

A Fairytale Invitation

by Sharron Parker

We were supposed to be on a barge in France in 2020. We were to travel down canals and bicycle to small villages. I would have taken lots of pictures, especially of castles and other very old buildings with marvelous doors and windows that seemed to have romantic tales to tell. But COVID ended all that.

What to do? Faced with months of being housebound, with no pictures to inspire new artwork, I decided to explore France with whatever images I could find online. After days of searching, I found on Pinterest a photo of a stone wall with a pale-blue-shuttered window. I couldn't find a rule about using those photos, but it seemed proper to ask permission of the photographer. So I wrote her, but got no response.

The photo was labeled "Belvès, France," which I learned is a medieval village in the Dordogne Valley. In fact, it has been designated as one of France's "Most Beautiful Villages," with fortresses and cave dwellings on rocky cliffs above the Dordogne River nearby. I wrote the Belvès tourist



Felt image inspired by photo of stone wall with pale-blue-shuttered window

office and asked if they might be able to take a picture of the same wall and give me permission to use it. They enthusiastically agreed but then couldn't find the wall. Luckily, I then heard from the original photographer, who said I could use her photo.

(Continued on Page 4)



Sharron Parker in the TFAD Skywalk with her display of handmade felt inspired by photos from Belvès

The Forester

The newsletter of the Residents' Association of The Forest at Duke, Inc., 2701 Pickett Rd., Durham NC 27705. Published monthly except July, August, and September by and for the residents:

Sharon Dexter, *Managing Editor*
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 Carol Carson & Carol Reese, *Columnists*

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In Memoriam

Albert "Coach" Buehler	January 6, 2023
Ronald Debnam	January 8, 2023
Jonathan Peeler	January 8, 2023
Judith "Judy" Louv	January 17, 2023

An invitation ...

The editors invite you to share your experiences, your poems and essays, your artwork and photos, and your celebrations of life. Due to space constraints, not every submission will see print, but we will do our best to share as much with our readership as we possibly can. ¶

President's Podium



by Carol Carson

The rollout of our new Residents' Association (RA) website is targeted for completion by March 1. The webmaster, Lowell Goldsmith, is going all out to make it a great success. The purpose of this column is to support his effort by spotlighting one feature of the RA website 2.0: the requirement that we use hacker-*unfriendly* usernames and passwords to log in.

For some, it may seem like a nuisance to change—especially to change from a login as simple as the decade-old one in which all of us entered the username "resident" and password "RAweb2701." After March 1, these entries will *not* do the trick.

For RA website 2.0, each resident who wishes to log in will need a unique username and a unique password. The username will be the resident's email address. The password will be one crafted by the resident in an initial one-time setup to meet certain requirements about the number and kind of characters. These requirements are important; they are designed to thwart hackers.

The change in login procedures is a major enhancement for the RA website because it strengthens security.

- *Unique passwords help protect the website from hackers.* Protecting the site's content, including the RA's archives, is one purpose. More generally, the unique identifiers help deter hackers from using the server maliciously, such as an email relay for spam.
- *Unique passwords help protect personal information from hackers.* Ideally, for this purpose not only will each resident have a different hard-to-hack password, but also will

(Continued on Page 3)

Library Science 101

by Carol Reese

Black History Month

The Forest's latest library book exhibit celebrates Black History Month, highlighting a diversity of Black writers and writings.

This annual event began in 1926 as "Negro History Week," which was celebrated during the second week in February because that week contained birthdates for both Abraham Lincoln (February 16) and Frederick Douglass (February 14). Historian Carter G. Woodson, recognized as the founder of this event, saw the need to focus on the history of Black people and their contributions to the growth of this country.

Over the years, it grew in popularity and in 1970 was expanded to become Black History Month, a celebration that became nationwide after its official approval by President Gerald Ford in 1976.

Black History in Context

In our collection, Isabel Wilkerson's *Caste* is a good place to start one's study of Black History. Wilkerson states that "Race, in the United States, is the visible agent of the unseen force of caste. Caste is the bones, race the skin."

Nikole Hannah-Jones's *The 1619 Project* explores the legacy of slavery on American politics and institutional racism.

The Black Experience

After reviewing these studies, you might turn to a good biography such as Michele Obama's *Becoming*, which illustrates a particular situation. For example, Michele Obama narrates a painful episode in her schooling. Although she had high grades, her school counselor warned her to keep her expectations low since she was Black. Fortunately for Michele, her parents encouraged her to succeed.

