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Advice for Those Who are 60 Years Old and Over (Take it or Leave it!)

This is an excerpt from the *Marshville Museum and Cultural Center Newsletter*: Between 60 and death. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital.

Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.

Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter, and support. The responsibility is now theirs to earn their own money.

Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well, and keep in touch with your doctor, do tests even when you're feeling well. Stay informed.

Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.

Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."

Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

Don't lose sight of fashion trends for your age, but keep your own sense of style. You've developed your own sense of what looks good on you - keep it and be proud of it. It's part of who you are.

ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read

New Online Map Shows Proposed Sites for Electric Vehicle Charging Stations

State officials have published a map online (*nc nevi*) with the locations of the first batch of electric vehicle charging stations that will be funded through the National Electric Vehicle Infrastructure Program, or NEVI. The N.C. Department of Transportation published the map to help people wishing to apply for the federal NEVI funds the state received to build and operate a network of electric vehicle charging stations.

"The build out of the electric vehicle charging stations will help our state advance clean transportation and be a great economic opportunity for businesses of all sizes," said Paula Hemmer, NCDOT's Statewide Initiative senior engineer. "The map gives businesses an opportunity to determine where it would be economically feasible to build and operate EV charging stations. There are a lot of things to consider like whether a site is easily accessible to all travelers and a site's proximity to amenities like restaurants and hotels."

The map was released with a notice in late December so businesses would have sufficient time to plan if they are interested in applying for the NEVI funds to install and operate Phase 1 of the EV charging stations.

In February, NCDOT expects to issue a request for proposals for people interested in applying for funds for Phase 1 of the EV charger installation.

NCDOT received \$109 million in NEVI funds to develop the network along interstates, major highways and in communities. The funds are to be used to reimburse businesses for project costs, including procurement, installation and operation of EV charging stations. Phase 1 will involve installation of DC Fast Chargers along interstates and major highways, along the alternative fuel corridors designated by the Federal Highway Administration. These DC Fast Chargers will be able to charge an electric vehicle in about 20 minutes. Phase 2 will involve the build out of community-based DC fast chargers and Level 2 chargers that take between 4 hours and 8 hours to charge a vehicle.

North Carolina expects to build out the electric charging infrastructure over the next seven years.

The online map identifies the 11 locations along the alternative fuel corridor that will comprise Phase 1 of the project. NCDOT identified the 11 locations because they will fill the gaps where fewer EV charging stations currently exist and serve a more geographically diverse group of people in both rural and urban areas. Each location on the GIS map represents a cluster of one or more exits along the alternative fuel corridor. Applicants must locate proposed charging stations within the designated clusters. There will be one charging station per cluster.

The proposed locations were also selected because they meet the requirements outlined in the federal Bipartisan Infrastructure Law, which established the NEVI program. Under the Bipartisan Infrastructure Law, EV charging stations in Phase 1 must be:

- Deployed every 50 miles along the alternative fuel corridor (highways and interstates)
- 1 mile or less from an alternative fuel corridor
- Built charging system ports that are capable of providing 150 kilowatts of direct current to four vehicles simultaneously
- Open 24 hours a day, seven days a week
- Installed so they comply with local permitting and zoning requirements

NEVI provides nearly \$5 billion to help states create a network of 500,000 electric vehicle charging stations along designated alternative fuel corridors. NCDOT has been working with state, federal and local stakeholders for several years to plan for the build out of EV charging stations statewide.

To learn more, visit NCDOT's NEVI webpage (*nc nevi*).

Funny, Random & Weird Holidays

- February 8 Thursday - Laugh and Get Rich Day
- February 9 Friday - Toothache Day
- February 9 Friday - Bagel and Lox Day
- February 10 Saturday - Umbrella Day
- February 11 Sunday - Make a Friend Day
- February 11 Sunday - Don't Cry Over Spilled Milk Day
- February 12 Monday - Clean Out Your Computer Day
- February 12 Monday - Darwin Day
- February 13 Tuesday - World Radio Day
- February 14 Wednesday - Ferris Wheel Day
- February 14 Wednesday - Library Lovers Day

what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised at what old friends you'll meet.

Respect the younger generation and their opinions. They may not have the same ideas as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time.

Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you feel older and harder to be around.

Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. Even then, do so only if you feel you really need the help or do not want to live by yourself.

Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, and dance. You can adopt a cat or a dog, grow a kitchen garden, play cards, checkers, chess, dominoes, golf.

Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). The important thing is to leave the house from time to time. Go to museums, go walk through a park. Get out there.

Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are.

Pains and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of life.

If you've been offended by someone - forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget, and move on with your life.

Laugh. Laugh away your worries remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life.

My valued friends, enjoy peaceful life at this point in your life ...

Don't worry... be happy!

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