March 2026

California State University SAN MARCOS

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The Wave #48



Riding the wave of more effective communication together

VISITING MY WORKPLACE BY JAMIE CLIPPINGER



I worked at White Cap (a leading construction supply distributor), but not anymore.

It was my first time going back.

I saw Sal, Tony, and the rest of the gang. Greg gave me a "hoot hoot!"



Everyone gave me a hug! It made me emotional. Everything made me happy! It was a great time! I'd go back again.

RUSTY BY BOB USHER



This is Rusty. He is 10 years old. He is a Chestnut Morgan Quarter Horse Cross. He is a smaller horse. He is gentle, pretty silly, likes attention, and REALLY loves food.

When I lived on a farm in Wyoming, I enjoyed barreling hay and building corrals.

GIGI BY MICHAEL MORALES

Gigi is my best friend.

Royce, Gigi, and I live together. We've had Gigi for 3 years. Gigi is happy with Royce and me.









THE BETTY CROCKER HOUSE BY FRANK LUSSIER

Jennifer, a friend of hers, Pia, and I were in Betty Crocker's house in Valley Center. Jennifer was shopping in the yard sale, and I explored its beautiful birds. I saw a Wild Turkey, Peacock, Helmeted Guineafowl, Lesser Goldfinch, Western Bluebird, House Finch, and Yellow-rumped Warbler.

The Peacock had a lot of feathers showing, feathering his wings for a mate.

The Turkeys were big and frightening, but they are harmless.

Helmeted Guineafowl are native to Africa. They burrow for warmth.

I saw horses grazing and a lazy goat.









LOCAL FAVORITES BY THE PM APHASIA GROUP

Local Favorites

Restaurant Edition!

The PM Aphasia group has been compiling a list of their favorite local favorites in the North County/San Diego area. Enjoy!

-Karyn, Brian, Michael, Bob, Pat, John, & Jamie



TJ TACO

Where? Escondido, CA
Order the chicken taco, burritos, ice tea, lengua, a



JAKE'S

Where? Del Mar, CA
Order the Chef's Burger & Hula Pie

ALBERTO'S

Where? Escondido
Order the Beef Tacos



CENOTE GRILL

Where? Escondido, CA
Order the Burritos





GIOVANNI'S

Where? Marro Bay (outside of San Diego)
Order the Cod





ROCK 'N' JENNY'S ITALIAN SUBS

Where? Escondido
Order the Pastrami & Chili

Things to do & see!



SAFARI PARK

Where? Escondido
Cost: about $70 a ticket
What's there? Animals & fun for the whole family!



MISSION BAY

Where? San Diego
Cost: free
What's there? 13 mile path for biking, running, or walking!



SEAPORT VILLAGE

Where? Downtown San Diego
Cost: Free
What's there? Restaurants, shopping, and a bayside walk!



BALBOA PARK

Where? San Diego
Cost: Free to go, but museums cost $$
What's there? Museums, gardens, and an ampitheater



MOONLIGHT BEACH

Where? Encinitas
Cost: Free
What's there? Watch surfers, enjoy the sunshine, sand and water!



DOWNTOWN ENCINITAS

Where? Encinitas
Cost: Free
What's there? Shopping, views, and nice beaches

DISNEYLAND

Where? Anaheim
Cost: about $120-$200 a day
What's there? Rides, good food, and fun for the whole family!

MY HOBBIES BY GLORIA GUSTINE

I like walking, hiking, exercising, and swimming in the pool. In the summer, I like to swim in the pool at Lawrence Welk Village.





I enjoy walking every day. I walk to my mailbox, on trails, and in my neighborhood.

I lift weights and exercise to stay strong.





ZOOM TAKE-OUT MENU BY THE PM ONLINE THERAPY GROUP

Afternoon Online Therapy Group Presents.....

Zoom Take-Out Menu

Feeling hungry? Looking for a new restaurant to try??
The CSUSM SLC Clients have just the recommendations!

Jay's Italian Food - Chicken Marsala -
"it's one of my favorites, and I like to eat a lot" Lorraine





Jake's del mar

Jake's Del Mar - Shrimp, Scallops & Pasta -
"Dinner and a view of the beach" - Oanh

Olive Garden - Shrimp and Pasta-
"The service and food is good!" - Raja

Olive Garden ITALIAN KITCHEN

The group's #1 go-to meal:
ENCHILADAS!
Wanting to try something new? Try
Vegan Enchiladas as Michael does!



Aki Sushi (Yucca Valley)
- Salmon and Tuna -
"Good food at a good price!" - Keith

CHARMINAR

Charminar (Indian Cuisine)
Vegetable Pakora, Chicken Majestic
"The vegetable and chicken are a MUST."
- Lawrence

Feeling Fancy? Try Benu, a 3 Michelin-star
restaurant in San Francisco!

benu

Try the shrimp camarones
(shrimp) at
Mariscos Las Islitas in Lodi,
CA!



Craving Chinese
cuisine?
Raja reccomends Hot
& Sour Soup!



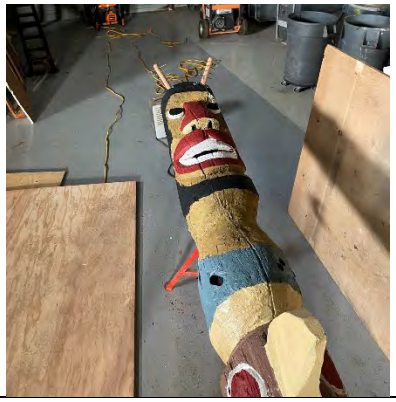
TOTEM POLE PROJECT BY ALAN KING



Contractors had started remodeling the barracks and put a totem pole in a storage box. It would turn into junk.

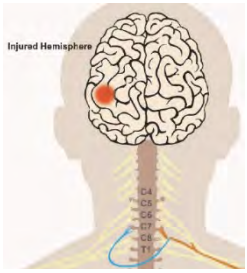
I took it out of the ash bin, where it would've been turned to dust, to resurrect it. I repaired and renovated the totem pole to add on detail and color.

I worked on this project in a woodshop on San Clemente Island for 1 year Jan 2022-Dec 2022 during the evenings. The totem pole represents protecting the occupants within the barracks building.





SLP CORNER: NOVEL TREATMENT FOR APHASIA AND SPASTICITY



Combining neck surgery with intensive speech therapy is associated with greater aphasia improvements after a stroke than intensive speech therapy alone, finds a clinical trial from China.

The neck surgery is *C7 neurotomy,* which severs the 7th cervical nerve root and is used to improve motor function and reduce spasticity in the arm. This suprising connection is believed to come from improved brain neuroplasticity and reduced inhibition from the unaffected hemisphere. When combined with intensive speech therapy, this procedure significantly improves language function—particularly naming ability—and reduces arm spasticity.

For more info: https://pmc.ncbi.nlm.nih.gov/articles/PMC10163524/ and https://www.news-medical.net/news/20250626/Surgery-and-speech-therapy-improve-chronic-post-stroke-aphasia.aspx.

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