

2011

The logo consists of two stacked rectangular boxes. The top box is light beige and contains the letters 'USN' in a white, serif font. The bottom box is dark grey and contains the words 'EVENING' and 'CLASSES' in a white, sans-serif font, stacked vertically. In the background, a faint circular seal of the University of North Carolina is visible, featuring a building and the text 'UNIVERSITY OF NORTH CAROLINA' and 'FOUNDED 1789'.

WHERE KNOWLEDGE IS BROADENED,

COMMUNITY IS STRENGTHENED,

AND OPPORTUNITY IS FOUND.

MUSIC | LITERATURE | ARTS | CAREER | COMMUNICATION | MONEY | COMPUTERS | FAMILY | HEALTH

University School Of Nashville
USN Evening Classes
January - April 2011

Greetings from 2000 Edgehill Avenue. Every year brings innovation and excellence to USN Evening Classes at University School, and never more so than this time around. With two community-wide lectures offered free to launch us and conclude, with a new look for our promotional materials, and with the earliest catalog release date ever, excitement abounds.

Welcome to our 18th year full of courses, instructors, and learners from a stunning range of topics and corners of our metropolitan area. Take time to browse the options in our studios, classrooms, kitchens, and other performance spaces, then sign up early and often.

Please remember that it's all made possible by the dedication of our umbrella association of families, faculty, and friends—the University School of Nashville Association (USNA). And consider also that every dollar of proceeds from our modest fees will fund need-based tuition assistance for students here in grades K-12. With the 2000+ signups we anticipate, the results will be life-changing.

We're delighted that you've found your way to this singular intersection of knowledge, community, and opportunity. Thanks for bringing it to life.

Let the learning begin,



Vince Durnan, Director
University School of Nashville

University School of Nashville Mission Statement:

USN models the best educational practices. In an environment that represents the cultural and ethnic composition of Metropolitan Nashville, USN fosters each student's intellectual, artistic, and athletic potential, valuing and inspiring integrity, creative expression, a love of learning, and the pursuit of excellence.

Accredited by the Southern Association of Colleges and Schools, University School of Nashville is an independent K-12 school with an enrollment of 1,000.

Contact Information:

University School of Nashville
2000 Edgehill Avenue
Nashville, TN 37212
615-321-8019
usneveningclasses.org

Registration Information

Registration begins Wednesday, December 8, 2010

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

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

How to register

Online: Go to www.usneveningclasses.org to sign up for classes. You must pay with a Visa or MasterCard.

Phone: Call 615-321-8019 between 9 a.m. and 3 p.m. weekdays beginning Wednesday, Dec. 8th. Have your class numbers and Visa/MasterCard credit card information ready. Please do not leave registration information on the voice mail system; it will not be processed. (Please note: USN is on Winter Break from Dec. 17-Jan. 3 and there will be no one in the office answering phones.)

Mail: Fill out the registration form in the back of the catalog. Mail it with your check (made out to USN Evening Classes) or your Visa or MasterCard credit card information to: USN Evening Classes, 2000 Edgehill Ave., Nashville, TN 37212.

General Information

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

Cancellations and Refunds

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

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

Visit <http://www.usneveningclasses.org> for the most up-to-date class listings and corrections, added classes and registration information and forms.

Evening Classes 2011 Volunteer Chairs

Co-Chairs	Betsy Hindman and Mary Silva Doctor
Curriculum	Linda Breggin, Chair, with assistance from Celeste Shepherd Betsy Hindman, Mary Silva Doctor, Willy Stern, Jane Hardy, Debra Alberts and Susan Pearlman
Class Scheduling	Angelia Cameron, Patti Steine and Lauren Koch
Publicity	Rena Malkofsky-Berger, Chair Betsy Hindman, Ann Shayne, Jane Groos, Jill Rourke, Tory Fitzgibbon, David Fox
Cooking Class Placement	Cherie Robbins and Caroline Farren
Data Entry	Diane Honda
Computer Support	Kay Knight
Distribution	Mary Atkins
Volunteer Recruiter	Lori Allen
Instructor Reminder	Tanza Farr
Off-site Logistics	Maxine Perlen
Treasurers	Beth Werther and Robin Barnes

USN Staff Assisting Evening Classes

Evening Classes Administrator	Debra Alberts with assistance from Susan Pearlman
Technology Assistance	Kathy Wicznerza, Jake Wilson, Krista Malloy, and David Maclean On-site Technology Support from USN student Ben Blakely
Classroom Logistics	Marte Beaty, Debra Alberts and Lee Ann Merrick
Communications	Connie Culpepper
Facilities Support	Charles Maumus, Erik Mash, Marte Beaty and Brad Schmittou
Website Manager	Steve Smail

Catalog

Catalog Writing Chair	Rose Mary Gorman with assistance from Tom Bailey, Alix Barzelay, Shelton Clark, Leah Dundon, Tanza Farr, Amy Harkness, Danica Jefferson, Robin Johnston, Jennifer Johnston, Ginger Sands, Rebecca Wagner
Catalog Proofing	Connie Culpepper with assistance from Debra Alberts, Susan Pearlman and Mary Silva Doctor
Brand Development and Design	Bailey Graphic Design
Printing	PrintNet USA –The Schreiber Family
USNA President	Amy Cooper

Contents

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900	Tours and One-on-Ones

A list of instructors with course numbers and school maps can be found in the back of the catalog.

101 Urban Music Production

Take an inside look at the sounds of urban music—hip hop, rap, urban pop—with Grammy award-winning producer, singer/songwriter, and USN dad SHANNON SANDERS. Shannon will discuss how individual instrumental and vocal sounds come together to create the unique sound known as “urban music.” A Tennessee native, Shannon has worked with musicians including India Arie, Robert Randolph, Jonny Lang, Jesse McCartney and many others. He has garnered several Grammy nominations for his songwriting and earned a 2003 Grammy for Best R&B album, “Voyage to India,” by India Arie. www.drewandshannon.com

Date(s): 1/20/2011 Time(s): 7:00 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

102 A Brand New Beat: Motown and the Soul of the '60s

Growing up in Detroit just a few blocks from Hitsville USA, USN dad DAVID WILLIAMS was a witness to living history, watching the people and events that brought Motown to life. David will share his memories and extensive knowledge of the people (including neighbor Clive Davis) and the songs that shaped this important era. Now Vice Chancellor for University Affairs, General Counsel and Secretary at Vanderbilt University, David remembers his roots and will happily share what was goin' on during that transformative time.

Date(s): 3/3/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

103 Songwriting for Nashvillians

You live in Music City USA, and you probably even know a few songwriters and musicians. But do you really know what their job looks like day-to-day? USN dad JAY KNOWLES is a native Nashvillian who has made a living writing songs for the last 15 years. His songs have been recorded by George Strait, Alan Jackson and Raffi, among others. In this class, Jay will talk about how songwriters spend their day, the journey of a song—from its creation to performance—and how a songwriter earns money from a song. Jay may even play a few songs and talk about how and why they turned out like they did.

Date(s): 2/1/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

104 Thanks for the Memories

Has anyone ever told you that you have an incredible life or asked if you've written your life story? Do you have thoughts that you want to put in print for yourself or your loved ones? Master memoir teacher SHEILA JACOBS offers this course for seniors who want to write, discover, heal, reinvent and share. You will discover why only you can write your life story, how to give yourself permission to do it, and explore some ways to empower yourself. We will talk about the people in your life. You will learn quick, easy and virtually guaranteed methods to spark memories. Age 55 and up.

Date(s): 3/1/2011, 3/3/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$45.00 Location: USN

105 Meet the Page: Creative Writing Workshop

Have you thought about, read about, or talked about writing? It's time to put pen to paper. Award-winning poet, teaching artist and USN mom KELLY FALZONE provides a safe place to play, experiment and stretch out on the page. Using prompts, exercises and a response circle, Kelly offers a kick-start for the idling writer. This class is for writers of all genres and levels. No prior workshop experience is necessary. Age 16 and up.

Date(s): 2/1/2011, 2/8/2011, 2/15/2011 Time(s): 6:30 PM - 9:00 PM
Class Fee: \$60.00 Materials Fee: \$3.00
Location: USN

106 Introduction to Old World Lutherie

In no city in the world are guitars appreciated as much as they are in Nashville. Few people on the planet know the art of building guitars like third-generation luthier MANUEL A. DELGADO, who demonstrates and speaks about the dying art of old world lutherie, or building stringed instruments by hand. Manuel will discuss his process and family history that dates back to 1928, when the business was founded. In a great class for any art lover, musician or anyone searching for inspiration to pursue a passion or dream, Manuel mixes the life lessons taught to him by his father and grandfather to explain his building process of a Delgado guitar. www.delgadoguitars.com

Date(s): 3/1/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

107 Insider's View of Hatch Show Print

Get a rare behind-the-scenes look at one of America's oldest working letterpress design and print shops. Located in downtown Nashville, Hatch has been in business since 1879. Recognized internationally as a leader in letterpress printing, Hatch Show Print has helped redefine the look of contemporary graphic design. Manager and “artcleptic” artist JIM SHERRADEN, co-author of *Hatch Show Print: The History of a Great American Poster Shop*, offers an evening filled with colorful stories and historical perspective along with a hands-on look at how the posters are printed. www.hatchshowprint.com

Date(s): 2/23/2011 Time(s): 6:00 PM - 9:00 PM
Class Fee: \$35.00 Location: Hatch Show Print, 316 Broadway, Nashville, TN

108 Insider's View of Hatch Show Print

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Date(s): 2/24/2011 Time(s): 6:00 PM - 9:00 PM
Class Fee: \$35.00 Location: Hatch Show Print, 316 Broadway, Nashville, TN

201 Employment Law Fundamentals for Business Owners

Starting a business is hard. It isn't enough to have a great product or idea; you must navigate a frustrating maze of regulations and logistics. USN mom LIZ WASHKO, a labor relations expert, trainer, and speaker, will give you the basic information you need to comply with applicable state and federal employment laws. While legal requirements will be the basis for the class, the impact for you will be practical guidance in key areas including drafting appropriate policies, managing difficult employees, and addressing employee complaints. Each participant will receive a copy of *Model Policies and Forms for Tennessee Employers*. Age 21 and up.

Date(s): 3/3/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

202 Let's Talk About Me: The Art of Self-Promotion

Is there anything more uncomfortable than talking yourself up? What do you say when people ask you about yourself, what you do, or what you (or your company) can do for them? It may not come easily, but we must all be fluent salesmen of ourselves and our talents. As a coach, trainer, and facilitator, award-winning communications consultant MARTHA (MARTY) NORD, Ph.D., is perfectly suited to help you learn the art of skillful self-promotion and sell yourself with confidence and grace. Seize this chance to learn how to get others to see what is best in you. www.nordconsultants.com

Date(s): 2/24/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

203 Can You Hear Me Now? Keys to Effective Communication

With some people it's like you don't even need words; with others, an interpreter and dictionaries aren't enough to successfully talk about the weather. In this course USN mom CHRISTY M. PRUITT-HAYNES, a seasoned human resources professional, helps you understand why communicating with some is a breeze and with others a burden. More importantly, she gives you easy tools to hone skills that will improve challenging work and social relationships—and even make good ones better. You will explore your communication style, learn how to quickly spot someone else's, and find strategies for making your styles work together for better communication.

Date(s): 2/17/2011 Time(s): 6:00 PM - 9:00 PM
Class Fee: \$35.00 Materials Fee: \$39.00
Location: USN

204 Top-of-the-Stack Resumés

Your resumé is your first foot-in-the-door for a job and will garner less than 30 seconds of a recruiter's attention. From word choice to paper quality to style to basic information, every aspect of your resume must demand a spot at the top of the stack. In this course USN mom CHRISTY M. PRUITT-HAYNES, a seasoned human resources and organizational effectiveness professional, will show you special tips and basic techniques that will make sure your resumé shows off your skills and knowledge quickly, effectively, and persuasively. Bring to class your current resumé and a job description or ad you would like to target as your next opportunity.

Date(s): 1/27/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

205 Turning Interviews into Offers

It's a dream job. They have called to offer an interview. You're shaking hands with the person who decides if the dream becomes reality. How do you let them know you are the best—the only—person for the job? USN mom CHRISTY M. PRUITT-HAYNES has led the human resources department for a number of organizations, including CMT (Country Music Television). She'll show you how to highlight your strengths and minimize your weak spots. You'll learn how to prepare, to answer questions, and what questions you need to ask. After the tips learned in this class, you'll leave that interview with that dream job in pocket.

Date(s): 2/3/2011 Time(s): 6:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

206 Estate Planning Essentials

Someone once said, "Dying is easy, comedy is hard." For most people, beginning the estate planning process is as hard as mastering comedy, but it is definitely no laughing matter. USN mom JEAN BYASSEE's 30 years of experience in the estates, corporate, and healthcare fields gives her a unique perspective on the issues involved. From the responsibilities of the executor, to the role of probate court, to the distribution of assets, Jean will remove the mystery and make sense of these vitally important issues. Estate planning should not be taken lightly, but the process can be made less difficult. Let Jean show you how.

