

2024 - 2025 Season Course Catalog



usn Evening CLASSES
register at eveningclasses.org

Instructor, Kimberly Manz

Digital SLR: Beyond Auto-Mode

In Conversation with Author in Residence Alix Harrow



usn Evening CLASSES
register at eveningclasses.org

February 24 @ 6:00 PM

MUSIC LITERATURE & POLITICS FAMILY

Spring Floral Centerpiece Design
Carter Dawson, Botanica
3/27/25



usn Evening CLASSES
register at eveningclasses.org



usn Evening CLASSES

The Five Mother Sauces with David Andrews and Danielle Kates



usn Evening CLASSES

"Foster The Creative" with Sharon Pugh



Wines of Bourgogne

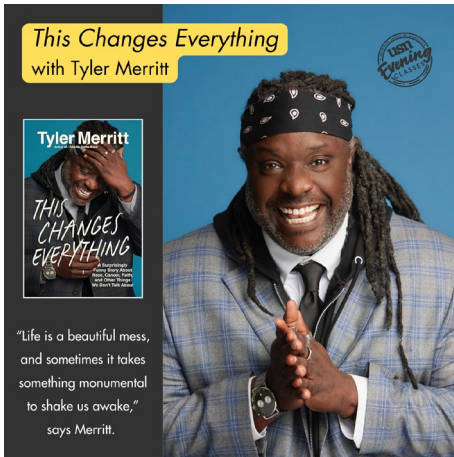
Mediterranean Dips & Meze with Butcher & Bee



Feb. 6 @ 6:00 PM

Chris DeJesus

This Changes Everything with Tyler Merritt



usn Evening CLASSES

"Life is a beautiful mess, and sometimes it takes something monumental to shake us awake," says Merritt.

MUSIC LITERATURE & POLITICS FAMILY

Sake and Sushi Class
Present Tense



usn Evening CLASSES

MUSIC LITERATURE & POLITICS FAMILY

Introduction to Ayurveda
Stephanie Lauren Brown



usn Evening CLASSES

Feb. 10 @ 6:00 PM
register at eveningclasses.org

Sequined Keepsake Ornament Making
with Libby Callaway



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MUSIC LITERATURE & POLITICS FAMILY

Intro to the World of Alcohol Free Adult Beverages
Stephanie Styll



usn Evening CLASSES

Feb 23 @ 5:30PM
register at eveningclasses.org

100 Curious About Art Collecting?

ANDREA ZIEHER

A candid evening for those curious about art collecting and the contemporary art world. The discussion will include an overview of the art market including galleries, art fairs and auctions, as well as insider tips and juicy anecdotes. Learn more about how the art world works, where to look for work, art as an investment, and how to collect on any budget.

1000 Interior Design One-On-One with Khaki Daniel

KHAKI DANIEL

Looking for a fresh set of eyes in your home? Are you dreaming of an addition or want ideas on a kitchen remodel? Bathroom tile refresh? We can walk your space and I can throw out ideas or we can look at ideas you have been considering and just needed some second opinions.

1001 From Clutter to Clarity: An Organizational Transformation

MASHA VENTA

Welcome to "From Clutter to Clarity" - a two-hour, one-on-one workshop designed to help you create clarity in your life by organizing your physical space. Do you feel overwhelmed by the clutter you want organized? Do you find it challenging to focus or relax in your home or office? If so, this workshop is perfect for you!

During our time together, I will guide you through a step-by-step process to declutter your room, create new organizational systems, and develop good habits to maintain your newly organized space. We will also explore how your physical environment can impact your mental and emotional well-being, and identify any limiting patterns that may be holding you back. By the end of the workshop, you will not only have a beautifully organized room, but you will also feel empowered to tackle other areas of your life that may be causing you stress or anxiety. So, whether you're looking to increase productivity, improve your mood, or simply enjoy your living space more fully, "From Clutter to Clarity" is the perfect first step. Join me today and let's create a more organized, peaceful and fulfilling life together!

1002 Single Therapeutic Paint Throwing Session

JACKIE LAURIAN LONG

Want to try one of GOOP's top 55 Best Wellness Gifts and Nashville's newest wellness experience? TheraPaint Studio is a modern wellness concept offering a luxurious non-clinical approach to release and process emotions in a visual, cathartic way through the simple act of throwing paint owned by USN parent JACKIE LAURIAN LONG. Upon completion, your work will be composted so that the energy released can grow into something beautiful and productive in our on-site garden. You'll leave feeling lighter and more at ease after your session and while you have to leave your work behind and truly let it go, you will be gifted a polaroid of your final piece to remember your experience.

1003 Couples/Friends Therapeutic Paint Throwing Session

JACKIE LAURIAN LONG

Want to try one of GOOP's top 55 Best Wellness Gifts and Nashville's newest wellness experience? TheraPaint Studio is a modern wellness concept offering a luxurious non-clinical approach to release and process emotions in a visual, cathartic way through the simple act of throwing paint owned by USN parent JACKIE LAURIAN LONG. Upon completion, your work will be composted so that the energy released can grow into something beautiful and productive in our on-site garden. You'll leave feeling lighter and more at ease after your session and while you have to leave your work behind and truly let it go, you will be gifted a polaroid of your final piece to remember your experience.

101 - In Conversation with Author in Residence Alix Harrow

ALIX HARROW

Please join us for a reading and conversation between ALIX HARROW, USN's Author-in-Residence for 2024-2025, and USN's English Department Chair and USN alumna '2000 FREYA SACHS, Alix E. Harrow is the New York Times-bestselling author of *The Ten Thousand Doors of January*, *The Once and Future Witches*, *Starling House*, and various short fiction, including a duology of retold fairy tales (*A Spindle Splintered* and *A Mirror Mended*). Her work has won a Hugo and a British Fantasy Award, and been shortlisted for the Nebula, World Fantasy, Locus, Southern Book Prize, and Goodreads Choice awards. USN is thrilled to bring Alix Harrow to campus as our Author in Residence this year, and we invite our community to join us for an evening in conversation with her.

102 Marvelous Mehndi with Henna Paste

SONAL GUPTA

Want to learn how to create a temporary tattoo? Want to practice piping henna paste as if it were cake icing decoration? Want to soak up the scents of eucalyptus oil? Come and join USN parent SONAL GUPTA to learn about the ancient art and history of mehndi, how to apply the henna paste to create designs on canvas or skin, and learn some tips and tricks not only for application, but how to use your designs to tell a story for the person for which you are creating (whether it's on their hand or on stretched canvas). Learn about the meaning and the magnificence of mehndi design and why it's persisted as art for so many thousands of years.

103 Virtual African Tour with Dr. Joseph Amanfu

DR. JOSEPH AMANFU

In his book ""The Other Image of Africa."" DR. JOSEPH AMANFU wrote:

Do you want to learn more about Africa? It is home to the Sahara Desert, Mt. Kilimanjaro, and the Nile River, but did you know that it is 3 times the size of the U.S. with 54 countries and over 2000 languages? In this class we will discuss the vast diversity of Africa through pictures from my book, "The Other Image of Africa." Be prepared to journey across the world and explore the 2nd largest continent on the planet!

