

The Wave

Riding the wave of more effective communication together



WALK FOR RECOVERY



The largest gathering of brain injury survivors, families, and professionals in San Diego County will take place on Saturday, March 10: The annual **surviveHEADSTRONG Walk for Recovery** at Mission Bay Park, De Anza Cove.

Run, walk, or roll to celebrate those on their journey to recovery from brain injury. This event is fun because it can involve your whole family, friends, and neighbors. It is a short walk and any kind of walking is acceptable—with a walker, a cane, or being pushed in a wheelchair. Your fundraising efforts go to support the San Diego Brain Injury Foundation mission: to improve the quality of life for brain injury survivors and their families living in San Diego County.

Registration starts at 8 am. The registration fee for adults is \$25; persons with a brain injury can register for \$15.



TONY MUNOZ AND RANDY NYGAARD INTERVIEW EACH OTHER

Talking about Zydeco Music

Tony: What type of music is zydeco?

Randy: It's a combination of different types of music from down in the south; New Orleans combination of French and Creole.

Tony: What types of instruments are featured?

Randy: Accordion, washboard, harmonica, violin, drums, and piano.

Tony: In what state did zydeco originate?

Randy: Louisiana.

Tony: Is there a certain artist you recommend?

Randy: No, there are so many. Find one you like. I like when they speak French and Creole in the songs.

Tony: Why do you enjoy zydeco music?

Randy: It has so many changes and different instruments.



Buckwheat Zydeco, bandleader who helped introduce Louisiana zydeco to the world

Talking about Los Panchos Restaurant

Randy: What type of food do they serve?

Tony: Mexican food and seafood.

Randy: How would you describe the atmosphere?

Tony: Very pleasant and they play good music.

Randy: What do you like ordering?

Tony: Menudo and micheladas. Menudo is a soup. It has soft meat and hominy. It tastes good when you add lime and chili.

Randy: What's a michelada?

Tony: Micheladas are really good. They are made of clamato (tomato juice) mixed with beer.

Randy: How would you describe the service?

Tony: The service is very good, and they are very attentive. They always come and check on you to see if you need anything.

Randy: Are there any cons to eating at Los Panchos?

Tony: No, I don't see any cons.

Randy: Do you get chips?

Tony: Yes, you get free chips with salsa.



Tony Munoz

MY TIME IN AUSTRALIA BY RORY KORNIK

My family and I took a vacation to Australia back in 2004. I liked Australia so much that I went back. I attended school at Bond University for a semester in 2008 and then again in 2010 for 1½ years.

I visited Sydney, South Korea, and Bali. While in Australia I saw many animals like koalas, kangaroos, dingoes, and kookaburras. I lived by a river and used to fish off my balcony. I could see the fish, sharks, and stingrays down below.



Lake Orr, Australia

One day my friend said he would pay me \$100 to paddle across Lake Orr. I took the bet and paddled across the river and encountered a bull shark. I paddled as fast as I could away and finally made it across. It was the easiest but scariest \$100 I ever made.

SETTING SMART GOALS FOR YOURSELF BY MEGAN MCFARLAND

Many of us wish to better ourselves, but do not know where to start. Remembering the SMART acronym helps us set goals we are more likely to reach.



1. **Specific.** Determine a specific task or activity you want to improve upon. For example, “get better at reading” is not specific because it does not include how you will work on your reading skills. Saying you will spend more time reading books, magazines, or online materials is more specific.

2. **Measurable.** Using numbers helps you count or measure your progress. For example, “read for 10 minutes each day” is measurable, while “read more” is not.

3. **Achievable.** Make sure that your goal is not too difficult to reach. Setting realistic goals involves evaluating your personal motivation and abilities. For example, it would be unrealistic to read 5 books a day.

4. **Relevant.** Goals that are important to you are much more motivating. Try not to base your goals on what others expect of you, but instead, on your own values.

5. **Time-specific.** Set a time frame so you know how much time you have to achieve your goal. Determine a start and end date, for example, “read for 10 minutes each day from March 1st until March 31st.”