Date(s): 1/27/2011 Time(s): 6:30 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

207 Take Charge—Investing for Women

Women have unique investing and financial needs. Living single, divorce, the death of a spouse, and other life events often present greater financial challenges to women than men. Central to meeting these challenges is a woman's ability to take sole charge of her investing and financial goals. A former teacher, SUSAN FULLER has over ten years experience as a financial advisor and is committed to educating women to become confident investors. No matter what the future brings, the knowledge you gain from this course on strategies, concepts, and trends will leave you empowered to manage your investments and finances with confidence.

Date(s): 2/22/2011 Time(s): 7:00 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

208 Get a Financially Smart Divorce

Even the best Nashville divorce attorneys are not certified financial consultants and were not trained to perform financial analysis. Poor financial planning during divorce can result in financial ruin post-divorce. SANDY ARONS, a Certified Financial Divorce Analyst, Certified Financial Divorce Practitioner, Financial Counselor and Mediator, will discuss the financial pitfalls to avoid if you are contemplating or in the midst of divorce, how to minimize arguing with your spouse, and how to get the most value from your attorney fees. Sandy will help you understand the numbers and tax issues so you can secure your future and your children's future. She will also discuss financial missteps to avoid when creating a Parenting Plan. Men and women are welcome. www.getasmartdivorce.com

Date(s): 2/1/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

209 iPhone Tips & Tricks

Do you own an iPhone and only use it as a cell phone? Make the most of this useful mobile device with the tips and tricks learned in this class. Geared toward the beginner iPhone or iPod Touch user, this class will cover the basics of setting your phone up, establishing email accounts, synchronizing calendars, organizing photos and more. USN dad, teacher and Web Site Manager STEVE SMAIL and USN Technology Coordinator, PENNY PHILLIPS will help remove the uncertainty and enable you to make full use of the technology.

Date(s): 2/8/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

210 Your iPhone App: From Concept to iTunes Store Hit

You have an idea for a great, unique, engaging app, but no idea how to get it to smart phone users everywhere. Learn from USN mom JESSIE ROSENBLUM—creator of the iPhone App hAPPY Family—important steps necessary to create an app and how to help your app stand out in the iTunes store. Gain valuable techniques, tips, and resources that you can apply in creating your first iPhone application. Jessie will offer insights for all developer wannabes, from finding the right developer to bringing your app into the marketplace.

Date(s): 3/3/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

211 Couponing Makes Cents

Tired of paying full price every time you go to the grocery store or drug store? Do you want to learn how to get things for free while shopping or even surfing the net? Join self-described coupon queen and 1978 USN graduate, CARLA FLEXER, on an exploration of the exciting—yes, exciting—world of couponing and refunding. This class focuses on simple techniques to save money using the internet, coupons, loyalty cards and refunds. You'll never shop at full price again. Carla has saved thousands of dollars each year for more than 30 years from couponing and will show you how to do the same.

Date(s): 3/1/2011 Time(s): 6:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

212 Introduction to Grant Writing

Does your nonprofit need funding? Of course it does. Grants help keep the good works of nonprofits going, but how exactly do you write a successful grant application? JILL MOORE, fund-raising pro for nonprofits and philanthropies and USN mom, will show you how it is done. Expect an introduction to grant writing, the pros and cons of seeking funding, how to find matching programs and potential funding sources, do's and don'ts of writing proposals, and more. Students are encouraged to come to class with specific questions on particular projects at nonprofits in need of funding.

Date(s): 1/18/2011 Time(s): 6:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

213 What Every Songwriter Needs to Know About Copyright and Publishing Agreements

Songwriters enjoy crafting words and music to create a wonderful tune. Take the time to protect your intellectual property by learning the ins and outs of publishing and copyrights. This course, taught by USN dad and veteran entertainment and copyright lawyer CASEY DEL CASINO, will cover the creative provisions of U.S. copyright law and publishing agreements. Learn from an expert who, prior to practicing law, worked as a music publisher with artists including ABBA, Quincy Jones, Todd Rundgren and others.

Date(s): 1/25/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

214 Facebook After 40

Is your Facebook page outdated or worse, non-existent? Facebook offers unprecedented access to sharing the life and times of friends and family members. While harnessing the power of Facebook seems to come naturally to members of the current generation, the variety of options and frequent changes can sometimes be daunting to Gen Xers. ROB BLACKFORD, owner of local web development firm Design (615), will offer tips on organizing your Facebook page, vital privacy settings, and the best ways to share your news, photos, videos and events. www.design615.com

Date(s): 2/15/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

215 Microsoft Excel 2010 Introduction

Need to brush up on your computer skills for work, home or volunteer use? Used by both businesses and individuals, Microsoft Excel manages all sorts of data collection, from budgets and mailing lists to travel itineraries. A functioning knowledge of Excel is a must for just about anyone in today's business or volunteer community. Join USN Technology Coordinator JILL BAUER as she leads this informative class that will explore how to use a spreadsheet to automate calculations; and how to sort and format data for display. All work will be done on a PC using Microsoft Excel 2010.

Date(s): 2/15/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

216 Microsoft Word 2010 Introduction

Are your technology skills stuck in the 1990s? Are you dependent on your children for computer instruction and tech support? Assert your independence and let USN Technology Coordinator JILL BAUER teach you the ins and outs of Microsoft Word, one of the most commonly used word processing programs today. The first portion of this class will introduce students to the basic features using the latest Microsoft Office 2010 version on a Windows operating system. Using a provided sample text document, students will practice various text formatting techniques. Jill will answer your specific questions and teach more advanced topics such as creating a table, inserting a graphic or creating a table of contents.

Date(s): 1/25/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

217 Strategic Planning—Top to Bottom

Have you ever taken on the responsibility for strategic planning for your business or as a member of a non-profit Board? Although daunting, the task is highly rewarding. Join ROBERT WILSON, president of Advisa, a strategy consulting group, as he provides a road map for successful strategic planning. In this highly interactive session, Bob will assist you in providing a consistent vision for your organization that gets everyone heading in the same direction. The session will include real-life examples drawn from Bob's many years of facilitating planning sessions and will help you build a culture of accountability and measurement where people have defined, realistic, measurable targets with specific deadlines. www.advisausa.com

Date(s): 2/15/2011 Time(s): 6:30 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

218 Five Strategies of Exceptional Leaders

Whether you're leading your family, business, volunteer team or sports team, you must step into the leadership role. As a leader, you have the capability to add to or detract from the power of the team around you. Join ROBERT WILSON, president of the consulting group Advisa, as he outlines five leadership behaviors that can help you improve your team's overall performance in specific, measurable ways. The more vigorously you are able to integrate these truths into your daily operational style, the more likely you will be successful at getting both the strongest commitment and the best results from your subordinates. This highly interactive presentation will allow you to discover how to implement those five strategies in your daily operations. www.advisausa.com

Date(s): 2/17/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

219 Got Search: Secrets of Online Marketing

Join BRAD COWART, CEO of MouseWise, an online marketing and web development company, as he outlines the basics of positioning your website to receive high rankings in search engines. Brad will cover keyword research, page optimization, ad campaigns, link exchanges and directories. After the class you will be able to talk to others intelligently about the subject, and the intrepid will be able to work on site ranking on their own. This is an entry-level class, perfect for business owners, ad agencies, PR companies, affinity site owners, or anyone who has an interest in being found in Google. www.mousewise.net

Date(s): 2/8/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

220 To Infinity and Beyond: Using Google Analytics to Improve Web Site Conversions

Did you know you can track exactly how your visitors use your site? Let MouseWise CEO BRAD COWART show you how to use Google Analytics—a free tool that allows you to measure how visitors found you, the time they spent, pages viewed, what browser they used and even their location. There are over 60 reports all mapped out in an easy to read graphical interface. This class will provide an introduction to using GA to measure site performance, which provides you the information to make improvements. www.mousewise.net

Date(s): 2/24/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

221 The Buzz about Social Media

Flummoxed by Facebook or Twitter? This class will explore how Web 2.0 has changed the internet landscape. Join MouseWise CEO BRAD COWART as he takes a look at the main social media websites and discusses how to use these to connect with old friends, easily stay in touch with family members, and even leverage the power of social media to market your company in a non-intrusive manner. People do business with those they like and trust. Social media presents the perfect avenue to accomplish these objectives. This is an interactive class, so if you have used the new web to promote your business, join us and share your experiences. www.mousewise.net

Date(s): 3/1/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

222 Introduction to Community Giving: Making Corporate and Nonprofit Partnerships Work

Partnerships between for-profit businesses and nonprofits are a natural way for both to be good members of the larger community while fulfilling their respective missions. USN parent JILL MOORE, fundraising pro for nonprofits and philanthropies, provides the road map and tools needed to start just such a community giving program. By highlighting existing Middle Tennessee business models that work, this class shows how to create partnerships where nonprofits increase their funding capabilities and impact on the community, while bottom line businesses gain lower cost brand recognition and good will.

Date(s): 2/10/2011 Time(s): 6:30 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

301 Couples Massage

Renew your relationship and relieve stress with the healing power of touch. Experienced massage practitioner ROTONYA TROUP will teach the basic techniques for relaxing your partner's neck and shoulders. De-stress and nurture your relationship in this relaxing class. Wear comfortable clothes.

Date(s): 3/8/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

302 Newton's Laws of Weight Loss

If the word "Newton" has only entered your dieting vocabulary when selecting a Fig Newton over an Oreo, this class will enlighten you with the real Newton, as in Sir Isaac. The process of weight loss and dieting borders on obsession in our society. Special pills, fad diets and fasting are touted as the new, sure-fire method to keep the weight off. Where's the science behind any of this and what really works? Let personal trainer, educator and USN dad IRV RUBENSTEIN, Ph.D., simplify the matter of weight loss with real science, using Newton's Three Laws of Thermodynamics. Irv will take a look at new science and old in the quest for weight loss to give you a fresh perspective. www.stepsfitness.com

Date(s): 1/20/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

303 Online Dating: Everything You Want to Know

This fun and informative class will introduce the ABCs of successful online dating. Facilitated by marriage and family therapist CYNTHIA EZELL (who met her husband online) and psychologist KAREN SILIEN, this class provides practical tips such as how to write an online profile, how to evaluate dating prospects, and how to arrange a first meeting. Participants will gain a greater understanding of how to navigate the emotional highs and lows of the online dating world. Age 21 and up.

Date(s): 3/1/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

304 Life Partners: Why We Pick Them and How to Live With Them

How does a committed love partnership break out of predictable patterns? Learn how to move beyond the scripted relationship agenda toward the loving, intimate relationship you were seeking in the first place. ROD KOCHTITZKY, M.Div., a pastoral counselor, psychotherapist and USN dad, guides the discussion of matters of the heart. Age 21 and up. www.rodtk.net

Date(s): 1/18/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

305 A Passionate Relationship: Doing the Work of Repair

Before you channel Carrie Underwood and take a Louisville slugger to his pretty little souped up four-wheel drive, learn how to repair the hurt and restore the intimacy in relationships with ROD KOCHTITZKY, M. Div., advanced clinician in Imago Relationship Therapy and USN dad. Rod will help participants explore and understand what men do that makes women critical of them and why women tend to blame men. The work of repair can help bring renewed joy and passion to relationships. Age 21 and up. www.rodtk.net

Date(s): 2/8/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

306 Conscious Breathing for Optimal Well-Being

Breathe in. Breathe out. Seems simple. But how we breathe profoundly affects every aspect of well-being. Discover the benefits of healthy breathing, including stress reduction, increased relaxation, lowered blood pressure, better sleep, pain management and increased energy. And if that's not a breath of fresh air, throw in the additional benefits of mental clarity, alleviation of anxiety, and the promotion of a deep sense of well being. Human development counselor and breathing expert BINJI ELDER guides participants to release and integrate past traumas and patterns and to forgive yourself and others on the path to deep relaxation, inner peace and increased spiritual awareness. www.binjielder.com

Date(s): 2/1/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

307 Introduction to Mindful Meditation

Learn to be truly present with the help of SKIP EWING, USN dad and founder and coordinator of the Nashville Mindfulness Center. Participants will learn practices with the potential to nourish and transform, cultivating compassion, peace and joy in our daily lives. Come to breathe, smile, deepen your understanding and enjoy the moment. (No prior meditation experience necessary.) Go to www.nashvillemindfulness.org for more information.

