

The OLLI INSIDER

October 2025

News for OLLI members at The University of Alabama in Huntsville



NEW MEMBERS, TRAVEL, WEATHER, HORSES, STRATEGIES FOR STRESS

Top: A tour of Costa Rica and a social event for new OLLI members. Below: Lacey Simmons giving a bonus lecture about raising and training horses; flight as a reaction to stress, which was the subject of another bonus; learning about weather science at the U.S. Space & Rocket Center; and Mark and Lynda Tenhundfeld, the subjects of this month's Insider profile, in Maine.



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From the Editor

DO YOU ASK PERMISSION OR ASK FORGIVENESS?



A couple of experiences connected with a 1999 trip to England reinforced for me the idea that sometimes it's better to ask forgiveness than to ask permission. Ironically, the trip was a religious pilgrimage of sorts.

Along with a colleague from Decatur, I attended an international meeting of Christian journalists in Chichester, England. A speaker was Terry An-

derson, an Associated Press writer who had been held hostage in Lebanon almost seven years.

Anderson had written a book called *Den of Lions*, and I checked it out of Decatur's public library. I finished reading the book while flying to England.

After Anderson spoke, my Decatur colleague urged me to have Anderson autograph the book. Of course, it was not my book. But I threw caution to the wind, and he signed it.

The day of reckoning came when I took the book back to the library and asked library director Sallie Riehl whether I could keep it. She did not seem pleased. But she said if I replaced the book with another copy, I could have that one. Until that happened, she was going to keep the autographed book.

I bought a copy of the book, slipped in a small cash contribution to the library, and took it to her. She returned the autographed copy to me. All was well.

That same event in England was the only place I ever saw a Communion service with two serving lines: wet and dry. One line served grape juice to accommodate us Baptists and others who allegedly did not drink alcohol. The other line served wine. I didn't consult anybody human, yielded to temptation, and chose the wet line. Forgive me.

Here at OLLI, Clay Williams, David Moore and other professionals help us volunteers accomplish things. They're good at finding ways to do something rather than reasons not to, and they help us navigate the university rules and bureaucracy. I haven't seen the need to ask forgiveness rather than permission, but I'm reserving that option.

Inside The Insider: Free food service in the OLLI lounge is reaching a new height with lunch served every Thursday. Read about it in Marilyn Szecholda's Social Committee column.

Glen Adams profiles Lynda and Mark Tenhundfeld, a doctor and a lawyer who retired to Huntsville and quickly became OLLI teachers and leaders.

Lee Roop toured "a working home of justice, rule of law, and even beauty in the heart of the city" — Huntsville's new federal courthouse — and describes it in his column.

Betty Koval and Chris Stuhlinger tell about coming bonus lectures and events, respectively. We can invite prospective



Decisions, decisions! Shall we ask permission, or just go for it and ask forgiveness?
(Illustration by Meta artificial intelligence)

members to the public super bonus on Oct. 3, featuring Microwave Dave the musician and storyteller, as well as to two space-related events in early October.

We have reports from the member interest groups on hiking and biking, books, and art. Jean Krieger's art column defines words that have taken on new meanings for the internet and social media.

Phil Graham writes about OLLI as a community of "evolving, curious individuals." It may give you ideas for the T-shirt contest described in another article. Can you think of a slogan?

Richard Brooks' curriculum column includes an announcement about the autumn teacher appreciation luncheon and a call for spring course proposals. What could you teach?

John's Mason's Member Services Committee column announces the theme of the 2026 Philip Flowers Memorial Photo Contest, for which March 31 will be the deadline. John's Constitutional Corner column explains Congress' legislative powers and the overriding purpose of serving the public interest.

David Sayre's travel column describes travel opportunities and an interest meeting Oct. 9 about next year's tour in South Africa.

Clay Williams' article names some of the people who serve as "the nuts and bolts of OLLI." He does not say which of us are the nuts and which ones are the bolts.

Steve Stewart
Editor, The OLLI Insider



The Trailhead

Last month, I attended my high school class reunion. The atmosphere and the conversations, unlike previous reunions I had attended, reminded me of watching Jim Henson's "Statler and Waldorf."

These two are the curmudgeon Muppets who lurked in dark shadows and hurled dyspeptic comments onto unsuspecting theater performers and their performances. Many of my classmates shunned discussion about the vibrancy of what life has to offer and preferred to speak in terms of "retirement" or inabilities.

In the late 1970s, I admit to laughing at Statler and Waldorf observations from the balcony. Perhaps laughing not so much at the content of what was being said, as to how Statler and Waldorf reinforced my vision of how "old fools" appear and my expectation of how "old fools" interact.

At the reunion, I admit to becoming angry at and increasingly embarrassed with my younger, unwitting self



A classic conversation between the Muppet characters Statler (right) and Waldorf:

Statler: "Wake up, you old fool. You slept through the show."

Waldorf: "Who's a fool? You watched it."

(Image from Disney.com via [Wikipedia](https://en.wikipedia.org/wiki/Statler_and_Waldorf))

— a younger self who had bought into stereotypical thinking and who aided in fostering a cultural perception of aging.

After all, one day we will look in the mirror, and (poof!) we, in wonderment, are ... older. Granted, not everyone views aging the same way. So, it's for each of us to identify for ourselves whom the looking glass reflects.

Hence the problem: Unlike the cliché about the non-avoidance of death and taxes, aging is an awkward, inevitable truth. As Mary, my better three-

quarters, astutely pointed out during a recent morning walk with our dogs, "There isn't any instructor's manual or maintenance guide to getting older."



From my perspective, OLLI embraces the concept that positive attitudes about aging matter. Our advocacy is not about challenging stereotypes, though this needs to occur through public policies and health care reforms;

OLLI promotes inclusivity, respect, intergenerational connection and life-long engagement in a rich social community.

OLLI values the evolving, curious individual whom each elder member brings to our classrooms, activities, events and travel adventures. OLLI is not about what to do when getting older; it's about living fully through each stage of life.

Phil Graham
President, OLLI at UAH Board of Directors

COFFEE CONNECTION

A Casual Opportunity to Connect and Share Ideas


Join OLLI Board President Phil Graham over a hot or cold beverage in the OLLI Lounge. (152D Wilson Hall)


September 8 – December 19

Mondays
12:30 pm – 2:00 pm

Wednesdays
8:00 am – 9:30 am

Thursdays
3:00 pm – 4:30 pm





Events Committee



Coming events (from left): Top row, space exploration, Biergarten, caving museum; bottom row, Ivy Green, Rattlesnake Saloon, physics lab class.

EVENTS IN OCTOBER AND EARLY NOVEMBER



I encourage everyone to attend at least one of the two space-related events on Oct. 6 and 9. These events are both open to the public, and both will be excellent opportunities to recruit new OLLI members! We need a great member presence at both events.

Several events are filling up quickly, so register early. And if you decide you cannot attend after all, let us know so that someone on the waiting list can attend in your place.

Event recap

How We Know the Weather, Sept. 19 — OLLI members were treated to a free visit (arranged by OLLI member and weather expert Steve Goodman) to this new exhibit at the U.S. Space & Rocket Center. Steve assisted Bob Baron (former local TV weatherman and founder of Baron Critical Weather Institute) with the development of the exhibit. After brief introductions by Steve and Bob, our group explored more than 30 interactive exhibits explaining weather topics such as tornadoes, cloud formation, and the science of lightning.

