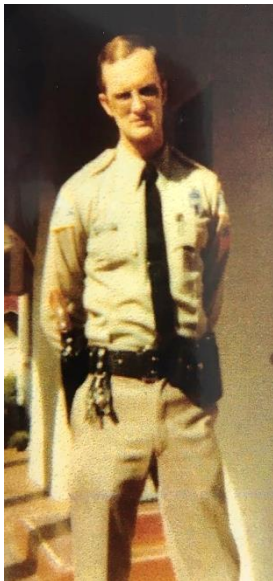


The Wave



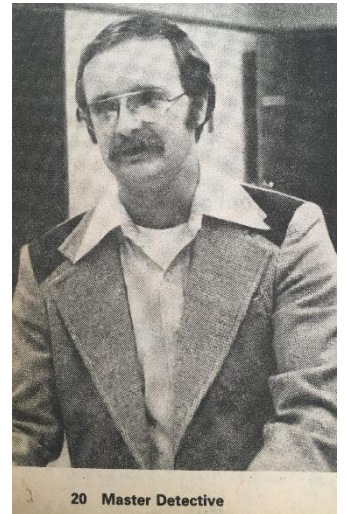
Riding the wave of more effective communication together

JIM WOOD: COP, DETECTIVE, MAYOR



Jim was a police officer in Oceanside for 31 years. He was instrumental in solving countless murder investigations throughout his career. His interrogation skills led to many confessions. The last 10 years on the force were in child abuse cases. He worked with other agencies such as social services, NCIS, and the FBI. Some investigations took him across borders to other states and countries to solve crimes. Some cases required him to contact authorities in Canada, England, Italy and Spain. Tales of his detective work even made it into a few magazines that discussed cases that had been solved.

Since he worked in the city for so long, he knew it inside and out which was beneficial for his next career as the mayor of Oceanside. He also knew how important it was for police and firefighters to take care of the city. During his years working as mayor, he spent a lot of time working with the military, coordinating events.



WATERCOLOR PAINTING



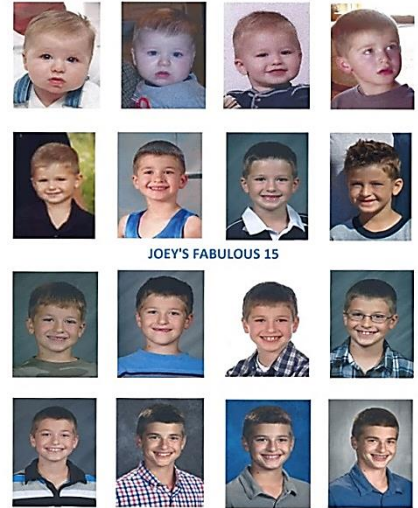
In February, the afternoon AAC group did watercolor painting. Everyone created unique, colorful artwork.

ARNIE'S GRANDSON

Joey is my grandson and I am very proud of him.

- He is the son of my oldest daughter. They both have a strong desire to help people.
- He is tall and so are all of his friends.
- He is finishing high school this year and going onto college.
- He wants to be a minister and he will be attending Grand Canyon University. It is interesting because he lives in Colorado right now which is cold, but he will be moving to a hot state, Arizona.

He is an amazing young man.



NATURE WALKING WITH KEN GOSWICK



These pictures are from a recent hike on Earth Nature Trail with my wife Cheryl and our friend Leen. When this jackrabbit saw us, he quickly ran away.

MY THREE GRANDKIDS BY PAUL VANDERPLOEF



I have two grandkids Marley and Morrison. Marley is five and Morrison is four. And they have a new brother! His name is Maxwell and he was born last week.

Our grandkids come to visit two or three days a week and I really appreciate having them. They are both homeschooled and their mother and grandmothers on both sides of the family help homeschool Marley and Morrison.

WORKING IN SOLAR BY SERGIO MENDEZ



Hello, my name is Sergio Mendez. For the last 10 years I have worked in the ever-growing solar industry. Due to my injury last year I am currently not working.



Here is a photo of a ground solar system that is usually found in the center of properties with significant amounts of land.

Recently, homes have higher electrical costs from their companies. To reduce the cost of electricity, installing solar systems on roofs is becoming much more common in many communities. There are many companies that are doing this with great customer service and short timelines from when a homeowner agrees on an installation. I'm proud to have been a key member of a company that delivered these services.

BEAR SIGHTING BY AL GONDA

Around eight years ago, I went on a road trip in our camper to go to Yellowstone, a really big park. My sister drove to meet us at the park where she and her husband worked.



First, we saw little animals that wouldn't hurt people. When driving we saw a lot of nice things and then we kept driving and all of a sudden, several people were stopped. There was a bear right at our car with two little baby bears! They were hopping around, and my wife was trying to open the door. My sister and me yelled, "Don't do that!" and luckily, she didn't. After we saw the bear, we kept driving to go and see the big glaciers. It's a beautiful place.

