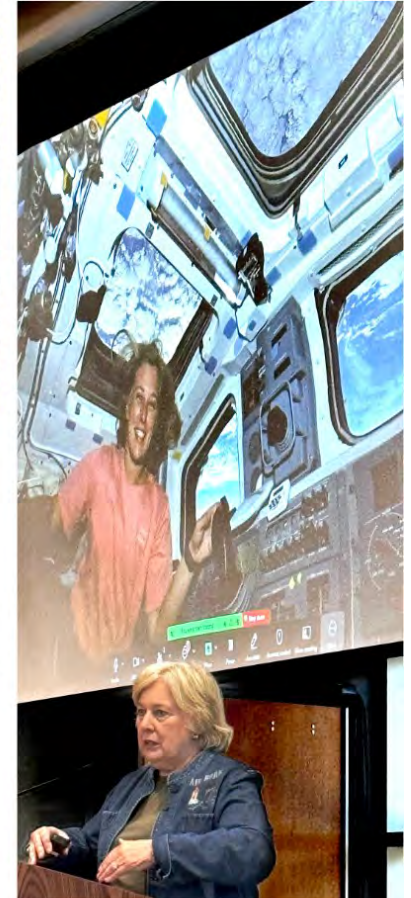


The OLLI Insider

News for OLLI members at The University of Alabama in Huntsville

May 2025



BEES, TREES, COSTA RICA, SPACE FLIGHT, THE STOVEHOUSE, AND 3 OLLI GENERATIONS

Lessons from a beekeeper, a biologist with a house in Costa Rica, and an astronaut whose father was a prisoner of war; hiking Green Mountain Nature Preserve North; touring the Stovehouse dining, shopping and entertainment complex, formerly a factory; Kay and Bob Anderson, who share involvement in OLLI with their daughter and granddaughter.



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SOMETIMES DISAGREEMENTS ARE IRRELEVANT



After the acrimonious presidential campaign ended, I realized that I had neglected a few things closer to home, such as changing the oil on my high-mileage Sentra. So I drove it over to my favorite auto shop.

I wore my Bama sweatshirt (although I'm more of a Georgia fan), thinking it might remind them that we have some opinions in

common despite the political differences that accidentally emerged during our last encounter.

On that occasion, they lent me their pickup truck while working on my car. As I adjusted the sun visor, a bumper sticker fell into my lap. It was for the wrong candidate, in my opinion. I am sure they saw the sticker on my bumper for this candidate's opponent. I didn't say anything about politics, nor did they. They did the usual good job at a reasonable price.

I use this shop because they know more about cars than I do, and I have learned to trust them to give good advice, fix what's needed, and not dream up unnecessary expenses. Their politics are irrelevant.

A similar thing could be said for a certain doctor. He could always figure out what was wrong with me and what to do. A family member warned me to stop seeing this doctor because he was reputed to be a heavy drinker. That gave me a chance to tell my favorite Abraham Lincoln story (which may or may not be true, but it sounds like Lincoln).

Gen. Ulysses S. Grant's critics reportedly advised President Lincoln to fire Grant because he allegedly drank too much. Lincoln thought it more important to win the Civil War. Lincoln told Grant's critics that he wanted to know where Grant got his whiskey "because, if I can only find out, I will send a barrel of this wonderful whiskey to every general in the Army."

Each of us has business associates, friends and family members whose choices or opinions on politics — or some other subject that we hold dear — differ from ours. (A former girlfriend defriended me on Facebook because of politics.) Rather than argue with these people or try fruitlessly to convert them, the best course is usually just to enjoy what we have in common, recognize the admirable qualities that almost everyone possesses, and try to understand why they feel the way they do.

When we do discuss disagreements, it should be respectfully and with enough humility to realize that we might be wrong or need to learn something. This is especially true in OLLI classes, where we value robust discussion but don't want anyone to feel unappreciated or unwelcome.



Whether you need an oil change or a war won, don't let irrelevant factors determine whom you go to.
(Illustration by Susan Lucille Davis)

Inside *The Insider*: "The good you do today will be forgotten tomorrow. *Do good anyway.*" Sound familiar? I associated this and other "Paradoxical Commandments" with Mother Teresa, but Kent Keith is the actual author. I learned this from John Mason's column, which quotes them in full (Dr. Keith gave us permission). John offers them in his final "adieu" after two years as OLLI board president. Thank you for many things, John. We expect you to keep writing for *The Insider*.

Glen Adams profiles Kay, Bob, Shannan and Hannah Anderson — three generations of the same family who are involved in OLLI.

Summertime might be slow, but OLLI offers dozens of courses, and seven off-campus events are already scheduled. See the columns by Clay Williams and Chris Stuhlinger. And Betty Koval provides details about bonus lectures this month and in the fall.

Writing for the Curriculum Committee, Lynda Tenhundfeld discusses health and fitness, naming some summer courses that may interest you. Marilyn Szecholda describes the work of the Social Committee and says she is looking for new members.

Jean Krieger, leader of the Artist Studio Member Interest Group, explains why abstract expressionism is not just something your child could create. Chris and Steve Jones report past and future ventures of the Hiking & Biking MIG.

Mark Tenhundfeld, as guest writer of John's history column, explores what the U.S. Constitution says about tariffs.

Leah Black notes that annual photo contest winners will be announced this month and expresses appreciation for Philip Flowers, who taught and showed many of us how to make pictures. Philip died in April. We have other memories of Philip and, of course, examples of his pictures.

The Insider does not publish in June or July, so we will see you again in August.

Steve Stewart
Editor, The OLLI Insider

From the President

AIN'T IT FUNNY HOW TIME SLIPS AWAY ...?



This will be my last president's column here in *The Insider*. The two years have flown by, but the time, as it inevitably does, has come for change. That's as it should be.

My life has been enriched by being an integral part of the OLLI family. You are some of the best people I've ever had the pleasure of knowing, and your support has been overwhelming. Thank you!

Now all I ask is that you give the next president as much support as you've given me. Together, you'll move into a new and better era of our lifelong search for learning and community.

In leaving, I'd like to leave you with this poem. I've talked around this subject in numerous columns, but this, I think, neatly ties together the life we should reach for. It's a good guideline to follow into the future.

THE PARADOXICAL COMMANDMENTS

By *Kent M. Keith*

1. People are illogical, unreasonable, and self-centered. *Love them anyway.*
2. If you do good, people will accuse you of selfish ulterior motives. *Do good anyway.*
3. If you are successful, you will win false friends and true enemies. *Succeed anyway.*
4. The good you do today will be forgotten tomorrow. *Do good anyway.*
5. Honesty and frankness make you vulnerable. *Be honest and frank anyway.*
6. The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds. *Think big anyway.*
7. People favor underdogs but follow only top dogs. *Fight for a few underdogs anyway.*
8. What you spend years building may be destroyed overnight. *Build anyway.*
9. People really need help but may attack you if you do help them. *Help people anyway.*
10. Give the world the best you have and you'll get kicked in the teeth. *Give the world the best you have anyway.*

© Copyright Kent M. Keith 1968, renewed 2001



(Image by Epic10, via [Wikimedia Commons](#))

This is the way we should all strive to live our lives. We follow our true selves, always try to do our best, and love others. It's the roadmap to having a successful, happy life.

More importantly, it's a common characteristic here among the OLLI family. And the way you all have shown it has made my two years as president both easy and enjoyable. I couldn't have asked for a better group of people to serve. Thank you!

And with that, I'll bid you adieu.

John Mason

President, OLLI at UAH Board of Directors



John Mason (right) talks with UAH President Charles Karr during OLLI open house in Wilson Hall on Jan. 5, 2024. (Photo by Steve Stewart)

Nominating Committee

NEW MEMBERS OF OLLI BOARD OF DIRECTORS

Ten new board members — chosen in an online election open to all OLLI members — will begin their three-year term when they join other board members at a meeting in May. They are profiled on this page and the next.



Richard Brooks has been an OLLI member for nine years and participated in 18 class terms. He served on the board for six years previously and has been an OLLI teacher for eight years. As a board member, he wants to help with curriculum. Richard has a master's and doctorate in theology from Columbia Seminary. A retired businessman and clergyman, he has devoted 50 years to learning and teaching wisdom in the religious community while working to help the poor and vulnerable.

Lisa Brunegraff is a retired mechanical engineer. She has been an active OLLI member for over five years as a participant and class facilitator, and is a former editor of *The OLLI Insider*. She even developed a course, "Bicycling in the New Millennium." Throughout her life, she has been an avid volunteer. She has helped develop STEM (science, technology, engineering and mathematics) programs for Girl Scouts, and she judges science fairs and competitions. She enjoys adventure traveling and wandering. She plans her trips and vacations around national parks and historic sites. "I have enjoyed being an OLLI member from both the learning and social aspects," she said.



Keith Cromartie, an OLLI member for two years, has participated in three terms. He serves on the Huntsville Hospital Systems Patient and Family Advisory Council, the Middle Tennessee State University Blue Raider Varsity Club supporting athletes and recruiting, the Building Church Dream Team responsible for feeding the homeless at First Stop shelter in Huntsville, and the Huntsville Alumni Chapter of Kappa Alpha Psi Fraternity Inc. senior members. He is a golfer, triathlete, and retired Army combat arms officer. He loves fitness, nutrition and history, and has traveled to every continent except Antarctica. "I believe that I can increase [OLLI] participation of a more diverse group of individuals," Keith said.