Coming fall events

- Monday, Oct. 6 — **Experiences in space exploration and astronaut training** (Huntsville Public Library

downtown), 4:30-6 p.m. In recognition of October being proclaimed Space Exploration Month by the city of Huntsville, Dr. Rick Chappell (retired from NASA and Marshall Space Flight Center) will share his experiences planning space exploration missions and undergoing full astronaut training as an alternate payload specialist for the space shuttle Atlantis, STS-45. Cost: none. Attendance limit: 50.

- Thursday, Oct. 9 — **Biergarten under the Saturn V** (Huntsville), 5-7:30 p.m. Bring your family and friends to an evening of good food, live music, and fun under the Saturn V rocket at the U.S. Space and Rocket Center. The beneficiary of this evening's charity fundraiser will be OLLI at UAH! Cost: Varies by meal. Attendance limit: none.
- Friday, Oct. 17 — **National Speleological Society** (6001 Pulaski Pike NW, Huntsville), 2-4 p.m. Visit the national headquarters and museum of the National Speleological Society (caving). Learn about the society's history, why they are located in Huntsville, their mission, training activities, highlights of our area's many caves, and cave rescue procedures. Our tour will also include some demonstrations and videos. Cost: none. Attendance limit: 30.

(continued on the next page)

Events Committee

EVENTS IN OCTOBER AND EARLY NOVEMBER, CONT

- Friday, Oct. 24 — **Ivy Green and Rattlesnake Saloon** (Tuscumbia), 8:30 a.m. to 2:30 p.m. Join us in Tuscumbia for a tour, views and food. We'll start the day by carpooling from UAH at 8:30 a.m. and go to Ivy Green, the birthplace of Helen Keller, for a guided tour around the grounds. Tickets for Ivy Green are \$8 at the door. Then we'll make a short trip down to the Rattlesnake Saloon for views, lunch in a cave and shopping. The menu for Rattlesnake Saloon can be found at rattlesnakesaloon.net/menu. Rides down to the saloon are available from the parking lot for safety and accessibility. Enjoy a good lunch, a great view, and a small waterfall if it has been raining. Cost: \$8 at the door (Ivy Green) plus lunch at the Saloon. Attendance limit: 25. For anyone who wants to stay longer, the Rattlesnake Saloon offers nature trails, fishing and horseback riding as well. So make it a weekend trip and stay to camp or enjoy a cabin rental. These can be done separately at rattlesnakesaloon.net/lodge.
 - Friday, Nov. 7 — **UAH physics lab class** (UAH Shelby Center), 10:30 a.m. to noon. Participate in a physics lab class to learn about several principles of physics. Members will have the opportunity to experiment with a variety of hands-on lab exercises, spanning Newtonian mechanics and the rotating candle, electromagnetism with generating sparks in a vacuum and Faraday's law, and optics with laser diffraction patterns and how these are explained by both classical and quantum physics. Cost: none. Attendance limit: 25.
- Other fall events**
- Friday, Nov. 14 — **Historic Weeden House tour** (Huntsville), 2-3:30 p.m.
 - Friday, Nov. 21 — **UAH College of Nursing tour** (UAH campus), 2-4 p.m.
- Chris Stuhlinger**
Events Committee Chair

Social Committee

ENJOY 'LEISURELY LUNCH' EVERY THURSDAY



The highlight of the fall season for me has been getting back to classes at OLLI.

I will never miss a psychology class with Bill Confer. I always gain new insights on ways to deal with change in positive ways.

Cliff Lanham and Phil Graham's genealogy class has renewed my search for details about my great-grandparents. What interesting discoveries lie ahead of me!

After six sessions in Jim Beaupre's art class, I will be drawing portraits. How's that for positive thinking?

The Social Committee has already provided snack tables for the bonus lectures in September, as well as a luncheon for OLLI's new members.

The new "Leisurely Lunch" began Sept. 25. Every Thursday during fall term from noon to 1, the Social Committee will serve a free lunch in the lounge. So join us and meet friends for conversation and good food.

On Oct. 3, 17 and 31, we will have three more bonus events with snacks served in the lounge. There will be lots of opportunities to meet new friends and enjoy the OLLI family.

Marilynn Szecholda
Social Committee Chair



A variety of snacks were served in the OLLI lounge (152D Wilson Hall) for the Sept. 19 bonus lecture on anxiety and stress. (Photo by Steve Stewart)

Events Committee

WEATHER EXHIBIT AT SPACE & ROCKET CENTER



(Photos by Steve Stewart and Chris Stuhlinger)

Coming Bonuses

MUSIC, MOUNTAINS AND SINGING RIVER TRAIL



The October bonuses will include one that is open to the public and not in the usual Wilson Hall location. All these bonuses will be at the usual time of 11 a.m.

Recent bonuses just proved we get better each time.

First, Dr. Rolf Goebel showed us how to read and listen to music in a different way. I have heard music soothes the savage breast (the word “beast” came later); I believe this to be true.

Lacey Simmons spoke about horses and how they enhanced her life in so many ways. It was interesting to hear how her love of horses led her to a career in finance. Lacey teaches a course in finance for OLLI.

Jess Taylor’s bonus told us how to deal with stress and anxiety by using mindfulness in our daily lives.

If you missed any of these speakers, try to catch the courses they lead.

- Oct. 3 — **SUPER BONUS: Microwave Dave** (Dave Gallaher) will entertain and regale us with music and stories in Chan Auditorium, located in the Business Administration Building south of Wilson Hall. We will learn more about the Microwave Dave Music Education Foundation. He is very involved in music education for young people. This bonus is open to the public. Invite friends — especially prospective OLLI members.
- Oct. 17 — **The Magnificent Dolomites** by Barbara Staggs. Barbara will lead us on a pictorial journey of



the Dolomites, the monumental mountain range in northeastern Italy. Through the lens of a camera, we will see quaint villages and experience a gondola ride. I can hardly wait.

- Oct. 31 — **Linking the Singing River Trail** by Misti Potter. Misti will explain what the trail is, the history, and the existing and future trails of this 200-mile-plus greenway system. It will make you want to traverse the entire system. Well, maybe not all at one time. I have read about the Santiago de Compostela Camino in Spain and thought it would be a journey to do someday. Maybe I can substitute this instead! What do you think?

Come and enjoy the snacks and laughter, and spend some time socializing with OLLI friends. I look forward to seeing you!

Betty Koval
Bonus Coordinator

INTRODUCING AREA NEWCOMERS TO OLLI

Randy Boyette and Renate Kump represented OLLI on Aug. 16 at a Newcomers Fair in Madison Public Library. Representatives there pitched community groups to people who were new to the community or just curious. OLLI’s outreach at events like this one is coordinated by the Public Relations Committee. (Photos from Randy Boyette)



Member Services Committee

BREAK OUT YOUR CAMERAS!



Well, it looks like the beginning of another great term for OLLI at UAH, and Member Services is here to join in on the fun!

Three items of interest need your attention this month, and, in every case, your volunteering is key to making them happen.

