October 2026

California State University SAN MARCOS

CSUSM Speech-Language Clinic
Extended Learning Building
288 Campus Way, 3rd Floor, Suite 331
San Marcos, CA 92078
760 .750.7300

The Wave #50



Riding the wave of more effective communication together

THE WAVE TURNS 50 BY DAVE VALIULIS

In November 2014, we published the first issue of the *WAVE*. It was the brainchild of Darlene Keller, a member of cohort 4. I volunteered to be the newsletter editor.

This first issue celebrated the new off-campus speech clinic. (All clinic locations were off campus until 2019, when the Extended Learning Building was opened.)

It also had a recipe for banana bread, tips for caregivers, and this quote:

"*Be fearless and love yourself for who you are.*"



SHAKIRA AND THE WORLD CUP BY JESSICA CORONADO



Shakira performed at the Spain vs Argentina game. Shakira performed during halftime. Shakira sang "Dai Dai" with Burna Boy, the rapper.

The kids dance with her. The girls wear yellow. Shakira wore a pretty dress. The colors are yellow and pink. The dress sparkles.

Her first World Cup was 2006 in Germany. She sang "Hips don't lie" with Wyclef Jean. Big white and green circles spun. Shakira was singing and dancing. The band hits the drums and plays a guitar to make fabulous music.



ANOTHER UNFORGETTABLE ADVENTURE IN ALASKA BY BRIDGETT DESONIA



Alaska adventure—our 4th trip in 8 years!

My husband, Kevin, and his parents and I flew into Anchorage and took the ferry to Haines, Alaska, for another unforgettable adventure!

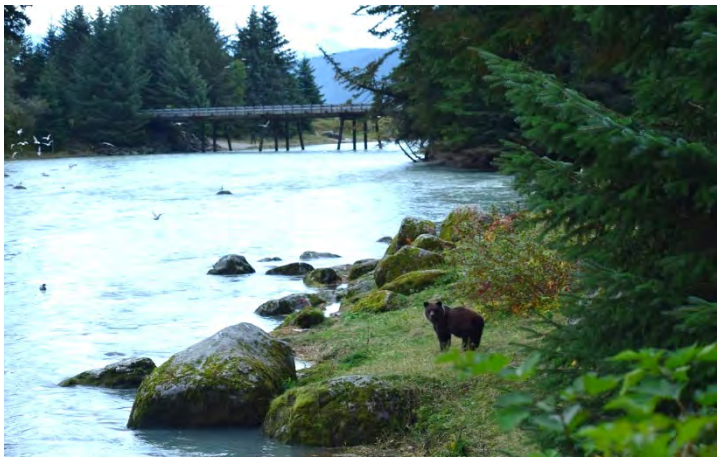
We watched wild bears fishing for salmon in the river again and again, right from our hotel's front porch. And we saw eagles flying overhead. Glorious! We enjoyed some absolutely delicious fresh salmon, lovingly prepared by my amazing husband, Kevin and absolutely scrumptious veggies made by my mother-in-law.



We explored Skagway, a new town for us, hiked to Rainbow Glacier, and took in the stunning views all around us. We even drove along the highway into Canada's Yukon, where we were treated to a gorgeous display of fall colors! Along the way, we spotted a bear walking right down the road! What an amazing wildlife encounter and another beautiful memory to add to our Alaska adventure!

But the most beautiful part of any adventure is family. Whether we're in Haines, Alaska, or anywhere else in the world, nothing compares to having family who stand by our side through it all. The places we explore may take our breath away, but it's the love we share and the moments we experience together that make every memory truly priceless.

Four trips in eight years, and Alaska still amazes us every time! From wild bears and delicious salmon to majestic mountains and precious family moments, this adventure will always hold a special place in our hearts.





STAMP COLLECTING BY FRANK LUSSIER

I love collecting stamps.



My wife, Jennifer, gifted me U.S. stamps, and they were a nice gift. They were from her grandfather's stamp collection. Then I found a lot of stamps at a yard sale at Betty Crocker's house. I put them together with Jennifer's grandfather's collection. Now, I have a large collection of stamps. I am excited to see how much it's worth.