Peter Finzel has been an OLLI member for seven years. He grew up in Huntsville as the son of a German engineer who was part of Wernher Von Braun's rocket team. Peter worked as a computer engineer for missile systems for the U.S. Army Missile Command. He retired in 2012. He has taught classes at LearningQUEST and OLLI. Peter has two engineering degrees — a B.S. from Georgia Tech and an M.S. from the University of Tennessee — as well as a Doctor of Management from the University of Phoenix. He taught classes at UAH and the University of Tennessee.



Michelle Laverty has been an OLLI member for 11 years and participated in 25 terms. She has served on the Events and Travel committees and taught for two terms. She is coordinating this month's OLLI trip to Pittsburgh. Michelle founded and directed an international educational organization and served other nonprofits. She developed curriculum and taught classes for UAH, Huntsville High School, the U.S. Air Force and Boeing, as well as in the United Kingdom and Cambodia. She has leadership experience in the military and as a defense contractor. "I know how to lead, help, organize or get out of the way," Michelle said.

Nominating Committee

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Ed Stone has been active in OLLI for over a year and in the community since arriving in July 2000. He is a retired U.S. Army colonel with 30 years of service; his last duty was as chief of staff, Army Aviation and Missile Command and Redstone Arsenal. He has been treasurer of Villas at Madison Condominiums Homeowners Association, board member for Midtowne on the Park Condominium HOA, executive vice president of the Heart O' Dixie Region of the Porsche Club of America, and president of the Tennessee Valley chapter of the National Defense Industrial Association. A member of the Rotary Club of Greater Huntsville for 23-plus years, he has served as its president and as an assistant governor for Rotary International's District 6860.

Mitzi Summers has been an OLLI member for five years and has participated in eight terms. Mitzi has helped the Social Committee with entertainment and served as a class facilitator. Mitzi has a degree in English literature. She taught at Michigan State University and several overseas venues. She has been a board member of several animal rescue organizations, served on committees for interest groups, and written organizational newsletters. "I would like to assist the other involved members at OLLI in maintaining its high standards," Mitzi said. "I like the idea of being involved with like-minded people."



Silvia Summers has been an OLLI member for 10 years and has participated in five terms. She said she loves to travel independently and share her experiences. "I have taken many German language classes over the years," Silvia said. "I enjoy the atmosphere and the learning opportunities that OLLI provides. The students and instructors are all so positive and engaging."

Mark Tenhundfeld was a lawyer for 26 years, working at banking agencies and as head of regulatory policy for the American Bankers Association. He then taught high school government and economics for 12 years. He has twice taught an OLLI course on civil rights cases that started in Alabama. He wrote a book about civil rights that the University of Alabama Press will publish early in 2026. Mark has been an OLLI member for 1.5 years and participated in four terms. "I've become a big fan of OLLI," Mark said. "It is a wonderful opportunity for people to form new friendships and explore new areas of interest, which happen to be two of my favorite things to do."



Alison Toney has been an OLLI member for two years, taking 59 classes in seven terms. She participates in the OLLI Reads and Artist Studio member interest groups. She traveled with OLLI to Iceland and the Georgia islands and has signed up for Pittsburgh, Costa Rica and Croatia. She earned a B.S. in biology, attended dental school, earned a Ph.D. in molecular cell biology, and spent four years in postdoctoral fellowships. In Belgium, she was a substitute high school teacher, a piano teacher and pianist for the Supreme Headquarters Allied Powers of Europe Protestant Chapel and Community Theatre. She is a church choir member and substitute pianist. She tells her five grandchildren that OLLI is her "grannie school."

Events Committee



Coming events: Duck scavenger hunt, tea company, solid waste facility, bat habitat, information museum, unclaimed baggage, prosthetics business.

PREVIEW OF SUMMER EVENTS



We wrapped up our spring semester events (see recaps of recent events below). Thank you to all who participated! Now we're looking forward to our summer events. See the descriptions below and mark your calendars for the events you wish to attend.

Note that there will be no June or July *Insider* newsletters, so check the OLLI website (Bonuses & Special Events at tinyurl.com/olliuah-bonuses-events) and the Friday *eNews* for more information about summer events, including registration links.

Registration and attendance at OLLI events are increasing, so register early. If you register and cannot attend, please let me know so that someone on the waiting list can attend.

This summer, we will implement the new OLLI registration system, which includes events. Please bear with us as we work through some of the pros and cons of the new registration procedures as they apply to events. Hopefully, this will be an overall improvement!

Event recaps

Stovehouse tour, March 28 — OLLI members were treated to a tour (hosted by Chief Operating Officer Jonathan Barnette) of the Stovehouse complex, formerly the Martin

Stamping and Stove Factory. The almost 100-year-old factory has been converted into a popular mixed-use facility for eating and drinking, shopping, entertainment, special events and office space. Jonathan shared several interesting stories about the factory and the reconstruction and rehabilitation efforts.

Beekeeping visit, April 4 — OLLI members were introduced to the biology of honeybees and the importance of bees to agriculture. Our group visited an apiary on the southeast corner of the UAH campus and learned about beekeeping and management of the beehives. Representatives from the Madison County Beekeepers Association might offer an introductory beekeeping course at OLLI this fall.

Summer events

- Friday, June 6 — **Lucky Duck Scavenger Hunt** (downtown Huntsville), 9-11 a.m. Start your Friday morning exploring approximately 3 miles of downtown Huntsville while looking for hidden bronze duckies in the Lucky Duck Scavenger Hunt. Win a Huntsville-themed rubber duck to show you've found them all. Hosted by the Huntsville Visitor Center. Cost: none. Attendance limit: 30.

(continued on the next page)

Events Committee

PREVIEW OF SUMMER EVENTS, CONT

- Friday, June 20 — **Piper & Leaf Tea Co.** (Lacey's Spring), 10 a.m.-noon — Join a tour of the Piper & Leaf facility at their "farm" in Lacey's Spring. We will be guided through the warehouse and grounds to look at their fulfillment and production processes. A sampling session of three tea blends is included. Visit their gift shop after the tour. Allergen alert for those with food allergies. Cost: \$8 per person. Registration deadline is Monday, June 16, at 4 p.m. Limit: 25 attendees.
- Tuesday, July 8 — **Solid waste disposal facility tour** (Huntsville), 9-11 a.m. Waste management significantly impacts how we minimize outbreaks of disease and environmental poisoning. Join this tour to learn about the Solid Waste Disposal Authority of Huntsville. A SWDA Green Team member will deliver a presentation of the curb-to-burn waste elimination cycle as well as guide participants on an observation tour of the incineration and extrusion processes. Cost: none. Attendance limit: 20. (This facility offers tours only Monday through Thursday.)
- Friday, July 11 — **Signals Museum of Information Explosion tour** (Huntsville), 2:30-4 p.m. Join us for a docent-guided tour of the Signals Museum, a brand-new communication technology museum that provides a hands-on, immersive experience where guests can explore, interact, and learn about communication technologies throughout history. Visitors will leave the museum with more appreciation for the business leaders and inventors alike who have paved the way for the digital technologies we rely on today. Cost: \$10 per person. Attendance limit: 30.
- Friday, July 18 — **Sauta Cave National Wildlife Refuge** (near Scottsboro), 6:30-8:30 p.m. See one of the largest emergences of bats east of the Mississippi River. Take a short walk to Sauta Cave and see up to hundreds of thousands of endangered gray bats emerge at dusk. We will carpool to the refuge from Gurley. Cost: none. Attendance limit: 25.
- Friday, July 25 — **Unclaimed Baggage experience** (Scottsboro), 10:30 a.m. to 12:30 p.m. Visit the "nation's only retailer of lost luggage," dedicated to selling items recovered from unclaimed airline baggage and other transportation companies for the past 50 years. You'll be amazed at thousands of items reclaimed, both common and highly unusual. Shop for clothing, electronics, jewelry, sports equipment and much more. We will be given an introduction and orientation to this unique store by a staff person, followed by browsing on our own. Lunch (optional) is available in the store's cafe. Lunch orders will be taken in advance. We will carpool from Gurley. Deadline to register is Monday, July 21, at 4 pm. Cost: none for tour. Limit: 25 attendees.
- Friday, Aug. 1 — **Fourroux Prosthetics tour** (Huntsville), 3-4:30 p.m. Have you ever looked at someone with a prosthetic arm or leg and just marveled at the engineering feat that is the prosthetic? Prosthetics have indeed come a long way in the past 10 years. We will have the opportunity to learn about modern-day prosthetics when we tour the Fourroux Prosthetics business. Cost: none. Limit: 30 attendees.

Chris Stuhlinger
Events Committee Chair

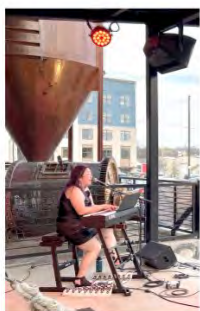
Members tour the interior of the Stovehouse on March 28. See more photos on Page 8.