SMART Goal Example: From March 1st to March 31st, I will read books, articles, or online materials for 10 minutes each day to improve my reading skills and endurance.

CAMPING AT PACIFIC DUNES RANCH AND RV RESORT BY MARY WOOD

It was a rainy and very windy day when we arrived at Oceano, CA. We were in our little campsite. The ground had lots of grass for the animals. You could see horses across the way. There were two levels to the campground. You have to go up to the top to see the dunes. There was a cemetery for animals there.

The people there at the campground were just wonderful; they always talk to you when you walk by and say hello. We met up with a big group from Bakersfield and had potlucks for meals.



The dunes were great. My dog Maxie loved them! Everyone there had dogs and horses. Maxie even met a “big dog” (horse)! Because it is so far out there, you feel like you are away from it all. It is so beautiful. This was my favorite campground I’ve found. Nearby, we visited thousands of butterflies that you can see in the eucalyptus leaves. They migrate through the area right off Highway 1.

The nature in this area is just wide open, surrounding you. It was a great trip.

FOOD IS LOVE BY JANE DEMARCO

Food brings people together to share good laughs lots of hugs and kisses

Cooking in my family has always been an expression of love! I can remember since I was a little girl, my grandma would have us grandchildren, and there are 44 of us, to her little red house on Sundays and holidays. There would be the mothers in the kitchen with her.

Cooking up pots of sauce and the men would be fishing for clams and mussels and anything they can catch that day if they weren't singing, playing accordion, or guitar. Us kids would be dancing around and eating wherever we could find a seat, on the table or on the porch. We would have red sauce (gravy) or white sauce (Alfredo) with pasta and fish.

There were definitely some arguments in the kitchen or with the kids...but what Italian family doesn't have an argument or disagreement? They are very passionate about everything! Even the way they love. And there was also a lot of LOVE!

Since I was 8 years old I have always wanted to be in the kitchen cooking with my mom. Mostly because I loved to eat! So I would of course have my fingers in the food before my 4 older siblings could smell it.

Of course, I was in the kitchen on holidays with mom. Rolling out the dough for homemade raviolis. Rolling the dough for the cannoli's and burning my fingers in the oil every time. But most of all I got to spend time with mom and what she loved to do. And as many of you experienced, we still argue over the recipe or the cooking time.

I would like to share our love for cooking and bringing people together with all of you. Some of our recipes have also been passed down from family as well as close friends. So we hope you enjoy these as much as we have and I hope it brings lots of love into your home!

PASTA FAGIOLI

Grandma Fanny's Recipe

- 1 lb elbow macaroni
- 1 can cannellini beans
- 2 cans tomato sauce or 8 cups of your homemade sauce
- 4 cloves garlic
- Red pepper to taste
- Pinch of oregano

1. Boil macaroni as per box directions.
2. Sauté garlic in oil, remove.
3. Add red pepper and cook slightly.
4. Add tomato sauce, 1 ¼ can of water for each can of sauce.
5. Add beans and oregano; cook for 15 minutes.
6. Add strained macaroni to sauce and cook for another 5 minutes.
7. Serve with raw onions slices and Italian bread.

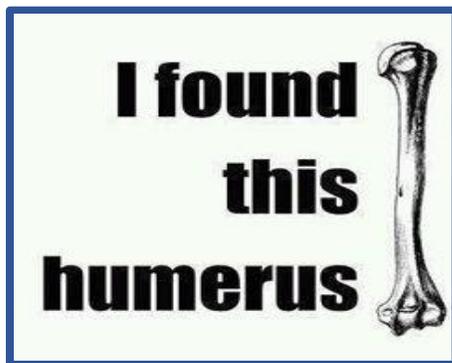


LAUGHING OUT LOUD BY DAVE VALIULIS

Most jokes are funny whether you hear them or just read them. But some jokes and puns trick the eye and only make their humor known **when you say them out loud after** you see them!

If you don't get the following jokes when you read them, try saying them aloud.

- When you get a bladder infection, urine trouble.
- When chemists die, they barium.
- I changed my iPod's name to Titanic. It's syncing now.