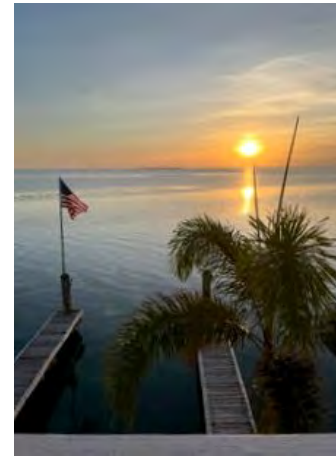
First, with the advent of a new term, we really need volunteers to staff the OLLI volunteer office (151 Wilson Hall) during active class times. I have placed a sign-up sheet on the desk in the office, and request that you all stop by and volunteer for a slot. Slots are generally in two-hour increments, and are a good way to meet your fellow members and learn more about the program. I can't encourage you enough to volunteer to fill up those slots!

Second, it's the time of year again (already? Who knew?) to start thinking about finding new people to serve on next year's Board of Directors. As of today, we have 23 of 25 slots filled; come next April, we will lose at least three, leaving us with 20.

A full board is important in helping our program flourish. So if you, too, are interested in making that happen, think about volunteering to become a new board member! You, the members, are what makes the family great. Volunteer and let your ideas make it even better!

(By the way, I will also be looking for a couple of people to join the Nominating Committee to help plan for the new accessions. If you'd like to help, please let me know!)

And third, it's time again to announce the subject and guidelines for the annual Philip Flowers Memorial Photo Contest! As you know, the contest is open to photographs from the membership taken at any time between April 1, 2025, and March 31, 2026. This year's subject will be **NIGHTLIGHTS**.



Where nightlights begin: Sunset at Conch Key, Florida. "Nightlights" is the subject of the current Philip Flowers Memorial Photo Contest. The last day to shoot pictures is March 31, 2026.
(Photo by John Mason)

In this year's contest, we'll be exploring both the literal and abstract interpretations of light after dark, including such topics as urban glow, natural luminosity, intimate illuminations, and atmospheric effects. So pick a subject, and then let your artistic (and technological) skills go wild!

Define your topic based on photographic techniques, like long exposure and light painting, or the location of the shot, such as cityscapes or natural settings. And, most importantly, have fun!

I will be accepting submissions beginning any time after the publication of this article and up until the contest closes March 31. You can email those to OLLIPhotoContest@uah.edu. Let the flashbulbs fire!

John Mason
Member Services Committee Chair



UAH can help you select a gift for OLLI that perfectly suits your family's circumstances.

Get your complimentary guide: *Leave Your Legacy with One of These Ways to Give.*

Contact tammy.eskridge@uah.edu to learn more.

Curriculum Committee

THANK TEACHERS, AND CONSIDER BEING ONE



We are off to a fantastic start for the fall 2025 semester, with 70 classes offered and over 400 students registered. What an exciting time for our OLLI program! If you haven't registered yet, it's not too late — there's still time to join us.

Fall instructor training

The Curriculum Committee recently hosted the fall instructor seminar, where a dozen new teachers engaged with experienced instructors in preparation for this semester's courses. The energy, enthusiasm, and eagerness to learn were inspiring.

The dedication of our teachers — both new and returning — is the foundation that makes our program thrive.

Fall teacher appreciation luncheon

Mark your calendars! Our fall teacher appreciation luncheon is scheduled for Friday, Nov. 7, at 12:30 p.m. at Trinity United Methodist Church.

This special event is an opportunity to celebrate and thank the instructors who make OLLI at UAH so successful. We hope to see you there!



The 2024 teacher appreciation luncheon included a cake bearing a thank-you note. This year's luncheon will take place Nov. 7. (Photo by Steve Stewart)

Call for spring 2026 course ideas

Do you have expertise in a subject you'd like to share? We're currently seeking proposals for spring 2026 courses. The deadline for submissions is Oct. 3.

If you have a topic that could enrich our program, please reach out to Clay Williams or Richard Brooks. Let's continue working together to ensure that OLLI at UAH remains among the best lifelong learning programs in the Southeast.

Richard Brooks
Vice President for Curriculum
OLLi at UAH Board of Directors

OLLi T-SHIRT CONTEST IS OPEN UNTIL NOV. 28

OLLi at UAH needs your help in writing a T-shirt slogan that encapsulates the pride and enjoyment of being a member.

An "Unleash Your OLLi SWAG" contest begins Oct. 1, with a deadline of Nov. 28.

The contest is open to both OLLi members and nonmembers 50 and older, and each entrant can submit one or two slogans. The slogan should be creative and memorable, reflecting respect for elderhood and the value of lifelong learning.

Selection criteria include:

- Conciseness — two to eight words, with each number and each symbol counting as one word
- Amount of SWAG — distinctiveness and differentiation from other slogans
- Memorability — bringing to mind a compelling image of elderhood and joyful connection

Judges will not know who submitted the entries. If you win, you get bragging rights, a certificate you can frame,

What are your ideas for an OLLi T-shirt slogan?



and a T-shirt with your slogan on the back. *The Insider* will publish an article about you and your slogan, and T-shirts bearing it will be available from the OLLi merchandise store at tinyurl.com/olli-store (also available through uah.edu/olli).

The dictionary definition of "SWAG" is products distributed for promotional purposes.

Entry forms are available in the OLLi volunteer office (151 Wilson Hall) and at tinyurl.com/olli-t-shirt.

News From UAH

THE NUTS AND BOLTS OF OLLI



As you know, the Osher Lifelong Learning Institute (OLLI) at The University of Alabama in Huntsville (UAH) is a membership-based community of mature adults who enjoy learning and want to spend time with like-minded individuals.

Our mission is to foster accessible lifelong learning, individual growth and social connection for mature learners age 50-plus by providing stimulating opportunities to enrich the intellectual, social and cultural lives of members, regardless of educational background.

What you may not know is how OLLI works. OLLI is operated by two groups working together.

First, there is the OLLI Board of Directors. This volunteer group of OLLI members, led by an executive committee, provides guidance, leadership and plans for each academic year. They serve on important committees, such as curriculum, social, public relations, events and travel, and facilitate and develop enriching and entertaining events and courses for our members to enjoy. These volunteers provide the framework for OLLI and work hand in hand with the UAH staff.

The OLLI at UAH staff consists primarily of four members who guide and direct the day-to-day operations of OLLI:

- I serve as the program manager and lead a talented and dedicated group who work hard to ensure our members enjoy their OLLI experience.
- Alice Sammon serves as our program coordinator and works directly with members and instructors to facilitate the classroom experience.
- Anelisse Westmeyer is our registration coordinator and assists members in signing up for classes and events, as well as providing name badges and the all-important parking permits.



OLLI staff members (from left) Justin Clay, Anelisse Westmeyer, Alice Sammon and Clay Williams.

- Justin Clay serves as our marketing and design specialist. Justin creates our wonderful semester course guides and other marketing material, as well as manages our website and social media. You will see all four of us doing all sorts of things to keep the OLLI machine moving forward.

Organizationally, OLLI falls under the Salmon Library at UAH. Its director, David Moore, provides guidance and serves as a liaison with UAH. He has been a strong proponent of OLLI and assists us in getting things done on campus.

Keep in mind that the board and the UAH staff are here to assist and help you. If you ever have any questions about OLLI and its operations, don't hesitate to ask.

We hope everyone is enjoying the fall semester so far. Our membership is back up to 900, and the fall registration numbers are great. There is still time to sign up for additional classes and events, so don't miss out on all the fun.

And don't forget to show off your OLLI spirit by purchasing some great swag at tinyurl.com/olli-store. You never know who might see it on you, become interested and join our OLLI family.