I enjoy looking at the bird stamps. I like the Bald Eagle and state bird with flowers stamps. I have about 31 bird stamps.



I also have stamps of North American wildlife with mountain lions, bobcats, brown bears, and bighorn sheep. They are extraordinary.

I have U.S. actor stamps with Audrey Hepburn, James Cagney, Betty White, and Douglas Fairbanks. I have some SpongeBob SquarePants stamps, too. I have a lot of Olympics, baseball, Presidents, and more.

GOLDEN RETRIEVERS BY MARY CULLAN



Golden retrievers are about 66 to 75 pounds. Golden retrievers are friendly, smart, gentle, and loyal.

When I had Golden Retrievers, I enjoyed walking them, playing with them, and sitting on the couch with them.



ART BY MICHAEL MORALES

My wife, Royce, is sitting on branches. Royce is beautiful.



Dot art

Gigi is lying on pillows.



Watercolors

I like John Lennon.



Made with charcoal

"Rose Petals"



Watercolors

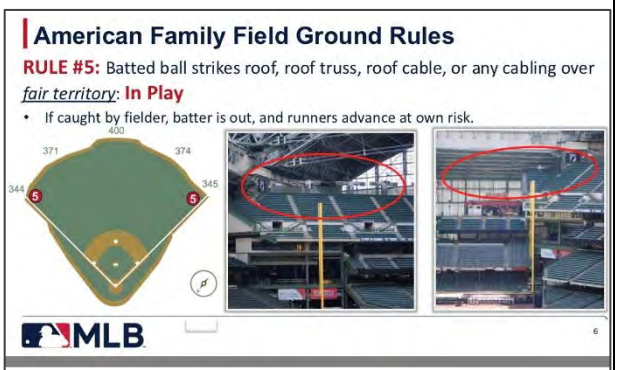


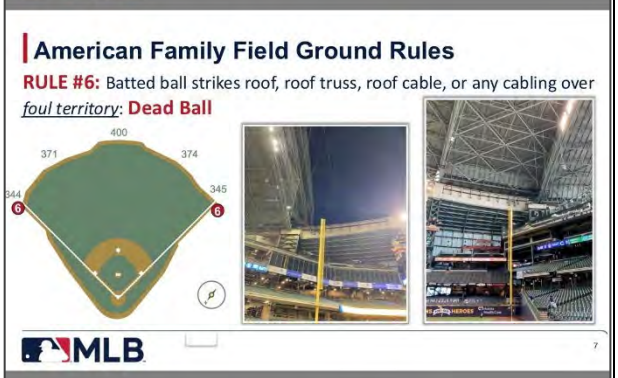
FAIR OR FOUL? BY CHRISTOPHER YOUNG

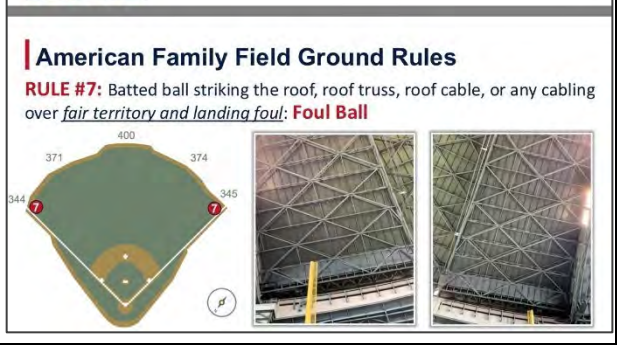


On October 3rd, 2026, did you read about the Milwaukee Brewers versus the San Diego Padres game? During the game at the American Family Field, the batter hit a home run that ended up hitting the top of the ceiling instead of going over the wall. It would be beneficial for individuals to understand the original ground rules prior to the game's start.

When the game starts, the umpires and the managers gather at home plate. The umpires discuss the stadium's related ground rules. There are 7 stadiums in the MLB that have a closed ceiling. Each stadium has their own specific ground rule applications. As an example, the Marlins have specific sections in their ceiling that determine a foul ball versus a home run.







One specific rule that needed to be addressed due to the ceiling being closed was if a ball hit the ceiling within the field of play versus it being hit outside the foul lines.

