

The director of the George Washington University College of Medicine argues that the brain of an elderly person is much more plastic than is commonly believed. At this age, the interaction of the right and left hemispheres of the brain becomes harmonious, which expands our creative possibilities. That is why among people over 60 you can find many personalities who have just started their creative activities.

Of course, the brain is no longer as fast as it was in youth. However, it wins in flexibility. That is why, with age, we are more likely to make the right decisions and are less exposed to negative emotions. The peak of human intellectual activity occurs at about 70 years old, when the brain begins to work at full strength.

Over time, the amount of myelin in the brain increases, a substance that facilitates the rapid passage of signals between neurons. Due to this, intellectual abilities are increased by 300% compared to the average.

And the peak of active production of this substance falls on 60-80 years of age. Also interesting is the fact that after 60 years, a person can use 2 hemispheres at the same time. This allows you to solve much more complex problems.

Professor Monchi Uri from the University of Montreal believes that the brain of an elderly person chooses the least energy-intensive path, cutting unnecessary and leaving only the right options for solving the problem. A study was conducted in which different age groups took part. Young people were confused a lot when passing the tests, while those over 60 made the right decisions.

Now let us look at the features of the brain at the age of 60-80. They are really rosy. Features of the brain of an older person:

1. The neurons of the brain do not die off, as everyone around them says. Connections between them simply disappear if a person does not engage in mental work.
2. Absent-mindedness and forgetfulness appear due to an overabundance of information. Therefore, you do not need to focus your whole life on unnecessary trifles.
3. Beginning at the age of 60, a person, when making decisions, uses not one hemisphere at the same time, like young people, but both.
4. Conclusion: if a person leads a healthy lifestyle, moves, has a feasible physical activity, and has full mental activity, intellectual abilities DO NOT decrease with age, but only GROW, reaching a peak by the age of 80-90 years.

So do not be afraid of old age. Strive to develop intellectually. Learn new crafts, make music, learn to play musical instruments, paint pictures! Dance! Take an interest in life, meet, and communicate with friends, make plans for the future, travel as best you can. Do not forget to go to shops, cafes, concerts. Do not lock yourself alone - it is destructive for any person. Live with the thought: all the good things are still ahead of me!

**A large study in the United States found that:**

- The most productive age of a person is from 60 to 70 years.
- The 2nd most productive human stage is the age from 70 to 80 years old.
- 3rd most productive stage - 50 and 60 years old. Before that, the person has not yet reached his peak.
- The average age of the Nobel Prize laureates is 62.
- The average age of the presidents of the 100 largest companies in the world is 63 years.
- The average age of pastors in the 100 largest churches in the United States is 71.
- The average age of dads is 76 years.

This confirms that a person's best and most productive years are between 60 and 80 years of age.

This study was published by a team of doctors and psychologists in the New England Journal of Medicine. They found that at 60 you reach the peak of your emotional and mental potential, and this continues until you are 80. Therefore, if you are 60, 70 or 80 years old, you are at the best level of your life.

**Wildlife Commission's Virtual Public Hearing is Jan. 20**

Due to rising COVID-19 cases in North Carolina, officials with the N.C. Wildlife Resources Commission made the difficult decision to cancel January's three in-person public hearings. The agency will continue with the virtual public hearing scheduled for Thursday, Jan. 20 at 7:00 p.m. to review the 2022-2023 proposed regulation changes to inland fishing, hunting, trapping, game lands and other regulated activities. The hearing will take place via Zoom and registration is required to receive the meeting link.

Public comments on the proposed changes will be accepted through Jan. 31 and may be submitted during the public comment portion of the virtual hearing, via the agency's online Comment Portal, emailed to regulations@ncwildlife.org (must include name, phone number and mailing address in e-mail), or mailed to: Rule-Making Coordinator, N.C. Wildlife Resources Commission, 1701 Mail Service Center, Raleigh, NC 27699-1700.

For more information and to register for the hearing, visit: [ncwildlife.org/proposed-regulations](http://ncwildlife.org/proposed-regulations) or join by phone toll free (888-788-0099 or 877-853-5247) using Webinar ID: 160 983 2165. A pre-recorded presentation of the proposed regulation changes will be available on the agency's YouTube Channel prior to Jan. 20 for anyone unable to attend the virtual hearing.



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Every Monday, Tuesday, Wednesday & Friday, 8am-1pm. It is located at 117 North Rutherford Street in uptown Wadesboro. Telephone is 704-694-2445

**Free Food Distribution** at Feed My Lambs every Tuesday, Thursday & Friday, 1-4pm. Located at 2290 Hwy 74 West, Wadesboro. 704-695-1820

**Writers' Club Meets**  
Fourth Sunday each month at First Presbyterian Church in Wadesboro, 3pm (except July & Dec). Open to public, new members of all ages invited.  
Info 704-694-5211 or [sandybruney@gmail.com](mailto:sandybruney@gmail.com)

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**Application Period Open for NC State Government High School Summer Mentorship Program for Girls**

Fifteen high school sophomore and junior girls interested in science, technology, engineering and math will have the opportunity to participate in a five-week paid internship with North Carolina state government leaders this summer. Established in 2019 by the NC Department of Administration's Council for Women and Youth Involvement, the Lady Cardinal Mentorship Program seeks to improve gender inequity by providing college bound girls an opportunity to explore STEM-based careers within state government.

"The gender wage gap is an ongoing disparity not only within North Carolina but around the country," said Administration Secretary Pamela B. Cashwell. "Preparing our state's best and brightest in high-growth and high-earning fields such as STEM careers will help women and more families achieve economic security, reduce poverty and grow the state's economy."

Interested students can apply for the Lady Cardinal Mentorship Program now through Feb. 28. Program and application information can be found on the NCDOA website. Candidate interviews will occur in mid-March and selected applicants will be notified of placement in April. The mentorship will run weekdays June 29 through August 5.

All mentees are expected to work 40 hours each week with 24 hours spent working side-by-side with women leaders and the remainder working with other mentees on a group project. The summer enrichment opportunity also includes lunch and learn sessions and field trips to various state government agencies. Students will earn a \$2,100 stipend at the end of the program. Based in Raleigh, the program offers housing options for mentees living outside of the immediate Raleigh-Durham area.

Participating state agencies include the departments of Administration, Commerce, Health and Human Services, Information Technology, Public Safety, Revenue, Transportation and the Office of State Human Resources.

The Lady Cardinal Mentorship Program was created based on recommendations from the 2018 Status of Women in NC Employment and Earnings Report released by the Council for Women and Youth Involvement in collaboration with the Institute for Women's Policy Research. The report highlights the growing disparity in employment and earnings among women and men in North Carolina. If unchanged, the gender wage gap will not begin to close until year 2060. The report also underscores Governor Roy Cooper's NC Job Ready Initiative, which advocates for more internships, training and apprenticeships to prepare North Carolinians for the jobs of today and tomorrow.

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The inaugural Lady Cardinal Mentorship Program included nine local high school students, ranging from freshmen to seniors. Students shadowed leaders within North Carolina's cabinet agencies and completed a research project based on Governor Cooper's Executive Order No. 80 that addresses climate change and transition to a clean energy economy. The 2020 mentorships were postponed due to the COVID-19 pandemic. This year's program was expanded to include more mentees and new professional development opportunities. Visit the NCDOA website ([ncadmin.nc.gov](http://ncadmin.nc.gov)) to learn more about and apply for the Lady Cardinal Mentorship Program.