.00 per person

Materials Fee: \$40.00 per person

319 Dreamwork: Night Wisdom for Daily Living

Instructor: Laura Huff

When you wake up with a dream -- whether it's wild, mild, or totally terrifying -- you have a direct message from your unconscious. Is it saying anything useful? Certified Dream Consultant, Spiritual Director, member of the Nashville Jung Circle, and Haden Institute faculty member [LAURA HUFF](#) delves into how dreams can be seen as opportunities for insight, balance, and personal growth. Even your nightmares. In this two-part class, learn the basics of Jungian dream work and practice seven ways to work and play with dreams. Start bringing more night wisdom into your daily living, and see what happens!

Fee: \$27.00 per person

320 Make up Tips for the BOLD

Instructor: Tim Evans

If you love makeup but are looking for new and bold ideas, this is the class for you. Master makeup artist TIM EVANS, a Nordstrom veteran and Chanel Makeup Spécialiste, will teach you how to make your smoky eye smokier and your bold lip more impactful. Students will leave with step-by-step instructions on how to create a fun and flattering evening look.

Fee: \$27.00 per person

322 Salt Cave and Self-Guided Reflexology

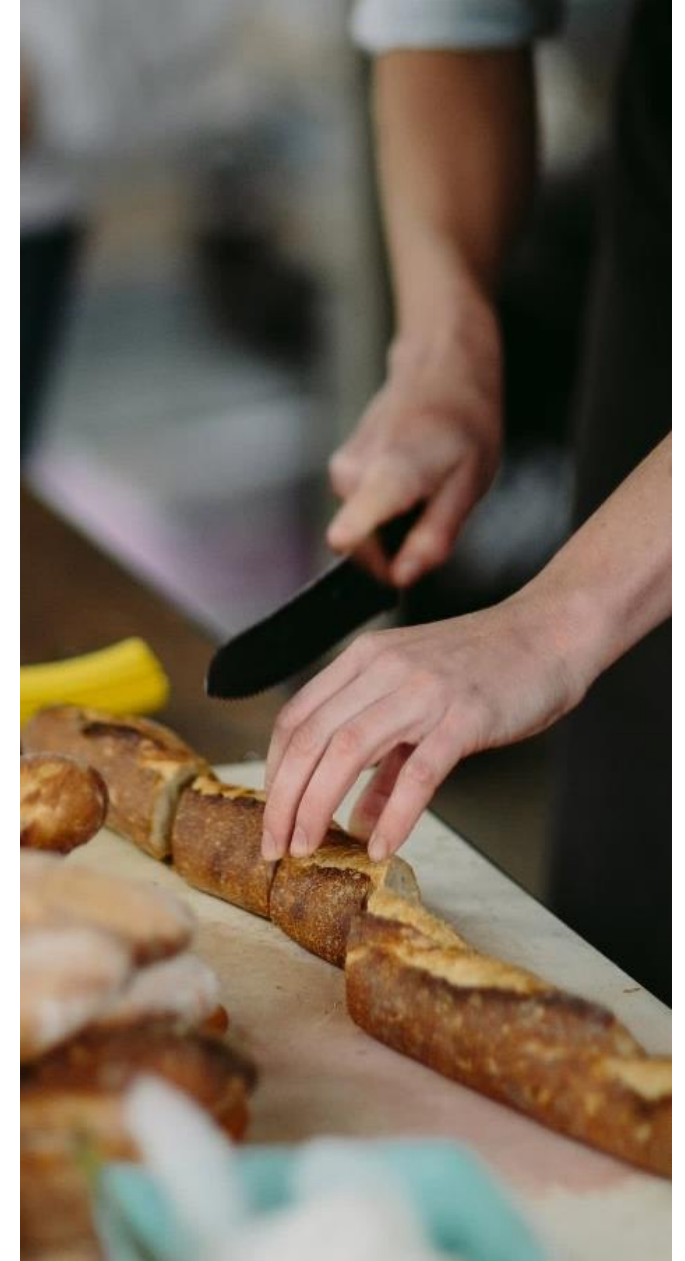
Instructor: Connie Chang-Tallman

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



400: COOKING AND CULINARY EXPERIENCES



401 & 446 Cooking Sustainably Using Local Produce With Husk Executive Chef Katie Coss

Instructor: Katie Coss

Chef [KATIE COSS](#) of Husk leads this class on how to cook with the seasons (with help from her farmer friends). With tips from finding the best produce at the farmer's market to making preserves through canning, Chef Coss provides insight into how you can use Nashville's seasonal produce and sustainable farmers while cooking at home in thoughtful and exciting ways. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$35.00 per person

402 The Magic of Naan

Instructor: Surinder K Johl

Instructor [SURINDER JOHL](#) takes the mystery out of making naan bread when she teaches you to mix, roll and bake the perennial Indian favorite. Participants will make plain and garlic naan. At the end of the night, enjoy the fruits of your labor with a meal of naan served with Kheema, made with ground beef and peas along with Baingan, a roasted, mashed eggplant dish. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$25.00 per person

403 & 442 Cooking Pasta From the Heart

Instructor: Joey Molteni and Hayley Teague

Join Hathorne's Executive Chef [JOEY MOLTENI](#) in their private dining room for a pasta cooking class which will explore using ingredients that are available locally and regionally year round. Wines will be curated by Hathorne's very own Beverage Director HAYLEY TEAGUE. The focus will be on one dish, one wine, and one cocktail that can be served together that is simple, yet offers a layered complexity to the palette. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$35.00 per person

404 Tea Time at Downton Abbey

Instructor: Beverly Williams

If you miss the Crawley family or are a devoted Anglophile, BEVERLY WILLIAMS, a personal chef, and USN parent, whose passion is pastry, will help you return once more to Downton Abbey for a delightful afternoon tea. Get into the kitchen with your inner Mrs. Patmore and create an array of delicate but delicious scones and tea sandwiches—including goat cheese and fig canapes, smoked salmon pinwheels, quinoa cakes, and mint, cucumber and tomato sandwiches, and as a grand finale to your delectable tea, the lauded Mrs. Beeton's Apple Charlotte. Age 21 and up.