104 Writing and Publishing Books for Kids

JESSICA YOUNG

Have you ever thought about writing a children's book?

Children's book author and USN parent of alumni JESSICA YOUNG will provide a glimpse into the craft and business of writing for young readers. Jessica will cover concept, format, and structure of picture books and chapter books, as well as tips and tricks to finding and working with agents, editors, and publishers.

*This class will focus on traditional publishing rather than self-publishing.

105 Tchaikovsky's Fifth with the Nashville Symphony

MISHA ROBLEDO

Join us for an enriching afternoon of classical music, featuring a Classical Conversation lecture led by Conductor and former Music Advisor LEONARD SLATKIN followed by a stunning performance by the Nashville Symphony. Israeli-American cellist Inbal Segev brings her reputation as one of the foremost interpreters of contemporary works for cello to Mark Adamo's *Last Year*, a modern take on Vivaldi's *The Four Seasons* evoking cinematic drama.

Leonard Slatkin, conductor

Inbal Segev, cello

Rossini - Overture to *La Gazza Ladra*

Mark Adamo - *Last Year*

Tchaikovsky - Symphony No. 5

106 Adult Improv with Bakari King

BAKARI KING

Join us for an evening of adult improv acting class and learn the skills to help you dazzle at a meeting, be the life of the party, connect with your friends, or at least lighten up yet another Zoom meeting.

In this class, you will participate in many games like the ones you may have seen on “Whose Line is it Anyway.” Led by USN parent and middle school theatre instructor BAKARI KING, you will learn improvisational theatre tricks of the trade and how improv can apply to and support your everyday life. Come ready to have some fun!

107 This Changes Everything with Tyler Merritt

TYLER MERRITT

Bestselling author and activist TYLER MERRITT’S new memoir *This Changes Everything* explores life, humor and resilience after cancer inviting readers on a heartfelt journey through laughter and reflection. In Merritt’s follow-up to his bestselling book, “I Take My Coffee Black,” he shares his journey through cancer with humor and candid insight. Confronting a diagnosis that changed his perspective on life, he weaves together personal experiences and reflections on the fragility of existence.

“Life is a beautiful mess, and sometimes it takes something monumental to shake us awake,” says Merritt. “This book is my love letter to that mess—full of laughter, tears, and everything in between.” With his signature wit and a love for pop culture, he crafts a compelling narrative that invites readers to journey along with him through a sobering and uplifting exploration of life’s uncertainties as he confronts the reality of his diagnosis with optimism, urging us to embrace every moment and cherish the precious commodity of time. A book selling and signing opportunity will be provided by Parnassus Books.

108 Genealogy 101: Getting Started at the State Library and Archives

TRENT HANNER

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

201 Unlocking Social Security: Strategies to Maximize Your Retirement Income

DANIEL ZHENG

Are you ready to make the most of your Social Security benefits? This engaging session with USN parent DANIEL ZHENG will demystify the complexities of Social Security and its vital role in retirement income planning. Learn how benefits are calculated and discover strategies tailored to married, divorced, widowed, or remarried individuals. Explore the tax implications of Social Security income, spousal and survivor benefits, and how to coordinate Social Security with other retirement income streams.

Walk away with proven strategies and tools to make confident decisions about your retirement income plan. Whether you’re approaching retirement or planning for the future, this class will equip you with actionable insights to maximize your benefits and secure your financial future.

202 Presentation Skills for Leaders

MIMI BLISS

Public speaking is a core leadership skill. We want to speak with confidence and credibility, whether we’re leading a meeting, giving a speech or delivering a business presentation. *Presentation Skills for Leaders*, led by MIMI BLISS-parent of USN alumnus Will Barrett ’22-provides actionable techniques that you can use immediately in virtual and in-person situations, including how to sharpen your message, connect with your audience and speak with confidence.

203 Growing Your Start Up Business: Lessons Learned

MICHAEL ROSEN & JEREMY BROOK

Led by MICHAEL ROSEN, parent of USN alumni, and USN parent JEREMY BROOK--both with a unique perspective on business--will teach the fundamentals of starting a business. From two attorneys turned entrepreneurs--one a seasoned founder at an advanced stage in the company lifecycle, and the other an early-stage founder at the beginning of the entrepreneurial journey. You'll learn essential steps to forming a new company, avoiding common pitfalls, and adopting best practices. Topics include protecting assets and intellectual property, strategies for scaling your business, raising outside capital, and deciding whether to build or partner - all while discovering how to stand out as a leading provider.

300 - Unwrap Calm: Mindfulness and Intuition for the Holidays

Fabi Cordaro

Join USN parent, energy healer and spiritual guide, FABI CORDARO as we prepare for a more mindful holiday season. This class will focus on helping participants release holiday stress and find inner peace through meditation, intuitive practices, and mindfulness techniques. Whether you're preparing for family gatherings or juggling holiday tasks, you'll leave feeling more grounded and ready to embrace the season with calm and clarity. Learn how to manage stress and overwhelm using energy work and mindfulness. Tap into your intuition to make the holidays more meaningful. Gain tools to create a peaceful, joyful atmosphere for yourself and loved ones.

301 Introduction to Ayurveda

STEPHANIE L. BROWN

In this lively talk, experienced Ayurvedic Health Educator STEPHANIE L. BROWN will take you through a brief overview of the history, philosophy, and practices of the 5,000 year old Vedic science of Ayurveda. Discover your prakruti, your unique mind/body type, and learn easy and tangible techniques to bring balance to your doshas for overall health and wellbeing.

302 Yoga Nidra Rest and Meditation

STEPHANIE L. BROWN

In this relaxed yoga class led by STEPHANIE L. BROWN, we'll begin with very basic gentle movement followed by an extended Yoga Nidra meditation, typically practiced laying down in a supported resting pose like savasana. This deeply calming technique is also referred to as 'Non-Sleep Deep Rest' and offers a litany of health benefits for both the body and mind. This is an entry-level, trauma-informed somatic meditation practice anyone can do.

303 How to Write an Obituary with Carolyn Coleman

CAROLYN COLEMAN

Writing obituaries, your own or someone else's, can be cathartic as much as they can be a creative exercise. Obituaries tell a story; they are the dash between the dates. This class with CAROLYN COLEMAN will provide you with a variety of organizational structures for an obituary as well as prompts that will help you begin an obituary. You will also be invited into a creative process as you consider how writing your own obituary can be a kind of mid life self-assessment and even a spiritual practice.

304 How Prepared for Death Are You?

CAROLYN COLEMAN

We plan for births. We plan for weddings. We plan for 50 year old birthdays and retirement parties. Yet preparing for death tends to get pushed until after the final fact. Many feel powerless when confronted with death, yet we have far more ways to prepare than we realize. This class will help you prepare for death, which is a beautiful gift you can leave your family and/or community. While this class is not a course in legal matters relating to end of life, it will equip you with a checklist of documents and processes that will help your prepare for your dying time.