Course Spotlight

FALL IS HERE; REGISTER NOW!

There is still time to register for some Fall 2025 courses. You can register here: [UAH Registration!](#)



BREATHE THROUGH IT: MINDFULNESS, RELAXATION TECHNIQUES, & STRESS MANAGEMENT

10/13 - 11/17 • M • 10:30 - Noon • 6 sessions • Live Virtual • J. Taylor • \$40

This course will delve into the inner workings of stress and anxiety, practical coping skills, and the practices of breathwork and mindfulness. Classes will consist of a combination of lectures and opportunities to practice various methods of relaxation, coping skills, and mindfulness techniques.



BEGINNING GERMAN

10/15 - 11/19 • W • 1:15 - 2:45 pm • 6 sessions • In Person • R. Juergensen • \$40

Learn pronunciation of the German language, with basic phrases and expressions. Practice simple conversation for day-to-day communications. This course is great for travelers to learn everyday words and phrases.



LET'S WALTZ

10/23 - 11/13 • Th • 3:15 pm - 4:15 pm • 4 sessions • In Person • T. Romaine • \$40

It's never too late to learn to dance! And Waltz is the classic Ballroom dance. Learn several steps to elegantly glide around the room, regardless of your level of dance experience. It is helpful to sign up with a partner, but is not required.



THE POETRY OF JOHN DONNE

10/27 - 11/17 • M • 1:15 - 2:45 pm • 4 sessions • In Person • W. Thames • \$40

Join us for an exploration of the erotic and devotional poetry of John Donne, the leading English poet of the Metaphysical school and dean of St. Paul's Cathedral, London. Donne is often considered the greatest love poet in the English language. We will focus on Donne but include some key works from Andrew Marvell, Robert Herrick and George Herbert.

Save 20%

When you register for 4 or more term courses at once.

People of OLLI

Mark and Lynda Tenhundfeld with sons Danny (left) and Nate (right) hiking above Lake Dillon in Colorado; Mark and Lynda at Acadia National Park in Maine.



MARK AND LYNDA TENHUNDFELD BRING THEIR LAW, HEALTH AND TEACHING EXPERTISE TO OLLI

By Glen Adams

Very few OLLI members can make the claim that they joined OLLI *before* they moved to Huntsville. In fact, maybe just two: Mark and Lynda Tenhundfeld.

They signed up in 2023 while living temporarily in North Carolina, awaiting the completion of their new home in Huntsville. Their son Nathan was UAH's acting chair of psychology, and he let them know about OLLI as they researched Huntsville opportunities. And then they met Nancy Darnall, OLLI's top salesperson, at a community gathering, and that was that.

In the short time since, Mark has joined the OLLI board and has already taught two courses in civil rights. He will be teaching a course on the Supreme Court this fall.

Lynda is currently teaching "A Healthy Diet of Health Information" and is chair of the Health and Fitness section of the Curriculum Committee. The Tenhundfelds are the subject of this month's *Insider* profile.

Mark grew up in Mobile, the youngest of five children. His father was a banker and his mother a stay-at-home mother.

"As a kid I spent a lot of time reading *Mad Magazine* and playing sports poorly," said Mark. "My claim to fame as a Little League baseball player was that I almost pitched a complete inning one game."

"By the time I reached high school, I was playing a lot of tennis. I cut grass for spending money and invested way too much energy in trying to figure out why it was so hard to talk to girls. I decided to be an architect largely because of Ayn Rand's book *The Fountainhead*, in which the good guy is an architect who is out to save the world."

So off Mark went to Yale to study architecture, but then he switched to political science and graduated in 1982. He interrupted his studies for a backpacking adventure around Europe.

He next went to Vanderbilt, where he earned a law degree. He then returned to Mobile to set up a practice.

"As I was beginning my third year there, I traveled to Boston for the wedding of a college roommate and met Lynda at the reception," said Mark. "I was smitten from the start and decided early in our relationship that I'd like to spend the rest of my life with her. I proposed three months after we met, and

we married five months after that in May 1988."

Lynda grew up in Pueblo, Colorado. Her parents met at the University of Colorado, where her father was attending law school and her mother was in nursing school.

"After a short courtship, my father proposed, but my mother declined because she wanted to pursue the clinical part of her training in Denver," said Lynda. "Two weeks later, she called my father and asked if the offer was still open. It was. After Dad completed his education, they moved to Pueblo to start a private practice together with mom as his legal secretary. They ran the practice together for 40 years."

Growing up in Colorado, Lynda of course skied. She also played tennis and was on the speech and debate team.

"I didn't know what I wanted to study in college, so I attended a liberal arts college, Colorado College," said Lynda. "It had a novel academic approach, the block plan. You took one class at a time, completing a semester's course

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People of OLLI

MARK AND LYNDA TENHUNDFELD, CONT

in 3½ weeks. My junior year, I spent a semester on Semester-at-Sea, traveling the world on a converted cargo ship that was transformed into a floating university. We took courses between ports. We visited China, India and Cape Town, South Africa, in addition to 10 other countries. It was truly life-changing.”

To put it mildly, Lynda’s family valued education. Her late brother Jeff had a Ph.D. and finished his career as a professor-in-residence at UCLA pioneering research in neurocardiology. Her other brother, Gary, has a Ph.D. from Stanford and was a quantitative analyst for numerous investment companies.

So there was no question Lynda would go to graduate school.

“Ultimately, I decided on medicine,” said Lynda. “I intended to be a pediatrician, but found once I started my clinical rotations I was most drawn to psychiatry. I blended the two by becoming a child psychiatrist. I had the honor of working with families when they were at their most vulnerable, sorting through the maze of helping their sick child.”

After marriage, they decided to move to Washington, D.C., to start their lives together. Mark got a job at the Federal Reserve Board and would spend the next 20 years practicing banking law in, out and around the federal government.

Lynda worked at Georgetown University Hospital as the director of child psychiatric services and residency training.

After sons Nathan and Daniel were born respectively in 1990 and 1993, Lynda transitioned to private practice to allow her to be more involved with family.

After their two sons left for college, Mark made a major career switch in 2011, moving to Mobile and teaching government and economics at his high school alma mater. He later would add a course on civil rights.

Lynda finished her career in Mobile, helping to launch the CORE Project (Creating Opportunities Reaching Everyone), which serves children and young adults with autism.

In 2023, Lynda convinced Mark it was time to retire. Because Nathan was teaching at UAH, they decided Huntsville would be a good retirement spot. When Danny heard the news, he too decided to move to Huntsville. Thus the whole family is together again and will soon add a daughter-in-law with Nathan’s marriage to Jessica Anderson.

How did Mark develop such an interest in civil rights?

“I learned late in life just how little I knew about Alabama’s history, despite being an Alabama native,” said Mark. “It turns out that many of the landmark U.S. Supreme Court cases about civil rights and civil liberties started in Alabama. The histories of those cases and the stories of the people involved struck me as important for all of us to remember.”

Mark’s interest is deep enough that he has written a book, *State of Segregation: America’s Freedom Rights Struggles, as Told by Alabama*. It will be published next year by the University of Alabama Press.

Lynda is teaching a course in health literacy because of her concern that it’s getting harder for people to access and understand useful information.

“With social media and various news outlets spreading misinformation, it’s all the more important that people have the tools to sort through the noise,” said Lynda. “I hope my course will provide them.”