Date(s): 1/25/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: Nashville Mindfulness Center

308 Nurturing Good Skin Through the Ages

Curious about slowing your skin's aging process? Want to improve how your skin looks and feels? Do you need help guiding your teen on good skin care habits? This class presents effective ways to care for your skin at all ages, including how to even out skin tone, stimulate collagen, soften lines and wrinkles, as well as a segment on teen skin. USN mom TAMI SPRINTZ HALL, owner of Escape Day Spa, hosts this informative class, bringing with her highly trained aestheticians to personally assess your skin and address your skincare needs. JENNIFER GARRETT, expert from pharmaceutical-grade skincare line Skinceuticals, will discuss revolutionary anti-aging philosophy, antioxidants, and state-of-the-art preventative measures. Don't miss an incredible opportunity to educate yourself and reverse your own signs of age. Students will take home a goody bag of skin care products. Age 18 and up. www.escapespaces.com

Date(s): 4/12/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: Escape Day Spa and Salon

309 The New Three Rs of Retirement

Retirement usually focuses on financial planning. But retirees face a major life transition with emotional, physical, social and spiritual elements that are crucial to well-being in the years ahead. CRYSTAL and ED ZINKIEWICZ will help you start or continue the conversation about shaping your retirement years. The instructors suggest taking the class with a "talking partner": a spouse, sibling, adult child, parent, partner or close friend. Get ready to shape the best years of your life. www.retirement-u.com

Date(s): 2/3/2011 Time(s): 6:30 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

310 Am I Hungry? Mindful Eating Workshop

Is your eating out of control? Would you like to eat the foods you love without guilt or fear of overeating? Are you ready to practice mindful, not mindless eating? Registered dietitian and USN mom LUCI CROW is a licensed facilitator of the "Am I Hungry?" Mindful Eating Workshop developed by self-proclaimed yo-yo dieter Dr. Michelle May. This workshop will teach you how to eat healthier without depriving yourself, increase your metabolism, and much more. Experience the freedom and pleasure of this non-diet weight management approach. www.nashvillealign.com

Date(s): 2/3/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

311 Making Lemonade From Lemons: Collaborative Approaches to Divorce

In divorce cases involving children, the chosen legal path can make it easier or more difficult for families to work together in the future. This class will explore mediation and collaborative law as low-conflict approaches to resolving family law disputes both before and after divorce. Instructor and USN dad IRWIN KUHN is an attorney with an emphasis on family law. A family law mediator since 1997, he recently became one of the first Tennessee lawyers trained in collaborative law. Though relatively new to Tennessee, the successful methods of collaborative law are well established across the country. www.dvlawfirm.com/irwin-kuhn

Date(s): 1/27/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

312 Clear the Clutter

If you're living somewhere between stacks of mail, magazines, and unread books, this class is for you. Guided by facilitator JAN HULME SHEPARD, you will learn how to reclaim order in your home or office through focused intention, planning, and organizing. Medical Qigong Practitioner (MQP) and former director of training at HCA and Vanderbilt University, Ms. Shepard will help you identify the root causes of clutter and hoarding. With helpful guidelines and various related resources, you will learn how to replace clutter-building behaviors with organizational habits that work. This class will give you the tools you need to "clear the clutter" so you can work more efficiently and effectively.

Date(s): 1/27/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

313 Loved Ones who Hoard: Guidelines for Family & Friends

Are you concerned and frustrated with a loved one who has extreme clutter/hoarding issues? Have your attempts to be helpful been met with resistance, even hostility? Learn how to best support your loved one and restore your peace of mind in this interactive, realistic class facilitated by JAN HULME SHEPARD. Medical Qigong Practitioner (MQP) and former director of training at HCA and Vanderbilt University, Ms. Shepard will guide you through the latest research on hoarding behaviors. This class will discuss research-based do's and don'ts for dealing with issues of concern, including health and safety hazards, and offer guidelines for improving strained relationships.

Date(s): 2/8/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

314 The Language of Dogs: Communicating with Man's Best Friend

Professional dog trainer/behavior consultant NIKKI IVEY will help you learn and practice the "Language of Dogs." In this course, you will discover how dogs communicate when they interact with other dogs as well as when you interact with them. Learning how to read a dog's physical and vocal signals will help you to identify the mood, anxiety and behaviors of your dog or dogs that you encounter. Becoming "fluent" in "Dog Language" is sure to enhance your relationship with your pooch as well as help you communicate effectively with the rescue you've just taken in. Age 13 and up. People only please. www.dogspeak101.com

Date(s): 1/27/2011 Time(s): 6:30 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

315 Vision Boards

In the Vision Board Workshop, WHITNEY FERRE' of Creatively Fit teaches you how to create this powerful tool to use to create the change you want to see in your world. Images are closer to our subconscious than words. Using images that illustrate elements that you want to attract into your life, you will learn how you can attract the opportunities to realize your vision. There are subtle "right brain" techniques that Whitney will share in this workshop as you create your vision board and increase your capacity to realize your dreams. The supply fee of \$20 includes a copy of her book, *The Artist Within, A Guide to Becoming Creatively Fit*.

Date(s): 2/22/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Materials Fee: \$20.00
Location: USN

316 An Evening of Mindfulness: Training & Techniques for Stress Reduction

We live in a stressful society. The daily stresses of modern life can take a toll on parents and children alike, creating emotional and physical health issues. The antidote? Mindfulness. In this class, Middle School Counselor and USN mom HELEN TARLETON and fellow USN faculty member and USN mom MARY AGEE will introduce the basic concepts of Mindfulness-Based Stress Reduction. With simple, easily applied techniques, we can help children to identify the stress response in themselves and give them the tools to respond in a healthy, positive way, increasing empathy, performance, and creativity. In this class you will learn simple stress reduction techniques and experience the benefits of Mindfulness first-hand. Age 15 and up.

Date(s): 1/18/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

317 Martinis and Manicures

Manicures are marvelous, even more so with martinis. Come enjoy professional manicures with your friends while sipping a martini. USN mom ANGELA M. HILL, known as The Nail Lady, will provide you with useful and essential information to care for your nails. With more than 20 years experience, Angela can help you achieve beautiful nails. Gather your friends or meet new ones in this relaxing and fun class. All participants will receive nail care information gift packages. Age 21 and up.

Date(s): 2/15/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Materials Fee: \$20.00
Location: Class to be held in a private home

318 Nail Care and Spa Experience for Teens

Girls 12 years old and up can spend a fun evening with friends learning how to care for their nails and enjoying other pampering spa treatments. USN mom ANGELA M. HILL, known as The Nail Lady, has a passion for healthy nail care education and service. With more than 20 years experience Angela can teach girls how to transform weak, short nails into beautiful, healthy nails. Bring a friend or make a new one in this class that is all about you.

Date(s): 2/22/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Materials Fee: \$20.00
Location: USN

319 There is No Present Like the Time

Do we really need more hours in the day? Or do we need effective use of hours in the day? Academic and professional life coach MARY EARLY-ZALD, Ph.D., will teach the skills we all need—and clamor to obtain—to actually enjoy our work in the time we have. To this class Mary brings 15 years of experience as a therapist, educator and administrator. Mary will make good use of her time—and yours—coaching participants in the calming effects of scheduling, managing tasks, setting priorities and overcoming procrastination.
www.maryearlyzald.com

Date(s): 2/1/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

320 Handle Stress Like a Pro

Stress. That looming obstacle dampening the joys of life. Is stress inevitable? Perhaps. Does stress negatively affect our health and productivity? You bet it does. Can we learn to hurdle the obstacle and negativity of stress? Resoundingly yes! With more than 15 years experience as a therapist, educator and administrator, life coach MARY EARLY-ZALD, Ph.D., will give us the heads-up on stress and coach us through strategies to physically and psychologically manage the stooping effects of stress. www.maryearlyzald.com

Date(s): 2/15/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

321 Buddhist Meditation

Meditation is considered one of the primary practices for calming the body and training the mind. This class, led by KIRBY SHELSTAD, coordinator of the Padmasambhava Buddhist Center of Tennessee, is a simple introduction to the meditative techniques that have been used throughout the millennia. Kirby, a local musician and composer, has more than 30 years experience as a practitioner of the inner arts. This is not a religion class, and all are welcome regardless of faith or experience. www.pbc-tn.org

Date(s): 2/8/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

322 Making the Man: 20th Century Male Fashion

DR. ANDRE' CHURCHWELL, M.D., associate professor of medicine-cardiology at Vanderbilt University, will walk the class through men's clothing and style in the 20th century. Clothing that may have at one time been primarily utilitarian took on a mode of personal expression. Dr. Churchwell will discuss this stylish topic at length and consider the forces that shaped modern day male style. Cary Grant, Fred Astaire, George Clooney: all men who set the standards of style for an era. From ties to trousers, cuffs to collars, plaids to paisleys, clothing truly defines the man. Although much is discussed about women's fashions, here's an opportunity to learn more about the origins of why men dress the way they do in our modern times.

Date(s): 2/17/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

401 Spanish Tapas—The Real Deal

Join Chef CLAY GREENBERG, a private chef and consultant, as he prepares and serves a variety of authentic Spanish tapas during this relaxed evening of food and friends. A graduate of the French Culinary Institute in New York, Chef Greenberg will share his recipes and techniques so you can recreate your favorites in your own kitchen. Gather a few friends and enjoy as a group, or make new ones at this casual evening of learning, cooking and nibbling. Age 21 and up.

Date(s): 2/10/2011 Time(s): 6:30 PM - 8:30 PM
 Class Fee: \$40.00 Materials Fee: \$20.00
 Location: Class to be held in a private home.

402 Indian Vegetarian Cooking

Learn how to make well-balanced, vegetarian meals, along with the basics of Indian cooking—from appetizers to main dishes to desserts. After learning the basics of making lassi and ghee (clarified butter) and homemade garam masala, participants will take home a steel Masala Dabba filled with all the spices needed for Indian cooking at home. The class culminates in a seated, full-course Indian dinner. USN mom ASHA RAO is a believer in Ayurvedic cooking and yoga and enjoys incorporating those principles into tips and techniques for healthy eating. Ages 21 and up.

Date(s): 3/1/2011 Time(s): 6:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Class to be held in a private home.

403 Indian Street Food

What better way to learn about the cuisine of a different culture than to explore its street food? Join USN mom ASHA RAO as she makes samosas, bhel, pakodas, dosa, chutneys and more. Asha has a passion for cooking well-balanced, vegetarian meals that are healthy and satisfying. Participants will leave inspired to create these treats at home, using recipes and techniques learned in class. Age 21 and up.

Date(s): 3/2/2011 Time(s): 6:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Class to be held in a private home.

404 Tour of an Indian Grocery Store

Ghee, dosa, samosas and dal: are you fascinated by Indian cuisine and ingredients, but not sure where and how to buy these sometimes exotic-sounding items? Let USN mom ASHA RAO provide you with a guided tour of the International Market in the Farmer's Market. Asha will provide insight and instruction as you work your way through this wonderful culinary resource that is still unexplored by many in Nashville. Participants will sample popular Indian snacks such as samosas, bhel, pakodas and ice cream.

Date(s): 2/28/2011 Time(s): 6:00 PM - 8:00 PM
 Class Fee: \$35.00 Materials Fee: \$15.00
 Location: International Market at the Farmer's Market, 800 Rosa Parks Blvd, Nashville, TN 37208

405 Food As Fuel

"You are what you eat." Nothing is more important than the food we consume and its ability to nourish and heal us. In our fast-paced, instant-gratification culture, the thoughtful preparation of healthy meals is sometimes neglected. For more than 30 years, instructor LAURA BUTTON has shared her passion for making delicious, unprocessed foods. Participants will reconnect to the value of their own bodies through the simple act of eating clean, fresh, nourishing food. Join Laura as she teaches her recipe-free process for creating wonderful, "fast" food that is superior in nutrition, portable and easily made from the fresh food you have on hand. Age 21 and up. www.journeytobliss.com

Date(s): 3/1/2011 Time(s): 6:00 PM - 8:00 PM
 Class Fee: \$40.00 Materials Fee: \$25.00
 Location: USN

406 Beer: It's What's For Dinner

Homer is quoted as having said, "Ah, beer, my one weakness. My Achilles' heel, if you will." Of course we're talking about Homer Simpson, but still, who could deny the importance of beer? It isn't just for drinking anymore. Many recipes take advantage of the added flavor and intrigue obtained by using beer as an ingredient. Join beer veterans and USN instructors JAKE WILSON AND JOHN KLEINER (also a USN dad) and explore the diversity of this beautiful blending of hops, barley, and yeast to create food that will melt in your mouth: beer-can chicken, drunken fajitas, fondue, even chocolate cake. Age 21 and up.

Date(s): 3/5/2011 Time(s): 6:00 PM - 8:00 PM
 Class Fee: \$40.00 Materials Fee: \$20.00
 Location: Class to be held in a private home

407 Wild Fermentation Basics

Proper digestion needs beneficial organisms to help the process along, but in a typical American processed food diet, many of those organisms are lost. Detoxification expert SCOTT W. WEBB will teach students the benefits of a diet rich in fermented foods by offering simple wild fermentation recipes and discussing the history of healthy probiotic cultures. From cabbage krauts to more complex kimchee to varied drinks including kombucha, participants will create their own vegetable ferment. Age 21 and up.

Date(s): 1/25/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$10.00
 Location: USN

408 The Art of Perfect Risotto

Well-known veteran Nashville chef CHRIS CUNNINGHAM will lead class participants through a step-by-step process of making delicious truffle-mushroom risotto. This sublime but somewhat tricky dish is sure to impress at your next dinner party or family gathering. Whether you are an accomplished at-home chef or simply in search of the perfect "go-to" meal in your repertoire, come learn Chris' secrets and enjoy an evening of exceptional culinary instruction. Age 21 and up. www.sunsetgrill.com

Date(s): 1/25/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Class to be held in a private home.