305 Reflexology in the Salt Cave

CONNIE CHANG

Learn the ancient old healing method called 'Reflexology' while relaxing in the most beautiful hand built Himalayan salt cave in Nashville! CONNIE CHANG, the owner of Salt and Soles and a certified and registered reflexologist and sound healer will teach participants about the essential reflexology points on the feet to boost the immune system and promote stress relief. Salt and Soles was established in 2017 and has been voted the 'Best Reflexology' by Nashville Scene for 4 consecutive years since 2021.

306 Foundations of Yoga

NINI O'KEEFE

Join us as we go back to the foundations of the ancient practice of Yoga. Through this workshop with NINI O'KEEFE, students will learn the foundations of the practice; from the philosophy of Yoga to the physical poses that support the practice. We will explore the Eight Limb Path of Yoga and corresponding poses that support each. Students will walk away with knowledge and inspiration to begin or continue their own yoga journey.

307 Introduction to Human Design: Discover the Unique Blueprint

FABI CORDARO

Join USN parent, energy healer and spiritual guide, FABI CORDARO, to unlock the mysteries of who you are and how you're designed to navigate life. This introductory workshop will guide you through the fundamentals of Human Design—a powerful system that combines astrology, the I Ching, Kabbalah, and the chakra system. You'll learn how to uncover your unique energetic blueprint and use it to align with your authentic self, improve relationships, and make decisions with confidence. Whether you're brand new to Human Design or looking to deepen your understanding, this workshop will provide practical tools and insights to help you embrace your individuality.

This workshop is perfect for: Anyone curious about understanding themselves on a deeper level. People navigating decisions and seeking clarity in their life. Coaches, healers, or leaders wanting to integrate Human Design into their work. Anyone who has heard of Human Design and is ready to explore their chart in a supportive environment. No prior experience is necessary—just a desire to discover your unique design.

308 Your 2025 Vision: Finding Your Calling in a Rapidly Changing World

JESSICA KINNARD

Make 2025 the year you find your calling. In today's world, it feels like time is speeding up, change is constantly upon us, and it's easy to lose ourselves and what we're meant for. This class will introduce you to the "Change Cycle" (a 4-step process of transformation), where and why we get stuck on the path to pursuing our purpose, how to overcome the most common obstacles, and how to use the Change Cycle as a roadmap to your purpose.

309 All Creatures Great and Small: Dealing with the Loss of a Pet

SHANNON PEARSON

Our gentlest and truest companions be found in our pets. Their loss is felt deeply and it's important to be able to grieve and remember how very valuable they were in our lives. This interactive class led by SHANNON PEARSON will examine and look at giving the best fond farewell to our fur babies and how to heal afterwards in a positive way. We will explore how to give yourself time to grieve, the range of emotions to expect, and how to process in your own way. We must also consider that other pets may also feel the loss. Lastly, we will talk about honoring your pet. Please bring a picture of your pet.

310 Lights, Camera, Advance Directive! Making that End of Life plan happen

SHANNON PEARSON

How to get started and what to consider in your end-of-life planning. This class aims to help demystify the advance directive and learn what you need to know to have them be legally binding. This informal class has three segments; teaching, group discussion, and Q&A session if time permits. Note: This session is informational and not a substitute for legal advice from an attorney.

311 Keep Calm, and Tap On

LYNLEY WELTE

Are you ready to release stress, tension, and negative emotions with just a few taps? Join us in this interactive workshop with LYNLEY WELTE where you'll learn the power of Emotional Freedom Technique (EFT)/ Tapping to bring calm and clarity into your life. You'll discover how tapping can help you break free from the emotional blocks and stressors that may be holding you back. Whether you're new to EFT or just looking to refine your technique, this workshop will provide you with all the tools you need to start tapping for emotional freedom.

In this workshop, you'll learn:

What EFT is and how it works: Get an overview of the simple yet powerful technique behind EFT, and how tapping on specific points on the body can help release emotional distress.

The benefits of EFT: From reducing stress and anxiety to improving sleep and enhancing your mood, discover how tapping can help you regain control of your emotional well-being.

How to Tap: Learn the key points on your body and how to perform the tapping sequence for maximum results.

Bring an open mind, and your willingness to tap into a more relaxed, focused version of YOU. Let's tap our way to peace, one gentle tap at a time!

312 Practical Self Defense for Women

KATHY WIECZERZA

Taught by an instructor (and retired USN Director of Technology) with over 40 years experience in self defense and empowerment, KATHY WIECZERZA will have you working with principles and practical applications that will increase your everyday self defense skill set. For the two class sessions, wear what you normally wear. No special attire needed.

314 Introduction to the MELT method

LUCI CROW

Join LUCI CROW for a MELT Restore Intro Workshop and discover how you can reduce post-exercise recovery time, as well as the aches and stiffness brought on by the repetitive patterns and impact of daily activity. In this workshop for all-levels, we will use a specialized MELT soft roller and small MELT Hand and Foot Balls to simulate the results of manual therapy. Learn to ease chronic neck, shoulder, and low back pain, reduce inflammation and stiffness throughout your fascial tissue, and keep your whole body feeling great at any age!

Developed by Sue Hitzmann, The MELT Method will help you:

Accelerate your fitness goals

Improve your balance and stability

Elevate your ability to decrease stress

Ward away Chronic Pain and Injuries

315 Introduction to Tai Chi

PETER HODES

Stressed? Anxious? Looking for something NEW in your life? Join USN alumnus PETER HODES '85 of Tai Chi River and learn Tai Chi for health, relaxation, and mindfulness. Guaranteed to make you feel better after just 20 minutes. There is a general lack of awareness and understanding about the ancient practice of Tai Chi Chuan - Supreme Ultimate Boxing. People know Tai Chi as a slow-moving exercise often seen in medical commercials performed by people looking happy and peaceful. There is a vague recognition that it is somehow "like yoga" and "good for you" and that is about it.

Tai Chi is an easy-to-learn routine that improves health, balance, and relaxation. Tai Chi is low impact and can easily be done by everyone including seniors, people with illnesses and injuries, and even small children. In fact, it is a great exercise for these types of people due to the extraordinary health benefits that result from continued efforts.

This class is appropriate for beginners and for people with past Tai Chi experience. We will learn about body alignment, gravity, motion, and power. We will practice deep breathing and strategies for relaxing and reducing anxiety. We will have fun and enjoy getting healthy together.

316 Menopause - What to Expect and How to Make it Through

LAURIE THOMPSON

This will be an informative session with general information on menopause health and wellness, transition through the menopause years and options available for hormonal and non-hormonal treatment of bothersome symptoms related to menopause.