What has OLLI meant to them in the short time they have belonged? “I’ve loved being introduced to the new ideas and new people I’ve encountered through OLLI,” said Mark. “It’s been particularly helpful to people like Lynda and me who are relatively new to the area.”

“I love the intellectual stimulation and the social engagement that OLLI allows,” said Lynda.

Nathan now works at Tektonux in Huntsville as its lead human factors and artificial intelligence engineer, while Daniel works for Bunge in Decatur in its quality control lab.

Thanks, Mark and Lynda, for all you do for OLLI.

Travel Committee

ATTEND SOUTH AFRICA INFO MEETING OCT. 9



We are an on-the-move group of people!

To learn more about our 2026 trip to South Africa, consider attending a meeting Thursday, Oct. 9, at 11 a.m. We will review the trip itinerary and discuss other information about this adventure.

Register for the meeting at forms.gle/p25Wzs2ADqMRVjfH9. You can go to 212 Wilson Hall or attend by Zoom. Details about the trip are below.

For 2026

- Steve Goodman is leading a wonderful **cruise along the Dalmatian coast** — April 24-May 11, 2026. 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. Steve Goodman is the contact, but this trip is now fully booked. Details are at tinyurl.com/olli-dalmatia-greece2026.
- **Explore South Africa** — Aug. 21-Sept. 3, 2026. Join us for another exciting Nanda Journeys adventure as our OLLI travelers learn about the local history, culture and wildlife conservation efforts in and near Johannesburg, George and Cape Town. Visit Soweto, the Cradle of Humankind, Cradle Nature Preserve, Pilanesberg National Park, the Garden Route, Table Mountain and more.



Cape Town, South Africa — OLLI's travel destination for August and September 2026.

Mingle with the locals and participate in several safaris. The cost per person is \$4,699 (double occupancy, land only). For a detailed itinerary and registration information, contact Chris Stuhlinger. See the details at tinyurl.com/olli-south-africa-2026.

- **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.

Looking to the future

Let us know your ideas for more destinations (both near and far) for travel in 2027 and 2028. (Yes, these plans are needed this far ahead.)

A little travel opportunity on the side ...

We got another note from one of the travel companies that another OLLI group has some openings.

- **Walk Ireland's Road to Peace** — April 24-May 2, 2026. You are invited to join Nanda Journeys and OLLI at the University of Pittsburgh in a trip to Ireland next spring. Experience Dublin's charm, the history of Belfast and Derry, the beauty of the Irish countryside. Most importantly, hear powerful stories of conflict and reconciliation that illuminate Ireland's inspiring Road to Peace. Watch the orientation video at tinyurl.com/pittsburgh-ireland. The passcode is "kY\$J3n3". Register at tinyurl.com/ireland-register. Or contact me if you have questions.

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

Never let your curiosity fade. All who wander are not lost!

David Sayre
Travel Committee Chair

Travel Committee

TRAVELERS LEARN AND FROLIC IN COSTA RICA

Twenty-six OLLI members toured Costa Rica on Aug. 30-Sept. 7, riding a bus from San Jose to Guanacaste on the Pacific Coast. They saw lush vegetation, colorful animals and a waterfall; watched dancers; danced; visited farms, a wildlife sanctuary and a coffee plantation; hiked through rainforests near a volcano; saw artists and others making ox carts; attended a cooking class high on a hill above San Jose; and rode zip lines, horses and a catamaran.



Travel Committee

COSTA RICA'S WILDLIFE MEETS OLLI'S WILD LIFE



(Photo contributors here and on the previous page include Marsha Langlois, Jorge Monge, Sallie Robinson, Phil Smith, Helmut Stahl, Steve Stewart, Chris Stuhlinger, Tilman Stuhlinger, Alison Toney and Robert Toney. *The Insider* will publish more photos next month.)

Member Interest Groups

Join OLLI friends at Goldsmith Schiffman Wildlife Sanctuary (top left), Indian Creek Greenway (top right) and Blevins Gap Nature Preserve.



GET FIT IN OCTOBER AND EARLY NOVEMBER

Join our nature walks, hikes and bike rides, enjoy the fall weather and colors, and you can not only improve your health, but also learn about nature and interact with fellow OLLI members.

To join the Hiking & Biking Member Interest Group and receive details about coming 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

Coming fall MIG activities

- Saturday, Oct. 11 — **Goldsmith Schiffman Wildlife Sanctuary** (nature walk), 10 a.m. to noon. Enjoy a leisurely walk through this 375-acre city-owned wildlife sanc-

tuary near the Flint River and discover these unique wild habitats situated among the many nearby subdivisions. The level walking trail will lead us through bottom-land hardwood woodlands and retired agricultural fields, by small ponds and swamps, and along the Flint River's riparian area. Look for birds and the occasional deer.

- Sunday, Oct. 26 — **Blevins Gap Nature Preserve** (hike), 1:30-3:30 p.m. Meet at the trailhead (large gravel parking lot) at 3470 Cecil Ashburn Drive SE, Huntsville. Hike the 2-mile (each way) Bill and Marion Certain Trail to some scenic overlooks from the ridgetop, with some nature narratives along the way. The first half-mile is uphill (a few hundred feet elevation change); the rest of the trail is easy and flat along the ridgetop.

- Saturday, Nov. 8 — **Indian Creek Greenway** (nature walk and bike ride), 10 a.m. to noon. Meet at the Greenway Trailhead parking area off Old Madison Pike between Jan Davis Drive/Diamond Drive and Slaughter Road (west Huntsville). Explore this streamside paved greenway, or enjoy an easy 6-mile round-trip bike ride along Indian Creek with a short side link to Creekwood Park (restroom facilities).

One more event in November

- Sunday, Nov. 16 — **Elgie's Walk Greenway** (nature walk), 1:30-3:30 p.m.

See you on the trail!

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

Member Interest Groups



Words like “cards,” “tags,” “shorts,” “engagement,” “handle” and “carousel” have acquired new meanings on social media. (Art from Wikimedia Commons)



AN ARTIST'S GUIDE TO SOCIAL MEDIA

Do you feel like your grandchildren are speaking another language about social media? Do they roll their eyes at you with a big sigh? Are you confused why another artwork won an award even though your peers stated your picture was superb?

Unfortunately, we live in a time where art must fight for its place — not in hearts, but in **algorithms**. It is not enough to create a masterpiece. Your colors, brushstrokes and overall artwork must be trending, gather likes, and go viral to be valid according to the algorithmic gatekeeper. What is an algorithm? A set of rules used in calculations by a computer to produce a result and a system that decides what you see in your feed, based on what you appear to have enjoyed in the past.

Three weeks ago, I took the plunge into creating social media for my artwork. In the art world, it is known that jurors and exhibitions “select artwork” not only by the quality but also by the content and followers of your website, Instagram, YouTube or Pinterest accounts. Consequently, I thought others might enjoy learning “contemporary vocabulary” to communicate with their grandchildren, children, or even fellow artists.

This is some basic vocabulary that is used across all social media: **engagement** (your likes, comments, shares, saves and watch duration); **feed** (main profile where your posts, photos and videos live in chronologic order); **profile** (main “personal” page that shows your info, posts and activity).

This is more terminology that is used across all platforms: **handle** (a unique username preceded by “@” symbol

identifying an account); **hashtag** (a phrase preceded by a “#” symbol to group posts by topic); **post** (content you share — text, photo, video, link, etc.)