(Photo by Chris Stuhlinger)

Events Committee

STOVEHOUSE'S PAST AND PRESENT, MARCH 28



(Photos by Patrice Stewart and Chris Stuhlinger)

Events Committee

LEARNING ABOUT BEEKEEPING AT AN APIARY, APRIL 4



(Photos by Marsha Langlois, Suezy Proctor and Chris Stuhlinger)

EXERCISE BONUS IN MAY; A FALL 2025 PREVIEW



Well, here we are at the end of another wonderful OLLI term. I simply cannot believe how quickly they come and go.

I have begun the process of looking at speakers for the spring term 2026. I have the help of two other OLLI members. I cannot do this alone. The first is Glen Adams — an invaluable source of just knowing and meeting people around the

Huntsville area. I am quite sure Glen never meets a stranger! A new member of our crew is Lisa Brunegraff. Lisa already has particularly promising ideas for local speakers.

But most of all, I appreciate all of you who have sent and are still sending me ideas and speaker contact information. I love and appreciate this because it means you are also invested in the bonus program.

- Our May 2 speaker is **Dr. Sara A. Harper**, UAH's assistant professor of exercise science research in the Department of Kinesiology. She will speak about the importance of exercise as we age.

A quick preview of fall 2025 is the following:

- Aug. 29 — **Dr. Rolf Goebel**, Listening to Music Poetically
- Sept. 19 — **Jessica Taylor**, Uncluster the Fluster: Everyday Ways to Approach Stress and Anxiety
- Oct. 3 — **Super bonus, Dave Gallaher, aka "Microwave Dave"**
- Oct. 17 — **Barbara Staggs**, The Magnificent Dolomites
- Oct. 31 — **Misti Potter**, Linking the Singing River Trail
- Nov. 14 — **Scot Duncan**, Ph.D., Alabama Audubon
- Nov. 21 — **Brent Pittman and Edie Hermes**, registered dietitian, Make No Bones About It



On May 2, UAH Assistant Professor Sara A. Harper will speak about the importance of exercise as people age.

I promise the Nov. 21 bonus is the last one about osteoporosis, a subject I feel is so important to our demographic. After a vertebral fracture and remaining susceptible to others, I want to share how I am managing this without taking drugs with serious side effects.

I hope you have enjoyed and learned something this term, and will learn more from these we have scheduled for fall. I always appreciate hearing you have enjoyed a particular speaker.

Enjoy your summer, and if you happen to meet a future bonus speaker, please do forward their information to me. Or send it to the OLLI office, and they will get it to me.

Thanks for your support, and I look forward to seeing you at future bonuses

Betty Koval
Bonus Coordinator

Curriculum Committee

THINGS WE DO TO LEARN AND TO STAY HEALTHY

For Mother's Day 2021, my son Nathan offered to take me on a backpacking trip, something I had not done since my 20s. I was 62 when we set out on a 24-mile hike through Sipsey Wilderness.

I learned many things about myself during that trip, including that I could still carry a 30-pound pack and cross streams and that I loved that first cup of coffee when I crawled out of the tent. I also learned that a yoga mat is not a good camping mat and that I no longer enjoy sleeping on the ground, no matter how beautiful the night sky!

This was one of many new adventures I have taken on over the last decade. My youngest son Danny taught me to snowboard at age 58, and last year husband Mark and I did a two-week hiking trip in Italy.

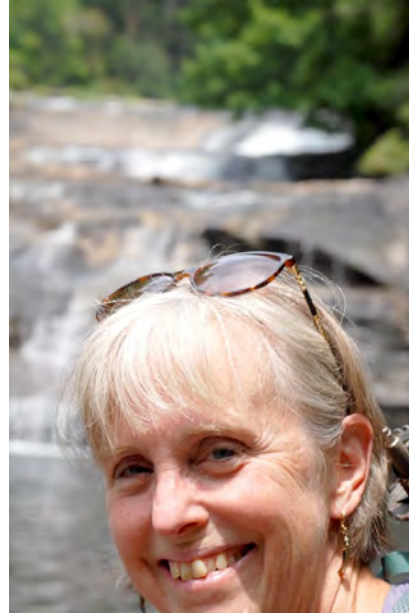
Fitness has not always been my strength. As our sons grew older and had independent activities, and our siblings and parents developed serious health problems, we found ourselves asking what we wanted aging to look like for us. We decided to take control of what we could — within reason!

When Mark and I retired in 2023, we moved from Fairhope to Huntsville to be closer to our sons and to enjoy all the area has to offer. Riding our bikes on the numerous greenways and hiking with the OLLI member interest group are activities we enjoy.

We all know that diet and exercise impact our health, but we frequently let perfection be the enemy of the good.

Small dietary changes can stop or slow some biological aging. While 150 minutes of moderate exercise per week may be the goal, taking a morning walk with a friend or doing 10 minutes of balance exercises moves us in the right direction. Medical schools now include "social prescribing" in their curriculum to educate patients about the importance of taking in the arts and participating socially in the community for the cognitive and mental health benefits.

I have recently agreed to be responsible for supporting and building the health and fitness curriculum at OLLI. Many wonderful courses are being offered this summer, including Chair Yoga, Good Start to Whole Food Plant-Based Lifestyle, The Science of Thriving, and Conservative Care for



Lynda Tenhundfeld at Gorges State Park in Sapphire, North Carolina.

Arthritis. I am excited that many of our past instructors have agreed to continue to teach yoga, tai chi, strength and balance, nutrition and gardening this fall.

Other wonderful classes under different OLLI sections include dancing, self-regulation and puzzles. Every time we engage in any class at OLLI, we exercise our brains, build our social connections and just move!

Please help me continue to build our health and fitness curriculum. If you are a current or former health care worker, please join me in this endeavor. If you have an idea for a course you'd like to see or teach, please reach out to the OLLI office at olli.info@uah.edu, and I will get back to you.

Lynda Tenhundfeld
For the Curriculum Committee

Lynda Tenhundfeld is a retired child psychiatrist who was psychiatry training director at Georgetown University Medical Center and founding medical director of The CORE Project Inc. in Mobile.

SUMMER IS HERE. REGISTER NOW!



There are some great quotes regarding the summer season. Some of the best are:

- “One must maintain a little bit of summer, even in the middle of winter.” — Henry David Thoreau
- “The summer night is like a perfection of thought.” — Wallace Stevens
- “Summertime and the livin’ is easy.” — *Porgy and Bess*

- “Some of the best memories are made in flip-flops.” — Kellie Elmore
- “A man says a lot of things in summer he doesn’t mean in winter.” — Patricia Briggs

One quote that resonates with me is by Charles Bowden: **“Summertime is always the best of what might be.”** That quote can be our motto this summer as OLLI offers 30 courses aimed at making you the best version that you can be.

If it’s health and fitness, then we offer such courses as Chair Yoga, The Science of Thriving, Good Start to Whole Food Plant-Based Lifestyle, Conservative Care for Arthritis, Bafa Wubu (a form of tai chi), and AHA CPR AED Training and Basic First Aid.

Want to try some new hobbies or learn some skills? We offer Haiku — It’s Not What You Learned in School!, Painting or Drawing the Interior — Learning Perspectives, PowerPoint Basics, Baking Perfect Pound Cakes, Music Tech Sound Story Production, Mah Jongg for Fun, and Let’s Dance: Foxtrot & Merengue & Salsa.

Other exciting courses include Exploring a Garden Habitat Designed for Birds, The Downtown Huntsville Coffee Trail Experience, Downsizing Simplified, and Supreme Court Backbenchers.



Your OLLI staff wishes you a happy summer. From left are Justin Clay, Anelisse Westmeyer, Alice Sammon and Clay Williams.

By now, everyone should have received an email concerning the new online registration software. Hopefully, the new system is easier to navigate as you sign up not only for courses, but also for our special summer tours and events. But, if you are still having trouble, please contact our registration office for assistance.

Finally, I hope to see everyone at the OLLI annual meeting and dinner on Tuesday, May 6. (Sorry, too late to purchase tickets.) It will be the perfect event to cap off the year. If not, then I hope to see everyone this summer for classes, for events, or simply to say hello. Because there are no summer *Insider* editions, the entire OLLI staff wishes everyone a happy summer and leaves you one last quote to ponder:

“Deep summer is when laziness finds respectability.”
— Sam Keen

Clay Williams
OLLI at UAH Program Manager



Three Smart and Simple Ways to Make a Charitable Gift from Your IRA to support OLLI!

- Create a Life-Income Plan
- Make an Outright Gift
- Name OLLI as Beneficiary of an IRA

Check out our NEW website for more details!

UAH.giftplans.org

Course Spotlight

SUMMER IS HERE, REGISTER NOW!

It is time to register for Summer 2025 courses. You can register for courses at tinyurl.com/olli-summer2025!



THE SCIENCE OF THRIVING

6/3 - 6/24 • Tu • 3:15 - 4:45 pm • 4 sessions • In Person • T. Amsden • \$40

This course allows you to determine which systems might be causing you to have a difficult time accomplishing your health and fitness goals to lead a thriving life. We use tried and true physiological principles that have been helpful to hundreds of men and women. This is not a course filled with generalized recommendations, nor is it a generic course about hormones or some system of your body without any respect for the other systems of your body. Instead, this course is about you!