317 Trusting Your Intuition & Making Peace with Your Body

FABI CORDARO

"Join USN parent, energy healer and spiritual guide, FABI CORDARO to discover the beauty of trusting your intuition and embracing the body you call home. In a world that often pulls us away from our inner knowing, reconnecting with intuition and nurturing peace with our bodies can feel revolutionary. This workshop is designed to guide you back to your inner wisdom and foster a harmonious relationship with your body. We'll explore practices to deepen your trust in your intuitive abilities and cultivate a compassionate, grounded connection with yourself. Through guided meditation, energy work, and mindful movement, you'll learn to quiet external noise and listen to the messages of your body and spirit. Our journey together will focus on releasing self-criticism, uncovering layers of intuitive insight, and reawakening a sense of self-acceptance and peace.

What to Expect:

Intuition Activation: Exercises to strengthen your intuitive abilities and tap into your inner guidance.

Embodiment Practices: Gentle movement and mindfulness techniques to connect with your body's natural rhythms.

Meditative Healing: A guided meditation for inner peace, fostering a sense of safety and acceptance within yourself.

Group Reflection: Sharing experiences in a supportive environment to deepen the sense of community and connection. Who

This workshop is ideal for anyone ready to reconnect with themselves, find peace in their body, and access their inner wisdom. Whether you're seeking clarity, healing, or simply a deeper connection to your body and spirit, this experience offers a safe space to explore and grow. "

318 Unlocking the Enneagram: A Journey to Self Discovery & Growth

KATIE GUSTAFSON

Come enjoy an evening of enneagram exploration and application for all knowledge levels and experience. We will learn the basics of this transformational tool and walk away with practical ways to put it into good use in your life, work, and relationships. The enneagram is a powerful and proven personality and character typing system that provides a roadmap to your truest, most authentic self.

400 - Perfectly Paired Holiday Pastries and Cocktails with D'Andrews and Golden Pony

DAVE ANDREWS and LIZ KOMOROMI

DAVID ANDREWS, Owner and Chef of the 2024 James Beard Semifinalist Most Outstanding Bakery has joined forces with LIZ KOMOROMI, owner of 2023 Nashville Scene's Best New Bar to offer an exciting never-before-offered class. David and Liz will collaborate on a menu that will highlight and pair the best of both of their worlds. Think a modern twist on a White Russian along side an elevated decomposed tiramisu. They will give a hands on demonstration of the 3 - 4 pairs of drink / dessert recipes and techniques. We will be eating and drinking everything along the way!

401 - Cheese & Charcuterie 101 with Host & Toast

ANNE ELIZABETH MCINTOSH

Join ANNE ELIZABETH MCINTOSH, owner of Host and Toast to learn how to prepare the perfect cheese & charcuterie board for entertaining at home. We will learn cutting and styling techniques for the artisan cheeses and gourmet meats, while also delving into the perfect pairing combinations for serving your beautiful creation. You will walk away with a beautiful board for 3-4 people to enjoy and the ability to perfectly recreate it in the future!

402 - Holiday Menu Inspo with Butcher & Bee

CHRIS DEJESUS

Join Butcher & Bee's Executive Chef for a hands-on cooking class as he shares his spin on holiday dishes your family and guests are sure to enjoy. Get ready to learn about new ingredients and techniques that will add vegetable forward, Mediterranean inspired flavors to your holiday table. Menu will include an appetizer, salad, entrée, side and dessert.

404 Beginner Cookie Decorating

MARNI WARD

Join USN parent Marni Ward for an introduction to the basics of royal icing consistency, flooding, piping and basic decorating techniques.

406 A South African Feast

KOBIE PRETORIUS and LIZA WEAVIND

Come and enjoy an unforgettable South African culinary experience. South African cuisine is a unique blend of African and European cooking on an open flame, known as the braai. Main dishes will include boerewors and bobotie. South African wines, gin, desserts, and a full compliment of traditional side dishes await.

407 South African Desserts

KOBIE PRETORIUS, SIMONE MEYEROWITZ, & ANILE BRETSCHNEIDER

For the past 25 years, South African women have been gathering in Nashville for their monthly ladies' teas, lovingly called Tannies Teas. They have perfected serving traditional South African desserts, and now they bring these recipes to you! Join Kobie Pretorius, Simone Meyerowitz, & Anile Bretschneider for a hands-on demonstration on how to make the perfect koeksister, Simone's award winning South African fudge, Kobie's grandmother's milktart and a few more staples e.g. peppermint crisp tart, Dom Pedro's and malva pudding.

408 Dumpling Making Class with Mama Yang and Daughter

MAMA YANG and GRACE TSENGON

Follow MAMA YANG and Daughter, GRACE TSENGON on a journey to Taiwan through this cultural cooking class. Start the class with some delicious small bites, then pull up your sleeves and get ready to learn the way(s) to make Taiwanese traditional dumplings! Finally, enjoy the freshest dumplings to finish up the evening.

409 Bread Baking Workshop with Sourdough Nashville

BEN BAHIL

Learn with Baker BEN BAHIL from Sourdough Nashville how to make sourdough bread. Each participant will leave with sourdough starter and a recipe for making bread at home. In this hands-on class we will go through each step of the process so that people will leave with confidence to bake sourdough at home.

411 Pie and Pop Tart Baking with Margee Brennan

MARGEE BRENNAN

In this class taught by USN parent of alumni MARGEE BRENNAN, you will learn how to make fresh pie dough, free of additives and preservatives, with items you already have at home. You can then turn that dough into sweet and savory pies, tarts and more. It's easier than you think!

412 Five Steps to Better Salads with Kristen Winston

KRISTEN WINSTON

We all want that one reliable side dish we can whip up at a moment's notice, and it doesn't get much more reliable than a great salad. Caterer KRISTEN WINSTON will show you how to make a few well-balanced, eye-catching, star-of-the-table kind of salads by choosing the best flavor combinations and demonstrating techniques for putting the salads together.

413 Cooking Middle Eastern Food the Lyra Way

HRANT ARAKELIAN

Discover how to cook modern Middle Eastern cuisine by drawing inspiration from classic Levantine dishes and adding a contemporary twist. In this class chef HRANT ARAKELIAN '97 of Lyra Nashville you will make Lamb Manti, as well as a vegetarian Manti, along with a side dish of hindibeh (braised bitter greens) with labneh and fried onions. You will also master baking fluffy pita bread in a home oven and explore other delicacies that can be created using the same bread recipe. Additionally, you will delve into the art of using spices to transform simple ingredients into extraordinary culinary delights.

414 Fresh Vietnamese Spring Rolls with Vui

VUI HUNT

VUI HUNT of Vui's Kitchen and Vui's Juice Cafe teaching a step by step class to make fresh Vietnamese soft rice paper spring rolls and side dipping sauce - all from scratch.

415 Making Focaccia: A Hands-On Baking Workshop

ERIN MOSOW

Join USN alumna and current parent ERIN MOSOW to discover the art of creating perfectly fluffy, golden focaccia bread. You'll learn the essentials of mixing, proofing, and baking this Italian favorite. Customize your focaccia with herbs, olive oil, and creative toppings to make it uniquely yours. Perfect for beginners and experienced bakers alike!