Fee: \$37.00 per person

Materials Fee: \$35.00 per person

405 & 441 Learn to Cook Middle Eastern Food - the Lyra Way

Instructor: Hrant Arakelian and Elizabeth Endicott

Chef and USN alumnus HRANT ARAKELIAN, along with pastry chef, beverage director, and wife ELIZABETH ENDICOTT will delight you in this new class introducing you to the vivid flavors of Middle Eastern food inspired by the menu at East Nashville hotspot Lyra. Learn the secrets of Lyra's hummus, how to blend spices and the hands down best way to cook lamb. All of this will be accompanied by Lebanese wines from the restaurant and all kinds of goodies and surprises from Chef Arakelian. Age 21 and up.

Fee: \$37.00 per person

Materials Fee: \$50.00

406, 411 & 439 Learn the Art of Indian Street Food at Chaatable

Instructor: Tom Eckert

"Chaat" is the Hindi word for "lick". Chaat is a broad category of Indian cuisine and also the common term used for the flavorful, hand-held bites of Indian street food; typically served at roadside tracks and food carts throughout India. Take a journey to India (in the heart of Nashville) and join Chef TOM ECKERT at Chaatable for this class where you will learn all about Indian street food and Chaat. Feast your eyes as well as your palette and enjoy's Chaatable's amazingly vibrant colors, flavors, smells, and sounds. Crunchy. Creamy. Colorful. Salty. Tangy. Spicy. Savory. Sweet. A class filled complete sensory overload that will have you licking your lips, fingers, and leave you feeling like you've walked into an Indian Bazaar. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$50.00

407 Mastering the Basics: A Beginners Guide to Knife Skills and Cooking

Instructor: Gairdt Edwards

Ever wondered how professionals can slice'n'dice their way through an onion with such speed and precision? Wonder no more...join Barley to Rise owner and chef [GAIRDT EDWARDS](#) as he teaches you some basic knife skills (along with instructing on blade safety) by demonstrating on everyday ingredients such as mushrooms and onions. Chef will then put those ingredients to use by showing you how to make a chicken penne Marsala. Chef Edwards will also demonstrate how to bake a basic focaccia to accompany your delicious meal. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

408 & 437 The Eat, Drink, Nada Experience

Instructor: Julio Canales

Come and join General Manager JULIO CANALES of [Nada](#) and experience the tastes and flavors of Mexico. This interactive class will begin with a fully loaded queso and guacamole paired with a Cerveza Paloma. Next, you will enjoy a tasting of their signature Caramelized Cauliflower and Mexico City Pastor tacos paired with The Nadarita – Nada's version of a premium margarita. The evening will end with a butterscotch flan served with a Reposado Mexican hot chocolate. And, if that's not enough, Nada's Culinary Director has a surprise in store for class participants. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

409 The Art of Making French Macarons

Instructor: Beverly Williams

Join personal chef and USN parent BEVERLY WILLIAMS as she demonstrates the art of making French macarons. These sweet meringue-based confections are elegant, delicate, and delicious treats that are perfect for any occasion. Bring Your Own Tea Cup (BYOTC) and learn the techniques of this charming French pastry while enjoying a cup of tea and finger sandwiches. You will walk away with an introduction to how to create French macarons in your own kitchen. Age 21 and up.

Fee: \$37.00 per person

Materials Fee: \$25.00

410 Cooking for Date Night

Instructor: Darryl Dinning

The best way to a person's heart is through their stomach. Chef DARRYL DINNING of [Panache Catering](#) will prove it by crafting the perfect romantic dinner menu for date night. Start with an appetizer of little lamb chop dippers accompanied by a chili pepper sauce, followed by mains consisting of roasted salmon (with Mom's sauce) served on a bed of bay leaf steamed rice and a side of string beans with pine nuts. Cap off the night with a dessert of classic, old school bananas Foster. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$45.00

412 High Tea with the Esoteric Vegan

Instructor: Shalene France Gray

Join USN parent SHALENE FRANCE GRAY of [Esoteric Vegan](#) for High Tea, vegan style. There's something magical about the ceremony of a high tea celebration. Take some time to sit back and enjoy a little conversation and relaxation with new friends, all the while sipping on divine teas and eating tasty vegan treats. Savor Shalene's vegan version of this British tradition. Age 21 and up.