BEHIND THE SCENES GARDEN TOUR AT 1818 FARMS

6/17 • Tu • 10:30 am - Noon • 1 session • In Person Off Campus • N. McCrary • \$35

Designed for both beginner and avid home gardeners, this in-depth tour will provide insight into our time-tested growing methods and processes. Topics covered include soil and garden preparation, irrigation setup and water management, ground cloth selection and plant spacing, plant netting and support techniques, choosing the best flowers for our growing area, seed starting and propagation methods, fertilization and soil health, and flower drying and pressing techniques.



PAINTING OR DRAWING THE INTERIOR — LEARNING PERSPECTIVES

7/10 - 7/31 • Th • 10:30 am - Noon • 4 sessions • In Person Off Campus • J. Taylor • \$40

This course teaches various point perspectives (1,2,3 or other multipoint) when drawing or painting an interior scene. All the materials for drawing — pencils, drawing paper, rulers — will be provided. If you want to paint or use something other than a pencil or pen, please feel free to bring it. Bring photos of an interior shot from anywhere that inspires you or intrigues you.



THE FUTURE OF NORTH ALABAMA TOURISM

7/21 • M • 10:30 am - Noon • 4 sessions • In Person • T. Reist • \$20

Explore the innovative strategies shaping the future of tourism in North Alabama. This course dives into marketing techniques that highlight the region's unique attractions, the origins of our visitors, and the dynamic trails promoting our communities. Discover how accessibility initiatives are transforming the visitor experience, making North Alabama a welcoming destination for all. Learn about future-focused efforts like retire-and-relocate campaigns, community development and sustainable tourism practices. Gain insight into how we are fostering connections between our rich heritage and modern amenities to position North Alabama as a premier destination for exploration, living, and unforgettable experiences.

People of OLLI

3 ANDERSON GENERATIONS INVOLVED IN OLLI

By Glen Adams

We have all heard the saying “The family that prays together, stays together.” Let’s change that to say, “The family that joins OLLI together, stays and stays and stays together.”

A case in point is the Andersons. Parents Bob and Kay Anderson have been OLLI members and instructors for several years. Daughter Shannan Hembree is also a member. And granddaughter Hannah Hembree recently gave an OLLI presentation on northern Alabama naturalists. The whole family is the subject of this month’s *Insider* profile.

Bob grew up in Jackson, Mississippi, where his parents owned a bar and grill. He loved the outdoors and spent much of his time roaming the woods and learning to hunt and fish. He attended the University of Southern Mississippi and earned a B.S. in biology and psychology.

Kay grew up in Ottawa, Illinois, 90 miles south of Chicago. Both her parents were teachers, and she was exposed to everything educational: music, art, plays and books. Her passions were sewing, historic costuming and history. When it came time for college, she decided she wanted to go someplace with no snow. And that was USM, where she and Bob met on the first day of class.

“My roommate Bill, and Kay and her roommate Ann, were in lunch line together, and we started talking and ended up eating lunch together,” recalled Bob. “Four years later, Kay and I got married, and shortly afterwards, so did Bill and Ann. Twenty years later, our youngest daughters were roommates at USM. Kay always said she met this Southern boy who had never been north of Memphis and was sure to keep her out of the snow.”

That would turn out to be a serious misjudgment.



Kay teaching her first OLLI course; Bob and Kay ready for a ball; daughter Shannon (bottom left) and granddaughter Hannah.



In 1967, Bob was commissioned in the U.S. Air Force. After a year tour in Vietnam, Bob continued a career that took him to Florida, Colorado, Arizona and, most unfortunately for Kay, three years in Elmendorf Air Force Base, Alaska, which violated the no-snow goal. Along the way, their daughters Shannan and Briana were born.

After leaving the Air Force in 1978, Bob went to work for Boeing. The Andersons lived in St. Louis; Austin, Texas; and New Orleans, where he was the logistics manager for the Strategic Petroleum Reserve. In 1990 they moved to Huntsville to work on the Space Station. In 1994, Bob went to the Kennedy Space Center for seven years to manage the Ground Support Equipment

Program. They moved back to Huntsville in 2001, and Bob retired in 2006.

Kay pursued her own career during these years, besides raising two daughters. She was a schoolteacher in St. Louis, a dean at a private college in New Orleans, and a professional costumer for a children’s touring theater in Florida, where she created lion, tiger, bear and other critter costumes. No matter where they lived, Kay was always active in community theater.

(continued on the next page)

People of OLLI

3 ANDERSON GENERATIONS INVOLVED IN OLLI, CONT

Meanwhile, Shannan was growing up.

“As a military brat, my childhood was filled with many moves and many adventures,” said Shannan. “My childhood interests included gymnastics, dance and theater, as well as participating in the International Science and Engineering Fair and the National Speech and Debate Tournament.”

“All of my life, I have been interested in nature and animals. In high school I learned to ride horses, and thus began my lifelong love of all things equestrian. During and after college, I participated in a medieval reenactment group in which I helped develop its equestrian program, which included editing a cavalry manual.”

At USM, Shannan helped with the golden eagle mascot, which included flying it at football games. (USM did that before Auburn University got the idea.)

Shannan earned a B.S. degree in science education and later an M.S. in special education. She spent 30 years teaching in Georgia, Mississippi and Alabama, much of that time in special education with students with multiple disabilities.

She married her husband, Glenn, in 1999, and they moved to their farm near Huntsville, which is full of animals. Besides Hannah, they also have a son, Keegan, who goes to Indiana University in Indianapolis.

Hannah has continued the family’s love of nature and animals. She graduated summa cum laude from the University of Montevallo with a degree in environmental studies. Since graduation, she

has held several environmental jobs around Alabama. She currently is the naturalist at both Cathedral Caverns and Rickwood Caverns state parks. She is also an accomplished artist with her own studio, EonWolf. Her art focuses on nature and natural landscapes. And she spends time with her animals, including a conure, which is a South American parakeet.

Now about OLLI. After retirement, Bob became very interested in the American Revolution after he found out one of his ancestors fought in the war. He joined the Sons of the American Revolution (SAR). After he discovered Kay also had an ancestor who fought in the war, he persuaded her to join the Daughters of the American Revolution.

Bob eventually became the SAR state president and a member of the SAR Color Guard. For his duties in the guard, he felt he needed an authentic uniform, which is when Kay stepped in. She did extensive research on uniforms and the result was so impressive that half the Color Guard asked for their own uniforms. So Kay formed her own business, Katydid Costumes, which specializes in historic costumes.

Bob’s interest in the American Revolution and Kay’s interest in historic costumes led to their teaching in OLLI. OLLI member Cliff Lanham heard Bob give a presentation on the American Revolution and insisted Bob teach an OLLI course on the war. Since then, Bob has taught several courses on the Revolution, including “The Revolutionary War in the South — A Civil War.” This summer he will teach a course on the forgotten presidents before George

Washington, which will be about the 14 men who led our country in war and peace from 1774 until our present Constitution was passed.

“I love teaching at OLLI because we have such a varied bunch of folks that provide input and discussions from so many points of view,” said Bob. “I also like that I can teach real history, not watered-down history.”

Bob in turn encouraged Kay to teach courses involving her love of historic fashion. Although being in a power chair and on oxygen, Kay has taught “How to Make a Revolutionary War Uniform” and “800 Years of Women’s Fashion — Petticoat Power.” This summer she will teach a course on the history of tea.

Kay convinced Shannan to take OLLI courses and also to help Kay to do research for her own classes. “I am a very curious person and love learning,” said Shannan, “so the wide variety of OLLI class offerings has really appealed to me.”

As if they weren’t busy enough, Bob and Shannan also are beekeepers and run their own apiary.

Daughter Briana teaches special education in Morgan County and has three children: Kylie, a cardiac intensive care unit nurse; Ria, a Staples supervisor working on her master’s in psychology; and Kelsea, a sophomore at Calhoun Community College.

Thanks, Bob, Kay, Shannan and Hannah, for all you do for OLLI. May the OLLI family tradition continue.

‘EDUCATED’ BOOK DISCUSSION ON MAY 7

The OLLI Reads Member Interest Group will hold its next meeting at noon Wednesday, May 7, in 152 Wilson Hall to discuss *Educated*, a book by Tara Westover about her overcoming a survivalist Mormon family background to obtain an education. She earned a history Ph.D. from Cambridge University.

All OLLI members are welcome for the discussion.

Member Services Committee

PHOTO CONTEST WINNERS TO BE ANNOUNCED



Well, the spring term at OLLI is winding down, but it looks like the summer term will be full of exciting learning possibilities. The last bonus of this term is on Friday, May 2, at 11 a.m., and as usual snacks will be ready before it begins. The topic is the benefits of exercise.

OLLI's annual photo contest is now known as the Philip Flowers Memorial Photo Contest. The board of directors named it for Philip after his death last month. He did excellent photography and often was a contest winner. He often taught photography courses for OLLI.

The photos that were entered into this year's contest are in the hands of the judges, and we will find out who the winners are at the annual dinner May 6. There will also be a slide show of all the entries so you can see the beautiful photos that were submitted. We have some excellent photographers in OLLI.