409 Easy Italian Cooking—Vegetarian Style

What better way to learn about Italian cooking than from an instructor who was stirring polenta at age 6 at her Italian grandmother's side? Join USN mom JILL DEBONA as she shares this familial culinary tradition and demonstrates how to easily prepare wonderful vegetarian dishes. Jill and participants will make an entire meal that includes eggplant caponata, a caprese salad, and linguine with pesto, sundried tomatoes, mozzarella and pine nuts. For a contrasting taste, you'll also create sundried tomato pesto served over penne. Finally, you'll prepare pasta with fresh tomatoes, garlic and fresh parmigiana cheese. In true Italian fashion, the class will end by sharing a meal together. Age 21 and up.

Date(s): 2/24/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Class to be held in a private home

410 Cake Decorating With Fondant

Give your cakes a professional, immaculate look by learning the proper way to use fondant icing. Accomplished professional pastry chef and USN mom JENNIFER PENSON will teach participants how to roll fondant and use it as cake decoration to achieve that perfection commonly found on cakes in bakeries and pastry shops. Age 21 and up.

Date(s): 1/27/2011 Time(s): 6:30 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$25.00
 Location: Class to be held in a private home

411 New Orleans Dinner

Her name alone indicates proficiency: instructor and USN mom ADRIAN LEMASTER can masterfully teach you how to prepare wonderful recipes from her native Louisiana. Adrian, who grew up cooking in the kitchen with her parents, will show you how to make Shrimp with Remoulade Sauce over Greens. Shrimp, Chicken and Andouille Sausage Jambalaya. And the lagniappe—Vanilla Bean ice cream topped with macerated berries and bourbon whipped cream. Good-ness gau-run-teed. Age 21 and up.

Date(s): 2/3/2011 Time(s): 6:00 PM - 8:30 PM
 Class Fee: \$40.00 Materials Fee: \$30.00
 Location: Class to be held in a private home

412 Obscure Grape Varietals & Artisan Chocolates

Explore unusual wines with JOE SCUTELLA, wine writer and general manager for Mallory Lane Wine and Spirits in Franklin. Joe will lead the class in a journey of fine, obscure wines and share family stories of his wine-making grandfather. Enjoy pairing these wines with fine handmade artisan chocolates with the help of JIM TORINO and BETHANY THOUIN of The Cocoa Tree. If you took this class last year, you'll want to sign up again: Joe is bringing "even more obscure" wines. Age 21 and up. www.mallorylanewines.com; www.thecocoatree.com

Date(s): 1/29/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$25.00
 Location: Class to be held in a private home.

413 Thai Cooking in the South

It can indeed happen: a Southerner can learn to cook Thai because SANOM BRACKIN is willing to teach us. Sanom shares cooking skills she learned early in life—a lifetime of knowledge about Thai culture, food and entertaining. Spend the evening with Thai native Sanom to learn the art and technique of preparing a traditional Thai dinner. Age 21 and up.

Date(s): 2/21/2011 Time(s): 6:30 PM - 8:30 PM
 Class Fee: \$40.00 Materials Fee: \$25.00
 Location: Class to be held in a private home

414 Vegetarian For Foodies

Reap the benefits of passionate vegetarian cooking with RUSTY JOHNSTON, chef at Grins Vegetarian Café. Rusty makes vegetarian anything but plain. He will help you discover the unlimited possibilities of vegetarian cooking methods maximizing savory taste and luscious flavor. Age 21 and up. www.bongojava.com

Date(s): 1/20/2011 Time(s): 6:00 PM - 8:00 PM
 Class Fee: \$40.00 Materials Fee: \$20.00
 Location: Class to be held in a private home

415 China Delite—Green Feast

A green feast awaits you in this class that presents three healthy dishes that are fun to make and eat. Taiwan native, USN mom, and USN instructor JOSEPHINE HUANG will teach you how to create Chinese style veggie-shrimp hand rolls, chicken-cabbage rolls, warm wonton soup and an enchanting Garden of Eden. Come to taste a night of food, fellowship and fun. Age 21 and up.

Date(s): 3/26/2011 Time(s): 6:30 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Class to be held in a private home

416 Beyond Sweet Potatoes: Creating Your Own Baby Food

Join new parent and entrepreneur DANIELLE ZADERAKA and learn to make nutritious and delicious baby food using the bounty of seasonal and local foods. www.snapbabyfood.com

Date(s): 2/16/2011 Time(s): 6:30 PM - 8:30 PM
 Class Fee: \$40.00 Materials Fee: \$20.00
 Location: Class to be held in a private home.

417 Seafood Essentials

Seafood is quick, delicious and super healthy. But with so many fish to choose from, how do you select the best to prepare an amazing dish? Let experienced chef MERIJOY LANTZ RUCKER of Salud! Cooking School at Whole Foods provide you with simple guidelines to help you make smarter seafood choices. Join Merijoy to learn how to prepare wonderful dishes including classic crab cakes, fish tacos with cilantro lime slaw, bouillabaisse with lemon aioli, and halibut Provencal. Participants will learn about purchasing and storing seafood, sustainable seafood, and different techniques for producing great seafood dishes. Age 21 and up. www.wholefoodsmarket.com/saludnashville

Date(s): 2/1/2011 Time(s): 6:30 PM - 8:30 PM
 Class Fee: \$40.00 Materials Fee: \$25.00
 Location: Salud! Cooking School, Whole Foods Market Green Hills, 4021 Hillsboro Pike, Nashville, TN 37215

418 Cocktails and Spirits

How do you prepare the perfect martini, a just-right Old-Fashioned, or a must-have Manhattan? Increase your mixology know-how by learning the characteristics and nuances of vodka, gin, whiskey and other spirits. DAVID PAINE, known as radio's "Mr. Martini," and USN alumnus CHRIS CHAMBERLAIN, *Nashville Scene's* wine and spirits writer, will lead a cocktail tasting and share and prepare recipes for classic cocktails. Students will leave with a better understanding of various spirits and how to combine ingredients to create outstanding cocktails. Age 21 and up.

Date(s): 2/9/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Class to be held in a private home.

419 Mediterranean Good Life Cuisine

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

Date(s): 4/6/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$20.00
 Location: Class to be held in a private home.

420 Tea, Please: The Elements of High Tea

Wouldn't it be a delightful, relaxing change of pace to spend an afternoon with friends at tea? Chef EMILY SCHWERY, who has extensive experience in tea service, will teach how to prepare and properly enjoy all aspects of a full afternoon tea, or "high tea." The class includes the preparation of all food items appropriate for high tea, the proper tea steeping process, and the correct set-up for serving tea. www.savannahteacompany.com

Date(s): 3/5/2011 Time(s): 5:30 PM - 7:30 PM
 Class Fee: \$40.00 Materials Fee: \$22.00
 Location: Savannah Tea Company, 707 Monroe Street, Nashville, TN 37208

421 Make Your Own Authentic Baguettes

Turn your kitchen into a French bakery by learning to bake your own baguettes. KEITH BROWN, head baker at award-winning Provence Breads and Café, will introduce you to the methods and vocabulary of baguettes. Keith will demonstrate how to make three different styles of baguettes using different preferment (dough preparation) methods: poolish, sponge and levain. Your dinner guests and family will say "merci" as they enjoy freshly baked bread made by your hands. Provence won Best Place to Buy Bread in the 2010 Best of Nashville Awards in the *Nashville Scene*. Age 21 and up. www.provencebreads.com

Date(s): 2/8/2011 Time(s): 6:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$20.00
 Location: Provence Bakery, 1400 Donelson Pike, Suite A8, Nashville, TN 37217

422 Basic Butchering Techniques

Any way you slice it, this is a class any hard-core foodie will love. FREDDIE BROOKER, chef at the fabulous Sylvan Park restaurant Miel, will guide students through the basics of butchering various cuts of meat, demonstrating with lamb from a Chattanooga farm. Students can expect to go home with some fabulous meat cuts as well as enjoy samples prepared in class. Age 21 and up. www.mielrestaurant.com

Date(s): 1/17/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$50.00
 Location: Miel Restaurant, 343 53rd Avenue North, Nashville, TN 37209

423 American Comfort Food

While you may love ethnic flavors from far-off lands, sometimes American comfort food, with its rich flavors and tender meats, hits the spot. If you're longing for an incredible home-cooked meal or want to indulge your family in a new menu of familiar tastes, have a seat in this class. Learn from DARRYL DINNING, experienced chef and owner of Panachè Catering, how to create mouthwatering dishes such as curry carrot-ginger soup, mashed potatoes with roasted garlic and shallots, and brown sugar apple pie. You'll also learn how to roast the perfect chicken. Darryl will prepare and let students sample these tasty dishes as he guides you, so you can re-create these just-right plates at home. Age 21 and up. www.panachecatering.biz

Date(s): 1/27/2011 Time(s): 6:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$40.00
 Location: Panachè Catering, 1016 Jefferson Street, Nashville, TN 37208

424 Going Greek: Mediterranean Cuisine With a Greek Flare

Love the idea of preparing a delicious Mediterranean meal but don't know your spanakopita from your tzatziki? If you're looking for new flavors for your recipe repertoire, consider going Greek, with its incredible array of flavors, both fresh and inviting. Experienced chef and owner of Panachè Catering DARRYL DINNING will show students not only how to create delicious main dishes but also how to pair them with desserts and spirits. The menu will include a delicious tomato and cucumber salad, a hearty meat dish, a spicy pasta side dish and a dessert featuring seasonal pears. Age 21 and up. www.panachecatering.biz

Date(s): 3/24/2011 Time(s): 6:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$40.00
 Location: Panachè Catering, 1016 Jefferson Street, Nashville, TN 37208

425 Viva Mexico

Add spice and fun to your next gathering with south of the border dishes. Sure, you could go to your local cantina, but wouldn't it be more fun to create these interesting and authentic entrees at home? With help from experienced chef and owner of Panachè Catering DARRYL DINNING, you can whip up your own fiesta of flavors. Darryl will prepare and sample dishes featuring Mexican shrimp cocktail, arroz blanco and asado de boda. A delicious bread pudding soufflé with cinnamon syrup and nuts is the perfect conclusion to this cooking class. Say "Olé" to this fun evening of creative cooking. Age 21 and up. www.panachecatering.biz

Date(s): 2/17/2011 Time(s): 6:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$40.00
 Location: Panachè Catering, 1016 Jefferson Street, Nashville, TN 37208

426 How To Start A Gourmet Club

Gourmet clubs are a casual, fun way to enjoy a common interest of exploring and preparing delicious food together in a comfortable setting. Experienced chef and owner of Panachè Catering DARRYL DINNING will lead this cozy evening by demonstrating how to set up your own club. Enjoy a four-course meal paired with tasty wines while Darryl walks you through defining your club's purpose, choosing members, menus and themes. Age 21 and up. www.panachecatering.biz

Date(s): 4/7/2011 Time(s): 6:30 PM - 10:00 PM
 Class Fee: \$40.00 Materials Fee: \$40.00
 Location: Panachè Catering, 1016 Jefferson Street, Nashville, TN 37208

427 Tasting Tour of Scotch Whisky

Some people swear they can taste the sea when they sip boldly flavored Scotch whisky from the Island of Islay. If you have a nose for Scotch whisky, you'll enjoy this tasting tour of Scotland's famous whisky regions. Learn the subtle differences between blended and single malt Scotch, the importance of regions and growing areas and how to appreciate and taste Scotch. ED FRYER, a 25-year veteran of the spirits industry, will introduce you to different styles and tastes of eight Scotches. Age 21 and up.

Date(s): 2/19/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$40.00
 Location: Class to be held in a private home

428 Whiskey vs. Bourbon: Is There a Difference?

Take an All-American ride through eight different products made in Tennessee and Kentucky with ED FRYER, a 25-year veteran of the spirits industry. Learn the various techniques used to make whiskey and see if you can notice the subtle taste differences between the two states' styles. Age 21 and up.

Date(s): 2/26/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$40.00
 Location: Class to be held in a private home.

429 Fondue: Stir Something Up

What is it about dipping your food into a warm sauce that is so ... well, yummy and enjoyable? Fondue is, simply put, 'fun-do'. This class will teach you the wonders of this communal dish, which originated in Switzerland. DEMETRIUS KELLEY, managing partner of Nashville's Melting Pot Fondue restaurant, will demonstrate and teach you the many delicious ways to enjoy cheese and chocolate fondue as well as martinis. Need any other reason to throw a fondue party? Age 21 and up. www.meltingpot.com/nashville

Date(s): 4/12/2011 Time(s): 6:00 PM - 8:30 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: The Melting Pot, 166 2nd Avenue North, Nashville, TN 37201

430 Watcha' Got Cooking: Yummy Kid-Friendly Meals to Support Our Immune System

Join food expert and frequent Fox 17 Tennessee Mornings guest MEE TRACY MCCORMICK (aka Princess Know-it-All) and learn to turn quick and easy non-processed food into flavorful comforting meals that are family-friendly and healthy. Mee will demonstrate how to prepare miso soup, collard greens, millet mash with kuzu gravy and loaded lentils—foods that will provide strength, balance, calm and many more benefits to our bodies. Students will enjoy all of these whole foods in class. Age 21 and up. www.princessknowitall.com

Date(s): 2/3/2011 Time(s): 6:30 PM - 8:30 PM
 Class Fee: \$40.00 Materials Fee: \$10.00
 Location: Class to be held in a private home

431 Rolling Out the Sushi

Mystified by sushi? Instructor TOM LOFTIS will show participants how to properly prepare rice for making sushi. Participants will practice rolling various types of sushi. Tom is a program coordinator for culinary arts at Nashville State Community College. Age 21 and up.