When the ball hits the ceiling, the player is allowed to catch the ball prior to it hitting the ground, recording **it as an out.** If the ball hits the ceiling and ricochets outside the foul lines, **it is a foul ball.**

As the ball was struck, Ty France's face was priceless as he could not believe that he was charged an out instead of a home run while Jackson Chourio stood there with the ball in his mitt. Manager Craig Stammen signaled to the umpire with a challenge allowing the ball to be considered a foul instead of an out. The umpire, raising his right hand, signified an out had been recorded.

The Brewers fans were very excited about the outcome. The Padres fans were definitely feeling that they were robbed. The overall consensus online regarding the home run was 50/50. At the end of the day, they understood that the ruling on the field was accurate. I really feel that a new rule should be adopted utilizing the trajectory technology available to us nowadays regarding baseball flight.

WATER SKI JUMPING BY BRITT RODGERS



When I was in my late 20s to early 30s, I was a long-distance water ski jumper. Water ski jumping was exciting and fun. It was also fun and exciting to watch.

It is a straightforward competition because distance is distance, so there is no bias to who wins. The driver is critical because they have to go straight and give gas when the ski jumper pulls the boat speed down. Then the water ski jumper cuts towards the ramp and lifts into their jump. A ski jump is measured in feet. The world record for the longest jump is 254 feet which is about 2/3 of a football field.

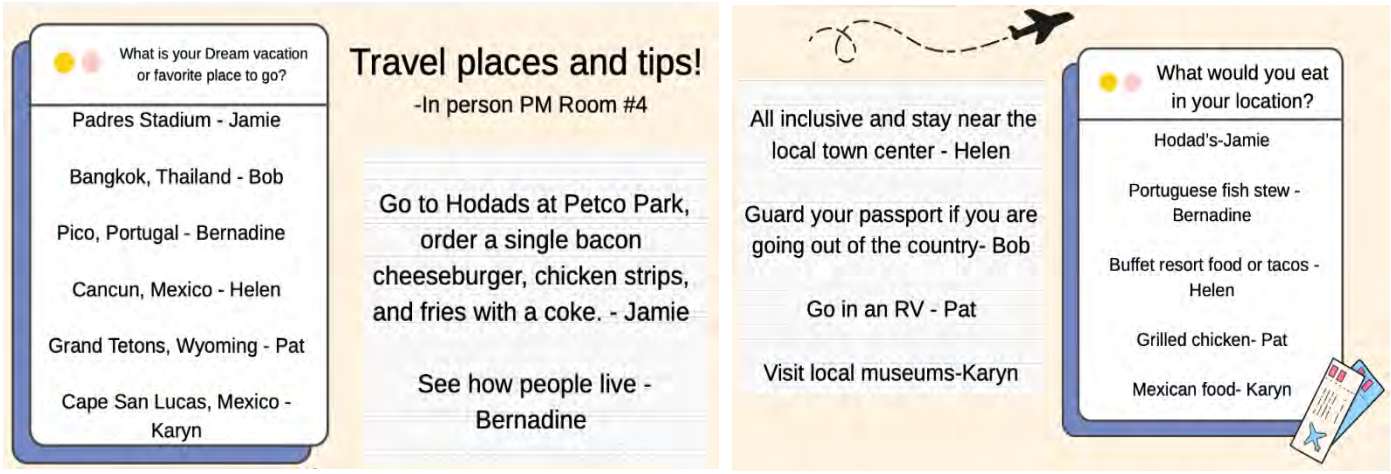
The phrase to get a good position is “Knees, Trees, and Freeze”. My coaches used to tell me this phrase. You need to bend your knees, look up and don’t move.

I thought I was going to go professional because I was so good at water ski jumping. I won a lot of local tournaments and competed around the world. For example, I competed in Australia and Spain.

THE SPORT TAKES MORE GUTS THAN BRAINS.

When I came out of my coma, I thought I was in a water ski jumping accident. The doctors said that water ski jumping probably saved my life because my body was used to impacts. There is a high injury rate for water ski jumping (I blew my knee out). I was in a cast for a year. Rather than take the risk of future injury, I decided to get my degree in Mechanical Engineering. With my degree I started a consulting company for water cleanliness to reduce bacteria in water supplies.