OLLI bonus lectures come with snacks and socializing in the lounge. This picture is from April 4. (Photo by Steve Stewart)

Remember that the member interest groups usually meet during the summer, so check them out and see if one of them looks like something you might like to join.

Leah Black
Member Services Committee Chair

Social Committee

SOCIAL COMMITTEE COULD USE YOUR HELP



As the end of the spring term is in view, I have been thinking of the many things the Social Committee has accomplished during the fall and spring terms.

We hosted a get-acquainted gathering for new members early in the fall term. Members got together in November to show appreciation to our great instructors and eat some good pizza. And on busy Tuesday mornings, we had breakfast in the lounge and lots of conversation.

December found us at the Conference Training Center for a holiday party, lots of good food and dancing. The Social Committee also helped Leah Black, chair of the Member Services Committee, put out a delicious spread after the bonuses.



New members of OLLI got together for a social event Sept. 11, 2024. (Photo by Patricia Haag)

Spring term featured Thursday morning breakfasts, and in February we had another popular Souper Bowl. Members brought crockpots with their favorite homemade soups.

Now we are looking forward to the annual dinner on May 6. The Social Committee will be providing the springlike centerpieces.

We are always looking for new committee members and hope this sounds like something you would like to take part in.

Marilynn Szecholda
Social Committee Chair

Travel Committee

NEW ON THE ITINERARY: SOUTH AFRICA, 2026



I am constantly surprised and inspired by our OLLI members' insatiable desire for travel and adventure.

And now we can announce that Chris Stuhlinger has put together another awesome trip. This time it is to South Africa on Aug. 21-Sept. 3, 2026. Please see the explanation below

We are very spoiled to have Chris take the lead on so many outstanding travel opportunities.

Please note that the South Africa trip will not be up on the OLLI website immediately, since our great staff is working to implement the new registration system. Please periodically come back and look at the travel tab (tinyurl.com/olli-travel) for updates with the latest travel opportunities.

A recap of our 2025 travels

- **Signature City Pittsburgh** — May 25-30, with OLLI at UAH-planned options for pre- and post-extensions. A couple of seats for this adventure have reopened. This trip will tell a great story of the rise of American manufacturing and the impact of a key industrial city. Find out what makes it "America's Most Livable City." See details at tinyurl.com/olli-pittsburgh2025. Please contact Michelle Laverty or David Sayre for information.
- **Two Worlds of Peru: The Inca Highlands & the Amazon** — June 13-27 (just around the corner). This trip is now full. We are looking forward to hearing about the adventures and seeing the pictures.
- **Discover Costa Rica** — Aug. 30-Sept. 7. Explore the diverse rainforests, wildlife, culture and history of this small Central American country during a nine-day/eight-night adventure curated by Nanda Journeys. Visit a volcano, stay at a self-sustainable ranch, tour local farms, walk through the rainforest, meet the locals, see a Pacific beach, and more. Just a few spaces are still available (with only single-bedded rooms for singles or couples). See tinyurl.com/olli-costa-rica25 or contact Chris Stuhlinger. Registration will likely close soon.

Coming in 2026

- Steve Goodman is leading a wonderful **cruise along the Dalmatian coast** — April 24-May 10, 2026, with pre- and post-trip extensions available. This trip will include Croatia (Zadar, Zagreb, Plitvice Lakes, Split, Dubrovnik), Montenegro (Kotor), Albania (Saranda, Butrint), and Greece (Corfu, Delphi, Athens). This trip is with Overseas Adventure Travel (part of Grand Circle Travel), with whom we have had great experiences previously. Contact Steve Goodman or see tinyurl.com/olli-dalmatia-greece2026.



The Dalmatian coast (above) is an OLLI travel destination in 2026, as well as South Africa and New Mexico.

- **South Africa** — Aug. 21-Sept. 3, 2026. Join fellow OLLI members for an exclusive cultural immersion journey. Explore the rich culture, diversity, wildlife and history while meeting with local community members. The adventure begins in Johannesburg and ends in Cape Town. Estimated cost is \$4,699 per person (double occupancy, land only) with a single supplement of \$999. Trip registration information will be announced later, but start making plans now. Contact Chris Stuhlinger for information.
- **The Best of New Mexico: Santa Fe, Taos and Albuquerque** — Nov. 9-16, 2026. Explore the best that New Mexico has to offer: the cosmopolitan heart of Albuquerque, the state's largest city; the Old World charm of Santa Fe; and the frontier spirit of Taos. From history and culture to cuisine and the arts, compare and contrast these unique cities and see how they evolved into the jewels they are today. To express an interest or request information, contact Jane McBride or go to tinyurl.com/olli-nm-2026.

And in addition to all of these, we are looking forward to some special treats and new locations to explore. We invite you to provide input and help pull together a wonderful OLLI-UAH adventure.

Contact David Sayre, other members of the OLLI Travel Committee, or coordinators for the various trips at olli.info@uah.edu.

All who wander are not lost!

David Sayre
Travel Committee Chair

Member Interest Groups



Coming hiking and biking venues: top row, Wells Memorial Trail, Hays Nature Preserve and Keel Mountain Preserve; bottom row, Richard Martin Trail North, Wheeler National Wildlife Refuge and Madison County Nature Trail.

HIKING AND BIKING, MAY TO EARLY AUGUST

We have one more spring semester activity scheduled for early May (see description below).

Several MIG activities are planned for this summer (see the list below). We're trying to offer activities on both Saturdays and Sundays to accommodate members' schedules.

Join the Hiking & Biking MIG to receive details about upcoming activities. Sign up at the link below and agree to the blanket release/waiver form. You must have a valid OLLI membership to join the MIG and participate in MIG activities.

Join the MIG: forms.gle/6M5BoaWX9Z4TLugE9

Recent activities

Bike ride at Aldridge Creek Greenway, April 5 — Our biking group rode about 12 miles round trip along Aldridge Creek and the Tennessee River on a pleasant sunny morning.

Nature hike at Green Mountain Nature Preserve North, April 13 — During a beautiful Sunday afternoon, retired forester Brian Bradley joined our hiking group to help lead us to the "Halloween Forest," which contains many old and gnarled smoketrees.

Spring semester MIG activities

- **Saturday, May 3 — Hike at Wells Memorial Trail** (Monte Sano State Park), 10 a.m.-noon. See the towering hardwood trees growing in this beautiful cove forest. Trail length is 1.75 to 2 miles, with an elevation change of about 250 feet.

Summer MIG activities

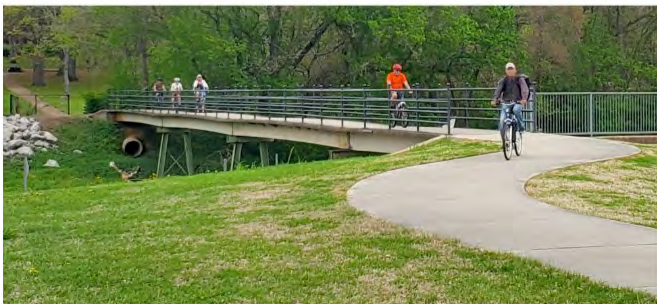
- **Sunday, June 1 — Hays Nature Preserve** (nature walk), 1-3 p.m. Walk along an easy 1.5-mile loop trail along Beaver Dam Run and the Tupelo Swamp Trail to see the state champion shellbark hickory and water tupelo trees, with views of the Flint River and small tupelo swamps.
- **Saturday, June 14 — Keel Mountain Preserve** (hike), 10 a.m.-noon. Hike this moderately difficult Nature Conservancy trail to see limestone cliffs and the "lost sink," a small waterfall (Lost Sink Falls) flowing into a sinkhole. The trail has some rough and steeper spots with a 500- to 600-foot elevation gain. Trail length is about 2 miles round trip (4 miles total if we hike the entire trail).

(continued on the next page)

Member Interest Groups



ALDRIDGE CREEK GREENWAY RIDE, APRIL 5



(Photos by Chris Stuhlinger)

HIKING AND BIKING, MAY TO EARLY AUGUST, CONT

- Sunday, July 13 — **Richard Martin Trail North** (choice of nature walk or bike ride), 1:30-3:30 p.m. Join us for a nature walk on the northern half of the Richard Martin Trail (or BYOB — bring your own bike to ride). We will walk as far as everyone feels comfortable; bikers can pedal the entire 4.5 miles north from Elkmont to the Tennessee state line. See cotton fields, historic homesteads, and several bridges (including a covered bridge). The trail is mostly wooded with a crushed gravel surface (Rails to Trails).
- Saturday, July 26 — **Wheeler National Wildlife Refuge** (nature walk), 9:30-11:30 a.m. We will explore the hiking and biking trail near the entrance to the refuge visitor center. The easy trail leads through and by a variety of habitats, including woodlands, farm fields and waterways (up to 5.5 miles out and back).
- Sunday, Aug. 3 — **Madison County Nature Trail** (nature walk), 1-3 p.m. Look for waterfowl on the lake, discover the covered bridge and old cabin, and explore the woods during this 1.5-mile easy walk along a mostly flat, mostly shaded crushed gravel trail.

See you on the trail!

