

The Wave #34



Riding the wave of more effective communication together

HUMMINGBIRD PHOTOGRAPHY BY MICHAEL CAMPBELL



My name is Michael and I take pictures from my garden in Scripps Ranch. I have been doing this for about five to six years. I use four or five different cameras; all are manufactured by Sony.



I take pictures of local hummingbirds. There are 5 species: Allen's, Rufous, Anna's, Costa's, and the Ruby-Throated. I have taken pictures of them all around the neighborhood. When taking pictures of more than one hummingbird, I take a picture of each bird, and then use digital editing to put them on the same page.



Hummingbirds can get attacked by bumble bees



Females (flying at right) typically don't have any color



Happy Halloween

RED TIDES BY NORM BISHOP

I taught high school biology for several years and I love the beach and the ocean. Therefore, I present this introduction to *red tides*.

Red tides are a type of algae bloom. Blooms occur when colonies of algae – simple ocean plants -- grow out of control.

They sometimes produce some toxic or harmful effects on humans, sea life, and birds. Red tides can cause skin irritations, burning of the eyes, and respiratory irritations.

Red tides have been spotted along the coast in southern and northern San Diego County last month. Advice to ocean goers: use common sense while enjoying ocean play.



Red tides can be quite lovely

DOES GETTING SOLAR MAKE SENSE FOR YOU? BY SERGIO MENDEZ

A combination of Federal and California solar programs are making it possible to get solar installed on your home. This can be done at no cost while also reducing your monthly bill. But some incentive programs are running out in various counties such as San Diego, Orange County, Los Angeles, and Inland Empire.

Once you decide that you would like to move forward with solar, you can visit websites like www.sunrun.com, go.sunpower.com, cleanenergyassociation.org, or local companies. When you get to the agreement with the company, they will walk you through the details of your system before starting the next steps for your home.



These are the steps that are done to install it.

1. The Branch Manager helps ensure that the chosen system has considered all the necessary items such as your roof and electrical panel being up to date and any trees shading the roof.
2. The next step will be to ensure the design is the most productive for your home.
3. Once that is done it will be taken to the city for approval.
4. Then the installation teams are given the time and materials to do it as quickly as possible and most importantly get the homeowner's satisfaction.

Once this is all finished, you will be pleased with lowering your energy bill significantly and just as important, helping the grid to not be so strained. Once you see the value of your decision, you can let those around you know how it has helped you and possibly they will consider doing it later. I can assure you that these items are done correctly because I am fortunate and thankful to have had the opportunity to do this role over the last couple years.

SUMMER VACATIONS BY BRUCE HEIMBACH

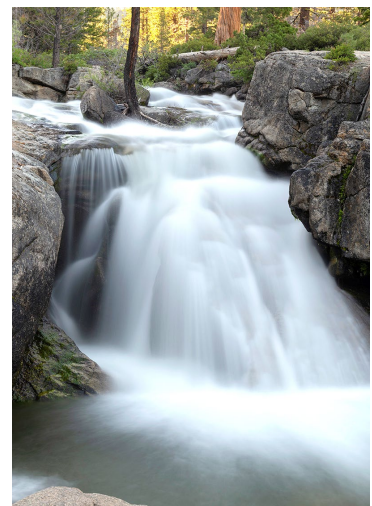
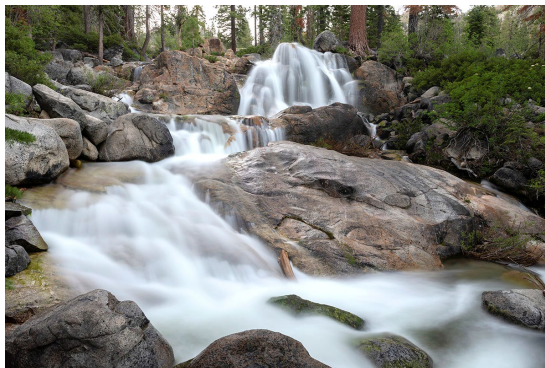
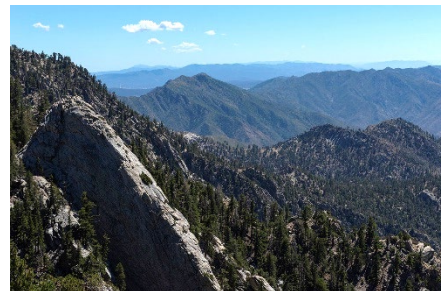
I had two summer vacations, new postmodern trips without a mask. The freshest air ever!

On the first trip, we went to Olympic Village near Tahoe. Part of the trip was a sideshow. That was my first time at Ancient Bristlecone Pine Forest – and I went twice.

Photos: Shirley Creek waterfalls and twisted bristlecone pines.