Date(s): 2/11/2011 Time(s): 6:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$20.00
 Location: Nashville State Community College, 120 White Bridge Road, Nashville, TN 37209

432 The ABCs of Wine Enjoyment

If you've ever stared blankly at a wine menu, secretly wanting to choose the perfect Shiraz, Chardonnay or Syrah, this class is for you. This introductory course led by certified wine specialist THOMAS HAEHN will give you a helpful overview. You will enjoy a wine tasting to experience the bouquet, balance and body of eight different wines. So stop whining about your lack of wine wisdom and put your Merlot where your mouth is. Age 21 and up. www.vinonet.com

Date(s): 2/2/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$20.00
 Location: Class to be held in a private home.

433 Wine Making: Behind The Scenes

Take your wine appreciation to the next level by peeking behind the winery curtain. Learn about the process of wine making, known as vinification, and the many choices involved, from selecting grapes to corking the finished product. Certified wine specialist THOMAS HAEHN will provide you with a behind-the-scenes look into this fascinating world of wine wizardry. After this class, the next time you uncork a wine bottle, you'll have a deeper enjoyment and appreciation with every sip. Age 21 and up. www.vinonet.com.

Date(s): 3/2/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$20.00
 Location: Class to be held in a private home.

434 Wine Wisdom: Choosing the Perfect Wine

Pop quiz: Barolo with beef? Pinot Grigio with pasta? Sauvignon Blanc with scallops? Answer: take this class. If you've ever wondered how to match the best wine with your meal, join certified wine expert and seasoned educator THOMAS HAEHN for this entertaining and informative class. Deepen your wine appreciation with useful tips on how to store and serve wine at home and how to make great choices at a wine store or restaurant. Age 21 and up. www.vinonet.com

Date(s): 1/26/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$20.00
 Location: Class to be held in a private home.

435 Cooking with Local Ingredients

Did you know that a typical carrot travels about 1,800 miles to sit on your table? If you buy locally grown meat and produce, you support your community and local economy, while significantly reducing impact on our environment. Enjoy this class through green-colored glasses with useful information by F. Scott's Restaurant chef KEVIN RAMQUIST, who will give you helpful tips on selecting and using locally grown meats and produce. And he'll share with you hints on perfecting your cooking techniques, like braising and roasting, to make the most of your thoughtfully purchased foods. Age 21 and up. www.fscotts.com

Date(s): 3/8/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Class to be held in a private home.

436 Cocktail Party Creativity

Your home gatherings have gone stale. You need CPR: Cocktail Party Resuscitation. Let Top Chef participant and local celebrity chef ARNOLD MYINT bring new life to your party planning with this interactive and fun class that doubles as a cocktail party. As owner of Cha Chah, PM, and Suzy Wong's House of Yum restaurants, Arnold is nationally recognized for his imaginative concepts and cutting-edge cocktails. The chef will offer insight into cooking and pop-food culture and share some fresh ideas for your own kitchen. (Peanut products will be used.) Age 21 and up. www.arnoldmyint.com

Date(s): 3/6/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Class to be held in a private home.

437 Fundamental French

You're interested in preparing a French meal, but don't know the difference between a bavarois and brunoise? Learn the basic techniques of French cooking from CHEF JAMIE WATSON, who graduated with distinction from the prestigious French Culinary Institute in New York City and has worked with legendary chefs including Chef André Soltner and Jacques Pépin. Age 21 and up. www.jamieks.com

Date(s): 3/4/2011 Time(s): 6:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Class to be held in a private home.

438 Fundamental French

You're interested in preparing a French meal, but don't know the difference between a bavarois and brunoise? Learn the basic techniques of French cooking from CHEF JAMIE WATSON, who graduated with distinction from the prestigious French Culinary Institute in New York City and has worked with legendary chefs including Chef André Soltner and Jacques Pépin. Age 21 and up. www.jamieks.com

Date(s): 4/8/2011 Time(s): 6:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Class to be held in a private home.

439 Modern Yankee Cooking

Put away the crockpot, tie on an apron and prepare to savor the flavors. DAVID BAUER, who trained at the Institute of Culinary Education in New York, will show his class of food enthusiasts various ways to prepare food to enhance its authentic flavor. Students are invited to jump in and help out, or you can simply watch the demonstration and take home new ideas for your own kitchen. You'll learn to prepare special sauces to compliment each dish. Foodies in the class will help determine the final menu, but it could include mouthwatering dishes like lobster, Yankee pot roast, stuffed clams or flounder. Bonus: The meal will include a wine pairing featuring California wines. Age 21 and up.

Date(s): 2/5/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$25.00
 Location: Class to be held in a private home.

440 Pasta Making

Learn from a master how to make your own fresh pasta at home. Porta Via's Executive Chef GIOVANNI GIOSA will show participants how to make fresh, authentic Northern Italian pasta using a pasta machine, the freshest ingredients, and his family recipes. With 25 years experience, Chef Giovanni, a native of Italy, specializes in "The Tuscan Kitchen." Age 21 and up. www.eatatportavia.com

Date(s): 2/13/2011 Time(s): 3:00 PM - 5:30 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Porta Via, 21 White Bridge Road, #104, Nashville, TN 37205

441 Pizza Making

The best pizza always has a well-made, fresh crust to hold those tasty toppings. If you're curious how to create outstanding pizzas for your family or your next social gathering, learn from a pro. Porta Via's Executive Chef and certified Neapolitano pizza maker GIOVANNI GIOSA will demonstrate classic northern Italian pizza making, including how to make a hand-pressed crust, using fresh, authentic ingredients and old family recipes. Say goodbye to your pizza delivery guy and your frozen pizza aisle in the grocery store. Age 21 and up. www.eatatportavia.com

Date(s): 2/20/2011 Time(s): 3:00 PM - 5:30 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Porta Via, 21 White Bridge Rd., #104, Nashville, TN 37205

442 Gelato Making

What's not to love about gelato, Italy's version of ice cream? It's lower in butterfat content and has a smoother, creamier taste than ice cream. Learn to prepare and enjoy your own gelato with the help of Porta Via's executive chef GIOVANNI GIOSA. He'll demonstrate how to make gelato and sorbet in classic Italian flavors such as pistachio, coffee and citrus. Impress your friends and family with this crowd-pleasing dessert. Age 21 and up. www.eatatportavia.com

Date(s): 2/27/2011 Time(s): 3:00 PM - 5:30 PM
 Class Fee: \$40.00 Materials Fee: \$25.00
 Location: Porta Via, 21 White Bridge Road, #104, Nashville, TN 37205

443 Bangkok Street Food

If you are daydreaming about a trip through Southeast Asia, this class can help. Professional chef SUSAN HUDGENS, who grew up in Thailand, will make a variety of 'foods originating from the pushcarts of Bangkok's streets. Get ready for pad thai, spring rolls, stir-fried noodles with chicken and broccoli, and more. One bite and you'll be making travel plans. Age 21 and up.

Date(s): 2/23/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Class to be held in a private home.

444 Passport to Thai Food

Take a trip through the spices and flavors of Thailand. Put down your passport and pick up a pan to create authentic and delicious Thai food in your own kitchen. Professional chef SUSAN HUDGENS, who grew up in Thailand, will make and serve a variety of delicious food. You'll enjoy tasting the incredible assortment of dishes after Susan demonstrates how to make Hot & Spicy Shrimp with Mushrooms, Green Curry Chicken, Stir Fry Vegetables, and Jasmine Rice. Age 21 and up.

Date(s): 3/7/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Class to be held in a private home.

445 Nonna's Table

A trattoria is a warm and casual eating experience filled with the tastes and aromas of Italian meats, seafood, and pasta. DANIEL MAGGIPINTO, owner and chef of Caffè Nonna, will share his secrets to creating the traditional trattoria classics. Come learn to make some of the most delicious dishes of the Mediterranean region with Chef Maggipinto. Age 21 and up. www.caffenonna.com; www.nonnasgourmetfoods.com

Date(s): 1/29/2011 Time(s): 10:00 AM - 12:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Caffè Nonna, 4427 Murphy Rd., Nashville, TN 37209

446 Nonna's Table

A trattoria is a warm and casual eating experience filled with the tastes and aromas of Italian meats, seafood, and pasta. DANIEL MAGGIPINTO, owner and chef of Caffè Nonna, will share his secrets to creating the traditional trattoria classics. Come learn to make some of the most delicious dishes of the Mediterranean region with Chef Maggipinto. Age 21 and up. www.caffenonna.com; www.nonnasgourmetfoods.com

Date(s): 3/5/2011 Time(s): 10:00 AM - 12:00 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Caffè Nonna, 4427 Murphy Rd., Nashville, TN 37209

447 Making the Perfect Pie

Pies...perfectly flaky, melt-in-your mouth crust, sweet fillings with sublime texture. Is your mouth watering yet? Professional pastry chef, food stylist and USN mom, JENNIFER PENSON, who trained and worked in Paris, New York, Los Angeles, and Seattle, will show you the professional secrets to making the perfect crust. Learn by preparing two classics: a fruit pie and a cream pie. After instruction from Jennifer, you will have the best pie at your next event or you will be the hero of dessert at home. Age 21 and up.

Date(s): 2/23/2011 Time(s): 6:30 PM - 9:00 PM
 Class Fee: \$40.00 Materials Fee: \$25.00
 Location: Class to be held in a private home.

501 Floral Design 101

A beautiful flower arrangement can be the perfect finishing touch in a room. You can create your own gorgeous bouquets by learning tips from an expert. Accomplished floral designer LOU ANN BROWN will teach students the basics of flower arrangements, including how to select plant materials and how to care for your flowers from a shop or your garden. You'll also explore the mechanics of arranging flowers in various containers.

Date(s): 2/1/2011 Time(s): 6:30 PM - 9:00 PM
 Class Fee: \$35.00 Materials Fee: \$15.00
 Location: USN

502 Geopathic Stress and Its Effect on Your Health

What is geopathic stress? How might it affect your health? Join residential designer, Feng Shui expert and mother of a recent USN graduate CARLA BEACH as she discusses how home and office environments can cause sleeplessness, migraines, weakened immune systems and more. Learn to successfully identify and neutralize stress and other subtle energies in your world and helpful solutions to mitigate them. Please bring a sketch of your home or office space with you to class.

Date(s): 1/27/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$35.00 Location: USN

503 Create the Perfect Dinner Party Without Breaking a Sweat

If your idea of an evening class is a party, then look no further. StyleBlueprint blog creators ELIZABETH FOX (a USN mom) and LIZA GRAVES will demonstrate how to plan, prepare and stage the perfect hassle-free dinner party. The evening's party-like atmosphere will provide students with hands-on learning, replete with wine and appetizers, swag bags, special guests and great ideas. After this party—oops, class—you'll never again break a sweat for your own special events. www.styleblueprint.com

Date(s): 1/27/2011 Time(s): 6:30 PM - 8:30 PM
 Class Fee: \$40.00 Materials Fee: \$35.00
 Location: Class to be held in a private home.

504 Get Organized With Gayle

Your to-do list is a mile long, but how do you begin? For most of us, the demands of everyday routines keep us from tackling those special projects: closet clean-out, updating home decor, organizing a playroom and more. Let organizing guru and USN alumnus mom GAYLE BRINKER help you conquer the most unmanageable tasks. Gayle will help you transform your "to-do" list into a "ta-da" list.

Date(s): 2/3/2011 Time(s): 6:30 PM - 8:30 PM
 Class Fee: \$35.00 Location: USN

505 Sorting Through Your Stuff for Art & Antique Treasures

Sorting through personal property—household contents, art, antiques, etc.—in a downsizing or estate situation, or even when preparing a yard sale, can be a daunting task. How do you make sure you aren't throwing out anything valuable? How do you divide things fairly among family members? What will sell well in today's economy? Accredited professional appraiser and author SARAH CAMPBELL DRURY will provide examples, resources and tips to help you know what to sell, keep or give away. Find out how the recession has affected the prices of things such as silver, furniture, pottery/porcelain, art and more, and how to research such items. Participants may bring one object or photo of an object for evaluation. www.caseantiques.com

Date(s): 1/18/2011 Time(s): 6:30 PM - 8:30 PM
 Class Fee: \$35.00 Location: USN

506 Beautiful Floral Designs With Supermarket Flowers

"A rose is a rose is a rose." Well, maybe not after the tricks learned in this class. Learn to make the most of roses and other flower bouquets found at your grocery store by a 26-year flower veteran. In this class, Master Florist MARK ADKINS of Kroger's in Belle Meade will share design tips and strategies for decorating with grocery store flowers. Mark will supply the flowers, and you will go home with two beautiful arrangements. Bring two vases, one tall and one short, and wear clothing that can get a little dirty.