Fee: \$37.00 per person

Materials Fee: \$40.00

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

Instructor: Marcia McKeogh and Margee Brennan

Join chef, baker, Diva Catering's 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: \$25.00

414 & 444 Pasta Making At Nicoletto's Pasta Factory

Instructor: Danny Nicoletto and Ryan Nicoletto

DANNY and RYAN NICOLETTO, Italian brothers obsessed with quality pasta, invite you to their Pasta Factory, Nicoletto's in East Nashville, for an intimate experience in pasta making and Italian food. Groups will work together and select different shapes of pasta to create and take home as well as enjoy a fresh pasta meal at [Nicoletto's](#). This class will educate on different types of flours and machinery used in pasta production. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$50.00

415 & 424 Exploring Figs with Chef Deb Paquette

Instructor: Deb Paquette

Discover the unending culinary possibilities of dried figs in this exciting new class with chef DEB PAQUETTE of restaurants [Etch](#) and [Etc](#). Think: fig pickles, fig vinaigrette, fig and taleggio bruschetta, fig ice cream and even fig cocktails. Chef Paquette plans to surprise and delight you with a showcase of four figgy dishes from four of her favorite local chefs. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$37.00

416 Healthy Cooking With a Seasonal Harvest

Instructor: Darryl Dinning

Satisfy the palette and stay healthy with Chef DARRYL DINNING of [Panache Catering](#). Chef Darryl will prepare simple dishes with fresh ingredients that are plentiful enough to repeat throughout the harvest season. On the menu is a kale salad with roasted butternut squash, apples, and pomegranates; drizzled with a maple walnut dressing. Next up, green beans with caramelized shallots, along with a mustard and herb crusted pork loin with apples and onions, a bourbon salmon with candied pecans and roasted asparagus, and finally a Dijon-roasted Brussels sprout. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$45.00

417 & 425 Biscuits and Bourbon

Instructor: Karl Worley and Chris Chamberlain

A biscuit making class paired with bourbon sipping. Chef and USN parent [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: \$35.00

418 & 440 Indian Cooking 101

Instructor: Surinder K Johl

Instructor [SURINDER JOHL](#) will lead participants step-by-step through how to create a fine a 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 MENEELY 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

420 Classic Creole Creations

Instructor: Darryl Dinning

Chef DARRYL DINNING of [Panache Catering](#) hosts this master class of classic Creole creations. Study the techniques and receive tips on how to prepare the perfect gumbo, jambalaya, BBQ shrimp, and lobster bisque. Spice up your winter dinner table and bring a slice of Nola into your home. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$45.00

421 Risotto at Home

Instructor: Marcia McKeogh and Margee Brennan

A smooth and creamy Italian staple, risotto has earned a well-deserved spot on the list of all-time favorite comfort foods. There's no need to be intimidated - chef and baker MARCIA MCKEOGH of Diva Catering will show you how easy it can be to make a consistently delicious risotto in your own kitchen. Participants will sample: Grilled Shrimp, Sage and Pancetta Risotto - Chianti Risotto with Lemon, Swiss Chard and Shaved Parmesan - Farro Risotto with Sausage, Fennel and Squash. Great cooking isn't about recipes - it's about techniques. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$35.00

423 Designer S'mores with the Bang Candy Company - for Adults

Instructor: Sarah Souther

Enjoy a cozy evening with friends making gourmet candies while sipping signature cocktails. Owner and artisan candy connoisseur [SARAH SOUTHER](#) will welcome you at Bang Candy's HQ in Marathon Village for a fun evening making designer S'mores. Begin with the basic marshmallow, advance to tempering chocolate, graduate to shortbread cookies, and finally, elevate to putting together the ultimate decadent treat...you'll definitely want S'mores! Sip on an infusion of Prosecco and Bang Candy syrups to cap off a most excellent, delicious evening. Age 21 and up.

Fee: \$40.00 per person

Materials Fee: \$35.00

426 Wood-burning Oven Pizza Class at Lockeland Table

Instructor: Darryl Dinning

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

427 French Dinner With Friends

Instructor: Guenievre Milliner

This year, Nashville's very own [Little Gourmand](#) GUENIEVRE MILLINER is back, bringing 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 mushroom cappuccino, followed by l'entrée of honey glazed salmon filet and finally, finished with a Gateau Saint Germain (made with almond, Kirsch, and lemon) dessert. Bon appétit! Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

428 Cookie Decorating

Instructor: Juanita Traugher

This sweet class is for aspiring and experienced bakers. Join USN's Communications Director and former bakery owner, JUANITA TRAUGHER 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 Back for Seconds

Instructor: Sam Tucker

If you enjoy watching "Chopped" on Food Network and looking for new ways to use what's in your refrigerator, this is your class. Spin those old vegetables into a new frittata or soup. Use those condiments on the shelf in fresh new ways. SAM TUCKER, the owner/baker at [Village Bakery and Provisions](#), will share his chef garde manger's tricks and show you how to create delicious new meals from the assorted foods in the refrigerator and pantry. Age 21 and up.

Fee: \$37.00 per person

Materials Fee: \$18.00

430 Cooking With Fish: Weeknight Meals

Instructor: Charles Hunter

This class is all about making one-pan meals with fish being the key ingredient. CHARLES HUNTER III of [The Salted Table](#) presents a menu of cod stew, trout & grits, and salmon pasta. Chef Charles will also share a family fish dish his great grandmother used to make for breakfast. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$45.00

431 Croissants and All Things Viennoiserie

Instructor: Sam Tucker

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

432 The Art of Breakfast For Dinner

Instructor: Charles Hunter

Turn culinary preconceptions upside down. Chef CHARLES HUNTER III of [The Salted Table](#) will teach you how to make breakfast foods with whimsy and a little precision. Learn the art of making the perfect eggs, savory French toast, and how to make quiche (without a recipe). Chef Charles will even share the secrets of his grandmother's favorite breakfast dish, the grit bowl. Age 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

434 A Classic Southern Cocktail Party with Emily and Sallie

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](#). 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 members of Les Dames d'Escoffier will serve up their favorite small bites and signature cocktails as well as provide tips on hosting and serving your very own Southern cocktail party. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$30.00