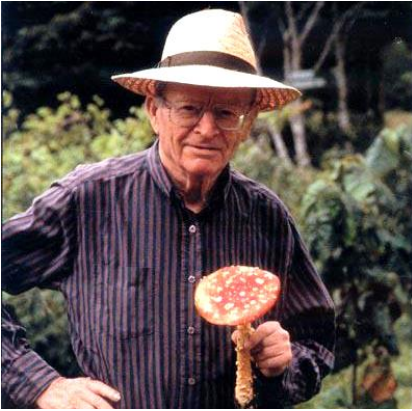
WATCHING THE DAYTONA 500 BY JIM SINCLAIR

I watched the Daytona 500 on February 17th. The NASCAR Daytona 500 is a 500-mile race. I enjoy watching the Daytona 500 because it is exciting watching cars drive at such high speeds.

My favorite race car driver is Kyle Bush, he drives the M&M's car. He has won 56 (Cup) races.



MY DAD BY HEIDI EUSTAQUIO



My father's name was Rolf Singer, a PhD doctor. He was a mycologist; he studied fungus.

He was a prolific writer, held important academic and research positions in Europe, North America, and South America.

He was a professor at Harvard University from 1941-1948 and also at the University of Illinois in Chicago from 1968-1977. He died on January 18th, 1994 at the age of 87, but his mycological legacy lives on.

He published 7 books about fungus. He lived in Argentina and collected all of the different types of fungus throughout South America.

MY KIDS BY LAURA GARCIA

I have three kids, Josue, Brianna, and Kristina. They are my pride and joy.



From left to right: me, Jose (husband), Brianna, Kristina, and Josue

Josue is 23 years old; he is my oldest child. He graduated from UC Davis, and he majored in international business. He went to Africa, Thailand, and Spain for his studies. Now, he started his own business, doing video and photography. His business is called The Uncommon Weddings. He now lives in Sacramento and runs his business.

Brianna is 21 years old. She went to CSUSM and did a 2-year program for being a translator for the city. She just recently just applied for a job at a school. She wants to be a teacher. When she was little, she used to pretend to be a teacher. I think she would be a great teacher

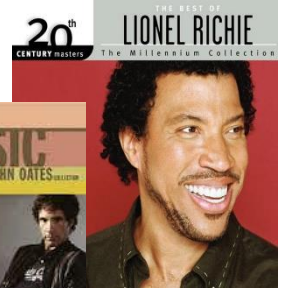
Kristina is 20 years old. She went to Palomar City College for 2 years and is now applying to other schools. She applied to CSUSM and to Sacramento State. She wants to be a sociologist. She would rather go to Sacramento State, and I think it would be a great opportunity for her. She will start school in August.

MY MUSIC BY FRANK LUSSIER

My name is Frank, and music is my life. I like to listen to Rock music, Country, and R&B. My favorite bands are Hall & Oates, Lionel Ritchie, and Journey. I enjoy a lot of different artists as well.

I also like to go out to concerts. I have been to see many bands like Def Leppard, Chicago, Earth, Wind, & Fire, Clint Black, and Martina McBride.

One day I would like to see Van Halen and Hall & Oates concert.



Oates live in

MY MOTORCYCLE BY JOHN KLEIN



Riding a motorcycle is wonderful! Me and my friend Dave used to ride our motorcycles up and down the hills and mountains to San Diego and Palomar Mountain every month before I had my stroke.

I also like working on motorcycles in my garage. I have been working on my BMW and Dave has been working on his Harley for the past 6 years. I like the vintage BMW R100RS and R100RT. They are good to ride on the road, and they are both very mechanically reliable motorcycles. I drove to New Mexico five years ago to pick up a 1988 R100RS from my old friend Segundo. I also

purchased a 1995 BMW R100RT four years ago from my old friend Brad, and I still have it to this day.

The above photo is from about 2 years ago and it shows a time when I rode down the Carlsbad coast in my R100RS with my daughter, Steph. The photo at right is of my R100RT in my garage. In the past, my wife Michelle used to ride shotgun with me on both motorcycles. We used to ride the motorcycle to Fallbrook to pick up sandwiches, breakfast, or lunch at one of our favorite restaurants.

It has been two years since my stroke and my motorcycle mainly stays in the garage. I still enjoy riding it every now and then, but these days my left knee aches occasionally while riding.



RESTAURANT REVIEW BY TONY MUNOZ



My wife and I went to Mariscos La Baja Mexican restaurant in San Marcos on Valentine's Day to do a restaurant review. *Mariscos* means Mexican seafood and *la baja* stands for Baja California. Marisol and I had a wonderful time at this restaurant. It was a very clean and spacious restaurant with lots of seating. One unique thing about this restaurant is that you got a free shrimp consommé

appetizer as well as chips and salsa.

