

The Wave #40



Riding the wave of more effective communication together

SPONGEBOB SQUAREPANTS BY MAX CABAUG



My favorite show is *SpongeBob SquarePants* and I love watching it. I know tons of facts about how the show was created and about the episodes.

SpongeBob was created by Stephen Hillenberg (pictured at left) to teach people at the Ocean Institute about marine biology and underwater life. Stephen always liked the ocean since he was a kid. Before creating SpongeBob, Stephen worked on short films. The name SpongeBob came from "Bob the Sponge," who was the host of a 1980s comic titled *The Intertidal Zone*.



GOOD NEWS ABOUT COFFEE



Rich enjoys 6 daily cups!

More Americans drink coffee each day (63%) than any other beverage, including water! This daily habit seems to be good for you because it reduces the risk of neurologic diseases, including stroke.

Evidence for coffee's role in reducing the risk of stroke comes from a study in *PLOS Medicine* in 2021. Researchers found that drinking coffee was associated with a 32 percent lower risk of stroke. Although drinking coffee cannot yet be proven to *cause* the reduced strokes, no one can deny the two are closely linked.



Bruce loves his 3 daily cups.

MABEL ANN BY FRANK LUSSIER



Mabel is a dog that is funny. She is 7 months old. We had lunch with my wife and her friend. The friend brought a puppy and it was cute and cuddly. We adopted her on August 7th.

Mabel likes to eat everything. It doesn't matter if it's a chew toy or treats that we give, she pounces them. Mabel runs around for a while and she plays hard.

She's a handful and plays with my other dogs Lola and Lucy. She likes walking with a leash. She goes on one walk with Lola then one with Lucy. She plays with everybody, especially our chihuahua Lucy. She wants to play with Lola, but Lola is like *no thanks*. When Lola was younger, she ran around too. She doesn't do it anymore, now she's the queen and Mabel is the jester.



CARVED FRUIT CAKES BY ISAIAS RAMIREZ-CRUZ



I know how to carve fruit and I like to make fruit cakes. I like to use watermelon and vegetables for the roses. To make them takes about an hour.

I like the way they look, and I make them for my friends and family, for birthday parties, or just for the creation in my house. I also make charcuterie boards with meats, cheese, olives, peanuts, pistachios, cranberries, and candy walnuts.

I hope you all like it!



THE BEST ZUCCHINI BREAD RECIPE BY OLIVIA CARRILLO

You will need:

- 1 bowl
- 2 spatulas
- measuring cup
- measuring spoons
- 9x5 loaf pan
- oven mitt
- potholder
- 1 person to help put in oven



Steps

1. Set oven to 350°F.
2. Coat 9x5 loaf pan with unsalted butter or non-stick cooking spray.
3. In a bowl, add oil, both sugars, eggs, vanilla extract. Stir until smooth.
4. In the same bowl, add cinnamon, baking soda, baking powder, and salt.
5. Stir in flour; mixture will be thick.
6. Add zucchini and stir until combined.
7. Grab the pan and pour the mixture.
8. Bake for 50-60 minutes.
9. Get a toothpick to see that it is cooked all the way.
10. Remove the loaf from the pan when it's cooled down.
11. Store covered for up to 2 days or freeze it for 3 months.

Enjoy!

Recipe by Dorothy Kern

Ingredients

- non-stick cooking spray or unsalted butter
- ½ cup vegetable oil
- ¾ cup packed brown sugar
- ¼ cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 teaspoons cinnamon
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 ½ cups all-purpose flour
- 1 ½ cups shredded zucchini

THIS IS BRAIN INJURY AWARENESS MONTH

Brain Injury Awareness Month is March. There are more than 5.3 million individuals in the United States who are living with a permanent brain injury and related disability. That's one in every 60 people. At least 2.8 million Americans sustain traumatic brain injuries in the United States every year. Brain Injury Awareness Month can raise awareness and advocate for causes they care about.

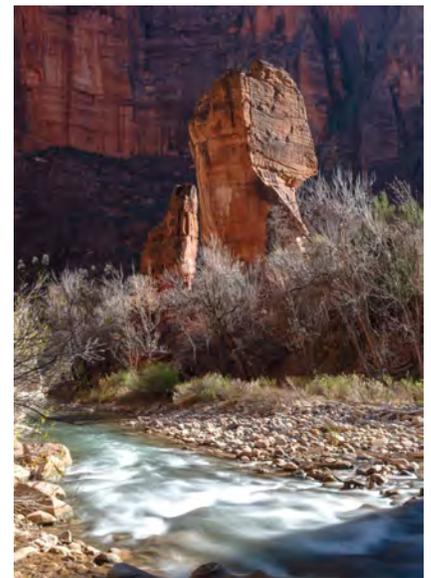


ZION IN WINTER BY BRUCE HEIMBACH

We went to Zion National Park last December for our 'holiday road trip.' We were there, the last time — exactly 10 years ago. The Park changes the driving rules during the seasons; in the winter, we could drive directly to the hotel in the valley. The weather was very nice and sunny; the past trip was very cold and frosty in the valley. The Virgin River and Navajo Sandstone (red rocks) are so beautiful; beyond my own words and imagination (and your words, indeed).

