



In The Spotlight

By Debbie L. Sklar

The Many Talents of Dr. Noelle Nelson

Dr. Noelle Nelson has had a wide-ranging career all tied to the study of people—how we think and act—and what motivates us to be the best we can be. She's been an acting coach, therapist and is currently a trial consultant and author of a dozen books.

Her latest is "Happy Healthy... Dead: Why What You Think You Know About Aging is Wrong, and How to Get It Right." For the past 1 1/2 years, she's been researching older people from all walks of life doing wonderful and exciting things—activities that would surprise most of us, but for them it's all part of living life to the fullest. She's chronicled almost 150 of their stories on her "Meet The Amazings" Facebook page (<https://www.facebook.com/MeetTheAmazings>).

Q: Where did you grow up?

A: In Los Angeles which I loved because of the diversity of people, cultures and ethnicities.

Q: What is your education?

A: I graduated from UCLA with a BA in sociology, took a "Doctorate 3eme cycle" in political sociology at the Sorbonne in Paris, France, then received a Ph.D. in clinical psychology from United States



International University out of San Diego.

Q: What are your hobbies?

A: I love to dance. I take ballet twice a week, and ballroom once a week. My other hobby is traveling – preferably to exotic destinations with rainforests and lots of hiking.

Q: Were you always interested in psychology?

A: No. I was working as an acting coach in Los Angeles, and I realized I just didn't know enough about human emotions to guide my students to their best work. I figured a few psychology classes might help. A few turned into many, many turned into a degree – and a new profession.

Q: How have you applied your education in the working world?

A: First, as a psychotherapist.

But then, since I'd also been an acting coach, and had a background as a sociologist, I was approached by an attorney to help him with his courtroom skills. Although I knew nothing at the

time about the legal world, I quickly became intrigued, learned everything I could about being a trial consultant, and that became my primary career. Psychology, which is the study of individuals, along with sociology – the study of groups, along with my acting coaching experience, all added up to a "perfect storm" for my trial consulting practice.

Q: What have you learned most about people in general?

A: People thrive in the presence of appreciation – their own and that of others - mentally, physically and emotionally. That we really are all in this together, and it is in our personal best interest to be kind, compassionate, courageous and forward thinking to ourselves and others. That 99.9 percent of the people we encounter are truly doing the best they can, with whatever

skills and resources they have, at the time. The more we recognize that, the better we all do.

Q: How did you get interested in the mind-body connection?

A: When I was studying meditation, I was convinced that something physical was happening in my brain when I meditated. I asked a colleague, who had machines that could measure brain waves, to see if something actually was happening. It was! My brainwaves changed as I meditated. I later did research which showed how your brain changes in a healthy, positive way when you're feeling and thinking appreciation, versus how your brain functions poorly when you're feeling and thinking strong negative emotions like anger or fear. That did it! I was hooked. I then proceeded to learn the specifics of how the mind impacts the body and have been fascinated by that process ever since.

Q: Is society changing how it views older people?

A: Slowly. Very slowly. Like any other major societal shift, it takes time. But as more and more of us live past 70, 80, 90 leading active lives, society has no choice but to revise its outdated opinions about our later years.

Q: *Allure* magazine recently

stopped using the word "anti-aging." Is that a good thing?

A: Yes! "Anti-aging" implies that aging is a bad thing we should be against. Aging is nothing more than moving through time – which we are doing from the moment we pop out of the womb. So our progression through the years is something to be appreciated, enjoyed, and valued as much as we can. There is no "anti" there at all.

Q: Why do you say that what we think and feel impacts our longevity?

A: The research for my book "Happy Healthy... Dead," shows unequivocally that appreciation, gratitude, happiness and optimism add years of healthy life to our time here on earth, whereas pessimism, depression, unhappiness and lack of gratitude all diminish both life quality and life quantity.

Q: Do you have simple tips that we can do now to help us enjoy life in our 70s, 80s and beyond?

A: Yes. Start every morning, when you wake up, by saying: "Thank you!" for this day, for your life, for life itself. End your day in the same way, just before your head hits the pillow. Spend a few moments – or longer – every morning, before you get caught up in your daily activities, to reflect

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What Others Are Doing, How You Can Help

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contain paper and a thin layer of plastic. They are found in the chilled section of the grocery store and are used to package milk, juice, cream and other beverages.