You may also enjoy the first volume of President Barack Obama's memoirs, *A Promised Land*, a volume that brims with warmth, humor, and introspection.

Numerous other publications, such as Colson Whitehead's *The Nickel Boys*, provide fictionalized versions of real stories, bringing them alive. 🌿

Critical Reviews of *The 1619 Project*

In this substantial expansion of the *New York Times Magazine's* 2019 special issue commemorating the 400th anniversary of the arrival of the first enslaved Africans in America, Pulitzer-winner Hannah-Jones (coauthor, *The 1619 Project: Born on the Water*) and an impressive cast of historians, journalists, poets, novelists, and cultural critics deliver a sweeping study of the "unparalleled impact" of African slavery on American society. In an enlightening preface, Hannah-Jones pinpoints the origins of the project in her reading of Lerone Bennett Jr.'s *Before the Mayflower* as a high school student, and discusses the political and scholarly backlash it's received. Updated versions of the original ten essays examine the struggle for African American voting rights and the centrality of Black music to American culture, among other topics, while new essays by Carol Anderson and Leslie and Michelle Alexander spotlight double standards in the application of self-defense laws and the police response to Black Lives Matter protests and the January 6 Capitol riot. Stories and poems by Claudia Rankine, Terry McMillan, Darryl Pinckney, and others bring to vivid life historical moments such as the reading of the Emancipation Proclamation to "one of the first Black military brigades." The result is a bracing and vital reconsideration of American history.

—*Publishers Weekly*

"A wide-ranging, landmark summary of the Black experience in America: searing, rich in unfamiliar detail, exploring every aspect of slavery and its continuing legacy. ... Again and again, *The 1619 Project* brings the past to life in fresh ways. ... Multifaceted and often brilliant."—*The New York Times Book Review*

Podium ...

(Continued from Page 2)

have a different password for the RA website and for each of their other accounts. Having different passwords for each account limits damage if a password is hacked.

For information or help with your unique username and unique password, contact the ever-enthusiastic Lowell at

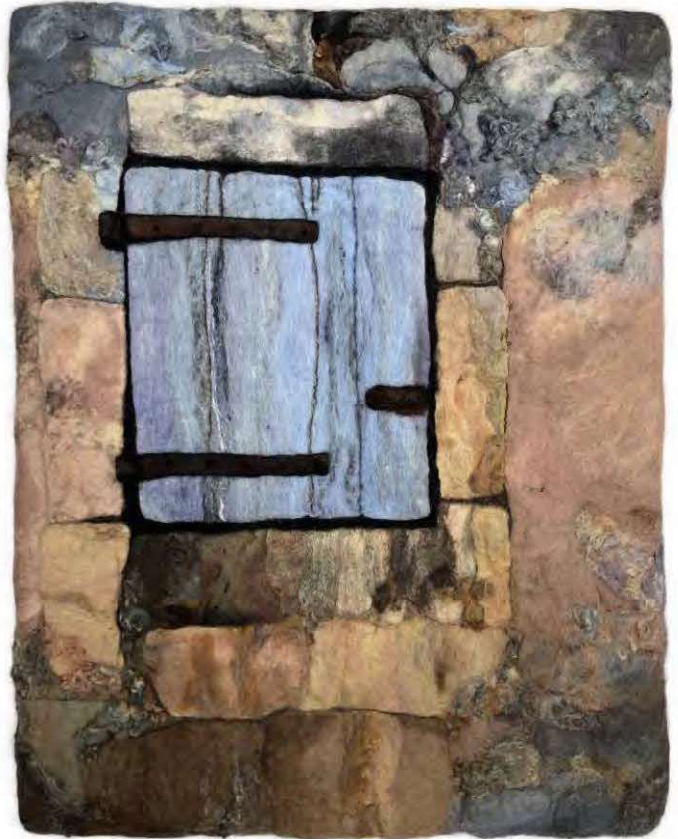
Lowell_Goldsmith@med.unc.edu. 🌿

Fairytale ...

(Continued from Page 1)

Now the tourist office was interested in the handmade felt piece I would do. When “Shuttered Window/Belvès, France” was finished, I sent an image to them, which they forwarded to a 15th-century woolen mill nearby. For hundreds of years, the mill had spun yarn for Aubusson tapestries and rugs for many chateaux and castles, and it now served as a textile museum. They asked if I would be willing to exhibit a series of similar pieces and also to teach a felting workshop. Of course I said yes. The tourist office and mill then sent photos, and I even found pictures of area doors and windows by “driving” along local streets with Google’s Street View. (But I never found the original stone wall with the pale-blue shutter).