435 A Thai Dinner Party

Instructor: Sanom Poss

Thai native [SANOM POSS](#) brings her culinary skills to teach you how to assemble an authentic Thai dinner from start to finish. The menu starts with an appetizer of steamed dumplings, followed by salmon cooked in banana leaves, and finished with a coconut flan dessert. Sanom's simplified approach to cooking will be guaranteed to make Thai recipes accessible to chefs of any level. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$30.00

436 & 445 An Introduction to Sushi With O-Ku Nashville

Instructor: Eric Hill

Join chef Eric Hill from [O-Ku Nashville](#) as he introduces you to the art of making sushi. Start at the beginning, with preparation and breaking down of the fish; followed by an exploration of accompanying Japanese ingredients. Finally, Chef will show you how to perfect your rolling technique by making a Makimono-style sushi. Enjoy sushi whilst diving into sushi theory, covering how it has progressed through history. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$50.00

438 How to Izakaya - Bar Food the Japanese Way

Instructor: Jess Benefield

An Izakaya is a popular type of Japanese drinking establishment crossed with a relaxed, casual dining experience. Modern Izakayas have elevated the art of drinking thanks to the modern palate, as typically a tapas-style menu is paired to the alcohol on offer. It is usually best enjoyed at a slower pace than the comparable Western pub or tavern. Boasting Nashville's only certified sake sommelier, Chef JESSICA BENEFIELD of [Two Ten Jack](#) and [The Green Pheasant](#) hosts this class on learning the art of the Izakaya...what is typically offered and how to make a few of Chef's favorites, all using readily available local produce and served with a paired cocktail. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

443 Make Fresh Pasta at Home With Chef Chris DeJesus

Instructor: Chris deJesus

[CHRIS DEJESUS](#), Chef de Cuisine at [MStreet Entertainment Group](#) (Virago, Moto, Kayne Prime, Saint Añejo, and Whiskey Kitchen) brings his Michelin-starred experience to this intimate night of exploring the magic and simplicity of freshly-made pasta. Using minimal and basic tools, he'll walk you through some recipes and techniques used in the production of handmade pasta, illustrating the point with a couple of different shapes. Participants will then make a couple of dishes to enjoy with the freshly-made pasta. Age 21 and up.

Fee: \$37.00 per person

Materials Fee: \$25.00



500: WINE, SPIRITS, BEER, AND ENTERTAINING



501 Sake, Koji, and the Importance of Umami at Proper Sake

Instructor: Byron Stithem

Multi-discipline culinarian [BYRON STITHEM](#) returns to USN for this engaging evening of discussion (and consumption) of koji and umami powered food and beverage at Proper Sake Company. This evening will highlight that mysterious 5th taste through the enjoyment of sake, koji beer, dumplings, and other related ferments. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$45.00

502 Perfect Pairings: The Art of Pairing Food and Wine

Instructor: Sylvia Ganier and Richard Jones

Does choosing a wine to accompany food seem mysterious, arcane or just plain confusing? Join the super knowledgeable Chief Farm Operator and chef SYLVIA GANIER of [Green Door Gourmet](#) and chef RICHARD JONES for this exciting new class in which you will enjoy four delectable dishes paired with wines which complement them perfectly. You will learn the ins and outs of pairing wine with food and will leave with a newfound confidence and appreciation of the art of perfect pairings. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$25.00

503 A Wine-Tasting Culinary Journey Through Italy

Instructor: Marcia McKeough

Join chef and baker MARCIA McKEOGH of Diva Catering together with wine expert SCOTT STONE of [100% Italiano](#) as they take you on a tour through the cuisine art of Italy, melding a traditional Italian four-course menu of fresh, local produce with a curated selection of Italian wine. First up on the menu, antipasti of assorted crostini with cheese, herbs, and cured meats paired with a sparkling wine. For il primo, a shrimp risotto with a matching Cortese di Gavi wine. Secondi will be a roast pork loin and grilled eggplant with a spinach and chard sauté. Contorno will be a simple chopped salad, all served with a matching Barolo wine. Finally, save room for la dolce, a traditional tiramisu served with Prosecco. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$75.00

504 Handcrafted Signature Cocktails at the Rambler

Instructor: Sam Clarkson and Brian Fill

Join Rambler mixologists SAM CLARKSON and BRIAN FILL as they serve their signature, handmade cocktails at the [Rambler](#), located underneath the [Sutler Saloon](#) in the vibrant Melrose area. Watch and learn as they sling their signature cocktails - the Silk Road (vodka, orgeat, lemon, cucumber), the Haymaker (Old Forester 100, amaro, banana, cacao), and the Bee's Knees (gin, honey, lemon). Learn their secret mixes as you enjoy a matching plate of hors d'oeuvres. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

505 Pretzel Twisting and Beer Tasting at Von Elrod's

Instructor: Hillary Holmes

Join the General Manager of [Von Elrod's Beer Hall and Kitchen](#), HILLARY HOLMES for a lesson in pretzel rolling and twisting, plus a tasting across a variety of beer profiles. Pretzel mustards and beer cheese included. Each participant will roll 2 Pretzels and taste a variety of beers. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$35.00

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: \$49.00 per person

Materials Fee: \$30.00

507 Salud! Spanish Wine and Tapas

Instructor: Julia Sullivan and Alex Burch

Say ¡Hola! to a delicious selection of Spanish wine and food pairings. From the refreshing Albariños of Rias Biexas to Cava and Tempranillo, deep dive into an array of diverse varietals from Spain's diverse regions with ALEX BURCH, Level 4 Sommelier and Wine Director at Bastion. A delicious spread of matching food will be supplied by chef/owner of [Henrietta Red](#), [The Party Line](#), and USN alumna JULIA SULLIVAN . Age 21 and up.

