

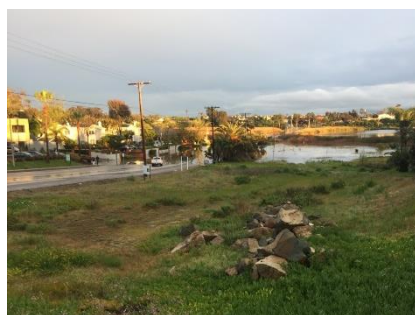
The Wave #33



Riding the wave of more effective communication together

THE SECOND FLOOR BY OPPY

In 1987 I bought a house in South Oceanside on the end of Tremont Street. I liked this house because it backed onto the lagoon, so I had a great view of the lagoon and ocean. My neighbor decided to build a garage that blocked my view. I could only see the ocean view from my roof at this time.



This prompted me to build a second floor to my house 25 years ago. The second floor was a 600 square foot room with a closet and bathroom that had an ocean view. There is a 5 by 3-foot mitered glass window that looks out.



The second floor also has a deck on it where my wife and I like to hangout and look at the view.

LEMON LUSH: DELICIOUS EASTER DESSERT BY JANE DEMARCO

Directions:

1. Mix the flour, butter, and pecans in a glass pan.
2. Bake at 350 degrees for 30 minutes or until brown.
3. Let it cool to the side.
4. In a separate bowl, mix cream cheese, powdered sugar, and vanilla.
5. In a different bowl, mix the lemon pudding and milk.
6. Leave in refrigerator for 30 minutes to cool.
7. Take the cream cheese mixture and scoop it on the flour, butter, pecan mixture.
8. On top of these 2 layers, add the vanilla pudding and milk mixture.
9. Spread Cool Whip all over the top. Top with pecans and enjoy.



Ingredients:

- 2 cups of flour
- 1 cup of salted Butter
- ¼ cup of chopped Pecans
- 1 8-oz block of Cream cheese
- 1 cup of powdered sugar
- 1 teaspoon of vanilla extract
- 2 lemon puddings
- 2 cups of milk
- 1 tub of Cool Whip

HOME IMPROVEMENT BY SERGIO MENDEZ

If you have a brand new or previously owned home, home improvements are always a bit challenging at first, but once done can make the owner very happy. Before the items are bought, you should discuss with all members of the family to ensure that everyone is on the same page. Painting the interior of the home is something you can start with.

When getting started, you and the family will need to go to the home improvement stores to get the paints you all like. If you don't have the tools at home for getting started, you can always get them there at a great price because you're buying in bulk. Remember to protect your floors and baseboards with painter's tape. If you can't find the items that you need, feel free to ask the experts in the store who will let you know where they are.



When the final decision has been made on the home improvements, there will be happiness. Whether it's a brand-new home or second home, you will enjoy it. You can share the details with others on how you improved your house and the challenges getting there.

MY LIFE IN MUSIC: RAP + DRUMS BY LAMONT WILLIAMS

I have a good feeling inside when I am making music. Because I started to rap, 2 of my brothers started to rap too. My third brother sings. I don't try to rap anymore because of my speech. But I can still compose music. I still got it! I wrote a song talking about my kids. When my kids heard the song, they said they loved it!

When I was 12 years old, I watched my cousin play the drums at church every Sunday. He still plays and is the bomb (great)! When I was 13 years old, I started to play the drums at church by myself. I learned how to play by watching my cousin and teaching myself. I got better and better.

In the ninth grade when I was 14 years old, I had three band classes every day at school. In each class, I practiced and continued to learn how to play the drums. I love playing drums no matter what song. In my 20s, I taught my baby brother how to play the drums too. But we never played together because I was much better than him and he wasn't on my level. He knows that too!



My three daughters

KIT CARSON PARK, ESCONDIDO BY FRANK LUSSIER

About Kit Carson Park:

- It has nice views for walking and hiking the trails.
- The ponds: there are three of them. The ponds are Tree lakes, Duck Lake, and Eagle Scout.
- The birds like to forage around in Eagle Scout Lake for dinner. There are Mallard ducks, American Wigeon, Belt King Fisher, and Scrub-Jay, and they hunt for food.
- The Eucalyptus Leaf Court is a building around the courtyard, and I like to photograph scenes in the courtyard. I like to photograph the men and women sculptures in the courtyard.
- The Sports Center is where kids go to do football, basketball, soccer, or baseball. There are multiple facilities.



