

Harp's brain: The Paleolithic Obsession
Harlan Hanson

Best Advice for an older Person by Joan Mish

I didn't really have to do that much research on this topic. I heard so many quotes this past week that I truly believe in.

"I plead with you...never ever give up on hope, never doubt, never tire, and never become discouraged. **Be not Afraid.**" St. John Paul II He became pope in 1978 and helped to end communist rule in his native Poland and eventually all of Europe. He was the most traveled pope at that time having visited 129 countries.

Next Quote: "You have to embrace getting older. Life is precious and when you've lost a lot of people, you realize that each day is a gift." Meryl Streep. She is only one of six actors to have won three awards. She was born in 1949 so is 66 years old.

Next Quote: "You are never too old to learn." Herb White. A young man, atlas 90 I am sure said this. I think that Windsor Garden is aware of this and provides many opportunities to learn.

Next Quote: "Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has." — **Margaret Mead** I do believe in this quote. In the past I have belonged to a peace group and we did some amazing things in our small community like celebrating various memories of our soldiers and giving presentations and leading discussions in the public library about the problems in the world. I have also belonged to a climate control group and have learned a great deal from this experience.

Next Quote: "Good friends, good books, and a sleepy conscience: this is the ideal life."
— **Mark Twain**

Next Quote: "Life isn't about finding yourself. Life is about creating yourself."
— **George Bernard Shaw**

"Life is like riding a bicycle. To keep your balance, you must keep moving."
— **Albert Einstein** I am a bike rider and I relate to this a lot.

"Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."

— **Ralph Waldo Emerson**

"All God does is watch us and kill us when we get boring. We must never, ever be boring."

— **Chuck Palahniuk,**

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

— **Anne Frank**

"Get busy living or get busy dying."

— **Stephen King,**

"A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing."

— **George Bernard Shaw**