416 Soups from Scratch with Erin Mosow

ERIN MOSOW

In this class, USN alumna and current parent ERIN MOSOW will craft a Tortellini, Spinach & Chicken Soup (vegetarian/vegan options available) that will is always a hit at the dinner table and can come straight from the freezer. Additionally, we will talk about techniques for crafting broth from vegetable, meat or poultry scraps. Perfect for reducing food waste and elevating your cooking skills!

417 Plant Based Cooking with Avo and James Ford

JAMES FORD

Needing some inspiration for your plant based cooking? Join AVO's Chef, JAMES FORD, for a hands-on cooking class that will culminate in a multi-course family style dinner. Several components will highlight fresh products of the season as well as some year-round preparations all showcasing AVO's signature flavors. Cross contamination may occur; food prepared may be exposed to tree nuts, peanuts, soy and gluten.

418 Mediterranean Dips and Mezze with Butcher & Bee

CHRIS DEJESUS

Join Executive Chef CHRIS DEJESUS for an unforgettable evening learning to prepare and enjoy some of Butcher & Bee's most popular Mediterranean dips and mezze. In this cooking class, Chef Chris' focus on local sustainable ingredients and his distinct Mediterranean point of view will be showcased with a menu that will dazzle your taste buds. Menu will feature the best and freshest local ingredients and will be released two weeks prior to class.

419 Taste of Spring with Butcher & Bee

CHRIS DEJESUS

Are you in need of some cooking inspiration as we head into the spring? Whether you're hosting a special occasion or just wanting to up your game with an impressive family meal, Executive Chef CHRIS DEJESUS has got you covered! Join him for a fun, hands-on class as he teaches you all the tips and tricks to make the most of spring's bounty. Students will prepare and enjoy a fabulous three course family-style meal featuring Butcher & Bee's signature flavors. Menu will feature the best and freshest local ingredients and will be released two weeks prior to class.

421 Deb Paquette Does Vegan

DEB PAQUETTE

Join chef and restaurant owner DEB PAQUETTE for an evening of cooking Spanish tart with beet soffrito, confit avocado, artichokes accompanied by three vegan sauces. We will also enjoy an Indian three mushroom stew, basmati, sauces, veggies. The last dish to enjoy will be a cornmeal sweet potato, Balinese tamarind banana sauce, smoked pineapple drizzle and Kebat butter.

422 Quintessentially French Family Dinner with Little Gourmand

GUENIEVRE MILLINER

Join GUENIEVRE MILLINER, owner of Little Gourmand, as she teaches students how to prepare a quintessentially French weekday family meal. On the menu will be tomates farcies (tomatoes stuffed with ground beef, herbs, spices, bread and milk (ingredients can be adjusted for gluten and/or lactose allergies)), a green salad with a classic vinaigrette, and a delicious dessert that is sure to be a crowd pleaser. This cooking class is a surefire way to add some French flair to your weekday meal repertoire!

423 Raclette Party with Little Gourmand

GUENIEVRE MILLINER

Looking for an easy and unique culinary experience that is sure to impress friends and family? Join Little Gourmand's owner, GUENIEVRE MILLINER and discover the art of Raclette. Raclette is a beloved dish of Swiss origin that is extremely popular in France during the winter months. During this class, participants will learn about and enjoy a classic Raclette experience - melted Raclette cheese (a semi-soft, creamy-textured rind cheese made of cow's milk that melts very well on a specially designed grill) served over tender boiled potatoes, accompanied by a selection of charcuterie/cured meats and cornichons. Guenievre will show you how easy it is to host your own Raclette party as well as share how to source and select quality ingredients!

425 Indian Vegetarian Cooking

ASHA RAO

Join former USN parent and current USN grandparent, ASHA RAO and her fabulous sous chef, and USN parent, JOSH PORTE for a night of Indian cooking. Master how to use spices in your kitchen to make the most tantalizing vegetable dishes, Indian style. Learn the basics of Indian cooking and how to set a hearty vegetarian dinner menu for your family using grains, lentils, and vegetables. Come hungry to enjoy an evening filled with good food, from appetizers to dessert to various libations.

426 Tour Nashville's Indian Grocery Store with a Local

ASHA RAO and SHALINI VALLABHANENI

Join USN grandparent, ASHA RAO, and SHALINI VALLABHANENI, USN parent and 2006 alumna, for a shopping tour of Patel Brothers on Nolensville Road. This acclaimed Indian grocery store offers a wide range of authentic Indian food items and spices. During the 1.5 hour tour, you will be introduced to a variety of exotic fruits, vegetables and leafy greens along with aisles of snacks, dry goods, frozen treats and magical spices. After your tour, you will enjoy light snacks and libations at the café next door.

427 Pizza Making with HomeTeam Pizza

KEVIN JACKSON

Ever think to yourself, "Pizza would be the most perfect food in the world, if only I could take this glittering gem of the Italian culinary arts, learn the intricate secrets behind its ingredients and formulation, and then impart my creative expression upon this glorious canvas of pizza crust?" Well, here is your chance!

In this class, KEVIN JACKSON (master pizza-creator and owner of Hometeam Pizza in Sylvan Park) will teach you how to make pizza dough with a demonstration and instruction in dough ball shaping, tossing out, saucing, and customizing with toppings of your choice!

428 A Tour of Central and Northern Italy: Gnocchi and Wine with Lockeland Table

HAL HOLDEN-BACHE and PHILLIP PATTI

Join HAL HOLDEN-BACHE, owner of Lockeland Table and PHILLIP PATTI master sommelier and owner of Southeastern Beverage Education as they take you on a gastronomy tour of Central and Northern Italy. Hal will demonstrate the art of gnocchi prepared two ways - poached and seared to highlight the differences in texture and experience. Phillip will offer wine from the Central and Northern region of Italy to pair perfectly with Hal's interpretation of the flavors of the bread basket of Italy - Parma, Emilia-Romana, Tuscany and the Marche.

Menu includes:

Poached Gnocchi - Organic tomato, black pepper, mineral rich salt, good butter, Parmesan Reggiano, CC Gardens and micro basil
Seared Potato Gnocchi with lamb Bolognese, lemon zest and arugula.
Homemade sourdough bread with really good olive oil.

430 Som Tum & Sticky Rice with SS Gai

CHRIS BIARD and EMMA BIARD

Chef CHRIS BIARD will teach how to make a Som Tum Salad. Som Tum is a green papaya salad that is made in a Thai mortar & pestle. He will also teach how to cook white sticky rice, a Thai staple, as well as some sauces to serve with the rice.