- With her marriage, she got a new name and a dress.
- Police were summoned to a daycare center where a three-year-old was resisting a rest.
- You can tune a piano, but you can't tuna fish.
- How does Moses make tea? Hebrews it.
- I tried to catch some fog, but I mist.
- They told me I had type-A blood, but it was a typo.
- Jokes about German sausage are the wurst.
- I dropped out of communism class because of lousy Marx.
- This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.
- England has no kidney bank, but it does have a Liverpool.
- I got a job at a bakery because I kneaded dough.
- When the smog lifts in Los Angeles, U.C.L.A.
- A man enters a local joke competition with 10 of his favorite puns, hoping at least one would win. Unfortunately, no pun in ten did.

TRIPLE GINGER COOKIES BY CATHY HEIZER

Cream together:

- 1 cup of sugar
- ¼ cup of molasses
- 1 egg
- ¾ cup of margarine
- ¼ cup crystallized ginger

In a separate bowl, mix together:

- 2 ½ cup flour
- 1 teaspoon grated ginger root
- ¼ teaspoon salt
- 2 teaspoons baking soda
- 1 tablespoon ground ginger

I also add 1/8 teaspoon cinnamon and 1/8 teaspoon nutmeg.

1. Stir dry mixture into sugar mixture. If made thin they will be crispy. If a little thick they will be chewy.
1. Shape into 1-inch balls and roll in sugar. Place 2" apart on ungreased cookie sheet. Flatten with glass dipped in sugar.
2. Bake 5 - 7 minutes.



MY WORK WITH LASERS BY MARK MCLAUGHLIN

I began with an interest in robots for about 13 years and then I took special classes to learn about lasers.

For another 13 years I worked for Abbott Vascular in Temecula as well as traveled all over the US and to Ireland to teach others about lasers. I was a troubleshooter for all types of lasers and would get calls from all over the plant to fix the lasers.

Vasculaser is a company that makes stents for people's hearts. A stent opens valves and arteries when they get clogged full of plaque, so blood can flow. Stents can help prevent heart attacks and are used all over the body.



a stent next to a pen



I fixed these VascuLathe machines, which makes stents.

Happy St. Patrick's Day!
Today everyone is irish

MY LIFE OF TEACHING AND COACHING BY NORMAN BISHOP

I couldn't wait to get up every morning and run off to work. I knew that I wanted to be a teacher my whole life.

For over 40 years I was fortunate enough to visit and interact with young people every day. Watching them grow and develop into positive members of society is so rewarding. I still hear from several of my student athletes.

I enjoyed meeting and greeting students every day with a smile on my face and getting a smile back from them. Watching kids play hard, play safe, follow directions, and play by the rules has been a blessing in my life.



GETTING TO KNOW BEVERLY COLLINS

Where did you grow up? Where do you live now?

San Ysidro. Now I live in Winchester.

Why are you here at the clinic?

I would like to speak more on my own.

What was your job?

I worked for Arctic Catering. I helped serve food and did cleaning.

Do you have children? How old are they?

I have two sons. Jonathan is 27 and Elias is 24. My stepdaughter Sarah is 31.

Where would you like to go on a vacation?

Hawaii and Italy

What is your favorite food or place to eat?

I like salads and salmon. I like to eat at Olive Garden.

What is your favorite TV show?

I like shows about fixing houses, like "Fixer Upper."

Do you have any hobbies or talents?

I like to use shells and flowers to decorate pens and put them in vases. I like to put shells on picture frames too.

What is your favorite holiday?

Christmas

Where is your favorite place to be?

At the beach collecting shells

What do you do for fun?

I like cleaning, walking on the beach with Robert, and going on peaceful walks in Anza.



If you could have dinner with anyone, who would it be?