Date(s): 1/20/2011 Time(s): 6:30 PM - 8:30 PM
 Class Fee: \$35.00 Materials Fee: \$25.00
 Location: USN

507 Green Design

Green design equals good design. While color, style and trends might seem important in your interior updates and renovation efforts, more significant is selecting environmentally friendly materials. Architects and designers EDWARD and RACHEL MARTIN, owners of (n)habit, an environmental supply and design business, will guide you through the basics of sustainable and efficient design elements, product material selection, usage and much more. www.n-habit.net

Date(s): 1/25/2011 Time(s): 6:30 PM - 8:30 PM
 Class Fee: \$35.00 Location: USN

508 Contemporary Home Addition and Renovation

Dreaming of a beautiful addition to your home is both inspiring and daunting. Let accomplished architect MICHAEL GOOREVICH of Manuel Zeitlin Architects, guide you through the process of creating modern additions and renovations. Explore the nuts and bolts of home re-design in this course that includes a home tour—a site visit of a project near completion; a step-by-step discussion—from sketches to models to construction—and a Q & A session. Bring your own dreams and aspirations for a project you might like to pursue. www.mzarch.com

Date(s): 4/21/2011 Time(s): 6:30 PM - 8:00 PM
 Class Fee: \$35.00 Location: Class to be held in a private home.

601 Attention! Coping with Distraction in the Digital Age

Are you more likely to scan headlines, Facebook, or a blog than dig deep into a new novel? Have the simple pleasures of yesteryear been usurped by YouTube videos? Amidst the trills and beeps of the digital age, can we re-discover our attention span? Our world is overrun with distraction and the manic pace makes it increasingly difficult to connect with the natural world. If your psychic inbox is full, join author, MTSU philosophy professor and USN dad, PHIL OLIVER as he examines this information overload and considers how we might remain technologically savvy without losing our sanity.

Date(s): 2/15/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

602 Investigative Tips for the Incurably Curious

Whether you are an enterprising journalist, suspicious spouse, or just generally the curious type, you'll love this introduction to the many tools used by investigative reporters. WILLY STERN, an award-winning investigative journalist and former writer for *Forbes* and *Business Week*, will show you that no matter what your lawyer, accountant or mother told you, no document is off limits and no secret is safe from an investigator who knows how to dig up dirt—all in an ethical fashion.

Date(s): 2/1/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: class to be held in a private home

603 Attention, Multi-Tasking and Modern Technology

Has the world gone mad for multi-tasking? Our fast-paced, technology-laden society offers us the ability to perform many tasks at once, leading us to believe we're more efficient and productive than ever before. Tasks once confined to your office computer or your home phone can now be handled anywhere at any time. However, research now shows us that multi-tasking is often counterproductive and sometimes even dangerous. USN dad DR. RENÉ MAROIS, associate professor of psychology and neuroscience at Vanderbilt University, will lead this timely and thought-provoking class offered FREE to the Nashville community on the promises and pitfalls associated with our culture's favorite pastime, multi-tasking, from neurological and behavioral perspectives. Some questions that may be addressed are: How much multi-tasking is too much? Are the effects of technology-driven multi-tasking different than "old-fashioned" multi-tasking? How does all of this affect a child's brain that is still developing? Dr. Marois, an award-winning teacher, has published numerous scientific articles on the psychology and neuroscience of multi-tasking. His research has been featured in *The New York Times*, *NPR*, and *BBC World News*, among other media outlets.

Date(s): 1/12/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$0.00 Location: USN

604 Stories From the Field: Law Enforcement Investigation Know How

From Sherlock Holmes to CSI, criminal investigation has fascinated people for generations. Too often, as with Sherlock Holmes and CSI, the information we get is a romanticized, distorted picture of investigations and crimes. Detective MICHAEL DONALDSON has trained hundreds of law enforcement professionals and civilians in Metro's Prescription Drug Diversion Program. He is currently the only dedicated officer assigned to prescription drug abuse in Davidson County. Using his experiences as both educator and detective, he will take the details of real life drug cases as a spring board into helping you learn—step by step—how real cases are detected, investigated, and ultimately prosecuted.

Date(s): 1/25/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

605 Living Vicariously: The Youth Sports Dilemma

So many sports leagues, so little time. Does your child aspire to be the next David Beckham or Michael Jordan? Where do you start with so many options and sports to choose from? West Nashville Sports League (WNSL) founder and director SCOTT TYGARD can help guide you through the maze of community sports leagues and how to best nurture your child's inner athlete. With more than 15 years of experience, Scott will offer tips on topics such as managing sports schedules, pros and cons of travel sports, when/whether to specialize in one sport, winning and losing, dealing with sometimes difficult parents of your child's teammates, and planning a successful sports experience for your child.

Date(s): 1/20/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

606 Alcohol & the Teenage Brain

Don't miss this FREE and informative program on the impact of alcohol on the teenage brain. MARY ROMANO, MD, MPH, an adolescent medicine specialist at Vanderbilt; BRETT SHAPIRO, Ph.D., a child and adolescent psychologist in private practice; and PAUL CITRO, director of adolescent services at Cumberland Heights, will participate on this important panel discussion. They will be joined by a teen who is in recovery. Hear how alcohol affects the developing adolescent brain, patterns of risk-taking behavior among teens, how to detect and respond to potential problems with alcohol, and how to improve parent-child communications. The "scene will be set" by several USN Theatre Guild students who will write and perform skits on the topic of teens, drinking and parties. USN parents who attended this program last year called it "the best program I've ever been to."

Date(s): 3/1/2011 Time(s): 7:00 PM - 8:30 PM
Class Fee: \$0.00 Location: USN

607 The Media: Love It, Hate It, Reform It

It's hard to escape the influence media has in our daily lives. ROSS FALZONE, USN parent, musician and activist, and GINNY WELSH, community leader and co-founder of *Radio Free Nashville (107.1 FM)*, will assemble a panel of media insiders for a lively discussion and Q&A about the relationship between citizens and the media. Who owns it? Can it be governed? Should it be governed? From Thomas Paine to the Internet, explore the history and future of a democracy highly dominated and influenced by the ever-expanding media. For more information about Ginny and Ross, go to www.radiofreenashville.org and www.rossfalzone.com

Date(s): 2/22/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

608 Living and Working in Space

We've all seen pictures of astronauts in space, but what is it really like? Instructor DREW GAFFNEY, M.D., a Vanderbilt cardiologist, spent eight years as a NASA astronaut (as a Payload Specialist), including a nine-day flight aboard the Columbia Space Shuttle. The class will include pictures, video and discussion about becoming an astronaut, flying in space, how our bodies adapt to weightlessness, and what's next for humans in space.

Date(s): 1/18/2011 Time(s): 7:00 PM - 8:30 PM
Class Fee: \$35.00 Location: USN

609 The Daily Life of Marines in Iraq and Afghanistan

We read the headlines, watch the news and hear stories of U.S. soldiers fighting in faraway lands. But what is it really like to engage in combat and patrol these war zones? Step into the boots of an experienced soldier who will discuss the daily routines and surprises of life during wartime. Vanderbilt graduate CAPTAIN MICHAEL BASS has served in the U.S. Marine Corps for more than six years. With amphibious assault as his specialty, Cpt. Bass has served in both Iraq and Afghanistan. In Iraq, he served on mechanized patrols and in amphibious assault vehicles. In southern Afghanistan, he served on counter-IED (improvised explosion device) patrols. Cpt. Bass will share what it is like to serve in operations in these wars and how it is different (or the same) as what the media portrays.

Date(s): 3/3/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

701 Beginning Knitting

Discover the joys of knitting with this beginner class that will cover the basics of stitches, including knit stitch and purl stitch. Veteran knitter and USN parent JOYCE JOHNSON and USN faculty member BETH THORNBURG will teach both Continental and English/American style knitting, so you can find your most natural technique. The first session will focus on the knit stitch, while the second will teach the purl stitch. Along the way Joyce will also discuss different fibers, spinning, and shaping.

Date(s): 2/8/2011, 2/10/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$45.00 Location: USN

702 Getting to Know Your Digital SLR Camera

Ever wonder what all those settings and choices are on your digital SLR camera? Let USN faculty member and parent—and professional photographer—KIMBERLY MANZ introduce you to its wonders beyond the on/off switch and automatic setting. Learn basic composition, styling and the vocabulary of the world behind the lens. You'll learn how to transfer images to software like iPhoto and Photoshop. Bring your digital SLR camera and manual. Age 14 and up. www.kimberlymanz.com

Date(s): 1/20/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

703 Getting to Know Your Digital SLR Camera

Ever wonder what all those settings and choices are on your digital SLR camera? Let USN faculty member and parent—and professional photographer—KIMBERLY MANZ introduce you to its wonders beyond the on/off switch and automatic setting. Learn basic composition, styling and the vocabulary of the world behind the lens. You'll learn how to transfer images to software like iPhoto and Photoshop. Bring your digital SLR camera and manual. Age 14 and up. www.kimberlymanz.com

Date(s): 2/3/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

704 Renaissance Revival: Silverpoint

If you're fascinated by the works of artists such as Michelangelo, Leonardo da Vinci, Alessandro Botticelli and others, then you'll enjoy learning about Silverpoint, a drawing technique used by major artists of the Renaissance. Artist, art historian and USN parent SUSAN STRIEPE will discuss the history of this drawing method, demonstrate how to prepare the tools for drawing and how to prepare the paper. Then students will work with the stylus and create their own Silverpoint artwork.

Date(s): 2/22/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

705 Mah Jongg: Beginning to Intermediate Levels

CRACK, BAM, DOT, MAH JONGG! If you're looking for a new, challenging experience to exercise your mind, learn the basics of the ancient Chinese game, Mah Jongg. Beginners and intermediate players can benefit from this two-part class taught by experienced Mah Jongg masters KAREN YAZDIAN, ILENE NEDELMAN, SUZY PERLMAN, MIMI FRIEDMAN and JUDY LEFKOVITZ. Age 21 and up.

Date(s): 1/20/2011, 1/27/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$45.00 Materials Fee: \$8.00
Location: USN

706 Photoshop 101

Are you frustrated with trying to get a family photo with everyone's eyes open? Love the photo of your folks but need to get rid of the light fixture "growing" out of their heads? Photoshop is the answer. Graphic designer, USN parent, and Photoshop pro KIRK MANZ will lead you through a hands-on session of color-correcting photos, cutting and pasting images, and getting rid of unwanted backgrounds. Bring your laptop if you like, but it's not required. Trial versions of the software will be available. www.kirkmanz.com

Date(s): 1/18/2011 Time(s): 6:30 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

707 Photoshop 101

Are you frustrated with trying to get a family photo with everyone's eyes open? Love the photo of your folks but need to get rid of the light fixture "growing" out of their heads? Photoshop is the answer. Graphic designer, USN parent, and Photoshop pro KIRK MANZ will lead you through a hands-on session of color-correcting photos, cutting and pasting images, and getting rid of unwanted backgrounds. Bring your laptop if you like, but it's not required. Trial versions of the software will be available. www.kirkmanz.com

Date(s): 1/25/2011 Time(s): 6:30 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

708 Advanced Photoshop

A follow up to Photoshop 101. Get even more proficient with Photoshop as graphic designer, USN parent, and Photoshop pro KIRK MANZ leads you deeper into the wonders of this powerful software. Bring your laptop if you like, but it's not required. Trial versions of the software will be available. www.kirkmanz.com

Date(s): 2/8/2011 Time(s): 6:30 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

709 Advanced Photoshop

A follow up to Photoshop 101. Get even more proficient with Photoshop as graphic designer, USN parent, and Photoshop pro KIRK MANZ leads you deeper into the wonders of this powerful software. Bring your laptop if you like, but it's not required. Trial versions of the software will be available. www.kirkmanz.com

Date(s): 2/15/2011 Time(s): 6:30 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

710 Origami for Beginners

The delicate and ancient art of origami, or paperfolding, has endless variation. Learn to turn simple squares of paper into sculpture with this beginner class taught by 27-year origami veteran MALACHI BROWN. Students will learn fundamental skills of origami, how to read diagram notation, and more. Bring your creativity as you try your hand at this beautiful art form.

Date(s): 2/10/2011 Time(s): 6:00 PM - 9:00 PM
Class Fee: \$35.00 Materials Fee: \$5.00
Location: USN

711 The Art of Origami Boxes

Origami is the beautiful and ancient art of folding paper into sculptures. In this fun and easy class, experienced origami artist MALACHI BROWN will teach you to make (and keep) a square box and a hexagonal box using decorative, handmade, traditional origami paper. No prior origami experience is required.

Date(s): 2/17/2011 Time(s): 6:00 PM - 9:00 PM
Class Fee: \$35.00 Materials Fee: \$5.00
Location: USN

712 Authentic Movement: Expression of the Mind

Authentic Movement began over 60 years ago as a dance and movement form of psychotherapy. JUDY GIVEN, a licensed clinical professional counselor and USN mom with more than 20 years experience as a dance/movement therapist, will lead expressive improvisational movement practice, emphasizing free association of the body. Students will use movement, journaling and drawing as the basis for exploration of personal themes and images in this two-session class. Age 16 and up.

Date(s): 1/27/2011, 2/3/2011
 Class Fee: \$45.00
 Location: USN

Time(s): 7:00 PM - 8:30 PM
 Materials Fee: \$10.00

713 Fearless Bike Mechanics

Impress your friends with your engineering prowess on your next bicycle outing and save money and time by becoming your own bike mechanic. If you enjoy bike rides, it's imperative to learn useful bike maintenance. Lifelong bicycle enthusiast and bike shop owner GLENN KAMKA will expertly guide you through everything you need to know, from tools to lubricants, to disassembly and tuning. After this hands-on class, you will tackle maintenance issues with confidence, and your bike and your wallet will thank you. Age 16 and up.