Fee: \$35.00 per person

Materials Fee: \$65.00

508 Wines of Southern Italy

Instructor: Phillip Patti

Unique grape varieties, innovative growing and production techniques, and a group of young, engaging winegrowers are rapidly changing the wines of Southern Italy. WSET Diploma and wine entrepreneur [PHILLIP PATTI](#) will lead participants on a tasting adventure of the great wines from the south of the country, covering the Campania, Basilicata, Calabria, Puglia, Sicilia and Sardegna wine-making regions in detail. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

509 The Wines of the Loire Valley

Instructor: Phillip Patti

Of all the French wine regions, the Loire Valley offers the greatest variety of styles, grapes and flavors. WSET Diploma and Northwest wine expert [PHILLIP PATTI](#) leads this wine tasting journey, showcasing 8 representative wines which demonstrate this diversity. Explore the flavors from the Atlantic coast to the heart of central France (some 380 miles from the mouth of the Loire river) covering the Sancerre, Chinon, Muscadet, and Vouvray regions, as well as some of the lesser-known areas along the way. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$40.00

510 The Art of the Table

Instructor: Angie Cook

Join Executive Director of the Wonderful Life Foundation and Co-founder CEO of Hester & Cook Design Group [ANGIE HESTER COOK](#) as she incorporates a fresh perspective on the basics of table setting. Create a fun, engaging tablescape for your guests whilst exploring topics around party hosting; from entertaining to serving. Age 21 and up.

Fee: \$49.00 per person

511 From the Aztecs to Modern Times - A Historical Chocolate Tasting

Instructor: Sophia Rea

Stories and sweet sensations deliciously collide in the name of chocolate. Chocolate sommelier, proponent of the Slow Food movement, and owner of Projet Chocolat [SOPHIA REA](#) takes you on a unique journey as you eat your way through chocolate history, exploring its surprising suitors. Accompanying her presentation, Sophia will display artifacts taken from her personal chocolate museum. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$25.00

512 How to Store and Age Wines – an Exploratory Tasting

Instructor: Thomas Haehn

What does aging wine do to the taste of a wine? How long should a bottle be aged for? The unfortunate truth is that most wine collectors will end up with a bunch of old, undrinkable bottles in their cellar. Instructor [THOMAS HAEHN](#) imparts his experience and knowledge as a certified specialist of wine with more than 46 years in the wine industry and as the U.S. importer for his family-owned Von Schleinitz Estate in the Mosel valley of Germany. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$25.00

513 Juniper Green's Guide to Grazing Tables - A Tasting Experience

Instructor: Molly Martin

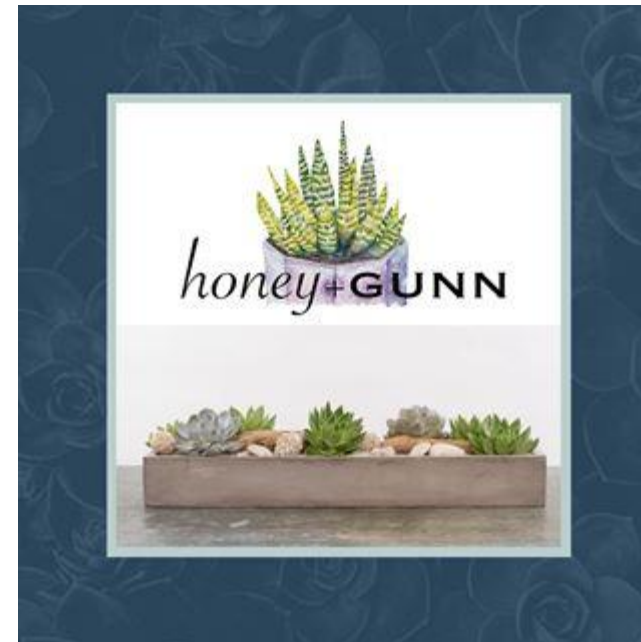
Grazing tables are trending right now, for good reason. A well curated grazing station can elevate your event from memorable to unforgettable. In this class, [Juniper Green's](#) MOLLY MARTIN shows you how. She'll start by guiding you through the ingredient selection process by featuring cheese, charcuterie, and meze boards. Then, accessorize using homemade pickles, jams, spreads, and flatbreads. Finally, harmonize these elements into an Insta-worthy display. You'll also get a chance to experience Nashville's unique culinary incubator, [Citizen Kitchens](#), located in the new Hunter's Station development. Age 21 and up.

Fee: \$49.00 per person

Materials Fee: \$30.00



600: HOME AND GARDEN



601 Selecting the Right Contractor: Renovate How You Innovate

Instructor: Lynn Taylor

Finding and interviewing contractors is time consuming and not always easy. Hiring the wrong contractor or remodeler for your project can cost you stress, weeks of wasted time and possibly thousands of dollars. In this class, designer [LYNN TAYLOR](#) will provide information on how to differentiate the right contractor from the best contractor – for your specific home project. This means learning how to ask the right questions, looking out for hidden agendas, reviewing change orders, and communicating your expectations to the contractor. If you have a project in mind, take this class to save time and gain peace of mind.