LEFSA BY RANDY NYGAARD

Here's a Nordic version of flatbread based on mashed potatoes and flour, called *lefsa*.

Ingredients

- 2 cups mashed potatoes
- ½ cup milk or more if needed
- 2 tbsp margarine/butter
- 2 tbsp sugar
- 1 tsp salt
- 2 cups of flour (depending on the moisture of the potatoes)



Instructions

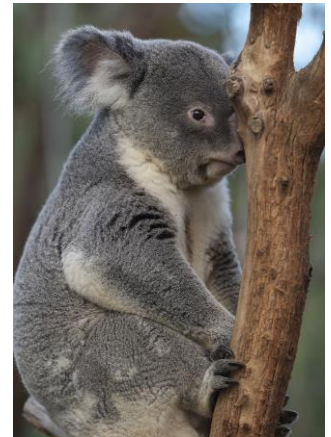
1. Take mashed potatoes and put them through a potato ricer. Mix the mashed potatoes, sugar, salt together in a bowl (preferably non-metal).
2. Melt the butter. Mix into the mixture with the milk.
3. Add flour as needed 1 tablespoon at a time until it looks like a thick, sticky paste.
4. Flour the board. Put a spoonful of the dough and put it on the board.
5. Start rolling the dough, flipping it often. Use flour often to keep it from sticking to the board.
6. Roll it out as much as you can till it is very thin. Use a flour stick/wooden spatula to flip the dough over.
7. Heat up the griddle to a very high temperature. If you sprinkle water on it, the water should dance.
8. Put the finished dough on the griddle. It should start to bubble up. After a few minutes, flip it over. It will bubble up again when it is done.
9. Repeat steps 4-8 until the batter is gone.
10. Finish with butter and top it with the toppings of your choice.

WINTER ZOO PORTRAITS BY BRUCE HEIMBACH

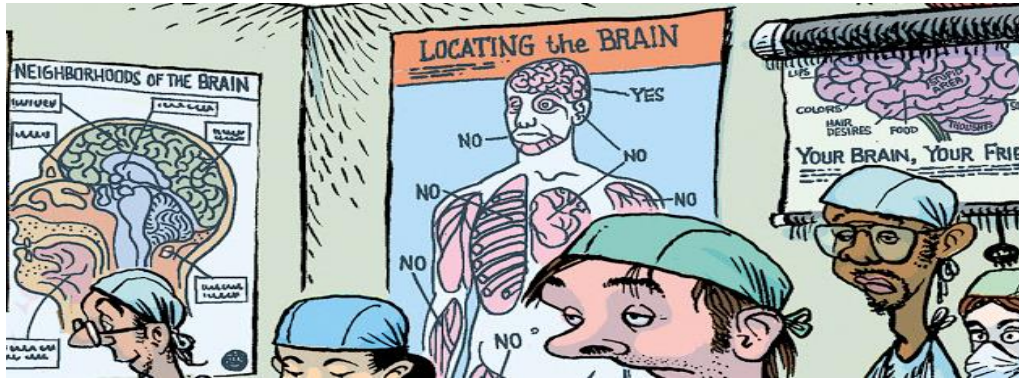
I went to the Zoo and Safari Park last December and January. I love San Diego Zoo; it never gets old. It is a big place (two places!!) - diverse, amazing, and just excellent. In the winter, the animals are more active and visible. I wanted to capture some portraits in the Zoo.

These portraits on this page were captured from the downtown Zoo. I use a 300mm telephoto lens; sometimes it is tricky. Some animals live in 'open spaces,' but most of them are behind a wire fence or a glass barrier. I'm trying continuously to find the best way to take the perfect shot. Depending on variables - light conditions, reflections, backgrounds, fences, and barriers. When I'm practicing patience sometimes, I find happy animal with some eye contact. Then – push the button, it is magic.