431 Crawfish Boil 101 with Gumbo Bros

ADAM LATHAN

Dive into the heart of Louisiana tradition with Crawfish Boil 101! This fun and interactive class led by ADAM LATHAN is perfect for anyone who's ever wanted to master the art of the perfect crawfish boil, while enjoying a great time with friends and family. Together, we'll explore the life of the humble crawfish, from seasonality, to farming, to prepping and cooking these delicious crustaceans. Whether you're a seasoned crawfish fan or a curious beginner, you'll learn all the tips and tricks to host your own crawfish boil and bring this iconic Southern experience to your backyard. The class doesn't stop at cooking! We'll also cover the best ways to eat crawfish like a pro and pair them with the right flavors and beverages for an unforgettable gathering. Expect lots of hands-on fun, tasty bites, and plenty of laughs as we boil up a pot of crawfish and learn about the culture and camaraderie that makes a crawfish boil so special.

432 Pasta Making with Nicoletto's

DANNY and RYAN NICOLETTO

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

433 Farm to Table with Skylar Bush, Executive Chef, Edible Magazine

SKYLAR BUSH

Join SKYLAR BUSH to enjoy hits from Edible Nashville's farm and creek dinners. How to source locally, and cook what's in season. The importance of brining. Simple but interesting ways to cook and present vegetables. The best sauce you will ever make that goes with literally anything. Come hungry!

Menu:

Miso Braised Turnips
Cacio y Pepe Sweet Potatoes
Bulgogi Mustard Greens
Sweet Tea Brined Chicken Thighs
Skhug

434 Exploring Appalachian Cooking with Skylar Bush, Executive Chef, Edible Nashville

SKYLAR BUSH

Debunking the mystique and folklore of America's oldest cuisine with SKYLAR BUSH, Executive Chef of Edible Magazine. You will explore the first "farm-to-table" dining and the history and importance of Appalachian food and preservation. Innovation was created out of necessity. Perfect cornbread and the "right" way to eat it, Grandma's Style homemade dumplings and the secret delicacy of wilted lettuce and shucky beans!

Menu:

Kilt Lettuce

Leather Britches (Shucky Beans)

Cornbread and Buttermilk

Chicken and Dumplings

Fried Corn and Tomatoes

435 The Perfect Menu for Entertaining with Executive Chef Skylar Bush

SKYLAR BUSH

How to plan and cook large format dinners for a group. SKYLAR BUSH, Executive Chef of Edible Magazine, shows us how to perfectly roast pork and hearty root vegetables. Tips for the creamiest purees and a flavorful easy, one pot sauce that compliments the plate.

Menu:

Mini Lamb, Leek, and Feta Tarts

Herb and Mustard Crusted Pork Tenderloin

Roasted Root Vegetables

Creamy Parsnip Puree

Cranberry and Citrus Compote

436 Sandwich 101: Building a Better Sandwich with Bill's Sandwich Palace

CHRISTEN and AARON CLEMINS

A great sandwich is like building a house. The bread is the foundation, but the toppings + sauces take it to the next level. In fact most of CHRISTEN and AARON CLEMINS' sandwiches are inspired an ingredient they love (often something they've made in a restaurant kitchen)—and what makes that ingredient special becomes the springboard to create something delicious. A great example is ricotta. Ricotta is surprisingly simple to make, it takes a few ingredients, science and time. And homemade ricotta tastes magical all on it's own....it's buttery, creamy and quite versatile. But then you can add lemon, herbs or honey to sculpt it to your needs. That's why it's one of the three toppings we'll show you how to make. You'll get to watch each topping being prepared, get your own recipe cards, and get a chance to taste the toppings with some sandwich fixins to see how it works in action.

437 Introduction to Cheese with Grey's Cheeses Nashville

MICHELLE MULDOON

There are over 1,800 types of cheeses in the world. Instructor MICHELLE MULDOON will teach you everything you need to know to get started on your cheese journey or expand your cheese knowledge. Learn about the different types of cheese, how to pair them, a bit of cheese history, and tasting notes as you enjoy your cheeses. Participants can purchase a wine package on the day of the event. (\$20 per person).

438 Koji and Pizza Party

BYRON STITHEM and STEVEN ANTHONY

Join Proper Sake's owner and master brewer BYRON STITHEM at his bar, Rice Vice (named one of the "Best Bars in America 2023" by Esquire Magazine and "16 Essential Nashville Cocktail Bars" by Eater Nashville) for a koji beverage and pizza party! Coming off the heels of opening Rice Vice's latest outpost in New Orleans and the launch of Proper Sake Spirits, Byron wants to share his love of all things koji with y'all. It'll be a fun night learning about and sampling award-winning sakes, local favorites Koji Gold lager and Koji King IPA, house distilled shochus, and of course Byron's take on a Negroni featuring all house made spirits. Meanwhile, Pizza Lolo's owner, STEVEN ANTHONY will be on hand with his wood-fired oven serving up handmade Neapolitan style pizzas to pair with the libations that will ensure an umami-packed flavor explosion of a night!

439 The Five Mother Sauces with David Andrews and Danielle Kates

DAVID ANDREWS and DANIELLE KATES

Join Nashville natives DAVID ANDREWS of D'Andrews Bakery & Cafe & DANIELLE KATES of Dkates Catering as they collaborate for the first time to bring you this decadently unique class. Danielle & David will demonstrate how to make the Five Mother Sauces (aka Les Grandes Sauces of Classic Cuisine) and then give some examples of dishes that will be elevated by them. Think Béchamel sauce used to make a modern Croque Monsieur. They will also tackle a Hollandaise sauce paired with a wintery Eggs Benedict. David & Danielle look forward to spending a fantastic evening with y'all!

440 Classic Steakhouse Workshop

KEVIN MCCAULEY

Join Chef KEVIN MCCAULEY to discover how to re-create your favorite steakhouse recipes at home in this dynamic workshop. Menu: Seared Cowboy Ribeyes, Classic Creamed Spinach, Twice baked potatoes, caesar salad & Bananas Foster. Come hungry!

441 Sake and Sushi Class at Present Tense

RICK MARGARITOV & RYAN COSTANZA

Join the owners of Present Tense Restaurant, Chef RYAN COSTANZA and Certified Sake Sommelier RICK MARGARITOV, as they take you on a sensory exploration of the craft of Japanese sake and hand rolled sushi. The class will offer an introductory lesson on the history, ingredients, brewing processes and styles of sake selected by Rick; each sake will be thoughtfully paired with different fish selections curated by Ryan. Experience the traditions and flavors of Japan here in Nashville at Present Tense.

443 Destination Spain: Language, Culture, Tapas and Wine

NICKY FARREN

Travel to Spain with instructor NICKY FARREN without leaving Nashville! This Spanish language immersion experience offers a unique opportunity to sharpen your Spanish skills while indulging in delicious Spanish wines, tapas, and cheeses. Whether you're a beginner, intermediate, advanced, or somewhere in between, there's a place for you here. Our goal is to create a welcoming, supportive environment for learners at every level. Join us for an unforgettable evening that blends language learning, great food, and lively conversation!

500 - How to Include N/A (Non-Alcoholic) Drinks in Your Holiday Menu!