Other terms common to all platforms: **like** ❤️ (a quick reaction to show you enjoy or support a post); **mention** (a username preceded by “@” linking another user in comments or stories); **reaction** (emojis such as 🙌😂😭 used to respond to posts); **tag** (mentioning or linking someone).

A few words specifically used in Instagram: **caption** (text that goes with your post); **carousel** (a post with multiple photos/videos you swipe through); **highlight** (stories you pin to your profile permanently); **reels** (short-form vertical videos); **story** (temporary photo, video or post disappearing after 24 hours).

Some language specific to YouTube: **cards** (interactive pop-ups during a video that link to other content); **channel** (a user's personal page where all their videos, playlists and content live); **shorts** (vertical videos under 60 seconds); **thumbnail** (a preview image for a video (like a mini-poster):

It has been a lengthy process learning the lingo — I should have asked a 7-year-old to guide me. But a common artist's lament continues to guide me regarding social media “**The algorithm said my art was not trending. My feelings said the algorithm could go paint itself.**”

Jean Krieger
Leader, Artist Studio Member Interest Group

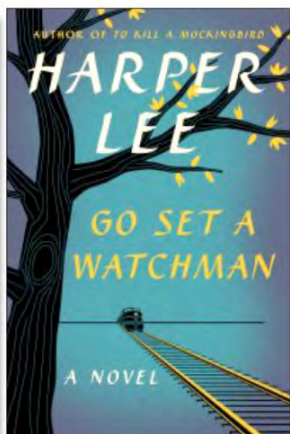
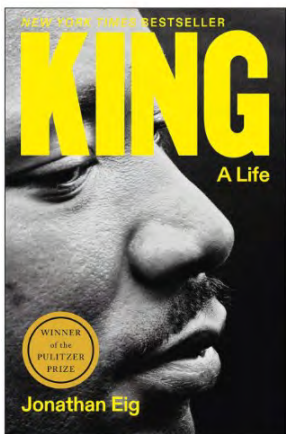
Member Interest Groups



BOOK TALKS: HISTORY AND HISTORICAL FICTION

On Sept. 10, the OLLI Reads Member Interest Group dissected *Keeping the Faith: God, Democracy, and the Trial that Riveted a Nation* by Brenda Wineapple. It is about John Scopes' 1925 evolution trial in Dayton, Tennessee, and its historical context. Next up for discussion are Jonathan Eig's Martin Luther King Jr. biography titled *King: A Life* on Nov. 12, and Harper Lee's novel *Go Set a Watchman* on Jan. 14. Both sessions will start at noon. The January discussion will compare *Watchman* with Lee's more-famous *To Kill a Mockingbird*. All OLLI members are welcome to join these discussions in Wilson Hall.

(Photos by Steve Stewart)





2025-2026 SEASON

BROADWAYTHEATRELEAGUE.ORG



BACK TO THE FUTURE
THE MUSICAL



shucked
THE THEATRE LEAGUE MUSICAL COMEDY



HADESTOWN



THE SOUND OF MUSIC
LINDA L. CRISSE



There's Life After Romeo
THE OFF-BROADWAY MUSICAL



Helloooo, Huntsville!
Mrs. Doubtfire
The New Musical Comedy



BEST NEW MUSICAL
WATER FOR ELEPHANTS
A NEW MUSICAL



PlayStation CONCERT
GHOST OF TSUSHIMA, THE LAST OF US, GOD OF WAR, HORIZON



RICHARD THOMAS
MARK TWAIN TONIGHT!
BY HAL HOLBRENN



THE CHOIR OF MAN

256-518-6155

WHERE WE'RE GOING, WE DON'T NEED ROADS

Huntsville Then and Now

ART, TECHNOLOGY ENHANCE U.S. COURTHOUSE



By Lee Roop

Impressed.

Words like that describe my recent tour of the new federal courthouse in downtown Huntsville.

“Relieved” might also seem right to Huntsville residents. The designers and builders did well with their chance (and mandate) to build a working home of justice, rule of law, and even beauty in the heart of the city.

As supporters of the Historic Huntsville Foundation, my wife and I were part of a group that received an off-hours tour of the court’s new 5-acre home. The building sits on a hill at Lowe Avenue and Gallatin Street, and the closer we got, the easier it was to see the attention to detail.

Our tour guides were the federal judges who led the courthouse project and are justifiably proud of the results. They spoke about the materials used in each courtroom and paid honor to now-retired U.S. Sen. Richard Shelby, who ensured the funding for this grand building.

The neoclassical design is built to withstand the test of time. It also has state-of-the-art technology used to conduct proceedings. We saw computer screens in jurors’ boxes that let the deciders review documents and other evidence.

Each courtroom is a reflection of the judge who presides. The details were theirs to determine. There are state-ment lighting and marble carefully cho-



Artworks in Huntsville’s new federal courthouse depict Alabama experiences, history and nature.

sen by each judge. We learned the origin and history of the marble.

What makes the building truly shine, in my opinion, is the art. You won’t be confusing a courtroom here for anything but a courtroom. But each one is graced with a large mural depicting Alabama experiences, history or nature.

The judges commissioned Tuscaloosa-based artist Caleb O’Connor to create these stunning pieces that depict the sandhill cranes that inhabit Wheeler National Wildlife Refuge, the construction of Guntersville Dam, historic Native American landmarks, and more.

What I think is one of the most important paintings about Huntsville is also here. With great care, the mural from the old courthouse has been relocated to this new space. It’s a Depression-era painting of the Tennessee

River Valley after TVA dammed the river’s flow to turn on electric power. This was one of the South’s best examples of something that changed everything, largely for the better.

In this picture are people who lived, worked and relied on the river. Farmers, mothers, laborers, children and craftsmen of all colors, all strong. The painting is an important, historic and beautiful piece, and I am proud it was preserved. It now graces a place of prominence and visibility.

There are also places even friendly visitors don’t see. Doors in the courtrooms lead to hallways for moving convicted or accused defendants from custodial areas to courtrooms.

Perhaps it’s just as well those hallways aren’t on tours. They are one of the reminders of the serious things done here.

Constitutional Corner

CONSTITUTION DELEGATES LEGISLATIVE POWERS

This is the second of monthly “Constitutional Corner” columns, to be written alternately by John Mason and Mark Tenhundfeld.

By John Mason



The United States Constitution is an absolute marvel of prescience. Not only did it lay out the precepts for the formation of an entirely new concept of government by “the People,” but it also recognized and gave directions for modifying those precepts as time and the needs of its citizens changed.

In *The Heritage Guide to the Constitution*, editors David Forte and Matthew

Spalding attribute much of its greatness “to the elegant pen of Gouverneur Morris, who fashioned the text into a coherent and practical symmetry.” Because of him, the editors say, we have the elegant structure of the document’s first three articles, which lay out the separation of powers. This column begins by exploring Article I.