I did nine pieces from these photos. Three were sold in 2021 (“Shuttered Window/Belvès, France,” “Château de Commarque/Midnight,” and another “Key” piece). The remaining six went to France for an exhibit from May through October 2022. In June of 2022, Ken and I traveled to France, where I taught the workshop in Belvès, and we explored abbeys, castles, and caves in the area. Truly a fairytale ending. 🌿



Street scene photo in Belvès. Compare wall textures with those in the handmade felt pieces at right: shuttered window in Belvès and wall of Château de Commarque.

2006 photo by P. Schoijffel Wiki CC BY-SA 3.0

Sharron Parker, a Duke graduate, did graduate study in art and interior design at UNCG. She learned about the ancient art of making felt and pioneered new techniques. She shows her handmade felt wall pieces throughout the United States and internationally through the Art in Embassies program. Many are based on photos that she and Ken have taken while traveling.

Welcome New Residents

Irwin Abrams

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New resident Irwin Abrams moved to The Forest in early November. Born in Newburgh NY, he went to Rensselaer Polytechnic Institute, where he was on the debate team and active with the campus radio station. After graduating in 1957 with a Bachelors in Management Engineering, he entered IBM's data-processing sales training program and was promoted to Systems Engineering Manager. In 1968, he resigned from IBM and joined Computer Task Group to start a New York City branch, negotiating a joint venture to offer online text-editing services. Subsequently he became President of Inquiry Systems and Analysis, a division of Hub Mall Advertising in Boston, and he moved to Massachusetts.

Irwin was married to Katherine M. Sullivan from 1968 until her passing in 2009. He has two children—Beth, a software developer in Durham, and Mike, a talent agent in Glendale CA.

Irwin moved to Durham in 2015 and continues to work as an independent part-time sales representative for Millennium Printing Corp., serving customers in the Boston area. He has tutored at Durham Literacy Center and worked occasionally for Meals on Wheels. He is a member of the Newcomers Club of Greater Chapel Hill and was their webmaster as well as coordinator of bridge and photography groups. His hobbies include working on a family history, photography, and bridge.

Irwin has also enjoyed taking courses and volunteering in OLLI at Duke. At The Forest he looks forward to working with Lowell Goldsmith on the RA website, working out at our gym, and attending incoming musical performances. ♫



Donald Loveland

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Don grew up in Rochester NY. He went to Oberlin College for his undergraduate degree in physics. He moved to MIT for graduate school and earned his Master's degree in Mathematics. He wrote his master's thesis under Marvin Minsky, one of the fathers of Artificial Intelligence. Consequently, Don secured a job at IBM in a leading AI project. He earned a Doctorate in Mathematics from New York University and remained there on the faculty while pursuing research combining logic and AI.

He was recruited to Carnegie Mellon University and was on the faculty there for five years. When Duke University asked him to head a department of computer science, Duke was regarded as a fine regional university but not a top national one. Nevertheless, Don accepted the position. Not surprisingly, recruiting faculty was difficult because the excellent scholars he sought were being recruited everywhere.

Don is a fellow of the American Association for Artificial Intelligence, ACM (the major association for computer science), and the American Association for the Advancement of Science. He has published two books, edited two others and authored or co-authored numerous scientific papers.

He met his wife, Amy, when he was an assistant professor at NYU. They have two sons. Robert teaches at California State University East Bay, and Douglas is a city planner in Cary NC.

Don's avocations include tennis, pickleball, and table tennis along with keeping up with science. He is also learning piano. He brings a whole new body of knowledge to The Forest, where most of us see artificial intelligence as a kind of magic. ♫



The Place Where We Live

by Beth Timson

Every place has its origin myths made of history and legends: this is Durham's story.

Imagine yourself back in early April of 1865. General Lee has recently surrendered to General Grant at Appomattox in Virginia. In western Durham County, at the small Bennett farmstead, General Johnston has surrendered the last Confederate army to General Sherman after a costly battle at Bentonville in nearby Johnston County. The Civil War has finally ended.

Soon the Union troops are camping around Durham Station, a railhead near the surrender site, waiting for trains to take them back to Ohio or Michigan or their other home states. Local resident Bartlett Durham had given the land to the railroad to build a station in 1853 as a stop between the capital in Raleigh and points west in North Carolina. There was no town named "Durham," just a few bars and brothels catering to travelers and some small businesses that found the railroad useful.