Fee: \$27.00 per person

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

605 A Practical and Hands-On Eater's Guide to Regenerative Farming

Instructor: Amy Price Neff

Regenerative farming techniques help to enrich soil fertility by increasing biodiversity, which in turn results in food that sustains human health. Meeting at Copper Beech Farm, join Fellowship-trained integrative physician, St Thomas doctor, USN parent and Nurse [AMY NEFF](#), along with USN alumnus [HOLT AKERS-CAMPBELL](#), and Nashville Chew Crew owner [ZACH RICHARDSON](#) in this hands-on workshop where participants will explore the Farm's lifecycle, from building soil health to the food on the plate. Participants will take part in harvesting and processing a live sheep, while discussing aspects of how ruminants participate in soil fertility, the concept of carbon capture related to ruminants, and how monoculture farming can impact human health. Participants will then get to take a share of the grass-fed meat home. Age 21 and up.

Fee: \$27.00 per person

Materials Fee: \$40.00

606 Garage Apartments, Tiny Homes and You

Instructor: Lynn Taylor

If you are thinking about building a garage apartment or tiny home, for family or rent, this class is for you. Understanding the zoning and different ordinances about the Detached Accessory Dwelling Unit (DADU) can be very difficult and designer [LYNN TAYLOR](#) will walk you through the particulars, to save you stress, time, and money. Participants will learn about the Detached Accessory Dwelling Unit (DADU) Ordinance, safety issues, how to heat and cool small spaces, costs, contractors, and more

Fee: \$27.00 per person

607 DIY Succulent Design

Instructor: Lola Honeybone and Anne Gunnels

Instructors LOLA HONEYBONE and ANNE GUNNELS from [Honey + Gunn](#) bring their unique aesthetic in succulent design to this class. Using a range of provided vessels, participants will build a contemporary or traditional centerpiece using a mixture of oversized haworthia, echeveria, and aloe. Choose from a wide selection of accents to bring added color and texture, from chunky quartz, agate, and amethyst. Finally, add personality to your finished piece with porcupine quills, geodes, and living moss.

Fee: \$27.00 per person

Materials Fee: \$75.00

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 a homeowner considering a whole home renovation project or are you simply interested in learning about current trends in design/build? Join local contractor and USN alumnus [Hilson Merrill](#) along with his team of designers as they share what's trending in home design and construction. During this session, Hilson and team will dive into the benefits of partnering with a Design+Build firm as opposed to the traditional architect/contractor model. They will also share the top questions to ask when choosing a contractor and will explore design elements that are splurge worthy in order to achieve the best ROI for your dream home renovation project.

Fee: \$27.00 per person

610 Let's Feed the Birds - Not the Squirrels!

Instructor: Anita Schmid

Furry critters in your yard frustrate you? Find out how to discourage raccoons, squirrels, and chipmunks as well as invasive bird species such as starlings and grackles from cleaning out your bird feeders. In this class for the budding ornithologist, USN parent of alumnae and retired faculty member ANITA SCHMID, along with DIANA TENNISON from locally owned [Wild Birds Unlimited](#) and avid backyard birder SUSAN HIPKENS will help you identify the birds that you can expect to see in Nashville and teach you how to attract them to your yard. Learn about different seeds and examine a variety of feeders that will be on display. By the end of the evening you'll have several new ideas for an efficient and enjoyable critter-free system in your yard.

Fee: \$27.00 per person



700: ARTS AND HOBBIES



**Pearl
Knotting
101**



701 Acrylic Pour Painting

Instructor: Jennifer Walls

Jump into the exciting world of paint pouring and instantly create dazzling, abstract art with instructor JENNIFER WALLS at the helm. Paint Pouring is the hottest trend in abstract art, a way to combine fun and colorful colors with nouveau techniques such as the dirty pour or flip cup method to manipulate paint in exciting ways. Creating mesmerizing paintings is just a pour away, so take this class and unleash your abstract self. No experience is necessary. All supplies are included. You are sure to love your finished piece.

Fee: \$37.00 per person

Materials Fee: \$50.00 per person

702 Linoleum Printmaking

Instructor: Emma Bradford and Leighton Lancaster

Linoleum Printmaking is a versatile and exciting way to create images on a variety of surfaces. In this hands-on class [EMMA BRADFORD](#) and LEIGHTON LANCASTER, creators of the Little Art House, will teach you to create stamps for patterns or an original image in a variety of colors. Participants will be cutting into multiple pieces of linoleum to create patterns on paper and teacloth. It's a great way to learn about and explore the process of this fine art form.

Fee: \$37.00 per person

Materials Fee: \$25.00 per person

703 Jamming Made Easy with Victor Wooten

Instructor: Victor Wooten

Approaching a jamming session is as simple as having a conversation. Join USN parent, five-time Grammy winner, and voted by Rolling Stone Magazine as one of the "Top Ten Bassists of ALL TIME" VICTOR WOOTEN as he works with you to make musical magic. Players of all levels and all instruments, from beginners to advanced, are invited to join.

Fee: \$37.00 per person

704 Painting Digitally with Procreate

Instructor: Renee Bates

Artist and returning instructor RENEE BATES leads this introductory class on digital drawing and painting tools using the highly-rated iOS/iPadOS Procreate application. Procreate can be used as a studio tool to digitally edit photos of in-progress paintings before applying additional paint to a physical canvas. This class will be demonstrated using an iPad Pro with stylus pen. You may observe with no equipment purchase necessary or bring your own device with the application installed and follow along.