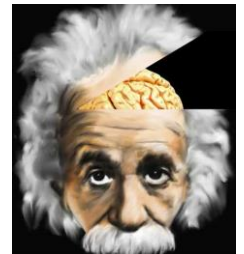
I like the Lion and the Secretary Bird. The big winner was the Koala; it looks like Aphasia with some frustration (or a headache...) – just like me.



10 FACTS ABOUT YOUR — AND EINSTEIN’S — BRAIN



1. The pathologist who did Einstein body’s autopsy stole his brain and kept it in a jar for 20 years.
2. The brain of an adult human weighs around 3 pounds. Although it makes up just 2% of the body's weight, it uses around 20% of its energy.
3. Do you really only use 10% of your brain? *No!* You use your entire brain — all the time, even when sleeping.



4. At least 60% of your brain is fat, and it has the same consistency as tofu. Furthermore, 75% of the total brain mass is comprised of water.

5. New brain connections are created every time you form a memory.

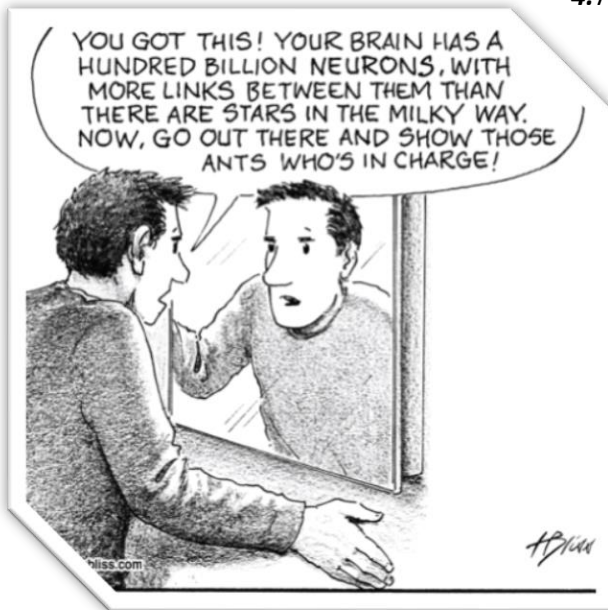
6. Forgetting unnecessary information helps the nervous system retain its plasticity.

7. Music can trigger activity in the same brain structure that releases the “pleasure chemical” dopamine.

8. Its lack of pain receptors is why doctors can perform brain surgery on conscious patients.

9. Sleeping is good for your brain. It enhances the connection between nerve cells in the brain and supports memory and learning by consolidating all the learned memories from the whole day.

10. The human brain can generate about 23 watts of power (enough to power a lightbulb).



BRUCE WILLIS LEAVES ACTING DUE TO APHASIA

Actor Bruce Willis is stepping away from his career after being diagnosed with aphasia his family said in a series of Instagram posts recently.

Willis, who is 67 years old, started his movie career in the 1980s and starred in several Hollywood blockbusters, including “The Sixth Sense,” “Armageddon,” and “The Expendables.”

His best-known role is that of John McClane, the fictional detective in 1988’s “Die Hard,” a part he played again in four more sequels. The most recent film in the series, 2013’s “A Good Day to Die Hard,” grossed \$305 million world-wide at the box office.

The family didn’t disclose the cause of his aphasia.



270,025 likes

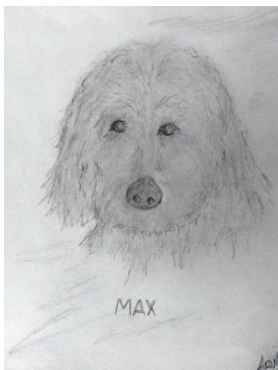
demimoore



To Bruce’s amazing supporters, as a family we wanted to share that our beloved Bruce has been experiencing some health issues and has recently been diagnosed with aphasia, which is impacting his cognitive abilities. As a result of this and with much consideration Bruce is stepping away from the career that has meant so much to him. This is a really challenging time for our family and we are so appreciative of your continued love, compassion and support. We are moving through this as a strong family unit, and wanted to bring his fans in because we know how much he means to you, as you do to him.