Date(s): 1/25/2011
 Class Fee: \$35.00

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

714 The Silent Art: Learning Mime

Learn to communicate without using words. Dating back to ancient Greece, the art of mime, or "pantomime," is a performance art in which the actor tells a story using only the body, with no speech. USN faculty member GUS GILLETTE will help you explore the fascinating world of mime. Gus trained in Paris with Etienne Decroix, the father of modern mime, and has taught and performed mime extensively. With an emphasis on comedy, students will learn to build a glass box and much more.

Date(s): 2/10/2011
 Class Fee: \$35.00

Time(s): 6:30 PM - 7:30 PM
 Location: USN

715 Basic Drawing

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

Date(s): 2/8/2011
 Class Fee: \$35.00
 Location: USN

Time(s): 6:30 PM - 9:00 PM
 Materials Fee: \$35.00

716 Basic Watercolor

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

Date(s): 2/10/2011
 Class Fee: \$35.00
 Location: USN

Time(s): 6:30 PM - 9:00 PM
 Materials Fee: \$35.00

717 Improv for Adults

Are you fast on your feet? Quick with one-liners? Gain confidence and react quickly in this improvisation class taught by BAKARI KING, a professional actor and USN theater teacher. Fun games like "Whose Line Is It Anyway?" make it easy to learn the five elements of improvisation. Participants will also learn to develop a stage presence and project their voices so those funny lines may be heard by all. Age 16 and up.

Date(s): 3/1/2011
 Class Fee: \$35.00

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

718 Basics of Bridge

Calling all card sharks (and card tadpoles)! Do you love playing cards but find it difficult to jump into the deep end to learn the tricks of playing bridge? Once you tackle the basics, you'll find that this popular game is the perfect activity to play anywhere, at home or across the globe. Expert instructor and bridge lover DAVID BIRNBAUM will show you how to navigate the waters. He will have you taking tricks and turning trumps like an old hand.

Date(s): 2/15/2011, 2/22/2011
 Class Fee: \$45.00

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

719 Introduction to Clay Modeling

Interested in working with clay but not ready to make the commitment to a long-term course? Come get your hands dirty and create in this three-session class. BILL DOAK, retired pediatrician and USN dad with a life long interest in sculpture and bronze-casting, will lead you expertly into the world of water-based clay. Bill will provide hands-on instructions and techniques for handling clay and will focus on figurative sculpture.

Date(s): 2/1/2011, 2/8/2011, 2/15/2011
 Class Fee: \$50.00
 Location: Class to be held in a private home studio.

Time(s): 7:00 PM - 9:00 PM
 Materials Fee: \$25.00

720 Scrapbooking Your Memories

Preserving memories, relieving stress, being creative and having fun: welcome to the world of scrapbooking. Bring your own album and pictures, and begin or continue working on your own scrapbook. You will design pages to capture special milestones, occasions or holidays. By the end of the evening, you will have several completed scrapbook pages. Join SUZANNE SAWYERS, professional scrapbooker and wedding and event planner, for this useful and fun class that will help you create a special and uniquely personal scrapbook.

Date(s): 1/20/2011
 Class Fee: \$35.00
 Location: USN

Time(s): 6:30 PM - 8:30 PM
 Materials Fee: \$15.00

721 Woodturning for Neophytes

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

Date(s): 2/3/2011
 Class Fee: \$35.00
 Location: USN

Time(s): 6:00 PM - 9:00 PM
 Materials Fee: \$25.00

722 Woodturning for Neophytes

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

Date(s): 2/24/2011 Time(s): 6:00 PM - 9:00 PM
 Class Fee: \$35.00 Materials Fee: \$25.00
 Location: USN

723 An Introduction to the Birds of Tennessee

Tennessee has approximately 170 species of birds that breed in the state and another 100 that either migrate through or come here to spend the winter. This class will focus on 10 species as a window into the world of Tennessee birds, including the Ruby-throated Hummingbird, Red-tailed Hawk, Northern Cardinal, and the Purple Martin. Ornithological consultant with an M.S. in Zoology MELINDA WELTON will guide participants through this wonderful winged world and provide advice on binoculars, books and the new Tennessee Watchable Wildlife website. A class no bird enthusiast should miss.

Date(s): 1/25/2011 Time(s): 6:30 PM - 8:30 PM
 Class Fee: \$35.00 Location: USN

724 Mason-Dixon Knitting: A Workshop for the Curious Knitter

The co-authors of the bestselling *Mason-Dixon Knitting* books lead this class in log cabin knitting, a technique that offers opportunity for easy creativity with color and shape to yield beautiful pieces. Avid knitters and bloggers KAY GARDINER and ANN SHAYNE (a USN mom) will share information on several projects and techniques featured in their books and show samples. Materials will be provided for creating a cushion using log cabin technique, but students are encouraged to bring any chunky or worsted weight yarn with appropriately sized needles. Copies of Ann and Kay's book, *Mason-Dixon Knitting*, will be available for purchase at the class. Knitting experience required. www.masondixonknitting.com

Date(s): 2/15/2011 Time(s): 6:00 PM - 8:30 PM
 Class Fee: \$35.00 Materials Fee: \$20.00
 Location: USN

725 Color Your World With Mixed Media

In this class, artist CINDY WUNSCH of Studio BE will guide you through creating a work of art that is a reflection of how you would like to "color your world." Using personal items brought to class, students will create a treasure that includes collage on canvas, acrylic paints and a high-gloss varnish. Amaze yourself. Cindy has art placed at various galleries in the nation and is currently an adjunct professor at Belmont University teaching art education. www.cindywunsch.com

Date(s): 2/8/2011, 2/10/2011 Time(s): 6:00 PM - 8:30 PM
 Class Fee: \$45.00 Materials Fee: \$50.00
 Location: Class to be held at instructor's studio

726 Painting Made Easy

Unleash your hidden artist in a single night. In this engaging class, artist and author of *The Artist Within, A Guide to Becoming Creatively Fit*, WHITNEY FERRÉ teaches you her no-fail, step-by-step acrylic painting technique. Learn how to layer colors and texture. Discover color theory and design principles. In only one class, you'll create and finish a painting on canvas to bring home.

Date(s): 2/10/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$35.00 Materials Fee: \$30.00
 Location: USN

727 Maximize your Pixels

Want your digital photographs to look better? Want to maximize the potential of an image? Learn to make the most of your pixel powers with BOB SCHATZ, professional photographer and USN dad with 30-plus years of experience and author of seven books. Bob will walk you through the process—from downloading digital photos from your camera to basics of working with images to fun tricks with Photoshop software. www.stockschatz.com

Date(s): 2/17/2011 Time(s): 7:00 PM - 9:00 PM
 Class Fee: \$35.00 Location: USN

728 Pinewood Derby: Design and Build Your Derby Race Car

On your mark, get set, GO! Design and build your own pinewood derby car in this class with the expert help of GREGORY FLATT, USN parent and current Cub Scout pack leader. Held annually cross the country for Cub Scouts and an adult partner, a Pinewood Derby is an experience like no other. Did you know a fast derby car can reach speeds of up to 20 MPH? Starting with a kit from the Boy Scouts of America, Greg will help you create your own pinewood derby car. A veteran of three Pinewood Derbies, Greg is enthusiastic to share his tricks of the trade, including car requirements, parts, judging guidelines and other suggestions.

Date(s): 2/24/2011 Time(s): 6:30 PM - 8:30 PM
 Class Fee: \$35.00 Materials Fee: \$5.00
 Location: USN

729 Black and White Photography

The striking contrasts brought to light with a gorgeous black and white image can create a powerful image. Beautiful landscapes, thoughtful portraits and still life images are dramatically enhanced when the photographer opts for black and white film instead of color. If you'd like to learn the magic of shooting in black and white, let an expert guide you. Professional photographer and USN dad JOSH ANDERSON will discuss the particulars of black and white photography, shooting, film types, and darkroom printing techniques. This class is two sessions, allowing time for darkroom instruction. Josh's clients include *Converse*, *The New York Times*, *Wall Street Journal*, *Newsweek*, and more. www.joshandersonphotography.com

Date(s): 1/27/2011, 2/3/2011 Time(s): 6:00 PM - 9:00 PM
 Class Fee: \$45.00 Materials Fee: \$15.00
 Location: USN

730 Felted Wool: Recycle Sweaters Into Beautiful Projects

Learn how to make gorgeous felted wool handbags, gloves and more in this class that combines the art of knitting with re-purposing old sweaters. USN mom and textile artisan DORREN ROBINSON will lead this two-part class where you will learn to create your own handmade items. In part one, Dorren will teach knitters how to use the Continental technique; part two will focus on turning old woolen sweaters into a handbag, iPhone case, fingerless gloves and more. Bring your ideas and imagination to class and begin your handmade journey. Dorren was a selected artist at this year's USN *artcleptic* event, where she featured several of her colorful, functional bags and other items. Note: this class is appropriate for those with some knitting experience.

Date(s): 3/1/2011, 3/8/2011 Time(s): 6:00 PM - 8:00 PM
 Class Fee: \$45.00 Materials Fee: \$15.00
 Location: Class to be held in a private home.

801 Beyond Limits: Attaining Ultimate Potential through Healthy Living

"Be all that you can be." Are you ready to take your life to the next level? In this one-day workshop, students will learn to reach new levels of personal and professional performance using a program called MEPS. MEPS, created by accomplished workshop leaders STEWART and DR. TIFFANY BREEDING, has as its primary focus the development of integrated balance among four human energies: mental, emotional, physical and spiritual (MEPS). This class will include self-evaluation, interactive training, as well as group discussion and reflection. After this dynamic three-hour experience, participants will leave with the tools to design their own MEPS plan to reach their ultimate potential. The motivating instructors of this course are the authors of *Limitless: Overcoming Life's Challenges and Realizing Your Ultimate Potential*. www.focusfitness.net

Date(s): 1/22/2011 Time(s): 9:00 AM - 12:00 PM
Class Fee: \$35.00 Location: Focus Fitness, 740 Thompson Lane, Nashville, TN 37204

802 Classical Pilates

Demystify this life-changing method of exercise, and learn how it can change your body, your mind and your life for the better. By beginning each movement from your "powerhouse," or core, you'll find a new approach to perfecting posture and preventing injury. USN mom and instructor AMY BERGESEN, Ph.D. welcomes all levels of experience to her class, which will be taught with fully equipped Pilates towers at Willow Pilates Studio in Green Hills. Bergesen has taught Pilates for ten years and swears she has never felt healthier. Come see what she—and Pilates' many other devotees—are raving about. www.willow-studio.com

Date(s): 1/20/2011 Time(s): 11:30 AM - 12:30 PM
Class Fee: \$35.00 Location: Willow Pilates Studio, 2203 Bandywood Drive, Nashville, TN 37215

803 Bicycle Riding, Touring, Racing and More

Whether you're a casual bicyclist, serious racer or touring aficionado, you'll enjoy tips from cycling expert LAUREN GAFFNEY. In this class geared for participants of all levels, you'll learn how to improve cycling skills, how to prepare for a group ride or a race, and how to plan a bicycle touring vacation. Instructor Lauren Gaffney is truly an expert on cycling: a collegiate champion, World Duathlon silver medalist and former professional racer. Lauren grew up taking cycling trips around the world.

Date(s): 2/10/2011 Time(s): 7:00 PM - 9:00 PM
Class Fee: \$35.00 Location: USN

804 Yes, You Can Do Yoga

Do you think that you are too old, too stiff, have too many limitations or are not fit enough to do yoga? Think again! The many great benefits of yoga can easily be yours. Take the first step and find out what yoga is all about in this two part introductory class. No matter what your situation, you'll learn simple movements that you can add to your daily life to feel better. USN mom and instructor CORRINE DENNISON's easy-going guidance sets even the most self-conscious participant at ease. Her yoga style reflects a blend of her training with both locally and internationally renowned instructors.