Fee: \$37.00 per person

705, 714, 719 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 per person

706 Abstract Acrylic Painting

Instructor: Leighton Lancaster

Do you have a blank wall that could use a little pizzazz? Or have you always thought about painting but are unsure of where to start? Abstract painting can be intimidating but with this process of building layers of thin color and line, any one can learn how to create a beautiful work of art. LEIGHTON LANCASTER, owner of Little Art House, will guide students through this engaging class focusing on color, art, and feeling. Participants are encouraged to bring a swatch of fabric, object, or anything that indicates a color scheme they'd potentially like to match (photos, unfortunately, do not translate color as well but can always be attempted). Sign up and learn how to create the colors you need and how to use them in thin layers to create an abstract work of art.

Fee: \$37.00 per person

Materials Fee: \$20.00 per person

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 Designs 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 maven 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 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, board game guru and USN parent 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 board game cafe, Game Point. Join them for a fun evening and never look at family time the same way again.

Fee: \$27.00 per person

712 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 per person

713 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

715 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

716 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

717 Sell Your Clothes and Stuff Online for Money

Instructor: Carrington Fox and Melissa Wellons

If your closets are closing in with clothes and tchotchkes you're never going to wear or use, then learn to turn that unwanted stash into cash. Join neighbors, online sellers, and USN parents MELISSA WELLONS and CARRINGTON FOX for a mad dash through online selling options such as Poshmark, eBay, Amazon, The Real Real, Thred Up, and Facebook Marketplace, to find online sales outlets that make the most sense for you. Once you see how easy it is to list and ship your items, you'll be ready to tidy your closets, fill your wallet, and have fun while doing it.

Fee: \$27.00 per person

718 CircleSong

Instructor: Jamison Sevits

CircleSong is a form of community singing like no other. Inspired by several indigenous cultures around the world, master vocalist, Bobby McFerrin, developed CircleSong as a form of spontaneous a capella music. For over a year now, Jamison Sevits, who recently studied with Bobby in 2018, has been facilitating Nashville's own version of this practice with a growing community of CircleSingers. This practice is for absolutely all levels of singing, and no group singing experience is required. Every voice has a place in the circle and in this class. A number of past participants who expressed having little confidence in their singing have reflected that this experience not only helped build comfort and confidence in their own voice, but was also a chance to let loose, meet new people, and have a great time in the process. In this class we will explore a variety of ice-breaker activities and singing games that help get people into their bodies, out of their heads, and ready for some fun. Singers will also gather, often in a circle, while Jamison and participant volunteers lead the group in a wide variety of improvised songs. There is no planning or rehearsing, as songs of all sorts emerge completely from in-the-moment inspiration and creativity. CircleSong not only has the power to create fun and compelling music, but can also be a transformational experience of nurturing community, trust, and imagination. Please join us for an unforgettable experience! Please bring comfortable clothes to move in and water to drink.

Fee: \$27.00 per person



800: SPORTS AND FITNESS



801 The Swing Era: Dance & Culture

Instructor: Yue Yuan and Jacob Roberts

Throw yourself into the swing of things with this introductory course into the swing dance revival culture. Join instructor and USN English teacher [YUE YUAN](#) with dancing partner JACOB ROBERTS, and dive into the world of 1930s jazz dance. Engage yourself in a lesson to help you pay homage to the late and great Harlem dancers of the Savoy Ballroom. Learn to pulse with the fabulous beats of Count Basie, Jimmie Lunceford, and Chick Webb. If this doesn't get you swingin', nothing will.

Fee: \$27.00 per person

802 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

803 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

804 Argentine Tango Dancing

Instructor: Ramzi Mardam-Bey and Arianna Talaie

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

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

806 Absolute Beginners Yoga

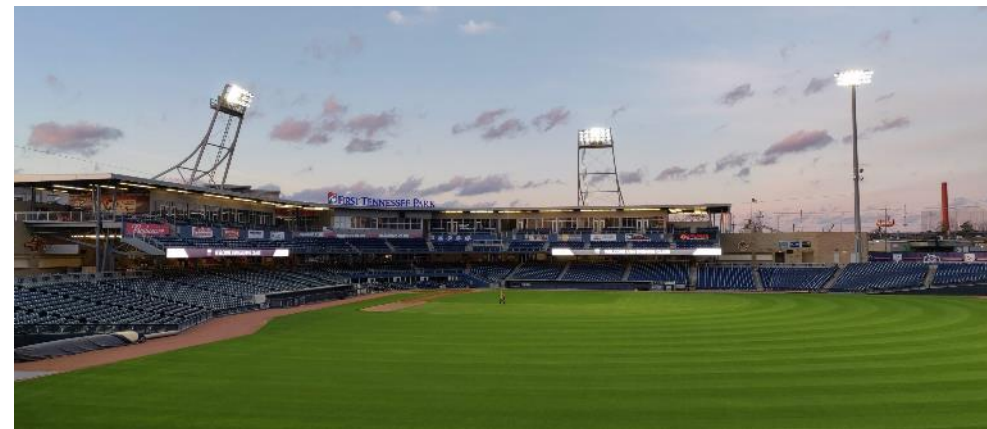
Instructor: Corrine Dennison

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



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 Belle Meade Mansion Tour

Instructor: Erica Dahlgren

The story of Belle Meade comes alive, as you are guided through the mansion and learn about the exceptional and intimate stories of the various people that created [Belle Meade Plantation](#). Throughout the 45-minute guided tour of the Greek-Revival Mansion, a century of the plantation's history is told through the stories of the Harding-Jackson Family. As a special treat, your tour will end at the Belle Meade Winery where you will enjoy a complimentary sampling of wine including traditional Muscadine and Blackberry wines as well as a selection of their red, white, and sparkling wines. The winery will also offer one complimentary glass of wine of your choice to enjoy as you complete your visit with a self guided tour of the grounds and outbuildings. Age 21 and up.