There are a few ways cartons are recycled after going into a recycling container. At paper mills, the fiber is extracted and separated in a machine called a hydropulper, which resembles a giant kitchen blender. It then goes on to make a variety of common paper products.

Another type of recycler uses the entire carton to make environmentally friendly building materials such as interior wallboards, roof cover board, ceiling tiles, exterior sheathing and floor underlayment.

What Robots Can Do

Clever engineers have created carton-plucking robots that can be used at recycling centers to separate food and beverage cartons from other recycled materials. These robots can grab 60 cartons a minute, learning as they go through artificial intelligence. Industry leaders consider the robots a cost-effective, long-term way to further expand carton recycling nationwide.

What You Can Do

Consumers should put empty food and beverage cartons in recycling containers instead of trash containers. With ev-

ery carton you recycle, you are helping keep our environment greener.

Learn More

For more facts on recycling cartons, visit the Carton Council of North America at www.recyclecartons.com.

November Book Club

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your loved ones, your doctor and the police tell you, don't you? My name is Emma Cartwright. Three years ago, I was Susan Webster, and I murdered my 12-week-old son Dylan.

"I was sent to Oakdale Psychiatric Institute for my crime, and four weeks ago, I was released early on parole with a new identity, address, and a chance to rebuild my tattered life. This morning, I received an envelope addressed to Susan Webster. Inside it was a photograph of a toddler called Dylan. Now, I am questioning everything I believe because if I have no memory of the event, how can I truly believe he's dead? If there was the smallest chance your son was alive, what would you do to get him back? ..." according to Publisher Atria/Emily Bestler Books.

JUST JUDITH

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Even those who normally don't bother to bake seem to get the urge for homemade

cookies, cakes, brownies and other goodies come December. Diets? We'll start again after New Year's Day, pass the date bread please!

Ah yes, New Year's Day, the finale of the season, the chance to enjoy the Rose Bowl Parade with the incredible floats and acts from the comfort (and even more food) of your own television in the warmth of your own home. Later in the afternoon, the football fanatics have their chance to either celebrate or mourn the outcome of championship games, and enjoy the incredible advertisements.

I hope your team wins!

In The Spotlight

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on what's good about your life. Even on those days when it may take extra effort to do so. Do your best to thank someone for something every day. Participate in a hobby or sport that you really enjoy – or could enjoy – and devote yourself to doing whatever it is consistently. Make new friends, maintain old friends, find a community of people you enjoy being with, and spend time with them regularly.

Q: Do you apply these guidelines in your own life?

A: Absolutely. Because I know all too well just how important they are to being happy and healthy in this life that I love so much.

14th Annual Handel's Messiah Sing-Along presented at the Richard Nixon Library

November 26th at 10:00am & 12:00pm

The Concert is Free and Open to the Community



ciety in cooperation with the Richard Nixon Foundation. The concert is conducted by Fred Francis, and produced by Gabriella Rollins, president of the Yorba Linda Arts Alliance Foundation.

Singers may sing along with the 40 voice chorus and a professional 25-piece orchestra, using their own music scores, or borrowing one of the Alliances (limited number). 18th century costumes are encour-

aged!

The 14th annual Handel's Messiah Sing-Along will be presented at the Richard Nixon Presidential Library in the East Room on Sunday, November 26, 2017 with two concerts: 10 am and 12:00 pm. The FREE concert is open to the community; donations to the Yorba Linda Arts Alliance Foundation for community arts education programs will be welcome. www.Messiahsing.org.

The concert is presented by the Yorba Linda Arts Alliance Foundation and Handel's So-

Additionally, the Yorba Linda Arts Alliance Foundation and the Handel's Society Chorus will present the fifth annual "Random Act of Culture": singing the "Hallelujah Chorus" from Handel's Messiah. Location is South Coast Plaza, Costa Mesa Jewel Court (lower level). Date and time to be announced. General information regarding the concerts is on www.artsyl.org or by calling 714-996-1960.

The Richard Nixon Presidential Library and Birthplace is located at 18001 Yorba Blvd, in Yorba Linda. Parking is free. For general information please visit our website at www.Messiahsing.org or call 714-996-1960.