Chris Stuhlinger and Steve Jones
Co-Leaders, Hiking & Biking MIG

Member Interest Groups

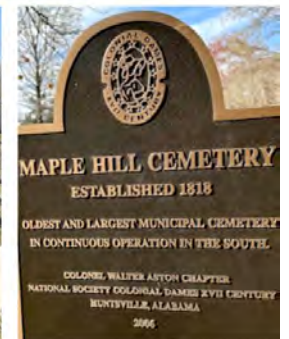
GREEN MOUNTAIN NATURE HIKE, APRIL 13



(Photos by Chris Stuhlinger and Charlotte Cain)

TAKING A TREE TOUR OF MAPLE HILL CEMETERY

A tree trail tour at Maple Hill Cemetery was an unofficial addendum to spring semester's course "North Alabama Naturalists and Their Special Places," taught by Steve Jones, Renee Raney and Chris Stuhlinger. The cemetery was Chris' special place.



(Photos from Steve Jones)

Member Interest Groups

‘MY KID COULD CREATE THIS — IT’S NOT ART!’

Jackson Pollock stated, “The modern painter cannot express this age, the airplane, the atom bomb, the radio, in the old forms of the Renaissance or of any other past culture.”

Following World War II, New York City became the center of the Western art world, a role formerly filled by Paris. Starting in the 1940s and maturing in the 1950 and 1960s, abstract expressionism shocked the world. Abstract expressionism contained four major categories: action painting, color field painting, pop art and op art.

In the 1940s and 1950s, abstract expressionists in New York shifted their focus from recognizable objects to the painting process itself. **Jackson Pollock’s** drip paintings popularized the first category, action painting, which stressed the physical act of painting with canvases placed directly upon the floor. **Willem de Kooning** used thick globs of paint and slashing brushwork to record his emotions and actions. **Franz Kline** created large black-and-white canvases with gestural brushstrokes that overlapped one another. **Joan Mitchell** utilized energetic strokes to emphasize “The Creative Process” with shape, color and brushwork the focal points. **Robert Motherwell’s** early works were action-oriented and had a sense of spontaneous movement, but he later transitioned to large areas of solid color.

The second category of abstract expressionism explored color independent of subject matter. Color field emphasized the meditative quality of shades, tints and pigments. **Joseph Albers** laid the groundwork for color field painters by teaching “color theory” through the juxtaposition of squares. **Ellsworth Kelly** invented “cut out” canvases in primary colors. The art world glorified **Helen Frankenthaler** and **Morris Louis** for their soak-stain technique on huge canvases. Avant guard art critics revered **Agnes Martin** for her grid-lined paintings, **Barnett Newman** for his squares separated by a single line, and **Kenneth Noland’s** concentric circles. Finally, Mark **Rothko** juxtaposed large blocks of pure colors and **Frank Stella’s** Black and Protractor Series solidified the movement.

During the 1950 and 1960s, a third type of abstract expressionism appeared, called pop art. This art movement utilized images from popular culture, such as advertising, comic books, Coke bottles, soup cans and celebrity icons. Pop art challenged the idea of fine art — moving artwork from exclusive and elevated to accessible and popular. **Larry Rivers** was the “grandfather” of pop art, and **James Rosenquist** depicted trendy icons and everyday objects. **David Hockney** is known for his hyperrealism and everyday-life subjects to reflect on modern society. **Jasper Johns** made signs, flags, newspapers and found objects the main subjects of his artwork. **Roy Lichtenstein** used tiny Ben Day dots (inspired by the printing process) in a comic-book style. **Robert Rauschenberg** utilized collage and found objects that rejected the flat plane.



“Raveel on Me,” an abstract watercolor on paper by Dutch artist Fons Heijnsbroek.

Andy Warhol used mechanical techniques (silkscreen printing) to mass-produce art, eliminating the concept of fine art.

The fourth category of abstract expressionism explored the viewer’s perception through simple forms, rhythmic patterns and color combinations. Op art created the sensation of movement, hidden images, or other visual effects. **Victor Vasarely** was considered the movement’s father because of his geometric shapes to generate optical illusions. **Bridget Riley** also used geometric patterns to produce perceptions of motion and rhythm. **Yayoi Kusama** is famous for her immersive infinity nets and mirror rooms creating infinite space and polka dots in repetitive patterns. **Carlos Cruz-Diez’s** Physichromies focused on color and light, while **Jesus Rafael Soto’s** Penetrables focused on movement and space.

The mantra “change for sake of change” of the 1940s to 1960s emphasized individualism, experimentation and spontaneity. Abstract expressionism expressed 20th-century society by embracing mass media elements, visual effects and new techniques. It also explored themes of consumerism to show the relationship between art and popular culture.

So, the next time you visit an art gallery or museum, don’t exclaim, “My kid could create this — it’s not art!” Action painting, color field painting, pop art and op art had themes and reasoning behind the artwork.

Jean Krieger
Leader, Artist Studio
Member Interest Group

Huntsville Then and Now

BUSY, INTERESTING LIFE AFTER RETIREMENT



By Lee Roop

Approaching retirement is one of the capital-B “big” events we try to plan. Making lists starts years before retiring if retiring is an option at all. Is the family financially secure? Sorta? Is there a move we can make “now” to make that more certain?

Are everyone’s goals and dreams clear to everyone affected? Are they shared, accepted or tolerated? Are health issues under control or at least identified? And sleepers like this one that reveal themselves late in the game: Can we stand one of us retired while the other goes to work?

Getting a bigger calendar may be essential. Even if our Big Goal is spending time with neglected loved ones and volunteering for programs we always admired, here’s something I didn’t know: We might be as busy retired as when employed. It turns out that a lot has happened while we’ve been working and becoming addicted to our phones.

Shortly after my recent retirement, for example, I started taking OLLI courses. OLLI is many things, including the organization that brings you this column along with monthly news about classes, tours and other events.

My current two classes are anthropology and the online world of artificial intelligence (AI). That name — “AI” — is a so-called “suitcase word,” but you knew that. It means different things to different people. So we’re off to a good start where words might not mean what we think they mean.

I didn’t understand the ramifications of AI until I learned some possibilities and some “sure things” in my OLLI class. There are multiple levels of AI, ranging from “narrow” AI, where Siri and Alexa live, to “super intelligence” that will pass our brains like a Porsche on the highway.

Sixty-eight percent of executives today use artificial intelligence, I’ve learned, and 65 percent of them can’t explain how it works. I’m comforted. AI is going to be smarter than us. It seems that it already is.

What does that mean? I’d argue that we know. It means if Hal couldn’t be trusted to open the pod bay door, then we can’t trust AI unless we must.

My other class is cultural anthropology, and it’s been another enlightenment. Humans and humanlike creatures have



Retirement as envisioned by artificial intelligence (specifically, Microsoft Bing Image Creator).

been “everywhere” in the world for 15,000 years or so. We’ve been in some places much, much longer.

We owe a lot of that to women. For more reasons than one, of course, because in addition to having the children they also invented gardening, which meant there was reliably something to eat. Controlling food availability was a capital-B breakthrough in our journey here.

Controlling herd animals and planting crops are still a lot of work. Hunters went looking for food and otherwise hung around campfires, inventing games and wine and other cool things. It seemed like a better deal, but we’ve had some problems from settling down. And our male teeth are worse.

Information like this ranges from critical to fascinating, and I’ve had a little fun in this space with both. But the key take-aways are that we haven’t been here very long and that if something is critical to us and breaks, we fix it. Or take some serious backward steps.

We’ve also learned the value of what the early ones left us. A burial ground’s discovery now will halt a highway construction, but only until it’s checked and removed. That sounds like progress to me.

SEX! OR, CONSTITUTIONAL BASES OF TARIFFS

By Mark Tenhundfeld



Admit it. You probably are more interested in one of those topics than the other. And that's why I'm writing about tariffs.

John Mason did a great job last month explaining the history of tariffs and their efficacy, leaving for this article questions about their legal niceties. I will pick up where he left off by offering answers to the following questions: First, who has the authority to impose tariffs? Second, do recently announced tariffs comply with that authority? And third, if not, then what?

Who has the authority?

Let's start with the easy question. Our owners' manual — aka the Constitution — gives the U.S. Congress clear authority to impose tariffs.

The very first power expressed in Article I, Section 8 of the Constitution states that Congress has the power to "lay and collect Taxes, Duties, Imposts and Excises." (While all four are ways to raise money, the latter three are taxes imposed to regulate trade.) The taxing authority is buttressed by another expressed power that gives Congress the power to "regulate Commerce with foreign nations..." And if those weren't enough for you, Congress also has the power to "make all Laws which shall be necessary and proper for carrying into Execution" Congress' expressed powers.

Collectively, these three provisions give Congress ample authority to slap a tariff on imports regardless of whether the tariff is used to raise income or to achieve some other end. Indeed, the very first bill passed by Congress — the Tariff Act of 1789 — used these authorities to raise money to help the fledgling U.S. government pay off its debt and to help American manufactur



UNDER A LOW TARIFF



THE AMERICAN FAMILY

"The American Family," a political cartoon published in 1911 by *Puck* magazine, comments on how low tariffs (left) and high tariffs (right) might affect Americans. For information about sources for this *OLLI Insider* article and further reading, go to tinyurl.com/insider-tariffs-may25.

ers compete with the flood of cheap European goods.

