October 2021

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The Wave #30



Riding the wave of more effective communication together

IMAGINATION IS MORE IMPORTANT THAN KNOLEDGE BY SHERI HAYES



It was a few years ago at the Artwalk Little Italy that I saw the work of Lisa Bryson and was enthralled. The way she painted the negative space into the positive and vice versa, was so interesting to me. It made a standard portrait look so contemporary and abstract, I wanted to try it. Well two or so years later during covid I walked into Lisa's studio in Liberty Station. We were talking and I told her how she had inspired me, and I showed her one of my "faces." You see I had taken that inspiration to heart. I asked if she would coach me and she said yes, and thus my fourth "face," "Einstein," began.

I painted "Einstein" over 4 visits to Lisa and a few other days painting, adding strokes of paint to the soft background of pale grey. I made his coat of tan come alive with thick introduction of the grays and purples. The face proved most interesting with the blending of colors of peach, pinks, yellows, tans, umbers and white. Then there was the hair wildly portrayed in white, tan, pink, purple and so on. All muted into the background and the foreground playing back and through for a sense of energy boiling off the board.



Einstein proved to be an interesting experience for me. I went to the instructor and just through sweeping pallet knife strokes, she would reveal new colors that I had laid down but hadn't realized that I had laid them down. She taught me a lot about the color mixing and creating different harmonies of the peach and pink next to the tan and the yellows and they would describe the colors in the most unique ways. Einstein proved to be more than just a painting I painted. It transcended emotion, time, and space, and created a new abstraction of seeing.

SCREAMO ROCK BY CHARLIE SHEPHERD



My name is Charlie Shepherd. I used to be in a screamo rock band in Indiana! I was the singer, and we had a drummer, guitarist, and bass player as well. I was 15 years old when I started singing. I really liked crowd surfing and I had some good times!

These are some of my favorite bands:



WORLD STROKE DAY

World Stroke Day is observed on October 29 and has these goals:

- to underscore the serious nature and high rates of stroke
- to raise awareness of the prevention and treatment of the condition
- to ensure better care and support for survivors

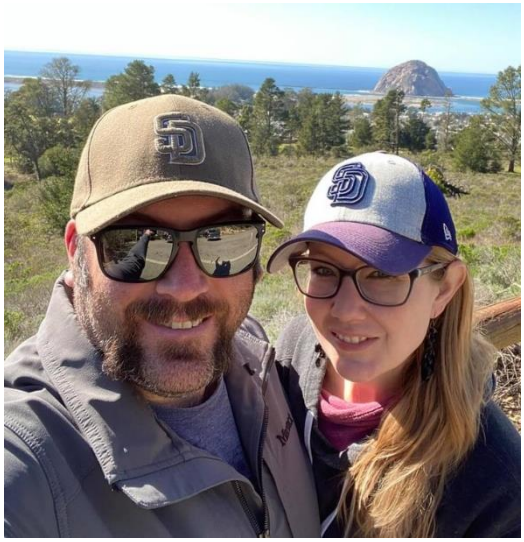
On this day, organizations around the world facilitate events emphasizing education, testing, and initiatives to improve the damaging effects of stroke worldwide.

Many organizations across the world honor stroke survivors, their families, and caregivers on World Stroke Day. The day also honors people who have made scientific advances in treating stroke related illnesses. Activities include fun runs, awareness workshops, and free stroke screening tests. Awards are presented to recognize people who work towards treating and preventing stroke.

The annual event was started in 2006 by the World Stroke Organization (WSO) and the WSO declared stroke a public health emergency in 2010. The WSO now has an ongoing campaign that serves year-round to promote advocacy, policy, and outreach to support progress made on World Stroke Day.

For more information, visit https://www.world-stroke.org/.

CAMPING BY BRIDGETT DESONIA



I'm Bridgett DeSonia. I live in a 1/2-acre property and a house in Pine Valley with my husband, Kevin, and a friend and ex-student, Noemi. She's working on a SDSU teaching credential program and she would like to work with High School students to open their eyes to life science like me! I used to work with students who liked medical science. I have moved on, but Noemi has moved up into this career. I have been prouder than proud.