I ordered the La Tostada Loca which means "the crazy tostada." It was a tostada with a little mountain of chopped seafood that has octopus, fish, shrimp, and oysters. I would highly recommend this dish. My wife ordered the ceviche tostada which is a tostada with lemon cooked shrimp.

We had a great experience and would recommend this to anyone who enjoys a nice Mexican seafood restaurant.



MY FAVORITE RESTAURANT BY BUTCH LANGE



My favorite Italian restaurant is called Borrelli's Pizza and Italian Food in Encinitas. It is a family-owned restaurant that has been open since 1975. My sister and I love going to this restaurant! I like to try new things off of their menu and enjoy their delicious Italian food.

Some of my favorite dishes are:

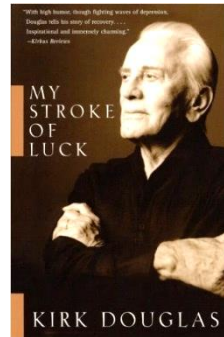
- The Calamari rings appetizer
- Spaghetti and meatballs
- The eggplant parmigiana
- The linguini in white clam sauce



A STROKE MEMOIR BY KIRK DOUGLAS

Kirk Douglas (who died last month at 103!) was an actor, producer, director, and author. During a sixty-year acting career, he has appeared in over 90 movies, and in 1960 helped end the Hollywood Blacklist.

In 1996, he had a stroke, impairing his ability to speak. After a regime of daily speech-language therapy that lasted several months, his ability to speak returned, although it was still limited.



He wrote about this experience in a book, *My Stroke of Luck*, which he hoped would be an “operating manual” for others on how to handle a stroke victim in their own family.

<https://www.amazon.com/My-Stroke-Luck-Kirk-Douglas/dp/0060014040>

MY EXPERIENCE PARAGLIDING BY STEVE RAHE



Ever wonder what it feels like to be a bird? I did. I told my daughter many years ago that I used to have dreams that I could fly. So about a year ago, Lauren, my daughter, looked into where in this area we could go hang gliding. She found a very fun place in Torrey Pines. The place we found, Torrey Pines Glider Port, specializes in paragliding with folks with disabilities. *And holy moly, it was crazy fun!*

This was a family affair; I went with my wife Janet, my daughter Lauren, my son Scott and his fiancé Emily flew out from Denver, and my son Christopher with his wife Julie and their daughter Ava, who was two years old at the time.

Lauren and I went paragliding, while everyone else watched us high in the sky. Lauren almost backed out, but I went first and showed her it wasn't scary. I came back laughing like a maniac. My laughter made her realize she had to do it, because she knew she would have a great time. Like father, like daughter, she came back laughing too. I felt like a bird when I was gliding in the air; looking down on the ocean, I felt weightless.



The workers that assisted me in getting into the seat and harness were very friendly and kind. They made sure to nicely put me into the harness, rather than just throwing me in there like at a carnival. They are not just trying to get as many people in there as fast as possible; they take their time to do their best to help those with disabilities, because that's their specialty.

The rest of the family enjoyed a local band, snack bar, an eagle trainer, and the kids' play area. Many people brought their dogs to watch the paragliders up in the sky. This was definitely an experience of a lifetime. Don't let your disability keep you from trying new things; there are many resources out there to help you have the experiences you dream of! I highly recommend it to everyone.

CONVERT MY THOUGHTS USING ART AND NO WORDS BY BRUCE (BINARY) HEIMBACH

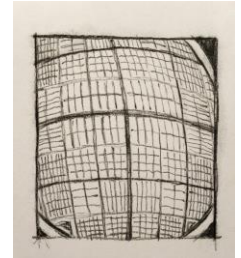
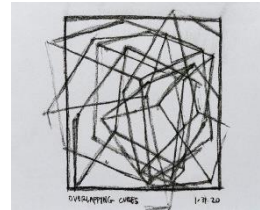
I'm attending a different type of class, an art class. During winter classes, I like to paint in a studio. The teachers use instruction and tips and tricks — similar to therapy.

Art Therapy and Speech Therapy are similar and different. I'm not sure about 'why?' (the big question), but art is a rebound or a boomerang — it helps.

The art

- tickles my brain
- relaxes my mind
- mends the fabric of my brain
- stimulates my word-finding skills.

I use steps, organization, materials, and tools to execute a final product. My purpose is to use art and speech to merge my thoughts together, especially to **communicate**.



Prepare (2) sketches



Prepare (2) 'washdown' canvases



Overlapping Cubes, 20" x 20", latex interior paints



Headlight, 20" x 20", latex interior paints

FYI: You can always read previous issues of *THE WAVE* by going online to the Speech-Language Clinic page of the CSUSM website: <http://www.csusm.edu/slp/clinic/thewave.html>