"OK," you may be saying, "but how does the president get to use this authority?" In an old case called *J. W. Hampton, Jr. & Co. v. United States* (1928), the Supreme Court said that tariff authority can be exercised by the president as long as the president acts within the limits set by Congress. After all, said the court, the scope of Congress' authority to make laws is so broad that it needs an executive branch to, well, execute all those laws.

Do recent tariffs comply with the law?

Yes and ... maybe?

Steel and aluminum tariff. On Feb. 11, the president announced a 25% tariff on steel and aluminum imports from any country. The tariff was imposed pursuant to Section 232 of the Trade Expansion Act of 1962, which authorizes the president to impose

tariffs and other import restrictions on any import that threatens to impair the national security, as determined by the U.S. secretary of commerce.

This tariff is similar to one imposed in 2018. Prior to the 2018 action, the secretary of commerce found that displacement of U.S. steel production by foreign entities was threatening our national security. The president agreed and imposed the tariff, which promptly was challenged by several companies that imported foreign steel. Alas for the challengers, the president's action was upheld by a unanimous U.S. circuit court of appeals.

In light of this precedent, it appears likely that the more recent tariffs on steel and aluminum would be upheld if challenged.

(continued on the next page)

SEX! OR, CONSTITUTIONAL BASES OF TARIFFS, CONT

Broader tariffs. On April 2, the president announced that the U.S. would impose a universal 10% tariff on all countries and higher “reciprocal tariffs” on individual countries. The cited authority for this action was the International Emergency Economic Powers Act of 1977 (IEEPA), which authorizes the president “to deal with any unusual and extraordinary threat, which has its source in whole or substantial part outside the United States, to the national security, foreign policy, or economy of the United States, if the President declares a national emergency with respect to such threat.” And what threat did the president declare? The “national emergency posed by the large and persistent trade deficit.”

These tariffs face several hurdles. First, the IEEPA does not explicitly authorize the use of tariffs; rather, it gives the president authority to (among other things) “regulate, ... prevent or prohibit, any ... importation of ... property in which any foreign country or a national thereof has any interest.” Thus, any tariff imposed pursuant to the IEEPA arguably exceeds the scope of that statute.

Second, the IEEPA lacks the procedural safeguards used in other laws that explicitly delegate tariff authority. This creates the risk that using the IEEPA as the basis for the sweeping tariffs may violate the recently embraced “major questions doctrine,” which requires clear guidance from Congress whenever the executive branch takes an action involving a matter of “economic and political significance” (as the recently announced tariffs certainly do).

Third, the tariffs may violate the closely related “non-delegation doctrine,” which prohibits Congress from abdicating its constitutionally mandated duties. That doctrine dates back to the famous “sick chicken” case of *Schechter Poultry Corp. v. United States*, in which SCOTUS held that Congress can’t delegate its “essential legislative authority” to anyone, including the executive branch. The taxing and commerce powers fall within Congress’ “essential” authority, and thus the proposed tariffs arguably may be imposed only by Congress.

Fourth, SCOTUS recently eliminated much of the deference that courts have shown executive branch agencies. In *Loper Bright Enterprises v. Raimondo*, SCOTUS held that courts must exercise independent judgment when deciding whether an agency’s actions are constitutional and not simply defer to the agency’s interpretation of an ambiguous statute. Given the IEEPA’s ambiguities, the president should receive no benefit of the doubt when implementing the law.

Collectively, these hurdles may prove too high for the recently proposed tariffs.

And if the Supreme Court rules against the president?

If the Supreme Court declares the president’s tariffs unconstitutional, either he will comply with the court’s order or we will have a different form of government than we’ve had since 1787. President Donald Trump has said that he will abide by court orders. But he’s also written on Truth Social

that “He who saves his Country does not violate any Law.” Vice President JD Vance has said that “judges aren’t allowed to control the executive’s legitimate power,” raising the question of “‘legitimate’ according to whom?”

Recent rumblings by the president about impeaching federal judges who block his administration’s actions have prompted Chief Justice John Roberts to take the extraordinary step of issuing a public reminder that “For more than two centuries, it has been established that impeachment is not an appropriate response to disagreement concerning a judicial decision. The normal appellate review process exists for that purpose.”

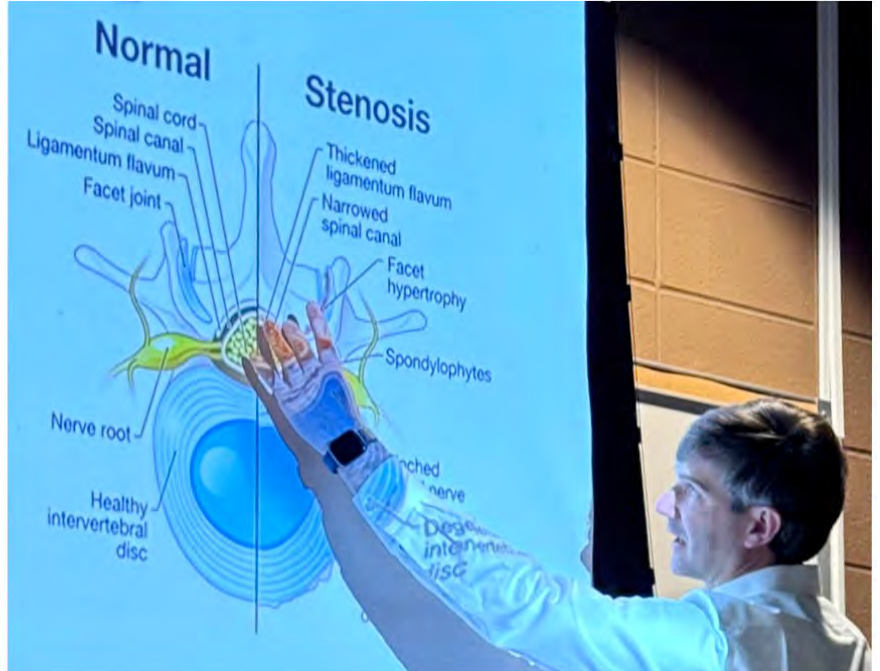
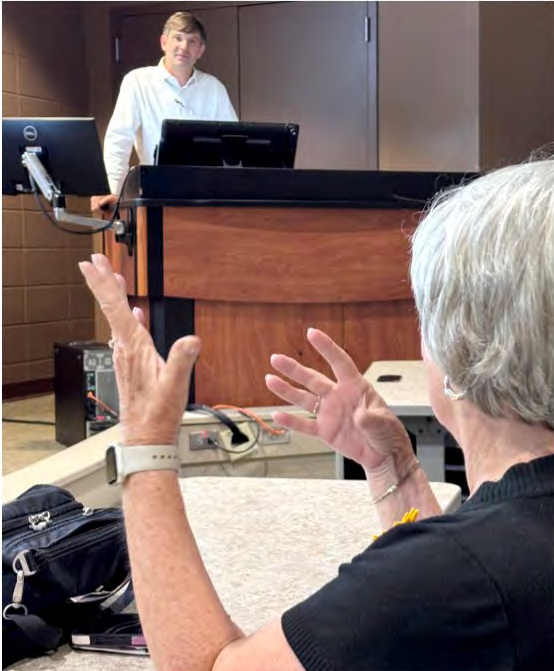
Let’s hope that talk of ignoring inconvenient rulings and impeaching the judges who issue them is just bluster. But in the meantime, we also may want to let our elected officials hear from their constituents about the importance of adhering to the rule of law, including the separation of powers that has served our country well thus far.

Who knew tariffs could be so sexy?

Mark Tenhundfeld is a former lawyer and government teacher with a B.A. in political science from Yale and a law degree from Vanderbilt

BONUS ADDRESSES FRACTURES AND STENOSIS

Dr. John Rodriguez-Feo, a spine specialist at The Orthopaedic Center, discussed vertebral compression fractures, spinal stenosis and related issues during a bonus lecture April 4.

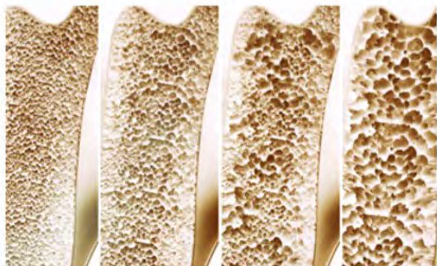


BONE STRUCTURE AND OSTEOPOROSIS

Normal Bone: Dense, strong, with a honeycomb-like trabecular structure.

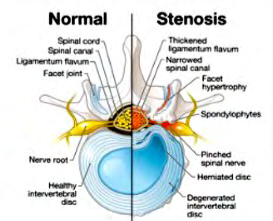
Osteoporotic Bone: Thinner cortex, reduced trabeculae, prone to breaking.

Process: Imbalance between bone formation (osteoblasts) and resorption (osteoclasts).