Robert

I LOVE SPAGHETTI BY FRANK FLORES

PREPARATION

1. Bring a stockpot of water to a boil and salt it. Put the olive oil in a large skillet over medium heat.
2. Put the ground beef in a medium bowl. Grate the cheese, put 1 cup over the meat and reserve the rest, about ½ cup. Chop ½ cup of parsley and add all but 2 tablespoons to the meat mixture; save the rest of the parsley for another use. Add the breadcrumbs, crack in the egg, and sprinkle with salt and pepper. Gently mix until everything is just combined.
3. Raise the heat to medium-high; use 2 teaspoons to drop rounds of the meatball mixture into the skillet without touching one another if you can help it. Adjust the heat so the meatballs sizzle but don't burn and cook undisturbed until they're lightly browned on the bottom, 5 to 6 minutes.
4. Meanwhile, trim, peel and chop the onion; scatter it around the meatballs. Peel and mince the garlic and put it on top of the onions.
5. When the meatballs are browned on the bottom and the aromatics begin to soften, add the tomatoes to the skillet, along with the bay leaves and a sprinkle of salt and pepper. Adjust the heat so the mixture bubbles gently but steadily, then cover the skillet and cook until the meat cooks through, about 8 minutes. Remove the lid and let the sauce bubble vigorously to thicken for another 5 to 10 minutes, essentially while the pasta cooks. Stir only as needed and carefully if you do.
6. Add the pasta to the boiling water and stir. Start tasting after 5 minutes. When the pasta is tender but not mushy, drain it, reserving some cooking water. Return the pasta to the pot.
7. Move the meatballs to one side of the skillet with a spatula and stir the sauce; taste and adjust the seasoning. Discard the bay leaves and spoon about half the sauce into the pasta pot. Toss the pasta over low heat, adding a splash of cooking water to make it saucier if you like.
8. To serve, divide the pasta among 4 plates or bowls; top with the meatballs and the remaining sauce, and sprinkle the remaining parmesan and parsley over the top.

INGREDIENTS

- Salt
- 2 tablespoons olive oil
- 12 ounces ground beef
- 6 ounces parmesan, or about 1 1/2 cups
- 1 bunch fresh parsley
- ¼ cup bread crumbs
- 1 egg
- Black pepper
- 1 large onion
- 3 garlic cloves
- 6 cups canned crushed tomatoes
- 3 bay leaves
- 1 pound spaghetti



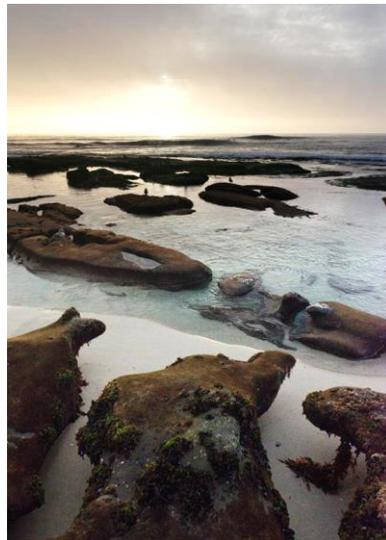
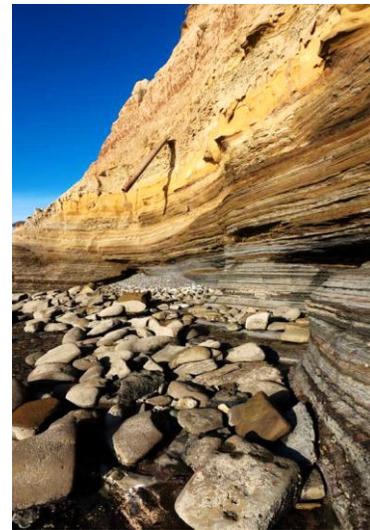
“EVERYTHING YOU SEE I OWE TO SPAGHETTI.”

SOPHIA LOREN

THE "NEW YEAR" BY BRUCE HEIMBACH



The first days in Jan. 2018, I saw *VERY* low tides (-1.8 feet) in the afternoon. I wanted to see the low tides and the ocean landscape. I visited La Jolla Cove (Jan. 1), Sunset Cliffs (Jan. 2), and Windansea (Jan. 3). I liked the geology, and I captured photos 'in camera' of the rocks, formations, and details.



ENJOYING ANZA BORREGO AND THE CUYAMACAS BY KEN GOSWICK



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>