STEPHANIE STYLL

Join STEPHANIE STYLL, owner of Killjoy as we help you plan an inclusive holiday menu with sophisticated non-alcoholic beverages that all your guests will love! Killjoy will provide some context and background into the non-alcoholic drink market, as well as provide samples of several non-alcoholic drinks that will ensure everyone has a great holiday season.

501 Cigars and Cocktails

CHRIS CHAMBERLAIN and TIM OZGENER

Light up and stand back, because both of these class instructors -- and USN alumni -- know their way around a stogie. CHRIS CHAMBERLAIN '85 writes about food and drink for the Nashville Scene, Nashville Lifestyles, and FoodRepublic.com, as well as being the author of The Southern Foodie: 100 Places to Eat before You Die and The Recipes That Made Them Famous. Co-instructor and USN parent TIM OZGENER '88 is the former owner of CAO Cigars and current CEO of OZ Arts Nashville, Creator of the new brand, OZ Family Cigars and a non-profit Contemporary Arts Center in West Nashville. Enroll in this class and learn classic and creative cigar and cocktail pairings under the roof of a former cigar warehouse that is now one of Nashville's most exciting new Arts Centers.

502 World of Whiskey II

BOBBY WEGUSEN

Join USN parent, BOBBY WEGUSEN as he guides you through a tasting around the world with whiskies from the US, Scotland, Ireland, Japan, and Taiwan, and experience the rich variety each offers. Whether you are a whiskey connoisseur, interested in learning more about different types of whiskey, or simply want to try something new, this tasting is sure to be enjoyable.

Bobby is a spirits industry veteran having worked over 15 years between a distributor, a distillery, and currently at Hotaling & Co., which is a leading distiller and importer of artisanal spirits.

504 Intro to the World of Alcohol Free Adult Beverages

STEPHANIE STYLL

Curious about booze-free drink options? Join STEPHANIE STYLL, owner of Killjoy, for a fun and educational event with plenty of samples! The class will provide an overview of alcohol-free wines, beers, spirits, and functional beverages. We'll learn how these products are made, what their benefits are, and how to taste them. Each student will receive 8 drink samples and a tasting sheet to make notes.

600 Festive Floral Arrangements with Flower House

KELLY MCGAHEE & ALEX ROBERTS

Do you constantly stare at a vase in your home and not know what to do with it? Do you walk through Trader Joe's and see the cute flowers, but you're not sure how to pick the right assortment to arrange? Check out this flower arranging class with flower duo, KELLY MCGAHEE & ALEX ROBERTS of Flower House. They will be teaching tips and tricks for flower care, flower arranging, and flower styles. You won't want to miss it!

601- Holiday Entertaining Ideas at Epergne

SUSAN DYKE

Join us for inspiration and fun as we explore festive ways to add flair to your holiday tables. Epergne, a home decor and gifts store in Nashville, TN, offers one-stop shopping for unique and luxurious home accessories, tabletop and gifts.

602 Terrarium Building Workshop at AshBlue

JOEY MURRAY

Learn how to customize and care for your terrarium with AshBlue's plant specialist JOEY MURRAY. At his terrarium building workshop, participants will be able to relax and embrace their creative side. You will pick ferns and tropical plants to feature in your container, then decorate with rocks and moss. At the end of our workshop, you'll have a self-made terrarium to display in your office or home. No green thumb required!

603 Unexpected Florals with Reed Smythe and Ostara Gardens

AVON LYONS and KEITH MEACHAM

Join us for an evening of cocktails, shopping and a lesson from the floral experts at Ostara Gardens on how to choose and arrange flowers for a lush table hosted by Reed Smythe & Co. AVON LYONS, owner and designer at Ostara Gardens and KEITH MEACHAM, owner of Reed Smythe, will demonstrate the ways in which unexpected florals in interesting vessels work with tablecloths, glassware and serveware to create a dinner table that will be the envy of all your friends. Students will learn how to use a flower frog and create a small arrangement to take home in a beautiful glass vase.

604 Seed Starting Class with Bloom and Bounty

MEREDITH MCGRAW BISHOP

Instructor MEREDITH MCGRAW BISHOP will cover the top three ways to sow seeds indoors to get a jump on the season, with a deep-dive on the soil-blocking method, which is an old-world technique gaining modern acclaim for its many benefits. This class is for anyone with a serious interest in gardening- both vegetables and flowers.

605 Introduction to the Birds of Tennessee

MELINDA WELTON

There are approximately 170 species of birds that breed in Tennessee and another 100 that either migrate through or come to spend the winter. In this class, our instructor MELINDA WELTON will focus on several common species' life histories, fun facts, local bird conservation efforts, and the explosion of new technologies and resources that will make birdwatching even more fun.

606 Home Lawn Renovation and Reclamation

BRET MASH

USN River Campus Director and master storyteller, BRET MASH, will teach students in this class how to incorporate the best possible turf grasses for Tennessee lawns. Topics include weed identification and removal, spring and fall over seeding, and irrigation set-up. In short, this class will tell you everything you ever needed to know about cultivation in a way that will wind up giving you the nicest lawn in the neighborhood. Learn all about lawn renovation and reclamation to beautify your yard!

609 Spring Floral Arrangements with The Flower House

KELLY MCGAHEE & ALEX ROBERTS

Do you constantly stare at a vase in your home and not know what to do with it? Do you walk through Trader Joe's and see the cute flowers, but you're not sure how to pick the right assortment to arrange? Check out this flower arranging class with flower duo, KELLY MCGAHEE & ALEX ROBERTS of The Flower House. They will be teaching tips and tricks for flower care, flower arranging, and flower styles. You won't want to miss it!

610 Spring Salad Gardening

ABI TAPIA

Celebrate the start of spring by growing your own salad greens and herbs with instructor ABI TAPIA. In this class you'll learn about how to plant, tend, and harvest lettuce, arugula, cilantro, dill, parsley, chives, and more--some of the earliest and easiest veggies to grow at home. Students will assemble a small salad planter in class to take with them and continue growing through the spring, providing a salad harvest in just a few weeks.

700 Block Printing Basics: Letterpress Printmaking

CHRIS CHENEY

Join USN teacher, CHRIS CHENEY for an introduction to the art of letterpress printmaking.

Students will create and print one of a kind designs in a fun studio setting, while building knowledge of the tools of printmaking. Using our collection of movable type/blocks, students will build a form that will be printed on an antique letterpress. This class will explore the endless possibilities of block printing while learning the techniques involved in ""pulling a good print"" and making a print edition.

701 Sequined Keepsake Ornament Making with Libby Callaway

LIBBY CALLAWAY

Join LIBBY CALLAWAY to design a custom 3-inch ornament. Libby will lead instruction and supply all necessary materials, including styrofoam balls, pins, ribbons, beads, rhinestones, crystals and other dazzling doodads to make a one-of-a-kind keepsake that can be displayed year-round in their homes or saved at the holidays.