TRAVEL PLACES AND TIPS



I WISH I COULD SING BY MARK MORGAN

When I was about 10 or 12, I would sing “A Warrior Bold” by Edwin Thomas and Stephen Adams to my lady. I sang it on many occasions. I taught my brother the song, and we used to sing it together.

After my stroke, I sang the song and surprisingly knew all the lyrics. It was unbelievable. Singing helps with finding words and my fluidity of speech.

There are times that I have to pause and think of what I am trying to say when speaking, but my body would let me sing. Another song I sing is ”My Bonnie Lies Over the Ocean” adapted by Charles E. Pratt. I feel this more than any other song in my body. It brings comfort because of the familiarity of the song.

My next song I’m learning is “The Black Velvet Band” by the Dubliners!

In days of old, when knights were bold,
And barons held their sway,
A warrior bold, with spurs of gold,
Sang merrily his lay;
Sang merrily his lay:
"My love is young and fair,
My love hath golden hair,
And eyes so blue, and heart so true,
That none with her compare.
So what care I tho' death be nigh,
I'll live for love or die.
So what care I, tho' death be nigh,
I'll live for love or die."

So this brave knight, in armor bright,
Went gayly to the fray;
He fought the fight, but ere the night,
His soul had pass'd away,
His soul had pass'd away.
The plighted ring he wore
Was crush'd and wet with gore,
Yet ere he died, he bravely cried,
"I've kept the vow I swore.
So what care I tho' death be nigh,
I've fought for love and die,
So what care I, tho' death be nigh,
I've fought for love, for love I die
I've fought for love,
For love, for love I die."

BROAD STROKES



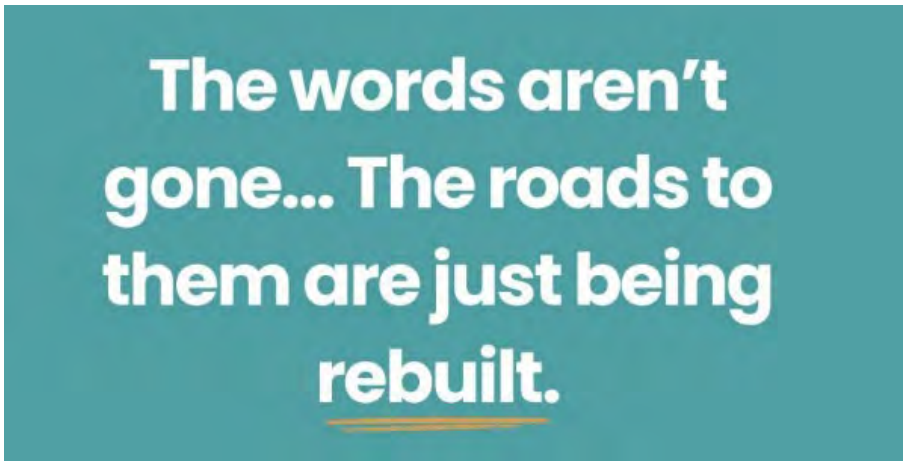
The comedian Cat Cohen had a stroke at 31. Lying in her hospital bed, she thought, “This is going to be great material.” Three years later, her one-woman show “Broad Strokes” was a hit in New York.

“Broad Strokes” is a critically acclaimed, autobiographical musical comedy by comedian Cat Cohen. It chronicles her real-life experience of suffering a near-fatal stroke at age 30.

Equal parts confessional comedy and musical cabaret, “Broad Strokes” is described as a “wildly funny, song-filled one-woman show about mortality, hypochondria and the undeniable thrill of being the main character.”

Cohen tells us about her stroke. “Isn’t that so creative?” she says. “So ahead of the curve. So forward thinking. A stroke at 30, I’m disrupting the industry.”

THOUGHT OF THE DAY





SLP CORNER: ˈHÆPI HÆLƏˈWIN

Express your Halloween spirit with an SLP t-shirt!







Available at: https://www.thegiftio.com/products/happy-halloween-ipa-slp-speech-rapy-meme-shirt-9By56AZ8k5av

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