As Bruce always says, “Live it up” and together we plan to do just that

THE OUT-TO-LUNCH DOG BY ARNIE BERTRAM



This is a drawing of our dog Max. He is a male labradoodle (which is a mix of Poodle and Labrador). Max weighs 45 pounds when dry and he will be 12 years old on July 2nd.

When he is not working as a therapy dog with love on a leash, he is also known as “Mr. Couch potato” or “lazy dog.”

He would make a terrible watchdog because he does not bark and would probably bring them his favorite kitty. He loves the beach and jumping in the waves, as long as he does not get his hair wet.

BELLE'S MEDITERRANEAN RESTAURANT BY FRANK L., JESSICA C., OLIVIA C., & JANE D.

Our group designed our very own restaurant.


We named it Belle's Mediterranean because two of our members have dogs named Belle, and we love Mediterranean food.

The restaurant has a casual ambiance with a cheerful yellow and white color scheme. We also have a nice patio outside where you can enjoy refreshing drinks. There is also a drive-thru for people on the go.


We handpicked all the ingredients and dishes ourselves. The restaurant serves delicious foods like kebabs, salads, and hummus.

We hope you enjoy the menu we designed!

SLC Presents




Belle's Mediterranean




Starters

<p>Hummus with Veggies \$12 Delicious creamy hummus drizzled with olive oil</p> <p>Chickpea Salad \$10 Chickpeas, vine tomatoes, feta cheese, balsamic vinegar</p>	<p>Mediterranean Salad \$12 Romaine lettuce, feta cheese, tomatoes, red onions, egg</p> <p>Pita bread \$12 Warm pita bread served with olive oil</p>
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main menu

<p>Chicken Kebab \$22 Chicken kebab served with rice and roasted tomatoes</p> <p>Pasta with Olive oil \$20 Pasta drizzled with delicious olive oil</p>	<p>Salmon Kebab \$22 Salmon kebabs served with rice and roasted tomatoes</p> <p>Falafel \$22 Grilled halloumi and roasted Mediterranean vegetables</p>
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drinks menu

<p>Iced Tea \$10 Regular of raspberry</p> <p>Lemonade \$10 Fresh squeezed</p>	<p>Merlot \$12 The finest red wine</p> <p>White Wine \$12 Crisp and refreshing</p>
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CHIP & BIEL BY JESSICA CORONADO



I have two dogs Chip and Biel. Chip is 3 years old, and Biel is 7 months old. My daughter, Jaylene, brought Chip home three years ago from Coronado. Biel was brought home last year in September for Jaylene’s birthday.



Chip likes to stay by the front door to watch people outside. Biel likes to sit in the sun to stay warm. I walk Chip and Biel every day.

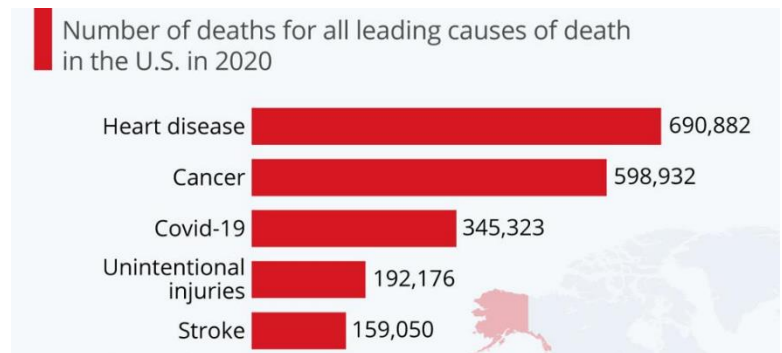
They love to eat dog treats. They eat some that look like cookies, some that are good for their teeth, and they even like to eat Puppuccinos from Starbucks. They get groomed at Pup Culture in Oceanside.



SLP CORNER: MIXED NEWS ON STROKE

The American Heart Association reports that, based on 2019 figures, the US death rate from stroke declined 6.6% from 2009, but the number of stroke deaths rose 16.4%.

Stroke remains No. 5 among all causes of death in the U.S.



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>