Tobacco had been an emerging crop around Durham for several decades, and growers had begun producing tobacco products to sell as early as the 1850s. One of the farmers, home from the Confederate Army, was named Washington Duke.

He lived a few miles north of the station and decided to take a wagon load of his home-cured brightleaf tobacco to peddle to the waiting soldiers. It was a great success—the northern soldiers had never tasted brightleaf tobacco, and they enjoyed it. When they got home, they remembered the taste, and many wrote to Duke asking if he could send them some more. One can only imagine Duke thinking to himself, "There's got to be a way to make money from this thing ..."

He began by producing small cloth bags of loose-leaf tobacco at his own farm "factory." When demand finally outstripped the farm-factory capacity, the Duke operation moved into Durham (which had incorporated as a city in 1869) and built a larger factory. Newly freed Blacks and Whites tired of hardscrabble farms streamed into town to work for the factory wages. Not only Duke but other entrepreneurs responded to the demand for this quality North Carolina tobacco; the production boom ultimately employed thousands of workers and spurred the rapid growth and industrialization of Durham. Smoking began to replace chewing as the preferred means of consuming tobacco, and cigars and cigarettes came to be seen as stylish accessories.

In 1880, manufacturers based in North Carolina produced two million pre-rolled cigarettes, each of them rolled by hand. All the largest manufacturers sought to mechanize the rolling process, but they met with little success until 1884, when Washington and his son James Buchanan "Buck" Duke signed an exclusive contract to use a machine designed by James Bonsack. Using Bonsack's machine (illustrated on the next page), the Dukes were able to produce more cigarettes than all their competitors combined. By 1890, five firms accounted for 90 percent of the cigarette market. Duke persuaded his rivals to merge, forming the American Tobacco Company, which controlled the majority of the world tobacco trade until it was broken up in 1911. The five companies that emerged from that reorganization—R. J. Reynolds, American Tobacco, Lorillard, Liggett and Myers, and the British-American Tobacco Company—continued to dominate the market for decades.



*Historic barn at Duke Homestead
State Historic Site and Tobacco Museum*

(Continued on Page 7)

Where We Live ...

(Continued from Page 6)

When Buck Duke took over the tobacco business his father had started, he needed a source of electric power for his factories, so he acquired land and water rights on the Catawba River, established the Catawba Power Company, and the following year founded the Southern Power Company—which later became known as Duke Power, the precursor to the Duke Energy conglomerate. Within two decades, the power facilities had been greatly expanded, supplying electricity to cotton mills, industrial companies, and cities and towns across the Piedmont region of North and South Carolina.

In December of 1924, Buck Duke established The Duke Endowment, a \$40 million trust fund (equivalent to \$571 million in today's dollars) for various educational institutions. One of these was Trinity College, which moved to Durham and was renamed Duke University in honor of his father, Washington Duke. On his death in 1925 he left approximately half of his estate to The Duke Endowment, adding \$67 million (equivalent to \$935 million today) to the trust



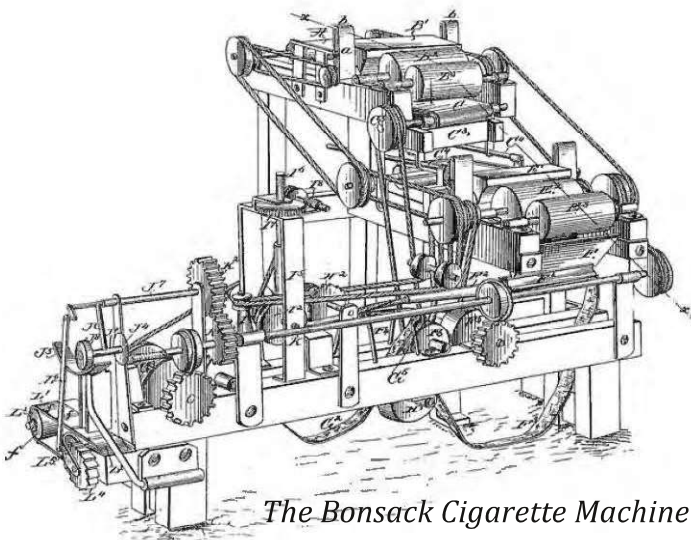
Washington Duke's Family. Photographs (left to right, from top): Washington Duke, 2nd wife Artelia Roney; Brodie Duke (from 1st marriage), Mary Elizabeth Duke, Benjamin Newton Duke, and James Buchanan "Buck" Duke.

fund. Duke specified that he wanted the endowment to support Duke University, Davidson College, Furman University, Johnson C. Smith University, not-for-profit hospitals and children's homes in the two Carolinas, rural United Methodist churches in North Carolina, and retired pastors and their surviving families. The remainder of Duke's estate, estimated at approximately \$100 million (equivalent to \$1,395 million today), went to his twelve-year-old daughter, Doris, making her, as the tabloids of the time said, "the richest little girl in the world."