I am talking about camping! Sheesh! Me and Kevin are away from home a lot through camping. We have gone to Washington, Oregon, California, Arizona, Utah, Nevada, Idaho, Montana, and Wyoming in the tent or travel trailer.

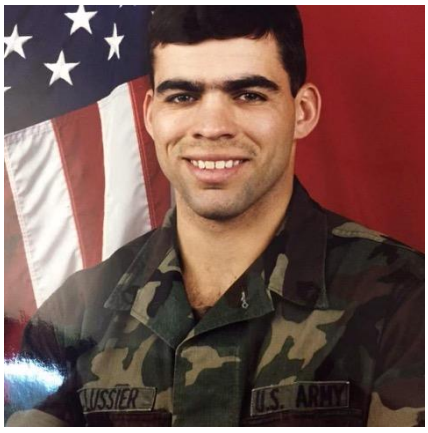
What we like do to? Let's see…kayaking, hiking, fishing, driving around, and eating! What fun to be eating salmon in Washington or dining on buffalo and elk jerky in Wyoming! Yum!

MARINES AND ARMY BY FRANK LUSSIER



Two people, one is my father, and one is my brother.

My father, Frank Lussier Sr., was a Marine Master Gunnery Sergeant. He enlisted in 1961 and he was known for cooking for the Marines. He was also named Marine of the Year. He also served in the Vietnam war.



My brother, Jim Lussier Sr., was an Army Sergeant Major. He was enlisted in 1985 and he maintained the Patriot missile sites. In 2001 he worked in the Pentagon for 2 years but was not there for 9/11.

I was in the Marines for 8 years. Heidi, my niece, was in the Navy for 4 years. Ray, my nephew, is still in the Army, he has been enlisted for 2 years.

MY MURAL SEASON BY BRUCE HEIMBACH

I had two large painting projects for this summer, The Wave and Geology 2. I collected things for reference (photos or sketches) and then extracted them, as a graphic design or visual cue. I used a grid to lay it out as a drawing, then applied paint on the surface. I used latex and acrylic paint because it dries quickly.

I'm still practicing my Mantra – "Enjoy life visually, less verbally." I am using patience, practice, slowing down, and taking small steps. When taking small steps, over time, it will become something *BIG*. Like a BIG mural, or two BIG murals.

"Seeing is believing"



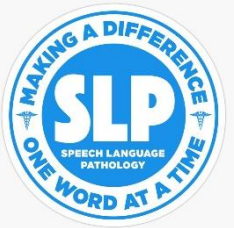
'Geology 2' in ESCO Alley Art in Escondido – 8' x 8'



'The Wave' in the CSUSM Speech Therapy Clinic – 15' x 9'

THE IDEAL CLINICIAN IN 12 WORDS

Ever wonder what your clinician brings to the table to help you succeed? Here are 12 qualities of a typical Speech-Language Pathologist (SLP):



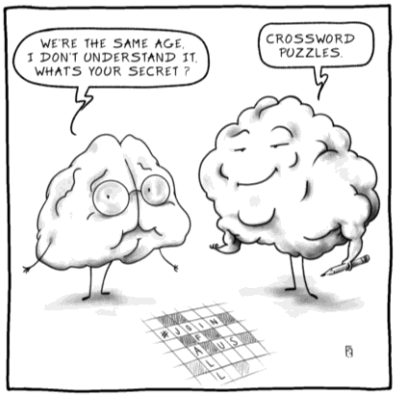
1. **Compassionate**: SLPs must be patient, empathetic, and have a strong desire to help others.
2. **Enthusiastic**: SLPs inspire and motivate patients through challenging treatments and recovery periods.
3. **Adaptable**: SLPs must evaluate, diagnose, and treat various communication disorders in different settings and populations.
4. **Persistent**: SLPs must never give up helping to treat and rehabilitate clients.
5. **Creative**: SLPs must use creative thinking skills to meet the individual needs of a patient.
6. **Intelligent**: SLPs must be knowledgeable in many areas such as neuroscience and linguistics.
7. **Interpersonal**: SLPs must have excellent communication skills and are friendly with patients and others.
8. **Proactive**: SLPs take initiative to assess the nature and severity of patients' conditions to find the best courses of treatment.
9. **Collaborative:** SLPs must be team players who work well with teachers, family members, and other rehabilitation and healthcare professionals.
10. **Innovative**: SLPs are always coming up with new ways to evaluate and treat problems more effectively.
11. **Resourceful**: SLPs keep their knowledge and skills current with the most up-to-date resources.
12. **Versatile**: SLPs are trained to work in many setting in addition to our clinic: public and private schools, hospitals, rehabilitation centers, home settings, research laboratories, etc.



