

## The Wave



*Riding the wave of more effective communication together*

### A THANK-YOU LETTER BY GARY THOMPSON

The CSUSM Community,

I have aphasia. The clinic has really helped me with my skills. The student clinicians are coming up with a lot of good ideas. They also ask us what we want to do in therapy. All the practice helps.

A lot of people are getting better all the time! When I came back this year there were eight people in the same group and when I looked at them, they looked better and they were doing their best. They are talking more! And that's what we are looking for. Everyone is trying to get better.

*Thank you,*

Gary



Nima Novak, Gary, & Chanel Jorgeson

**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>

## FLY-FISHING BY DR. KEN ROTH

Fly-fishing is one of my many passions! I have traveled to many places to go fly-fishing. Some of my favorite spots to fish are Wyoming, Idaho, Montana, Utah, and New Zealand. My favorite type of flies are hair, nylon, beads and thread. These days I do catch and release when fly-fishing.

One of the reasons I enjoy fly-fishing is because there is a science to it. A proficient fisherman must determine where the fish are, which flies the fish are eating in that season, what time of day is best, and what weather conditions are best.

Typically, when I go fly fishing, I wear my waders to keep me dry and warm on my outdoor trips. (Sometimes I'll go fly fishing in a boat with my friend Mark instead of wading.) I also wear a vest to hold extra flies, scissors, extra line, and anything else I might need.

It is also important to have the correct type of rod, line, and casting technique. If you are interested in learning more, an informational website is <http://www.flyfishingforbeginners.com>.

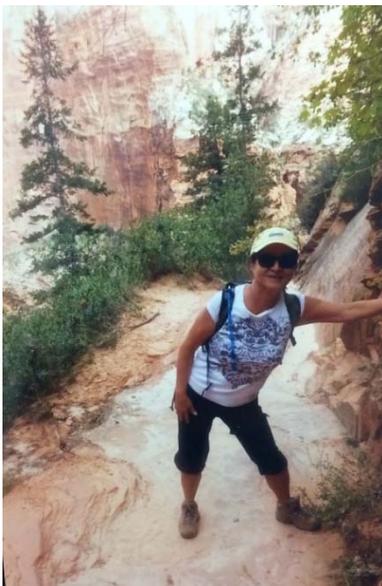
My must-have accessories for fly-fishing are:

- sunglasses
- nets to land the fish
- a fly box to stay organized
- a hat
- And don't forget to pack sunscreen!
- And most importantly, you don't want to be stuck out in nature with no drinking water.



Me and my giant catch

## BUCKET-LIST HIKES BY DEE FRANCK



Since my brain injury, never would I have imagined I would be fit, have the stamina, and be visually aware to be able to accomplish three important and strenuous hikes this fall.

- One of the hikes was to Cecret Lake in the vicinity of the Alta Ski area in Utah.
- The other two were the Hidden Canyon and The Narrows hikes located in Zion National Park.

My aunt, who also appreciates the beauty and serenity of nature, was my companion. Starting early in the morning meant that there were fewer people on the trails which was ideal.

Some of the strategies I used included every bit of planning, sequencing, attention, and remembering to visually scan, which all kept me safe.

I was on an adrenaline high for days after having accomplished the hikes.



## TONY MUNOZ AND HIS TRICK ROPING SKILLS

Tony was born and raised in Escondido, California. At the age of 5, he started to learn how to Trick Rope. Trick roping is the art of doing tricks with a *Riata rope*. Raul Escobedo, a family friend, taught him how to rope.



As he got better, he started to get invited to different events. When he was a young adult, he got invited to rope at Royce Hall at UCLA. Some of Linda Ronstadt's people were there and they saw him rope. A week later, he got a call from them inviting him to go on tour with them. He then traveled all over the United States and Canada for two years touring with her.

Another exciting opportunity that came Tony's way was when he got a call to be in a music video. They said that Big & Rich and Billy Joe Shaver would be in the music video. The song in the video is called *Live Forever*:

<https://www.youtube.com/watch?v=aeJ4kp1AwY4>.

Here is another link to watch where Tony is demonstrating his trick roping skills on NBC news:

<https://www.youtube.com/watch?v=7W41P4Ui8nl>.

This is a performance that Tony did in 2007 in Escondido at Center for the Arts – two years before his accident when a horse threw him and kicked him in the head:

<https://www.youtube.com/watch?v=mUEAScsAgbw>.

Here are a couple rope tricks and how they are done:

### "The Wedding Ring"

1. Hold the rope in your right hand.
2. Swing the rope around your body.
3. Let go of half of the rope in front of you, keeping it very low to the ground.
4. Step inside of the loop with both feet.
5. Once you step inside, continue to swing the rope around your body.
6. Lift your arm up and keep swinging it around your head, keeping the rope high.

### "The Butterfly"

1. Pick up the rope and make the loop small.
2. Swing rope in a "figure eight" motion in front of you.
3. Let go of half of the rope when it is on one side of you and swing two spins on one side.
4. Then come across your body again and swing two times on the other side in a circular motion.

Thank you for your interest and enjoy!!

