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The Wave #49



Riding the wave of more effective communication together

CELEBRATING THE LIFE OF "DOC" LUCIAN WILLIAMS BY BRIDGETT DESONIA



A Great Depression baby, Lucian Williams, was born on January 14, 1927. He grew up in the Appalachian foothills of Tennessee. He left school after the eighth grade to work. By fourteen, he was herding sheep and cattle on horseback in Colorado. At sixteen, he began working for the Forest Service on the Cherokee National Forest. During World War II, he lied about his age to enlist in the Army. He served from 1945 to 1947 in Germany and Poland where Rex, a German Shepherd dog, fought by his side.



In 1950, he married Betty June Walker, and they had three daughters: Terry, Susan, and Barbara. The family later moved to Mount Laguna, where he worked in the Cleveland National Forest and Betty worked at the Air Force Base. Terry married Mal, who was stationed at the base, while Susie and Barbie both worked for the Forest Service and married Forest Service employees, carrying on the family's long-standing connection to the forest service.

He spent his career working in fire at Alpine, Cameron, and Camp Ole, serving on engines and leading inmate hand crews out of Descanso. He was known for his skill and toughness. He once safely drove a fire engine with no brakes down Poway Road. His legacy carries on through his family — his daughters, their husbands, and grandchildren — who followed in a path of service with the Forest Service. He retired in 1984, but continued living on Mount Laguna until 2024, remaining sharp and clear-minded.

Known as "Doc," he was easy to spot in his blue shirt, suspenders, jeans, and cowboy boots, often carrying a golf club as a walking stick. He loved the mountains, spending his days hiking and, in earlier years, riding horses he kept near Camp Ole. He even once freed a massive deer that had gotten tangled in a hammock at his Mount Laguna house! He was a natural storyteller. He shared memories of fires, local history, and life on the mountain — often in his thick southern accent. He will be deeply missed by his family and all who knew him. He passed away on February 14, 2026 with his family by his side.



PLAYING MUSIC BY FELIPE AHUMADA

I can play over 7 different instruments, including:

- the guitar (both acoustic and bass guitar)
- accordion
- keyboard
- harmonica
- trumpet
- violin







I never had any formal lessons but instead taught myself to play each one. I have been playing for over 7 years and used to play in my church's band for their services. Right now, it's a bit difficult to play music because my arm is weak due to my stroke, but I still enjoy music and attending church.

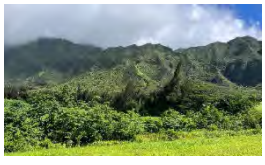
HAWAII BY TANIA GONZALEZ DOMINGUEZ

Hawai'i is not just a vacation spot. It's a place full of history, culture, and oppression.



During King David Kalākaua's reign, the bayonet constitution was enforced by Americans pointing a gun to the King's head. On January 17, 1893, Queen Lili'uokalani was overthrown by greedy politicians, businessmen, and missionaries. They were all afraid the Native Hawaiians were going to stop the bayonet constitution; their main interest was the Pearl River to put in the naval base and sugar plantation.

Queen, Lili'uokalani, was fighting for the vote of Native Hawaiians and working on the new constitution. A new government was put in place and Sanford B Dole was president of Hawai'i. On January 16th, 1895, Queen Lili'uokalani was jailed, found guilty, sentenced to 5 years of hard labor, and fined $5,000. During this time, there was a small revolution to try to reinstate her, but it was not successful. All in all, Hawai'i became the 50th state, However, the Native Hawaiians were disappointed.



Fast forward to today, a lot of the land is owned by millionaires which has caused the displacement of many Native Hawaiians. A lot of them are living on the streets or have moved out to the mainland. When I went, I couldn't help but feel disappointed and sad. So next time you visit, remember this story and respect the land.





INTERVIEW WITH JOHN ROMERO



What did you do?
John: We made a playlist of nostalgic songs from the 60s and 70s.

Did you enjoy the activity?
John: Yes, Very Much!

Tell me about your record collection
John: I have over 250 vinyl records.

What do you like about collecting vinyl records?
John: It's a piece of history.

If someone were to start a collection, what would be the first album to buy?
John: Your first record should be a classic.

What do you hope others will think about the playlist?
John: Just sit back and enjoy.