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

KAREN YAZDIAN

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

704 Intro to Metalsmithing: Make Your Own Set of Pearl Bangles

MCLAINE RICHARDSON

Create your own classic Set of 3 w/ 2 Pearl Bangles in the ME Studio with the assistance of our talented metalsmith duo. Our Instructor and USN alumna '2004 MCLAINE RICHARDSON will help you form your own modern and timeless works of art designed to be worn for years to come with your choice of metals and texture. Each class is limited to 6 for individualized attention. We'll break out the bubbly after the torch is put away. The \$350 fee includes instruction, materials and your own personalized set of 3 bronze Bangles with your choice of pearl color. (retail value \$365). This class will sell out quickly!

705 Bedazzle a Valentine, Fine yART Style

CAMILLA SPADAFINO

Join us at CAMILLA SPADAFINO's studio to get ready for Valentine's Day and have a sparkling good time! Bedazzle your very own piece of fine yART and add a little magic to your garden, door, flower arrangement, or wall. Choose from a dazzling variety of Camilla's illustrated designs, all crafted in the USA on weatherproof materials. We'll provide all the supplies you need—just bring your creativity and love for fun! Don't miss out on this unique, heart-filled celebration!

Included: your choice of fine yART piece stakes or hanger for door or wall flat back rhinestones adhesive wax pencil guidance

706 Landscape Painting in Oil

SARAH KAUFMAN

Come join artist and USN parent, SARAH KAUFMAN as she teaches you how to use oil paint to create a beautiful and compelling landscape! This class is for beginners or experienced painters alike. Sarah will teach the basics of how to use oil paint, how to build a strong composition, and how to make your painting sing with color, value and brushwork. You will create a painting from your own reference picture or paint along with Sarah's demo painting as she takes you through all the steps of creating a landscape painting in oil.

708 Encouraging the Creatives in Your Life with Foster The Creative

SHARON PUGH

A presentation of strategies developed from real-life experiences for raising up and supporting creative humans. This course introduces the author, Sharon Pugh, and her recently completed manuscript, Foster the Creative. The book is a practical, accessible, yet well researched look at successfully living with and encouraging creatives. Do you believe you know someone who is a creative? Would you like to encourage them to reach their maximum potential?

If you struggle to understand why living and working with creatives is challenging... If you have restless nights perplexed by their actions.... If you see genius that seems misunderstood.... If you have ever thought, "How can they possibly support themselves doing _____" out of fear that your creative will choose the "starving artist" lifestyle... If you question whether you should encourage a person to acquire a "normal and acceptable" skill rather than allow them to pursue their driven purpose... This class is for you."

710 Digital SLR Photography: Beyond Auto-Mode

KIMBERLY MANZ

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

711 Learn the Ancient Game of Chess

CHRIS PROSSER

Ever wanted to learn the ancient game of Chess? Now is your chance. Instructor CHRIS PROSSER will teach you the fundamental history, moves and strategy of one the world's oldest and most respected games. The instructor has been teaching chess for over 35 years, and is the current Chess Instructor for the USN after school chess program.

713 The Style Edit with Cynthia Kelley at Emerson Grace

CYNTHIA KELLEY

The Style Edit class with instructor CYNTHIA KELLEY is a guide to personal styling covering topics including, current must have's, color analysis, 2025 trends, jean silhouettes and wardrobe essentials along with practical tips to elevate your look.

Come and learn the basics of choosing pieces that complement your personal style, body type, coloring and lifestyle. Cynthia will show lots of looks and examples ending with a Q & A and time to browse the fabulous clothing at Emerson Grace.

800 Tadpole on the Trail- Tips, Tricks and Tales from the Trail with Lauren Hagan

LAUREN HAGAN

After thru-hiking the Appalachian Trail in 2019 and the Colorado Trail in 2024 and doing many long section hikes, USN Lower School Naturalist LAUREN HAGAN has tons of tips, tricks, and tales to tell about hiking, backpacking, and thru-hiking. She will have trail-tested gear on hand and photos to share from her time in the wilderness.

900 - Fall Leaf Tour at Vanderbilt Arboretum

JAMES MOORE

Tour the Vanderbilt Arboretum with University Landscape Architect, JAMES MOORE. Vanderbilt's campus is host to over 6,000 trees across its more than 300 acres. The tour will cover notable trees in the arboretum as well as campus history and design.

901 Basic Observational Astronomy

DR. WILLIAM (BILLY) TEETS

Join Director of Dyer Observatory, DR. WILLIAM (BILLY) TEETS for an introduction to the night sky. We will cover telescope basics, free astronomy resources, and information about different objects one can observe. Participants will learn what type of telescope is best for beginners, how to find objects in the sky, and how the sky changes over the year. Any and all astronomy questions are welcomed and we can discuss all things astronomy. If weather permits, participants will get to observe the sky with Dyer Observatory's 24" Seyfert Telescope.

902 Artist Talk & Tour in the Historic Nashville Arcade

ARCADE ARTS

Arcade Arts Nashville is a 501(c)(3) non-profit whose goal is to create and sustain a well-supported home for the visual arts in the newly renovated historic Nashville Arcade. As part of our Artist in Residence Program, half of the Arcade's upper floor is home twelve working artist studios and an exhibition space, Gallery 56. Please join us on March 5th as we spend time with each of our artists in their studios as they discuss their work and process, as well as a curated tour of the exhibition in Gallery 56. And, as an added bonus, NICK DRYDEN, the architect behind the beautifully restored Nashville Arcade will share details on the renovation of our beloved Nashville Arcade.

903 Vanderbilt Arboretum Tour

JAMES MOORE

Tour the Vanderbilt Arboretum with University Landscape Architect and USN parent, JAMES MOORE. Vanderbilt's campus is host to over 6,000 trees across its more than 300 acres. The tour will cover notable trees in the arboretum as well as campus history and design. The tour will last about 1.5 hours. Participants should be prepared to walk for the duration. Some stairs might be involved but the route can be adjusted if there are students with mobility needs.

904 Private Tour at the Frist: Farm to Table: Art, Food & Identity in the Age of Impressionism & David Driskell

MARK SCALA & MICHAEL EWING

Join Frist Art Museum chief curator, MARK SCALA for a tour and lively conversation relating to Farm to Table: Art, Food, and Identity in the Age of Impressionism. Participants will see paintings by late 19th century French artists like Monet and Gauguin, whose scenes of cultivation, marketing, preparation, and consumption of food are seen through the lens of national pride, class, and terroir, forces underlying France's much loved haute cuisine.

A second tour of David Driskell and Friends, offered by associate curator MICHAEL EWING, will celebrate the impact and influence of this major artist and art historian, who taught at Fisk University for ten years. Driskell was deeply invested in advancing and documenting the careers of African-American artists of the late 20th century. He is perhaps best known for organizing the 1976 exhibition Two Centuries of Black American Art which traveled to museums around the country, celebrating the canonic works of Romare Bearden, Alma Thomas, Jacob Lawrence, and many others.

Biscuits and Bourbon

KARL WORLEY & CHRIS CHAMBERLAIN

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