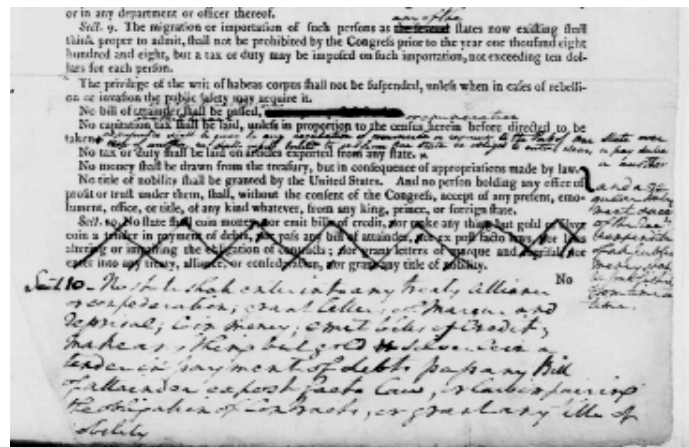
The first of Article I’s 10 sections grants that “All legislative Powers herein granted shall be vested in a Congress of the United States, which shall consist of a Senate and House of Representatives.” Short. Concise. And yet, very clear. Congress has the duty to set forth the laws that govern the country.

Sections 2 and 3 describe how the numbers of delegates to each of those houses are apportioned, and the requirements necessary to be considered. They also outline the role of the vice president as president of the Senate, and the roles and responsibilities of each house should an officer be impeached.

Section 4 states that “the Times, Places and Manner of holding Elections for Senators and Representatives shall be prescribed in each State” but imposes the caveat that “Congress may at any time by law make or alter such Regulations, except as to the Places of choosing Senators.” Note that it is the states that have primacy here, but in any case, the power to regulate elections lies with the legislatures, and *not* with either the executive or judicial branch.

Section 5 lays out the rules for proceeding and adjournment. Interestingly, it makes the point that “Neither House, during the Session of Congress, shall, without the Consent of the other, adjourn for more than three days, nor to any other Place than that in which the two Houses shall be sitting.”

Section 6 protects legislators from arrest from all things other than treason, felony, and breach of the peace during sessions of Congress or while traveling to and from such sessions.



An excerpt from George Washington’s papers shows marginal notes the future president made in 1787 on a copy of the Constitution. (Library of Congress, loc.gov/item/mgw435950).

Sections 7 and 8 delineate the power of the purse, and it belongs solely to Congress. The text says, “All bills for raising Revenue shall originate in the House of Representatives; but the Senate may propose or concur with Amendments as on other Bills.” This joint control also applies to the power to lay and collect taxes, including tariffs, for the benefit of the United States. Congress will establish the rules for naturalization, and it is responsible for declaring war.

Section 8 ends with this authority: “To make all Laws which shall be necessary and proper for carrying into Execution the foregoing Powers, and all other Powers vested by this Constitution in the Government of the United States, or in any Department or Officer thereof.” No one else. Just Congress.

Section 9 lays the groundwork for habeas corpus, appropriations, and the prohibition against the granting of titles of nobility or the receipt by a federal officer of any present without the consent of Congress (aka the Emoluments Clause).

And finally, Section 10 places several restrictions on the individual states, including against entering into treaties, imposing duties on imports or exports, or independently forming alliances or entering into war with other entities.

That’s it. Short and simple, but dependent upon men of character to put the goals and needs of the country ahead of their own. Yet almost immediately, the questions of definition arose (see *The Federalist Papers*, Nos. 37 [Jan. 11, 1788], 47 [Feb. 1, 1788], and 62 [Feb. 27, 1788]).

(continued on the next page)

Constitutional Corner

CONSTITUTION DELEGATES LEGISLATIVE POWERS, CONT

Basically, the questions revolved around the fact that the Constitution did not directly circumscribe the lines that separated the legislative prerogatives from those of the other branches. An early Supreme Court case, *Wayman v. Southland*, 1825, dealt with exactly how those responsibilities could be delegated.

And that decision has led to 200 years of questions revolving around the outcomes when Congress abrogates its defined duties. Broadly speaking, this falls under the Delegation Doctrine, which refers to the principle that Congress cannot delegate its legislative powers to other branches of government, specifically the executive or judicial branch.

Congress can, however, delegate the power to implement or administer laws. In order to do so, the Supreme Court has allowed some delegation of power to executive agencies as long as Congress provides an “intelligible principle” to guide the agency’s actions. Unfortunately, this doctrine has been applied inconsistently throughout history, with some periods showing greater scrutiny of delegations than others.

This has been a continual point of contention, particularly in Congress’ failure to provide “intelligible principles” to certain aspects of its required duties, specifically in regard to tariff (Section 7), naturalization (Section 8), and war powers (also Section 8). So when Congress fails to do its duty, legal opinion has evolved that interprets the Constitution to permit the division and allocation of those governmental *powers*, but not governmental *functions* or *actions*. The precise boundaries, it appears, of these powers will continue to be “a subject of delicate and difficult inquiry” (Forte and Spalding, p. 57).

Intentional? Probably. Prescient? Certainly. We only need read the *Federalist* and *Anti-Federalist Papers* to see how deeply thought out the considerations, and objections to them, were. To maintain the rules of modern governance laid out therein, we must insist that similar debates, and any resolutions pertaining to them, must be for the good of the people. Because without the will of “We the People,” this great document is nothing more than a scrap of paper.



Anelisse Westmeyer
Registration office coordinator

OLLI'S BEHIND-THE-SCENES ENCHANTRESS

She brewed up brilliance behind the screen,
Where codes and courses stayed unseen.
With courage bold, she took the leap—
From data depths to social sweep!
She stirred up joy in coffee class,
Where laughter flowed in every glass.
Then waved her wand (or maybe pen?)
To plan fall fun again and again.
Three “Game On” spells she cast with flair
And left delight just everywhere.
Now elves in hiding peek and spy—

“What’s next?” they whisper from on high.
So if you see her in the hall,
Know she’s the magic behind it all.
With every task, she breaks the mold—
A Good Witch with a heart of gold!

Our “Whispering Witch of the Screen”
Works magic where she’s rarely seen.
With a smile so bright,
She sets things just right—
And keeps OLLI running serene.

Help The Insider identify and recognize OLLI Elves — people who quietly keep things cozy and tidy for the rest of us. If you have a nominee, email OLLInewsletter@uah.edu.

WHAT WILL UAH LOOK LIKE IN THE FUTURE?

Christian Reed, UAH's chief facilities officer and campus architect, described the campus long-term development plan to OLLI members on Aug. 19, saying that the university wants to offer more on-campus amenities for students as well as to interact with the surrounding community. The detailed written master plan at tinyurl.com/uah-campus-plan includes three of these images. In the black-and-white photo, rocket scientist Wernher von Braun (right) discusses visions for the campus with Congressman Bob Jones in 1961.