The second trip, we went to Palm Springs for a week before Labor Day. It was a scorcher, and we arranged our days to not fry our brains. I hiked in the desert before sunrise and chose a hike in a ‘shadow’ trail, when the slope is facing west. We did one hike at the Aerial Tramway to cool off.

Photos: a sunrise, a lookout near ‘Bob Hope’ house, and one from San Jacinto.



OUR TOP 10 MOVIES

The afternoon online group chose our favorite all-time movies (Al Gonda, Michael Morales, Jessica Coronado, John Walters, and Christina Nguyen):

1. Ferris Bueller's Day Off (1986)
2. Top Gun: Maverick (2022)
3. The Empire Strikes Back (1980)
4. Iron Man (2008)
5. Fellowship of the Ring (2001)
6. All the Disney Princess movies (1937-2016)
7. Radio Flyer (1992)
8. Mary Poppins (1964)
9. Gladiator (2000)
10. Risky Business (1983)



The morning online group chose the top 10 movies from 1972-2022 (Jim Vesey, Frank Romero, Olivia Carrillo, and Dave Valiulis):

1. Top Gun (1986)
2. Blood In Blood Out (1993)
3. Selena (1997)
4. Forrest Gump (1994)
5. Airplane! (1980)
6. Home Alone (1990)
7. The Harry Potter movies (2001-2011)
8. The Godfather (1972)
9. The Fantastic Beasts movies (2016-2022)
10. Interview with a Vampire (1994)



ALASKA BY BRIDGETT DESONIA



How fun and exciting is Alaska?! I went to Alaska with my husband, Kevin, my parents-in-law, and Kevin's aunt and uncle.

First, we flew over to Seattle from San Diego. Then, we flew over to Juneau from Washington. Next, we caught a ferry from Juneau to Haines and we stayed in a lodge.

- We saw grizzly bears, bald eagles, and seals from our bedroom patio. It was deluxe.
- Also, we saw 9 bears on the same night – it was thrilling!
- We saw Canada in the Fall time and the views were stunning.
- And dinners were to die for. We cooked steaks, had two nights of salmon, turkey burgers, and sausages. It was delicious.
- The hikes to Alaskan coasts and the lakes were remarkable.

If you never thought about going to Alaska, do yourself a favor and go to Alaska!

HOW TO HANG A DOOR BY OPPY

I started my company back in 1997 as Greg Oppenheizen Construction after doing trim work as a foreman for Taylor. In 2002 I changed my company name to G.O Construction (see my card at right). I specialize in carpentry, more specifically finished carpentry. This includes hanging doors, base boards, and crown molds.

Here are the 5 general steps to hang a door.



1. Set the frame.
2. Fit the door to the frame.
3. Use a guide bushing on the router then use the template to get the right spacing.
4. Put the hinges on the jam and on the door. Pin the door up through the hinges. Then your door should be set.
5. Add locks & handle to the door.



1.



2.



3.



4.



5.

COUSCOUS RECIPE BY RAJA GHUSSEIN

1. Melt butter and dill seed in a pot/large pan before you add couscous.
2. Add the couscous and steam it.
3. Boil meat/chicken/hen separately, add black pepper option, 1 gallon of water.
4. Use the water/broth from the meat and add it to the couscous.
5. Add vegetables (onion, garbanzo, squash, carrots) and steam on top of the couscous.
6. Mix everything together and let it stand for 1 hour.
7. Add chili pepper when you need it!

Enjoy!



Ingredients

- -Couscous, 2lb or 1 Kilo Box
- 1 Tsp of Dill Seed
- -Garbanzo Beans
- -Onion, Chopped
- -Squash, Chopped
- -Butter (Melted in Pot to Prevent Couscous from Sticking)
- -Carrots, Chopped
- -Meat (Chicken, Lamb, or Hen)
- -Salt, to Taste
- -Chili Pepper, to Taste

OVERCOMING A BRAIN INJURY BY REGGIE

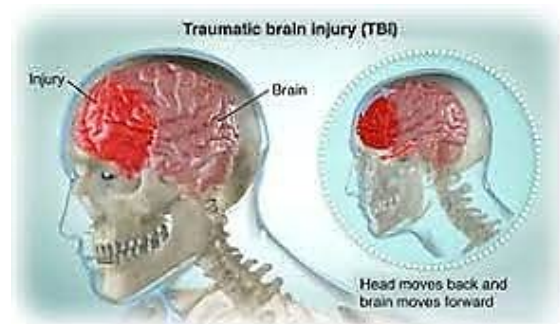
- Reggie's story

When I was younger, I was very rebellious. My traumatic brain injury (TBI) happened when I was hit by a car when I was 19, on December 24th 2010 in San Clemente. After this, I woke up in the hospital with a TBI. I had to learn to walk and talk again. I went to physical therapy, occupational therapy, and speech therapy for 5 months.