Fee: \$27.00 per person

903 Frist tour of the "J.M.W. TURNER" exhibition

Instructor: Teri Cohen

USN alumna, USN grandmother, and [Frist Center for the Visual Arts](#) docent TERI COHEN leads a tour of the exhibit from Joseph Mallord William Turner (1775–1851). Considered to be among the greatest landscape painters in Western art, Turner strove to convey the feeling of awe aroused by nature's immensity and power. The exhibition includes paintings, watercolors and sketches from The Tate Museum's Turner Bequest.

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 per person

Materials Fee: \$28.00 per person

906 A Night at the Symphony - Beethoven's Birthday Bash

Instructor: Misty Cochran

Enjoy a night with Nashville's Grammy-winning orchestra at the exquisite [Schmerhorn Symphony Center](#) to celebrate Beethoven's birthday. 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 followed by a meeting with conductor Giancarlo Guerrero and pianist Barry Douglas. Finally, take your seat to enjoy the Beethoven performance of the night, opening with the operatic Leonore Overture No. 3, continuing allegro con brio with Piano Concerto No. 1, and crescendo with Symphony No. 3, "Eroica"; all performed 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 per person

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 Explore the Nashville Predators at Bridgestone Arena

Instructor: Willy Daunic

Predators fever has taken hold in Nashville after their smashing success as the 2017 Western Conference Champions, their trip to the Stanley Cup finals, and the President's Cup win last year. Get exclusive behind-the-scenes access in this class held at the Bridgestone Arena, home ice to the [Nashville Predators](#). Join play by play broadcaster and USN parent WILLY DAUNIC for a night of Predators storytelling, as he explores the team's history including presenting a "chalk talk", as well as talking you through how a Predators telecast works. Joining Willy will be members of the Preds TV team - Chris Mason, Lyndsay Rowley, and Kara Hammer. Let's go Predators! All ages.

Fee: \$37.00 per person



1000: ONE-TO-ONE INSTRUCTION



1001 One-on-One: Making the Most of your Resume/Curriculum Vita and Your LinkedIn Profile With Jane Hardy

Instructor: Jane Hardy

Strategic Career Counselor and USN parent JANE HARDY, M.Ed., of [Career Resources](#) will assist one participant in personal branding of a resume/curriculum vita and LinkedIn profile. A high-quality resume and LinkedIn profile will help you proactively and skillfully network, a strategy that leads to 80% of all jobs landed. When your name is entered into an online search, your LinkedIn profile will appear 90% of the time on the first page. A clearer understanding of your accomplishments and experience will give you a sense of direction that leads to better interviews, as well as greater long-term career satisfaction and reward. After sending her your resume for initial feedback, you will meet with Jane virtually (with user-friendly Zoom) for 2.5 hours to enhance both 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 \$480. Age 20 and up. Must be used by June 30, 2020.

Fee: \$250.00 per person

1002 One-on-One: Special Needs Planning – 10 Basic Steps With Trone Sawyer

Instructor: Trone Sawyer

As a caregiver of a dependent with special needs the single most important issue on your mind, regardless of the age of the dependent, is what will happen to my dependent after I'm gone. There are some needs that will always be present and they must be carefully considered and planned for appropriately. Spend time with Financial Advisor [TRONE SAWYER](#) and address critical issues such as applying for government benefits (Social Security and Medicaid), creating a Special Needs Trust, the importance of a Will and a Letter of Intent. Taking 10 basic steps now will help ensure the appropriate type of care and quality of life for a loved one's well-being today and tomorrow. Must be used by June 30, 2020.

Fee: \$0.00 per person – Generously donated by Trone Sawyer

1003 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

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, 2020.

Fee: \$100.00 per person

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, 2020.

Fee: \$75.00 per person

1006 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

1007 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, 2020.

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, 2020

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, 2020.

Fee: \$75.00 per person

1010 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, 2020.

Fee: \$75.00 per person

1011 Making Lasting Changes: One-on-One Health Coaching With Laura Yazdian

Instructor: Laura Yazdian

Join owner of [Healthy Paths](#) and USN parent [LAURA YAZDIAN](#) in this ninety minute, one-on-one health consultation. This session will individualize a program to help you achieve health goals and teach you ways to make realistic lasting changes to your overall health and wellness. Although many of us have the knowledge and tools to live a healthier lifestyle, sometimes we just need a plan to help get us there. Laura has worked with health and nutrition the past 10 years and started the Sunflower Cafe over eight years ago. Since then, she has received her Health Coach Degree and is currently finalizing her certification as a Functional Nutritionist. Must be used by June 30, 2019.

Fee: \$75.00 per person

1012 Cooking for Health: A One-on-One Cooking Lesson With Laura Yazdian

Instructor: Laura Yazdian

Join owner of [Healthy Paths](#) and USN parent [LAURA YAZDIAN](#) in a two hour one-on-one cooking lesson. Laura has worked with health and nutrition the past 10 years and started the Sunflower Cafe over eight years ago. Since then, she has received her Health Coach Degree and is currently finalizing her certification as a Functional Nutritionist. This session will personalize a cooking lesson that will teach you new techniques and new ways to cook easy, delicious, healthy meals. Class will include a lesson on workspace organization before and during cooking, to help you become efficient in the kitchen. As this class will be personalized, you can choose your area of focus or choose from a variety of prepared lessons by Laura. No matter your current level of cooking skills, there are always new things to learn. Must be used by June 30, 2019.

Fee: \$85.00 per person