Check it out:

<https://bruheim.smugmug.com/Outside-California/Zion-in-Winter>



1980 OLYMPICS BY JAY HONOLD



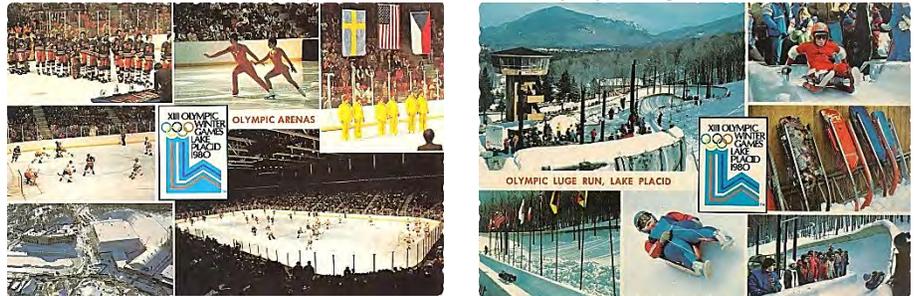
I attended the 1980 Olympics - Lake Placid - Winter Games with my ex-fiancé, Holly.

I love photography and enjoyed watching all of the events. I've included many pictures I took of the Olympics. My two favorite events to watch were Figure Skating and Hockey. This was one of my favorite trips.

The map for the Winter Olympics



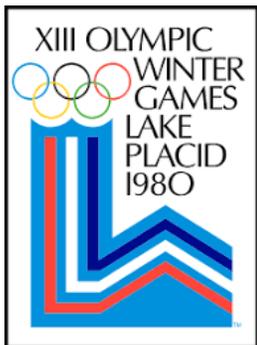
The Olympic Arenas and the Olympic Luge Run



The figure skating arena and a member of the USA speed skating team, while he was practicing.



The opening ceremonies

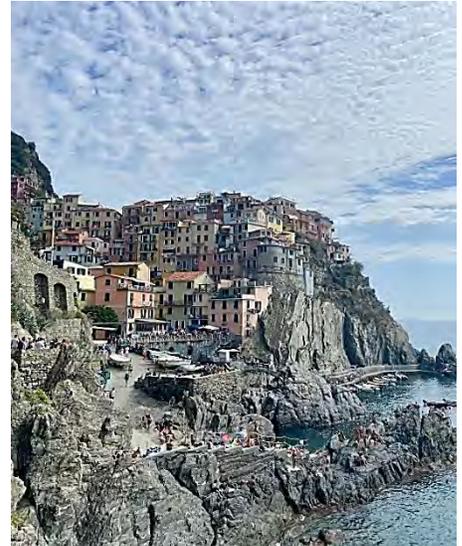


TRAVELING ADVENTURES BY CHERRYL DOMDOM



This picture was taken in Barcelona, Spain. One of the most well-known Spanish architects was Gaudí. This is one of his famous works which is called Casa Batlló. I love to travel, and this was one of my bucket list after I was cleared to fly in September 2023.

This was taken in one of the small towns in Cinque Terre, Italy. There's a lot of people lying out and diving. They are known for their fishing. This is another one of my bucket list.



SLP CORNER: ALEXA AND SIRI CAN HELP

MIR Publications recently published "Speech and Language Practitioners' Experiences of Commercially Available Voice-Assisted Technology: Web-Based Survey Study" which reported the professional experiences of UK speech and language therapists using voice-assisted technology (VAT) (e.g. Alexa, Siri) with their clients. The aim was to identify the potential applications and barriers to VAT adoption and thereby inform future directions of research.



They reported using VAT with 10 different client groups, such as people with dysarthria and users of augmentative and alternative communication technologies. Most therapists indicated that they would like to try VAT in the future, stating that it could have a positive impact on their clients' speech, independence, and confidence.

More info here: <https://rehab.jmir.org/2022/1/e29249/>

ALL ABOUT KIMCHI BY ALEXANDER SHILVOCK

Kimchi is a Korean dish made up of pickled and fermented vegetables, with around 100 types. Kimchi has 3 basic flavorings: Korean red chili flakes, garlic, and ginger. It should be noted that vinegar is not used in kimchi, yet through its fermentation process makes the kimchi vinegary. A distinguishing factor between kimchi and other fermented vegetables is that kimchi sits in an airtight container for 1 day at room temperature.

Here is a simple kimchi recipe if you are interested.

Kimchi Recipe: (Cook Time: 1 - 1 ½ hr.)

1. Cut the cabbage length wise into quarters (then bite sized).
2. Rinse cabbage in cold water.
3. Sprinkle salt over the cabbage.
4. Pour in water. then mix well.
5. Set aside (45 min) (lightly tossing).
6. Cut green onions (diagonal).
7. Crush ginger + garlic together.
8. Cut carrot/radish into strips.
9. In a large bowl, add chili flake/fish sauce and sugar.
10. Rise cabbage (3x).
11. Squeeze water out of cabbage.
12. Add cabbage to bowl.
13. Mix seasoning w/ cabbage.
14. Pack mixture into a clean glass jar (leave 1" on top).
15. Close the lid and put in a plastic bag.
16. Leave the jar at room temp for a day. Refrigerate after. Good for 30 days.

Note Napa cabbage, daikon radish, Korean chili flake, and fish sauce can be found in 99 Ranch, H-Mart, Zion Market, and other similar markets.



Ingredients:

- 4 lbs. of napa cabbage
- ½ cup of kosher salt
- 2 cups of water
- 4 green onions
- 1 (1 in) piece of ginger
- 10 large garlic cloves (peeled)
- 1 ½ lb. daikon radish
- 1 large carrot (peeled)
- ¾ cup Korean chili flake
- 3 tb fish sauce (Very Potent)
- 2 tb sugar

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>