

*Hampshire Community Action Commission's First Call for Help*

# News You Can Use

*Volunteer Newsletter*

*August 2000*

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When it comes to giving, some people will stop at nothing.  
Finding a way to live the simple life is today's most complicated question.  
You are old when regrets take the place of dreams.  
When you're pushing seventy, that's exercise enough.  
We worry too much about something to live on—and too little about something to live for.  
Anyone who can still do at sixty what he was doing at twenty wasn't doing much at twenty.  
Too many folks spent their lives aging rather than maturing.  
What did we blame our mistakes on before computers?  
Go out on a limb. That's where the fruit is.

--Jimmy Townsend, quoted in Jimmy Carter's *The Virtues of Aging*  
submitted by Marjorie.