Visit the original Duke home, and learn about both the family history and the history of tobacco in North Carolina and Durham. The **Duke Homestead State Historic Site and Tobacco Museum** is located at 2828 Duke Homestead Road in Durham.

To learn more about this history, you can read *The Dukes of Durham 1865–1929* by Robert F. Durden, *Durham County: A History* by Jean Anderson, and *Durham Tales* by Jim Wise. 🌿

Beth Timson has lived in Durham since 1980; she moved to TFAD in 2020. A native of North Carolina, she has never met a history museum she wasn't drawn into.



The Bonsack Cigarette Machine

Old Ideas Bring New Insights

by Ellen Baer

Sometimes when people see my husband Phil and me walking on campus, they joke about how we look like we're going different places based on how we're dressed—him to the South Seas and me to the North Pole. After more than 50 years of marriage, we accept that he rarely gets cold and I'm almost always cold. Now I see that this is just one example of how different we are because of our dominant doshas. Our *what?*

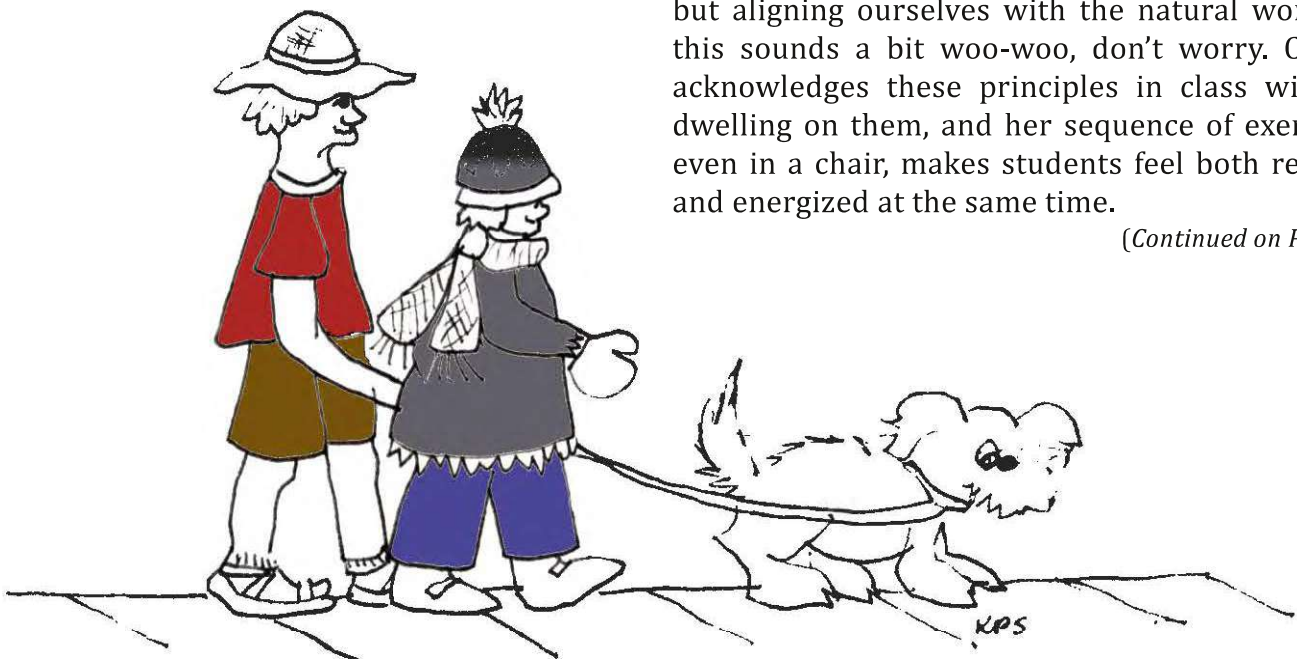
I didn't know anything about doshas until Cheryl Fenner Brown, our TFAD yoga teacher, mentioned Ayurveda as the ancient medical system behind yoga. According to Wikipedia, Ayurveda has its roots in India and Nepal, where 80% of the population report using it. The word itself comes from the Sanskrit words for life (*ayur*) and knowledge (*veda*), and I was curious enough to order a book on the subject. It's *Ayurveda Lifestyle Wisdom*, by Acharya Shunya, and its ambitious subtitle is "A Complete Prescription to Optimize Your Health, Prevent Disease, and Live with Vitality and Joy." The author shares engaging stories of growing up in India, where she absorbed the Ayurvedic wisdom of her grandfather. She also provides detailed information on the effects of sun, moon, and