(Adapted from https://www.sac-oac.ca/sites/default/files/So_you_want_to_learn_about_SLP_-_Guidebook_1.pdf.)



ARE CROSSWORDS GOOD FOR YOU? BY DAVE VALIULIS



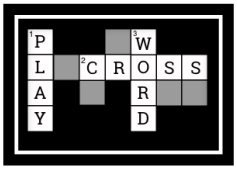
October 13 was *National Train Your Brain Day*, which challenges us to do puzzles and games. Did you partake by doing a crossword puzzle, perhaps?

But are crossword puzzles good for your brain really? The health benefits of crossword puzzles are often taunted. They include:

- Crosswords delay memory loss and help alleviate dementia.
- Preserve memory, cognitive function, and overall brain strength.
- You can strengthen your vocabulary, spelling, and word-finding.
- Boost your knowledge of trivia, which has cognitive benefits.
- Solving crosswords as a group strengthens social bonds.
- Crosswords alleviate anxiety, improving your mood.

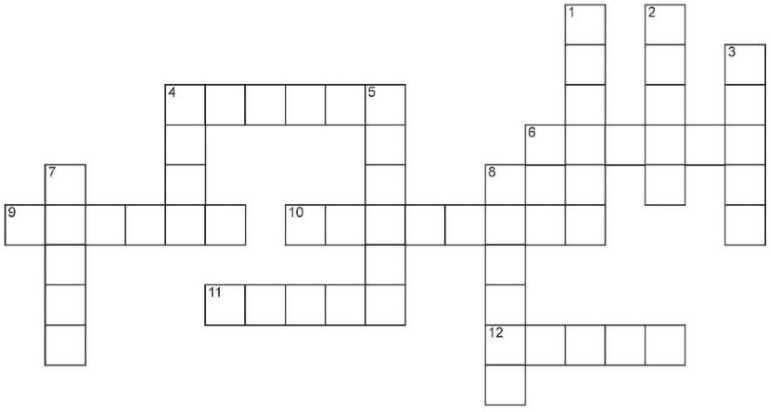
But not all scientists agree on the extent of the health benefits crosswords provide. Some benefits are obvious, like word-finding; others are hotly debated, like alleviating dementia. The studies on this are often at odds. For example:

- A Science Daily headline proclaims, "*Regular Crosswords Linked to Sharper Brain.*"
- But a CNN headline declares, "*Crosswords Do Not Prevent Mental Decline*."



Confusing, right? Crossword puzzles are popular not because they might be good for your brain but because they are ***fun***. Completing a puzzle brings a nice feeling of achievement. It's even more fun when you play with friends or family.

Try your hand in this easy-as-pie crossword:



ACROSS
4 you can't get blood out of a ____
6 fools rush in where ____ fear to tread
9 nothing ventured, nothing ____
10 don't count your ____ before they're hatched
11 ____ is the root of all evil
12 the ____ bird catches the worm

DOWN
1 time heals all ____
2 better late than ____
3 ____ makes waste
4 ____waits for no man
5 honesty is the best ____
7 a penny ____ is a penny earned
8 two heads are ____ than one

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