Link to the playlist on Spotify:
https://open.spotify.com/playlist/2cKKRrpKqOm86KDbQkgsrR?si=ke3aCvYXQdmKii9zmOEZAQ&pi=FDmvjPWjSMuDS

Here are the songs in the playlist:

1. Go your own way- Fleetwood Mac
2. The chain-Fleetwood Mac
3. Sloop John B-The Beach Boys
4. Drive My Car- The Beatles
5. Ticket to Ride- The Beatles
6. Can't Buy Me Love- The Beatles
7. Eleanor Rigby- The Beatles
8. Taxman- The Beatles
9. Good Day Sunshine- The Beatles
10. Sgt. Pepper's Lonely Hearts Club Band-The Beatles
11. Nowhere Man- The Beatles
12. You Really Got Me- The Kinks
13. Waterloo Sunset-The Kinks
14. All Day and All of the Night
15. With A Little Help From My Friends
16. A Day In The Life- The Beatles
17. Here Comes the Sun-The Beatles
18. Come Together-The Beatles
19. All my Loving-The Beatles
20. Till There Was You-The Beatles
21. Man in Black-Johnny Cash
22. Folsom Prison Blues- Johnny Cash
23. Jackson-Johnny Cash
24. Yesterday Once More- Carpenters
25. It's Too Late-Carole King
26. Nineteen Hundred and Eighty-Five- Wings
27. Tangled Up in Blue- Bob Dylan
28. Hurricane-Bob Dylan
29. Let it Be- The Beatles
30. The Long and Winding Road- The Beatles
31. The Fool On The Hill- The Beatles
32. Hello, Goodbye- The Beatles
33. Let 'Em In- The Beatles
34. Silly Love Songs- The Beatles
35. Junior's Farm- The Beatles
36. Sunny Afternoon-The Kinks

TIPS FROM THE MORNING ONLINE GROUP

The morning online group talked about their therapy goals and some things that helped them to improve.



Many of us are working primarily on **aphasia** and **word-finding**:



- **Frank** uses his phone and writes things down on his whiteboard to help him communicate.
- So too, **Olivia** relies on her phone to look up pictures to facilitate conversation, and **Jessica** uses her phone for repairing communication and asking for wait time while looking for words on her phone.
- **Jim** and **Mark** both stress that your attitude makes all the difference. Don't ever give up, put your mind to it. Practice, practice, practice!



Laurie is also working on wordfinding, but she really wants to improve her **memory**.

•She recommends writing things down, encouraging prompt/clues from husband or a loved one, and looking up words on her phone.

For several of us, our aphasia takes a back seat to our **apraxia**.



- **Dave** says that tapping out the syllables of a word really helps him to speed up his output.
- **Bridgett** recommends going over words and sounds over and over (*and over and over*)…
- She also offers this life advice to strive for *generalization*: meaning applying skills to real life.

Colin is working on his vocal clarity, loudness, and tone.

- He watches parkinsonvoiceproject.org live streams at 8 am for voice exercises!
- He says that practicing with someone every single day is crucial.

AFTERNOON ZOOM GROUP'S FAVORITE VACATIONS

Raja - Istanbul

Raja loved the food, Turkish coffee, and visiting the bazaar





Oanh - Italy:

Oanh visited Rome, Florence, and Venice. She loves the art, history, and the food. The pasta with the catch of the day (urchin).

Britt - South Australia

Different cultures, nice people, they love Americans! A little bit of surfing! Visited friends there. Great accents, "they know how to party"



Keith - Munich, Germany, and Viking river cruise

The Viking river cruise started in Munich, Germany, and passed through Passau, Germany, on the Danube River. Then they went to Austria, to Slovakia, and finally to Hungary, where the river ends. They then hiked to Paris, saw the Eiffel Tower, the Louver, and went to Normandy. His favorite place was Normandy, specifically D-Day





Michael: Barcelona

museum, Gaudi Architect, Basilica "temple sagrada familia"

Lawrence - Spain and Germany

Loved the Mediterranean Sea, Visting Castles in Germany, and bought a cuckoo clock from Black Forest Market



SLP CORNER: FAMOUS STUTTERERS

James Earl Jones. who died in 2024, was a famous movie star, the voice of Darth Vader, and a stutterer. He is featured in the Stuttering Foundation's *Famous People Who Stutter* brochure.






He joins such notables as President Joe Biden, Emily Blunt, Ed Sheeran, Bill Walton, John Stossel, Kenyon Martin, Byron Pitts, Nicole Kidman, Carly Simon, Mel Tillis, Alan Rabinowitz, Winston Churchill, Marilyn Monroe, Ken Venturi, Sophie Gustafson, Bob Love, John Updike, King George VI, Frank Wolf, Annie Glenn, and Darren Sproles

They all shared something else: although there is no reliable "cure" that works consistently and over time for all people who stutter, they didn't let stuttering stop them.



FYI: You can always find previous issues of *The Wave* on the Speech-Language Clinic page of the CSUSM website: http://www.csusm.edu/slp/clinic/thewave.html