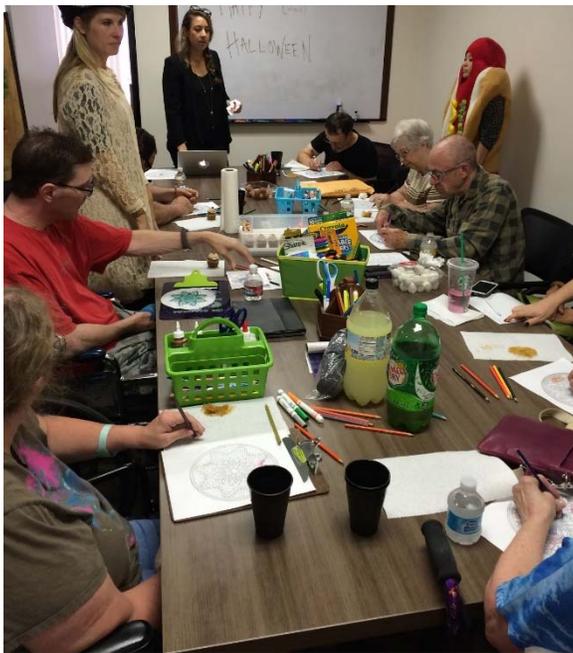
– Tony Munoz

Don't let what you  
cannot do interfere  
with what  
you can do.  
- John Wooden

## HALLOWEEN AT THE CLINIC



Student clinicians Lorin, Chelsea, Scarlett, Jeanette, Nima, & Jenna



The afternoon clients working on coloring *mandalas*. By coloring mandalas, you can:

- Relax & enhance mindfulness
- Expand your creativity
- Increase self-awareness
- Encourage self-expression
- Just have fun, alone or with friends



(To obtain free mandalas, go to <http://www.printmandala.com>.)

## AN EXCERPT FROM MY BOOK BY ERIC BROWER

I had a stroke 11 years ago. I have made so much progress with my speech and language over the years that I am now working on writing a book about my experiences. Here is an excerpt from my book:

“

My stroke happened in a 1000th of a second. Right away everything seemed different, but I told myself I was fine. I walked over to the couch at my dad’s house and proceeded to take a nap. When I woke up, I still felt different. I was so tired that I called my wife to pick me up. She drove me back to our house in Oceanside, where I rushed upstairs and threw myself into bed, instantly falling asleep.

When I woke up, the first thing I saw was the paramedics putting me onto a gurney. As they brought me outside, I remember seeing three cop cars, a firetruck, an ambulance, and all my neighbors standing outside watching. I gave everyone a thumbs-up as the paramedics put me into the ambulance. I heard one of the paramedics say the word “stroke” as I fell back asleep. I woke up in a hospital bed to the sight of my wife and kids crying. “Adios,” I thought.

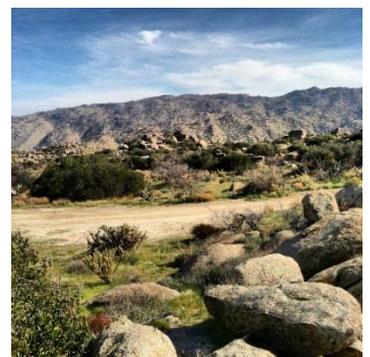


## A GREAT GETAWAY: ANZA-BORREGO SPRINGS BY ALEX FORNEY

My favorite getaway is **Anza-Borrego Springs**. It is only seventy miles away, a short hour and a half drive. You will pass Julian Pie Company on the way, so you can stop to grab a pie or two for the weekend!

There are a variety of hotels when you get to Borrego Springs, including a quaint bed and breakfast, Borrego Springs Inn, or a high-end spa hotel, La Casa del Zorro, with four restaurants, suites, and private villas.

The culture in the valley is modest. Only around 3,500 people live in Borrego Springs, and Anza-Borrego Springs is a national park. There is a small school, a few restaurants, an art museum, and lots and lots of rocks.



Borrego Springs is rural, which is good in so many ways for relaxation. The stars at night are the brightest anywhere in Southern California. It is a perfect location for an off-road driver. When off-roading, you can pass through a deep canyon and drive to see dozens of outdoor metal sculptures, made by famous artist, Ricardo Breceda (see <http://www.abdnha.org/borrego-springs-sculptures-of-ricardo-breceda.htm>). Between the beautiful sunsets, great food, relaxation, adventures, wild flowers, and desert awakening, Anza-Borrego Springs is a great opportunity for a quick getaway.

## THANKSGIVING: AN ACROSTIC POEM BY JOHN CRAIG

**T**hanksgiving is in November.

**U**sually you eat turkey.

**R**ay is the name of the turkey.



← Ray

**K**ing can be the name of the second turkey.



← Ray & King

**E**yes are used to look at the turkey.

**Y**esterday I was thinking about Thanksgiving.



## NO-GUILT CHOCOLATE PUMPKIN MUFFINS RECIPE BY:MARY DOLNIK

### Ingredients:

- 1 15 oz. can of 100% pure pumpkin
- 1 18.25 oz. box of devil's food cake mix
- ½ cup of chocolate chips (optional but recommended)

### Directions:

1. Mix all ingredients together.
2. **Don't add anything else** like eggs or oil.
3. Pour the batter into a 12-cup lined muffin pan.
4. Bake for 20 minutes at 400 degrees.



Nutrition: 180 calories with 3.5 grams of fat (without the chocolate chips)!