seasons on our energy, clarity, and digestion, and she offers recipes for such unusual fare as mulberry chutney and nectar fruit stir-fry. Oh my, I'm feeling a little overwhelmed and don't know whether to start cooking or keep reading.

Here's the main thing I've learned so far. According to cosmic law, the five elements (space, air, fire, water, earth) combine within a living body (not just us, but plants and animals too), and from the combination of elements arise three life forces that perform various functions for health and healing. These life forces are called doshas. All three operate within all beings, with one of them naturally dominant for each individual. Good health depends on harmony and equilibrium, and one of the aims of yoga is to improve balance—not just standing on one foot but aligning ourselves with the natural world. If this sounds a bit woo-woo, don't worry. Cheryl acknowledges these principles in class without dwelling on them, and her sequence of exercises, even in a chair, makes students feel both relaxed and energized at the same time.

(Continued on Page 9)



Old Ideas ...

(Continued from Page 8)

We all embody all the doshas, but each of us has a dominant one. I wanted to know my dominant dosha, and Cheryl suggested taking a test on the Internet site sponsored by her own nationally-known Ayurvedic teacher, who happens to be based in Durham. First, I got a quick and simple introduction to the energetic forces that influence our dispositions and constitutions. There's *Vata*, which represents motion; *Pitta*, transformation; and *Kapha*, pausing or resting.

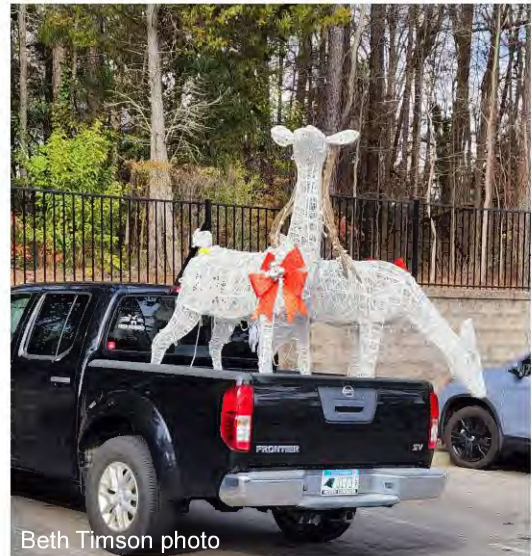
VATA, based on air and space, is associated with movement and communication. It can be described in physical terms as dry, cold, and subtle. People with Vata-dominant dispositions are generally creative and enthusiastic.

PITTA, based on fire and water, is associated with transformation and heat. Physical qualities are described as fluid, hot, and sharp; and people for whom Pitta is dominant are usually focused and driven.

KAPHA, based on earth and water, is associated with structure and stability and is described in physical terms as heavy, soft, and smooth. People whose primary dosha is Kapha are mostly steady and gentle.

People in the know recognize "dosha aggravation" and learn how to make changes in diet or lifestyle to restore their own balance and avoid illness. I'm not "in the know," but at least I understand myself and my husband better, thanks to Ayurveda. Phil and I both took the Internet test, and his dosha is Pitta while mine is Vata. This helps explain why he gets up early and I want to sleep late, why he wants cold salads and I prefer hot soup, why he wears shorts and a tee-shirt on chilly days—temperatures in the 50's and 60's—and I wear jeans and a coat (and a hat). One of the best things about winter is that he starts wearing long pants and sometimes a light jacket. Then the jokes stop, or at least slow down. But, look out—if he puts on a hat, seek shelter—it's too cold for anyone to be outside. 🌿

"The Seasons Come, The Seasons Go, ..."



Mardi Gras
Feb 21, 2023

HAL9000—ON STEROIDS

by Phil Baer

App: an abbreviated form of the word *application*. An application is a software program that's designed to perform a specific function directly for the user.