LUMBAR STENOSIS

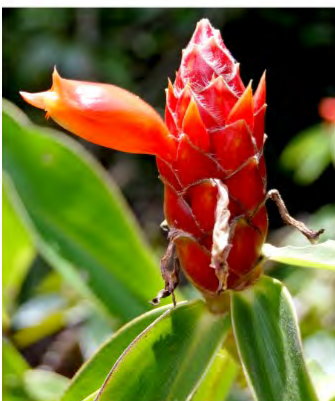
- Narrowing of the spinal canal in the lower back (lumbar region) causing pressure on the spinal cord or nerves
- Frequently caused by degenerative changes such as:
 - Spondylosis/arthritis/bone overgrowth
 - Disc degeneration
 - Herniated discs
 - Thickened ligaments



(Photos by Steve Stewart; slides from the speaker)

FORESTS, PLANTS AND ANIMALS IN COSTA RICA

Dr. Bob Lawton, UAH professor emeritus of biological sciences, spoke about “Cloud Forests, Conservation at Monteverde, and the Impacts of Tourism in Costa Rica” during a bonus lecture April 11. He has owned a house in Costa Rica for decades, and OLLI members will be visiting the country in August and September.



(Photos from Glen Adams and the speaker)

ASTRONAUT TELLS THE STORIES OF 2 AVIATORS

Dr. Jan Davis, a NASA space shuttle astronaut, recounted her own experiences and those of her father, Ben Smotherman, during a “super bonus” lecture April 18 that was open to the public. Her father produced journals and art about his experiences, including being a World War II pilot and wartime prisoner of Germany. Davis autographed her books *Air Born: Two Generations in Flight* and *Air Born: Artistic Musings of a WWII Pilot and POW*.



In Memoriam



Philip Flowers' photographs "Swan Creek" (2024) and "Rocket City Traffic" (2022) won first place in what is now the Philip Flowers Memorial Photo Contest. The 2024 contest theme was "Reflections"; the 2022 theme was "Discover the Rocket City." In 2020, Philip's photo titled "Redhead" (not pictured here) won first place under the theme "Things that Can Fly."



PHILIP FLOWERS, PHOTOGRAPHER AND TEACHER

By Steve Stewart

Philip Walter Flowers, who taught photography for OLLI and won three of its annual photo contests, died April 3 at Huntsville Hospital.

His photographs took first place in 2020, 2022 and 2024, and the OLLI board of directors voted April 11 to give the annual competition a new name: the Philip Flowers Memorial Photo Contest. Philip was a retired professional photographer. Many of his photos have been displayed at the Von Braun Civic Center.

Philip, 72, was an OLLI member since 2018 who took dozens of courses, including art, books, climate, cooking, creativity, exercise, gardening, health, ideas, law, medicine, music, nature, philosophy, photography, physics, psychology, science, technology, thinking — and birding.

"My Philip so enjoyed his OLLI friends," said his wife, Kathy. "He looked forward to the numerous classes that he attended. One class that stands out is the birding class he took. Due to that class, we now have a bird sanctuary in our backyard. We both get so much enjoyment out of the birds. I will definitely continue to take care of the birds for Philip."

Philip taught a course this semester about Adobe Lightroom Classic. His earlier course topics included taking pictures of people, creative cellphone photography, creative flower photography, basic photography, nature photog

raphy, the history of photography as an art, and the art of Illusion.

"He admired every teacher that shared their knowledge and experiences with him," Kathy said. "Philip had mentioned to me several times that he would love to teach but has always been terrified to get up in front of a group. He would break out in a sweat, and he turned red-faced. He was determined to face his fears and try to teach and share his knowledge of photography. And he did it, and I was so proud of him. After that first class he taught, a door was opened to his next journey.

"Philip had so much to share, as he had a love of photography that went back to his college days. His hobby ended up being his professional career for about 16 years until he retired and was able to enjoy his love of photography full time.

"Philip was an active member of the Huntsville Photography Society for several years. The friends of the photo group were great supporters of his work. He enjoyed sharing what he had learned over the years."

In addition to Kathy, Philip's survivors include three daughters, eight grandchildren and five great-grandchildren. His interests included family time, woodworking, travel, hiking, nature and sports. Friends and family remembered him April 14 in a celebration at The Event Center at Roto-Rooter in Huntsville. The family suggests donations to the National Pancreatic Cancer Foundation.

In Memoriam

MEMORIES OF PHILIP FLOWERS (EDITED EXCERPTS)

Philip Flowers was such a wonderful photographer. I learned so much about improving my own photography from taking his class. He was very kind and helped me with ideas for topics for the photo contest after I took over that task.

—**Leah Black**

Philip had a keen eye for light and shadow and was constantly seeking out the perfect photograph. I had an art course with him at an offsite location, and that setting provided him a new territory to capture a few scenes. I was delighted that he was willing to serve on the OLLI Art Festival working group and that he entered two of his amazing photographs into the Wilson Hall Art Gallery exhibit. His talents were exceptional, and I am grateful that he shared so generously with OLLI.

—**Jane McBride**

I was fortunate enough to take a cellphone photography class from Phil. He was, of course, extremely knowledgeable about all things photography, but he was so generous with his expertise. He had a true artist's eye and shared his talents and advice to make all of us better and more creative. He will be missed in the OLLI community.

—**Candi Holcomb**

I didn't know Philip Flowers very well, but I did take a couple of his classes and learned more about photography than my mere point-and-click method. He took such beautiful photos and posted them regularly on his Facebook page, which I followed. He will be missed by many who cherish his work.

—**Betty Koval**

OLLI members from the spring 2022 class "Native Plants" took a hike on Chapman Mountain that included instructor Susan Webb. Jim Chamberlain, a class member, organized the hike, and Philip Flowers shot this and other photos.

I took several of Philip's OLLI courses, including the most recent one on Adobe Lightroom Classic. I learned a lot from him about shooting and editing pictures. I have taken and processed many photos as a journalist, but his work was at a level of art and quality that I could only aspire to. I enjoyed many conversations with him at OLLI. He contributed pictures to *The Insider*.

—**Steve Stewart**

Philip has been a longtime instructor for OLLI. He was always so nice and pleasant to work with and was always willing to help. On several occasions, I asked him to take photos for OLLI events such as the annual meeting, and he never hesitated to help. He was such a skilled photographer and shared his expertise in his classes. He will be sorely missed.

—**Clay Williams**

To Philip's OLLI family:

Thank you so much for your kind words to our family during this loss of my Philip — a gentle and kind man that I shared my life with for 41 years. Our hearts are broken. This awesome man was jerked away with not much warning.

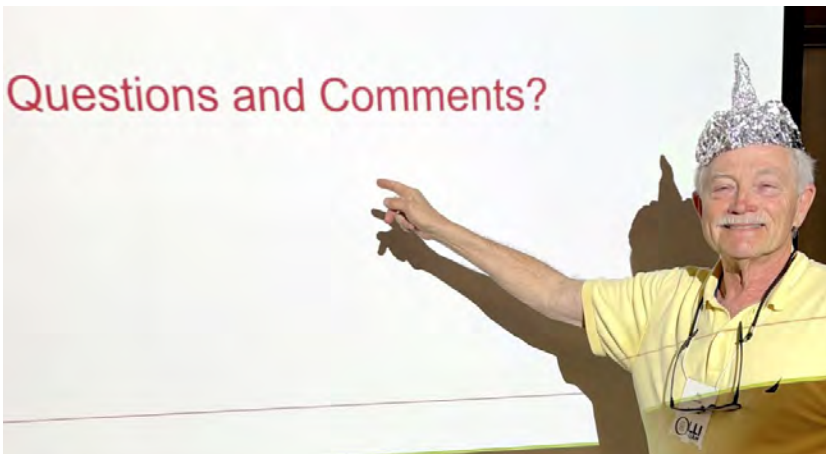
Philip had an artistic eye for capturing the perfect image, and I was so lucky to be able to be by his side during these wonderful times. He has won numerous awards and recognitions over the years.

I am so proud of him and honor his legacy and talents. And thank you, OLLI friends, for taking him in with open arms and nurturing his growth.

—**Kathy Flowers, Philip's wife**



TINFOIL HATS, OPINIONS AND EVIDENCE



(Photo by Jill Stewart)

Bill Confer, a retired clinical psychologist, uses his tinfoil hat occasionally when teaching OLLI courses — most recently the spring course in “Adventures in Psychology: Normalcy, Stress, Anxiety and Depression.”

“The tinfoil hat is a tongue-in-cheek reference to those professing pseudoscience and conspiracy theories while protecting themselves from alleged mind control through the ‘impenetrability’ of foil that protects their brain,” Bill explained to *The Insider*.

“The application to me is to humorously remind attendees when I am spouting an opinion in class rather than sticking

close to the evidence derived from the psych lab. When I go out on a limb with an inference, I briefly wear the self-fashioned hat to emphasize the distinction between evidence and interpretation of evidence.

“The first irony is that the hat is, of course, made from aluminum foil. I was inspired to use it from the movie ‘Signs’ (2002), in which the characters protect themselves from presumed alien mind control by wearing tinfoil hats. But the origin goes back to a 1927 short story by Julian Huxley called ‘The Tissue-Culture King’ wherein the main character dons the hat to protect him from an evil scientist bent on mind control.”

ANNUAL MEETING ON MONTE SANO



Members enjoyed the scenery before and after last year’s OLLI annual meeting at Burritt on the Mountain. They will have another opportunity on May 6, when the 2025 annual meeting will take place at the same location. (Photo by Patrice Stewart)