When I got out of the hospital my grandma passed away, and then my mom passed away. They were my rocks. Things were very blurry for me around this time. After this, I have been living in an assisted living facility. Now, I'm happy and I hope to finish school and become a veterinarian.

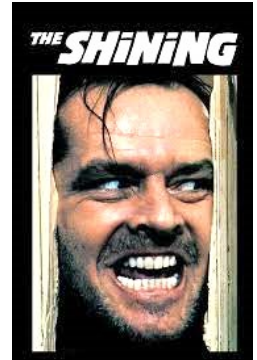
- Effects of my TBI

Because of my TBI, things can get really confusing. I also get tired really fast and have to go to sleep a lot earlier. I have good short-term memory but bad long-term memory. I forget a lot of things like what I had for breakfast, and what I did the day before. Now, I feel humbled by my TBI. I have associated with a lot of new people because of my TBI and made really good friends.



FRANK'S FAVORITE HALLOWEEN FILMS BY FRANK LUSSIER

- **Halloween** (2018) — After seeing his mask, Michael Myers kills people for a living. Reporters, Laurie Strode, and her family plan to kill Michael Myers. In my opinion, it is a movie that is good and fun for everyone because Michael Myers is killing people.
- **The Shining** (1980) — The shining is a gory film about the Torrance family. Jack Torrance is unstable and he is known for violence. I like mystery and gory violence.
- **The Nightmare Before Christmas** (1993) — Tim Burton builds a world with Jack Skellington, Christmas, and Halloween. Jack Skellington is a weird guy but also brilliant too. It's fun because the animation is scary.
- **IT** (2017) — Pennywise is a creepy clown with a complex of killing everyone. The Loser Club learns to kill Pennywise. It's good for me because I like Pennywise's goofy laugh.
- **The Conjuring** (2013) — It's a true story that takes place in Rhode Island. The Warren's are paranormal investigators who try to find what's wrong with the Perron family. It's creepy and fun for everybody.
- **Hocus Pocus** (1993) — The Sanderson Sisters want to go and steal girls, but Max wants the sisters gone. It's fun for me because I like the Sanderson Sisters with their flaws.
- **Paranormal Activity** (2007) — Micah and Katie live in a house in San Diego. Katie is a vessel of supernatural phenomenon but she doesn't know it. It is a scary phenomenon and suspenseful.
- **Annabelle** (2014) — John and Mia Form have a doll Annabelle. The doll is possessed by demons; it's scary and frightening to the Forms. It's terrifying and tantalizing and I like it because it's a good film.
- **Zombieland** (2009) — Four survivors join together in Zombieland. Columbus is a shy person; Tallahassee is strong and gun-wielding brute. The sisters Wichita and Little rock are going to an amusement park. I like the gory film but also comedy ensues.
- **It's the Great Pumpkin, Charlie Brown** (1966) — The Peanuts Gang celebrates Halloween while Linus waits for the great pumpkin. It's fun for everyone!



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>

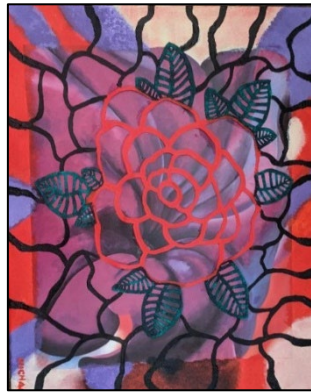
PAINTINGS & DRAWINGS BY MICHAEL MORALES

Michael Morales discovered his artistic abilities after suffering a massive ischemic stroke in 2014 that left him aphasic and unable to use his dominant hand. Paintings and drawings began pouring out of him spontaneously in the art classes he took at his rehab hospital, Rancho Los Amigos.

He was invited to display and sell his work at a monthly art show in Long Beach, and to his utter surprise consistently sells quite a few pieces! He was invited to submit one of his paintings into the Able ARTS Work exhibition and won second place for his "Tree Perspective" acrylic painting.

His specialty is creating fascinating pen and ink drawings incorporating thousands of tiny dots!

(Written by his loving wife, Royce Morales.)



SLP CORNER: WORD-FINDING STRATEGIES FOR APHASIA

For people with aphasia, the most common problem is not being able to think of the word they want. They might try to solve this problem by using a filler word: that thing, the *whatchamacallit*, *oh you know*, *whatsheface*. These kinds of words and phrases are pretty meaningless, so they fail to communicate the intended message.

When communication breaks down, it's time to use a strategy. There are many types of strategy, so if one doesn't help your client, try another. Each strategy gives a bit more information to the listener and stimulates the area of the brain that's refusing to give up the word.

The 10 top word-finding strategies: download the hand-out [here](#).