I have a little game, a test of sorts, that I would like you to play with me. Below are three questions, shown in italics, and three responses. I want you to pretend that you are a high school teacher, that you included those questions on an exam and received those responses. Now, taking into consideration both content and adequacy of expression, what grade would you give? Would you offer any comment, positive or negative, about the quality of the student's writing?

1. What is the definition of a republic? What are its benefits and weaknesses? Give examples of republics that have survived and ones that have failed.

"A republic is a form of government in which the leader is elected by the people and is responsible to them. The benefits of a republic are that it allows for a more equal distribution of political power among the people and can help prevent any one person or group from gaining too much control. One of the main weaknesses of a republic is that it can be vulnerable to corruption and the influence of special interest groups.

Examples of republics that have survived include the United States, France, and India. Examples of republics that have failed include the Roman Republic and the Weimar Republic in Germany."

2. How can I create a garden that is bird and pollinator friendly? What are the benefits of such a garden?

"One way to create a garden that is friendly to birds and pollinators is to include a variety of plants that provide food and shelter for them. This can include flowering plants that produce nectar and pollen, as well as trees, shrubs, and other vegetation that provide berries, seeds, and nesting sites. You can also provide water sources, such as birdbaths or

shallow dishes filled with water, to attract birds and other animals to your garden.

There are many benefits to creating a bird and pollinator friendly garden. For one, it can help support local wildlife populations by providing them with the resources they need to thrive. In addition, attracting birds and pollinators to your garden can help support the overall health of your local ecosystem by promoting pollination and seed dispersal. A garden that is attractive to birds and pollinators can also be a beautiful and peaceful space for you to enjoy."

3. What are dark matter and dark energy? What evidence is there for their existence? Is there dark matter right here where I am standing? Is dark energy affecting me in any way?

"Dark matter and dark energy are both hypothetical forms of matter and energy that are thought to make up most of the universe. The existence of dark matter and dark energy is inferred from their gravitational effects on visible matter, radiation, and the large-scale structure of the universe. However, the exact nature of these substances is still not well understood, and more research is needed to better understand their properties and effects.

There is strong evidence for the existence of dark matter from the way it gravitationally affects visible matter in galaxies and galaxy clusters. For example, the rotational speeds of stars in galaxies suggest that there is more mass present than what can be accounted for by the visible stars and gas. This additional mass is thought to be composed of dark matter. Similarly, the observed acceleration of the universe's expansion points to the existence of dark energy, which is thought to be causing this acceleration.

It is not known whether dark matter or dark energy exists in the specific location where you

(Continued on Page 11)

HAL 9000 ...

(Continued from Page 10)

are standing. However, both substances are thought to be present throughout the universe, so it is possible that there is some dark matter or dark energy near you.

As for whether dark energy is affecting you in any way, it is difficult to say for sure. The effects of dark energy are thought to be largely gravitational, and at the scale of our solar system and everyday experiences, these effects are likely to be very small. However, on cosmological scales, the effects of dark energy are thought to be significant and have implications for the ultimate fate of the universe."

I am the author of the three questions. I wrote them and submitted them to an on-line app called ChatGPT, which provided within a few seconds the responses you read. ChatGPT was developed by an artificial intelligence research laboratory called OpenAI. You can find and download it at

<https://chat.openai.com>.

I first learned of this app from an article entitled "The End of High School English," by Daniel Herman. It arrived in my email box recently, courtesy of *Daily Atlantic*, which, as the name indicates, is a daily, online collection of new articles in *The Atlantic*. Herman has been teaching literature, philosophy, religion, and history for 12 years in an independent high school in California, and his reaction to this new artificial intelligence technology is this: "If you're looking for historical analogues, this would be like the printing press, the steam drill, and the light bulb having a baby, and that baby having access to the entire corpus of human knowledge and understanding. My life—and the lives of thousands of other teachers and professors, tutors, and administrators—is about to drastically change."

Herman tested the app's ability to write a college-application essay, a job-application cover letter, and finally (he also teaches Eastern philosophy) an essay on the Buddhist idea that all phenomena lack inherent existence. All were completed almost instantly, all were syntactically and grammatically correct, and he commented that "what GPT can produce right now is better

than the large majority of writing seen by your average teacher or professor." In response to the conclusion of the GPT essay on inherent existence, Herman concludes his article with this: "Everything is made up; it's true. The essay as a literary form? Made up. Grammatical rules as markers of intelligence? Writing itself as a technology? Made up. Starting now, OpenAI is forcing us to ask foundational questions about whether any of those things are worth keeping around."