(Current photos by Steve Stewart)

OLLI Life

SOCIAL EVENT WELCOMES NEW MEMBERS

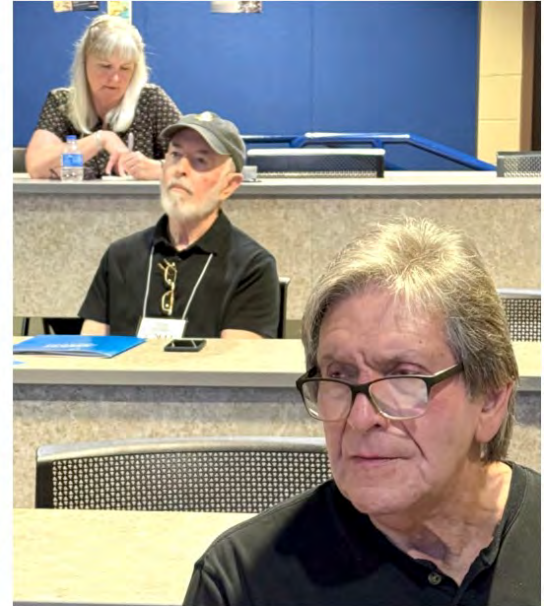
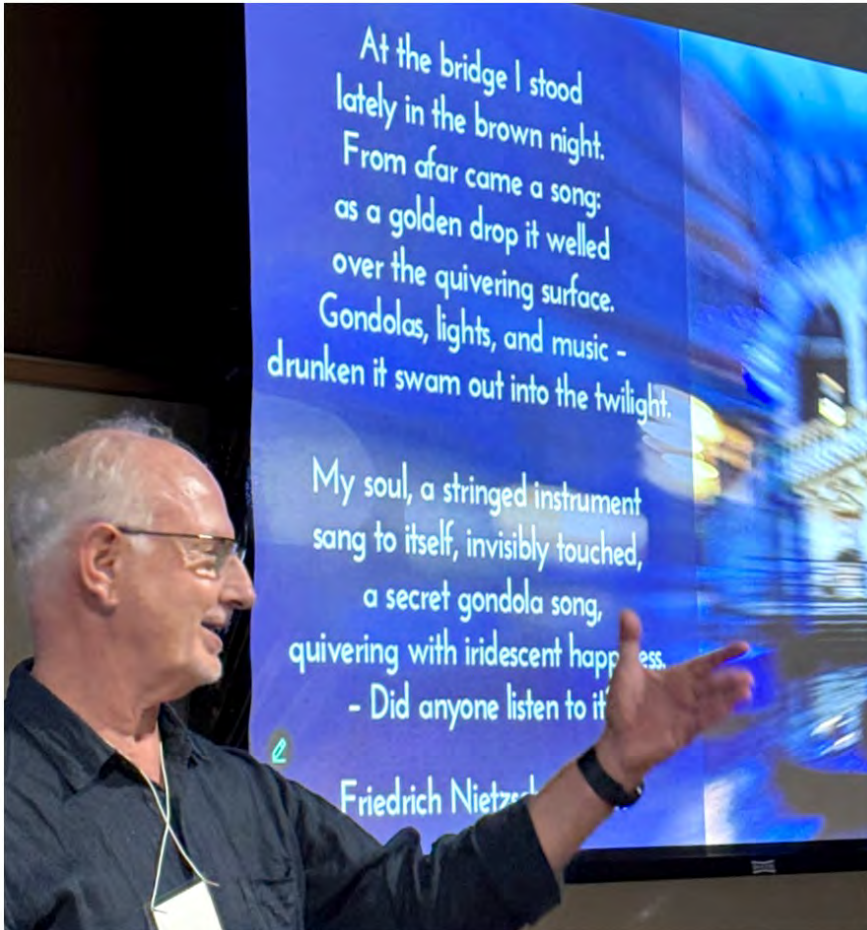
Members who recently joined OLLI were welcomed in a social event in and around the lounge on Sept. 9.



(Photos by Patricia Haag and Steve Stewart)

EXPLORING MUSIC, PHILOSOPHY AND LITERATURE

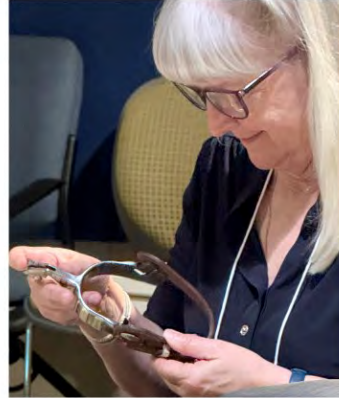
Rolf Goebel, emeritus professor at UAH, gave a bonus lecture Aug. 29 about music, philosophy and literature — subjects he also addressed in his OLLI course that met three times in September.



(Photos by Steve Stewart)

SIMMONS SHARES HORSE MEMORIES, EXPERTISE

Lacey Simmons, who teaches personal finance courses for OLLI, also raises, rides and trains horses. She gave a bonus lecture Sept. 12, showing pictures going back to her infancy and “Cotton Patch Downs.” The man in two of these pictures is her father, Jack Scott.



(Photos by Steve Stewart and from the speaker)

STRESS, ANXIETY AND HOW TO SAY NO

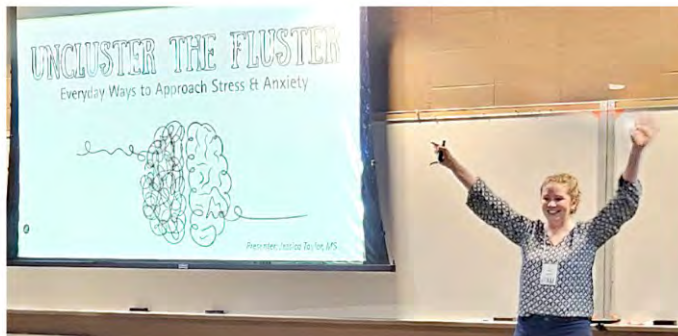
Jess Taylor presented “Uncluster the Fluster” — tips for conquering stress and anxiety, as well as how to say no — during a bonus Sept. 19. Her daughter, Clara, 7, helped demonstrate how to use a glitter jar as a mindfulness exercise. Jess Taylor’s six-week OLLI course “Breathe Through It: Mindfulness, Relaxation Techniques, and Stress Management” will start Oct. 13.



Summary

- Stress is a response to stimuli. It can be acute or chronic.
- The body's stress response is Fight-Flight-Freeze.
- Too much stress can negatively affect health.
- Deep breathing can help calm the body & the mind.
- Mindfulness is a practice of focusing on the present moment.
- Grounding techniques are ways to bring yourself to the present when feeling overwhelmed.
- Saying no can be difficult, but it is possible!

Fight, Flight, or Freeze



(Photos by Patricia Haag and Steve Stewart)

The Last Word

MEETINGS OF OLLI BOARD AND COMMITTEES

OLLI members are welcome to attend meetings of the Board of Directors and committees.

Meetings are often in Wilson Hall and sometimes on Zoom. Here is the most recent available information about meeting schedules:

- Board of Directors, second Friday of the month, 1 p.m.
- Administration & Finance Committee, first Friday, 1 p.m.
- Curriculum Committee, second Friday, 2 p.m.
- Public Relations, third Friday, 11 a.m.
- Travel, every two months

These committees meet as needed or by phone and email: Fund Development, Events, Member Services, Nominations, and Social.

To verify meeting times and locations or obtain more information, contact committee chairs or email olli.info@uah.edu.

Don't miss it! Invite your friends. **Microwave Dave**

Extraordinary storyteller, songwriter and multi-musical instrumentalist
will present an OLLI Super Bonus

Friday, Oct. 3, 2025, 11 a.m.-12:30 p.m.

Chan Auditorium (UAH Business Administration Building),
with free refreshments in the OLLI lounge, 152D Wilson Hall

*This event is free and open to the public — and a grand opportunity
to introduce nonmembers to the benefits of joining OLLI. Spread the joy!*



SHOW YOUR OLLI PRIDE



These are two of more than a dozen items for sale in the OLLI Merch Store, available now at the direct link tinyurl.com/olli-store or through the OLLI website at uah.edu/olli.