Date(s): 2/17/2011, 2/22/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$45.00 Location: USN

805 Pilates Tower

Take your Pilates workout to the next level with the Pilates Tower. Certified Pilates instructor and USN parent LUCI CROW will help students learn the basics of the Tower apparatus, consisting of leg and arm springs, push-through and roll down bars. You'll integrate classic Pilates mat work with resistance provide by springs. www.nashvillealign.com

Date(s): 3/1/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: Align Wellness Studio, Belle Meade Plaza, 4544 Harding Pk., Ste. 215, Nashville, TN 37205

806 Reiki 101

If you are searching for a way to restore balance and calm in your life, Reiki may be the solution. Reiki, a holistic Eastern practice meaning universal life force, seeks to restore order to the body whose vital energy has become unbalanced. With gentle touch and non-invasive hand placement, Reiki can align and balance the body's energy flow. Reiki Master Teacher MARY ANN STUART will discuss the benefits and history of this practice, now commonly used to reduce stress and anxiety. www.nashvillealign.com

Date(s): 4/15/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: Align Wellness Studio, Belle Meade Plaza, 4544 Harding Pk., Ste. 215, Nashville, TN 37205

807 Pilates Tower

Take your Pilates workout to the next level with the Pilates Tower. Certified Pilates instructor MARY ANN STUART will help students learn the basics of the Tower apparatus, consisting of leg and arm springs, push-through and roll down bars. You'll integrate classic Pilates mat work with resistance provide by springs. www.nashvillealign.com

Date(s): 1/18/2011 Time(s): 6:30 PM - 8:30 PM
Class Fee: \$35.00 Location: Align Wellness Studio, Belle Meade Plaza, 4544 Harding Pk., Ste. 215, Nashville, TN 37205

808 Beginning Fly Fishing for Women

Experience the serenity of fly fishing by spending a Saturday morning in Shelby Park with a woman who has been fishing all her life. SUSAN THRASHER leads this women-only session. Learn to speak the fly-fishing language: rods, reels, lines, leaders and tippets. Susan will teach students how to roll cast and basic cast at the lake in Shelby Park without pesky branches overhead and how to properly land a fish and gently release it. www.southernbrookies.com

Date(s): 3/26/2011 Time(s): 9:00 AM - 12:00 PM
Class Fee: \$35.00 Materials Fee: \$10.00
Location: Class meets at Shelby Park (South 20th at Shelby Ave.), Lake View Shelter #2

809 Beginning Fly Fishing—Coed

Does the rippling of water call to you, but you don't know how to answer? Come join us for an afternoon of fly-fishing at Shelby Park. SUSAN THRASHER, a certified fly-fishing instructor and owner of her own fly-fishing shop, will show you the ropes. In a few hours of hands-on experience, you'll become familiar with the equipment and basic casts. You'll learn how to catch, land, and safely release a fish. This class is a great way to spend an afternoon learning a new hobby. www.southernbrookies.com

Date(s): 3/26/2011 Time(s): 1:00 PM - 4:00 PM
Class Fee: \$35.00 Materials Fee: \$10.00
Location: Class meets at Shelby Park (South 20th St. at Shelby Ave.), Lake View Shelter #2

810 Self Defense for Young Women

For parents, few things in life are as scary as sending our daughters out into the world on their own. As young women prepare for college and life beyond, alarming statistics consistently show that women need specific skills and strategies to keep themselves safe. Sign up your daughters for Self Defense for Young Women and make these skills and strategies their own. Martial arts trainer and USN mom MARA GIOVANNI, who has studied a variety of martial arts disciplines for more than 20 years, will teach participants how to recognize warning signs of potential danger and offer effective self-defense skills to increase a woman's overall safety. This class is especially geared for females age 14 and up.

Date(s): 2/24/2011 Time(s): 6:30 PM - 8:00 PM
Class Fee: \$35.00 Location: USN

811 Family Fun on Ice

Have you ever pictured yourself gliding across the ice and launching into a triple axel? OK, how about just simply standing up on the ice? USN mom and figure skating coach ROBIN BARNES will get you moving on the ice or help you improve upon your existing skills in this fun-filled class. Come solo or bring the whole family! Class is 1/2 hour instruction and 1/2 hour free skate time. Skates are included with your fee. Just don't forget your mittens!

Date(s): 3/23/2011
Class Fee: \$35.00

Time(s): 6:30 PM - 7:30 PM
Location: Centennial Sportsplex, 222 25th Avenue North,
Nashville, TN 37203

901 Fossils and Geology of the Harpeth Narrows

Fossil expert and veteran USN Evening Classes instructor JOHN INTERLANDI will lead adventurers of all ages on a one-day fossil hunting expedition to Harpeth Narrows. Fossil fanatics and the geologically curious will explore this famous Cheatham County site, learn about its unique history, and search for Paleozoic treasure: fossils of brachiopods, pelecypods, trilobites and more. This family-friendly field trip will include a hike to the bluff, a survey of the surrounding geology, and a search for fossils. The class will enjoy lunch and discuss fossil finds by the spill pool near Montgomery Bell's famous tunnel at the Harpeth River. We'll meet at USN and carpool together. Bring a brown bag lunch and drink. No special experience or tools required. Rain Date: 4/9/11

Date(s): 4/2/2011
Class Fee: \$35.00

Time(s): 8:00 AM - 5:00 PM
Location: Class meets at USN and carpools to Cheatham County site.

902 Downtown Architecture: A Walking Tour

Nashville Scene architecture and urban design critic CHRISTINE KREYLING will lead a walking tour of downtown Nashville, along the way telling the tale of the city and the stories behind the buildings. Starting in East Nashville, the tour will cross the bridge over the Cumberland River and wander through SoBro before heading up the hill to downtown proper. Kreyling wrote and edited *The Plan of Nashville* as well as numerous other works about the city.

Date(s): 4/9/2011
Class Fee: \$35.00

Time(s): 10:00 AM - 12:30 PM
Location: Class meets offsite at the Shelby pedestrian bridge in Downtown Nashville

903 Dollars and Divorce: Preparing for Finances After the Marriage is Over

Divorce is a difficult process. While attorneys offer expertise in legal issues, finances are equally important. Poor financial planning can turn a difficult situation into a nightmare. In this one-on-one session, SANDY ARONS, a certified financial divorce analyst and financial counselor, will discuss the financial pitfalls to avoid if you are contemplating or in the midst of divorce, how to minimize arguing with your spouse, and how to get the most value from your attorney fees. Sandy will help you understand the numbers, potential financial missteps and tax issues so you can secure your future and your children's future.

Date(s):
Class Fee: \$75.00

Time(s):
Location: Date, time, and location to be determined by student and instructor.

904 The Art of the Home: Interior Design One-On-One

Interior designer and USN alumna and mom TORY SALLY FITZGIBBON helps you shape the interior space of your home and make it an area that both functions well and reflects you. Tory will help you edit your home space—from paint colors to furniture arrangement to cosmetic updates—to create a family-friendly space that is also the essence of clean-lined luxury. This one-on-one session will last up to two hours as she comes to your home to work with you on your space.

Date(s):
Class Fee: \$150.00

Time(s):
Location: Date, time, and location to be determined by student and instructor.

905 Find Your Keys: One-on-One Help to an Organized Life

Professional organizational consultant and USN mom URSULA NORRIS will come to your home for two hours and get you started down the path to an organized life. From closets, kitchens and playrooms to the dreaded basements and garages, she's organized it all. These two hours will make your living space more livable and your day more manageable. In the meantime, don't misplace this catalog!

Date(s):
Class Fee: \$75.00

Time(s):
Location: Date, time, and location to be determined by student and instructor.

906 Take Note: One-on-One Songwriting Instruction

Over the course of a stellar career, USN parent TOM KIMMEL has garnered a reputation as a writer's writer, crafting songs for film and TV and a wide array of artists. Tom will again offer a one-on-one session to evaluate and consult on songs you've written—or give you a private tutoring session on writing. Get that song out of your heart and down on paper! www.tomkimmel.com

Date(s):	Time(s):
Class Fee: \$150.00	Location: Offsite in studio in Forest Hills. Date and time to be determined by student and instructor.

907 Take Note: One-on-One Songwriting Instruction

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Date(s):	Time(s):
Class Fee: \$150.00	Location: Offsite in studio in Forest Hills. Date and time to be determined by student and instructor.

908 The Kindest Cut of All: Practical Pruning

Pruning your own ornamental trees and shrubs is not only practical but highly satisfying and gives a huge sense of accomplishment. Gain the confidence you need with a hands-on, one-on-one lesson from the master certified arborist and USN parent, CABOT CAMERON. This one hour private lesson at your home is just what the doctor ordered. You'll gain a skill and your garden will thank you. This very popular session is sure to sell out early, so sign up now. www.druidtree.com

Date(s):	Time(s):
Class Fee: \$100.00	Location: Date, time, and location to be determined by student and instructor.

909 The Kindest Cut of All: Practical Pruning

Pruning your own ornamental trees and shrubs is not only practical but highly satisfying and gives a huge sense of accomplishment. Gain the confidence you need with a hands-on, one-on-one lesson from the master certified arborist and USN parent, CABOT CAMERON. This one hour private lesson at your home is just what the doctor ordered. You'll gain a skill and your garden will thank you. This very popular session is sure to sell out early, so sign up now. www.druidtree.com

Date(s):	Time(s):
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910 The Kindest Cut of All: Practical Pruning

Pruning your own ornamental trees and shrubs is not only practical but highly satisfying and gives a huge sense of accomplishment. Gain the confidence you need with a hands-on, one-on-one lesson from the master certified arborist and USN parent, CABOT CAMERON. This one hour private lesson at your home is just what the doctor ordered. You'll gain a skill and your garden will thank you. This very popular session is sure to sell out early, so sign up now. www.druidtree.com

Date(s):	Time(s):
Class Fee: \$100.00	Location: Date, time, and location to be determined by student and instructor.

911 I Can Assist You: One-on-One

Your to-do list is a mile long, but how do you begin? For most of us, the demands of everyday routines keep us from tackling those special projects: closet clean-out, updating home decor, organizing a playroom and more. Let organizing guru and USN alumnus mom GAYLE BRINKER help you conquer the most unmanageable tasks. Gayle will come to your home for 2 and 1/2 hours in February (date and time determined by your schedule) and help you transform your to-do list into a 'ta-da' list. (This is a ONE-on-ONE Version of Gayle's popular 504 class.)

Date(s):	Time(s):
Class Fee: \$75.00	Location: February date, time, and location to be determined by student and instructor.

912 Aspiring Writer? Fiction, Poetry, Non-Fiction

Get that book out of your head and down on paper. You always wanted to write a book. The problem? For some it is the blank page; for others, getting honest feedback and a sense of how to edit and shape a manuscript might be the biggest obstacle. ANNE GUZZARDI, MFA, an award winning writer and private writing coach, will work with you, give you writing insights, and offer editing tips that will help you move forward with your book. Bring your rough ideas or full manuscript, and she'll help jump start you on your way. Individual sessions are two hours, and you can schedule more than one if you think that's best. A brief meeting beforehand to make sure the session is geared to your needs will also be scheduled.

Date(s):	Time(s):
Class Fee: \$150.00	Location: Date, time, and location to be determined by student and instructor.

913 Creating a Poem

Bring your creative work to two one-hour sessions of close reading, writing exercises and revision. If you are just beginning to write, the sessions will be about inspiration and the kind of reading that can inform your work. If you are already writing poems, it will be a time of close listening and identifying the elements of music, structure and individual voice. ANNE GUZZARDI, MFA, an award winning writer and private writing coach, will work with you, give you writing insights, and offer editing tips that will help you refine and complete your work. A brief meeting beforehand to make sure the sessions are geared to your needs will also be scheduled.

Date(s):	Time(s):
Class Fee: \$150.00	Location: Date, time, and location to be determined by student and instructor.

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Go to www.USNEveningClasses.org to register online.

STUDENT CONTACT INFORMATION

Primary Student Name: _____

City: _____ State: _____ Zip: _____

Business Phone: _____ Cell Phone: _____

Email: _____

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

Additional Student Name: _____ Email: _____

Additional Student Name: _____ Email: _____

Additional Student Name: _____ Email: _____

Are you the contact person? Yes No If no, then who is? _____

Where did you get your USN Evening Classes Catalog? _____

CLASS REGISTRATION INFORMATION

Class #	Class Name	Student Name	Materials Fee	Class Fee	Total Due
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
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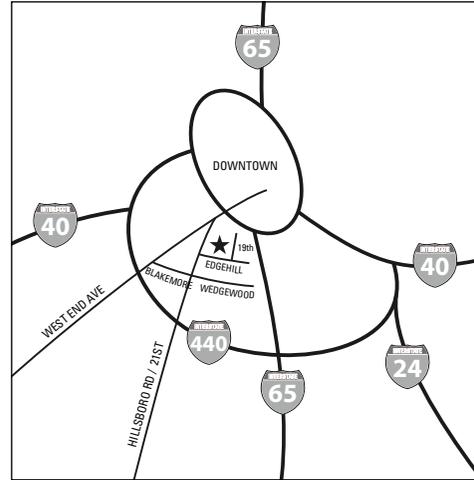
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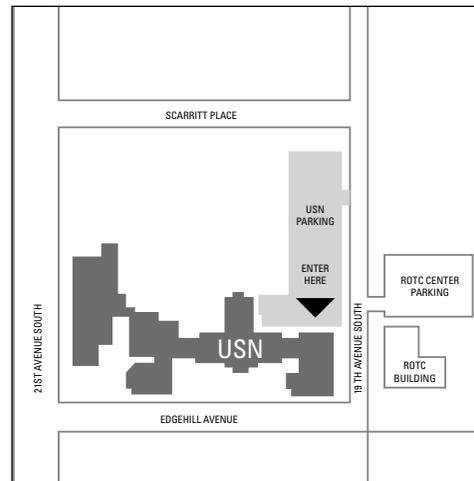
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Thank you! Proceeds from USN Evening Classes support University School's K-12 need-based financial aid program.

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



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Security will patrol the USN lot at all times.

From the 19th Avenue parking lot, enter the Gordon Wing through the double glass doors. You will be greeted by USN Evening Classes hosts.

University School of Nashville's campus is smoke free.

USN Evening Classes students and instructors—Please utilize our free parking lot located on 19th Avenue between Edgehill Avenue and Scarritt Place.



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