Since Herman's article appeared, I've found nearly two dozen on the topic of artificial intelligence taking over the task of writing. They express varying degrees of concern, dismay, or celebration. As for me, someone who certainly enjoys at least having written, and even, sometimes, the actual act of writing, my feelings are mixed. There's a certain pride in creating, which I think would be lacking in prompting an app to write. And, I've always maintained that personal essays are a form of self-examination, a way for me to find out what I really think about something. Certainly that, for now anyway, is something that ChatGPT can't do. Or can it? With a sufficient number of prompts, carefully selected, making it rewrite until I agree with what it says, maybe it can. Or will be able to. I'm pretty sure it could have written most of this article. Or, maybe it did. How would you know?

So, dear readers, what do you think? Is it a wonderful new, labor saving device, a technological advance that will level the playing field and let everybody express him- or herself correctly and adequately? Or is it the end of civilization, the loss of a well-validated measure of accomplishment, our only way to test both mastery of content and ability to properly express oneself? Perhaps you could look into this aspect of artificial intelligence and write something for *The Forester*, letting residents know what you think about an essay-writing app. Or, maybe you could even download the app, give it a few prompts, and let it write your article for you. Go ahead—we won't tell if you do. Because we probably won't be able to tell if you did. 🌱

BOOK REVIEW

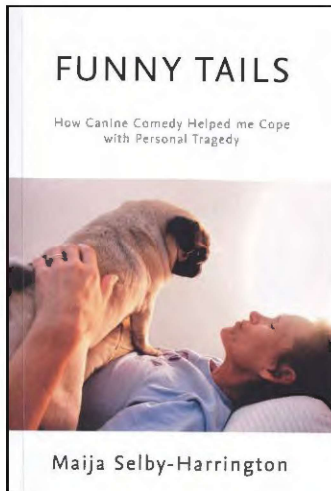
Funny Tails ***How Canine Comedy Helped Me*** ***Cope with Personal Tragedy***

by Maija Selby-Harrington

reviewed by Bill Harrington

This will be an unusual book review because I have long been in love with the author. Maija finished this book several years ago—almost. Before my wife could complete the task, she started having memory issues. Recently, I decided to publish it for her. The narrative is hers, completely. I added the pictures and an Epilogue.

Maija and I were married for 30 years. In 28 of those years, she suffered from a chronic disease. First, it was CRPS (old name, RSD or Reflex Sympathetic Dystrophy), a pain/neurological disorder. Some women say that it is more painful than childbirth. And then, after 11 years at TFAD, Maija was diagnosed with her second chronic disease, Alzheimer's.



The subtitle tells it all. Our dogs, mostly pugs, helped her through the terrible pain of CRPS. When they cuddled next to her or in her lap, the sensation of pain actually was reduced. Quoting from the first paragraph of Maija's introduction, one gets the "flavor" of her narrative: "This is a relatively 'feel good' book about dogs—but not completely, because, after all, a dog's life is shorter than a human's." Many of the anecdotes in the book will make you laugh, but some of them may make you cry.

Maybe I am just a tiny bit biased, but Maija's metaphors always seem to be in the right place at the right time. She also describes details in many places in *Funny Tails* without being redundant in style, a difficult writing technique to accomplish. (I want to make clear that this review is not an advertisement to make money. The book is priced



*Maija with the three pugs that she and Bill adopted—
from the top Sarah, Harley, and Duchess.*

on Amazon at wholesale—\$8.46, and we will receive no royalties. There is also a copy in our library.)

I used to visit Maija in Olsen after the decision was made for her to live there permanently, and we would have lunch or dinner together in the dining room. We went off-campus on occasion. Then Maija became bedridden. I visited her almost every afternoon and read to her from her book. She would chuckle as she remembered the numerous times that we had laughed at the antics of our dogs. Those funny little flat-faced urchins helped Maija and me through her second chronic disease. ¶

Bill Harrington grew up in Ayden, a little "dusty spot" in eastern North Carolina. He holds degrees in education from East Carolina University and UNC-Chapel Hill. Bill's doctorate in Mental Health is from the Gillings School of Global Public Health at UNC-Chapel Hill. Bill has been a contributor to The Forester since he and Maija moved to The Forest in 2009. In late December 2022 Maija left The Forest for the Rainbow Bridge where a herd of dogs have been waiting to cross the bridge lovingly with her.